

Through this column we intend to record the work of innovators in our society who are making and using their own products and technology at home or in small-scale industries. Also we would include some articles and information from ethnobotanical reports. It is hoped that this would lead to further research and acknowledge innovator's innovations.

We invite authors/readers to contribute details of their innovations and share their knowledge for common good.

## Indigenous knowledge and medicinal plants used by Vaidyas in Uttarakhand, India

Chandra Prakash Kala\*, Nehal A Farooquee, and B S Majila

Indigenous Knowledge System

G.B. Pant Institute of Himalayan Environment and Development, Kosi-Katarmal, Almora – 263 643, Uttarakhand, India

\*Correspondent author, E-mail: cpkala@rediffmail.com

### Abstract

The indigenous knowledge of *Vaidyas* (the traditional healers) on making the herbal drugs was studied in the Uttarakhand state of India. Interviews and semi-structured questionnaire surveys were conducted among 60 traditional *Vaidyas* on the preparation of various herbal drugs. The survey has resulted in compilation of 135 herbal drugs, which are used by them for curing 55 types of ailments. In Uttarakhand, generally the traditional *Vaidyas* follow some specific guidelines for collection of medicinal plants from wild. They frequently use *Ocimum sanctum* Linn., *Piper nigrum* Linn., *Curcuma domestica* Valet., *Brassica campestris* Hook.f. & Thoms. and *Raphanus sativus* Linn. for making various herbal drugs. There is a sharp decline in the number of recognized *Vaidyas* due to several reasons.

**Keywords:** Indigenous knowledge, *Vaidyas*, Traditional healers, Uttarakhand, Medicinal plants, Ailments, Herbal drugs.

**IPC code; Int. cl.**<sup>7</sup>— A61K 35/78

developed its own medical system that reflected not only the specific philosophy but also has influence of the then existing social beliefs and practices (Dahanukar & Thatte, 1989). Ayurveda is one such ancient medical system, which evolved and developed in the Indian sub-continent.

Over the centuries of use and practice, the Ayurvedic system of medicine is well accepted by the society. Indian people have great faith in the system and use it in their routine life. Almost every household is aware of Ayurvedic treatments for common diseases and even the Indian folk medicines have some close linkages with the Ayurveda. Nonetheless, the use of Ayurvedic system of medicine was declined in recent past due to several reasons including the advent and popularity of Allopathic system of medicine, low income in this traditional profession and introduction of different conservation policies that restrict the use

### Introduction

Different societies, across the world, have invented different ways for curing illnesses but all of them are chiefly

based on plants. With the development of human societies different medical systems have been evolved and developed according to the need of society. Almost each ancient civilization might have

## Explorer: Research Article

of natural resources in preparing herbal medicine. This resulted into the loss of knowledge on many important herbal drugs, which were unrecorded and passed through generations by word of mouth from one traditional healer or *Vaidya* to another. At present, there are still ample knowledge on the use of medicinal plants and techniques of preparing herbal drugs with the various ethnic and non-ethnic societies which need to be documented.

Studies exist on the documentation of herbal drugs (Dey, 1988; Gaur, 1999; Dash, 1999; Maikhuri *et al*, 2000; Samal *et al*, 2004; Kala, 2002, 2004a, 2004b; Chattopadhyay *et al*, 2004). However, Uttarakhand state of India mostly being a hilly region is less accessible yet sustained a good wealth of traditional knowledge on preparation of herbal drugs, which has been sporadically recorded in the past and there is still ample knowledge that needs to be documented. This was one of the main reasons to carry out a study on the documentation of herbal drugs prepared by traditional *Vaidyas* of the state. Some of these traditional knowledge and practices are only on folklore (Dash, 1999) therefore, the present investigation is an attempt to document the various herbal drugs prepared by various traditional herbal healers of Uttarakhand.

### Study Area

The present study was carried out in Uttarakhand state of India. Uttarakhand is located in the northern region of India and spans over an area of 53, 485 km.



Lush green meadows in Uttarakhand Himalaya  
(Chaukhamba peak in the background)



Brahmakamal (Rare medicinal plant)

The human population of the state is 8479562 of which 78% fall under rural category. The state is famous for its rich biodiversity, culture, tradition and mythology. It is also known for the origin of many sacred rivers like the *Gori-Ganga*, *Kali-Ganga*, *Alaknanda*, *Bhagirathi* and *Ganga*. The major ethnic groups residing in the state are *Bhotiyas*, *Jaunsaries*, *Boxa* and *Rajis*. The other groups are the *Brahmins* and *Thakurs* (the upper caste Hindus) and *Harijans*, the lower caste. The Harijans in Kumaon and Garhwal regions of Uttarakhand are traditionally called 'silpkar' and include several occupational castes like oil extractor, carpenter, tailor and blacksmith. Due to the topography of this region, there is a vast altitudinal difference within a short distance or area. This has resulted in greater climatic variations and as a result there are several micro-climatic zones everywhere, which give way to the diverse forest types (tropical, temperate and sub-

alpine). The higher elevations (>2000 m) have relatively cooler climatic conditions, and so have different cultivable crops, like the beans (*Phaseolus vulgaris* Linn.), mustard (*Brassica campestris* Hook.f. & Thoms.) and potato (*Solanum tuberosum* Linn.) whereas in the lower elevation (<1200 m) that has relatively warmer climatic conditions is known for the cultivation of rice and wheat as the major crops. The *Vaidyas* of Uttarakhand have thus developed the medical system of therapy accordingly on the available bio-resources including wild and cultivated plant species growing in the state.

### Methodology

Field surveys were undertaken across the various districts of Uttarakhand during 2001-2004. Semi-structured questionnaire survey was conducted among knowledgeable traditional *Vaidyas* with a view to document the knowledge on the use of medicinal plants and the preparation of various herbal

drugs. A total of 60 traditional *Vaidyas* living across 8 districts of Uttaranchal, viz. Uttarkashi, Pithoragarh, Pauri, Tehri, Chamoli, Rudraprayag, Bageshwar and Almora were interviewed to collect such information. These *Vaidyas* resided across various places of Uttaranchal, such as Rishikesh, Maletha, Srinagar, Sumari, Balori, Pauri, Khirsu, Karnprayag, Rudraprayag, Gopeshwar, Lambgaun, Dunda, Dhontri, Uttarkashi, Joshimath, Bhyundar, Nauti, Pithoragarh, Bageshwar, Munsyari and Almora. The data were cross checked by interviewing more than three *Vaidyas* on the uses of specific plant species and preparation of herbal drugs. Participant observation method was employed to understand the methods and techniques adopted by *Vaidyas* in preparation of various herbal drugs. To verify the identity of local names (e.g., Garhwali and Kumauni) of medicinal plant species and to convert them into botanical names apart from cross checking the literature (Jain, 1991; Gaur, 1999; Kala, 2002), field visits were undertaken with *Vaidyas*. Besides, three workshops were organized in three different districts of Uttaranchal (Chamoli, Pithoragarh and Bageshwar) and various groups of indigenous people including *Vaidyas* were invited to generate and help in documenting the indigenous knowledge on such parameters. Qualitative information so gathered was verified by cross-examination with different traditional *Vaidyas*.

### Results and Discussion

Interviews conducted among 60 traditional *Vaidyas* in Uttaranchal state has resulted in compilation of 135 herbal

drugs. These herbal drugs are used in curing 55 types of ailments (Table 1). Apart from using various ingredients, the fundamental principles of preparing herbal drugs by traditional *Vaidyas* are often combined with philosophy and religion. On the basis of nature and origin, the drugs are classified into three broad groups such as (1) vegetable, (2) animal and (3) metals/minerals. Drugs of vegetable origin have been dealt within this paper; they are prepared by using various plant parts such as fruit, flower, leaf, bark, latex, resin, stem, and in case of annuals on many occasions the whole herb is used. The drugs are prepared mainly in the form of juice, powder, decoction, paste, jam and pills.

The results of the study indicate that most of the common species which grow in the gardens and adjacent to the village areas in cultivated or forest lands are used by *Vaidyas* in majority of the cases for preparation of herbal drugs. *Vaidyas* use *Ocimum sanctum* Linn., *Piper nigrum* Linn., *Curcuma domestica* Valet., *Brassica campestris* Hook.f. & Thoms. and *Raphanus sativus* Linn. frequently for making various herbal drugs. The *Vaidyas* System of Medicine pursues the holistic approach and does not aim to cure only the affected organs alone but aims to find out the origin and the causal factor of the disease in order to eradicate the disease from its root (Dash, 1999).

For gathering medicinal plants from nature, the *Vaidyas* follow some specific guidelines. They mainly avoid collection of plant for medicinal purpose if insects, pests and or any disease have infected the plant species. The collectors of plants for any medicinal use were

advised not to collect plants if the plants were affected by any toxicity, sunstroke, high velocity of winds, hailstorm, fire and flood. There was restriction of collection of medicinal plants among traditional *Vaidyas* from cemeteries, cremation grounds, sacred places, temples, public places, slaughter houses, areas affected by sewer discharge or polluted water, termite infected areas, road sides, landslides prone areas and areas furrowed by rodents.

The plants were collected for medicinal purpose when they attain maturity and it was judged by height of plants, patterns of branching, colour and other morphological characters including right fragrance and potency. All these judgements were mainly based on the experiences and knowledge of the collectors. There are also some guidelines for collection of different parts of the medicinal plant species. The branches are collected when they are fully-grown during spring and rains. Young leaves are collected mainly between flowering and ripening of fruits. If the roots of trees are required for medicinal purpose, then only the bark of hard and woody roots are collected. Roots and rhizomes of annuals are collected in summer and winter after the leaf fall or when the new leaves just emerge. Milk, sap, gum, resin, latex and other liquid exudes from plants are collected in autumn yet these products are collected depending on their availability. Similarly, as per the seasonality and availability the flowers and fruits are collected (Ajay Rastogi, Personnel Communication). Besides, the *Vaidyas* used to perform some religious rituals during collection of medicinal plants and preparation of herbal drugs. They also

used to chant some hymns during the whole process from collection of medicinal plants to the treatments of diseases.

The traditional system of herbal use in Uttarakhand is not much popular in the younger generation because they thought less opportunity in this tradition for getting immediate benefits mainly in terms of cash. In past, the indigenous communities had a self-regulating system that was interwoven in such a way so that each individual might have got certain benefits with his profession. Mostly the traditional *Vaidyas* are marginal farmers and they provide their services free of cost. In return, the villagers help *Vaidyas* in their agricultural land and also offer some donation in the form of cereals, pulses and vegetables. Traditionally, the *Vaidya* profession is valued as a matter of philanthropy and therefore, the introduction of fee for any kind of treatment is highly discouraged. Realizing the health being an essential need it is believed that if fee is charged in this profession then the poor might be deprived from the treatment. This conception is persistent in some localities of the state for some specific treatments, for example, some traditional healers do not accept anything for the treatment of snakebite.

The Uttarakhand state is also served by state sponsored medical system in which Primary Health Centres (PHC) are the key units for curing different diseases. However, these centres are not adequate in the state, and each PHC caters more than 31,000 population against the stipulated norms of 20,000 for the hilly region. Apart from this inappropriateness

in availability of PHCs in Uttarakhand state, the cost of modern medicine is twenty times higher than the cost of indigenous medicine (Samal *et al*, 2004). The low cost of herbal medicine is one of the reasons that discourage younger generation to adopt the *Vaidyas* as a profession. There is a sharp decline in the number of recognized *Vaidyas* in the study area, however, there are number of women and men in the villages who know the healing properties of some of the medicinal plant species. The survey indicates that the loss of knowledge on preparing medicine was due to the decline in number of *Vaidyas* coming forward to adopt this traditional healing practice professionally.

Besides, there were several other reasons, which made to decline the tradition including less promotion of Ayurvedic medicine compared to the western medicine in the Indian education system inspite of the common belief that the pure vegetable drugs are more powerful in their efficacy than those which have undergone several laboratory processes (Nadkarni, 1954). However, to meet the objective of developing the effective Ayurvedic drugs based on traditionally claimed efficacies, clinical studies are required.

### Acknowledgements

The authors are thankful to the Director and Dr. P.P. Dhyani, Scientist E, G.B. Pant, Institute of Himalayan Environment and Development, Kosi-Katarmal, Almora for encouragements. We are thankful to the *Vaidyas* of Uttarakhand for co-operation during fieldwork.

### References

1. Chattopadhyay I, Biswas K, Bandyopadhyay and Benerjee R, Turmeric and curcumin: Biological actions and medicinal applications, *Curr Sci*, 2004, **87**(1), 44-53.
2. Dahanukar SA and Thatte UM, *Ayurveda Revisited*, Popular Prakashan, Bombay, 1989, 159 pp.
3. Dash VB, *Fundamentals of Ayurvedic Medicine*, Sri Satguru Publications, Delhi, India, 1999.
4. Dey AC, *Indian Medicinal Plants Used in Ayurvedic Preparations*, Bishen Singh Mahendra Pal Singh, Dehradun, India, 1988.
5. Gaur RD, *Flora of District Garhwal, North West Himalaya with Ethnobotanical Notes*, TransMedia, Srinagar, Garhwal, India, 1999.
6. Jain SK, *Dictionary of Indian Folk Medicine and Ethnobotany*, Deep Publications, New Delhi, India, 1991.
7. Kala CP, *Medicinal Plants of Indian Trans-Himalaya*, Bishen Singh, Mahendra Pal Singh, Dehradun, India, 2002.
8. Kala CP, 2004a, *Studies on the Indigenous Knowledge, Practices and Traditional Uses of Forest Products by Human Societies in Uttarakhand State of India*, G. B. Pant Institute of Himalayan Environment & Development, Almora, India, 2004, 82 pp.
9. Kala CP, 2004b, *The Valley of Flowers: Myth and Reality*, International Book Distributors, Dehradun, India, 2004, 215 pp.
10. Maikhuri RK, Nautiyal S, Rao KS and Semwal RL, *Indigenous knowledge of medicinal plants and wild edibles among three tribal sub-communities of the Central Himalaya, India*, *Indg Knowledge Develop Monitor*, 2000, **8** (2), 7-13.
11. Nadkarni KM, *Indian Materia Medica*, Popular Book Depot, Bombay & Dhootapapeshwar Prakashan Ltd, Panvel, 2 vols, 3<sup>rd</sup> edn, revised & enlarged by A. K. Nadkarni, 1954, 1319 pp.
12. Samal PK, Shah A, Tiwari SC and Agrawal DK, *Indigenous health care practices and their linkages with bio-resource conservation and socio-economic development in central Himalayan region of India*, *Indian J Trad Knowledge*, 2004, **3**(1), 12-26.

**Table 1 : Indigenous formulations prepared and prescribed by Vaidyas**

S. No.	Ailments	Methods of preparation and uses
1.	Backache, Bodyache	<p>10g Each of dry <i>Pudina</i>, <i>Amla</i>, <i>Harad</i>, <i>Sonth</i> and <i>Mehandi</i> (<i>Lawsonia inermis</i> Linn.) are mixed and crushed to powder. Pills of this powder are prepared with juice of <i>Lahsun</i>. A pill each time is taken with water twice in a day (morning and evening).</p> <p>3g <i>Heeng</i>, 3g <i>Kali-Mirch</i>, 10g <i>Pipal</i> roots and 10g <i>Narangi</i> (<i>Citrus</i> sp.) are crushed together and sieved; 10g <i>Brahmi</i> [<i>Bacopa monnieri</i> (Linn) Penn.] and 50g oil of roasted <i>Til</i> are mixed to it and used.</p>
2.	Blisters in mouth	<p>2-3 Leaves of Amrood (<i>Psidium guajava</i> Linn.) are chewed.</p> <p>20g Turmeric mixed with 200 ml water is sieved and used to wash the mouth.</p>
3.	Blood purification	<p>100g Young leaves of Neem are boiled with 100ml water and ½ kg cow butter and cooked till the whole water evaporates; 5g of this medicine is eaten with 250ml of milk every day in the morning.</p> <p>Leaves and twigs of <i>Chirayata</i> [<i>Swertia chirayita</i> (Roxb. ex Flem.) Karst.] are crushed to powder; 4g of this powder is mixed in 600g water and used for 40 days.</p>
4.	Bone fracture	<p>Resin of <i>Kail</i> (<i>Pinus wallichiana</i> A. B. Jackson) is heated on fire and then applied on fractured portion.</p> <p>Root and leaves of <i>Brahmakamal</i> are crushed to powder and 200g of this powder is mixed with 20ml oil of <i>Deodar</i> [<i>Cedrus deodara</i> (Roxb.) Loud.] and applied on the painful portion.</p> <p>100g Leaves of <i>Semru</i> (<i>Rhododendron campanulatum</i> D. Don) and 10g ash of cow dung are heated on fire with 25ml <i>Sarson</i> oil and paste is applied on the fractured portion.</p>
5.	Brain tonic	An apple can be eaten 10 minutes before taking meals.
6.	Burn	<p>Young leaves of <i>Bar</i> (<i>Ficus benghalensis</i> Linn.) are crushed with cow butter and paste is applied on the affected part of the body.</p> <p>Apply juice of <i>Karela</i> on the burning part.</p>
7.	Cancer in uterus	30-40 Leaves of <i>Tulsi</i> are stirred with 250g curd and given to drink it two times in a day.
8.	Cataract	<p>Five Almonds, 7 <i>Kali-Mirch</i> and 20g sugar are grinded to make powder and then dissolved in 100ml water. The ready solution is used two times in a day.</p> <p><i>Saunf</i> and <i>Dhaniya</i> is mixed in equal proportion with sugar and eaten (10g) per day.</p> <p>Paste of <i>Supari</i> (<i>Areca catechu</i> Linn.) is applied on eyelids.</p>
9.	Cholera	<p>A paste of 5g <i>Heeng</i>, 10g <i>Kapoor</i>, 10g <i>Kattha</i>, 10 young twigs of Neem and 10g leaves of <i>Tulsi</i> is used to make pills. One pill is eaten four times a day.</p> <p>10g <i>Kali-Mircha</i>, 10g <i>Heeng</i> and 20g <i>Kapoor</i> are crushed to powder and pills are made. A pill at every 30 minute interval is to be taken.</p> <p><i>Pudina</i> juice is advised to drink.</p>
10.	Conjunctivitis	<p>Powder of 10g <i>Bael</i> (<i>Aegle marmelos</i> Correa ex Roxb.) leaf, 6 <i>Kali-Mirch</i> and 25g sugar are mixed and taken two times in a day.</p> <p>Tomato (<i>Lycopersicon esculentum</i> Mill.) juice is taken every morning and evening.</p>

## Explorer: Research Article

S. No.	Ailments	Methods of preparation and uses
11.	Cough, cold, and throat chocking	<p>2-4 Leaves of <i>Pan</i> (<i>Piper betle</i> Linn. ) are chewed. The decoction of <i>Ajwain</i> [<i>Trachyspermum ammi</i> (Linn.) Sprague] made with the juice of Onion (<i>Allium cepa</i> Linn.) is massaged on the chest.</p> <p>59ml Juice of <i>Launki</i> (<i>Lagenaria siceraria</i> (Mol.) Standl.) is mixed with 1 spoon honey and 1 spoon sugar. It is given to drink two times a day to cure burning sensation in throat.</p> <p>Fruit juice of <i>Shahtoot</i> (<i>Morus alba</i> Linn.) is drunk.</p> <p>10 Leaves of <i>Tulsi</i>, 5 <i>Kali-Mirch</i>, 2 <i>Laung</i> [<i>Syzygium aromaticum</i> (Linn.) Merrill &amp; Perry], 5g Ginger and 1 Cardamom are cooked with water and milk. Given to drink thrice a day.</p> <p>Equal quantity of <i>Laung</i>, <i>Kali-Mircha</i>, <i>Kattha</i> (<i>Acacia catechu</i> Willd.) and <i>Baheda</i> (<i>Terminalia bellirica</i> Roxb.) are crushed to powder. Dissolve it in the solution of <i>Babool</i> [<i>Acacia nilotica</i> (Linn) Delile subsp. <i>indica</i> (Benth.) Brennan] bark and make pills. A pill is given every 2 hours interval.</p>
12.	Cut and wounds	<p>100g Dried leaf of <i>Brahmakamal</i> (<i>Saussurea obvallata</i> Wall. ex C. B. Clarke) are mixed with 10g salt and is applied on the wounded areas.</p> <p>10g Tuber of <i>Hathajari</i> [<i>Dactylorhiza hatagirea</i> (D. Don) Soo] and 50g root of <i>Dholu</i> (<i>Rheum australe</i> D. Don.) is heated on fire for 2-3 minutes and apply on the wounded portion.</p>
13.	Diabetes	<p><i>Tejpatta</i> (<i>Cinnamomum tamala</i> Nees &amp; Eberm.) leaves powder (5g) taken everyday with water.</p> <p>4 Green and young leaves of <i>Jamun</i> [<i>Syzygium cumini</i> (Linn.) Skeels] are crushed to powder and mixed with 60g water. After sieving given to drink it in the morning for 10 days.</p>
14.	Dog bite	<p>A paste of Red chilies (<i>Capsicum annuum</i> Linn.) is applied on the wounded part.</p> <p>10ml Juice of Onion is mixed with 15g honey and applied on the wounded part.</p>
15.	Dysentery	<p>About 12g <i>Methi</i> (<i>Trigonella foenum-graecum</i> Linn.) powder is mixed with 50g curd and eaten twice a day.</p> <p>Two spoon of <i>Dhaniya</i> seed are boiled in water for 5 minutes and then used the cooked seeds twice a day.</p> <p>One unripe fruit of banana is boiled with water and mixed with ½ spoon of butter, one laung, 100g curd and ¼ spoon of turmeric and given to eat twice a day.</p>
16.	Earache and secretion from ears	<p><i>Til</i> (<i>Sesamum indicum</i> Linn.) oil is heated with <i>Lahsun</i> (<i>Allium sativum</i> Linn.) and 4 drops of this oil is poured in ears before going to bed.</p> <p>Warm juice extracted from the stem of banana (<i>Musa</i> sp.) is poured in ears before going to bed in night.</p>
17.	Eczema	<p>250g Root bark of <i>Kaner</i> (<i>Nerium indicum</i> Mill.) is cooked with 1 liter <i>Sarson</i> oil and sieved; 4-5 drops of this oil is applied everyday on the affected part.</p> <p>After drying fruit cover of <i>Tarbooj</i> (<i>Citrullus vulgaris</i> Schrad.) is burnt to ashes and the ashes are mixed with <i>Nariyal</i> oil to apply on the infected portion.</p>
18.	Epilepsy/hysteria	<p>10g <i>Mulhatti</i> (<i>Glycyrrhiza glabra</i> Linn.) powder mixed with ½ spoon of cow butter is given to eat.</p> <p>About 5g powder of <i>Bach</i> (<i>Acorus calamus</i> Linn.) is taken with ½ spoon of honey once in a day.</p> <p>10g Leaves of <i>Anar</i> (<i>Punica granatum</i> Linn.) and 10g leaves of <i>Gulab</i> (<i>Rosa</i> sp.) are boiled with ½ liter of water till the solution is reduced to ½ of its volume. Sieve the solution, mix to it 25g refined butter and given to drink for 25 days.</p>



## Explorer: Research Article

S. No.	Ailments	Methods of preparation and uses
19.	Excess heat	20g Leaf of <i>Imli</i> is boiled with 100 ml water and given to drink two times a day.
20.	Eye diseases	<p>Roasted fruits of <i>Amrood</i> (<i>Psidium guajava</i> Linn.) are given to eat to cure if water comes out frequently from eyes.</p> <p>Equal quantity of turmeric and <i>Arhar</i> [<i>Cajanus cajan</i> (Linn.) Millsp.] is cooked on fire and let it dry. Water is mixed up with this hard paste and applied on the eye lids.</p> <p>100g Root powder of <i>Kingod</i> (<i>Berberis aristata</i> DC.) is mixed with 200 ml water and pour 2-3 drops of this medicine in the infected eye.</p> <p>Bark of <i>Kathbhoj</i> (<i>Betula alnoides</i> Buch.-Ham.) is burnt to ashes and 100g of this ash is mixed with 2 spoon of butter and applied 5g of this paste on the eyelids three times in a day.</p>
21.	Eyesight	The powder of equal quantity of Cardamom and sugar is mixed with <i>Arandi</i> oil ( <i>Ricinus communis</i> Linn.); 4g of this mixture is used per day for 40 days.
22.	Fever	<p>Mix up salt and <i>Pudina</i> (<i>Mentha arvensis</i> Linn.) in tea and give it 4-5 times in a day.</p> <p>50g Tuber of <i>Hathajari</i> [<i>Dactylorhiza hatagirea</i> (D. Don.) Soo], 1 spoon sugar, 10g seeds of <i>Dhaniya</i> (<i>Coriandrum sativum</i> Linn.) are boiled with 250ml water and 10 g of this mixture is given to eat three times in a day.</p> <p>3g Root powder of <i>Chippi</i> [<i>Pleurospermum angelicoides</i> (DC.) Clarke], 50ml leaf juice of <i>Ban Tulsi</i> (<i>Origanum vulgare</i> Linn.) are mixed with 1 spoon honey and 10g of this mixture is given to eat two times in a day.</p>
23.	Headache	<p>Fruit juice of <i>Amla</i> is administered during headache in summer.</p> <p>Juice of <i>Mulhatti</i> leaves is boiled with <i>Sarson</i> oil and massaged on forehead.</p> <p>Five <i>Tejpatta</i> are crushed with water and applied on the forehead.</p> <p>Lemon leaves juice is poured in the nostrils.</p> <p>5g Roots of <i>Katuki</i> are taken two times in a day.</p> <p>Root paste of <i>Atis</i> (<i>Aconitum heterophyllum</i> Wall. ex Royle) is applied on the forehead.</p>
24.	Heart diseases	10 Leaves of <i>Tulsi</i> , 6 <i>Kali-Mircha</i> and 6 <i>Badam</i> are crushed and eaten it with 100ml water.
25.	High blood pressure	<p>Equal quantity of <i>Shilajeet</i> and <i>Sarp Gandha</i> (<i>Rauwolfia serpentina</i> Benth. ex Kurz) is crushed to powder and pills are prepared. A pill is given after every 6 hour in a day.</p> <p>Equal quantity of <i>Sarp Gandha</i>, <i>Amla</i>, <i>Giloe</i> [<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.f. &amp; Thoms.], bark of <i>Arjun</i> [<i>Terminalia arjuna</i> (Roxb.) Wight &amp; Arn.], <i>Ashwagandh</i> (<i>Withania somnifera</i> Dunal) and <i>Punarnawa</i> (<i>Boerhaavia diffusa</i> Linn.) are crushed to powder; 5g of this powder is given two times in a day.</p>
26.	Indigestion	<p>10g <i>Mulhatti</i> is mixed with 20g sugar is given with milk.</p> <p>Juice of wheat (<i>Triticum aestivum</i> Linn.) is also recommended to drink.</p> <p>15g <i>Dalchini</i> (<i>Cinnamomum zeylanicum</i> Breyn.), 100g <i>Saunf</i> (<i>Foeniculum vulgare</i> Mill.) and 10 small Cardamom are crushed to powder and ½ spoon of this powder is used in the evening with water.</p> <p>Green <i>Dhaniya</i> (<i>Coriandrum sativum</i> Linn.), <i>Kali-Mircha</i>, salt and <i>Jira</i> (<i>Cuminum cyminum</i> Linn.) are powdered together and used with water.</p> <p>Juice of ½ lemon (<i>Citrus</i> sp.), ½ spoon of <i>Kali-Mircha</i> powder and ½ spoon of salt are dissolved in 150 ml water and given to drink twice a day.</p>





## Explorer: Research Article

S. No.	Ailments	Methods of preparation and uses
27.	Irregular menstruation	<p>Equal quantity of <i>Harad</i>, <i>Bahera</i> (<i>Terminalia bellirica</i> Roxb.) and <i>Amla</i> is powdered and used with 200g cow milk.</p> <p>10g Seeds of <i>Tulsi</i> are boiled with water and drunk it two times a day.</p> <p>Young twigs of <i>Neem</i> are boiled with water; sieved and drank three times in a day.</p>
28.	Jaundice	<p>Cooked unripe papaya (<i>Carica papaya</i> Linn.) is eaten two times a day.</p> <p>300g <i>Amla</i> is mixed with 100g honey and eaten three times in a day.</p> <p>5 Leaves of <i>Pipal</i> and 5 leaves of <i>Lisoda</i> (<i>Cordia dichotoma</i> Forst. f.) are crushed and after mixing it with salt given two times in a day.</p> <p>100g Root powder of <i>Kut</i> (<i>Saussurea lappa</i> C. B. Clarke) is mixed up with 2 spoon honey and taken with 100ml milk two times in a day.</p>
29.	Joint pains	<p>10g <i>Ajwain</i> and 10g <i>Lahsun</i> is heated with 50 ml <i>Sarson</i> oil. The oil is massaged on the affected organs in the evening.</p>
30.	Kidney stones	<p><i>Amla</i> (<i>Embllica officinalis</i> Gaertn.) powder mixed with radish (<i>Raphanus sativus</i> Linn.) is given two times in a day.</p> <p>6g <i>Papita</i> (<i>Carica papaya</i> Linn.) root is dissolved in 50ml water and taken two times in a day for 21 days.</p> <p>20g <i>Gajar</i> (<i>Daucus carota</i> Linn.) seeds and 20g seeds of <i>Shaljam</i> (<i>Brassica rapa</i> Linn.) are filled inside a radish and roasted on fire. These roasted seeds are crushed to make powder and 5g of this powder is eaten with water for a month.</p> <p>Decoction of <i>Pasanbhed</i> (<i>Bergenia ciliata</i> Sternb.) root is used to remove kidney stone.</p>
31.	Leucorrhoea	<p>½ Spoon juice of <i>Satawari</i> (<i>Asparagus racemosus</i> Willd.) root, ½ spoon juice of <i>Giloe</i> and 10g refined sugar are mixed with 250 ml cow milk. It is used two times in morning and evening.</p> <p>After eating banana, 100ml milk mixed with 1 spoon of honey is given to drink for a month.</p> <p>10ml Leaf juice of <i>Tulsi</i> is mixed with 1 spoon of honey and 200ml cow milk. Advised to drink it in the evening before going to bed.</p>
32.	Low blood pressure	<p>30g <i>Kishmish</i> (dry grapes) is soaked in 150ml water; eaten per day in the morning.</p>
33.	Malaria	<p>Six leaves of <i>Tulsi</i>, 2 <i>Kali-Mircha</i> and <i>Pipali</i> (<i>Piper longum</i> Linn.) are mixed with ½ spoon of sugar and eaten with water three times a day.</p> <p>Soaked aerial parts of <i>Chirayita</i> overnight in water and recommend to drink this water in the morning.</p> <p>5g <i>Lahsun</i> and 10g <i>Til</i> oil are mixed up with 5g salt and eaten in early morning.</p>
34.	Migraine	<p>100ml Juice of <i>Angoor</i> (<i>Vitis vinifera</i> Linn.) is drank before sunrise.</p> <p>10ml Juice of <i>Tulsi</i> leaf is mixed up with 1 spoon of honey and used two times in a day.</p>
35.	Paralysis	<p>Ginger mixed with honey is prescribed to eat two times in a day.</p>
36.	Piles	<p><i>Harad</i> (<i>Terminalia chebula</i> Retz.) is roasted and crushed to powder. One spoon of powder given with 250g juice of Radish before having meals two times in a day.</p> <p>Fruit cover of <i>Nariyal</i> (<i>Cocos nucifera</i> Linn.) is burnt to ashes; sieve the ash through a cotton and mix it with milk; given to drink the solution in the evening.</p> <p><i>Amla</i> powder is given with curd.</p>
	piece	





S. No.	Ailments	Methods of preparation and uses
		50g <i>Ritha</i> ( <i>Sapindus mukorossi</i> Gaertn.) is placed on very hot iron plate ( <i>Ritha</i> covered by a bowl); cooled and ashes (20g) of <i>Ritha</i> are collected. After mixing it in 20g <i>Kattha</i> given to eat with 20g butter two times in a day; 250ml cow milk is given top drink after consuming the powder daily for 15 days.
37.	Pimples	<p>½ Spoon turmeric and ½ spoon salt is heated with 10 ml lemon juice and paste is applied on the face; wash the face with cold water after 20 minutes; repeat after a week.</p> <p>Paste of Neem (<i>Azadirachta indica</i>) root prepared with water is applied on the face.</p>
38.	Pneumonia	Mix honey with <i>Pudina</i> juice and given to drink it at every 2 hours interval.
39.	Pyrrhoea	<p>Lemon juice is massaged on gums and teeth.</p> <p>Paste of 200ml <i>Arandi</i> oil, 5g powder of <i>Bans Kapoor</i> and 100ml of honey is massaged on teeth.</p> <p>Powder of roasted <i>Amla</i> and salt is mixed with 2-3 drops of <i>Sarson</i> oil is rubbed on teeth and then washed everyday.</p>
40.	Rheumatism	<p>10g Root of <i>Jatamansi</i> (<i>Nardostachys jatamansi</i> DC.) is heated on fire with 50g cow butter for 5 minute and then rubbed on the painful portion of the body.</p> <p>50g Root bark of <i>Bidaru</i> (<i>Juniperus communis</i> Linn.) is heated up on fire with 200ml seed oil of <i>Aaru</i> (<i>Prunus persica</i> Batsch) and then 4 drops of this oil is rubbed on the painful area.</p>
41.	Sciatica	<p>Paste of potato (<i>Solanum tuberosum</i> Linn.) is applied on the painful part.</p> <p>Small roasted pieces of ginger are eaten and also massage the paste of ginger roasted in <i>Til</i> oil.</p> <p>5g <i>Methi</i> and 5g <i>Sonth</i> powder eaten with jaggary.</p> <p>Equal quantity of <i>Ashwagandha</i> root and <i>Khand</i> powder (5g) is eaten with milk two times in a day.</p> <p>Root of <i>Mitha</i> (<i>Aconitum balfourii</i> Stapf) is boiled with <i>Sarson</i> oil and a special instrument of iron is dipped into this boiled oil, which is then touched on the painful portion of the body.</p>
42.	Scorpion bite	<p>Heated seed of <i>Imli</i> (<i>Tamarindus indica</i> Linn.) is scratched till its internal white cotyledon is appeared. Scratched part of the seed is placed on the infected part.</p> <p><i>Pudina</i> leaves are suggested to eat.</p>
43.	Skin infection	<p><i>Pindalu</i> [<i>Colocasia esculenta</i> (Linn.)Schott] leaves are burnt to ashes and the ash is mixed with <i>Sarson</i> (<i>Brassica campestris</i> Hook. f. &amp; Thoms.) oil; applied on the infected part.</p> <p>Apply crushed roots of <i>Karela</i> (<i>Momordica charantia</i> Linn.) on infected part.</p>
44.	Snake bite	<p>30ml Juice of onion is mixed with 30 ml <i>Sarson</i> oil and used.</p> <p>Powder of <i>Tulsi</i> root is applied on the snake bitten portion of the body.</p>
45.	Spermatorrhoea	<p>Mixed powder of 5g Almonds, 5g <i>Kali-Mircha</i>, 2g <i>Sonth</i> and 5g <i>Mishri</i> is taken with 250ml cow milk everyday for a month.</p> <p>25g Juice of <i>Semal</i> (<i>Bombax ceiba</i> Linn.) bark and 25g of <i>Mishri</i> is given with 250ml milk two times in a day (morning and evening) before having meals.</p> <p><i>Channa</i> (50g) and 5 <i>Badam</i> soaked in water are given with milk for a month.</p>
46.	Sprains	<p>One spoon of turmeric and ½ spoon onion juice is mixed with 1 spoon of <i>Sarson</i> oil and applied on the affected organ.</p> <p>Paste of <i>Gular</i> (<i>Ficus glomerata</i> Roxb.) leaves is applied on the injured part of the body.</p>





## Explorer: Research Article

S. No.	Ailments	Methods of preparation and uses
47.	Stomach worms	25g <i>Channa</i> ( <i>Cicer arietinum</i> Linn.) is soaked in sugarcane juice ( <i>Saccharum officinarum</i> Linn.) over night and <i>Channa</i> is given to eat in the morning. Nothing should be eaten for about 6-7 hours after having these <i>Channa</i> .
48.	Stomachache	5ml <i>Pudina</i> juice and 5ml <i>Adrak</i> ( <i>Zingiber officinale</i> Linn.) juice is mixed up with 2g salt and given two times in a day.  10g Each of <i>Neem</i> ( <i>Azadirachta indica</i> A. Juss.) seeds, <i>Tulsi</i> ( <i>Ocimum sanctum</i> Linn.) leaves and <i>Sonth</i> (dry ginger) are crushed with 10 <i>Kali-Mircha</i> ( <i>Piper nigrum</i> Linn.) and used as paste twice in a day.  50g <i>Katuki</i> ( <i>Picrorhiza kurroa</i> Royle ex Benth.) root is dipped into 200ml water for 3 hours. Two spoon of honey is mixed in this water and 2 spoons of this decoction is given in the morning.  10g <i>Thuner</i> ( <i>Taxus baccata</i> Linn.) bark powder and 100g leaf powder of <i>Badamula</i> ( <i>Megacarpaea polyandra</i> Benth.) are heated on fire with 2½ spoon of butter and 20g of this medicine is given to eat three times in a day.  In case of children ½ spoon juice of ginger, ½ spoon of turmeric and one spoon of <i>Kala-jira</i> ( <i>Bunium persicum</i> (Boiss.) Fedts.) are given twice a day.
49.	Swelling in gums	<i>Arandi</i> oil mixed with <i>Kapoor</i> is massaged slowly around the gums.
50.	Toothache	Roasted piece of turmeric is pressed between upper and lower teeth and juice is sucked.
51.	Tuberculosis	15 Leaves of <i>Tulsi</i> , ½ spoon salt, ½ spoon <i>Jira</i> and lemon juice are mixed and given twice a day for 2 months.  Dry bark of <i>Pipal</i> ( <i>Ficus religiosa</i> Linn.) is crushed to powder and eaten with hot water three times in a day.  Mango ( <i>Mangifera indica</i> Linn.) cotyledons are made into powder and 5g of this powder is given to eat with water everyday in the morning.
52.	Typhoid	5-6 Leaves of <i>Tulsi</i> are eaten with tea.  5g Sugar with the juice of <i>Pudina</i> and <i>Tulsi</i> is given to drink three times in a day.
53.	Uro-genital disorders	A <i>Karela</i> fruit is crushed and mixed with 200 ml water. After sieving drink the water for 10 days.  Roasted cauliflower and boiled <i>Bhindi</i> [ <i>Abelmoschus esculentus</i> (Linn.) Moench] are given to eat.  Equal quantity of <i>Harad</i> , <i>Bahera</i> and <i>Amla</i> is crushed and used with the juice of <i>Khas-Khas</i> [ <i>Vetiveria zizanioides</i> (Linn.) Nash] for 10 days.
54.	Vomiting	6g <i>Pudina</i> and 2g salt is dissolved in 150ml water and drunk thrice a day.  <i>Rai</i> powder [ <i>Brassica rugosa</i> (Roxb.) Tsen & Lee] mixed with water and applied on the belly.
55.	White spots	Juice of <i>Bathuwa</i> ( <i>Chenopodium album</i> Linn.) is given to drink two times in a day.  <i>Harad</i> mixed with <i>Lahsun</i> juice is applied on white spots.





*In this column for the benefit of our patrons we are trying to include simple tips from medical experts of various systems of medicine.*

Gastritis is a mild irritation, inflammation or infection of the stomach lining. It may appear suddenly for short time or become chronic.

### Causes

According to Unani system of Medicine gastritis is caused by *Sue mizaj medah* (derangement of temperament of stomach), *Kasrat-e-ghiza* (excessive intake of diet), excessive intake of strong tea, coffee, condiments and sauces, which causes the irritation or injury to the stomach. In Modern System of Medicine, gastritis can be caused by NSAIDs (Asprin, Ibuprofen, Indomethacin and Piroxycam), stress in ICU patients (Burn, massive haemorrhage, renal failure, sepsis, hypotension, trauma or post surgical state), CNS trauma (cushing's ulcer) by intracranial injury, increased intracranial pressure due to the brain tumour or sub-dural hematoma, gastric ischaemia, corrosive substances such as strong acids (HCl and H<sub>2</sub>SO<sub>4</sub>), strong alkalies (sodium hydroxide) and bacterial infections.

### General symptoms

Sometimes there are no symptoms at all. However, some of the most common symptoms are abdominal

## Gastritis (warm-e-medah) Prevention and Cure

The collage features several images: a bunch of bananas, a slice of bread, a pile of lentils, a whole potato, two sliced melons, a plant with small berries, a pile of rice, several cardamom pods, and a bowl of soup with a slice of watermelon on top.

upset, cramping and pain, belching, abdominal bloating, nausea and vomiting, mild fever, loss of appetite, feeling of fullness, burning in the upper abdomen and weakness. Blood in vomit or black stool may be a sign of bleeding in the stomach, which may indicate a serious problem requiring immediate medication. The physician may suspect gastritis by listening to the medical history. However, the only certain way to make the diagnosis is endoscopy and biopsy of the stomach lining.

### Home made Unani formulations

#### Formulation 1

*Saunf* (*Foeniculum vulgare* Mill.) 1g, *narkachoor* [*Zingiber zerumbet* (Linn.) Smith] 1g, *darchini* (*Cinnamomum zeylanicum* Breyn.) 1g, boil in 120 ml of water and strain it and then take twice daily after meals.





## Unani Tips

### Formulation 2

*Barg-e-tulsi* (*Ocimum sanctum* Linn.) Q.S. grind with water and make paste and then apply on the gastric region.

### Formulation 3

*Saunf* 2g, *naushadar* (Ammonium chloride) 2g and *Soda khurdani* (Sodium bicarbonate) 4g, make a fine powder and take 500mg with water two or three times daily.

### Formulation 4

Make a fine powder of equal parts of *naushadar*, *suhaga biryan* and *satte podina* (*Mentha longifolia* Linn.) and take 500mg of this powder with water.

### Formulation 5

*Podina* 1g, *dana ilaichi khurd* (*Elettaria cardamomum* Maton) 1g and *saunf* 1g, boil in 120 ml of water and strain it and take once or twice daily.

### Formulation 6

*Mastagi* (*Pistacia lentiscus* Linn.) 12g, *saunf* 12g, *dana ilaichi kalan* (*Amomum subulatum* Roxb.) 12g; make a fine powder and take 3g with water twice daily after meals.

### Formulation 7

Insert 125mg *heeng* (*Ferula foetida* Regel) in *maweez munaqqa* (*Vitis vinifera* Linn.) and take it with water.

### Formulation 8

Grind *gul-e-surkh* (*Rosa damascena* Mill.) 4g in 60 ml of water, strain it and then take as such.

### Formulation 9

Grind 3g *Rai* (*Brassica nigra* Linn.) with *sirka* (vinegar) and make a paste, then spread on a piece of cloth and apply on gastric region; remove the cloth after 5 minutes.

### Formulation 10

Crush the fresh plant of *Makoi* (*Solanum nigrum* Linn.) and *Kasni* (*Cichorium intybus* Linn.), squeeze the juice and warm it. During boiling stage, mix 1g *naushadar* for removing foams and filter it. After filtration sprinkle 2g *khaksi* (*Sisymbrium altissimum* Linn.) and use 60 ml of this juice with 20 ml *sharbat bazoori motadil*.

### Do's & Don'ts

- The patient should undertake a fast for two or three days or more during the illness.
- Drink warm water during the period of illness.
- Fruit diet like apple, pear, grape, grapefruit, orange, pineapple, peach and melons may be taken. Curds and cottage cheese are useful.
- Eat regularly and moderately.
- If possible avoid drugs that are irritating to stomach.
- Avoid foods, which are not easily digestible.
- Don't eat solid foods on the first day of the attack, give stomach a rest and drink liquids only, milk or water are preferred.
- Add bland foods to the diet slowly and as tolerated (cooked cereals, bananas, rice, potatoes and toast) and avoid greasy and spicy foods.
- The patient should avoid the use of alcohol, tobacco, spices, condiments, meat, red pepper, sour foods, pickles, strong tea and coffee.
- The patient should avoid the hard mental or physical work, anxiety, worry and anger.
- Patient should be given complete rest.

### Pharmacopoeial medicines

Any one of the following pharmacopoeial medicines can be taken twice daily after meals: *Jawarish Ood tursh* (10g), *Jawarish Kamooni* (6g), *Jawarish Jalinoos* (5g), *Jawarish Bisbasa* (5g), *Jawarish amla* (6g), *Jawarish Ood shireen* (6g), *Habbe Hiltet* (2 tab) or *Habbe Kabid naushadri* (2 pills).

### Asad Abbas\* and Shakir Jamil\*\*

\*Unani Expert, TKDL, NISCAIR,  
Pusa, New Delhi-12

\*\*Dean, Faculty of Medicine,  
Jamia Hamdard, New Delhi-62

