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Ethnobotanical Studies of Adilabad District, Andhra Pradesh, India.

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ABSTRACT

An attempt has been made to compile the ethno botanical utilization of The data presented in the present study has brought to light a total of 155 species of medicinal plants belonging to 140 genera under 60 families have been identified, which are used by the tribal for their health care and day to day life of different ethnic group such as Kolams, Naikpods, Pardhans, Gonds, Thotis, Chenchus and Mathuras 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 ethno botanical 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 up 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 ethno botanical 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 ethno botanical 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.

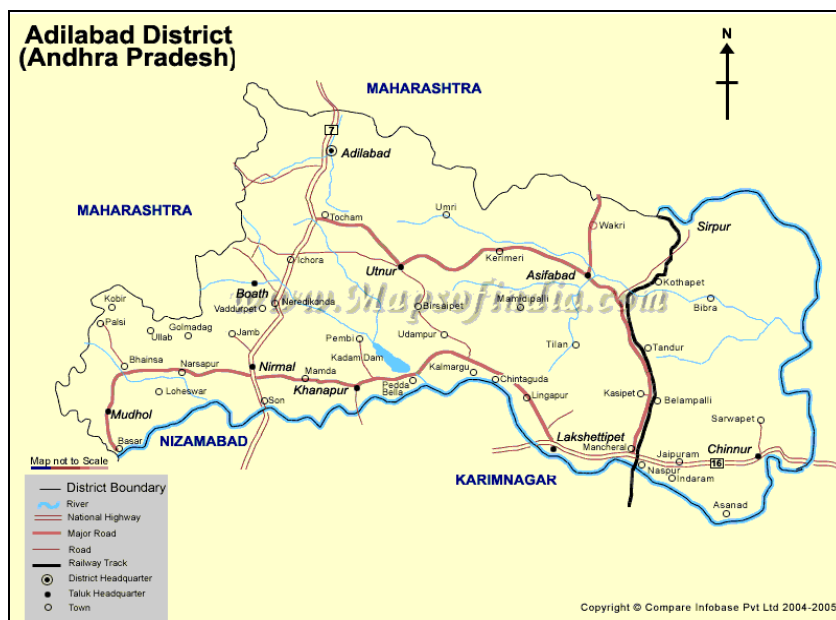
The present study deals with ethnic methods of “art of healing” practiced by tribals such as Kolams, Naikpods, Pardhans, Gonds, Thotis, Chenchus and Mathuras of Adilabad district.



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^o.46' and 80.01', of the Eastern longitudes and 18^o.40' and 19^o.56', of Northern latitudes. The district is situated on the northern boundary of Andhra Pradesh,



Map 1: Showing Different Mandals of Adilabad District Andhra Pradesh India

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,

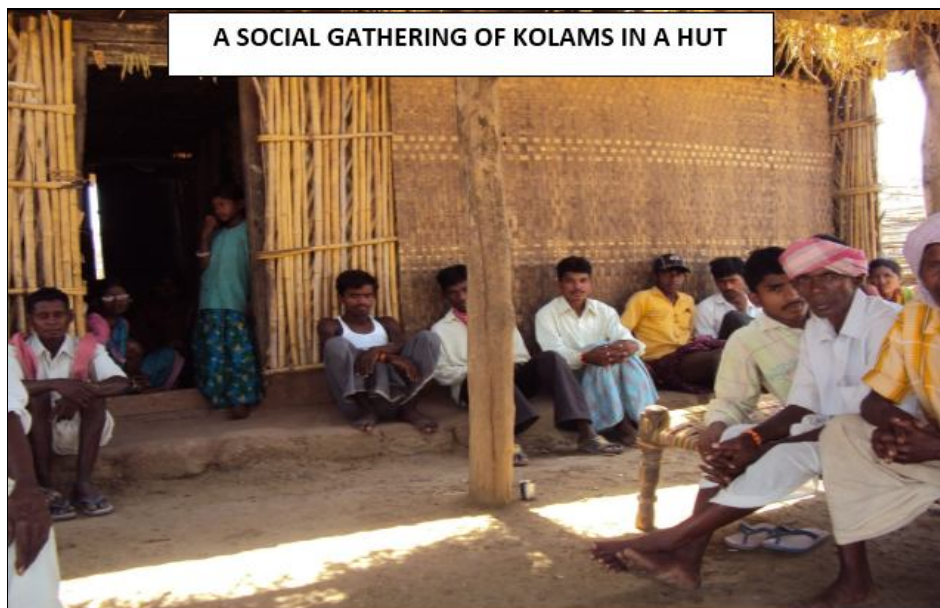
small scale industry is well established in Nirmal town, popular as “Nirmal paintings”. The district is also having a “Tiger reserve” second of its kind in A.P at Kawal known as “Kawal Tiger Reserve” and bestowed with number of scenic waterfalls at various places of the district like “Kuntala waterfalls” and “Pochara waterfalls”.al 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, Uttoor and Wankidi Mandals, the author has also visited villages and habitations like Gondu gudems, Naikapu gudems. 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.



Author interacting with healer

Author interacting with healer

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. *Abrus precatorius* L. Fabaceae

Telugu Name: Gurivinda

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 1gm size of pills, 1 pill are given internally for three days starting from fourth day of menstruation.

2. *Abutilon indium* (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 lebeck* (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-teega, 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 (karpuram) 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: Sirimanu.

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: Jerripothu 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 relieve 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. & Arn.: 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 serratta* 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 serratta*, 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 serratta*, 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 water 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 bonduc* (L.) Fleming.: Caesalpiniaceae

Telugu Name: Gachakai

Hydrocele: Leaf paste 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: Tella 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. *Calycopteris floribunda* Lam.: Combretaceae

Telugu Name: Bonta-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.:** Caesalpinaceae
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 powder mixed with honey is given orally.
- 34. *Cassia fistula* L.:** Caesalpinaceae
Telugu Name: Rela
Leprosy: 50 ml stem bark decoction is given orally.
- 35. *Cassia occidentalis* L.:** Caesalpinaceae
Telugu Name: Kasintha
Boils: 10 ml leaf juice is given orally to cure boils.
- 36. *Cassine glauca* (Rottb.) 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 ganneru
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. (**Diet:** Jowar roti with red chilly, garlic and ginger).
- 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 phlomoides* 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 pushpamu
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.
Eye diseases: The leaf juice is mixed with salt and breast milk is given in the case of eye diseases.
Wounds: Leaf paste is applied over cut wounds.
Boils: Leaves are ground to make paste and is applied over boils until cure.
- 48. *Coccinia indica* Wt. & Arn.:** 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 to paste 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 to paste adding water, extract is filtered through white cloth, freshly prepared juice is given orally twice in a day particularly on menses days.
Leucorrhoea: Roots and leaves are ground adding water, extract is filtered through white cloth, 30 ml of 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
Apharodisiac: 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 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 effected 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: Velthuru

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 effected area.

59. *Eclipta prostrata* (L.) L.: Asteraceae

Telugu Name: Guntagaljara

Fever: Whole plant and 10 black pepper are ground together and made in to small pills about 1 g size and administered thrice in a day for 5 days.

60. *Emblica officinalis* Gaertn.: Euphorbiaceae

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.

62. *Euphorbia hirta* L.: Euphorbiaceae

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. *Evolvulus alsinoides* (L.) L.: Convolvulaceae

Telugu Name: Vishnukrantha

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 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: Tella 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, pompkin, bottlegourd for a week) Bark is extracted before sun rise.

69. *Ficus virens* Ait. : Moraceae

70. Telugu Name: Banda juvvi

Boils: Latex is used to cure boils caused due to uprooting hair.

71. *Gardenia uliginosa* Retz. : Rubiaceae,

Telugu Name: Nallaika

Bone Fracture: Stem bark is 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.

72. *Garuga pinnata* Roxb. : Burseraceae

Telugu Name: Garuga

Asthma: 10 ml leaf juice is given by adding little quantity of honey orally once in a 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.

73. *Givotia rottleriformis* Griff. : Euphorbiaceae

Telugu Name: Puniki, Tella-puniki

Dandruff: Seed paste is applied to scalp to relieve from dandruff.

74. *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: Gumudu, 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 paste is applied over the effected 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.

Scorpio sting: The root paste is applied on scorpion sting.

Swelling: Leaf paste is applied on the swelling.

78. *Gymnosporia 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 *Gymnosporia 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 *Gymnosporia 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.) Ridasd.: 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 over 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 Suffruticosum* L. F. V. Muell. : Violaceae

Telugu Name: Pursha ratnam

Backache: Root bark of *Hybanthus suffruticosus* 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 suffruticosus* 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

89. Telugu Name: Sisa kammari

Wound: Leaves are ground to paste adding a pinch of salt and turmeric, the paste is applied on wounds.

90. *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.

91. *Leucas aspera* (Willd.) Link. : Lamiaceae

Telugu Name: Thummi

Fever: A bunch of leaves are boiled in water and the vapor is inhaled to cure head ache and fever.

92. *Limonia acidissima* L. : Rutaceae

Telugu Name: Velag

Indigestion: Fruit is eaten directly to cure indigestion.

93. *Madhuca longifolia* var. *latifolia* (Roxb.) A. Chev : Sapotaceae

Telugu Name: Ippa

Body pains: Stem bark paste is warmed and applied.

94. *Mangifera indica* L.: Anacardia :

Telugu Name: Mamid

Heal cracks: The latex from leaves or stem bark paste is applied to treat heel cracks.

95. *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: Yelakajeevaku,

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. *Mimusops 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.

Vomitings: 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.

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

107. *Oroxylum indicum* (L) Vent. : Bignoniaceae

Telugu Name: Dundillum, Pampini

Body pains: Stem bark paste is applied over the effected part.

Menstrual complaints: 2 spoons of stem bark decoction is given orally at night to regulate menstruation.

108. *Orthosiphon rubicundus* (D.Don) Benth.: 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: Bokkenagu

Stomach ache: 50 ml whole plant juice is administered orally.

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: Budda 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.: Plumbaginaceae

Telugu Name: Chitramoolum

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: Kanuga

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 teenager girls against menstrual complaints.

118. *Pueraria tuberosa* (Willd.) DC. Fabaceae

Telugu Name: Nela gummadi.

Hair growth: Fruit juice is applied to head and hair.

Dandruff: Fruit juice is applied to head and hair to cure dandruff.

119. *Pupalia lappacea* (L.) Juss: Amaranthaceae

Telugu Name: Tellauttereni

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: Amudam

Body pains: Leaves are ground to make paste and applied on body pain.

Stomachache: The oil extracted from the seeds is applied on lower stomach to get relief from stomachache.

122. *Sapindus emarginatus* Vahl.: Sapindaceae

Telugu Name: Kunkudu 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 plant parts 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: Nelamulka

Tooth problems: The root stock is chewed and used as tooth brush for healthy teeth.

125. *Solena amplexicaulis* Lam. : Cucurbitaceae

Telugu Name: Adavi Donda, Tigadonda

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 chet

Rheumatic pains: Root paste is applied over Rheumatic pains.

Bone fracture: Extract root powder, add water and the paste is applied over the effected area.

128. *Streblus 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: 10ml stem bark juice is given along with honey and ginger until cure.

130. *Strychnos potatorum* L.f.: 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: Banthi

Ear diseases: Fresh leaf juice is put in the ears as ear drops.

Wounds: Leaf paste is applied topically on effected area.

133. *Tamarindus indica* L.: Caesalpiniaceae

Telugu Name: Chintha

Swelling: The leaves are heated and tied over the effected 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: Tella madi

Fever: Roots are collected in the early morning and tied to the waist to cure intermittent fever.

137. *Terminalia chebula* Retz.: Combretaceae

Telugu Name: Karakkai chettu.

Cough and cold: 5 g dry fruit powder 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. *Tiliacora acuminata* (Lamk) Miers: Menispermaceae

Telugu Name: Kappa teega

Snake bite: Leaf paste is applied on the effected 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 urinization.

141. *Trianthema portulacastrum* L.: Aizoaceae

Telugu Name: Tella galijaru

Partial headache: 3–4 drops leaf juice is dropped into the nostrils to relieve partial headache.

142. *Tribulus terrestris* L.: Zygophyllaceae

Telugu Name: Palleru

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 Chamanti, Nallalam

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.

Cough and cold: 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.) Stapf.: 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 leavessmeared with sesame oil are tied to the part of inflammation.

150. *Withania somnifera* (L.) Dunal.: Solanaceae

Telugu Name: Asvagandhi

Virility improvement: Tubers of *Curculigo orchoides*, 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 officinalis* 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 ethnobotanical

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, Sirupur(u), Tiryani, Utnoor and Wankidi 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 menorrhoea, 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.

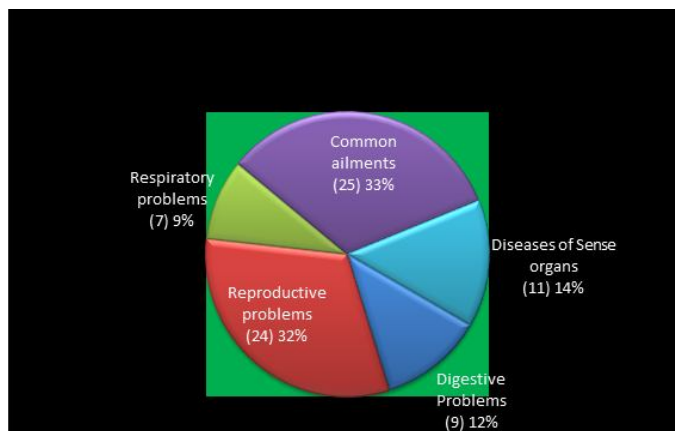


Fig 1: Percentage of treatments recorded from Kolam healers for Human ailments

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 apharodisiac), 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

common ailments (10 for fever, 9 for wounds, 2 for body pains, 2 for boils and 1 remedy each recorded for blisters, blood purifier, body cooling, bone fractures, diabetes, maggot wounds, small pox, snake bite, sexual impotency) (see Figure 16 and Figure:17).

Pardhan healers are specialized in treating fevers in the area. This community is also affected by fevers frequently due to changes in weather conditions.

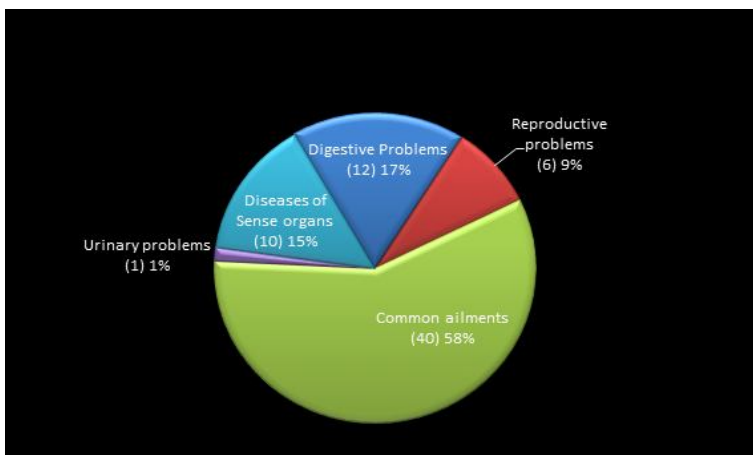


Fig 2: percentage of treatments recorded from Naikpod healers for Human ailments

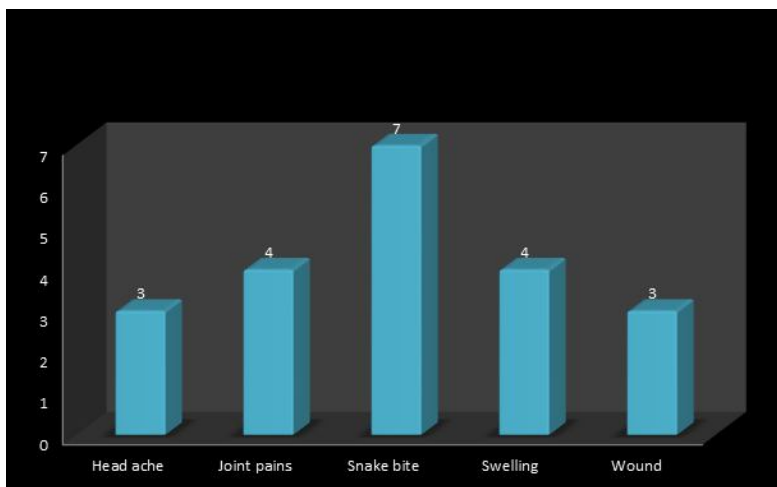


Fig 3: Treatments recorded under common human ailments from Gond healers

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

medicine.

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.





Plate 2: Photographs of Medicinal Plants.

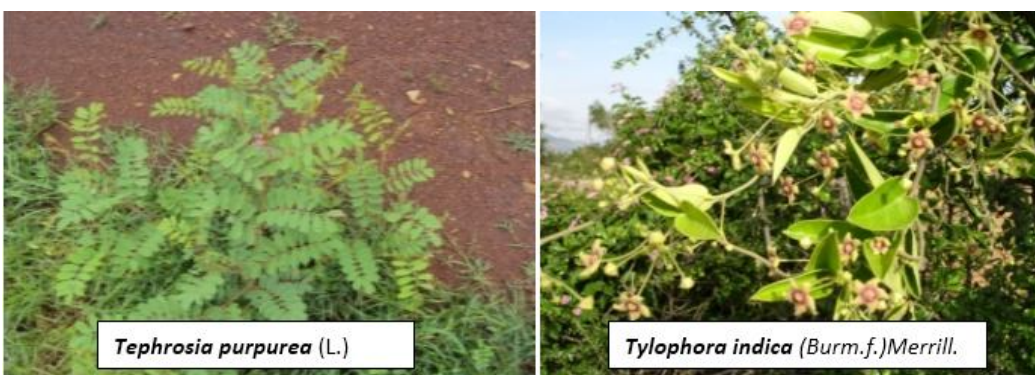


Plate 3: Photographs of Medicinal Plants.

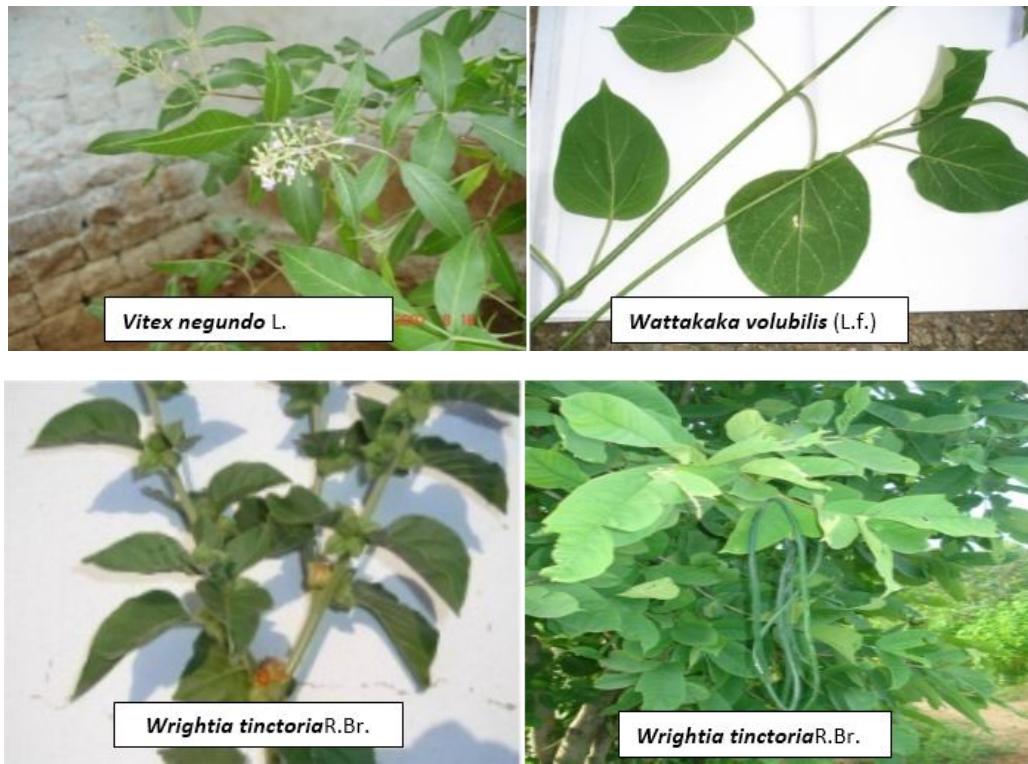


Plate 4: Photographs of Medicinal Plants.

Kolam Healers



Naikpod Healers





Mandrapu Jadi (Tiryani, Naik Pod Healer)

Gond Healers



Palla Rekha (Nagaram Gond Gudem, Kerimeri)



Gudimetha Gannu (Manikyapur, Tiryani)

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