Ethnobotanical Studies of Adilabad District, Andhra Pradesh, India.

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ABSTRACT
An attempt has been made to compile the ethnobotanical utilization of medicinal plants belonging to 140 genera under 60 families have been identified, which are used by the tribal for their healthcare and day to day life of different ethnic group such as Kolams, Naikpods, Pardhans, Gonds, Thotis, Chenchus and Mathuravas of Adilabad district, north western corner of the state. The traditional knowledge regarding the use of these plants is widely applied by these ethnic groups. The diverse ethnic communities to gather with the luxurious floristic diversity offer ample scope for the ethnobotanical study in this district. The indigenous groups depend either directly or indirectly on the products of the forest for their livelihood and have, down the ages, preserved the knowledge about the traditional and cultural uses of plants.

Keywords: Ethno botany, Adilabad District, Andhra Pradesh.

1. Introduction
Since time immemorial human beings have been using plants for their survival and development. In the beginning they were food gatherers and hunters of food, but subsequently concentrated on plants that are useful for other purposes, such as for shelter, health care and artifact. The understanding of the use of plants for food, health care, shelter, agriculture and other purposes got accumulated over generations as traditional knowledge. The indigenous people of various regions have developed their own way of using plants for their health care and following their own culture, customs, folk songs and food habits. This knowledge is transferred through orally from one generation to another.

People all over the world are still dependent on the traditional plant based healing practices as it is cheap and easily available. Rural people and tribal communities who live in the forest areas predominantly depend on locally available medicinal plants to take care of their health and has become an integral part of their culture. Thus the accumulated diversified traditional knowledge has led to the dawn of a science called Ethno botany.

The term Ethno botany was first coined by an American scientist John William Harshberger [7]. He defined that Ethno botany as the study of the relationship that exists between the people and plants. The word ‘ethno’ means a group of people sharing common origin, culture, language, customs, beliefs and traditions. Ethno botany is studying plants through an anthropological approach. Later on many Ethno botanists explored that how plants are used for various purposes such as food, medicine and religious use.

Documentation of traditional knowledge through ethnobotanical studies is very important for conservation and utilization of indigenous people’s knowledge. Initial studies in the last 50 years have been primarily devoted to the preparation of inventories of plants of a certain region or specific ethnic groups. Many scientists, naturalists and thinkers from outside the community of ethno botanists, started emphasizing the importance of ethnobotanical inquires and explorations. Faulk wrote the first book on Ethno botany entitled “An introduction to Ethno botany”, from India [7]. Jain published a book with the title “Glimpses of Indian Ethno botany” and it is a compilation of various ethno botanically related articles of different phyto geographical area as and the tribes of India [12].

The knowledge of using plants and plant parts as medicine has been rapidly eroded due to various factors but primary reason is lack of documentation and preservation of such knowledge and lack in transmission of knowledge to the younger generation. The valuable traditional knowledge, once lost it will be a permanent loss. Due to lack of education, prevailing myths and
beliefs among the communities this knowledge was not
documented properly hence the ethno botanical documentation is
assuming greater importance in the wellbeing of entire humanity.
The vast tracts of Indian sub-continent and its rich flora and fauna
are still to be explored. The people living in the forests and its
vicinity and the tribal communities are using many plants as
medicine for their health care.
Ethno botany or in wider sense Indigenous Knowledge (IK) is
playing significant role in the sectors of agriculture (seed varieties,
intercropping techniques, pest control, crop diversity, animal
production and animal health care), biology of human health care
(through traditional medicine the use and management of natural
resources (soil conservation, irrigation and other forms of water
management) and education (oral tradition, local languages). And it
also helps to sustain our agriculture, environment and conservation
of biodiversity.
The present study deals with ethnic methods of “art of healing”
practiced by tribals such as Kolams, Naikpods, Pardhans, Gonds,
Thotis, Chenchus and Mathuras of Adilabad district.

2. Study Area
Adilabad district is one of the 23 districts of Andhra Pradesh and
situated in the north western corner of the state. The district derives
its name from Adilabad, and it is a multiethnic multilingual district
more ethnic groups and their speaking different languages. The
district is situated between 77°.46’ and 80.01’, of the Eastern
longitudes and 18°.40’ and 19°.56’, of Northern latitudes. The
district is situated on the northern boundary of Andhra Pradesh,

Adilabad is one of the most backward districts of A.P. It is known
for its characteristic presence of Sahyadri hills in its northern
boundary, richness of forests as well as rich hydrocarbon resources
like coal mines. The district encompassed with most ancient
and innocent Adivasi. The rural folk are known for their famous carved
wooden work, the most internationally known art of rural painting,
small scale industry is well established in Nirmal town, popular as
“Nirmal paintings”. The district is also having a ‘Tiger reserve’
second of its kind in A.P at Kawal known as “Kawal Tiger
Reserve” and bestowed with number of scenic waterfalls at various
places of the district like “Kuntala waterfalls” and “Pochara
waterfalls” all India. Kolams, Naikpods, Pardhans, Gonds,
Chenchus, Thotis, and Mathuras are the major Scheduled tribes. The available information shows that the tribes still are largely depend on the traditional knowledge, as for majority of the people new technologies are not reachable.

3. Methodology

Intensive field work was undertaken by the author for a period of five years from January 2007 to December 2011. Locally well-known herbal healers and poojaris belonging to Kolams, Naikpods, Pardhans, Gonds, Thotis, Chenchus and Mathuras tribal communities of the district who are still practicing traditional medicine are identified. The author has visited nearly 30 habitations belonging to Bellampalli, Chinnur, Ichoda, Jaipur, Jannaram, Kerimeri, Sirupur (u), Tiryani, Utnoor and Wankidi Mandals, the author has also visited villages and habitations like Gondu gudem, Naikapu gudem. Standard methods of botanical collection and techniques of herbarium preparations were followed as suggested [12]. Plants have been collected in flowering and fruiting stages for the preparation of herbarium. Herbarium specimens were identified and accessed as per the norms laid down. The vouched specimens will be deposited in the Herbarium, Department of Botany, Osmania University, and Hyderabad. Observations were made of the plant species with respect to their location and other field characters. The plant specimens were identified using district, regional and state floras like Flora of Adilabad District [17], Flora of the Presidency of Madras, and other relevant literature [6]. The approaches and methodologies described have been followed systematically for Ethno botanical enumeration of the herbal treatments recorded in the present study [12]. The traditional healers who are practicing traditional medicine were interviewed from time to time to record the first-hand information. Information was gathered regarding plants or their parts, preparation of the medicine, dosages, method of administration and described recipe for human recorded. Ethno medicinal knowledge information gathered from Adilabad district is presented under three headings viz, plants used in Human ailments, Treatments for Human ailments were given according to the diseases recorded. Local terminologies of disease names which have been described by healers are noted.
3.1 Enumeration
Under enumeration, the recent botanical name, synonyms and family name was given. Under Vernacular names Telugu names were also given. Voucher specimen collection number, locality and plant description has been recorded for each species. The plant species have been arranged alphabetically. Photographs of plants of their parts collected during field work are presented to authenticate the information accrued.

1. **Abras precatorius L.** Fabaceae
   **Telugu Name:** Guruvinda
   **White discharge:** Grind handful leaves to make juice; 20 ml of this juice is given internally twice a day for 3 days.
   **Bladder stones:** 5 g of fresh roots are chewed once in the early morning and evening for a week to removal of kidney stones.
   **Infertility:** 10 g of seed pulp is pounded along with 50 g jaggery and 50 g seeds of red gram to make 1 gm size of pills. 1 pill are given internally for three days starting from fourth day of menstruation.

2. **Abutilon indicum** (L.) Sweet.: Malvaceae
   **Telugu Name:** Tutturu benda,
   **Scorpion sting:** Leaf paste is applied over the spot of scorpion sting.

3. **Acacia catechu** (L.f.) Willd.: Mimosaceae
   **Telugu Name:** Kachu
   **Wounds:** The stem bark of *Acacia catechu* and tips of *Holoptelea integrifolia* are ground to paste and applied on the wounds for eight days.

4. **Acacia nilotica** (L.) Del. : Mimosaceae
   **Telugu Name:** Nalla Thumma
   **Burns:** Take 20 g stem bark powder and apply on burns along with oil.
   **Wounds:** Dried stem bark powder mixed with camphor and ghee applied on wounds.

5. **Acalypha indica** L.: Euphorbiaceae
   **Telugu Name:** Muripenda, Kuppinta
   **Ring worm:** Leaves with salt and turmeric are ground to powder and mixed with sesame oil, applied on the patches of ring worm infection.
   **Skin diseases:** Leaf paste is applied over the parts infected.
   **White patches:** Leaves with a little salt and a pinch of turmeric are ground to powder and mixed with sesame oil and applied on the patches areas.

6. **Achyranthes aspera** L.: Amaranthaceae
   **Telugu Name:** Uttereni
   **Fever:** Leaves are eaten as food directly to cure fever.
   **Tooth problem:** Roots are used as a brush for strong and healthy teeth.
   **Scorpion sting:** Leaf paste is applied on hands for protection from scorpion sting. Scorpion can not bite if we apply the juice.
   **Cold and cough:** Take 100 g leaves, squeeze out the juice and give twice a day for four days.

7. **Adhatoda vasica** Nees.: Acanthaceae
   **Telugu Name:** Addasaram.
   **Asthma:** Leaves are ground to make paste and it is mixed with water and given orally once a day for 4-5 days.

8. **Skin infections:** Dried leaf powder is used to cure skin infections. *Aegle marmelos* L. **Family:** Rutaceae
   **Telugu Name:** Maredu, Bilvamu.
   **Diarrhoea:** 10 g fruit pulp is given with water to children who are suffering with Diarrhoea.
   **Wounds:** Leaf paste is applied over the wounds once in a day until cured.

9. **Aerva lanata** (L.) Juss.: Amaranthaceae
   **Telugu Name:** Pindi kura
   **Cough and cold:** 10 ml leaf juice is taken orally twice in a day for 3 days.
   **Wounds:** Whole plant is ground to paste and applied on wounds.

10. **Ailanthus excelsa** Roxb. : Simaroubaceae
    **Telugu Name:** Peddamanu
    **Snake bite:** 1-2 glasses of stem bark juice is given internally to the person on snake bite immediately after the snake bite, the leaf paste of same tree is also applied on the bite spot.
    **Piles:** 40 ml stem bark juice is given orally once in a day.

11. **Alangium salvifolium** (L.f.) Wang.: Alangiaceae
    **Telugu Name:** Ooduga, Udugu
    **Anorexia:** Fruits are given to the patient who is suffering with loss of appetite.
    **Fever:** 3 g stem bark extract is mixed in a glass of water and given orally thrice in a day until cure.

12. **Albizia lebbeck** (L.) Willd.: Mimosaceae
    **Telugu Name:** Dirisena
    **Snake bite:** The root juice is extended by adding 3 – 4 pepper seeds, half cup of juice is given to drink by the patient and a little paste is also to be smeared on the bite spot.

13. **Ampelocissus latifolia** (Lam.) Planch.: Vitaceae
    **Telugu Name:** Pule-tega, adavi draksha.
    **Fever:** 5 g stem bark powder is mixed with water and given orally thrice in a day for 2-3 days.
    **Easy delivery:** 20 ml leaf juice is given orally for easy delivery.
    **Anorexia:** 50 ml of stem bark juice is given orally twice in a day for two to three days.

14. **Andrographis paniculata** (Burm.f.) Nees.: Acanthaceae
    **Telugu Name:** Nelavemu
    **Stomach ache:** 5 g leaf extraction mixed with 5 ml zinger juice is given orally thrice in a day particularly on Tuesday, Friday and Sundays.
    **Abdominal pain:** Dried leaf powder mixed with camphor (karapurum) and it is given along with honey morning and evening for two days.
    **White patches:** Handful leaves of *Andrographis paniculata*, one tea spoon of Neem oil, a pinch of turmeric powder, a half spoon of salt are ground together and applied externally. (Avoidances: Non veg and potato)
    **Diabetes:** Dried leaf powder mixed with cow milk is given orally.

15. **Annona squamosa** L.: Annonaceae
    **Telugu Name:** Sitaphala pandu.
    **Head lice:** Leaf paste applied to hair and on the postules.
    **Swelling:** The fresh leaves are boiled in water and used as a hot pack.
    **Body pains:** Fresh leaves are boiled in water and used as a hot pack.
Fever: Roots are ground to make a fine paste and 1/4 spoon mixed with water, boiled and given orally when it is warm.

16. *Anogeissus latifolia* (DC.) Guill. & Perr.: Combretaceae
Telugu Name: Sirimamu.
Scorpion sting: Stem bark is pasted and applied on injury of scorpion sting.

Asthma: 1 tea spoon full of stem bark extract is given by adding pepper powder in it thrice in a day for twenty days.

17. *Argemone mexicana* L.: Papaveraceae
Telugu Name: Jerriipothu chettu
Burns: Leaf paste is applied on burns.

18. *Aristolochia bracteolata* Lam.: Aristolochaceae
Telugu Name: Gadida gadapa
Ear diseases: One table spoon root powder along with water is administered orally.

19. *Asparagus racemosus* Willd.: Liliaceae
Telugu Name: Pilli teegalu
Body cooling: A small piece of root is tied around the ears to relive vertigo due to excessive heat.

Lactation: Depending upon the body weight 25 g tuberous roots is given to lactating mother to initiate lactation.

20. *Azadirachta indica* Juss.: Meliaceae
Telugu Name: Vepa
Joint pains: Root bark is dried in shade, ground to powder, mixed with sugar and one tea spoonful is consumed daily once for 15 days. Leaf paste is tied over the joints pains.

21. *Balanites aegyptiaca* (L.) Del.: Balanitaceae Telugu Name: Garachettu,
Cough and cold: Fruit powder is given with milk once in a day until cure.

22. *Bambusa arundinacea* (Retz.) Willd.: Poaceae
Telugu Name: Veduru
Sprain: Leaves are gently warmed and tied on sprain of back.

23. *Bauhinia racemosa* Lam.: Caesalpiniaceae
Telugu Name: Are
Mouth ulceration: Young leaves are ground to paste and applied to lips and in mouth.

24. *Bauhinia vahlii* Wt. & Am.: Caesalpiniaceae
Telugu Name: Pedda are, Addaku
Jaundice: One tea spoonful dried stem bark powder mixed with 100 ml water is given orally twice in day until cure. (Diet: Only Jawal roti with mirch powder).

25. *Boerhavia diffusa* L.: Nyctaginaceae
Telugu Name: Atika mamidi
Diabetes: Two teaspoonful whole plant juice is given orally twice a day for 40 days.

Asthma: 10 g of root powder is given along with honey twice in a day.

Stomach ache: Two spoonful extract of whole plant along with one tea spoonful of honey is given twice a day to treat colitis.

26. *Boswellia serrata* Colebr.: Burseraceae
Telugu Name: Andugu
Dog bite: Gum of is applied over the bitten area.

Scorpion sting: The leaves are burnt and inhaled; the leaves are also applied on the bitten area.

White discharge: Stem bark of *Boswellia serrata*, Shonti, pepper in 2:1:1 ratio are ground together and extracted juice is given orally (10 ml) as a drink, three doses, for three days. (Diet: jowar roti with zinger garlic mirch for 10 days)

Semen in urine: The stem bark of *Boswellia serrata*, Shonti, pepper in 2:1:1 ratio are ground together and extracted juice is given orally (20 ml) as a drink thrice in a day for three days. (Diet: jowar roti with zinger garlic mirch).

27. *Butea monosperma* (Lam.) Taub.: Fabaceae
Telugu Name: Moduga
Tooth problems: 5 g petioles of *Butea monosperma* are ground and mixed with 10 ml leaf juice of *Tridax procumbens*, 2 – 3 drops of the liquid extract is put in the opposite ear for tooth ache.

Infertility: 5 g inner bark extraction added to a cup of rice washed with a pinch of zeera powder, two grains rice powder mix is given orally before breakfast for three days during menses period.

Red discharge: 1/2 cup stem bark juice with a pinch of zera powder is given orally for five days, once in a day, before breakfast.

28. *Caesalpinia bonducella* (L.) Fleming.: Caesalpiniaceae
Telugu Name: Gachakai
Hydrocele: Leaf pasted along with those of bandaged over the hydrocele.

Fever: 25 g each of seeds of *Caesalpinia bonducella*, lavang, dalchinachekka and jamalgotta are ground together and made small globules. Daily one globule is given before breakfast for 3–4 days.

29. *Calotropis gigantea* (L.) R.Br.: Asclepiadaceae
Telugu Name: Tellu Jilledu
Ear Disease: 4 to 5 drops latex of *Calotropis gigantea* mixed with 3 spoons of sesame oil, 4-5 drops is instilled in ear.

Fever: Roots are pounded and made into pills about 1 g each; two pills per day are administered to cure fever.

Mumps: Leaves of *Calotropis gigantea* smeared with castor oil, mildly warmed and tied over mumps in children as an effective cure.

30. *Calycogaster floribunda* Lam.: Combretaceae
Telugu Name: Bonna-tiga.
Fever: Leaves are ground to make a fine paste and administered with butter to cure malarial fever.

31. *Capparis horrida* L.f.: Capparaceae
Telugu Name: Adonda
Indigestion: Root bark ground to paste mixed with water, boiled and taken orally.

Evil spirits: Roots made in to an amulet, it is believed to infuse occult powers.

Infertility: 50 ml of stem Bark juice, with sugar is given orally before breakfast, generally on menses period.

Menstrual Complaints: 30 ml stem bark juice with sugar is taken orally before breakfast, generally on menses period.

32. *Carica papaya* L.: Caricaceae
Telugu Name: Bappayi

Indigestion: 4-5 pieces unripe peeled fruit is given to eat to treat indigestion.
33. **Cassia auriculata** L.: Caesalpiniaeae  
**Telugu Name:** Thangedu  
**White discharge:** Handful flowers are crushed and mixed with 100 ml of cow milk and given orally to treat white discharge.  
**Diabetes:** 5 gm seed powdered with honey is given orally.

34. **Cassia fistula** L.: Caesalpiniaeae  
**Telugu Name:** Rela  
**Leprosy:** 50 ml stem bark decoction is given orally.

35. **Cassia occidentalis** L.: Caesalpiniaeae  
**Telugu Name:** Kasinha  
**Boils:** 10 ml leaf juice is given orally to cure boils.

36. **Cassine glauca** (Roth.) Ktze.: Celastraceae  
**Telugu Name:** Butankus  
**Headache:** Leaves are powdered and used as snuff to relieve headache.

37. **Catharanthus roseus** (L.) G. Don.: Apocynaceae  
**Telugu Name:** Billa gannuru  
**Diabetes:** 10 gm whole plant powder is mixed with 100 ml water and given orally.

38. **Cayratia pedata** (Lam.) Gagnep.: Vitaceae  
**Telugu Name:** Erukala sani  
**Labour pains:** Young leaves are pounded in one glass of water and the decoction is given orally in a single dose.

39. **Ceiba pentandra** (L) Gaertn.: Malvaceae  
**Telugu Name:** Tella burugu  
**White discharge:** 50 ml Juice is extracted from stem bark and a pinch of zeera powder and sugar is mixed to taste and given orally before breakfast alternate days.  
**Diabetes:** 50 ml stem bark decoction is given twice in a day for 4 days.

40. **Celosia argentea** L.: Amaranthaceae  
**Telugu Name:** Gunugu puvvulu  
**Insect bite:** Leaves are crushed and applied on the bite spot.

41. **Centella asiatica** (L.) Urban.: Apiaceae  
**Telugu Name:** Saraswathi aku  
**Memory:** 5 g leaves are chewed and eaten to increase memory or leaves are dried in shade and powdered, 1 tea spoon powder is mixed in a glass of milk and taken orally.

42. **Chloroxylon swietenia** DC.: Rutaceae  
**Telugu Name:** Billudu  
**Dandruff:** Stem Bark powder is mixed with coconut oil and applied to hair and scalp to cure dandruff.  
**Mumps:** 20 g of stem bark paste is applied on throat.

43. **Cissus quadrangularis** L.: Vitaceae  
**Telugu Name:** Nalleru  
**Abortion:** Tender and internodes, leaves are pickled and eaten.  
**Indigestion:** Stem bark paste is given orally.  
**Ring worm:** The paste of fresh stem and leaves is applied externally to cure ringworm infections.

44. **Cleome viscosa** L.: Capparaceae  
**Telugu Name:** Vaminta  
**Wounds:** Leaf paste is applied topically to heal wounds.  
**Ear disease:** 2-3 drops of leaf extract is put in the ear opposite to the pained.

45. **Clerodendrum thomsonii** L.f.: Verbinaceae  
**Telugu Name:** Thakkali  
**Fever:** Extract leaf juice adds mishri and jeera powder and the same is given orally as a drink on Sunday, Tuesday and Fridays.  
**Diet:** only curd rice on that day.

46. **Clitoria ternatea** L.: Fabaceae  
**Telugu Name:** Shankhu pushpadamu  
**Indigestion:** Root powder mixed with water and given orally to treat indigestion.

47. **Coccinia grandis** (L.) Voigt.: Cucurbitaceae  
**Telugu Name:** Kakidonda  
**Diabetes:** 20 ml whole plant extract is given orally to treat diabetes.

48. **Coccinia indica** Wt. & Am.: Cucurbitaceae  
**Telugu Name:** donda  
**Wound:** Leaf juice is applied on the wounds.

49. **Cocculus hirsutus** (L.) Diels.: Menispermaceae  
**Vernacular names:** Dussari thega  
**Infertility:** Leaves are ground adding water, extract is filtered through white cloth, freshly prepared juice is given orally twice in a day particularly on menses days.  
**Menstrual complaint:** Leaves are ground adding water, extract is filtered through white cloth, 50 ml freshly prepared juice is given orally twice in a day particularly on menses days for maternal pain  
**Menorrhoea:** Handful leaves are ground adding water, extract is filtered through white cloth, freshly prepared juice is given orally twice in a day particularly on menses days.

50. **Cordia obliqua** Willd.: Cordiaceae  
**Telugu Name:** Iriki  
**Body Pains:** 1/2 tea spoon fruit paste is given orally to relieve from pains.  
**Diarrhoea:** 10 ml stem bark decoction is given twice in a day four to six days.

51. **Curculigo orchioides** Gaertn.: Hypoxidaceae  
**Telugu Name:** Nelatadi  
**Aphrodisiac:** 50 g of root powder is mixed with 200 ml of goat milk and it is given orally twice every day.  
**Sexual impotency:** Tubers of Curculigo orchioides, leaves of Hemidesmus indicus, and tubers of Withania somnifera are dried and powdered separately, equal parts of these powders put together, made in to globules and given twice in a day for 3-4 days.  
**Avoidences:** Alcohol and sexual contact.

52. **Curcuma longa** L.: Zingiberaceae  
**Telugu Name:** Pasupu  
**Cough and Cold:** 10 g dried rhizome powder is boiled in milk and
taken orally.

53. *Cynodon dactylon* (L.) Pers.: Poaceae
   **Telugu Name:** Garika.
   **Body cooling:** 50 ml whole plant decoction is taken orally to keep the body cool.
   **Diarrhoea:** The whole plant is crushed to make juice; 10 ml of this juice is given along with honey once in a day for 5-6 days.

54. *Cyperus rotundus* L.: Cyperaceae
   **Telugu Name:** Thunga
   **Scorpion sting:** Dried tubers are pasted and applied topically on the bitten site of scorpion.
   **Lactation:** Tuber paste is applied on breast of lactating mother to increase flow of milk.

55. *Datura metel* L.: Solanaceae
   **Telugu Name:** Erri Ummetha
   **Ring worm:** Leaf juice is applied over the affected areas of ring worm.
   **Inflammation:** Leaves are fried in oil and applied on the inflamed area.

56. *Dichrostachys cinerea* (L.) Wt. & Arn.: Mimosaceae
   **Telugu Name:** Vethuru
   **Paralysis:** 10 g stem bark extract of *Dichrostachys cinerea* and *Abutilon indicum* in water is given orally once in a day for a week.

57. *Dioscorea oppositifolia* L.: Dioscoreaceae
   **Telugu Name:** Yella-gadda,
   **Swelling:** Root or stem powder is applied on swelling.

58. *Dolichandrone falcata* (DC.) Seem.: Bignoniaceae
   **Telugu Name:** Chitti woddi,
   **Body pains:** Leaves are boiled in water for two minutes and tied over the affected area.

59. *Eclipta prostrata* (L.) L.: Asteraceae
   **Telugu Name:** Guntagaljara
   **Fever:** Whole plant and 10 black pepper are ground together and made into small pills about 1 g size and administered thrice in a day for 5 days.

60. *Emilia sonchifolia* (L.) DC.: Asteraceae
   **Telugu Name:** Usiri
   **Burns:** Leaf paste is applied on burns.

61. *Emilia sonchifolia* (L.) DC.: Asteraceae
   **Telugu Name:** Pisapatr
   **Ear Diseases:** Fresh root juice is used as ear drops to cure ear sores.
   **Night blindness:** 10 ml of stem bark juice is given internally to cure night blindness.

   **Telugu Name:** Chukka botti
   **Wounds:** Latex applied externally to cure wounds.
   **Burns:** Latex applied externally on burns until cure.
   **Heal cracks:** Latex is applied externally on heal cracks until cure.

63. *Euphorbia tirucalli* L.: Euphorbiaceae
   **Telugu Name:** Kada jamudu.
   **Tooth problems:** The latex applied on the aching tooth.

   **Skin diseases:** Stems are pounded and applied on the infected areas.

64. *Evolveulaz alsinoides* (L.) L.: Convulvulaceae
   **Telugu Name:** Vishukrantha
   **Fever:** Leaf paste is boiled in water and decoction is given orally for 5 days.

65. *Ficus bengalensis* L.: Moraceae
   **Telugu Name:** Marrichettu
   **Hair growth:** Leaves of are fried and powdered, mixed with cow ghee and applied on the head once in a day for 15 days.
   **Piles:** Make a decoction with tender prop roots and 5 to 6 spoonful of it is given twice a day for 4 months.

66. *Ficus glomerata* Roxb.: Moraceae
   **Telugu Name:** Medi
   **Snake bite:** The stem bark paste is applied over the injury of snake bite.
   **Red discharge:** Take 100 g dried stem bark powder add a spoonful of zeera powder, 100 g of mishri powder, mix well and a tea spoon of it is consumed twice in a day before meals. (Avoidences: chicken, egg etc.

67. *Ficus religiosa* L.: Moraceae
   **Telugu Name:** Raavi Chettu
   **Wounds:** Decoction of stem bark is applied on wounds to stop bleeding from wounds.

68. *Ficus tinctoria* Forst.f.: Moraceae
   **Telugu Name:** Tell barnika
   **Snake bite:** Young leaves are inserted in the ears as an anti dotes for snake bite.
   **Leucorrhoea:** 20 ml stem bark juice is given orally before breakfast for three days. (Avoidences: Jaggery, brinjal, potato, pumpkin, bottlegourd for a week) Bark is extracted before sun rise.

69. *Ficus virens* Ait.: Moraceae
   **Telugu Name:** Banda juvvi
   **Boils:** Latex is used to cure boils caused due to uprooting hair.

70. *Gardenia uliginosa* Retz.: Rubiaceae,
   **Telugu Name:** Nallaikka
   **Bone Fracture:** Stem barkis soaked with egg yolk and turmeric; a dry clean cloth dipped in the extract and dressed around the part.
   **Head ache:** Roots are rubbed on stone with coconut oil and extract applied on the head.

71. *Garuga pinnata* Roxb.: Burseraceae
   **Telugu Name:** Garuga
   **Asthma:** 10 ml leaf juice is given by adding little quantity of honey orally once in day for 4 days.
   **White discharge:** 2 to 4 table spoons stem bark extract is administered orally thrice in a day for five to seven days.

72. *Givota rotteriformis* Griff.: Euphorbiaceae
   **Telugu Name:** Puniki, Tella-puniki
   **Dandruff:** Seed paste is applied to scalp to relieve from dandruff.

73. *Gloriosa superba* L.: Liliaceae
   **Telugu Name:** Konda Nabhi, Venkayya puvvu.
   **Boils:** Tubers are ground to paste and applied over boils.
   **Head lice:** The leaf juice is applied on head to kill head lice.
Abortion: 10 g bulbs are pounded with same quantity of garlic and given along with one glass of goat milk in early pregnancy.

75. **Gmelina arborea** Roxb.: Verbenaceae  
**Telugu Name:** Gumadu, Pedda-gumudu.  
**Cough and cold:** 20 ml leaf juice is taken orally to cure cold and cough.

76. **Grewia tenax** (Forssk.) Fiori. : Tiliaceae  
**Telugu Name:** Janna, Kaladi  
**Bone fracture:** Root pasteis applied over the affected area.

77. **Gymnema Sylvestre** (Retz.) R. Br.: Asclepiadaceae  
**Telugu Name:** Podapathri  
**Diabetes:** Leaves are eaten directly or 5 g dried leaf powder is mixed with water and given orally once in a day.  
**Scorpion sting:** The root paste is applied on scorpion sting.  
**Swelling:** Leaf paste is applied on the swelling.

78. **Gymnosophra montana** (Roth) Benth.: Celastraceae:  
**Telugu Name:** Danthi  
**Ring worm:** Young leaves are fried and powdered, mixed with coconut oil, applied on the parts infected.  
**Skin disease:** Young leaves are fried and powdered, mixed with coconut oil and applied on the parts infected.  
**Edima:** 50 g stem bark of *Gymnosophra montana*, and *Dolichos lablab* leaves are ground together and juice is extracted and goat liver is soaked in it for one day and fried without oil and eaten for 2-3 days.  
**Jaundice:** 10 g of stem bark of *Gymnosophra montana* is ground with the same quantity of leaves of *Dolichos lablab* and make juice and it is given orally twice in a day until cured.

79. **Haldinia cordifolia** (Roxb.) Ridas.: Rubiaceae  
**Telugu Name:** Pasupu-kadamba  
**Stomach ache:** 2 g of stem bark extract is given internally thrice in a day for two days.  
**Back ache:** 100 ml of stem bark extract is heated and applied on the affected part of the body till cured.  
**Wounds:** Leaf paste is applied over wounds.

80. **Hemidesmus indicus** (L.) R.Br.: Asclepiadaceae(Periplocaceae)  
**Telugu Name:** Sugandhi pala  
**Blood purifier:** 10 ml of root extract is given orally twice in a day for a week.  
**Eczema:** The roots are ground to paste and is used as poultice to cure sores of eczema.

81. **Holoptelea integrifolia** (Roxb.) Planch. : Ulmaceae  
**Telugu Name:** Nemlinara  
**Paralysis:** 50 ml stem bark juice is given internally thrice in a day for ten days.  
**Swelling:** The leaf juice is boiled and applied on rheumatic swelling.

82. **Hybanthus Saffruticosum** L. F. V. Muell. : Violaceae  
**Telugu Name:** Pursha ratnam  
**Backache:** Root bark of *Hybanthus saffruticosus* and the leaves of *Withania somnifera* are grinded together to make small pills with the size of 5 g each. One pill is given orally with goat milk once in a day for 3-4 days.  
**Joint pains:** Stem and leaves of *Hybanthus saffruticosus* are ground with dommadole gadda and small globules are made and given orally with goat milk.

83. **Indigofera tinctoria** L.: Fabaceae (Leguminaceae)  
**Telugu Name:** Konda Neeli  
**Dog bite:** Whole plant is crushed into a paste; 10 g paste is mixed with water and given orally.

84. **Ipomoea carnea** Jacq. : Convolvulaceae  
**Telugu Name:** Besharam, Tutikada  
**Tonsils:** The juice from petioles is applied on tonsils early morning for six days.  
**Skin diseases:** Leaf past is applied on parts infected.

85. **Ixora pavetta** Andr.: Rubiaceae  
**Telugu Name:** Korivi  
**Urinary infections:** 10 g root paste mixed with 100 ml water and given orally.

86. **Justicia gendarussa** Burm.f. : Acanthaceae  
**Telugu Name:** Nalla Vavil  
**White patches:** Leaf paste is applied over the affected area.

87. **Phyllanthus reticulatus** Poir.: Euphorbiaceae  
**Telugu Name:** Pulichari  
**Joint pains:** Root or stem oil is applied on joints pains.  
**Cough and cold:** 10 ml root decoction is given orally.  
**Stomatological (Mouth disease):** Twigs are used as tooth brush.

88. **Lantana camara** L.: Verbinaceae  
**Telugu Name:** Sisa kammari  
**Wound:** Leaves are ground to paste adding a pinch of salt and turmeric, the paste is applied on wounds.

89. **Leonotis Nepetifolia** (L.) R.Br.: Lamiaceae  
**Telugu Name:** Seeranta  
**Burns:** Leaf paste is applied on the burns.  
**Fever:** Dried stem bark decoction is given orally until cure.

90. **Leucas aspera** (Willd.) Link. : Lamiaceae  
**Telugu Name:** Thumma  
**Fever:** A bunch of leaves are boiled in water and the vapor is inhaled to cure head ache and fever.

91. **Limonia acidissima** L. : Rutaceae  
**Telugu Name:** Velag  
**Indigestion:** Fruit is eaten directly to cure indigestion.

92. **Madhuca longifolia** var. *latifolia* (Roxb.) A. Chev : Sapotaceae  
**Telugu Name:** Ippa  
**Body pains:** Stem bark paste is warmed and applied.

93. **Mangifera indica** L.: Anacardiaceae  
**Telugu Name:** Mamid  
**Heal cracks:** The latex from leaves or stem bark paste is applied to treat heel cracks.

94. **Melia azedarach** L.: Meliaceae  
**Telugu Name:** Turaka Vepa  
**Rheumatic pains:** 50 ml decoction of the leaves is given orally to get relief from rheumatic problems like pain and stiffness of the joints, especially the knees.
Menstrual complaints: 20 ml decoction of the leaves is given orally to young girls to get relief from pain and discomfort during menstruation.

96. Merremia emarginata (Burm. f.) Hallier f.: Convolvulaceae
Telugu Name: Yelakaieevaku,
Blisters: Leaf juice is extracted and given orally twice in a day for three days.
Wounds: 10 ml leaf extract is given orally to cure cut wounds.

97. Mimosa pudica L.: Mimosaceae
Telugu Name: Athipathi
Snake bite: Leaf paste is applied over snake bite.
Diarrhoea: 10 ml root extract is given twice in a day for two days.

98. Minusops elengi L.: Sapotaceae
Telugu Name: Pogada
Diabetes: A spoonful of dried seed powder mixed with 100 ml water is given orally early in the morning.

99. Momordica charantia L.: Cucurbitaceae
Telugu Name: Kakara
Diabetes: 10 g dried leaf powder mixed with 200 ml water is given orally early in the morning or 100 ml of fruit juice is taken orally.

100. Moringa concanensis Dalz. & Gibson.: Moringaceae
Telugu Name: Munaga
Abortion: Stem bark is heated and kept on stomach of pregnant women for abortion.
Insect bite: Leaf paste is applied over the site of bite.
Indigestion: The leaves are taken as food to treat indigestion.
Body cooling: The leaves are taken as food to reduce body heat.
Sperm production: A handful flowers are eaten in empty stomach in the morning for about 2 weeks to enhance the sperm production in men.
Tooth problems: 3 spoons of leaf decoction is given orally early in the morning to cure tooth ache.

101. Mucuna pruriens (L.) DC.: Fabaceae
Telugu Name: Duldamma.
Meggot wounds: Whole plant is ground to paste and applied daily to remove Ectoparasites.

102. Mukia maderaspatana (L.) Roem.: Cucurbitaceae
Telugu Name: Potti budama kai,
Tooth Problems: Roots are masticated to cure tooth ache.

103. Murraya koenigii (L.) Spreng.: Rutaceae
Telugu Name: Karevepaku
Diarrhoea: Leaves are chewed to cure diarrhoea.
Eruption: The leaves are applied externally to cure eruption.
Vomiting: 50 ml of the infusion of the roasted leaves is given internally to stop vomiting.

104. Nymphaea pubescens Willd.: Nymphaeaceae
Telugu Name: Kaluva puvvu
Jaundice: 20 g of dried rhizome powder mixed with honey is given orally early in the morning to cure jaundice.

105. Ocimum basilicum L.: Lamiaceae
Telugu Name: Sabjaku
Stomach worms: Leaves are chewed as a remedy for stomach worms in children.

Ear diseases: 2-3 drops of leaf juice is poured in ears to cure ear ache.

106. Ocimum sanctum L.: Lamiaceae
Telugu Name: Thulas
Cough and Cold: Leaves are crushed with onion bulbs, the juice is extracted and given orally to treat cough and cold.
Ring worm: Leaf juice is applied over the skin to cure ring worm.

107. Oroxyllum indicum (L.) Vent.: Bignoniaceae
Telugu Name: Dundullum, Pampini
Body pains: Stem bark paste is applied over the affected part.
Menstrual complaints: 2 spoons of stem bark decoction is given orally at night to regulate menstruation.

108. Orthosiphon rubicundus (D.Don) Bent.: Lamiaceae
Telugu Name: Nela tappidi
Stomachache: 10 g stem tuber paste is mixed with 100 ml water and given orally.

109. Pavonia odorata Willd.: Malvaceae
Telugu Name: Karu-benda, Chittibenda
Purgative: 2-3 leaves are chewed after meals.

110. Pavetta indica L.: Rubiaceae
Telugu Name: Papidi
Ulcerated nose: Leaf decoction is used as lotion for ulcerated nose.
Piles: Leaf decoction is used as lotion to cure haemorrhoids.

111. Phyla nodiflora (L.) E. Greene.: Verbenaceae
Telugu Name: Bokkenag
Stomachache: 50 ml whole plant juice is administered oraly.

112. Phyllanthus amarus Schum. & Thonn.: Euphorbiaceae
Telugu Name: Nela usiri
Jaundice: 20 gm fresh leaves are ground to paste and mixed with a cup of cow or goat's milk and given internally to cure jaundice.
Urinary infections: Take whole plant powder and mishri in equal quantities and a half spoon of it is given orally once or twice in a day till some improvement is observed.

113. Physalis minima L.: Solanaceae
Telugu Name: Buddha busara
Abdominal Pain: The paste made out of whole plant is applied externally on the affected part.

Ear diseases: 2-3 drops of leaf juice is dropped in the ears.

114. Plumbago zeylanica (L.) Pierre.: Euphorbiaceae
Telugu Name: Chittibenda
Joint pains: Roots of Plumbago zeylanica, shonti and pepper in equal quantity, mixed with water are ground together, squeeze out the juice and a cup of the juice is given as oral drink before breakfast (Diet: jowar roti, no salt and chillies).

115. Pongamia pinnata (L.) Pierre.: Fabaceae
Telugu Name: Kanuaga
Gastric trouble: 50 ml root juice is mixed with equal amount of coconut milk and it is boiled and applied on the bloated stomach.

116. Prosopis Cineraria (L.) Druce.: Mimosaceae
Telugu Name: Jammi Chettu
Leucorrhoea: 1 tea spoon root bark powder mixed with 100 ml of goat milk is given orally to cure White discharge.

117.  
**Pterocarpus marsupium** Roxb.: Fabaceae
**Telugu Name:** Vegisa, Pedda Yegi
**Fever:** Red latex is kept on tongue of a person suffering from prolonged fever.
**Menstrual complaints:** 50 ml stem bark decoction is given to teenage girls against menstrual complaints.

118.  
**Pueraria tuberosa** (Wild.) DC. Fabaceae
**Telugu Name:** Nela gummadi.
**Hair growth:** Fruit juices is applied to head and hair.
**Dandruff:** Fruit juice is applied to head and hair to cure dandruff.

119.  
**Papulaya lappacea** (L.) Juss: Amaranthaceae
**Telugu Name:** Tella madi
**Skin deceases:** Dried seed powder is applied on skin deceases.

120.  
**Rauvolfia serpentina** (L.) Benth. Ex Kurz: Apocynaceae
**Telugu Name:** Sarpa Gandhi
**Tooth problems:** Apical bud is ground to paste and applied on aching tooth.
**Wounds:** Latex is applied directly on wounds.

121.  
**Ricinus communis** L.: Euphorbiaceae
**Telugu Name:** Anumadum
**Body pains:** Leaves are ground to make paste and applied on body pain.
**Stomachache:** The oil extracted from seeds is applied on lower stomach to get relief from stomachache.

122.  
**Sapindus marginatus** Vahl.: Sapindaceae
**Telugu Name:** Kunkuda kaya
**Dandruff:** Fruit decoction is used as shampoo for hair wash to cure dandruff.

123.  
**Solanum nigrum** L.: Solanaceae
**Telugu Name:** Buddagasha
**Cough and cold:** Whole plantparts are taken as food to treat cough.
**Epilepsy:** Take half cup leaf juice, add sugar and jeera mixed with water and given orally.

124.  
**Solanum virginianum** L.: Solanaceae
**Telugu Name:** Nela mada
**Tooth problems:** The root stock is chewed and used as tooth brush for healthy teeth.

125.  
**Solenus amplexicaulis** Lam.: Cucurbitaceae
**Telugu Name:** Adavi Donda, Tidagonda
**Semen in urine:** 1/2 cup leaf juice is given orally with toddy tapped from a single tree for five days before breakfast (**Diet:** food with only salt and chilly fried in ghee with zeera.)
**Sores:** Root paste is applied over sores.

126.  
**Soymida febrifuga** (Roxb.) Juss.: Meliaceae
**Telugu Name:** Somidi
**Snake bite:** 50 ml decoction of stem bark is given orally immediately after snake bite.

127.  
**Sterculia urens** Roxb.: Sterculiaceae
**Telugu Name:** Tapsy chett
**Rheumatic pains:** Root paste is applied over Rheumatic pains.
**Bone fracture:** Extract root powder, add water and the paste is applied over the affected area.

128.  
**Strychnos asper** Lour.: Myrtaceae
**Telugu Name:** Barrenka
**Veneral diseases:** Very little quantity of stem bark juice with water is administered orally as a drink for 3 days on alternate days (**Diet:** only curd or chilly rice).
**Tooth problem:** Twigs are used as tooth brush for healthy teeth.

129.  
**Strychnos nux-vomica** L.: Loganiaceae
**Telugu Name:** Visha mushti
**Diarrhoea:** 10 ml stem bark juice is given along with honey and ginger until cure.

130.  
**Strychnos potatorum** L.: Loganiaceae
**Telugu Name:** Chilaginja,
**Scorpion sting:** Seeds pasted by rubbing on rock and applied on the spot.

131.  
**Syzygium cumini** (L.) Skeels.: Myrtaceae
**Telugu Name:** Alla Neredu
**Swelling:** The stem bark is applied topically to treat swellings.
**Body cooling:** The ripe fresh fruits are taken orally to reduce body heat.

132.  
**Tagetes erecta** L.: Asteraceae
**Telugu Name:** Banti
**Ear diseases:** Fresh leaf juice is put in the ears as ear drops.
**Wounds:** Leaf pasteis applied topically on affected area.

133.  
**Tamarindus indica** L.: Caesalpiniaceae
**Telugu Name:** Chintha
**Swelling:** The leaves are heated and tied over the affected area.
**Eye diseases:** Dried fruits are taken orally to treat eye infections.

134.  
**Tectona grandis** L.f.: Verbinaceae
**Telugu Name:** Teku Chettu.
**Head-ache:** Stem bark powder is plastered on head for head-ache.
**Hair growth:** Oil from nuts is applied on head for hair growth.
**Skin diseases:** Oil from nuts is applied to cure skin diseases.

135.  
**Tephrosia purpurea** (L.) Pers.: Fabaceae
**Telugu Name:** Vempali
**Scorpion sting:** Leaf paste is applied over the sting, the bitten area is exposed to heat of match.
**Stomach ache:** The roots are chewed to cure stomach pain.

136.  
**Terminalia arjuna** (DC.) Wight. & Arn.: Combretaceae
**Telugu Name:** Tellamadi
**Fever:** Roots are collected in the early morning and tied to the waist to cure intermittent fever.

137.  
**Terminalia chebula** Retz.: Combretaceae
**Telugu Name:** Karakakkai chettu.
**Cough and cold:** 5 g dry fruit powders mixed with water is given orally.
**Gastric trouble:** Dry fruits powder is mixed with zinger and given along with honey orally twice in a day for three days.

138.  
**Tilaciuca acuminata** (Lamk) Miers: Menispermaceae
**Telugu Name:** kappa teega
Snake bite: Leaf paste is applied on the affected area.

139. **Tinospora cordifolia** (Willd.) Hook. f.& Thoms.: Menispermaceae
   Telugu Name: Tippatega
   Diabetes: 100 ml leaf decoction is given internally.
   Jaundice: 5 gm of dried fruit powder mixed with honey is given orally.

140. **Tragia involucrata** L.: Euphorbiaceae
   Telugu Name: Durada gondi
   Fever: The decoction of entire plant is given orally to cure fever.
   Free urination: Root powder mixed with hot water and is given internally for free urination.

141. **Trianthema portulacastrum** L.: Aizoaceae
   Telugu Name: Tella galiju
   Partial headache: 3–4 drops leaf juice is dropped into the nostrils to relieve partial headache.

142. **Tribulus terrestris** L.: Zygophyllaceae
   Telugu Name: Palluru
   Bladder stones: 30 ml of Leaf extract is given orally once in a day for the removal of bladder stones.

143. **Tridax procumbens** L.: Asteraceae
   Telugu Name: Gaddi Chanthi
   Wounds: Leaf juice is applied on cut wounds until cure.

144. **Tylophora indica** (Burm.f.)Merrill.: Asclepiadaceae
   Telugu Name: Mekameyanaku
   Skin diseases: The leaves are masticated and swallowed to cure skin diseases.
   Snake bite: Leaves are ground to paste and given to smell.
   To increase Immunity: One leaf in piper beetle (pan) is eaten twice in a day for 3 days.
   Tooth problems: One leaf in piper beetle (pan) is eaten twice in a day for 3 days.

145. **Vanda tessellata** (Roxb.) G.Don.: Orchidaceae
   Telugu Name: Veduru Badanika
   Fever: The leaves are pounded and the paste is applied to the body to bring down fever.

146. **Vernonia cinerea** (L.) Less.: Asteraceae
   Telugu Name: Sahadevi
   Amoebiasis: 10 ml of fresh leaf juice is given orally twice daily till cured.
   Diarrhoea: 10 ml root decoction is given orally once a day for two days.

147. **Vitex negundo** L.: Verbinaceae
   Telugu Name: Vavili
   Body pains: Water boiled with young leaves is given for bathing.
   Post-delivery pains: Water boiled with young leaves is given for bathing to the women suffering from post-delivery pains.
   Tooth problems: Shoot buds of **Vitex negundo** and **Calotropis gigantea** crushed to juice, mixed with rasa karpuram, 2 – 3 drops of the liquid extract is instilled in the opposite ear of paining for tooth ache.

148. **Waltheria indica** L.: Sterculiaceae
   Telugu Name: Nalla Benda
   Cough and cold: Dry leaf powder is boiled in water and used against cough.

149. **Wattakaka volubilis** (L.f.) Stupf. : Asclepiadaceae
   Telugu Name: Bandiguruja
   Swelling: Leaf juice is applied on the body and kept overnight, next day morning hot water bath is given, the same is repeated for five days.
   Inflammation: Gently wormed leaves smeared with sesame oil are tied to the part of inflammation.

150. **Withania somnifera** (L.) Dunal : Solanaceae
   Telugu Name: Asvagandhi
   Virility improvement: Tubers of **Curculigo orchioides**, leaves of **Hemidesmus indicus**, tubers of **withania somnifera** are dried and powdered separately, equal parts of these powders are made in to globules and given twice in a day for 3-4 days. (Avoidences: Alcohol and sexual contact)

151. **Woodfordia Fruticosa** (L.) Kurz: Lythraceae
   Telugu Name: Jaji vayila.
   Blood purifier: 10 g of flower powder is mixed with 100 ml of cow or goat milk and it is given orally once in a day for a week.

152. **Wrightia tinctoria** R.Br.: Apocynaceae
   Telugu Name: Pala kodisha
   Tooth problems: Young leaves are chewed and kept under the aching teeth, 1-2 drops of sweet oil is put into the opposite ear for tooth ache.
   Infertility: 50 ml stem bark juice of **Wrightia tinctoria**, and small quantity of inguva mix is given orally before breakfast during active menstrual period, for three days. (Avoidences: Brinjal and pumpkin).

153. **Xanthium strumarium** L.: Asteraceae
   Telugu Name: Marula matangi
   Small pox: Fruits are ground to paste and applied on small pox for cooling.

154. **Zaleya decandra** (L.) Burm.f. : Aizoaceae
   Telugu Name: Galijer
   Partial headache: 2 – 3 drops leaf juice is dropped into the nostrils to relieve partial headache.

155. **Zingiber officinale** Rosc.: Zingiberaceae
   Telugu Name: Allamu
   Cough and cold: The rhizome paste, pepper powder, turmeric powder and sugar altogether boiled in milk and taken orally when it is warm.

156. **Ziziphus oenoplia** (L.) Mill.: Rhamnaceae
   Telugu Name: PariKI
   Hair growth: Leaf paste is applied on the scalp.
   Diarrhoea: Pound the stem bark and make pills with the size of 1 g each. 1 pill is given orally thrice in a day for three days.

157. **Ziziphus mauritiana** Lam. : Rhamnaceae
   Telugu Name: Reni
   Body pains: A decoction is made with leaves and barks and is used to take bath to treat severe body pains.

4. Results and Discussion
   The present study is the result of intensive ethnomedical
exploration of 30 locations, which includes tribal gudems in remote areas in the core forest zones of the district spread under 10 mandals of Bellampalli, Chinnur, Ichoda, Jaipur, Jannaram, Kerimeri, Siripur(u), Tiryani, Uttnoor and Wankid Mandals. It is the first hand information gathered by the author from January 2007 – December 2011 (five years) on medicinal plants used by tribal communities like Kolams, Naikpods, Pardhans, Gonds, Thotis, Chenchus and Mathuras of Adilabad district. These areas were unexplored ethnobotanically and consequently no comprehensive account on their ethnobotany has been prepared so far. This study has explored the ethnobotanical information collected on 155 plant species, belonging to 140 genera under 60 families used by the ethnic communities residing in the area of study. Out of which 274 treatments were recorded for human ailment. The tribal communities of Adilabad district are known for their efficient “art of healing” which is most ancient practiced by them from time to time. The highest number of remedies recorded from the “Healers of Kolam community” followed by Naikpods, Pardhans, Gonds, Thotis, Chenchus and Mathuras. The Kolams are even today live in the core forest areas of the district. The Kolams are considered as most primitive tribal community of the district when compared to Gonds. Kolams are predominantly live in the interior zones of Chinnur, Tiryani and Siripur(u) reserve forest areas. People of Kolam community strongly believe in the effectiveness of their indigenous knowledge of herbal treatment, thus the use of herbal medicine is a first priority among the Kolams, they mostly depend on herbal medicine for their health care, hence they approach the local healers known as vaidyas or pujaris for herbal medicine who have huge knowledge on use of medicinal plants. Kolam healers provide medicine in free of cost; a few of them sell herbs in the local weekly markets to get cash for their livelihood. The author has interviewed 13 Kolam healers, out of them 4 are specialized in women diseases, a total of 104 (29%) treatments were recorded from Kolam healers, out of which 76 remedies were recorded under human ailments. Out of the total human remedies (76), 24 remedies were recorded under reproductive problems, 5 remedies for Leucorrhoea, 5 for infertility, 5 for menstrual problems, 3 for abortion, 3 for menorrhrea, 1 remedy each were recorded for post-delivery pains, labour pains and easy delivery), 9 remedies were recorded under digestive disorders (4 for diarrhoea, 1 remedy each were recorded for abdominal pain, amoebiasis anorexia, intestinal worms and stomach ache), 7 remedies were recorded under respiratory problems (i.e., for cough and cold), 11 remedies were recorded under problems of sense organs (7 for ear ache and 4 for dandruff and hair fall), 25 remedies were recorded under other common ailments (8 for diabetes, 7 for scorpion sting, 4 for wounds, 3 for swelling, 2 for bone fracture and 1 for rheumatic pains.

Fig 1: Percentage of treatments recorded from Kolam healers for Human ailments

The author has interviewed 10 members of Naikpod healers from 10 locations of 6 mandals. A total of 86 (24%) treatments were recorded from them, Out of which, 69 remedies were recorded for human ailments and 17 remedies were recorded for veterinary health care. Out of the total human remedies 12 remedies were recorded under digestive system (6 remedies for Indigestion, 4 for diarrhoea and 2 for gastric troubles), 6 remedies were recorded under reproductive problems (2 remedies each recorded for lactation and passing of semen in urine, 1 remedy each were recorded for enhanced sperm production and as aphrodisiac), 1 remedy was recorded under Urinary problems (for free urination), 10 remedies were recorded under diseases of sense organs (4 for ringworms, 2 for mumps and 1 remedy each was recorded for mouth ulceration, night blindness, skin allergy and white patches) and 40 remedies were recorded under common ailments (6 remedies recorded for fever, 5 for jaundice, 4 for hair growth, 3 for piles, 2 remedies each were recorded for dog bite, head lice, heal cracks in the feet, Inflammation, insect bite and partial headache, 1 remedy each was recorded for to ward off evil spirit, hydrocele , to increase immunity, leprosy, memory enhances, paralysis, laxative, rheumatic pains, scorpion sting and sprains)

The author has interviewed 7 members of Pardhan healers from 12 small hamlets or villages of 7 mandals of the district. A total of 78(22%) treatments were recorded from them. Out of which 63 remedies recorded for human ailments and 15 remedies recorded under veterinary health care. Out of the 63 total human remedies, 3 remedies were recorded under digestive problems (1 remedy each was recorded for diarrhoea, stomachache and vomiting), 1 remedy recorded (for venereal diseases) under reproductive problems, 4 remedies were recorded under respiratory problems (3 for cough and cold and 1 for asthma), 2 remedies were recorded (for urinary infections) under urinary problems, 21 remedies were recorded under sense organs (6 for skin diseases, 6 for tooth problems, 3 for burns, 2 for white patches and 1 remedy each recorded for ear disease, edema, eczema and ulcerated nose) and 32 remedies were recorded under...
Pardhan healers are specialized in treating fevers in the area. This community is also affected by fevers frequently due to changes in weather conditions.

The author has interviewed 8 members of Gond healers from the district. A total of 48 (13%) treatments were recorded from them, Out of which 36 remedies were recorded for the human ailments and 12 under veterinary health care. Out of the total human remedies 6 remedies were recorded under digestive problems (5 for stomachache and 1 for Anorexia), 3 remedies were recorded (for Leucorrhoea) under reproductive problems, 6 remedies were recorded under problems of sense organs (4 for tooth problems and 1 remedy each recorded for Tonsils and (mouth diseases) stomatological ), 21 remedies were recorded under common ailments (7 for Snake bite, 4 remedies each were recorded for Joint pains and swellings, 3 remedies each were recorded for Head-ache and wounds).

Out of the total 19 human remedies 2 remedies were recorded under digestive problems (1 for abdominal pain and 1 for diarrhoea), 4 remedies were recorded under respiratory problems (3 for asthma and 1 remedy recorded for Cold and cough), 1 remedy recorded for Bladder stones under Urinary problems, 2 remedies recorded for burns under Diseases of sense organs and 10 remedies recorded under Common ailments (4 for body pains, 3 for body cooling, 2 for boils and 1 remedy recorded for blood purifier).

Out of the total 19 treatments, 17 treatments are based on single plant drugs and 2 treatments are two plant drugs. The percentage of plant parts used in drug preparation is as follows: The bulk of drugs come from leaves contributing 52.63% followed by stem bark and root bark each of 10.52% and Fruits, Latex, Tuber, Flower and whole plant each contributing 5.26%.

The author has interviewed 2 members of Chenchu healers from the Chenchu Pentas located in the Bellampalli Mandal of Adilabad district, a total of 7 (2%) treatments were recorded from them, out of which 6 remedies were recorded for human ailments and 1 remedy was recorded under veterinary medicine.

Out of the total 6 human remedies, 5 of them were recorded under problems of sense organs (2 remedies for eye diseases and 1 remedy each were recorded for epilepsy, eruption and ring worm) and 1 remedy was recorded for paralysis under common ailments.

The author has interviewed 2 members of Mathura healers a total of 7 (2%) treatments were recorded from them. 5 remedies were recorded under human ailments and 2 remedies under veterinary
Out of the total 5 human remedies, 4 remedies were recorded under common ailments (2 for backache and 2 for body pains) and 1 remedy is recorded for bladder stones under Urinary problems. Out of these, 10 species are used for human consumption, 3 species are used in the preparation of alcoholic beverage, 33 species are of medicinal value, and 10 species have miscellaneous uses such as house construction, furniture, fibre and for religious purposes. Several species have been recorded to have more than one use. Although *Oryza sativa* (rice) constitutes to be the main food plants occurring in the vicinity are also taken as supplementary food. The various plant parts used for human consumption include the stem, root, rhizome, tuber, leaf, fruits, flowers and seeds. In some cases, the whole plant is edible. Alcoholic beverages, which are very popular among the ethnic communities, are prepared from plants growing in the vicinity. The indigenous knowledge regarding the efficacy of plants having medicinal values has been very useful for the local communities. Many plant species are used for the treatment of a wide variety of ailments, both major and minor. It may be mentioned that in most cases, the nearest medical facilities were not accessible to many people due to financial or other reasons. So, they prefer to turn towards herbal medicine to cure various diseases affecting them and their domestic animals. It was learnt from a local informant in Panmari area that an initiative was taken by the local inhabitants in collaboration with the local administration for a community forest development programme. But, lack of funds and general lack of awareness of the Panmari village people regarding the conservation of plant resources seemed to be the reason for the programme not picking up momentum. This can be seen as a major threat for the existence and availability of some of the indigenous plants. The area of study is rich in floral diversity with strong traditions of ethnobotanical practices existing among the ethnic communities. Therefore, there is a strong need to take necessary steps for the conservation and sustainable use of these plants, which are the source of food, herbal medicine and a variety of materials for daily use of the ethnic communities.
Plate 1: Photographs of Medicinal Plants.

Aristolochia bracteolata

Asparagus racemosus

Balanites aegyptiaca (L.)

Boswellia serrata Colebr.

Calotropis gigantea (L.) R.Br.

Cassia fistula L.

Cissus quadrangularis L.

Cleome viscosa L.
Plate 2: Photographs of Medicinal Plants.

Plate 3: Photographs of Medicinal Plants.
Plate 4: Photographs of Medicinal Plants.

**Kolam Healers**

Tekam Poojarimanu (Poojari Kolam Gudem, Tiryan)  
Shadavath Sambai (Malyal, Ichoda)

**Naikpod Healers**

Mekala Poshaiah (Dhavarapu Naikapuguda, Ichoda)  
Eadula Rajaiah (Erragunta Palli, Chinnur)
5. References


