Few Herbal Medicinal knowledge from Thirthahalli taluk, Shivamogga District, Karnataka, India

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ABSTRACT

Introduction: Ayurveda suggests to collect the information about medicinal plants from the Vaanavasi (primitive tribes), Ajapa, Avapa (Shepherds) and Gopi (Cowheards). Traditionally the science of healing is taught from one generation to another, which others will not be aware of. Western Ghats are Rich in Flora and Fauna thus considered as one of the Hotspots of Bio-diversity in India. Methods: Hence an attempt is made in that direction to collect the information from traditional healers of a place which is amidst of Western Ghats named Thirthahalli taluk regarding the plant species, their local name, part used along with dosage of the medicinal plants used by them in treating various illness. The data was collected by randomly selecting 13 informers who were from 6 different villages and data is collected using a Self-prepared questionnaire based interviews. Results: The ethnobotanical survey is documented and it reveals that 20 plant species are used by the folklore practitioners to treat various ailments. Conclusion: Thus it is evident that the knowledge of the folklore practitioners is in depth, undoubted and very much scientific.

KEYWORDS

Ailments, Ethnobotanical survey, Plant species, Traditional healers.

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The study area selected was Thirthahalli taluk belonging to Shivamogga district, Karnataka and it is located amidst the Western Ghats region which is considered as the ‘hotspots of bio-diversity’ in India (Figure 1). This taluk is situated between 13°33’ and 13°46’ latitude and between 75°09’ and 75°28’ longitude in about the mid-south western part of Karnataka state at an altitude of 696m above the mean sea level. The study area has diverse types of vegetation like evergreen, semi-evergreen, moist and deciduous forests and is very rich in diversity of plants with medicinal values. The taluk covers a total area of 196 km² and the average rainfall ranges from 2207-2658 mm, this is because it includes Agumbe which is recorded as second highest annual rainfall after Cherrapunji of Meghalaya state. Agriculture is the major occupation in this area and arecanut, banana, paddy, pepper are the main crops. Tunga River originates in the study area. Six villages were randomly selected for the survey purpose namely Guddekeri, Kundadri, Kowrihaklu, Agasarakone, Dhonihaaku and Nadabaru. The survey is done during November 2016 to January 2017. Ethno-medico-botanical information on the medicinal plant species were collected from the knowledgeable traditional healers as well as elder people of the study area through a detailed self-made questionnaire[7]. Out of 13, 11 were male and 2 female respondents under the age group ranging from 43 to 96 years. The information about medicinal plants like its local name, part used, dosage form and dosage, mode of administration were collected and the collected information is confirmed by cross-checking with other respondents, with former patients and compared with already existing literature[8-10]. The ethno-medical plants photographs were taken and few plant material were collected and all the plants were identified taxonomically using a local flora[10,11].

The ethno-medico-botanical survey performed in few selected villages of Thirthahalli taluk of Shivamogga district were documented and the information gathered by the traditional healers and knowledgeable elders were arranged alphabetically by ailment followed by Botanical name, local name, Family and part used along with mode of usage. Apart from the medicinal use, information regarding the field identification characteristic feature of the plant species were also obtained.

The study revealed total of 21 Genera of medicinal plants including 15 Families and few medicinal plants which were not mentioned in Ayurveda and we considered them as anukta dravya (Extra Pharmacopoeial drugs) and 4 such plants were observed in the study, which were endemic to the study area like Flueggea leucopyrus, Persea macrantha, Actinodaphne wightiana, Sauropus androgynus as Western Ghats is known for its rich bio-diversity especially when it comes to the availability of the medicinal plants.

The folklore practitioners were also specialized based on the diseases which they treat like few were Joint diseases as well as Fracture specialists and Few were experts in treating snake bites. The plant based medicines are used to treat various ailments such as Asthma, Fracture, Haemorrhoids, Herpes, Jaundice, Snake bite.

The knowledge which is passed on from generation to generation as a tradition is being practiced by them and that information is provided. This is consistent with the general observations made earlier in relation to ethnobotanical studies on some of the other areas of Thirthahalli by Savinaya MS[12] and Nagabhushan K[13].

The difference between Ayurveda as well as the Folklore practices are insignificant except the fact that Ayurveda is documented and folklore practices are spread through tradition from the ancestors. Hence Documentation of knowledge about 20 medicinally important species were done in the study, few were mentioned in Ayurveda and few were not. The profusely available natural resources can be used for the various human as well as veterinary ailments. Thus it is evident that the knowledge of the folklore practitioners is in depth, undoubted and very much scientific. Thus it is need of the hour to document such traditional medicinal practices which is of use to present as well as future generations.
Figure 2. Photographs of ethnobotanically important plants

2.1 Gantu baarangi

2.2 Kaadu Mallige

2.3 Balamuri

2.4 Bilisuli

2.5 Gandu kepala

2.6 Gulimavu

2.7 Lakdi

2.8 Galavara
Table 1. Results showing the ethnobotanical information

<table>
<thead>
<tr>
<th>SN</th>
<th>Aliment</th>
<th>Botanical and Local name</th>
<th>Family</th>
<th>Mode of usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Asthma</td>
<td><em>Rotheca serrata</em> (L.) Steane &amp; Mabbs. - <em>Gantu baarangi</em></td>
<td>Verbenaceae</td>
<td>Root powder given with honey</td>
</tr>
<tr>
<td>2</td>
<td>Asthma</td>
<td><em>Justicia adhatoda</em> Linn. - <em>Adusoge</em></td>
<td>Acanthaceae</td>
<td>Leaf juice with pinch of salt</td>
</tr>
<tr>
<td>3</td>
<td>Asthma</td>
<td><em>Jasminum malabaricum</em> Wight. - <em>Kaadu Mallige</em></td>
<td>Oleaceae</td>
<td>Leaf juice with honey</td>
</tr>
<tr>
<td>4</td>
<td>Cold and cough</td>
<td><em>Leucas zeylanica</em> (L.) W.T.Aiton - <em>Tumbe gida</em></td>
<td>Lamiaceae</td>
<td>Fresh juice instilled into nostrils</td>
</tr>
<tr>
<td>5</td>
<td>Cold and cough</td>
<td><em>Helicteres isora</em> Linn. - <em>Balamuri</em></td>
<td>Sterculiaceae</td>
<td>Powder of dried leaves with hot water</td>
</tr>
<tr>
<td>6</td>
<td>Constipation</td>
<td><em>Ricinus communis</em> Linn. - <em>Aralu</em></td>
<td>Euphorbiaceae</td>
<td>Dried leaves were administered with hot water</td>
</tr>
<tr>
<td>7</td>
<td>Constipation</td>
<td><em>Flueggea leucopyrus</em> Willd. - <em>Bilisuli</em></td>
<td>Euphorbiaceae</td>
<td>Leaves juice along with milk</td>
</tr>
<tr>
<td>8</td>
<td>Fracture</td>
<td><em>Persea macrantha</em> (Nees) Kosterm. - <em>Gulimavu</em></td>
<td>Lauraceae</td>
<td>Bark is pounded and paste is applied on fractured area and it is repeated after 7 days</td>
</tr>
<tr>
<td>9</td>
<td>Haemorrhoids</td>
<td><em>Alternanthera ficoidea</em> (L.) Sm. - <em>Hongone</em></td>
<td>Amaranthaceae</td>
<td>Stem along with leaf is powdered and taken</td>
</tr>
<tr>
<td>10</td>
<td>Herpes</td>
<td><em>Meneceylon edule</em> Roxb. - <em>Gandu kepala</em></td>
<td>Melastomaceae</td>
<td>Leaves and stem is rubbed into on a plate and juice is applied</td>
</tr>
<tr>
<td>11</td>
<td>Jaundice</td>
<td><em>Alangium salvifolium</em> (L.f.)Wangerin - <em>Ankole mara</em></td>
<td>Alangiaceae</td>
<td>Bark is crushed and decoction is used</td>
</tr>
<tr>
<td>12</td>
<td>Jaundice</td>
<td><em>Centherum anthemelincticum</em> (L.) Gamble - <em>Kaadu jeerige</em></td>
<td>Malvaceae</td>
<td>Seeds used daily in the morning</td>
</tr>
<tr>
<td>13</td>
<td>Joint pain</td>
<td><em>Embelia tserjawm-cottam</em> (Eoem. &amp; Schult.) A. DC. - <em>Yayu vidanga</em></td>
<td>Myrsinaceae</td>
<td>Seeds are used after frying with ghee</td>
</tr>
<tr>
<td>14</td>
<td>Joint pain</td>
<td><em>Actinodaphne wightiana</em> (Kuntze) Noltee. - <em>Galavara</em></td>
<td>Lauraceae</td>
<td>Bark is pounded with rice water and applied</td>
</tr>
<tr>
<td>15</td>
<td>Joint pain</td>
<td><em>Persea macrantha</em> (Nees) Kosterm. - <em>Gulimavu</em></td>
<td>Lauraceae</td>
<td>Bark and leaves paste is applied on the joint</td>
</tr>
<tr>
<td>16</td>
<td>Joint pain</td>
<td><em>Litsea glutinosa</em> (Lour.)C.B.Rob. - <em>Lakdi</em></td>
<td>Lauraceae</td>
<td>Leaves paste is applied on the affected joint</td>
</tr>
<tr>
<td>17</td>
<td>Joint pain</td>
<td><em>Buchsnania cochinchenensis</em> (Lour.):R.Almeida - <em>Blikumbe</em></td>
<td>Anacardiaceae</td>
<td>Leaf is macerated with egg white and given internally</td>
</tr>
<tr>
<td>18</td>
<td>Menorrhagia</td>
<td><em>Hibiscus rosa-sinensis</em> Linn. - <em>Daasavaala</em></td>
<td>Malvaceae</td>
<td>Leaves are macerated and paste is prepared taken along with cumin seeds.</td>
</tr>
<tr>
<td>19</td>
<td>Menorrhagia</td>
<td><em>Biophytum sensitivum</em> (L.) DC. - <em>Olamuchuga</em></td>
<td>Oxalidaceae</td>
<td>Paste of entire plant is taken along with milk</td>
</tr>
<tr>
<td>20</td>
<td>Snake bite</td>
<td><em>Sauropus androgynous</em> (L.) Merr. - <em>Chakramuni</em></td>
<td>Euphorbiaceae</td>
<td>Root is macerated with lemon juice and applied on bite and instilled into nose</td>
</tr>
</tbody>
</table>

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**REFERENCES**