



Ethnobotanical and Magic Plants used to Cure Human Ailments in Nagaur District of Rajasthan, India

Dr. B. Singh¹

1. Department of Botany, Govt. PG College, Ratangarh (Churu) -331022

Abstract

The paper reports an study on ethnomedicinal plants that mainly focused on the traditional herbal medicinal plants used by local communities to cure various human ailments. A survey was carried out from 2017-2019 in Nagaur district of Rajasthan. The data were collected using interviews, group discussion, casual walking, field trips and observations with local communities. A total of medicinal plants distributed in 17-genera and 12-families. The plant species were collected and identified. The main aim to create wareness and save the plant species.

Key words : Ethnomedicinal, Ailments, herbal

Introduction : Plants wealth is an united part of human society. Traditional medicine has been used for thousands of years with a large contributions made by tribal or local people to cure human ailments. Nagaur district is located in central part of state Rajasthan. The area of the district is 17718 km². The district has 13- tehsils, 12-sub div., 11- blocks and 1607 villages. So this paper was started to document the traditional medicinal and magic plants knowledge collected through local people and ayurvedic practitioners.

Materials and methods

The present study will be micro level study of Nagaur district. The primary sources of data collected by interviews, group discussion, field trips, casual walking observations and cash study secondary sources of informations through modern and classical books, magazines and old literature. The field trips were carried out from 2017-2019.

Results & discussion

In this paper a total of plant species distributes in 17 genera and 12 families. These plant species are used to cure various ailments such as :

1. *Aerva lanata* (Linn.)

Family : Amaranthaceae

Local name : Safed Bui

Ethnomedicinal uses –

- Hot infusions of flowers are used to treat renal stones.
- Decoction of root is used in the treatment of dysuria.
- Leaves and flowers are used in the form of fumigation in asthma.
- The whole plant is used to treat herpes and uterine tonic.
- The whole plant is used from 6th day of delivery for 3 days in the form of halwa with rice and jaggery for uterine tonic.
- Root roasted and mixed with mustard oil, can be applied in skin disease.

2. *Asparagus racemosus* (Linn.)

Family : Asparagaceae

Local name : Shatavari, Nahar-Kanta

Ethnomedicinal uses –

- Rhizome is used on the circulatory, digestive, respiratory and female reproductive organs.
- Root is used to treat stiffness in joints.
- The fresh root is used in the treatment of dysentery.
- Root is used to treat arthritides.
- Roots are roasted in ghee and making laddu and eaten in arthritis disease.

3. *Calligonum polygonoides* (Linn.)

Family : Polygoneceae

Local name : Phog, Phogala, Phogara

Ethnomedicinal uses –

- The aqueous paste of plant act as an antidote against heavy dose of opium and poisonous effects of *Calotropis procera*.
- Extract of plant is used in typhoid (Katewa and Galav, 2005).
- Decoction of plant is given to animals to treat urinary problems.
- Floral buds give colling effect to the body and cure sun stroke (Singh *et al.*, 1996)
- Floral buds with roasted cumin mixed in curd and making a tasty liquid drinking substances, “Rayata” in marriage functions and ceremonies.
- Rayata is used to cure heat stroke in summer season.

4. *Cynodon dactylon* (L.) pers.

Family : Poaceae

Local name : Doob

Ethnomedicinal uses –

- Paste of plant with honey is used to cure epitaxis.
- Juice of plant with honey to treats menorrhagia.
- Extract of plant is used in the form of paste on the lower abdomen and reduces bleeding in vagina (Nagori and Solanki, 2011).
- Decoction of plant mixed with sugar is used to treat urine problems.

5. *Datura fastuosa* Linn.

Family : Solanaceae

Local name : Kala dhatura

Ethnomedicinal uses –

- The dried leaves, flowers and roots are used as narcotic, antispasmodic, anti asthmatic and as hallucinogenic.
- The plant is also used to treat diarrhoea, epilepsy, skin disease, painful menstruation, ulcers, wounds etc.

6. *Dodanaea viscosa* (L.) Jacq.

Family : Sapindaceae

Local name : Relia

Ethnomedicinal uses –

- Stem, leaf-infusions are used to treat sore throats.
- Root infusions to treat colds.
- Stem and leaves are used to cure fever.
- Seeds mixed in honey useful in the treatment of malaria.
- Stem are used as fumigates to treat rheumatism.

7. *Echinops echinatus* Roxb.

Family : Asteraceae

Local name : Untkanteli

Ethnomedicinal uses –

- Powder of root with turmeric and mustard, mishri (Sugar) or milk is used in sexual debility.
- Powder of leaves with honey is used to cure sound worms.
- Ash of whole plant is used with ghee is used in the treatment of leukorrhoea (Ghatapanadi *et al.*, 2011)

8. *Eclipta prostrata* (Linn.)

Family : Asteraceae

Local name : Bhringraj, Bhangra

Ethnomedicinal uses –

- Extract of leaves used for removing dandruff from hair and make hair soft and shining.
- It is used in the growth of hair and disorder of liver.
- Whole plant is useful in the treatment of skin disease, cough, asthma, headache and eye problems.

9. *Mucuna pruriens* (L.)

Family : Fabaceae

Local name : Kemach, Koinch

Ethnomedicinal uses –

- Seed powder used to cure parkins disease.
- Seed has an astringent, laxative, aphrodisiac and tonic.
- Whole plant used to treat night dreams, impotency, sexual debility, diabetes, diarrhoea etc.

10. *Myristica fragrance* (Houtt.)

Family : Myristicaceae

Local name : Jaiphal

Ethnomedicinal uses –

- Nutmeg oil is used to reduce muscular pain and rheumatism.
- It reduces swelling of joints and treats fever (Duke and Edward, 1985).
- It is used as an excellent tonic for the cardiovascular system.
- It is creases the blood circulations and stimulate the functions of heart (Balick and Paul, 2000).

11. *Parthenium hysterophorus* (Linn.)

Family : Asteraceae

Local name : Gagar ghash, Congress grass

Ethnomedicinal uses –

- Decoction of plant is used to treat fever, diarrhoea, dysentery, malaria etc.
- Many tribal communities, used as remedy for inflammation, skin rashes, cold, rheumatic pain and heart troubles.

12. *Psoralea corylifolia* (Linn.)

Family : Fabaceae

Local name : Babchi, Bavuchi

Ethnomedicinal uses –

- Roots are used to treat dental caries.
- Fruts are laxative, aphrodisiac and are used to cure leucoderma, leprosy and inflammation disease (Nabi and shrivastava, 2017)
- Leaves are used to cure diarrhoea.
- Seed powder mixed with ghee can be applied on ring worm and scabies.
- Seed powder with wheat flour roasted in ghee and making laddu and eaten in abdominal problems.

13. *Solanum nigrum* (Linn.)

Family : Solanaceae

Local name : Makoy, chirpoti

Ethnomedicinal uses –

- Juice of leaves is used to cure ulcers and skin disease.
- Fruits are used to treat asthma and excessive thirst.
- Whole plant is used to treat tuberculosis disease.
- Leaves are used to treat mouth ulcer.
- Juice of root is used in the treatment of asthma and whooping cough.

14. *Tribulus terrestris* Linn.

Family : Zygophyllaceae

Local name : Meetha gokharu, small gokhru, Bhankhri

Ethnomedicinal uses –

- It is used to cure kidney stone.
- This plant is used to cure menstrual problems in womens.
- It has been used in treatment of impotency ans stimulate the sexual activities.
- Seed roasted in ghee and wheat flour for making laddu and eaten during pain of joints.

15. *Tridax procumbens* Linn.

Family : Asteraceae

Local name : Kumaru, Rakta stambhi, laldya lapasi

Ethnomedicinal uses –

- Extract of whole plant is used in the treatment of wound heading activities.
- Leaves are used to treat diabetes and inflammation.
- Juice of leaves is used to cure wounds, stop bleeding, anemia, cold and diarrhoea.

16. *Typha angustata* (Linn.)

Family : Typhaceae

Local name : Aera patera

Ethnomedicinal uses –

- Leaves are used as diuretic.
- It is used in the treatment of nose bleeds, blood-vomiting, uterine bleeding and painful menstrual cycle.
- It is used to cure inflammation.

17. *Withania somnifera* (L) Dunal

Family : Solanaceae

Local name : Ashwagandha, Nagouri Ashwagandha

Ethnomedicinal uses –

- Paste of roots are crushed with water is applied in the treatment of inflammation.
- Root is used to treat for snake venom or in scorpion sting.
- Roots are useful in treatment of leucorrhoea, boils, pimples and piles.
- Nagauri ashwagandha is superior in all varieties.
- Leaves are useful to treat fever and painful swelling.
- Flowers are astringent, diuretic and aphrodisiac.
- Seed has antihelmintic properties.
- Powder of root act as stimulant and increase the number of sperm.

Conclusion :- This paper shows the importance and need to medicinal uses of plants in the study area. The medicinal plants could be lead to discovery and creation of new traditional medicines. Tribal communities depends on the plants for their medicines.

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