

# ETHNOBOTANICAL STUDY OF TRADITIONAL MEDICINAL PLANTS OF DISTRICT SIDHI (M.P.)

Dr. Ram Bahor Saket  
Dept. of Botany  
Govt. Science P.G. College, Rewa (M.P.)

**ABSTRACT:** Ethno-botanical study on traditional medicinal plants was conducted between 2017- 2018 in Sidhi district of Madhya Pradesh, India and documented different types of traditional medicinal plants used by the indigenous peoples. The study was focused on identifying medicinal plants, disease treated, part of the plant used, methods of preparation, route of administration, ingredients added etc. The data was collected using interview and questionnaires by selecting 16 healers using purposive sampling method. A total of 12 medicinal plant species were collected and identified from the study area for treating various human ailments. The paper enumerates these medicinal plant species belonging to many genera and families.

**KEYWORDS:** Ethno-botany, Medicinal plant, Tribal people.

## INTRODUCTION:-

The main aim of the present study is to collect information on plants used traditionally by a primitive tribal community of District Sidhi, Madhya Pradesh. Plants have been used in traditional medicine for several thousand years. India is a repository of medicinal plants. The herbal treasure of nation is rich in its floristic wealth. Ethno-botany accounts for the study of relationship between people and plants for their use as medicines, food, shelter, clothing, fuel, fodder and other household purposes (Balick, 1996). It deals with the interaction of indigenous plants and the local inhabitants of the area. The aim of ethno- botanists is to explore how these plants are used as food, clothing, shelter, fodder, fuel, furniture and how medicinal use of such plants is associated to other characteristics of the plant species. They understand and collect the knowledge of valuable plants by the use of anthropological methods (Ram et al., 2004). Central India is one of those region in India where the tribal population and forest dwellers form a considerable part of the population (Jain, 2010; Mishra et al., 2010). Their studies brought to light numerous less

known uses of plants and interesting data on about ethnomedicinal plants. In many parts of the Madhya Pradesh especially in the Sidhi District there is a rich tradition in the use of plants as an herbal medicine for the treatment of many diseases. Therefore, an ethno-medicinal study was undertaken to collect information proposed to be useful for research on medicinal plants of the Sidhi district of Madhya Pradesh. The state of Madhya Pradesh comprises of a large population of tribal communities belonging to various ethnic groups. These forest dwellers live in forests and possess a vast knowledge on various aspects of plants. Sidhi, an administrative district of Madhya Pradesh. This paper is useful to understand the basis of the various actions and attitudes of the folk in their daily chores and behavior as also their concepts of various natural phenomena and natural resources.

## MATERIALS AND METHODS:-

Ethno-botanical survey was conducted in different tribal inhabited areas of Sidhi district during 2017-2018. Extensive field trips were organized for collecting the plant species and data. The method adopted for collection of data was about medicinal uses of plants in the treatment of various diseases. Ethno-botanical information was collected by standard method of (Jain and Rao, 1977). A questionnaire was prepared to gather data for this purpose, the collected plant specimens were identified by using flora and others standard literature (Varma et al., 1993; Singh et al., 2001; Mudgal et al., 1997; Jain and Rao, 1991). Information on plants used for other than medicinal purpose is also given. Information on ailments, plant part used, formulation along with dose and duration etc. gathered from tribal have been enumerated.

## RESULTS AND DISCUSSION:-

In the enumeration all the plant species are arranged with their family, local name, parts used and various uses for the treatment of illness and diseases. A total of 12 plant

species belonging to many genera and families were reported for different therapeutic uses. Ethnomedicinal uses have been reported and investigation on the medicinal plants among the Bheel tribe of the district. Fabaceae is the dominant family with species followed by Combretaceae with four species, Caesalpiniaceae, Lythraceae, Moraceae, Rhamnaceae each with two species and others Annonaceae, Apiaceae, Apocynaceae, Bombacaceae, Euphorbiaceae, Meliaceae, Myrtaceae, Papaveraceae, Poaceae, Rutaceae, Sapotaceae and Verbenaceae with one species each. India with its great topographic and climatic diversity has a very rich and diverse flora and fauna. Biodiversity is the most important wealth of our planet and form the foundation upon which the human civilization is built. All socio-cultural, economic and other activities of mankind are directly or indirectly associated with various environmental resources. Ethno- botanical studies has been done in various part around the world viz. Africa (Houessou et al., 2012), Canada (Uprety et al., 2012), Malaysia (Ong et al., 2012), Nepal (Singh et al., 2012), Pakistan (Qureshi et al., 2007). Although considerable research work is being done in India (Alagesaboopathi, 2013; Murthy 2012; Kumar et al., 2010) a lot of important information and indigenous knowledge base have already been lost as knowledge hold with older generation could not be transmitted to younger generations and remains unrecorded. Although the literature is replete with general references to ethno-botany for the country as a whole, efforts to document specific details of this knowledge have been still limited and several workers are being made their efforts on this direction. A review of literature reveals that though much work has been done on ethno- medicinal plants in India (Samar et al., 2012; Jain and Vairale 2007; Jain et al., 2006) still there are some interior areas which need to be surveyed intensively like Sidhi district for searching new traditional medicines. Based on the initial reconnaissance survey and group discussion, it was found that information on the medicinal use of plant is mostly confined to elder people. Younger generation is ignorant about the vast medicinal resources available in their surrounding and is more inclined towards the conventional medicines. It was also found that the tribal practitioners are hesitant to disclose their knowledge. The indigenous knowledge system of herbal practice is still very rich and available among tribal community of Sidhi district of Madhya Pradesh. Hence it is necessary

to document the traditional knowledge of useful plants and their therapeutic uses before being lost forever from the community.

#### **REFERENCES:-**

1. Anis, M., Sharma, M.P., Iqbal, M. 2000. Herbal ethnomedicine of the Gwalior forest division in Madhya Pradesh, India. *Pharmaceut. Biol.*, 38(4): 241 253.
2. Balick, M.J. 1996. Transforming ethnobotany for the new millennium. *Ann. Mo Bot Gard*, 83: 58 66.
3. Bhalla, S., Patel, J.R., Bhalla, N.P. 1996. Ethnobotanical observation in some Asteraceae of Bundelkhand region, Madhya Pradesh. *J. Econ. Taxon. Bot.*, (Adl Sr), 12: 175 178.
4. Houessou, L.G., Lougbegnon, T.O., Gbesso, F.G.H., Anagonou, L.E.S., Sinsin, B. 2012. Ethno-botanical study of the African star apple (*Chrysophyllum albidum* G. Don) in the Southern Benin (West Africa). *J. Ethnobiol. Ethnomed.*, 8: 40.
5. Jain, A.K., Vairale, M.G. 2007. Some threatened angiospermic taxa of Chambal Eco-region. *Phytotaxonomy*, 07: 107 110.
6. Jain, A.K., Vairale, M.G., Singh, R. 2010. Folklore claims on some medicinal plants used by Bheel tribe of Guna district Madhya Pradesh. *Indian J. Trad. Knowl.*, 9(1): 105 107.
7. Jain, J.B., Kumane, S.C., Bhattacharya, S. 2006. Medicinal flora of Madhya Pradesh and Chattisgarh A review. *Indian J. Trad. Knowl.*, 5(2): 237 242.
8. Jain, S.K. 2010. Ethno-botany in India: some thoughts on future work. *Ethno- botany*, 22: 01 04.
9. Jain, S.K., Rao, R.R. 1977. *Dictionary of Indian folk medicine and ethno- botany*, Vol. 1, Deep publication, New Delhi. 311 Pp.
10. Jain, S.K., Rao, R.R. 1991. *A handbook of field and herbarium methods*, Today and Tomorrow publishers, New Delhi.
11. Kumar, V., Sachan, P., Nigam, G., Singh, P.K. 2010. Some ethno-medicinal plant of Chitrakoot district (U.P.). *Biozone Int. J. Life Sci.*, 2(1 2): 270 283.
12. Livestock feeding and traditional healthcare practices in Bundelkhand region of Central India. *Indian J. Trad. Knowl.*, 9(2): 333 337.
13. Mishra, S., Sharma, S., Vasudevan, P., Bhatt, R.K., Pandey, S., Singh, M., Meena, B.S., Pandey, S.N. 2010.

14. Mudgal, V., Khanna, K.K., Hajara, P.K. 1997. Flora of Madhya Pradesh, Vol. 2. BSI Publication, Calcutta, India.
15. Murthy, E.N. 2012. Ethno medicinal plants used by Gonds of Adilabad district, Andhra Pradesh, India. Int. J. Pharm. Life Sci., 3(10): 2034-2043.