

TRADITIONAL HEALTHCARE PRACTICES AMONG THE TRIBE OF KINWAT RANGE FOREST OF NANDED DISTRICT

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ABSTRACT

Ethnomedicinal studies were carried out in rural area of Kinwat forest of Nanded district revealed that 18 species were used as folk medicine for curing kidney stone. These research paper findings of an investigation on traditional remedies of plant parts, along with methods of preparation dose administration and duration of treatment is described among the ethnic group of *Gond, Kolam, Andh, Naikede* and *Pradhan* tribe.

Some useful plants *Curculigo orchoides*, *Diplocyclos palmatus*, *Emblia officinalis*, *Enicostema axillare*, *Holarrhena antidysentrica*, *Lagenaria siceraria*, *Luffa acutangula* and *Tectona grandis* with present status and local traditional knowledge as well as practices is urgently needed medicinal plants used by the traditional practitioner. Fresh leaves, fruits, bark, root and stems are reported be used, presented here by referring, Auryvedic literature. The tribal men and women of this forest region are well known for their knowledge of medicinal properties of the endemic flora.

Key Words: *Ethnomedicine, Kidney Stone and Folk Practices Maharashtra*

INTRODUCTION

The history reveals that most of the tribal economies have been engaged in subsistence agriculture or hunting and gathering at initial stage. With the course of time, they have developed a great deal of knowledge on the use of plant and products in for the treatment of kidney stone (Bera *et al.*, 2008).

Plant used in traditional medicine may constitute an important source of new biologically active compounds. Utilization of plants for medicinal purposes in India has been documented long back in ancient literature.

The degree of threat to natural population of medicinal plants has increased because in India more than 90% of plant raw material used in herbal industries and also exported from natural habitat. A large population of India suffers from urinary tract and kidney stones, formed due to deposition of calcium, phosphates and oxalates. The chemicals start accumulating over a nucleus, which ultimately takes the shape of stone. Though the treatment of urinary tract kidney stones has been revolutionized by the development of non invasive methods of stone disruption but the patients always try to refrain from surgical procedures. An attempt was made to explore the traditional healthcare system used by the tribal community of Kinwat range forest of Nanded district for the treatment of kidney stone (Prachi *et al.*, 2009).

MATERIALS AND METHODS

The Ethnobotanical survey conducted during 2010-2011. The information and uses of medicinal plants were recorded with the help of aged tribal people and herbalists of Kinwat range forest of Nanded district. The plant specimens were collected under the guidance of tribal people and identified with the help of renowned floras (Chetty *et al.*, 2008; Naik, 1979; Naik *et al.*, 1998; Singh and Karthikeyan, 2001 and Yadav and Sirdesai, 2002). The herbarium specimens were deposited in the Department of Botany, Dnyanopasak College and Parbhani. Enumeration compared with earlier literature (Ahirrao and Patil, 2010; Bhattacharjee, 1998; Ghorband and Biradar, 2011 and Naik, 1998).

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ENUMERATIONS:

***Abelmoschus esculentus* (L.) Monech.**

Family: Malvaceae.

Local Name: Bhendi.

Voucher specimen no. DPG 39

Use

One cup of fruit juice is given three times in a day for three days to cure urinary tract problem.

***Brassica capitata* L.**

Family: Brassicaceae.

Local Name: Patta kobi.

Voucher specimen No DPG 124

Uses

1. One cup of root extract is given orally twice a day for three days to cure urinary problem.
2. One cup of leaf decoction is mixed with 25g sugar and it is advised twice a day for three days to cure urinary complaints.

***Celosia argentea* L.**

Family: Amaranthaceae.

Local Name: Kurdu.

Voucher specimen No. DPG 206

Use

Two teaspoon root extract is mixed with 5g sugar candy and 2g jire (*Cuminum cyminum*) powder and it is given early in the morning for seven days to remove kidney stone.

***Citrullus lanatus* (Thunb.) Mustsumura ET Nakai**

Family: Cucurbitaceae.

Local Name: Tarbooz.

Voucher specimen No. DPG 185

Uses

Two cup warmed fruit bark extract is given twice a day for three days to cure urinary problem.

***Cucumis sativus* L.**

Family: Cucurbitaceae.

Local Name: Kakadi

Voucher specimen No. DPG 168

Use

5g seed powder is mixed with 5g of jire (*Cuminum cyminum*) powder and 5g sugar and it is given along with water twice a day for three days to remove kidney stone.

***Curculigo orchoides* Gaertn.**

Family: Hypoxidaceae

Local Name: Kalimusli

Voucher specimen No. DPG 63

Use

One teaspoon powder of rhizome is administrated orally twice a day for a week against urinary complaints.

***Diplocyclos palmatus* (L.) Jeffrey**

Family: Cucurbitaceae

Local Name: Shivlingi

Voucher specimen No. DPG 161

Use

One teaspoon fruit powder is mixed with teaspoonful powder of sag (*Tectona grandis*) and it is given orally thrice a day for three days against urinary complaints.

***Enicostema axillare* (Lam.) Raynal**

Family: Gentianaceae

Local Name: Nai, Naya

Voucher specimen No. DPG 12

Use

20g plant powder is mixed with 20g seed powder of sag (*Tectona grandis*) along with water and it is given orally twice a day for four days to remove kidney stone.

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***Emblica officinalis* Gaertn**

Family: Euphorbiaceae

Local Name: Awla.

Voucher specimen No. DPG 282

Use

Two teaspoon fruit juice is mixed with 2g powder of haldi (*Curcuma longa*) and it is given twice a day for three days to cure urinary problem.

***Gardenia resinifera* Roth**

Family: Rubiaceae

Local Name: Dikemali

Voucher specimen No. DPG 130

Use

One teaspoon fruit powder is given twice a day for three days to remove kidney stone.

***Holarrhena antidysenterica* Wall.**

Family: Apocynaceae.

Local Name: Pandhra kuda.

Voucher specimen No. DPG 271

Use

10g bark powder is mixed with 50ml curd and it is given orally twice a day for one week to remove kidney stone.

***Lagenaria siceraria* (Molina) Standl.**

Family: Cucurbitaceae

Local Name: Dudhiya bhola

Voucher specimen No. DPG 273

Use

One cup of fruit juice is advised twice a day for seven days to remove kidney stone and urinary complains.

***Luffa acutangula* (L.) Roxb**

Family: Cucurbitaceae.

Local Name: Dodka.

Voucher specimen No. DPG 218

Use

Two teaspoon root extract is given thrice a day for three days to remove kidney stone.

***Sesamum orientale* L.**

Family: Pedaliaceae

Local Name: Til

Voucher specimen No. DPG 247

Use

Half cup of fruit juice is mixed with three spoonful honey and one cup of cow milk is given thrice in a day for one week to remove kidney stone.

***Spinacia oleracea* L.**

Family: Chenopodaceae

Local Name: Palak.

Voucher specimen No. DPG 240

Use

Half cup of leaf decoction is administered twice a day for three days to remove kidney stone.

***Tectona grandis* L.f.**

Family: Verbenaceae

Local Name: Sagwan, Sag

Voucher specimen No. DPG 101

Use

10g seed powder with 50ml of cow milk is given orally twice a day for eight days to remove kidney stone.

***Tinospora cordifolia* (Willd.) Miers.**

Family: Menispermaceae

Local Name: Gulwel.

Voucher specimen No. DPG 279

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Use

One cup of plant extract with two teaspoon honey and 50g of sugar is given orally twice a day for two weeks to treat urinary problems.

***Tribulus terrestris* L.**

Family: Zygophyllaceae

Local Name: Sarata.

Voucher specimen No. DPG 53

Uses

One teaspoon fruit powder is given orally twice a day for three days to cure urinary problem and to remove kidney stone.

DISCUSSION

India has over one million traditional village level healers and several millions of knowledgeable households, who are well versed in traditional home remedies.

The Kinwat tahsil of Nanded district Marathwada is rich in vegetation the study reveals that the *Gond*, *Kolam*, *Andh*, *Naikede* and *Pradhan* tribe were using 18 plant species of plants distributed in 18 genera to remove kidney stone. It is the major problem in rural area. These are the major ailments found in the rural area. This knowledge is co-evolved with human civilization and passed on from one generation to next generation.

The ethnic people use plant extract, decoction and powder obtained from different plant parts like roots, stem, leaves, flower, fruits and seeds to remove kidney stone. Such type of formulations also documented by (Jain, 1991 and Anonymous, 1948- 1976). The traditional ethnobotanical knowledge plays an important role in primary healthcare needs of tribal people of this region.

CONCLUSION

The traditional healthcare system is an age old practice in Maharashtra. This system of ethnic communities is conservation-oriented and has great potential. About 70-80% of the tribal people in hilly terrain depend upon traditional healthcare system.

The forest dwellers of Middle Ages are highly attracted towards forest activities for their survival. Advasis are found in highest number which depends on forest.

It is found that tribal people and rustics are depending on forest produce for food and medicine. The primary healthcare needs are not available in this area. Which forced the rural people of the region to adopt their own traditional herbal medicine for their healthcare? The ethnobotanical data of the study area may be useful in search of novel drugs to remove kidney stone in future.

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