Phoenix: International Multidisciplinary Research Journal
Vol 3, No. 1, Jan-March, 2025
ISSN: 2583-6897

SOME ETHNOMEDICINAL PLANTS USED BY THE PEOPLE OF BHADRADRI KOTHAGUDUM DISTRICT, TELANGANA STATE TO CURE DIARRHOEA

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Abstract:

The paper provides first hand information on the herbal remedies practiced by the Bhadradri kothagudum. During the study, out of several known herbal plants 26 plant species belonging to 26 families were found to be used by the local medicine men and village folks to orally various ailments. Wild Plants habits are climber, herb, shrub, small, medium big trees. The useful plant parts are root, rhizome, Stem bark, leaf, Fruit, and Seeds. The report incorporates the mode of application and dosage of these herbal drugs, which is obtained with great difficulty because in many cases these medicine men are reluctant to share their knowledge.

Keywords: Ethnobotany, Ethnomedicine, Medicinal plants, Commonly healers, Bhadradri Kothagudem,

Introduction:

Man from the beginning has had a tendency to draw material from nature for his hue. The identification of plants useful to man from among natural stands commenced in pre-historical times. Diarrhea in children is primarily caused by infections from viruses (like rotavirus), especially in summer and during the rainy season. Other causes include bacterial infections like E.coli,Salmonella food intolerances, and even antibiotic usebacteria, or parasites, which often spread through contaminated food or water and person-to-person contact

Bhadradri Kothagudem district is a district in the east of the Indian state of Telangana. Kothagudem is the district headquarters. It is the largest district in Telangana, with latitude and Longitute is 17º 39’ N to 80º 41’ E. It borders the districts Khammam, Mahabubabad, Mulugu and shares a boundary with the bordering states Chhattisgarh and Andhra Pradesh. The district comprises 24 mandals and 2 revenue divisions, Kothagudem and Bhadrachalam. Bhadradri kothagudum region in India is ethnobotanically very rich and phyto geographically ethnobotanical studies. In this region, many tribals a diverse terrain and offers immense scope for from different ethnic groups, viz. koya , gothikoya ,erukala, yanadhi and others are found. They live in tribal pockets, which dot the north-central parts of India. In spite of the modernization process, the rural folk and the tribals of these areas still hold on to their traditional faith and depend on indigenous plants for their various needs, especially medicine. However, very little or no ethnobotanical studies seem to have been carried out in the state for some reports (Jain 1991). This is more so in the Telangana state of because of their remoteness. parnashala, the land of Sri Rama aranyavasam staying in this area, is an expanse forested hills India. There is also a strong interaction and association between the natives and their plant environment. This bond is very

strong, especially in the southern part . Therefore, the tribals have not forgotten their age-old customs and traditions. Knowledge about plants, especially of wild species which they use in their daily life for various purposes, still lies with them. In the present investigation, some plant species used by various tribes of Bhadradri kothagudum to orally dysentery are enumerated.

Methodology:

The present study was carried out Bhadradri kothagudum area during 2019-2020. The ethnobotanical data was collected through interviews, discussions and observations in the following ways: Many remote villages were visited to interact with tribals living there. Care was taken that elders were part of each group (45-85 years of age men and women), as they had more knowledge about plant uses. Information was recorded specially from native people, who were familiar with herbal medicines. Data were also collected through supplying questionnaires in their local language prepared by the translator(native people).The specimens were identified Jain et al 1984 and 1991

Results and Discussion:

The present study on the therapeutic use of plants diarrhoea diseases was not reported in earlier works (Sahoo 1986; Hemadri & Rao 1989; Girach 1992; Sahoo and Mudgal 1995) and only plants with some interesting and new method of application are recorded here. The 26 plant species studied and belonging 24 families are arranged alphabetically with their family, scientific name, vernacular name, useful part, etc. mode of administration. Specimens kept in the herbarium.

Out of 26 plant studied, 7 are prescribed for children and 20 for adults. Also, 26 species are used for diarrhoea.

The present study has revealed that in spite of modern heath care system. People in the rural areas of Bhadradri kothagudum continue to take recourse to this traditional plant therapy and are observed to get good results. It is therefore, imperative that further work on these medicinal plants is undertaken. Family represented in Bold scientific name Italic Vernacular Name and Habit.

Anacardiaceae *Mangifera indica L.* 'Mamidi chettu'. Tree Bark paste with warm water and orally taken twice a day for diarrhoea.

Aarecaceae *Phoenix silvestris L.'* Eetha chettu'. Tree the plant toddy taken before sunrise in diarrhoea

Asteraceae *Tridax procumbens L.* 'Gaddi chamanthi'. Herb Whole plant made into paste and taken orally in diarrhoea.

Caesalpiniaceae *Cassia occidentalis* L. 'Kasintha'. Shurb Tender leaf decoction with butter milk and add cumin seeds (**Apiaceae** *Cuminum cimonum* L. 'jeelakara'. Herb) Pills made and taken twice a day for diarrhoea.

Clussiaceae *Mesua nagassarium (Burm. F) Kost.* 'Nagakesaramu'. Herb Bark decoction taken orally for diarrhoea.

Crassulaceae *Kalnchoe pinnata (Lam.)* 'Ranapala'. Herb leaf paste along with three black peppers (**Piperaceae** *Piper nigrum L.* ' Miriyalu'. Climber) administered orally twice a day to for diarrhoea.

Combretaceae: *Terminalia bellirica (gaertn.) Roxb.* 'Tanikaya chettu'. Tree The dried fruit burning powder prepared with water and add rock salt orally taken for diarrhoea.

Combretaceae; *Terminalia chebula retz.* 'Karakaya chettu'. Tree Fresh Pericarp paste taken along with buttermilk to orally diarrhoea for children.

Ebenaceae; *Diopyros malanoxylon Roxb.* 'Tuniki chettu'. Tree Tender leaf juice or ripen fruit taken orally to orally diarrhoea in children.

Euphorbiaceae *Emblica officinalis L.* 'Usiri chettu'. Medium Tree Raw fruit taken orally to children twice a day for three days in diarrhoea.

Loganiaceae *Strychnos nux –Vomica* 'Musti chettu'. Herb Bark powder with lemon juice, made into pills and taken orally in acute diarrhoea.

Lythraceae *Lawsonia inermis L.* 'Gorintaku chettu'. Shrub Roots paste along with neem leaf (**Meliaceae** *Azadirachta indica L.* 'Vepa chettu'. Tree). Coconut (**Palmaceae** *Cocas nucifera L.* 'Kobbari chettu'. Tree) root and dried ginger (**Zingiberaxceae** *Zingiber officinale L.* 'Allamu'. Herb) made into paste, dried and made into pills. Take with water for diarrhoea.

Mimosaceae *Mimosa pudica L.* 'Attipathi'. Herb Root decoction taken twice a day in diarrhoea.

Moraceae *Ficus hispida L.'* Bomma Medi'. Small Tree Latex taken with warm water orally taken for diarrhoea.

Musaceae *Musa paradisiaca L.* 'Arati chettu'. Pseudo Tree Sap from the pseudo stem administered orally taken for diarrhoea in children and kidney stones.

Punicaceae *Punica granatum L.'* Dhanimma chettu'. Small Tree Young leaf or unripe fruit is made into paste along with rice washed water and administered orally half cup taken twice a day for diarrhoea.

Rutaceae *Citrus medica L.* 'Dabba chettu'. Tree Unripe fruit pulp with sugar (**Poaceae** *Saccharum officinarum L.* 'Cheraku'. Shrub) once a day for three days in diarrhoea.

Rutaceae *Feronia limonia Nic.* 'Velaga chettu'. Tree Unripe fruit pulp taken orally twice a day for three days for diarrhoea and dysentry for children.

Sapotaceae *Manilkara zapota L. Royen* 'Sapota chettu'. Tree Unripe fruit taken orally thrice a day for three days for diarrhoea for children.

Valerianaceae *Valeriana jatamansi jones* ' Jamansi'. Herb Leaf decoction taken orally with honey and also administered to children to orally diarrhoea.

Conclusion:

It was interesting to note that out of the plants studied, Aegle marmelos (dried fruit powder mixed with curd); Emblica officinalis (dried fruits); Tamarindus indica (leaves); and Punica granatum (root and stem bark) were also being used by tribals of Chota Nagpur Plateau for the same purpose.(Mahato et al. 1992). However, Garo tribe of Meghalaya use Begonia roxburgii, but instead of the whole plant, they use root stock crushed to orally dysentery (Rao 1980). Khasis also use the same genus, but different species, i.e. B. rubrovenia., i.e. the root juice of this plant was consumed to orally dysentery (Kharkongar & Joseph 1981); Jatropha curcas, used by Mizos to orally dysentery. was being used differently by the Khasis. They use latex of this plant mixed with salt to heal burns (Kharkonger & Joseph 1981). Mizos use young fruit and roots of Ficus semicordata to orally dysentery. Another species, Ficus auriculata, is used by tribals of to orally diarrhoea (Negi et al. 1993). Leaves of Viola bifloru are used to orally cough and COLD tribe . (Negi & Pant, 1990). Dry bark of Astonia scholaris is used in chronic diarrhoea and dysentery (Jain 1968). Similarly, leaves and shoots of Mikania cordata are used to orally dysentery by the Mikirs of Assam (Borthakur 1980a, b).

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Recaceae, *Phoenix silvestris L.*

Asteraceae *Tridax procumbens L*.

Caesalpiniaceae *Cassia occidentalis* L. (**Apiace**

Clussiaceae *Mesua nagassarium (Burm. F)*

Crassulaceae *Kalnc*

Anacardiaceae *Mangifera indica L*.

Aa *hoe pinnata (La*(**Piperaceae** *Piper nigrum L*.

Combretaceae: *Terminalia bellirica (gaertn.) Roxb*.

Combretaceae; *Terminalia chebula retz.*

Ebenaceae; *Diopyros malanoxylon Roxb*.

Euphorbiaceae *Emblica officinalis L*.

Loganiaceae *Strychnos nux –Vomica* .

Lythraceae *Lawsonia inermis L.* (**Meliaceae** *Azadirachta indica L.* (**Palmaceae**; *Cocas nucifera L.* (**Zingiberaxceae** *Zingiber officinale L.* .

Mimosaceae *Mimosa pudica L.*

Moraceae *Ficus hispida L.*

Musaceae *Musa paradisiaca L.*

Punicaceae *Punica granatum L.*

Rutaceae *Citrus medica L.* **Poaceae** *Saccharrum officinarum L*

Rutaceae *Feronia limonia Nic.*

Sapotaceae *Manilkara zapota L. Royen*

Valerianaceae *Valeriana jatamansi jones*