

A SURVEY REPORT ON ETHNOMEDICINAL ATTRIBUTES OF WILD SEEDS COLLECTED FROM NANDURBAR REGION, MAHARASHTRA

Jadhav Reena Girdharilal,
Govt. Ashram Jr. College, Nawapada,
Tal.- Sakri, Dist.- Dhule (M.S.) India.

Sumia Fatima,
Dr.Rafiq Zakaria College for Women,
Navkhanda Palace, Jubilee Park,
Aurangabad (M.S.) India.

Abstract :-

Medicinal value of seed known to aborigines and local healers of Nandurbar. They use to keep various wild seeds with them collected from nearby forest area. The stored seeds with medicinal attributes used in various remedial preparations while treating common diseases of villagers by Bhagat. Some seeds are collected easily which available from there surrounding forest area but some are intentionally collected from remote and deep forests area of satpuda ranges. Many times Boharies (Ayurvedic and forest medicine seller at Nandurbar) have stock of this vital seeds with them. Seeds medicinal contents play important role as a wonder drug in certain cases. So present survey report is small attempt to focus on vitality of seed as a effective ethnic medicines.

Key words :- Medicinal seeds, Ethnomedicines and Nandurbar district.

Introduction :-

Nandurbar is a tribal inhabited district. Mostly Pawara, Bhill, Kokani, Mauchi, Gavit, Tadawi, Vasave, Naik etc. are residential tribes of Nandurbar.(Patil M.B, 2015) . Hilly ranges of satpuda covering dry deciduous forest at northern side of Tapi River (Babul R.M, 2011) .Nature surrounding tribal people are the source of rich vegetation fulfilling their daily needs as well for their health care also. Various types of medicinal plants serve as ethno medicines from this particular region. Tribal peoples were performing their role as a ethnic group having sustainable wisdom of knowledge about medicinal plants. Herbal medicines have been proved to be highly effective to treat a wide range of diseases. (Blumenthal, M., 2002)They used to make various recipes as a remedy to treat disease from ethnomedicinal plants and plant parts. They were habitual to keep such imp. plant part like leaf powder ,roots in the form of kandas,muli, pods,stem twigs,dried leaf and flowers and seeds (Patil D.A,2003) Seed is imp.part in Angiosperms as it is used for successive

reproduction from one generation to another. Seeds mostly used and consumed as cereals, pulses and related to total yield of the crop production by mankind. Medicinal attributes of seeds are taken into consideration by ethnic groups and this is the reason behind collecting, keeping and practicing seeds as a medicine. Content of seed with medicinal value used in various remedial preparation by local medicinemen commonly called as Bhagat or Maharaj at Nandurbar region of Maharashtra (Patil.H.M, 2006).

Material and Methods:-

Survey method is adopted for present study. Well organised field trips during 2015-2016 with the help of semi structured questionnaire used as effective tools for collecting data. Information is collected interviewing local healers, Bhagat, Maharaj and Medicinemen with the help of local dialect. Flora of Dhule and Nandurbar Districts by Patil (2003) taken into consideration for identification and further studies related to medicinal wild seeds.

List of medicinal seeds with its ethnic uses reported from Nandurbar is as follows

1. *Abelmoschus manihot* (L.) Medik. (Malvaceae), Ran-bhendi.
Seed decoction used in Nervous debility and nervous disorder.
2. *Abrus precatorious* L. (Fabaceae), Gunj, Ratti.
Seed powder used for abortion as it disturbs uterine functions.
3. *Abutilon indicum* (L.) Sweet. (Malvaceae), Petaaree, Kangori.
Seeds with water soluble mucilage used as laxative in piles.
4. *Achyranthes aspera* L. (Amaranthaceae) Aaghaadaa
Seed powder soaked in buttermilk and given in biliousness.
5. *Aegle marmelos* Corr. (Rutaceae) Bel
Seed oil is used upon bacterial infection and intestinal diseases.
6. *Argemone mexicana* L. (Papaveraceae) Piwala-dhotara.
Seed powder mixed with Brassica oil applied on itching.
7. *Annona reticulata* L. (Annonaceae) Ramphal.
Seed powder used as vermifugal and insecticide.
8. *Annona squamosa* L. (Annonaceae) Sitaaphalla.
Seed powder mixed with coconut oil and applied to remove lice in head.
9. *Apium graveolens* L. (Apiaceae) Owaa
Seed smoked as antispasmodic in asthma and bronchitis.

10. *Balanites roxburghii* Planch. (Simaroubaceae) Hingol.
Seed powder is used for normal delivery of pregnant lady.
11. *Baliospermum montanum* Mull-Arg. (Euphorbiaceae) Jamalgota.
Seed powder paste used in curing inflammation and flatulence.
12. *Brassica juncea* L. (Brassicaceae) Rai
Seed smoked in dengue fever and hot bath taken to cure fever.
13. *Boerhaavia diffusa* L. (Nyctaginaceae) Punarnawaa.
Seeds powder used as contraceptives
14. *Buchanania lanzan* Spreng. (Anacardiaceae) Chaarholi.
Seed oil is applied to glandular swellings of neck.
15. *Butea monosperma* (Lam.) Kuntze . (Fabaceae) Palas .
Seed powder applied to cure ring worm and herpes.
16. *Caesalpinia bonduc* (L) Roxb. (Caesalpinaceae) Saagaragotta .
Seed oil used in paralysis and convulsions.
17. *Cannabis sativa* (L) (Cannabaceae) Gaanjaa.
Seed oil is used in chronic rheumatism.
18. *Carcum carvi* (L) (Apiaceae) Shahaajire.
Seed oil used in haemorrhoids.
19. *Carthamus tinctorius* L. (Asparagaceae) Kardi
Seed oil is used in chronic rheumatism.
20. *Cassia auriculata* L.(Caesalpinaceae) Tarota.
Seed powder taken in diabetes internally.
21. *Cassia tora* L. (Caesalpinaceae) Chakunda
Seed decoction used to wash eyes in case of eye diseases.
22. *Celosia argentea* (L) (Amaranthaceae) Kurdu.
Seed powder mixed with sugar for retention of urine and painful micturition.
23. *Chenopodium album* L. (Chenopodiaceae) Chill.
Seeds powder are used as abortifacient.
25. *Clitoria ternatea* (L) (Fabaceae) Gokarnna
Roasted seed powder used in enlargement of abdominal viscera.
26. *Cordia dichotama* Forst.f. (Boraginaceae) Bokar.
Seeds powder are antihelmentic.

27. *Coriandrum sativum* (L)(Apiaceae) Kothumbir.
Roasted seeds used in dyspepsia and cronic ulcers.
28. *Cucumis melo* L. (Cucurbitaceae) Kharbuj,Dangaru.
Roasted seeds taken orally in urinary infection.
29. *Cucurbita maxima* Duch. (Cucurbitaceae) Dangar.
Roasted seeds used as diuretic and tonic.
30. *Daucus carrota* L. (Apiaceae) Gajar
Seed powder used as abortifacient.
31. *Diospyros peregrine* Gurke. (Ebenaceae) Tembru.
Seed oil given in dysentery and diarrhoea.
32. *Diplocyclos palmatus* jeff. (Cucurbitaceae) Shivlingee.
Seed powder used as aphrodisiac and tonic.
33. *Dolichos biflorus* L. (Fabaceae) Kulith.
Seed decoction used in leucorrhoea and menstrual disorders.
34. *Ficus religiosa* L. (Moraceae) Peepal.
Seed powder taken as contraceptive.
35. *Foeniculum vulgare* Mill. (Apiaceae) Saunf.
Soaked seeds used for hot bath after delivery to detoxify the mothers body.
36. *Gossypium arboretum* L.(Malvaceae) Devkapas.
Seed powder used in chronic cystitis and gonorrhoea.
37. *Hibiscus cannabinus* L. (Malvaceae) Ambaaddee.
Seed extract used in fever.
38. *Hordeum vulgare* L.(Poaceae) Jawas.
Cooked seed water given to childrens suffering from diarrhoea.
39. *Hygrophilia spinosa* T.And. (Acanthaceae) Taalimkhaanaa.
Seeds added with milk and sugar in spermatorrhoea.
40. *Madhuca indica* J.F.Gmel. (Sapotaceae) Moha.
Roasted seed used in piles and habitual constipation.
41. *Mangifera indica* L. (Anacardiaceae) Aambaa.
Seed powder used as antihelmintic.
42. *Ocimum santum* L. (Lamiaceae) Tulasi.
Seed powder given in disorder of genito-urinary system.

43. *Peganum harmala* L. (Rutaceae) Haramalla.
Seed powder given in fever.
44. *Plantago ovata* Forsk. (Plantaginaceae) Isabagola.
Seeds powder are given in chronic constipation, dysentery and diarrhoea.
45. *Pongamia pinnata* (L) Merr. (Fabaceae) Karanj .
Seed paste used in herpes and scabies.
46. *Raphanus sativus* L. (Boraginaceae) Mula.
Seed powder useful in gonorrhoea.
47. *Ricinus communis* L. (Euphorbiaceae) Erandi.
Seed paste in water used in scorpion sting.
48. *Sapindus trifoliatus* L. (Sapindaceae) Rithaa.
Seed powder useful in chronic dysentery.
49. *Schleichera oleosa* (Lour). (Sapindaceae) Kosimba.
Seed smoked in case of itching.
50. *Semecarpus anacardium* L . (Anacardiaceae) Bhilawa.
Seed powder is used in asthma.
51. *Sida cordifolia* (L) (Meliaceae) Chikana.
Seeds powder used in facial paralysis and sciatica.
52. *Solanum indicum* L. (Solanaceae) Bhui-Ringani.
Smoked seeds used in toothache .
53. *Tamarindus indica* L. (Casalpiniaceae) Khati Chinch.
Seed powder used in scorpion sting.
54. *Tectona grandis* L. (Verbinaceae) Saag.
Seed soaked in water and extract used in urinary problems.
55. *Trigonella foenum-graecum* L. (Fabaceae) Methi.
Seed infusion given to small-pox patient.
56. *Withania coagulans* Dunal. (Solanaceae) Ashwagandha.
Seed paste used to cure inflammation of piles.
57. *Wrightia tinctoria* R.Br. (Apocynaceae) Dhudhkudi.
Seed powder given in seminal weakness.



(a) *Diplocyclos palmatus* jeff.



(b) *Withania coagulans* Dunal.

Result and discussion: -

Present survey report deals with 57 types of seed commonly practiced by medicine men of Nandurbar district. Ethnic uses are reported here about medicinal value of wild seeds found and practiced in study area. Potential of seeds as a effective medicine has been used in ethnic medicinal recipes from long ago. This conventional knowledge is a treasure of ethnic culture.

This wisdom though belong to tribal communities, it is serviceable to all the mankind. Health is important factor of developing and developed countries. Many resources pertaining to health care are becoming area of interest by common people. The awareness about ethno medicine is one of the fact and cause of such research work.

Analysis of present data reveals that medicinal content of seed can be studied in the light of ethnic uses. As it deals with a many common health problems like diarrhoea, toothache, itching, dysentery, urinal infection and fever etc. Seed medicine seems beneficial while talking about human reproductive life and related problems like Semen weakness, Urino-genital problems, Abortion, Menstruation, Contraceptives, Post delivery problems etc.

Diseases like Constipation, Piles, Herpes, Scabies, Small pox, Gonorrhoea, Paralysis and Sciatica, Dyspepsia and Chronic ulcers and Diabetes etc. can be treated successfully with the help of medicinal seeds.

Allopathic medicines are very costly and with side effects also. Ethno medicines are

emerging as a replacement to allopathic medicines. Many pharmaceutical companies and drug industries were using ethnic medicine as a rich source of today's drugs. Medicinal seeds are pioneer in this drug farming industries.

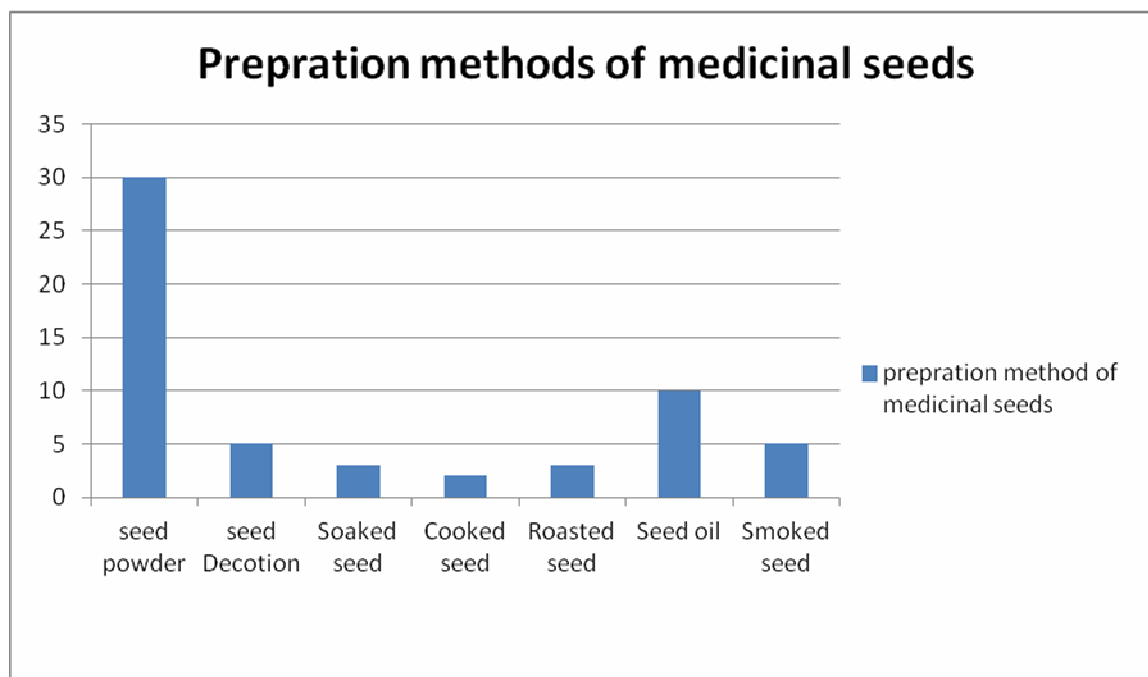


Figure: Preparation methods of medicinal seeds

Medicinal seeds were easily available and store by ethnic people in tribal areas surrounding Nandurbar. Availability and low cost of medicinal seed is the reason behind using it regularly in ethnomedicinal preparation. There are many preparation methods like using seed powder, seed decoction, soaked seeds, cooked seeds, roasted seeds, smoked seed and seed oil.

Seed powder commonly used in such a preparations. In present report seed powder (52.63%), seed decoction and smoked seed (10.52 %) respectively, soaked seed and roasted seed (5.26 %) respectively, cooked seed (3.50%) and seed oil (17.54 %) used.

Acknowledgment:-

The authors are thankful to the local medicinal healers for sharing valuable knowledge about ethnomedicinal seeds of Nandurbar district.

References:-

- 1) Bagul RM and Patil DK. 2011. Traditional Medicines and healthcare system of triable' s of Shirpur Tehshil of Satpuda Forest. Plant Archives 11(1):271-273.
- 2) Blumenthal, M.,2002. Herb sales down in mainstream market, up in natural food stores, Herbal Gram 55,60.
- 3) M.B.Patil .“Ethnomedicines of Nandurbar District, Maharashtra”. Laxmi Book Publication, Pune, 2015.
- 4) Patil D.A., Flora of Dhule and Nandurbar Districts, Maharashtra, Bashan Singh Mahendra Pal Singh, Dehra Dun, (2003).
- 5) Patil H.M. and Bhaskar V.V., Medicinal knowledge system of tribals of Nandurbar district, Maharastra. Indian journal of Traditional knowledge,5 (3), 327-330, July (2006).

