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Venkata Narasimha Kadali
Department of Biotechnology,
Andhra University,
Visakhapatnam, Andhra Pradesh.

Kameswara Rao Kindangi
Department of Biotechnology,
Andhra University,
Visakhapatnam, Andhra Pradesh.

Ethno-medicinal plants used by the Traditional healer of West Godavari District, Andhra Pradesh, India.

Venkata Narasimha Kadali, Kameswara Rao Kindangi.

Abstract

The traditional healer of West Godavari district studied for the use of medicinal plants. We report 10 species of medicinal plants used for ailments such as ulcers, rheumatism, tooth ache, diabetes, skin diseases, etc. The people of this area have high belief on this traditional healer. The traditional healer has been treating since 40 years and acquired this treatment from his fore fathers.

Keywords: Traditional healer, Medicinal plants, Ailments, Forefathers.

1. Introduction

Medicinal plants being used throughout the world especially in India to treat diseases from common cold to deadly diseases. In developing countries, increased use of traditional medicines taking place especially herbal preparations in the local health care system and urban people are turning to herbal medicines^[1-2]. Generally people in India depend on this herbal medications because in rural areas of India lack of hospitals. Due to modern technology the traditional healing has been declining^[3]. In most of the rural areas of India people prefer this herbal medications because of apprehensions the people have on the modern medicines because of side effects. Due to this side effects there has been increased use of medicinal plants in Ayurvedam. Now a days researchers have been focused on this medicinal plants because lack of side effects and efficacy. Medicinal plants have long history and are providing useful tools for treating various diseases^[4]. Due to extensive using of these medicinal plants in Ayurvedam there is a threat of extinction to some of these medicinal plant species so it is important to conserve them. Traditional medicines have been using since 100 years of belief and observation, which inhibits the spread of modern medicine^[5]. A lot of information need to be found out from the traditional healers. It is the responsibility of scientific community to bring them in to light so that several diseases can be cured.

2. Materials and Methods

The present study was undertaken in the Somarajucheruvu, in Penugonda mandal, West Godavari District, Andhra Pradesh, South India. The total geo graphical area is 10,000 square km. Lot of relevant information collected from the traditional healer as well as elderly persons in the village.

3. Results

Through the present study 10 species of ethno-medicine were recorded. Given in table 1.

1. Malaria: The dried stem bark powder of *Cinchona affinalis* (Jvarapatta) mixed with water and taken internally to treat malaria.
2. Duodenal Ulcer: Decoction of roots of *Asparagus recemosus* (Pilligaddalu) internally to treat duodenal ulcers.
3. Rheumatism: The dried seeds of *Jatropha glandulifera* (Dundigapu) made in to paste is applied topically to treat rheumatism.
4. Diarrhoea And Dysentery: Decoction of roots of *Asparagus officinalis* (Muslamma Gadda) internally to treat diarrhoea and dysentery.
5. Tooth Ache: The unripe fruit of *Annona squamosa* (Seethaphalam) is made in to paste is applied at the tooth to treat tooth ache.
6. Diabetes: Dried leaf of *Gymnema sylvestre* (Podapatri) is made in to powder and mixed with water is taken internally to treat diabetes.

Correspondence:
Venkata Narasimha Kadali
Department of Biotechnology,
Andhra University,
Visakhapatnam, Andhra
Pradesh.

7. Wounds: Leaves of *Achillea millefolium* (Karpoorabenda) is made in to paste is applied on the wounds to treat wounds.
8. Snake Bites: Leaves of *Andrographis paniculata* (Nelavemu) is made in to paste and is applied at the bitten area. Juice of roots with water of *Tephrosia purpurea* (Vempali) taken orally to treat snake bites.
9. Skin Diseases: The leaves, flowers and seeds of *Sphaeranthus indicus* (Boddasoramamu) are made in to paste and is applied topically to treat skin diseases.
10. Stomach Problems: The leaves of *Ocimum basilicum* (Bhutulasi) are made in to paste and is taken orally to treat stomach problems.

Table1: List of medicinal plants used by the traditional healer in west Godavari District, AP.

S.No	Disorder	Name of the plant	Local name	Part of the plant used	Method of preparation
1	Malaria	<i>Cinchona officinalis</i>	Jvarapatta	Stem bark	Stem bark made in to powder and mixed with water to take internally to treat malaria.
2	Duodenal ulcers	<i>Asparagus recemosus</i>	Pilligaddalu	Roots	Decoction made by roots to take internally to treat Duodenal ulcers.
3	Rheumatism	<i>Jatropha glandulifera</i>	Dundigapu	Dried seeds	The dried seeds made in to paste and applied topically to treat rheumatism.
4	Diarrhoea internally And Dysentery	<i>Asparagus officinali</i>	Musalamma gadda	Dried roots	Decoction made by roots to take to treat Diarrhoea and Dysentery.
5	Tooth ache	<i>Annona squamosal</i>	Seetha phalam	Unripped fruits	Unripped fruit made in to paste is applied at the tooth to treat tooth ache.
6	Diabetis	<i>Gymnema sylvestre</i>	Podapatri	Dried leaves	Dried leaves made in to powder and mixed with water is taken internally to treat Diabetes.
7	Wounds	<i>Achillea millefolium</i>	Karpurabenda	Leaves	Leaves made in to paste is applied on the Wounds.
8	Snake bite	<i>Antrographis Peniculata</i>	Neelavemu	Leaves	Leaves made in to paste and applied on the bitten area.
		<i>Argemone mexicana</i>	Brahmadandi	Roots.	Juice of roots taken orally to treat snake bite.
9	Skin Diseases	<i>Sphaeranthus indicus</i>	Boddasoramamu	Leaves, Flowers, Seeds.	Leaves, Flowers, Seeds are made in to paste and applied topically to treat skin diseases.
10	Stomach problems	<i>Ocimum basilicum</i>	Bhutulasi	Leaves	Leaves made in to paste and taken orally to treat Stomach problems.

4. Discussion

Medicinal plants have been exploring in search of new and safe drugs. A lot of medicinal information is well within the traditional healers. Due to human activities and grazing of animals a lot of medicinal plant species have been extinct. It is necessary to conserve them by using modern scientific tools such as tissue culture. The tribals of India have immense knowledge about medicinal plants. Traditional healers use a single plant species or combination of different plant species or they use single plant part or several plant parts to cure diseases [6].

5. Conclusion

There is a lot of information from traditional healers still to be known and is to be necessarily documented to produce new drugs to treat deadly diseases.

6. References

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