

Some Less Known Ethnomedicinal uses from Mysore and coorg districts, Karnataka, Southern India

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ABSTRACT: *Present communication deals with 51 less known uses belonging to 39 medicinal plants which are being used traditionally in Karnataka, and are not well known for its said efficacies for curing respective disorders. Each use has been given under correct botanical name, family, local name, locality in particular district and finally the collection number*

Key words: Ethnobotanical study; Tribes; Mysore; Coorg; Karnataka; India.

INTRODUCTION:

The area of present ethnobotanical studies comprises Karnataka's two southern most districts viz Mysore and Coorg, comes to about 16,049 sq km lying in between 11°22'-12°15'N latitude and 75°22' - 77°22' 12°15'N latitude. In the final stages of studies, Mysore district has been split into two districts viz erstwhile Mysore with 7 talukas and newly carved out Chamrajnagar district with 4 talukas. However, for the present work two earlier districts (sensu lato) are considered because of devoid of authorized detailed information.

TRIBES:

Karnataka state is rich in both floristic and ethnic diversities. Tribes of Mysore and Coorg districts still maintain their ancient life style, culture and traditions. In all there are 14 tribes viz Jenukuruba, Bettakuruba, Soliga, Yerava, Panjariyerava, Malekudia, Tammadi Medha, Hakki-pikki, Paniyerava, Gowdakuruba, Kadu-kuruba, Kaniyan and Girijana.

On an average tribes are thin, dark complexioned, thick lipped, thick curly hairs and generally stay in thatched huts. Cultural study of tribal society revealed that average tribes observe "Yajmana" system i.e. headman of a hamlet is a leader who solves all disputes of a village, Tribes generally speak "Kannada" some times mixed with 'Tamil' as a local dialect. However Malekudia is the only tribe of Coorg district speaking 'Tulu' language. Most of them maintain faith in 'Guddas' i.e. a local tribal doctor who prescribes medicine for tribes.

Methodology:

Present work is the outcome of the study carried out by senior author while in botanical survey of India, Pune. A total of nine field tours were conducted in the period of January 1995 to covering all villages. Each exploration tour was of 25-30 days' duration in which every effort was made to cover all the area of both the district visiting all the tribes. Data presented here are based on personal observations and interviews with

informants like mdicinemen, local healers village headmen and old, experienced men and women.

Tribals do not divulge the uses of the plants in presence of other fellow tribals because that knowledge yields tem some sort of status in their tribe. Therefore, one or two of tem were taken to forest to collect first and information and 3-4 voucher specimens as well.

So collected data is believed to be valid when the same use was told by atleast three persons belonging to different tribes from far and w2ide area. The information was recorded in the field notebooks.

Various NGOs are working in the stud area. They have good rapport with tribes because the are working for tribal upliftment. No stone was left turned to build up a good with these NGO personnel and through them wit the tribals.

Plants were identified with help of local like flora of Mysore district by R.R. Rao and B.A Razi (1981) and similiary, Flora of coorg by K.R. Keshava Murthy and S.N. Yoganarasimhan (1990) and by consulting the BSI western circle herbarium as well. All voucher specimens are deposited in herbarium of BSI Pun under the first author's names RDK To determine the less known or new uses, the main literature sources referred to were: Kirtikar and Basu (1933), Anonymous (1948-76), Chopra et al. (1956, 1969), Dastur (1964), Jain and De Filippis (1991), Jain (1991) and Asolkar et at. (1992), besides many books and papers published in different journals.

In present enumeration, the plants are listed alphabetically with correct botanical name in italics and bold, followed b its family name n parenthesis, local name in italics

within singly inverted comma, locality, and lastly the field number in parenthesis. Novel use is given on next line in which medical use heading is bold for which the plant is being employed is given in the beginning, followed by detail use with combination if an and lastly in bold the tribe named who utilize the plant is mentioned. Abbreviation Vet. Is used for veterinary disorders except other wise stated.

RESULTS:

1. ***Acanthospermum hispidum*** DC, (Asteraceae) 'Kadumulla' Javankattehadi (Mysore) (175721).

Use: Cough: Infusion of whole plant given for curing cough by Kadukurubas. Two teaspoonful twice a day till recover.

2. ***Aloe Vera*** (L) Burm f. (Liliaceae) 'Lolisaru' B.R. Kote Ayyankere, Hunsur (Mysore) Sampaje (Coorg) (167197) Uses: Expelling torn: Leaf pulp applied locally to expel thorns from foot by Hakki-pikkies.

Repelling mosquitoes: Whole plant kept in huts in order to repel mosquitoes by Bettakurbas.

3. ***Anacardium occidentale*** L. (Anacardiaceae) 'Kashumavu' Paksharajpura (Mysore); Mundrote. Sampaje. Makuta (Coorg) (176157).

Use: Dyspnoea: Two-three drops of seed oil mixed with 20 ml of milk and taken for dyspnoea by Hakki-pikkis. – One teaspoonful of mixture 3-4 times a day till recovery

4. ***Anagallis arvensis*** L. (Primulaeae) 'Suryakantheesoppu' M.M. hills, B,R. hills (Mysore) (175710)

Use: Fever Leaves cooked as vegetables and eaten especially to cure fever in Soligas.

5. *Anogeissus latifolia* (Roxb ex DC.) Wall. Ex Guill. & Perr. (Combretaceae) 'Dindal' B.R. Kote, B.R. Hills M.M. hills, Nagarahole (Mysore) (173447).

Us: vomiting Sensation: Thin, papery layer, immediately after outermost layer of bark is eaten to check vomiting sensation b soligas.

6. *Argyreia cuneata* (Willd.) Ker, Gawl. (convolvulaceae) 'kallanegida' Mettikuppe, M.M. hills, Byllur (mysore) (173486).

Uses: Interittent fever: Leaf paste applied all over the body for curing intermittent fever by Jenukurubas.

Rheumatism: Leaves pounded with leaves of Lantana camara in 1:1 proportionm paste used to massage painful joints by Jenukurubas.

7. *Argyreia elliptica* (Roth) Choisy (Convolvulaceae) 'Kongepataballi' Baswanahally (Coorg) (173434).

Use: Toothache: Root juice applied locally on aching tooth for curing toothache by jenukurubas.

8. *Asparagus racemosus* Willd. (Liliaceae) 'Saralble' Makuta (Coorg); B.R. Kote , balle, B.R. hills (Mysore) (173442).

Uses: Toothache: Tubers made luke-warm and put on aching booth by jeunkurubas.

Rickets: Stem paste rubbed on body to cure rickets by jenukurubas.

9. *Bambusa arundinacea* (Retz.) Roxb. (Mimosaceae) Hebbiduru' M.M. hills B.R. Kote, Mettikuppe, Muscare (Mysore); Sampaje (Coorg) (173406).

Uses: Vet Expelling placenta; Leaves fed to cows after delivery to expel the placenta by malekudiyas.

10. *Bombax ceiba* L. (Bombacaceae) 'Burga' Sampaje (coorg); B.R. Kote, B.R. hills N. Begur (Mysore) (175727)

Use: Dizziness: Bark paste applied on forehead during an attack of dizziness by jenukurubas.

11. *Careya arborea* Roxb. (Lecythidaceae) 'Gabbal' Kushalnagar, Nagarahole (coorg) (173438)

Use: Toothache: Stem Bark along with bark of Phyllanthus emblica in 1:1 proportion boiled in water, stem inhaled by month as a cure for toothache by jenukurubas.

12. *Catunarggam spinosa* (Thunb.) Tiruv. (Rubiaceae) ' Karekaai' B.R. Kote, Nagarahole, Muscare (Mysore); Channehadlu (Coorg) (174384)

Uses: Headache: Roots paste applied on forehead for headache by jenukurubas.

Thirst: 2-3 teaspoonful root paste taken to quench or to avoid more thirst in jungle by jenukurubas.

13. *Chionanthus malabarica* (Wall. Ex G. Don) Beed (Oleaceae) 'Kolikaare' Byllur (Mysore) (176147)

Use: Mouth ulcers: Root extract taken for curing mouth ulcers by soligas. – Two tablespoonful 3-4 times a day till recovery

14. *Clitoria ternatea* L. (Fabaceae) ‘Gokarnahambu’ Natgalhundi (Mysore) (176144)

Use: Aphrodisiac: flowers eaten raw for its supposed aphrodisiac property by Jenukurubas.

15. *Coccinia grandis* (L.) Voight (Cucurbitaceae) ‘Tondekaai’ B.R Kote (Mysore) (173418).

Use: Mouth ulcer: Raw fruits eaten, especially to cure mouth ulcers b Bettakurubas.

16. *Crossandra infundibuliformis* (L) Nees (Acanthaceae Mundrota (Coorg) (176127)

Use: Expeling thron from foot Leaf juice applied locally to surface thorns from foot by Malekudiyas.

17. *Cryptostegia grandiflora* R. BR. (Periplocaceae ‘Karali’ hills (Mysore) (167165).

Use Influenza: Bark extract given for curing influenza by soligas. – To teaspoonfuls thrice a day till recovery.

18. *Diospyros melanoxylon* Roxb. (Ebenaceae) ‘Tupreelle’ B.R. Kote, Katwal (Mysore) (173404).

Use: Autidote: Bark paste mixed with buttermilk and given as antidote for poisoning due to seeds if semecarpus anacardium by soligas. – Two tablespoonful twice a day.

19. *Erythrina variegata* L. (Fabaceae) ‘Pangarpatti’ Somwarpet (Coorg) (175749).

Use: Giddiness: Bark pounted with 2 cloves of garlic and little water, paste rubbed over body to remove giddiness by jenekurubas

20. *Ficus religiosa* L. (Moraceae) ‘Aralimara’ Muscare (Mysore) (167193).

Use: Stuttering: Eleusine coracana seed flour mixed with rice powder to prepare roti, two leaves of this plant attached on either side of roti, baked on fire, fed to children who stutter during speaking. It is practiced by jenukurubas. – It is fed for two days.

Note: 5 children were seen being treated during the visits.

21. *Gnidia glauca* (Fresen.) Gilg (Thymelaeaceae ‘Adakehoogida’ Byllur (Mysore) (167191)

Use: Dropsy: Stems tied around the stomach to cure dropsy by kaniyanas.

22. *Lpomoea nil* (L) Roth (Convolvulaceae) ‘Ulkansoppu’ Bubnoor, Bandipur (Mysore) (175194)

Use: Sprains: Leaf paste smeared o sprains by soligas

23. *Jasminum malabaricum* Wt. (Oleaceae) ‘Kadumallige’ N. Begur (Mysore); Sampaje (Coorg) (175743).

Use: Eye complaints: Stem juice put into eyes for removing foreign particles by bettakurubas.s

24. *Kalanchoe pinnata* (Lam.) Pers (Crassulaceae) ‘Soppufuti’ Kusha;nagar (Coorg), Raghavan (167184)
- Use: Mumps: Leaf juice mixed with lime, mixture applied locally on mumps by bettakurubas.
25. *Leucas aspera* (Willd.) Link (Lamiaceae) ‘Tumbegida’ Kushalnagar (Coorg); Sargur (Mysore) (173482)
26. *Mimosa pudica* L. (Mimosaceae) ‘Mukmodi’ B.R. hills, n. begur (Mysore); Nagarahole (Coorg) (174314)
- Uses: Hair complaints; leaf powder mixed with coconut oil and applied on hair for earl graying of hair by bettakurubas.
- Body resistance: Whole plant decoction taken for increasing resistance power b jenukurubas. – Only teacup earl morning for 8 days.
- Goitre: Leaf paste applied on goiter by jenukurubas – Only two days application is enough.
27. *Momordica charntia* L. (Cucurbitaceae) ‘Hagalkaai’ Byllur (Mysore) (174315)
- Use: chest pain: Leaf Juice along wit leaves of *Ocimum tenuiflorum* in 1:1 proportion taken to cur chest pain by soligas, -2 teaspoonful 2-3 times a day.
28. *Mussaenda belilla* Buch – Ham. (Rubiaceae) ‘Bennegarhti’ Sampaje, Makuta (74380)
- Use: Hairfall: Leaf decoction applied on head to check hair fall by paniyeravas.
29. *Nerium oleander* L. (Apocynaceae) ‘Kanagalu’ Muscare (Mysore)(167164)
- Use: Muscle pain: Latex applied locally on muscle pain of limbs b soligas.
30. *Ocimum sanctum* L. (Lamiaceae) ‘Karee tushi’ B.R. hills, Kalhati (Mysore); Kushalnagar, Dubare (Coorg) (176109)
- Use: Early graying of hairs: hairs: Leaf juice applied on earl graying of hairs by bettakurubas.
31. *Oxalis corniculata* L. (Oxalidaceae) ‘Uppunigida’ B.R. hills M.M. ills (Mysore) (175784)
- Use: Acidity: Whole plant extract taken to cure acidity by soligas.-Half teacup thrice a day till recovery.
32. *Plumeria rubra* L. (Apocynaceae) ‘Ganagalekaai’ Byllur (mysore) (176147)
- Uses: Ear discharge; Handful of leaves burnt to ash, mixed with ground nut oil, one drop put in ear for puss discharge by soligas.
- Joint pints: Handful of leaves crushed in little castor oil and applied locally for joint pains by soligas.
33. *Pongamia pinnata* (L) Pierre (fabaceae) ‘Hongemara’ Kushalnagar (coorg); Brahmagiri, ayyankere, Husekuppe (Mysore) (175733)
- Use: giddiness; Extract of its bark pounded with garlic is rubbed on the body to check giddiness by Yeravas.
- Bodyache: Mixture of bark juice mixed with kerosene in 1:1 proportion is

rubbed on the body to cure bodyache by panjariyeravas.

Cooling effect: seed oil applied on head for having cooling effects by girijanas.

Mosquito repellent: seed oil mixed with kerosene in 1:1 proportion and used in lamp for repelling mosquitoes by Hakkipikkies.

34. *Rubia cordifolia* L. (Rubiaceae) 'Yojanaballi' Ningapur (Mysore) Brahmagiri (Coorg) (173500)

Use: Giddiness: Roots crushed with cumin and water in smaller quantities, given for giddiness and also rubbed all over the body by jenukurubas.

35. *Sapindus laurifolius* Vahl (Sapindaceae) "Antwalmara" Natgallundi, B.R. ills (Mysore) (176132)

Uses: Fever: Leaves pounded with little garlic & pepper by reciting 'Mantra' this mixture is tied on right hand of males and on left hand of females for curing intermittent fever by soligas.

36. *Sesbania grandiflora* (L) Poir. (Fabaceae) Mettikuppe (Mysore) (173496)

Use: Dizziness: coked flowers eaten to cure dizziness by Bettakurubas.

37. *Solanum anguivi* Lam. (Solanaceae) 'Kaisunde' Bendebetta, Auregunda, Shaniwarsanthe, Nagarahole (Coorg); Penjahally (Mysore) (173407)

Uses: Headache: Ripe fruits pressed on forehead in order to stick the seeds locally for curing headache by jenukurubas.

Excess of heat: Root extract taken internally for excess of heat b jenukurubas. – One teacup twice a day.

38. *Terminalia crenulata* (Roxb) Roth (Combretaceae) 'Mattimara' Brahmagiri (Coorg); METTIKUPPE Piriypatna, Bandipur (Mysore) (173464)

Uses: Dysentery: Basrk Extract given to check dysentery b Jenukurubas – Two tablespoon ful for an acute attack.

Toinc: Water form swollen stem drunk as a tonic by jenukurubas.

39. *Toddalia asiatica* (L) Lam var floribunda Gamble (Rutaceae) 'Macchimullu' Bubnoor (Mysore) (175789)

Uses: Mumps: Root paste mixed wit lemon juice and applied locally on mumps by jenukurubas.

Conclusion: Present indigenous knowledge is the tip of iceberg which is melting due to new era of modernization and encroachments on the tribal land to meet the demands f ever increasing population. This traditional knowledge is wealth of the mankind and has great value in the context of today's trade and patents scenario, present paper gives 51 less know uses belonging to 39 plants. This may prove to be the base for potential drugs to provide health for all in new millennium.

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