

ETHNO-MEDICAL STUDIES OF PATALKOT AND TAMIYA (DISTT. CHHINDWARA) M. P. – PLANTS USED AS TONIC

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ABSTRACT: *An ethno-medical survey was conducted in the tribal pockets of Tamiya and Patalkot of Madhya Pradesh wherein “Bharia” and “Gond” tribes inhabit. This paper presents 22 medicinal plants belonging to 17 families, used as tonic medicine among them.*

From immemorial people in India have been using herbal medicines. The knowledge of those medicines is being lost as traditional cultures collapse, and the shifting of Young men to urban areas for employment. This knowledge is valuable and irreplaceable. It may have taken centuries to acquire but being transmitted only by word of mouth it is easily lost. Thus, there is an urgent need of conservation of this knowledge.

The introduction of new drugs is being encouraged by the ethno-medicinal studies. Madhya Pradesh, with its wide variety of plants and tribal population, affords ample scope for studies concerning various aspects of folklore medicine. A review of literature (Jain, 1962, 63: Sahu, 1982, 83) reveals that no work on folk medicine have been done in

MP in general, and Chhindwara in particular.

Patalkot and Tamiya which comes under Chhindwara District, are rich in medicinal flora. These plants are used by tribal folk for various diseases. The chief tribes are “Bharia” and “Gond”. The former tribe is in majority and is still living in the ancient culture. Thus, in the present paper, an account of plants which are in use as tonic, is given.

During 1984 – 85, frequent trips of Patalkot and Tamiya were undertaken and a number of natives were interviewed. To ensure authenticity of statements, discussions were made on the same plants with different tribal persons. The plants are arranged alphabetically (Table 1).

TABLE – I

A List of medicinal plants used as tonic by Bharia and Gond Tribes

S. No.	Name of Plant
1	<i>Adiantum capillus</i>
2	<i>Angiopteris erecta</i>
3	<i>Argyreia strigosa</i>
4	<i>Butea monosperma</i>
5	<i>Ceropegoia hirsute</i>
6	<i>Chlorophytum tuberosum</i>
7	<i>Curculigo orchioides</i>
8	<i>Curcuma angustifolia</i>
9	<i>Cynoglossum lanceolatum</i>
10	<i>Cyperus rotundus</i>
11	<i>Dendrocalamus strictus</i>
12	<i>Desmodium gangeticum</i>
13	<i>Diplazium esculentum</i>
14	<i>Gomphrena celosoides</i>
15	<i>Habenaria constricta</i>
16	<i>Hydrocotyl siphthorpioides</i>
17	<i>Indigofera cassioides</i>
18	<i>I. glandulosa</i>
19	<i>Lygodium flexuosum</i>
20	<i>Manilkara hexandra</i>
21	<i>Potentialla supine</i>
22	<i>Vernonia cinerea</i>

1. *Adiantum capillus* Venoris – Linn
(Family – Polypodiaceae)
Vernacular name – “Hansraj”
Local use – The plant is used as tonic.

2. *Angiopteris erecta* (Fort). Hoffm.
(Family – Angiopteridaceae)
Vernacular name – “Ghodatap”
Local use – The rhizome is used as tonic.

3. *Argyreia strigosa* (Roth) Sant. & Patel
(Family – Convolvulaceae)
Vernacular name – “Sahadkanda”
Local use – The power of root with milk is used to gain strength.
4. *Butea monosperma* Roxb.
(Papilionaceae)
Vernacular name – “Chheula”, “Palas”, “Tesu”
Local use – The root of the plant is used as tonic.
5. *Ceropegoin hirsute* Roxb. (Family – Asclepiadaceae)
Vernacular name – “Kisanmati”
Local use – The rhizome is used as tonic.
6. *Chlorophytum tuberosum* Baker (Family – Liliaceae)
Vernacular name – “Safedmoosli”
Local use – The root powder is used as tonic.
7. *Curculigo orchioides* Gaertn. (Family – Amarillidaceae)
Vernacular name – “Kalimoosli”
Local use – The Powder of the root is used as tonic.
8. *Curcuma angustifolia* Roxb. (Family – Zingiberaceae)
Vernacular name – “Tikhur”
Local use – The rhizome is used as tonic.
9. *Cynoglossum lanceolatum* Forsk
(Family-Boraginaceae)
Vernacular name – “Hathipendi”
Local use – The root of the plant is used with milk as tonic.
10. *Cyperus rotundue* Korn. (Family – Cyperaceae)

Vernacular name – “Nagarmotha”
Local use – The plant is used as tonic.

11. *Dendrocalamus strictus* (Roxb.) Nees
(Family-Bambusaceae)
Vernacular name – “Bans”
Local use – The silica-like matter is used as tonic.
12. *Desmodium gangeticum* (Linn.) DC
(Papilionaceae)
Vernacular name – “Sarivan”, “Salpan”
Local use – The powder of the root is used as tonic.
13. *Diplazium esculentum* (Rets). Sw.
(Family. – Asclepiadaceae)
Vernacular name – “Bhesakand”
Local use – The powder of rhizome is used as tonic.
14. *Gomphena celosoides* Hart. (Family – Amaranthaceae)
Vernacular name – “Koshpatra”
Local use – The juice of the leaves is used as tonic.
15. *Habenaria constricta* Linn. f. (Family – Orchidaceae)
Vernacular name – “Salammoosli”
Local use – The root are used as tonic.
16. *Hydrocotyl siphthorpioides* Lam (Family – Compositae)
Vernacular name – “Salammoosli”
Local use – The root are used as tonic.
17. *Indigofera cassioides* Rottl. Ex. DC
(Family – Papillionaceae)
Vernacular name – “Birhul”
Local use – The decoction of the root is used as tonic by the tribal women after delivery.
18. *I. glandulosa* Willd. (Family – Papillionaceae)

Vernacular name – “Bilanchi”,
“Jhurjhurea”

Local use – The seeds are used as tonic.

19. *Lygodium flexuosum* (Linn). Sw.
(Lygodiaceae)

Vernacular name – “Chitawal”,
“Dokarbuta”

Local use – The powder of the root is
used as tonic.

20. *Manilkara hexandra* (Roxb). Dub.
(Family – Sapotaceae)

Vernacular name – “Khirni”

Local use – The bark of the stem is used
as tonic.

21. *Potentilla supine* Linn. (Family –
Rosaceae)

Vernacular name – “Nakhchhikni”

Local use – The powder of the root is
used as tonic.

22. *Veronica Cinerea* (Linn). Less (Family –
Compositae)

Vernacular name – “Marjadi”

Local use – The root powder is used as
tonic.

The above findings indicates that a thorough
search must be made to know more and
more about ethno-medicinal plants, and the
plants having medicinal value should be
analyzed chemically.

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