

SHORT Research Communication

UNRECORDED TRADITIONAL MEDICINE -1*

VED PRAKASH and B.N.MEHROTHRA

Botany Division, Central Drug Research Institute, Lucknow 226 001, India

Received: 17 November 1987

Accepted: 6 November 1988

ABSTRACT: This communication reports the households remedies for the treatment of chronic fever, whooping –cough and carbuncle prevailed in Kanpur district of Uttar Pradesh in India.

Introduction

From prehistoric times the human race has achieved a great advancement and civilization in all aspects of his life by this time. However, in India, majority of people depend on or prefer household remedies for the treatment of various diseases and in certain cases these remedies are found more effective than the modern medicine. Strangely enough to say that there is no record of these household remedies either in Ayurvedic or Unani texts yet these are Retained traditionally by vocal means.

The plant kingdom, in particular has provided an important source of varied medicines in the household remedies. During the past two decades a huge number of unknown or little known Plants are used for medicinal purposes and have been recorded through ethnobotanical researches from a large number of aboriginal tribes inhabiting in different pockets of the country and who are still more or less isolated from modern

influences and living in close association with their surrounding vegetation. Similarly, it is felt that the data on household remedies (indigenous medicines) prevalent in Uttar Pradesh, for proper documentation and exchange of relevant information among various communities for the welfare of mankind.

Methods of treatment

1. Remedy for chronic fever

The ingredients for one dose that are shown in Table 1, are grounded with half a tea cup of water (± 100 ml) and filtered through a sieve or clean cloth. One or two earthen pots (Hindi –kujia, purua, chukaria) are heated till it become red-hot. Then the filtrate is poured into the hot earthen pot which are kept inside a large vessel. Just after few seconds the filtrate foams out of the earthen pot and is collected and stored in the large vessel. Now this liquid which is stored in the large vessel is ready as medicine to be taken twice a day for 20 – 30 days. Each course of medicine should be

freshly prepared from the ingredients. The stem of Giloe and petioles of Neem once collected may be extended or curtailed according to necessity. Any type of chronic fever will be cured with this treatment. The observed by the authors.

Table 1.: Recipe for one dose

Sl.No.	Ingredients	Quantity
1)	Fresh stem of Giloe (<i>Tinospora cordifolia</i>)	±5 gm
2)	Basal portion of fresh Petioles of Neem (<i>Azadirachta indica</i>)	8-10 in Nos
3)	Dried fruits of Gol mirch/ Kali mirch (<i>piper nigrum</i>)	8- 10 in Nos
4)	Black salt (kala namak)	± 1 gm

11. Remedy for whooping-cough

The spike of maize (*Zea mays* Linn.) without grains (which is a waste product) is used for the treatment of ordinary cough and whooping-cough. For this, the ear of maize (without grains)

Is kept inside the freshly prepared earthen roll and put in fire till it burnt to ashes. The ear which is now turned to ash is taken out from the earthen roll crushed to fine powder. This ash power so obtained is given in doses of 5 – 8 gms with honey three to four times a day till you get complete relief. The maize-ear may be directly burnt in fire to convert into ash, if the preparation of earthen roll is not possible.

111. Remedy for Carbuncle

The common weed plant *Eclipta alba* Hassk. (Vern. – Bhrnraj, Bhangara (Hindi), Garuga (Tam.), Galangaia (Tel.) of fam. Asteraceae (Compositae) is used to cure carbuncle. The paste of leaves is applied in the morning and the poultice of leaves is applied in the evening on the affected organ till it is cured. To make poultice, leaf paste is fried in mustard oil and then it is spread on a clean cloth which is tied on the organ. The treatment is so successful as the leaf paste acts as a cleanser and poultice acts as a healer.

Discussion

The 'Neam' (*Azadirachta indica* A. Juss.) and ' Giloe' (*Tinospora cordifolia* (Willd.) Miers) are greatly useful medicinal plants of India of which different parts are extensively used in Ayurvedic medicines. However, the aforesaid methods for treatment of chronic fever, Whooping-cough and carbuncle have not been reported so far in literature. In recent researches, the antiperiodic and antipyretic properties in *Tinospora cordifolia* and antibacterial, antifungal, antiviral, antitubercular, estrogenic and antipyretic activities in *Azadirachta indica* have been reported and these are reviewed by several authors (Bhakuni and Chaturvedi, 1983; Chopra et al. 1956; Satyavati et al. 1976; Sharma, 1982). It is evident that the crude/plant drugs were understood very well by man in ancient days and they are still playing a major role in curing different ailments. The traditional medicines are potential source for new chemotherapeutic agents. Due to

worldwide interest in traditional medicine, today various new scientific disciplines such as ethnomedicine, ethnopharmacology are emerging creating a need for scientific research for the development of drug from traditional medicines.

Acknowledgement

The authors are thankful to Smt. Vidyavati Dixit and shri Ram Gopal Tripathi of Kanpur for disclosing the methodology of treatment mentioned in this paper.

REFERENCES

- 1) Bhakuni, D.S., Chaturvedi, Rekha. Bibliography on *Azadirachta indica* A. Juss. Drugs and pharmaceuticals, Current Highlights Vol. 6, pp. 791-807 (1983).
- 2) Chopra, R.N., Nayar. S.L. and Chopra, I.C. Glossary of Indian Medical plants C.S.I.R., New Delhi (1956).
- 3) Satyavati, G.V., M.K.Raina and M. Sharma (eds.) Medicinal plants of India, Vol. 1. I.C.M.R., New Delhi (1976).
- 4) Sharma, Krishna kumara Devi. Giloe (in Hindi) Sachitra Ayurved Vol.34, pp 651 -659 (1982).