

## Ethno medicinal plants used among koya tribe of Narsampet Forest Division, Warangal, Telangana State, India

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### ABSTRACT

*Use of medicinal plants to cure specific ailments is an old practice and has been documented in Ayurveda, Siddha, Unani and other types of therapies. Telangana State have been highly Medicinal plants, since times immemorial, have been used in virtually all cultures as a source of medicine, so in the current century, the exploration of ethno-phytotherapy is attracting global attention. The survey and study of ethno-phytotherapy is an important clue for new drugs. The paper deals with survey of some important Ethno medicinal plants used against different ailments by the tribal people of Narsampet forest division, Warangal district, Telangana State, India. During the survey 45 plant species of angiosperms were enumerated. The Botanical name, Local name, Family and plant part of used and mode of administration are being presented.*

**Key words:** Telangana State, Ethnomedicine, Koyas, Phytotherapy, Tribal people.

### INTRODUCTION

The ancient tribals acquired and restored the knowledge of Medicinal uses of many plants by trial and error methods and become the storehouse of surrounding plants. This information was accumulated and passed on one generation to other by oral communication without any document for centuries [1]. The traditional knowledge in the use of plants by indigenous communities (tribes) [2]. Previous studies have focused on plants used by chenchu tribe by [3], Indian medicinal plants by Warriar *et al* [4], Indian medicinal plants by Kirtikar *et al* [5] and role of biotechnology in medicinal and aromatic plants by Khan and Khanum [6]. So in this connection there is an urgent need to recollect and reestablishment of ethnomedicinal knowledge of tribal communities to counteract such loss. [7]. This had also paved the way for the discovery of new drugs in the pharmaceutical field [8, 9]. Sometimes plant parts were even tied to the body to keep the evil spirits away [10, 11]. The objective of this paper is to explore the role of tribal knowledge for curing various diseases using ethnomedicinal plants available in the region.

## MATERIALS AND METHOD

The ethnomedicinal plants data presented here is the outcome of survey of series of intensive field studies conducted over a period 2013 to 2014 on tribal communities (Koyas) living in Narsampet forest division near the great historical Pakhal lake. Basically the indigenous communities (Koyas) are settled as herds keepers, hunters, fishermen and also depend upon Non Timber Forest Products (NTFP) of forest such as medicinal plants for maintaining their cautious health conditions.

Field works were conducted once in every month with duration of 12-16 days. 3-4 days were spent during each trip with different tribes in the forest after establishing good acquaintance with the tribal's such as old tribal men. The utility of plants detailed methods of uses was documented through frequent interviews and discussion. The utility of plants includes useful plant species with local names, parts of the plant and mode of administration for treating different diseases. Each medicinal practice was verified and cross checked in different villages and among different ethnic groups with different practitioners and patients. The plant specimens collected with the help of the inhabitants of surveyed villages. The scientific names of plant species their families were identified with the help of floras Gamble & Fisher [12], the data collected from different sources of tribal communities of 45 plant species whose different parts are used for curing different diseases.

## RESULT AND DISCUSSION

During ethnomedicinal survey, 45 plant species belonging to 29 families were identified to treat different ailments, the alphabetical order of scientific name of the plants, their local name, family, parts used, diseases, mode of administration with duration and doses are enumerated in (Table I). The knowledge folk medicines acquired by the local inhabitants through interviews and discussion, the traditional knowledge regarding these plants and their utilization had to be realized and put to use in modern medicine by further pharmacological studies. The ethno-medicinal research has led to the development of many commercial plant derived drugs necessary for the welfare of mankind.

**Enumeration: Table I**

S. No.	Botanical Name with Family	Local name	Useful parts	Uses.
1.	<i>Acalypha indica</i> L. (Euphorbiaceae)	Muripinda	Leaves	3 to 4 fresh leaves are taken daily at early morning to control jaundice.
2.	<i>Achyranthes aspera</i> L. (Amaranthaceae)	Uttareni	Root	The roots are made into powder and mixed with water taken orally to treat fever.
3.	<i>Aerva lanata</i> (L.) Juss.ex Schult (Amaranthaceae)	Pindi kura	Root & Leaves	The fresh roots and leaves are crushed and made into a powder and mixed with water and take orally to dissolve kidney stone.
4.	<i>Ageratum conyzoides</i> L. (Asteraceae)	Mahkama	Leaves	The juice of leaves used in prevent bleeding.
5.	<i>Aloe vera</i> Burn.f. (Liliaceae)	Kalamanda	Leaves	The succulent leaf juice is applied externally on face for

				smoothness.
6.	<i>Andrographis paniculata</i> (Burm.F.)Wall ex Nees (Acanthaceae)	Nela vemu	Whole plant	The plant is febrifuge tonic, anthelmintic useful in debility dysentery and dyspepsis.
7.	<i>Annona squamosa</i> L. (Annonaceae)	Sitapalum	Leaves	Leaves juice is given orally as anthelminite.
8.	<i>Anogelssus latifolia</i> (Roxb.ex DC.) (Combretaceae)	Tiruman	Bark	The stem bark chewed and the sap is swallowed once daily for curing asthma.
9.	<i>Balanites aegyptiaca</i> (L.) Del. (Balanitaceae)	Gari	Fruit pulp	The fruit pulp taken orally to treat jaundice.
10	<i>Barleria cristata</i> L. (Acanthaceae)	Chikati Koora	Leaves	4 to 5 grams of dry leaves powder is taken once daily to treat asthma.
11	<i>Bauhinia vahlii</i> W. & A. (Caesalpinaceae)	Addaku	Seeds	Seeds are good tonic aphrodisiac.
12	<i>Bombax ceiba</i> L. (Bombacaceae)	Buruga	Root	The roots are made into powder and mixed with water and taken orally for sexual disorders in male.
13	<i>Butea monosperma</i> (Lam) Taub. (Fabaceae)	Moduga	Flower	Flower extract is given twice a day to control diabetes.
14	<i>Calotropis gigantea</i> (L.) Ait. (Asclepiadaceae)	Jilledu	Latex	The milky latex is applied in curing toothache.
15	<i>Cassia fistula</i> L. (Caesalpinaceae)	Rela	Fruit pulp	Black pulp of ripe fruit is good for relieving thoracic obstruction.
16	<i>Cassia tora</i> .L. (Caesalpinaceae)	Tantipu	Seeds	Seed powder mixed in a cup of tea is taken orally to cure cough and cold.
17	<i>Cissus quadrangularis</i> L. (Vitaceae)	Nallaru	Stem	The stem made into past in combination with ginger and make a pills. 2-3 pills per a day taken orally to control cough.
18	<i>Cleome viscosa</i> L. (Capparaceae)	Kukkavaminta	Leaf	2- 3 drops of leaf juice is poured in ear to relief ear ache.

19	<i>Cochlospermum gossypium</i> DC. (Bixaceae)	Kondagogu	Gum	The gum mixed with water and taken orally to treat cough.
20	<i>Cyperus rotundus</i> L. (Cyperaceae)	Thungagaddi	Rhizome	Rhizomes are grind and applied on breast to increase milk.
21	<i>Dioscorea bulbifera</i> L. (Dioscoreaceae)	Adavi Dumpa	Tuber	The young root tuberos are eaten during early part of rainy season as a protection against snake bite.
22	<i>Echinops echinatus</i> DC. (Asteraceae)	Brahma Dandi	Root	Root extract is given as antidote to snake bite.
23	<i>Eclipta prostrata</i> (L.) L. (Asteraceae)	Guntagalagara	Leaf	The leaves are crushed and applied externally to cure wounds.
24	<i>Embllica officinalis</i> Gaertn. (Euphorbiaceae)	Usiri	Bark	Juice of the bark is gonorrhea, mature fruits as laxative. Good in stomach trouble, liver trouble heart disease, diarrhea dysentery fruit liquor is good in jaundice, dyspepsia and cough.
25	<i>Euphorbia hirta</i> L. (Euphorbiaceae)	Pachabotla	Stem& Leaves	2 Spoons of tonic take up to 3 days cure for cough and skin allergy.
26	<i>Feronia elephantum</i> (Gaertu) Corr. (Rutaceae)	Velaga	Fruits	Stuff 5-10 drachms taken twice a day by month for cure asthma.
27	<i>Gymnema sylvestre</i> (Retz.) R.Br. ex Schultes. (Asclepiadaceae)	Podapatri	Leaves	Powder 1 gm taken for day by along with milk to cure diabetis and asthma.
28	<i>Gynandropsis pentaphylla</i> DC. (Capparaceae)	Tella Vaminta	Leaves	Leaves are applied externally for muscular pains.
29	<i>Hemidesmus indicus</i> (L.) Schult. (Asclepiadaceae)	Sugandi pala	Root	Root past with water is taken orally against gastritis.
30	<i>Holoptelea integrifolia</i> (Roxb.) Planctton. (Ulmaceae)	Namalinara	Bark	The bark is applied externally to relief pains.
31	<i>Justicia adhatoda</i> L.	Addasaram	Stem and	Stem root crush and give orally

	(Acanthaceae)		roots	for treating cure cough.
32	<i>Leucas aspera</i> (Willd.) Link. (Lamiaceae)	Tummi	Leaves	The leaves are made into chutney in combination with tamarinds to treat intestinal parasites.
33	<i>Ocimum tenuiflorum</i> L. (Lamiaceae)	Tulasi	Whole plant	2 spoonful of whole plant paste mixed with a spoonful of honey is administered twice daily for 3 days to cure cough and fever.
34	<i>Physalis minima</i> L. (Solanaceae)	Budda burusa	Whole plant	2 spoonful of whole plant paste mixed with a spoonful of honey is administered twice daily for 3 days to cure cough.
35	<i>Piper longum</i> L. (Piperaceae)	Pippallu	Fruit and seeds.	A spoonful of paste mixed with a pinch of turmeric is administered daily twice for 3 days to cure cold.
36	<i>Portulaca oleracea</i> L. (Portulacaceae)	Pappu Kura	Seeds	The seeds are made into powder mix with water taken orally to dissolve kidney stones.
37	<i>Sapindus emarginatus</i> Vahl. (Sapindaceae)	Kunkudu	Fruits	Fruits are used as tonic, alexipharmic, given internally as expectorant, emetic and purgative used in asthma and hemicranias.
38	<i>Sida acuta</i> Burm. (Malvaceae)	Chilakaparri	Leaf	Paste of leaves is administered orally for 3-4 days in treatment of dysentery.
39	<i>Tamarindus indica</i> L. (Caesalpinaceae)	Chinta	Fruits and leaves	Ripe fruits are digestive and mild laxative. Leaves are applied to inflammatory swelling and bleeding piles, urinary troubles and small pox.
40	<i>Tectona grandis</i> L.f. (Verbenaceae)	Takuchattu	Bark	Fresh bark of is crushed and juice is extracted. One spoon of (about 20 ml) juice is given internally in dysentery.
41	<i>Terminalia bellirica</i> (Gaerth.)Roxb. (Combretaceae)	Thani	Fruit	Fruit bitter astringent piles, diarrhea and leprosy.
42	<i>Terminalia chebula</i> Retz. (Combretaceae)	Karaka	Fruit	Fruits are used as laxative, stomachic, fever, cough, asthma,

				Urinary diseases and piles
43	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook. f & Thoms. (Menispermaceae)	Tippa tega	Stem and leaves	Cure cold and cough
44	<i>Tribulus terrestris</i> L. (Zygophyllaceae)	Pallaru	Whole plant	10 ml taken thrice a day orally to cure asthma and cold.
45	<i>Zingibar officinale</i> Rose. (Zingiberaceae)	Allamu	Rhizome	Decoction 20ml taken twice a day orally to cure asthma and cold.

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