

## Original Research Article

# A Survey of Plant Crude Drugs in Folklore from Komram Bheem District, Telangana State

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## ABSTRACT

### Keywords

Folklore medicinal practices, Plant crude drugs, Thirayani Mandal

Folklore medicinal practices of plant crude drugs for various ailments recorded from Tiryani mandal Nayakapu gudam and Gundu gudam, Komram Bheem district, Telangana State. The particulars of plant parts used, mode of preparation and administration are given, About 50 crude drugs, either single, bi- or multi –component preparation are used for various ailments. This information provides immense potential for study of relationship of the active principles of the drugs with the ailments concerned. In all 51 plants species belonging to 31 families used in primary health care are detailed.

## Introduction

The inhabitants are largely agriculturists engaged in subsistence farming, and labors. The whole area constitutes plains with agricultural tracts interrupted by boulders, open scrub and streams of undefined canals. The red fine grain sandy soil of the region is suitable for luxuriant growth of medicinal plants. The people of this region depend on folklore crude drugs practices for primary healthcare. The flora of this region is inadequately explored ethno botanically. However, there is information pertaining to ethno medicinal practices on diseases of cattle and bone fractures from this region. In view of this, the present study of the use of crude drugs for human ailments in this area was undertaken.

## Materials and Methods

Field trip was conducted to Thiryani Mandal of Komram Bheem District, Telangana State during 2004 – 2008, covering all seasons. The ethno medicinal data were recorded following the standard procedures by interacting with as many as 8-10 herbal practitioners and elders of the village with the knowledge of herbal medicine. The information gathered was cross-checked. Plant specimens were collected during the survey in different seasons and herbarium specimens were prepared and identified with the help of local floras. The voucher specimens were deposited in the Herbarium, Department of Botany, SAP Degree College Vikarabad. Vikarabad District, Telangana State.

## Results and Discussion

The present paper details information on 51 plant species belonging to 37 different families used as herbal remedies in primary health care by the Tiryani Mandal Nayakapu gudam and Gundu gudam Komram Bheem district, Telangana State, India. The data indicate that there is still valid and active knowledge of the therapeutic uses of wild plant species growing in the region.

The plants used are found growing spontaneously and available in the vicinity and in many cases are the immediately available therapeutic resources. Most of the herbal remedies comprise one or, few with two and rarely three or more in a preparation thus providing ample opportunities to study their active principles in relation to the ailments concerned. The herbal remedies

mentioned are against post-delivery infections, lumbago, white and red discharges in women, body pains and swelling, tooth and gum affections, muscle catch and sprains, bone fracture, fever, stomach ache, eye infections and cataract, snake bite and scorpion sting, cough and asthma, ear aches, head ache and migraine, boils and abscesses, dysentery, rheumatic pain, liver disorders, diabetes, piles, as aphrodisiac, for improvement of general strength and sexual vigor, etc.

Herbal remedies provide essential health care, which the village people of this region utilize to immense benefit. Although these remedies do not find esteem compared to modern medicine, their efficacy is claimed to the high. An in-depth study, mainly experimental with clinical efficacy of these drug preparations is essential in many cases.

## Observation Table

Sl. No.	Plant Name	Family name	Telugu name	Parts used	Formulation
1.	<i>Abutilon indicum</i> (Linn.) Sweet	Malvaceae	Tuttur benda	Stem, barks	<i>Abutilon indicum</i> (Linn.) (Malvaceae) Sweet; <i>Ventilago calyculata</i> Tul. (Rhamnaceae), <i>Alangium salvifolium</i> (Linn.f.) (Alangiaceae); <i>Dichrostachys cinerea</i> (Linn.) Wight. & Arn. (Mimosaceae); (The stem barks of these plants in equal proportions are powdered along with home remedial ingredients (+) and given 3-5 g per day dose to women after delivery 5-6 times to prevent infectious diseases.
2.	<i>Achyranthes aspera</i> Linn	Amarantaceae	Uttareni	Roots, stems	<i>Achyranthes aspera</i> Linn (Amarantaceae) <i>Strebilus asper</i> Lour. (Moraceae) Barrenk- The roots of <i>A.aspera</i> and stems of <i>S.asper</i> in equal proportions are powdered and used as tooth powder for strengthening gums and teeth.
3.	<i>Aegle marmelos</i> (Linn.) Correa ex Roxb	Rutaceae	Maaredu	leaves	<i>Aegle marmelos</i> (Linn.) Maaredu Correa ex Roxb (Rutaceae) -- After taking 9 rounds the tree the leaves are plucked and dropped into hot water with which bath is taken to get relief from body pains.
4.	<i>Ailanthus excela</i> Roxb	Simarubaceae	Pedda manu	leaves	<i>Ailanthus excela</i> Roxb (Simarubaceae) Peddamunu----The leaves are heated and the poultice is applied in muscle sprains.
5.	<i>Albizzia amara</i> Boiv	Mimosaceae	Narlangi	leaves	<i>Albizzia amara</i> Boiv (Mimosaceae) Leaf paste in goat's milk is applied externally over fractures 4-5 times for fast healing.

6.	<i>Albizzia lebbek</i> Benth.	Mimosaceae	Tella dirisena	bark	<i>Albizzia lebbek</i> Benth (Mimosaceae). Telladirisena ---- One or two spoonful of aqueous extract of the bark is given 3-4 times to adults for relief in stomach pain.
7.	<i>Aloe barbadensis</i> Mill	Agavaceae	Kalabanda	leaves	<i>Aloe barbadensis</i> Mill (Agavaceae) Kalabanda--- -- Fleshy portion of the leaf mixed with sugar is given orally as coolant and for vitality to adults and pregnant women
8.	<i>Andrographis</i> <i>panicalata</i> (Burm. f.) Wall. Ex Nees	Acanthaceae	Nela vemmu	leaves	<i>Andrographis panicalata</i> (Burm. f.) Wall. Ex Nees (Acanthaceae) Nelavemu ---The leaf aqueous extract is given orally a teaspoonful twice a day for three days as an effective cure for fevers and stomachache in adults and children.
9.	<i>Argemone Mexicana</i> Linn	Papaveraceae	Jeripothu chettu	Latex	<i>Argemone Mexicana</i> Linn (Papaveraceae) Jeripothuchettu. Latex from the plant is applied to red burning eyes and also for cataract. Leaf paste is applied in scorpion sting for quick relief.
10.	<i>Aristolochia indica</i> Linn	Aristolochiaceae	Naga saram	root	<i>Aristolochia indica</i> Linn (Aristolochiaceae) Nagasaram. ----The root tuber is ground with little water and the paste is applied to eyes for relief from poisoning in snakebite.
11.	<i>Atylosia</i> sp.	Fabaceae	Sanna Chappidi aku	leaves	<i>Atylosia</i> sp. (Fabaceae) --- Leaf aqueous extract is given orally, a teaspoonful 2-3 times in constipation in adults.
12.	<i>Balanites aegyptiaca</i> (Linn.) Delile	Balanitaceae	Gara	Stem bark	<i>Balanites aegyptiaca</i> (Linn.) (Balanitaceae) Gara Delile --The ground paste of the stem bark is used to poison fish.
13.	<i>Bauhinia racemosa</i> Lam	Caesalpiniaceae	Aare chettu	Stem Bark	<i>Bauhinia racemosa</i> Lam (Caesalpiniaceae) Aarechettu ---- The aqueous extract of stem mixed with peper is given 2-3 times to women to prevent white and red discharges
14.	<i>Calotropis gigantea</i> (Linn.) Ait. F.	Asclepiadaceae	Tella jilledu	Flowers, Roots	<i>Calotropis gigantea</i> (Linn.) Ait. F. (Asclepiadaceae) --- White flowers eaten in betal leaf to get relief in chronic cough. The roots are crushed and the aqueous extract is applied externally and also taken orally for snakebite.
15.	<i>Calotropis Procera</i> (Ait.) Ait. F.	Asclepiadaceae	Erra jilledu	Latex	<i>Calotropis Procera</i> (Ait.) Ait. F. (Asclepiadaceae) Errajilledu ---The latex is applied to navel and limewater sprinkled over it for relief in abdominal sprans.
16.	<i>Carissa spinarum</i> Linn.	Apocynaceae	Kalimi	Roots	<i>Carissa spinarum</i> Linn. (Apocynaceae)KalimiDodonaea viscose (Linn.) Jacq (Sapindaceae) Pulivavili. – The roots of two plants in equal proportions are ground by adding little water along with home made ingredients (+) and given orally to en as aphrodisiac.
17.	<i>Cassia auriculata</i> Linn.	Caesalpiniaceae	Tangedu	Leaves	<i>Cassia auriculata</i> Linn. (Caesalpiniaceae) Tangedu --Tender leaves are ground thoroughly with sulphur and mercury and applied to skin in eczema and scabies. The aqueous extract of tender leaves given orally is an effective remedy for women in lumbar pains, stomach pain and white discharge and for vitality
18.	<i>Catunaregam spinosa</i> (Thunb.)	Rubiaceae	Manga	Flowers	<i>Catunaregam spinosa</i> (Thunb.) Tirvengadam syn. <i>Randia dumetorum</i> (Retz) poir. In Lam.

	Tirvengadam				(Rubiaceae) Manga ---The juice of crushed flowers, 2-3 spoonful, is given once a day for 3-4 days to women as an effective remedy in white discharges.
19.	<i>Celosia argentea</i> Linn	Amarantaceae	Gunugu	Leaves	<i>Celosia argentea</i> Linn (Amarantaceae) Gunugu - The paste of the leaves is applied in skin affections and insect bite for relief.
20.	<i>Chloroxylan swietenia</i> Dc.	Rutaceae	Billudu	Stem, Bark	<i>Chloroxylan swietenia</i> Dc. (Rutaceae) Billudu --- The stem bark is powdered and mixed in coconut oil and applied to hair for removal of dandruff.
21.	<i>Cissus pallida</i> (Wight & Arn) Pranch.	Vitaceae	Konda gummadi	Root, tubers	<i>Cissus pallida</i> (Wight & Arn) Pranch. (Vitaceae) The aqueous extract of root tubers taken in a glass of toddy (sap) obtained from <i>phoenix sylvestris</i> Roxb. Early in the morning on empty stomach and at noon for 2-3 days for control of sexual diseases.
22.	<i>Cleome viscosa</i> Linn.	Cleomaceae	Talari		<i>Cleome viscosa</i> Linn. (Cleomaceae) Root aqueous extract (3-4 drops into ear) is used for severe ear pain as an effective remedy.
23.	<i>Clerodendrum phlomidis</i> Linn. F.	Verbenaceae	Takkali	Leaf	<i>Clerodendrum phlomidis</i> Linn. F. (Verbenaceae) Leaf is crushed under teeth for effective and quick remedy for tooth pain. Crushed leaf paste is applied externally in painful swelling.
24.	<i>Coccinia indica</i> Wight & Arn.	Cucurbitaceae	Kakidonda	Leaves	<i>Coccinia indica</i> Wight & Arn. (Cucurbitaceae) -- - The extracted juice of the leaves is applied over regions of muscle sprains and painful swellings for relief.
25.	<i>Cocculus hirsutus</i> (Linn.) Diels.	Menispermaceae	Dusari teega	Leaves	<i>Cocculus hirsutus</i> (Linn.) Diels. (Menispermaceae) Leaves are crushed and eaten for vitality and improvement of virility.
26.	<i>Cuminum cyminum</i> Linn.	Apiaceae	Jeelakarra	Stem bark and Seeds	<i>Cuminum cyminum</i> Linn. (Apiaceae) Jeelakarra -- -The stem bark and seeds are ground and its decoction is given to women in white discharge; in burning micturition, and to men in turbid urination.
27.	<i>Datura metel</i> Linn. Syn. <i>Datura fastuosa</i> Linn.	Solanaceae	Nalla umetha	Leaf	<i>Datura metel</i> Linn. Syn. <i>Datura fastuosa</i> Linn. (Solanaceae) Leaf aqueous extract is applied externally for painful swellings.
28.	<i>Delonix regia</i> Rafin.	Caesalpinaceae	Chiti kesaram	Leaf	<i>Delonix regia</i> Rafin. (Caesalpinaceae) The leaves are heated and applied to head for relief in migraine.
29.	<i>Dichrostachys cinerea</i> (Linn.) Wight & Arn.	Mimosaceae	Velthuru	Bark	<i>Dichrostachys cinerea</i> (Linn.) Wight & Arn.(Mimosaceae) Velthuru <i>Abutilon indicum</i> (Malvaceae) Tutter Benda ----The aqueous extract of the fresh barks of these two plants is given orally once daily for a week in paralysis with benefit.
30.	<i>Dodonaea viscosa</i> Linn.	Sapindaceae	Pulivavili	Leaves	<i>Dodonaea viscosa</i> Linn. (Sapindaceae) --- The leaves are warmed and tied to head for relief in severe headache.
31.	<i>Echinops echinatus</i> Roxb.	Asteraceae	Brahma dandi	Roots	<i>Echinops echinatus</i> Roxb. (Asteraceae) Brahmadandi The decoction of roots is given 4-5 times in chronic cough and asthma as an effective cure.
32.	<i>Ficus benghalensis</i>	Moraceae	Marri	Roots,	<i>Ficus benghalensis</i> Linn. (Moraceae) Marrichettu

	Linn.		chettu	Seeds, Shoot Buds	a) Adventitious roots are directly eaten. B) Sugar candies or seeds of <i>Prunus amygdalus</i> Batsch are soaked in milky latex of the tree and taken 5-6 times early in the morning for sexual vigour. C) Shoot buds are shade-dried and powdered, taken a spoonful a day along with honey for a week to generate strength and sexual vigour.
33.	<i>Ficus religiosa</i> Linn.	Moraceae	Ravi chettu	Latex	<i>Ficus religiosa</i> Linn. (Moraceae) Ravi chettu -- The latex of the plant is applied over boils and abscesses 2-3 times with a paper plastered over it with a hold for quick dissolving and relief.
34.	<i>Gloriosa superba</i> Linn.	Liliaceae	Nabi	Root	<i>Gloriosa superba</i> Linn. Linn.(Liliaceae) The paste of ground root tubers is applied over boils and abscesses for quick and effective relief.
35.	<i>Grewia hirsuta</i> Vahl	Tailiaceae	Jigilika	Bark	<i>Grewia hirsuta</i> Vahl (Tailiaceae) --- Bark aqueous extract is given 2-3 times for effective cure in dysentery.
36.	<i>Gymnema sylvestre</i> R. Br.	Asclepiadaceae	Podapatri	Leaves	<i>Gymnema sylvestre</i> R. Br. (Asclepiadaceae)---- The juice of fresh leaves is applied to eyes for clear vision and for cataract. Dry leaves are burnt and smoked for good general health.
37.	<i>Hemidesmus indicus</i> R.Br.	Asclepiadaceae	Sugandha pala	Leaf	<i>Hemidesmus indicus</i> R.Br. (Asclepiadaceae) Sugandhapala ---- The leaf juice, 2-3 drops, mixed in mothers milk is applied to eyes in redness and burning, with good effect.
38.	<i>Holoptelea integrifolia</i> Planch.	Ulmaceae	Nemilinar	Leaves	<i>Holoptelea integrifolia</i> Planch. (Ulmaceae) Nemilinar ----The young leaves are ground and the paste is applied 4-5 times to fingers in whitlow for quick relief. The stem bark is crushed and applied over joints as an effective remedy in rheumatic pains.
39.	<i>Mimosa pudica</i> Linn.	Mimosaceae	Attapatta,	Roots Stembark	<i>Mimosa pudica</i> Linn. (Mimosaceae) Attapatta, roots: <i>Grewia hirsuta</i> Vahl (Tiliaceae) Jivilika. Stem bark: <i>Ocimum sanctum</i> Linn. (Labiatae) Tulasi: roots: <i>Ziziphus mauritiana</i> Lam.(Rhamnaceae) Renichettu. Stem bark: <i>Cordia dichotoma</i> Forst. (Boraginaceae) Irikichettu, stem bark --- The above plant parts in equal proportions along with few pepper seeds ground with water, extracted, filtered and given 2-3 spoonful orally for 3 days in severe dysentery as an effective remedy.
40.	<i>Opuntia dillenii</i> Haw.	Cactaceae	Palaka jemudu	phyllodes	<i>Opuntia dillenii</i> Haw. (Cactaceae) Palakajemudu --- The phyllodes are heated and bandaged over the body part for effective and quick removal of thorns.
41.	<i>Pavania odorata</i> Willd.	Malvaceae	Chitti benda	Leaves	<i>Pavania odorata</i> Willd. (Malvaceae) Chitti benda --- The leaves mixed with jiggery are ground and given orally for effective removal of thorns from the body.
42.	<i>Pergularis daemia</i> (Forsk.) Chiov.	Asclepiadaceae	Guttimitti	Leaves	<i>Pergularis daemia</i> (Forsk.) Chiov. (Asclepiadaceae) Guttimitti --- The leaf aqueous extract is given orally 2-3 times to children to treat dyspepsia and indigestion. Flowers are powdered with black pepper and given with

					mothers' milk for cough and asthmatic attacks in children and adults.
43.	<i>Plumbago zeylanica</i> Linn.	Plumbaginaceae	Chitra mulam	Root	<i>Plumbago zeylanica</i> Linn. (Plumbaginaceae) ---- The root paste is applied over snakebite and scorpion sting for relief.
44.	<i>Solanum nigrum</i> Linn.	Solanaceae	Budda gochi	Roots	<i>Solanum nigrum</i> Linn. (Solanaceae) ---- The roots along with home remedial ingredients (+) are powdered and given orally for bodily swelling due to liver disorders with good effect.
45.	<i>Solanum surattense</i> Burm.f.	Solanaceae	Rama mulaka	Fruits	<i>Solanum surattense</i> Burm.f. (Solanaceae) Ramamulaka --- The dried fruits are burnt and infected teeth exposed to smoke for quick relief.
46.	<i>Soymida febrifuga</i> A.Juss.	Meliaceae	Somichettu	Fresh Bark	<i>Soymida febrifuga</i> A.Juss. (Meliaceae) The aqueous extract of the fresh bark in toddy (sap) of <i>Phoenix sylvestris</i> Roxb. Is taken in fevers and for vitality.
47.	<i>Thespesia lampas</i> (Cav.) Dalz. & Gibs.	Malvaceae	Adavi benda	Roots	<i>Thespesia lampas</i> (Cav.) Dalz. & Gibs (Malvaceae) Adavibenda ---The dried roots, powdered and mixed with little sugar, are taken orally for a week for controlling diabetes
48.	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook. F. & Thoms.	Menispermaceae	Tippateega	Leaves	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook. F. & Thoms. (Menispermaceae) Tippateega ---- The leaves are eaten to control diabetes. Decoction of stem is useful in fevers.
49.	<i>Tylophora indica</i> (Burm.f) Merrill	Asclepiadaceae	Meka meyani-aku	Leaves	<i>Tylophora indica</i> (Burm.f) Merrill (Asclepiadaceae) Leaves are eaten, one on first day and increasing by one each day, for seven days in the morning on empty stomach. It provides immunity to many diseases.
50.	<i>Vitex negundo</i> Linn.	Verbenaceae	Vavili	Leaves	<i>Vitex negundo</i> Linn. (Verbenaceae) Vavilli: <i>Tylophora indica</i> (Burm.f.) Merrilli (Asclepiadaceae) Mekameyani-aku; <i>Diospyros chloroxylon</i> Roxb. (Ebanaceae) Ilintha: <i>Cassia fistula</i> Lin. (Caesalpininaceae) Rela: <i>Enocostema axillare</i> Raynal. (Gentianaceae) Resika: <i>Maytenus emarginata</i> (Willd.) Ding. Hou. (Celastraceae) Danti ---- The dried young leaves of above plants along with homemade ingredients (+) and suger are mixed and poedered. Small round globules of 1-2 gm are made and taken one each day for 9days as an effective remeady in diabetes., piles, body pains and arthritis. Food: only rotis made of jower (seeds of sorghum vulgare Pers.) with red chilly powder are eaten during the treatment.
51.	<i>Wrightia tinctoria</i> R.Br.	Apocynaceae	Palakodise	Seeds	<i>Wrightia tinctoria</i> R.Br. (Apocynaceae) Seeds are soaked in goat milk, ground and given for 3-4 days for vitality and vigour. Dried leaves are powdered and used as tooth powder for strength and prevention of diseases of gums.

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