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Plant based native therapy for skin problems in Aurangabad district (M.S.)

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An Ethnobotanical survey was carried out to collect information on the use of medicinal plants by the local and tribal people of some selected areas of Aurangabad district of Maharashtra state. A total of 26 plants have been recorded here which are used for curing 20 types of skin problems (Dermatological problems), such as boils, eruption, cuts, wounds, eczema, syphilis, urticaria etc. The data was collected by using questionnaire approach, group discussion and contact with traditional healers of the villages.

The investigated plant taxa have been listed according to their uses in curing the diseases, along with botanical names, families, local names, parts used and routes of administration. Some noteworthy medicinal plants are *Hydnocarpus pentandra*, *Murraya koenigii*, *Tagetes erecta*, *Withania somnifera*, *Sapindus trifoliatus*, *Rauwolfia serpentina*, *Centella asiatica*, *Eclipta alba* etc.

Keyword: Ethnobotanical survey, Traditional healers, eruption, eczema, syphilis.

1. Introduction

Skin is the largest organ of our body. It is, in terms of both weight, between 6 and 9 pounds, and surface area, about 2 square yards. Skin separates the inside of our body from the outside world. It protects from bacteria and viruses that can cause infections. It helps us sense the outside world, such as whether it is hot or cold, wet or dry it also Regulates our body temperature Conditions that irritate, clog or inflame skin can cause symptoms such as redness, swelling, burning and itching. Allergies, irritants, our genetic makeup and certain diseases and immune system problems can cause dermatitis, hives and

other skin conditions. Many skin problems, such as acne, also affect our appearance.

Accumulation of ethnomedicinal uses is an integral part of indigenous heritage. From the earliest days mankind has turned to plants for healing and various other uses. The curing of skin problem methods through herbs are common in Ayurved and Unani system of the survey of different systems reveal that many plants are used for curing skin problems. During the ethnobotanical exploration around 28 villages of the district, it is observed that tribals, non tribals, are using herbs for dermatological problems. This has been done unless the permission obtained from the vaidyas, hakims, village medicinal men

and senior persons, they suggest some plants or plant parts for suitable problem. Experts administer particular dose with keen observations. Present information about medicinal plants are mainly confined with the village physicians, chieftains of different communities and older members of the family. This knowledge is limited with a few experts alone. This work is an attempt to provide new information of plants used as Dermatitis in the area. For this investigation around 28 villages of Aurangabad district is visited and information collected from more than 55 persons. Uses of the plants are confirmed by the comparing the data with available literature on the medicinal plants (Chopra-1956, Dastur-1962, Joshi-2000, Naik-1998) and observed that, this folklore information contains lot of new uses of some common plants available in the area.

1.2 Methodology:

Present study is based on personal interviews with tribals, non tribals, medicinal men, senior citizen etc. Plant specimens have been collected from the field and their identities as recognized by the tribal, non-tribal healers have been confirmed. The herbarium specimens are prepared, given suitable voucher numbers and deposited in the herbaria of Department of Botany of Maulana Azad college, Aurangabad.

1.3 Enumeration:-

The plants have been arranged alphabetically, each by its botanical name, followed by family (within parenthesis), local name, locality and voucher specimen number. The folk uses are described with details of method of preparation of dosage, dose administration and combination with herbs if any recorded.

Abutilon indicum (L.) (**Malvaceae** Juss.). Petari, Mudra, Shikka.

- Leaf poultice is useful for wounds, gangrene, itching, and swelling.
- Pain can be removed by using decoction of leaves.

Anethum graveolens L. sp. (*Peucedanum graveolens* Hieru) (**Apiaceae** Lindl.).

- Shepu (Leaves), Balant Shepu (Fruits).
- Fresh seed poultice is useful for boil, eruption, which gives out pus quickly.

Argemone mexicana L.Sp. (**Papaveraceae** Juss.). Piwala Dhotra, Bilayati.

- 10 gm seed powder if taken with water in morning and evening it gives relief to itching.

Azadirachta indica A.Juss. (**Meliaceae** Juss.). Neem, Kadu Limb.

- Leaf poultice is useful for wounds, gangrene, itching, swelling, ulcer, syphilis, chicken pox etc.

Butea monosperma (Lamk) Taub. (**Fabaceae** Lindl.nom.alt.). Palas.

- Seed if mixed with lemon juice and if applied on eczema and scabies, it gives relief.
- This paste also useful in white patches.
- Seed paste in water if applied on patches it gives relief.
- Leaf poultice is very useful in the treatment of boils, eruption, wounds, piles and swelling skin.

Calotropis gigantea (L.) (**Asclepiadaceae** R.Br.). Rui, Ruchki, Madar, Akda.

- Milky latex of the plant if applied on patches it gives relief.

Cassia obtusifolia L. Sp. (**Caesalpiaceae** Lindl.). Tarwad, Takla.

- Take 20 gms of seed powder, keep it in 100 ml curde. After 3 days if apply on white patches it gives relief within 4 days.

Centella asiatica (L.) Urb. (**Apiaceae** Lindl.). Brahmi, Koriwana.

- 10 gms powder crush with 7 pepper seeds, filter it and take it with water for morning and evening one spoon daily. It controls boils, eruption, scabies and urticaria.

Cinnamomum camphora Nees. (**Lauraceae** Juss.). Kaphoor, Siras.

- Crushed stem bark if applied on pimples, in few days it gives relief.

Cuminum cyminum L.Sp. Jire. (**Apiaceae** Lindl.). Zeera, Jire.

- Black cumin seeds paste should prepare in water and if apply on boils and eruption, it gives good results.

Eclipta alba (L.) Hassk. (**Asteraceae** Dumart.). Maka.

- Crushed plant if mixed with sesame oil and mixture if apply on swelling skin, it gives relief.

- Leaf paste is useful for old itching, cracked skin, wounds and gangrene.
- Leaf juice is useful for washing gangrene.

Hydnocarpus pentandra (Buch, Hem.) (Flacourtiaceae DC.). Kadu Kavath.

- Oil is useful in skin problems.
- Mixture of oil and lemon juice if on burned skin, leprosy, joint pains gives relief.
- Paste of seeds is useful for treatment of eczema, white patches, itching and infection.

Madhuca longifolia (Koen.) (Sapotaceae Juss.). Mahuwa, Mowa.

- Leaf paste mixed with sesame oil and should apply on eczema after every 3 to 4 hours, it gives relief.
- For treatment of burn skin and cracked skin, ashes of leaves mixed with ghee and apply it.

Murraya koenigii (L.) Spreng. (Rutaceae Juss.). Kari patta.

- Leaf poultice is useful for burned skin, cracked skin or scratched skin.

Nerium indicum Mill. Gard (Apocynaceae Juss.). Kaner.

- 50 gm leaves if boiled in Olive oil. If massaged with this cleaned oil on itched skin gives relief.
- For head wounds and hair grow, burn leaves in olive oil and clean oil should apply on head daily.

Ocimum basilicum Linn. (Lamiaceae Lindl.). Ran tulus

- Leaf paste if applied on patches, it gives relief.
- Leaf paste is useful in black patches over face.

Piper betle L Sp. (Piperaceae Agardh.). Paan, Nagwel .

- Leaf of Betle should heat on flame, it becomes weak, put castor oil on it and tie over eruption or boil. Repeat the process after 4 to 5 hours for 5 times. Boil will ruptured and will give relief in pain.

Rauwolfia serpentina (L.) Benth. (Apocynaceae Juss.). Sapgandha.

- 1gm powder if taken with water it controls superior scoriasis.

Ricinus communis L. (Euphorbiaceae Juss.). Erand,.

- Bark of plant if crushed in water and if applied on boils and eruption, it gives quick relief.

Sapindus emarginatus Vahl. (Sapindaceae A.Juss.). Ritha.

- Exocarp of fruit kept in water and applied on face patches, it keeps away from patches.

Tagetes erecta L. Sp. (Asteraceae Dumart.). Zendu.

- Flower poultice is used in burned skin, poisonous insect bite, gives fast relief.
- Leaf juice is useful for fast dissolution of mole.

2. Conclusion

Herbal remedies used to end pregnancy work best when used just before when menstruation is due. The more time that passes after having missed period, the less likely the herbs are to work.

It is also important that, sooner any one begin using these remedies the more likely she will be in accomplishing her goal. Herbs seem to be fairly effective through the 4th week, though chances of its working are less than if home remedies are started when menstruation is due. The, further advanced a pregnancy is, the more risky ending it becomes and the less likely herbal methods will be successful. It is not advisable to begin herbal treatment after the 6th week of pregnancy. Use of the essential oil or these herbs orally should be avoided. These are strong powerful herbs, and the essential oils are extremely concentrated and poisonous. Present information is collected for awareness and precaution. It is also suggested that herbal remedies should be used under proper consultation of Ayurvedic practitioners.

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