



ISSN : 0973-7057

Int. Database Index: 663 www.mjl.clarivate.com

Ethnomedicinal plants of Jharkhand

Vidyan Kumari* & Malti Kerketta

Department of Botany, Ranchi College, Ranchi, Jharkhand, India

Received : 29th April, 2019 ; Revised : 15th June, 2019

Abstract : The tribes of Jharkhand are men of forest. They exist within the vicinity of nature. The land itself is bounty of forest and mineral wealth. The people of this area have learnt to live in harmony with nature. They have acquired deep knowledge about the existing flora and fauna of Jharkhand. This knowledge has been passed down from several generations through Pahans, Ojha and other medicine men who provide treatments to various ailments, prevailing in interiors of Jharkhand. We are listing 15 such ethnomedicinal plants found in Jharkhand state with their uses. The present article puts on record some important ethnomedicinal plants sampled from different places of states of Jharkhand.

Key words: ethnobotany, nature, uses, flora and fauna

INTRODUCTION

The present paper is documentation of some important ethnomedicinal plants of terrestrial habitats of state of Jharkhand adjoining perennial rivers like Damodar, Deonar, Barakar, Koel, Karo, Sone & Swarnrekha.

Ethnomedicines

The traditional knowledge folk medicines and herbal medicines have been providing panacea and relief of millions of people across the country. The renewed interest in the medicinal plants might be attributed to the fact that modern medicines are not only expensive but in many instances have proved to be a complete failure due to drug resistance and unpredictable complications to the patients. It is no denying fact that the herbs and herbal cures is taking over its popularity in the last few decades wider populace providing relief to people and at the time they

are safe economical, and powerful alternative to number of ailments. Under the topic of ethnomedicines 'The Ethnomedicinal plants of which are used by the tribes of Jharkhand must be discussed.

Treasure of Ethanomedicines-Jharkhand

The state of Jharkhand is the 28th state of India located between 21°59' North latitude to 25°8' North and 83°20' East to 87°57' East longitude and an area of 79,714 sq. kms with population 26,907,428 representing 2.62% population of India.

The state consists of 32 ethnic and tribe groups consisting of 11.85 % of the population. Its 8 primitive tribal groups (PGT) include Asur, Birhor, Birjia, Korwa, Malpaharia, Paharia, Saurya Pahariya and Savar. Jharkhand is articulated with perennial rivers like Damodar, Deonar, Barakar, Koel, Karo, Sone and Swarnrekha.

The state is endowed with richest mineral and forest wealth with pristine natural landscape and bountiful of plant herbs of 7,50,000 plants of which few have been discussed below.

*Corresponding author :

Phone : 9471313332

E-mail : vidyankumari123@gmail.com

Ethnomedicinal plants of Jharkhand

- | | |
|---|---|
| <p>1. Name- <i>Euphorbia hirta</i>
 Family- Euphorbiaceae
 Common name- Dudhi</p> <p>Uses -used in treatment of Gastrointestinal disorders, bronchial and respiratory diseases
 -stem sap is used in treatment of eyelid
 -leaf poltice is used in swelling and boils
 -Plant extract has anticancerous properties
 -Decocotion of dry herbs is used in skin diseases
 -Root decoction is useful for nursing mother deficient in milk</p> <p>2. Name- <i>Androgrphis paniculata</i>
 Family- Acanthaceae
 Common Name- Kalmegh</p> <p>Uses-whole plant is blood purifier, cures jaundice and dermatological diseases
 -acts to dispel heat and removes toxin
 -plant is antibacterial, reduces diarrhoea
 -plant is best remedy for malaria
 -it also cures flu, cough and bronchitis</p> <p>3. Name- <i>Boerhaavia diffusa</i>
 Family- Nyctaginaceae
 Common name- Punarnava, khapda sag</p> <p>Uses -leaves act as carminative
 -increases appetite, reduces abdominal pain, improves digestion and relieves constipation
 -reduces inflammation and pain in joints in arthritis
 -plant is an excellent natural remedy for guinea worm
 -plant is used as vegetable to cure kidney stones
 -its decoction rejuvenates and detoxifies liver</p> <p>4. Name <i>Phyllanthus niruri</i>
 Family Euphorbiaceae
 Common name Bhoomi amla</p> <p>Uses-Plant extract is liver tonic, and medicine for hepatitis
 -leaves extract cures jaundice, viral hepatitis and alcoholic cirrhosis of liver
 -whole plant dried powder is given as antibacterial, antihepatotoxic and antiinflammatory, laxative, stomach ache,vermifuge
 -when given along with honey, plant is the best medicine for jaundice</p> <p>5. Name <i>Centella asiatica</i> L</p> | <p>Family Apiaceae
 Common name- Brahmi, Beng Sag
 Uses-plant has traditional use in leprosy
 -whole plant revitalizes the brain increases the attention span and concentration. It is a memory tonic
 -leaves juice has antioxidant properties. It reduces hypertension and it is also a coolant.</p> <p>6. Name- <i>Datura metal</i> Linn
 Family Solanaceae
 Common name- Dathura</p> <p>Uses-the young leaves and seeds contain the drug Hyoscine, Hyoscymine and antropine
 -the dried leaves and twigs are smoked as an antispasmodic in asthma whooping cough and bronchitis etc.
 -the juice of the fruit is a useful dressing for the scalp and falling of hair.
 -seeds are astringent, antispasmodic, narcotic,anodynes
 -intoxicating, aphrodisiac, bitter, karminative, stomach ache
 -paste of seeds is used for preventing decay of teeth, piles, tumours Fistula and skin diseases.</p> <p>7. Name <i>Ravolfia serpentine</i> Benth
 Family Apocynaceae
 Common name Sarp gandha</p> <p>Uses-tribes of Jharkhand use it as strong insect repellent.
 -the plant contain indole/ajmaline group of alkaloids are reserpine and serpentine which are hypertensive, neuropsychiatric, gynaecological and geriatrics
 -the drugs is useful in certain gynaecological conditions like menstrual, molimina, frigidity and women complaining of menopausal syndrome.
 -the plant has been considered as antidote against snake bite in Charak Samhita.</p> <p>8. Name <i>Terminalia arjuna</i> Roxb
 Family combretaceae
 Common name arjun</p> <p>Uses-bark cures heart diseases, improves functioning of cardiac muscle
 -Leaves juice cures dysentery and ear ache
 -maintains cholesterol level</p> |
|---|---|

Kumari & Kerketta- Ethnomedicinal plants of Jharkhand

- bark powder possesses diuretic properties
9. Name *Terminalia belleria* Roxb
 Family Combretaceae
 Common name baehra
 Uses -ripe dry fruit is astringent tonic, laxative, cures piles and leprosy
 -fruit cures headache, dropsy, premature hairfall
 -fruits cures cough and sore throat
 -seed oil is applied in skin diseases and woolen part
 -half ripened fruit is purgative and fully ripened astringent
 -dried fruit powder taken with luke warm water for stomach clearance
 -the plant is among the three ingredients of Trifala choorna
10. Name *Terminalia chebula* Retz
 Family Combretaceae
 Common name- Harara
 Uses-fruits is laxative, astringent, stomachic tonic
 -fruits pulp cures chronic diarrhoea, dysentery, asthma, urinary disorders, enlarged spleen and liver
 -fine powder of fruits cures teeth bleeding, ulceration of gums chief ingredient of Trifala choorna.
11. Name *Achyranthes aspera* Linn
 Family Amaranthaceae
 Common name chirtchita
 Uses-plants extract is used as laxative, antihelmenthic, antiviral, Antiplasmodic and antihypertensive
 -treatment of cough, renal dropsy and skin rash
 -the juice of the plant is used in boils diarrhoea, dysentery, haemorrhoids, rheumatic pain and itches
12. Name *Bacopa moneiri*
 Family Plantaginaceae
 Common name- Brahmi
 Uses-plant is used for improving memory
 -it contains powerful antioxidants
 -it is used in reducing anxiety, removing stress and in treating epilepsy
13. Name *Aloe vera* L.
 Family Asphodelaceae
 Common name- ghririkumari, gowarpatha
- Uses-the gel has antioxidant and antibacterial properties
 -the gel speeds up the healing of burns
 -It reduces dental plaque
 -the exudate of the leaf improves skin and prevents wrinkles
 -the leaf gel reduces constipation
 -the gel lowers the blood sugar level
14. Name *Vitex negunda* L
 Family Verbenaceae
 Common name nirgundi, sindwair
 Uses-bathing with boiled water alongwith the leaves of this plant relieves muscle aches and joint pains
 -the extract of leaves, seeds and roots are used in treatment of excessive vaginal discharge
 -the leaf extract, seeds and root are used in treatment of edema skin diseases, pruritus, helminthiasis
15. Name *Justicia adhatoda*
 Family Acanthaceae
 Common name- bakas, vasak
 Uses-leaves are used for multiple disorders as cold cough, bronchitis and asthma
 -Leukoderma
 -Jaundice
 -Gonorrhoea
 -Heart trouble,
 -Leprosy
 -Mouth trouble
 -Fever
 -Sore eye
- Jharkhand could be a hot medical tourist spot with abundance of medicinal plant at every corner as an unexplored resource. Only the fringe of the subject has been touched. Even then hundreds lie unidentified and unexplored which could be used for benefit of Indians and people of Jharkhand.
- Plants remedies are harmless provided that they are selected carefully and taken under medical guidance as a Chinese saying "A potion in hands of inexperienced and quack may behave like a poison, while a poison in the hands of an experienced and gifted Physician becomes a potion."
- The tribes of Jharkhand have traditional knowledge about use of medicinal plants. The curative effects of the

medicinal plants were known to the people long before scientific explanations came into being. This wealth of acquired knowledge was passed on verbally amongst the tribals. The medicinal properties are known to general people and also to medicine man among the tribes such as Pahans, Bhagats, Ojha. They pass on these traditional knowledge's to the new generation, but gradually these practices are distorting.

REFERENCE

1. **B.P. Pandey. 2004.** A textbook of Botany Angiosperms, taxonomy, anatomy, embryology and economic botany; S Chand &co Ltd., Ramnagar, New Delhi pg 856-877
2. **Dhanwantri, Krit.** Bhartiya Jardi, Bhutiyan, DPB Publication, Delhi
3. **Acharya Balkrishnan. 2008.** Ayurved Jardi Buti Rahasya, Divya Publication, Patanjali Yogpith, Delhi, Haridwar Rashtriya Rajmarg.
4. **Saba Hassan. 2014.** Phamocological and medicinal uses of *Achyranthus aspera*. *International Journal of Sciences, Environment and Technology*. **3(1):**123-129.
