

## RESEARCH ARTICLE

## Diarrhoea: Local Herbal Treatment from Sakoli Taluka of Bhandara District of Maharashtra State

Zingare Arun K

Dept. of Botany, M. B. Patel College, Sakoli-441802.

Email : [arunzingare@yahoo.in](mailto:arunzingare@yahoo.in)

Manuscript details:	ABSTRACT
<p>Date of publication 18.10.2014</p> <p>Available online on <a href="http://www.ijlsci.in">http://www.ijlsci.in</a></p> <p>ISSN: 2320-964X (Online) ISSN: 2320-7817 (Print)</p> <p><b>Editor: Dr. Arvind Chavhan</b></p>	<p>Sakoli taluka of Bhandara District is rich in plant diversity. Many tribal communities resides in the region, An ethnomedicinal survey was conducted on the treatment of various diseases in this area. During the investigations, 14species of plants belonging to 14families were recorded as being used for treatment of diarrhea, whichwere used by the tribal peoples as the traditional healing medicine for this ailment. A brief enumerationof the plants along with their mode of uses has been provided.</p> <p><b>Key words:</b>Diarrhoea; Sakoli; Ethnomedicine; Traditional Knowledge</p>
<p><b>Cite this article as:</b> Zingare Arun K (2014) Diarrhoea: Local Herbal Treatment from Sakoli Taluka of Bhandara District of Maharashtra State, <i>Int. J. of Life Sciences</i>, Special Issue, A2: 191-193.</p> <p><b>Copyright:</b> © Author(s), This is an open access article under the terms of the Creative Commons Attribution-Non-Commercial - No Derives License, which permits use and distribution in any medium, provided the original work is properly cited, the use is non-commercial and no modifications or adaptations are made.</p>	<p><b>INTRODUCTION</b></p> <p>Accordingto the World Health Organization, diarrhoea is the passage of three or more loose or liquid stools per day, or more frequently than is normal for the individual. It is usually a symptom of gastrointestinal infection and this can be caused by a variety of bacterial, viral and other parasitic organisms. Diarrhoea is one of the leading causes of death among children under five globally. More than one in ten child-deaths, about 800,000 each year, are due to diarrhoea (Bryce <i>et al.</i> 2005, UNICEF/WHO 2009). In India alone, about 0.4 million children die due to diarrhoea annually (Kumar and Vollmer 2011). Use of local wild plants against these kinds of ailments has always been an integral part of indigenous traditional knowledge. Traditional healers employ methods basedon the ecological, socio-cultural and religious background of their people to provide health care (Anyinam 1995, Gesler 1992, Good 1980). Diarrhoea is the commonest ailment suffered by children in this area, especially in the interior part of the district where, local health care is not available. Not only the childrens but adults also suffer from this ailment in enormous amount especially during rainy season. To cure this ailment, there are numerous traditional methods or practices followed by the folk people and local tribal communities like Halba, Gond, Pradhanof the Sakoli taluka of Bhandara District (Eastern Vidarbha). This area has a rich floral diversity with enormous number of ethnomedicinal plants indicating rich heritage of traditional medicines (zingare <i>et al.</i>, 2012). Area of the district is under forest cover with recognized national parks and wildlife sanctuaries.</p>

## METHODOLOGY

An ethnobotanical survey was conducted in different tribal localities in the district during the years 2011 - 2012. Different communities of people were interviewed, local herbal practitioners like the Medicine men, vaidus, poojari and also with senior men and women using questionnaire (Jain 1995). These people have been using various plants for the treatment of diarrhoea especially in the rural areas. The information regarding mode of use, parts used, amount and periodicity of dosage and local name was collected from them. The voucher specimens were processed into mounted herbarium sheets following the conventional methodology (Jain and Rao 1977) and were deposited at the Departmental Herbarium.

## Enumeration

In the enumeration, the names of 14 plants used by the ethnic people of Sakoli taluka for the treatment of diarrhoea and dysentery have been arranged alphabetically along with their correct botanical name, family, English and local name, parts used, and method of administration. [Abbreviations used: EN = English Name; LN = Local Name].

## RESULTS AND DISCUSSION

**Acorus calamus** Linn. [Acoraceae]; EN: Sweet sedge; LN: Wekhand.

Powdered dried rhizome is taken orally with a glass of luke-warm water, 3 - 4 times a day till cured.

**Aegle marmelos** (Linn.) Correa [Rutaceae]; EN: Bael Tree; LN: 'Bel';

Pulp of ripe fruit is chewed and swallowed 2 - 3 times a day.

**Bauhinia variegata** Linn. [Caesalpiniaceae]; EN: Buddhist bauhinia; LN: Shahara;

The dried roots and bark of stem are cut into small pieces and 2 - 3 spoonfuls of its extracted juice in water are administered thrice a day till cured.

**Bombax ceiba** Linn. [Bombacaceae]; EN: Red cotton tree; LN: Kate sawar.

Two spoonfuls of the powdered dried root is taken orally with water before bed.

**Cannabis sativa** Linn. [Cannabaceae]; EN: Hemp; LN: 'Ganja';

Dried flowers are smashed and taken in empty stomach once daily in the morning.

**Centella asiatica** (Linn.) Urb. [Apiaceae]; EN: Indian pennywort; LN: 'Bramhi';

The aerial parts are mixed with young shoots of *Justicia adhatoda* (in equal proportion) and 2 spoonfuls of the paste are taken with water against juvenile dysentery.

**Holarrhena antidysentrica** (Buch.-Ham.) G. Don [Apocynaceae]; EN: Easter Tree; LN: Kuda; Three spoonfuls of bark and seed decoction in water are administered orally against diarrhea and amoebic dysentery.

**Justicia adhatoda** Linn. [Acanthaceae]; EN: Malabar nut; LN: 'Adulsa';

The aerial parts are mixed with young shoots of *Justicia adhatoda* (in equal proportion) and 2 spoonfuls of the paste are taken with water against juvenile dysentery.

**Mimosa pudica** Linn. [Mimosaceae]; EN: Touch me not plant; LN: Lajalu;

3 - 4 spoonful of root-decoction is taken orally thrice a day.

**Oxalis corniculata** Linn. [Oxalidaceae]; EN: Yellow sorrel; LN: 'Ambali, Chicha;

7 - 8 grams of fresh leaves and shoots are chewed 3 - 4 times a day and its juice is sucked and swallowed.

**Psidium guajava** Linn. [Myrtaceae]; EN: Guava; LN: 'peru';

Young leaves are chewed for its juice. These semi-ripe fruits and the bark are also eaten to cure diarrhoea.

**Punicagranatum** Linn. [Punicaceae]; EN: Pomegranate; LN: 'Daalimb';

Extract of unripe fruits is taken orally 3 - 4 times a day.

**Rhododendron arboreum** Smith [Ericaceae]; EN: Nepalese Rhododendron Tree; LN: 'Lalburansh'; Young leaves and corolla are chewed and swallowed during diarrhoea.

**Terminalia chebula** Retz. [Combretaceae]; EN: Chebulic myrobalan; LN: 'Hirda';

Powder of dried fruits and bark are administered orally with water in empty stomach.

Traditional health care system is helpful for saving the life of rural peoples where the modern health care

systems are not available and also in such regions where modern health care is not available at all.

In the present study, it was found that a total of 14 species of plants belonging to 14 families are being used as an antidiarrhoeal and antidysentric medicines by the tribal people of the Sakoli region. These traditional people have a strong belief in their practice and they have developed such knowledge through the centuries of their existence. But careful approaches should be followed before administering these drugs. The lack of proper documentation and the inroad facilities of the developed world are forcing depletion of this traditional knowledge, which has to be preserved for the future benefit of the human civilization. The documentation and digitalization of ethnic information is of utmost importance. However, the present study may create some awareness and precautions among the people which might help to conserve their rich and effective ethno medicinal knowledge in this botanically blessed region.

## REFERENCES

- Zingare AK et al. (2012) Ethnomedicinal Plant Diversity of Sakoli Taluka of Bhandara District (M.S.) *Journal of Science Information / Special Issue*, 3.
- Anyinam C (1995) Ecology and ethnomedicine: Exploring line. between current environmental crisis and indigenous medical practices. *Social Science and Medicine* 40(3): 321-329.
- Bryce J, Boshci Pinto C, Shibuya K, Black RE (2005) The Child health epidemiology Reference group. WHO estimates of the causes of the death in childrens. *Lancet*, 365:1147-52.
- UNICEF/WHO (2009) Diarrhoea: why children are still dying and what can be done? *Division of policy and practice*, UNICEF, New York, USA.
- Kumar S and Vollmer S (2011) Does improved sanitation reduce Diarrhoea in Childrens in Rural India? Pp1-40. In: Poverty, Equity and Growth in Developing and Transition Countries: Statistical Methods and Empirical Analysis. Courant Research center, Gorge- August- Universitate Gottingen, Discussion paper No. 107
- Gesler WM (1992) Therapeutic Landscapes: Medicinal Issues in Light of New Cultural Geography. *Social Science and Medicine*, 34: 735.
- Good C (1980) Ethnomedical system in Africa and the LDC's: Key issues in medical Geography. Pp. 93-116. In: M. S. Meade (ed.) Conceptual and Methodological Issues in Medical Geography. University of North Carolina, Chapel Hill, North Carolina.
- Jain SK (1995) A manual of Ethnobotany. 2<sup>nd</sup>edn. Scientific Publishers, Jodhpur.
- Jain SK and Rao RR (1977) A Handbook of field and Herbarium Methods. Today and Tomarrows Printers and Publishers, New Delhi.