Some ethnomedicinal plants of family-Fabaceae of Chhattisgarh state

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During ethnobotanical exploration of Chhattisgarh, a number of plants have been collected which are used by the local tribals for the treatment of various ailments. The paper deals with certain plants of the family Fabaceae, which are ethnomedicinally exploited by local tribals of Chhattisgarh, viz., *Abrus precatorius* for skin disease and poor eye-sight, *Clitoria ternatea* as diuretic *Crotalaria medicaginea* in case of white discharge, *Desmodium gangeticum* for goitre, *Flemingia macrophylla* for arthritis and fever, *Ougeinia dalbergioides* for dysentery, *Pueraria tuberosa* for chest pain and weakness, *Sesbania sesban* for abortion and as antifertility agent. A number of ethnomedicinally important plants with their vernacular names and mode of administration are presented.

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Even in these days of chemo and radiotherapies, tribals still practice their own system of medicine, which has descended from their forefathers. Chhattisgarh is situated between 17°-23.7° N latitudes and 8.40°-83.38° E longitude. Chhattisgarh abounds with hilly region and plains. It receives an annual average rainfall of 150 cm. The population density is 130 persons/sq km, of which, 32.5 % are scheduled tribes and 12.2 % are scheduled castes. Agriculture is the main occupation of tribal people, but forest and their products play an important role in their daily life. For medicine, tribals depend on their local *vaidyas*. The people of modern generation are picking up the traditional knowledge from their ancestors on the basis of observation only. Many of these prescriptions are very effective because they are based on years of experience.

**Methodology**

Periodic visits were undertaken to Chhattisgarh for the study of angiospermic and cryptogamic flora. For this purpose, plants were collected and kept in vasculum. On the spot study of the plants was also carried out. The plants were brought to the laboratory for botanical identification. While collecting the plants from the forest, tribals were interviewed for various therapeutic uses of plants. The detailed information pertaining to their local names, medicinal uses as well as dosage, and mode of administration were carefully recorded. The specimens were deposited in the herbarium. Many workers have worked in different regions and reported ethnomedicinal uses of plants of from central India, Madhya Pradesh and Chhattisgarh1-11.

**Enumeration**

*Abrus precatorius* L. (*Goonj*)
Leaf paste is applied on affected parts twice a day for one week to cure any type of skin disease. Decoction of leaves is used to wash the eyes early morning for one month to cure poor eyesight.

*Alysicarpus hamosus* Edge. (*Latanga*)
For weak eyesight, squashed leaf juice (2-3 drops) is dropped in the eyes before bedtime once a day for one month. For earache, leaf juice (2-3 drops) is dropped in the ear before bedtime for 3 days.

*Alysicarpus vaginalis* DC. (*Ladang latti II*)
For weak eyesight, squashed leaf juice (2-3 drops) is dropped in the eyes before bedtime once a day for one month. For earache, leaf juice (2-3 drops) is dropped in the ear before bedtime for 3 days.

*Butea monosperma* (Lam.) Kuntze (*Palash*)
In case of weakness, one seed, half spoon sugar and half spoon til (*Sesamum indicum* Linn.) seed is crushed and taken with a glass of milk once a day in empty stomach for one month.
**Butea superba** Roxb. *(Galula)*
One spoonful roots paste is taken with a cup of water for easy delivery.

**Clitoria ternatea** L. *(Aparjita)*
As diuretic, crushed fresh roots bark is taken with a cup of warm milk twice a day for two weeks. As purgative, 50 gm crushed seed is taken with a cup of water once a day for three days.

**Crotalaria incana** Linn. *(Jangli sun)*
For goiter, root paste is applied on affected part twice a day for 4 days. For burns, young leaf paste of is applied on the affected part once a day for 3-4 days.

**Crotalaria juncea** L. *(Sun)*
To cure jaundice, 200 gm leaf paste is taken with a cup of water twice a day for one week. In case of paralysis, root paste is mixed with *Derris indica* oil and massaged on affected parts, twice a day for one month. One teaspoonful flowers paste is taken with a cup of warm water once a day for 2 weeks to expel intestinal worms.

**Crotalaria medicaginea** Lam. *(Futka)*
For curing white discharge, one spoonful leaf paste is taken with a cup of milk once a day early morning for one month.

**Crotalaria orixensis** Willd. *(Mahadevkorra)*
In case of tuberculosis, crushed root (10 gm) mixed with equal quantity of *Bambusa arundinacea* Willd. root is taken with a glass of milk once a day for one month. During swelling of body parts, root paste is applied on the swollen part, twice a day for one week.

**Crotalaria prostrata** Rott. *(Latangi)*
For eye ailments, decoction of leaf is used as eyewash twice for 3 days.

**Dalbergia sissoo** Roxb. *(Shisham)*
During white discharge, one glassful leaf decoction is taken once a day in empty stomach for one week. For wounds and ringworms, leaf paste is applied on the affected parts thrice a day for 3-4 days.

**Derris indica** L. *(Karanj)*
Warm oil is applied on affected parts, thrice a day for 2 weeks, for curing skin diseases. In case of toothache, plant twig is used as toothbrush, twice a day for one month. Oil is applied before hair wash once a week for two months for long or black hair.

During chest pain, warm oil is massaged on the chest twice a day for 2 weeks.

**Desmodium gangeticum** DC. *(Galfula II)*
Paste of the stem bark is applied on the affected part for goiter remedy, once a day for 3-4 days.

**Desmodium heterocarpon** (Linn.) DC. *(Bararupi)*
For backache, crushed root boiled with *Derris indica* oil is massaged on affected part twice a day for 2 week.

**Desmodium latifolium** DC. *(Galfula III)*
Decoction of stem bark is taken twice a day and stem bark paste is applied on affected part before bedtime for two weeks to cure painful testicles.

**Desmodium triflorum** DC. *(Tonka sunsunia)*
Two or three plants are tied around the infants to protect them from evils and faster relief from fever. Crushed whole plant (100 gm) is taken with water once a day, in empty stomach during stomachache. Fresh leaf paste is applied on wounds once a day for 5 days.

**Flemingia congesta** Roxb. *(Aeri I)*
In case of epilepsy, one teaspoonful root paste is taken with a cup of cold water twice a day for one month. Roots paste is applied on the boils once a day for 5 days.

**Flemingia macrophylla** (Willd.) Kuntze ex Prain *(Jangli koinar)*
During arthritis, root paste mixed with *Madhuca indica* J.F. Gmel. oil is applied on affected parts twice a day for 15 days. In case of fever, one cupful stem bark decoction is taken thrice a day for 2 days.

**Flemingia strobilifera** R.Br. *(Bada ghodakorra)*
To cure facial paralysis, root paste is applied on the affected parts, twice a day for one month.

**Flemingia wightiana** Graham *(Ghodakorra)*
In case of weakness, one teaspoonful root paste is taken with a glass of milk early morning for one month. For haematuria, root decoction mixed with black pepper is taken twice a day for two weeks. In case of toothache, twig is used as toothbrush twice a day for one week. Tender leaf paste is applied on eyelids before bedtime for 7-8 days to cure jaundice.
Indigofera hirsuta L. (Ghughru)
During body pain, plant paste (20 gm) mixed with Derris indica oil is massaged twice a day for one week.

Mucuna imbricata DC. (Kachmi)
In case of convulsions and hysteria, root decoction is given 2-3 times a day for 15 days. During body pain, roots paste is applied on the affected parts.

Mucuna prurita Hook. (Kaonch)
To cure leprosy, roots paste mixed with Celastrus paniculata Willd. oil is applied on affected parts as bandage for 3-4 hours once a day for 2 weeks. Root paste is also applied on swollen legs twice a day for one week.

Ougeinia dalbergioides Benth. (Bandan)
Decoction of stem bark is taken on cupful twice a day for 3 days to cure dysentery.

Pueraria tuberosa DC. (Patal Kohda)
During chest pain, two pills made from powdered tuber mixed with sugar are taken twice a day for 4-5 days. To cure weakness, boiled roots are eaten twice a day for three weeks.

Sesbania sesban (L.) Merr. (Sivri)
Seed paste (15 gm) placed in cotton swab inserted into vagina causes abortion. Fresh root decoction is given twice a day for 3-4 days after menstrual phase is over as an antifertility agent.

Tephrosia purpurea (L.) Pers. (Adasgi)
In case of diabetes, decoction of whole plant is taken early morning for one month. During dysentery, 50 gm of fresh crushed roots are taken with a cup of water twice a day for two days. During fever, root decoction is taken thrice a day for two days. Two pills, made from leaf powder, rhizomes of Adrak (Zingiber officinale Rosc.) and Haldi (Curcuma longa Linn.) are taken twice a day for two weeks for imparting strength and vigour to women after childbirth.

Conclusion
There is need to record such ethnomedicinal uses of plants before they are lost. However, the information available with the tribes about medicinal uses of plants, need to be scientifically validated. Such information is likely to help in the conservation of biodiversity and providing important lead for drug development.

References