

Traditional uses of some Indian plants among islanders of the Indian Ocean

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A comparative study of the traditional herbal knowledge of the islanders of the Indian Ocean and the folk of India shows that both use about seventy species of plants in Indian medicine. Whereas some uses are common among the folk of two regions, many traditional uses among the islanders are unique. Comparative data on such species is presented. Details of uses, dosages, mixture plants or other materials are given for some unique uses/species. The advantage of substituting underground parts of plants with aerial parts use discussed.

Keywords: Ethnomedicine, Indian Ocean, Madagascar, Comoros, Seychelles, Mascarenes, Traditional Medicine, Ethnomedicine

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Comparative study of traditional medicinal uses of plants between the folk of different regions, countries or ethnic groups brings out valuable information on credibility, similarities, uniqueness and interesting aspects¹⁻⁷. This communication deals with such study on the islanders of the Indian Ocean and the folk in India.

A large part of the ocean lying between equator and tropics of Capricorn, and Africa and Australia is called the Indian Ocean. The landmass of Indian region lies just North of this ocean, and thus the floras of India and islands of Indian Ocean have hundreds of common species of plants. Major islands of the Indian Ocean such as Madagascar, Mauritius, Comoros, Mascarenes have received considerable attention of botanists and the flora of the region is reasonably well documented⁸. The indigenous people who have their own traditional pharmacopoeia inhabit the islands predominantly.

About a decade ago, data available on ethnomedicinal uses of plants in India have been brought together⁶. Uses of some plants used in folk medicine have been reported. The data on traditional folk in Indian Ocean islanders is based on a recent work⁸. About seventy plant species dealt in the reported occur in India. A comparison with

information on traditional uses among the islanders of Indian Ocean has been described in this paper (Table 1). Whereas many traditional medicinal uses are common among the folk of two regions, there are many unique uses among the islanders.

Such comparative study has another aspect relating to regeneration of species and conservation. In certain cases though the medicinal use of the plant is same in the islands and India but the plant parts utilized are different. This is still more interesting from the point of regeneration and conservation of species where underground parts are used in India but the aerial parts are used in the islands. Use of underground parts affects regeneration and consequently plant populations. Such cases have been highlighted. Botanical names of plants are given; synonyms are given only where these plant are described under these synonyms name in the book on islands.

Discussion

The above tabular comparison brings out several interesting and useful observations. Many plants are put to similar use in both the regions. In certain cases, underground parts of plants or bark are used in India, whereas some renewable ariel parts like leaf, flower, fruit or seed are used in islands. Examples of such cases are discussed under aspects of conservation. Some uses known in India do not seem to be known

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in islands. Some plants used in islands do not seem to be yet used in folk medicine in India; their ethnomedicinal uses as known in islands deserve research as prospective species in India. Some examples are given below:

Ethnomedicinal uses which seem unknown or less known in India

- 1 *Adansonia digitata*
Fruit juice (slightly sour in taste) is useful to combat fever. It is also used for diarrhoea. Leaves are used to expel intestinal worms and against asthma.
- 2 *Aegle marmelos*
Fruit pulp yields a refreshing drink, which is used for asthma.
- 3 *Ageratum conyzoides*
Leaf poultice is applied to anthrax. Cold root decoction is used as eye wash for severe eye Infections.
- 4 *Alternanthera sessilis*
Tea made from the roots is useful as diuretic. Leaves are recommended to breast feeding mothers for increasing lactation. Whole plant is used externally in the treatment of dermatitis.
- 5 *Annona reticulata*
Fruit is useful against scurvy. Slightly salted leaf decoction is used orally against vomiting. Bark is used for eye infections.
- 6 *Areca catechu*
Dried crushed seeds masticated with an onion are reported to be aphrodisiac.
- 7 *Argyreia nervosa*
Leaves moistened with cooking oil are applied for rheumatism. Crushed leaves mixed with cooking oil are used for insomnia.
- 8 *Artemisia absinthium*
Three cups of sweetened leaf infusion are drunk daily against anaemia. An infusion made with a handful of the leaves is used for viral hepatitis.
- 9 *Artocarpus heterophyllus*
Infusion of immature fruit is used against diabetes. Plant juice is used in eye infections.
- 10 *Bacopa monnieri*
Decoction of whole plant is used for rheumatism. The decoction is diuretic.
- 11 *Barringtonia asiatica*
Bark poultice is applied to treat sting caused by poisonous fishes.
- 12 *Bruguiera gymnorhiza*
Root decoction is drunk twice daily for haemorrhages. It is also used for treating diabetes.
- 13 *Calophyllum inophyllum*
Root decoction is used for ulcer and eye infections. Bark decoction is used for orchitis. The resin is used externally for rheumatism, psoriasis and skin infections.
- 14 *Cananga odorata*
The leaves are rubbed on the skin to reduce itching.
- 15 *Cardiospermum halicacabum*
Stem and root decoction treats catarrhs of the bladder. Leaf decoction is used for eczema and purities.
- 16 *Cassipouira filiformis*
Whole plant is taken for venereal diseases and decoction of plants is given in urethritis. The plant is used for dysentery.
- 17 *Centella asiatica*
Leaves and stem decoction is taken for heart burn.
- 18 *Clausena anisata*
Decoction of leaves is taken for hypotension.
- 19 *Dioscorea bulbifera*
Crushed root is applied on burn and furuncles.
- 20 *Dodonaea viscosa*
Bark decoction is used for rheumatism and contusions.
- 21 *Equisetum ramosissimum*
Plant decoction is given for diabetes. It is also used as a diuretic and to help reduce the level of fat or cholesterol in the blood. Whole plant is applied on sprains and is used for pneumonia.
- 22 *Flemingia strobilifera*
Root decoction is taken orally for urethritis.
- 23 *Garcinia mangostana*
Bark juice is used as effective purgative. When applied externally, it has wound healing and antispasmodic properties.
- 24 *Guazuma tomentosa*
Plant has expectorant property.
- 25 *Hedychium coronarium*
Poultice of the fresh rhizomes is used externally for its rubefacient properties. Rhizome decoction is used as a carminative.
- 26 *Hydnocarpus pentandra*
Seed oil is used to treat leprosy.
- 27 *Jatropha curcas*
Leaf infusion is used for diabetes.

- 28 *Kalanchoe pinnata*
Fresh leaf decoction reduces rheumatic pain.
- 29 *Launaea sarmentosa*
Bath in decoction of whole plant helps is skin diseases.
- 30 *Leonotis nepetaefolia*
Leaves are used as a depurative and febrifuge. Plant regulates periods and is also used in diarrhoea. An infusion of the stem, leaves and flower is used for jaundice. Decoction of the leaves is used as anthelmintic.
- 31 *Litsea glutinosa*
An infusion of leaf or poultice is used externally as emollient and antispasmodic. A decoction of the leaves calms nervous attacks.
- 32 *Lycopodium cernuum*
Fresh plant infusion is used for intestinal infection.
- 33 *Momordica charantia*
Whole plant decoction is used for orchitis.
- 34 *Morinda citrifolia*
Leaves are applied to sprain and swelling. Leaf decoction is also used for toxic fish poisoning.
- 35 *Moringa oleifera*
Plant is used for sore throat. Bark or leaf decoction has antispasmodic properties. Leaves are anthelmintic.
- 36 *Ophioglossum reticulatum*
A decoction of the whole plant (mixed with others plants) is used for childhood eczema.
- 37 *Pedilanthus tithymaloides*
Leaf decoction is used for abdominal disorder.
- 38 *Ravenala madagascariensis*
Tea made from young leaves is drunk at night against diabetes. Seed has been found to have antiseptic properties.
- 39 *Sapindus trifoliatus (S.laurifolius)*
Fruits are emetic; roots are useful against rheumatism.
- 40 *Scoparia dulcis*
Leaf infusion is antidiabetic. The juice extracted from the crushed leaves is used to disinfect wounds.
- 41 *Thespesia populnea*
Plant decoction is used for dysentery. The leaves are used to treat haemorrhoids.
- 42 *Trema orientalis*
Bark decoction (with other plants) is taken with honey for sore throat. Bark decoction is also used against malaria. Root and leaf are diuretic and are used for dysentery. Aerial parts are digestive. Infusion of leaf (with others) is used as bath in gout. Root and young buds are used for syphilis. Leaf poultice is applied on boils and wounds. Decoction of the leafy stem is used for cough.
- 43 *Triphasia trifolia*
Fresh crushed leaves are applied on dandruff.
- 44 *Vangueria madagascariensis*
Leaf decoction bath is given for skin diseases and abscesses.
- 45 *Vitex trifolia*
Crushed leaves are applied as a poultice on the patient's forehead suffering from fever, hypertension and rheumatism. Tea made from the leaves is used as an antidote against toxic fish.
- 46 *Ziziphus mauritiana*
Decoction of seven leaves made in one litre water is taken in hypertension and as diuretic.

Aspects of conservation

The comparative study has brought out some aspects of conservation. It is well known that population of plants whose underground parts like root and rhizome are extracted for medicinal or other purposes get depleted; the regeneration of such species is retarded. Also, trees or shrubs, whose bark is excessively removed, get damaged due to disturbed physiological activity or through infestation of insect or fungal attack.

An analysis of data shows that in certain cases, plants are used for same purpose in India and islands. In India, the roots are employed, whereas in islands, aerial parts are employed. After testing the properties if aerial parts can substitute the use of underground parts, it will help in better regeneration and conservation of such species. Few such cases are given below (Table 2):

Conclusion

Comparative studies on plants in traditional medicine can provide useful and interesting information for bioprospecting of herbal drugs as well as leads for conservation of certain species.

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Fig. 1 *Dioscorea bulbifera* Linn.



Fig. 2 *Aegle marmelos* Corr.



Fig. 3 *Artocarpus heterophyllus* Lam.



Fig. 4 *Holarrhena antidysenterica* Wall. ex A. DC.



Fig. 5 *Calophyllum inophyllum* Linn.



Fig. 6 *Erythrina variegata* Linn.



Fig. 7 *Jatropha curcas* Linn.



Fig. 8 *Cissampelos pareira* Linn.



Fig. 9 *Annona squamosa* Linn.

Table 1—Traditional uses of plants by islanders of Indian Ocean

S No	Name of Species	Family	Some Known ethnomedicinal uses	
			In India	Among islanders of Indian Ocean
1	<i>Adansonia digitata</i> L.	Bombacaceae	Nil	Fever (fr,bk,wd), diarrhoea (fr), expel intestinal worm(lf), asthma (lf), diuretic (lf), eye (lf), dysentery (fr), hypotensive (lf)
2	<i>Aegle marmelos</i> (L.) Corr.	Rutaceae	Abscess (lf), breast pain (px), convulsion / cramp (px), diabetes (lf), cholera (px),diarrhoea (bk), fever (px),dysentery (bk), eye (lf), fever (lf,rt), jaundice (lf), laxative (fr), nausea (px), heart (rt), wound & cuts(lf), vomit (lf), puerperal snakebite (px),	Diarrhoea (fr), dysentery (fr), asthma (fr), heart (fr,rt), diabetes (bk)
3	<i>Ageratum conyzoides</i> L.	Asteraceae	Kidney stone (rt), antiseptic (lf), boils (lf), burns (lf), cancer(fl), cuts(lf), diarrhoea (sd), febrifuge (lf), flatulence in colic (sd), hemostat (lf), leprosy (lf), muscular pain(lf), piles(lf), prolapsus anus(px), ringworm(lf), scabies(lf), skin (lf), snakebite(lf), sores(fl), swelling on body(px), tumour(px), uterine disease(lf)	Skin (lf,st), wounds (lf), anthrax (lf), eye (rt), eczema (rt), diarrhoea (lf), amoebic disease (wp), dysentery (lf), malaria (wp), typhoid (wp)
4	<i>Albizia lebbek</i> (L.) Willd.	Mimosaceae	Boils (fl), carbuncle (fl), diarrhoea, dysentery, gonorrhoea (sd, bk), eye (bk), gum ulcer (rt), night blindness (lf), piles (sd), swelling (fl)	Sore throat (lf), syphilis (lf), tumour (lf)
5	<i>Alternanthera sessilis</i> (L.) R.Br.ex DC.	Amaranthaceae	Bone fracture (lf), eye complaints (lf), rheumatism (px), bite of rabid dog, jackal, diarrhoea, dysentery, malarial fever, night blind, postnatal puerperal fever (px)	Diuretic (rt), galactogouge (lf), dermatitis (wp)
6	<i>Annona reticulata</i> L.	Annonaceae	Dysentery, astringent (bk), boils (lf,sd), vermifuge (bk)	Scurvy (fr), vomiting (lf), dysentery (fr,bk), diarrhoea (fr), eye (bk), astringent (fr)
7	<i>Annona squamosa</i> L.	Annonaceae	Abdominal pain (rt), abrotifacient (sd), antifertility (thalamus), carbuncle, cold (px), cuts (lf), dandruff (lf), diarrhoea (bk), dysentery (fr),guinea worm (lf+sd), hysteria(lf),insecticidal (sd), lice (lf), melancholia (rt), menstrual complaints (sd), puerperal fever(px), purgative (rt), spinal disease(rt), syphilis, chancre(px),tonic (bk), tumour(fr), ulcers(lf), worms(lf), eczema (lf)	Diarrhoea (lf,bk,rt),dysentery (lf,rt)

Contd.

Table 1—Traditional uses of plants by islanders of Indian Ocean—*Contd.*

S No	Name of Species	Family	Some Known ethnomedicinal uses	
			In India	Among islanders of Indian Ocean
8	<i>Areca catechu</i> L.	Arecaceae	Abortifacient (lf), cholera (px), colic (px), dysentery (px), small pox (px), leucorrhoea (lf), liver (rt), venereal diseases(px)	Astringent (lf), anthelmintic (nut), aphrodisiac (sd)
9	<i>Argyreia nervosa</i> (Burm.f.) Bojer	Convolvulaceae	Diabetes (rt), diarrhoea (px), dysentery (px), gonorrhoea (rt), ringworm (rt), sores (px), syphilis(px) headache (lf), small pox (px), stomach (px),	Rheumatism (lf), venous infections (lf), headache (lf) Abscess (lf), insomnia (lf)
10	<i>Artemisia absinthium</i> L.	Asteraceae	Dandruff (lf), wounds (lf), vermifuge (lf)	Anaemia (lf), Intestinal worms (lf), hepatitis (lf), jaundice (lf), biliary disorder (lf), stimulant (wp), emmenagogue (wp), anthelmintic, fever, pain, colic (wp)
11	<i>Artocarpus heterophyllus</i> Lam.	Moraceae	Anthelmintic (lf), carbuncle (px), small pox (px), sores (px), sterility (px), stomach (px), toothache (px), skin (px)	Diarrhoea (wp), asthma (rt), diabetes (fr), biliary colic (sd), eye infection (wh)
12	<i>Bacopa monnieri</i> (L.) Pennell	Scrophulariaceae	Abdominal pain (lf), blood purifier (wp), (wp), fever(wp), ringworm (wp), liver (wp), rheumatism (lf), insanity (wp), stomachache (wp), nervine tonic (wp)	Epilepsy (wp), rheumatism (wp), sore throat, diuretic (wp), nerve tonic (wp)
13	<i>Barringtonia asiatica</i> (L.) Kurz.	Barringtoniaceae	----	On sting of poisonous fish (lf,bk)
14	<i>Bruguiera gymnorhiza</i> (L.) Lam.	Rhizophoraceae	----	Haemorrhage (lf,rt), diabetes (lf,rt), hypertension (rt,lf), poisonous fishbite (lf)
15	<i>Calophyllum inophyllum</i> L.	Clusiaceae	Gonorrhoea (sd)	Ulcer (rt), eye (rt,lf), orchitis (bk), rheumatism (resin), psoriasis, skin, ulcer (wp), neuralgias (px), wound(resin), insect bites (resin)
16	<i>Cananga odorata</i> (Lam.) Hook.f. & Thoms.	Annonaceae	----	Itching (lf), scurving (lf)
17	<i>Cardiospermum halicacabum</i> L.	Sapindaceae	Anasarca (lf), dizziness (rt), ear (lf), nerve (px), eye (lf,sd,rt), fever(st), rheumatism (lf,rt,sd), stiffness, limbs (rt,sd), wounds (lf)	Cyst, catarrh of bladder (st,rt), boil(lf), rheumatism (lf), eczema (lf), purities, impetigo(lf), dysentery (wp), laxative (rt), gonorrhoea (lf,rt), skin (px), anthelmintic (px), emetic (rt),
18	<i>Cassitha filiformis</i> L.	Cassythaceae	Anasarca (px), dropsy (px)	Venereal (wp), gonorrhoea (wp), dandruff (wp), eczema (wp), malnutrition (px), urethritis (wp), liver (wp), infections, dysentery (wp)

Contd.

Table 1—Traditional uses of plants by islanders of Indian Ocean—*Contd.*

S No	Name of Species	Family	Some Known ethnomedicinal uses	
			In India	Among islanders of Indian Ocean
19	<i>Catharanthus roseus</i> (L.) G. Don	Apocynaceae	Diabetes (wp), swelling of body (lf) menorrhoea (lf),	Fever (lf), diabetes (lf), diarrhoea (lf,rt), vermifuge (rt), colic (lf), dysentery (rt)
20	<i>Centella asiatica</i> (L.) Urban	Apiaceae	Anthelmintic (wp), blood dysentery (lf), tonic (lf), cough (lf), cholera(lf), diarrhoea (lf), diuretic (rt),dysentery (lf), eye(lf), eczema(lf), fever(lf), gastric (lf), headache(fr), insanity(ps),leprosy (lf), liver(lf), member (lf), nervine(fr),postnatal tonic (lf), respiratory(fr), urine (wp) skin(fr),sache (lf), syphilis (lf), wounds (lf), tuberculosis (lf), boil (wp),	Wound (lf), skin (lf), eczema (lf), conjunctivitis (wp), heart burn (lf,st)
21	<i>Cissampelos pareira</i> L.	Menispermaceae	Abscess, antifertility, bodyache, boil (lf), Burn (lf), bronchitis (px), carbuncle (px), cataract (rt), colic (rt), cough (rt), diarrhoea (rt),diuretic (rt), dysentery (rt), epilepsy (px), eye (lf), fever (lf), gastric (rt), headache (rt), heart burn(lf), wound (lf), inflammation (lf), sores (lf), jaundice (lf), itching (lf,fl), leucoderma (rt), leprosy (rt), malaria (rt), small pox (lf), skin (rt,lf), sache (lf),ulcer (rt), urine (rt), venereal complaints (wp),	Hepatitis (px), stomach (fr), hypertension (lf,rt), abdominal pain(lf), eczema (lf,rt), fever(lf), cold(lf), purgative(lf)
22	<i>Clausena excavata</i> Burm.f. (Syn. See <i>Clausena anisata</i> (Willd.)Hook.F.)	Rutaceae	Fever (rt), malaria (rt), indigestion (rt), muscular pain (lf)	Hypotensive (lf), sore throat (lf), indigestion (lf), boil (lf)
23	<i>Cleome viscosa</i> L.	Capparidaceae	Boil (lf), anthelmintic (sd), boils (sd), diarrhoea (sd), earache (lf), ulcer (lf), convulsions l(sd), fever (sd),headache (lf), inflammation(lf), interm, skin (sd), wounds(lf)	Dysentery (lf), headache (lf), astringent (lf), rheumatism (lf), stomach (rt), sudorific (sd), intestinal worm (wp)
24	<i>Dioscorea bulbifera</i> L.	Dioscoreaceae	Abdominal pain (tu), boil (tu), bone fracture (tu), Dysentery (tu), piles (tu), jaundice (tu)	Burn (rt), furuncles (wp)
25	<i>Dodonaea viscosa</i> (L.)Jacq.	Sapindaceae	Cold (lf), cuts (lf), wounds (lf), intestinal worms (lf)	Rheumatism (bk), contusion (bk), ulcer (bk), engorged breasts (px), syphilis (bk), wound (bk), vertigo (lf), gout (wp), throat (lf)
26	<i>Equisetum ramosissimum</i> Desf.	Equisetaceae	Swelling (wp)	Diabetes (wp), diuretic (wp), reduces cholesterol (pwp), baldness (wp), bone fracture (wp), sprain (wp), pneumonia (wp)
27	<i>Erythrina variegata</i> L.	Fabaceae	Anthelmintic (bk), cold (bk), convulsion (px), cough (lf), eye (bk), menorrhoea (px), paralysis, pimples (px), rheumatism (bk), skin, snakebite, ulcer (lf)	Cough (fl), astringent (bk), anthelmintic (bk), sedative (fl,bk), pulmonary (fl),

Contd.

Table 1—Traditional uses of plants by islanders of Indian Ocean—*Contd.*

S No	Name of Species	Family	Some Known ethnomedicinal uses	
			In India	Among islanders of Indian Ocean
28	<i>Euphorbia hirta</i> L.	Euphorbiaceae	Snakebite (lf), asthma (wp), mouth boil (wp), bronchitis (wp), burn (lf), colic (wp), cough (wp), diarrhoea (wp), dysentery (wp), eczema (la), eye (la), kidney (wp), lactation, postnatal complaints (px), joint pain, wart (la) vomit (wp), ringworm (lf), rickets (wp), scabies (la), scorpion bite (la), skin, toothache (wp),	Hepatic (lf), diarrhoea (lf), dysentery (lf), rheumatism (lf), asthma (lf), fever (wp), bronchitis (wp), impetigo (wp), flatulence (wp), diabetes (wp), hypertension (wp)
29	<i>Euphorbia tirucalli</i> L.	Euphorbiaceae	Body pain (la), eczema (la), earache (la), rheumatism (la), scabies (la), toothache (la), warts (la), wounds (la)	Laxative, coughs, pectoral, (rt), venereal (wp), eczema, ulcer, skin (sap), wound, stomach, abdominal pain, antidote (sh), swelling (lf)
30	<i>Flacourtia indica</i> (Burm.f.) Merrill	Flacourtiaceae	Snakebite (lf), chest (px), carbuncle (px), gout (bk), cholera (px), dysentery (bk), eczema (bk), fever (px), jaundice (fr), liver (fr), rheumatism (bk), skin (rt), sores (px), wounds (px)	Eczema (lf,rt), rheumatism (lf, rt), indigestion (rt), diabetes (rt), nephritis (rt-ash)
31	<i>Flemingia strobilifera</i> R.Br.	Fabaceae	Analgesic (rt), bodyache (rt), epilepsy (rt), fever (rt), gastric (rt), insecticide (px), hysteria (rt), leucorrhoea (rt), sedative (rt), vermifuge (lf)	Abortifacient (wp), urethritis (rt)
32	<i>Garcinia mangostana</i> L.	Clusiaceae	Diarrhoea (fr), dysentery (fr)	Dysentery (fr), purgative (juice from cut-bk)-applied externally, wound (bk), antispasmodic (bk)
33	<i>Guazuma tomentosa</i> Kunth	Sterculiaceae	NIL	Bronchitis (wp), expectorant (wp)
35	<i>Hedychium coronarium</i> Koenig ex Retz.	Zingiberaceae	NIL	Rubefacient (rh), carminative (rh), emmenagogue, diuretic, tachecardia (rh), rheumatism (rh)
36	<i>Holarrhena antidysenterica</i> (Roxb. ex Flem.) Wall. ex A.DC.	Apocynaceae	Anthelmintic (sd), appetite, snakebite (bk), colic (sd), asthma (sd), bronchitis (bk), cold (bk), constipation (px), cough (bk), diarrhoea (bk), dysentery, digestion (sd), eczema (la), epilepsy (px), fever (bk), gastric (bk), gout (bk), haematic (px), headache (bk), jaundice (sd), labour (px), leucoderma (lf), leprosy (sd), malaria (bk), menorrhoea (bk), spleen (px), menstrual, paralysis (bk), piles (bk), snake bite (bk), rheumatism (bk), skin (la), spermatorrhoea (px), sache,	Fever (lf,bk), worm (lf,bk), dysentery (bk), gout (lf,bk), astringent
37	<i>Hydnocarpus pentandra</i> (Buch.Ham.) Oken	Flacourtiaceae	NIL	Skin (sd oil), leprosy (sd oil)
38	<i>Ixora coccinea</i> L.	Rubiaceae	Dysentery (rt)	Diarrhoea (rt), astringent (rt)

Contd.

Table 1—Traditional uses of plants by islanders of Indian Ocean—*Contd.*

S No	Name of Species	Family	Some Known ethnomedicinal uses	
			In India	Among islanders of Indian Ocean
39	<i>Jatropha curcas</i> L.	Euphorbiaceae	Abortifacient (rt), anasarca (px), burn (la), cancer (la), carbuncle (px), cramps (px), dropsy (px), congestion (lf), chest inflammation (lf), pleurisy (px), pneumonia (px), rheumatism (sd), sores (st), syphilis (px), tooth troubles, haemostatic (st), wound (st), whitlow (px)	Diabetes (lf), headache (fl), migraines (lf), gingivitis (la), haemostatic (la), on fracture (fr), swelling (fr), abscess (lf), purgative (sd), haemorrhoids (sd), rheumatism (sd), dermatitis (sd), herpes, dropsy (sd), galactagogue (lf), furuncle (lf-poultice), hair loss (lf-poultice), diabetes (lf), eczema (lf), headache (lf), hypertension (lf)
40	<i>Kalanchoe pinnata</i> (Lam.) Pers	Crassulaceae	Dysentery (lf), boils (lf), sores (lf), wounds (lf), gastric (lf), headache (lf), influenza (lf), insect bite (lf), kidney (lf)	Boil (wp), furuncle (wp), on swollen feet (lf), on joint pain (wp), wound (lf), gastritis, poison of fish (lf), rheumatism (wp)
41	<i>Launaea sarmentosa</i> (Willd.)Schultz Bip.ex O.Kuntze	Asteraceae	Gout (wp), rheumatism (lf)	skin (wp), fish sting (wp)
42	<i>Leonotis nepetaefolia</i> (L.) R.Br. ex Aiton	Lamiaceae	Burn (fl), convulsion (px), cuts (fl), diuretic (sd), Dropsy (sd), eczema (fl), eye, malaria (sd), ringworm (fl), scald (fl), stomach (fl), wounds (fl), swelling in breasts (sd)	Depurative (fl), febrifuge (lf), menstrual disease (wp), diarrhoea (wp), jaundice (lf, fl), carminative (lf), anthelmintic (lf), abdominal (lf), vomit (lf), Wound (bk), skin (bk), emoll (lf), antispasm (lf), nervous attack (lf), dysentery (st), headache (lf), emmenagogue (lf), sore throat (lf, bk), intestinal parasites (lf), diarrhoea (lf)
43	<i>Litsea glutinosa</i> (Lour.) C.B.Rob.	Lauraceae	Bone fracture (st), cold (lf), cough (lf), dysentery (bk), inflammation (st, bk), skin (st, bk), sprains (st, bk)	Nose bleeding (wp), skin (wp)
44	<i>Ludwigia octovalvis</i> ssp. sessiliflora Raven	Onagraceae	Eczema (wp), skin (wp), fever (px), Wound (px)	Intestinal infect (wp)
45	<i>Lycopodium cernuum</i> L.	Lycopodiaceae	Rickets of children (wp)	Asthma (lf), scurvy (lf), abortifacient (wp)
46	<i>Melastoma malabathricum</i> L.	Melastomataceae	Blood dysentery (rt), diarrhoea (lf), cuts (lf), haemostatic (lf), small pox (lf), wounds (lf)	
47	<i>Momordica charantia</i> L.	Cucurbitaceae	Anthelmintic (lf), bile excess (sd), vomit (sd), diabetes (fr), eczema (fr), laxative (lf), malaria (lf), oedema (fr), rheumatism (fr), sores (lf)	Diabetes (lf), orchitis (wp), intestinal colic, tonic, anthelmintic, purgative, cholera (wp), cardiac (st)
48	<i>Pedilanthus tithymaloides</i> (L.) Poit.	Euphorbiaceae	Abortifacient (st), snake bite (st), headache (lf), rheumatism (st), sprain (la), venereal disease (la)	Abdominal disorder (lf)
49	<i>Phyla nodiflora</i> (L.) Greene	Verbenaceae	Boils (lf), diuretic (lf), fever (wp), menstrual (wp), postnatal fever (wp),	Diuretic (lf), venereal disease (lf)

Contd.

Table 1—Traditional uses of plants by islanders of Indian Ocean—*Contd.*

S No	Name of Species	Family	Some Known ethnomedicinal uses	
			In India	Among islanders of Indian Ocean
50	<i>Physalis peruviana</i> L.	Solanaceae	Abdominal disorder in pregnancy (lf), boils (lf)	Heart (wp), gout, fever, diuretic, emollient (lf)
51	<i>Quisqualis indica</i> L.	Combretaceae	Anthelmintic (fr,sd), fever (sd), diarrhoea (sd), skin, purgative, rickets, (sd)	Eczema (sd), expel intestinal parasites anthelmintic (sd),
52	<i>Ravenala madagascariensis</i> Sonnerat	Musaceae	Nil	Diabetes (lf), antiseptic (lf), diarrhoea (lf)
53	<i>Sapindus trifoliatus</i> L. (Sapindus laurifolius Vahl.)	Sapindaceae	Anthelmintic (fr,rt), intestine vermic(fr)	Anthelmintic (fr), astringent (lf), emetic (lf), rheumatism (rt), gout (rt)
54	<i>Schinus terebinthifolius</i> Raddi	Goodeniaceae	Stimulant (bk), tonic (bk), astringent (bk), rheumatism, gout	on rheumatism (lf), toothache, astringent (bk)
55	<i>Scoparia dulcis</i> L.	Scrophulariaceae	Digestive (wp), eye(lf), fever (rt), gonorrhoea (wp), stomachache (lf), ulcer (lf), diabetes (lf), hypoglycemic (wp), gout (wp), childbirth (wp), rheumatism (fl),tonic (lf), ulcer (lf), urine (lf), sex weakness (lf)	Disinfecting wound (lf)
56	<i>Scutia myrtina</i> (Burm.f.) Kurz	Rhamnaceae	Nil	Poison by fish (lf), diarrhoea (rt), dysentery (rt), tonic
57	<i>Securinega virosa</i> (Roxb.ex willd.) Baillon	Euphorbiaceae	Bone fracture (lf), constipation (lf), sache (fr), sores (lf)	Abdominal pain (bk)
58	<i>Styrax benzoin</i> Dryand.	Styracaceae	Cough (resin), indigestion (resin), diuretic (resin), catarrh (resin)	Fever (lf), cough (lf), abortifacient (bk,lf)
59	<i>Suriana maritima</i> Linn.	Simaroubaceae/ Surianaceae	Nil	Dysentery (lf), astringent (lf)
60	<i>Syzygium cumini</i> (L.)Skeels	Myrtaceae	Anaemia (px), astringent (bk), mouth (lf), cancer (px), colic etes (px), diabetes (sd), diarrhoea (px), digestion (fr), dysentery (lf), piles (bk), pimples (sd), stomachache(fr), tonic(fr)	Diabetes (sd), dysentery (fr,st), diarrhoea (bk)
61	<i>Thespesia populnea</i> (L.) Soland.ex Correa	Malvaceae	Constipation (lf), scabies (lf), skin (fr), swell (lf)	Dysentery (wp), haemorrhoids (bk), eczema, skin (bk), depurgative (bk)
62	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.f. & Thoms.	Menispermaceae	Antipyretic (lf), dysentery (rt), aphrodisiac (wp), asthma (st), bone fracture (wp), cough (st), jaundice (st), debility (st), diarrhoea (rt), fever (wp), diphtheria (st), headache (lf),	Malaria (st), piles (wp), tuberculosis (sd), skin (st), malaria (wp), venereal (wp), sex strength (st), infection (wp)
63	<i>Toddalia asiatica</i> (L.) Lam.	Rutaceae	Bodyache (lf), bowel (lf), Stomachache (stbk), toothache (fr)	Diuretic (lf), kidney stone (lf)
64	<i>Trema orientalis</i> (L.) Blume	Ulmaceae	Pain in limbs (bk)	Sore throat (bk), malaria (bk), diuretic (lf), dysentery (lf), digestive, gout (lf), syphilis (rt), boil, wounds (lf), cough (lf)
65	<i>Triphasia trifolia</i> (Burm.f.) P.Wills.	Rutaceae	Cough (fr)	Dandruff (lf)

Contd.

Table 1—Traditional uses of plants by islanders of Indian Ocean—*Contd.*

S No	Name of Species	Family	Some Known ethnomedicinal uses	
			In India	Among islanders of Indian Ocean
66	<i>Vangueria madagascariensis</i> Rubiaceae J. F. Gmelin	Nil	Skin, abscesses	
67	<i>Vitex trifolia</i> L.	Verbenaceae	Asthma (lf), catarrh (lf), headache (lf), sprain on pain (lf)	Fever (lf), hypertension, rheumatism (lf), on sprain, stomachache, poison by fish (lf)
68	<i>Withania somnifera</i> (L.) Dun.	Solanaceae	Asthma (rt), boil (lf), bronchitis (rt), boils (lf), chest complaints (sd), cough (rt), dropsy (rt), dyspepsia (rt), epilepsy (rt), eye compl (lf), insanity (rt), lumbago (px), rheumatism (rt), skin (lf), swell on hands (lf), wounds (rt)	Rheumatism (rt), tonic (wp), aphrodisiac, skin, asthma, anthrax (fresh juice of wp), wound, contusions
69	<i>Ziziphus mauritiana</i> Lam.	Rhamnaceae	Blood purifier (fr), cholera (px), colic (px), diarrhoea (stbk), digestion (fr), dysentery (px), eye conjunctivitis (lf), fall of hair (lf), fever (lf), oedema (px), headache (px), rheumatism (lf), scorpion sting (lf), sores (px), spleen (px), stomachache (fr), ulcers (rt), wounds (rt), whoop cough (lf)	Cough (lf), asthma (lf), diarrhoea (bk), diuretic (lf), hypertension (lf)

Abbreviations used: bb: bulb, k: kernel, sd: seed, bk: bark, la: latex, sh: shoot, fl: flower, lf: leaf, st: stem, fr: fruit, px: part not specified, tu: tuber, hw: heartwood, rh: rhizome, tw: twig, infl: inflorescence, rt: root wd: wood, wp: whole plant

Table 2—Plants use in India and in Indian Ocean islands

Plant species	Diseases and ailments	Part used in	
		India	Indian Ocean Island
<i>Aegle marmelos</i>	Dysentery	Bark	Fruit
<i>Annona reticulata</i>	Heart diseases	Root	Fruit, Root
<i>Cardiospermum halicacabum</i>	Rheumatism	Root, leaf, seed	Leaf
<i>Catharanthus roseus</i>	Diabetes	Whole plant	Leaf
<i>Euphorbia hirta</i>	Asthma, Dysentery	Whole plant	Leaf

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