

SOME MEDICINAL PLANTS USED IN ARTHRITIS AND THEIR ETHNOBOTANICAL IMPORTANCE, DISTRICT TIKAMGARH (M.P.)

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ABSTRACT:- The use of plants and their parts as an ethno-medicine for the treatment of various diseases is a common practice among the tribal communities around the world since time immemorial. Field surveys carried out in the villages of Tikamgarh (M.P.) have resulted in the documentation of 25 medicinal, use of treatment of arthritis disease by local people. Arthritis is very common chronic disease in human being, it is characterized by systemic inflammation of joints, damaging cartilage and bone around the joints. It is a systemic disease which means that can effect on whole body and internal organs such as lungs, heart and eyes. Although numbers of synthetic drug are being used as standard treatment for arthritis, but they have adverse effect that can compromise the therapeutic treatment. Unfortunately these are still no effective known medicinal treatment that cures arthritis as the modern medicine can only treat symptoms of this disease that means to relieve pain and inflammation of joint. It is possible to use the herbs and plants in various forms in order to relieve the pain and inflammation in the joints there are so many medicinal plants have shown arthritis properties so the plants and plants product with significant advantages are used for the treatment of arthritis. The present review is focused on the medicinal plants having antiarthritis activity. Traditionally there is lot of herbs used for the ailments related to different seasons. There is a need to promote them to save the human lives.

KEYWORDS:- Arthritis, ethnobotany, Tikamgarh.

INTRODUCTION:-

The branch of medical science which deals with the drug plants is known as pharmacology. This science is concerned with the history, Collection, selection,

Identification and preservation of crude and raw materials. The use of medicinal plants is as old as human civilization. There are several thousand drugs yielding plants all over the world. Most of the plants are known and utilized by Ayurvedic Vaidvyas. Only a few drug plants are cultivated. These drug yielding wild plants are popularly known as Jari-Butis. Most of the supply of drugs is obtained from wild plants growing in all parts of world especially in tropical region.

Recently, WHO (World Health Organization) estimated that 80 percent of people worldwide rely on herbal medicines for some aspect of their primary health care needs. According to WHO, around 21,000 plant species have the potential for being used as medicinal plants. As per data available over three-quarters of the world population relies mainly on plants and plant extracts for their health care needs. More than 30% of the entire plant species, at one time or other was used for medicinal purposes. It has been estimated, that in developed countries such as United States, plant drugs constitute as much as 25% of the total drugs, while in fast developing countries such as India and China, the contribution is as much as 80%. Thus, the economic importance of medicinal plants is much more to countries such as India than to rest of the world. These countries provide two third of the plants used in modern system of medicine and the health care system of rural population depend on indigenous systems of medicine.

Treatment with medicinal plants is considered very safe as there is no or minimal side effects. These remedies are in sync with nature, which is the biggest advantage. The golden fact is that, use of herbal treatments is independent of any age groups and the sexes. The ancient scholars only believed that herbs are only solutions to cure a number of health related problems and diseases. They conducted thorough study about the same, experimented to arrive at accurate conclusions about the efficacy of different herbs that have medicinal value. Most of the drugs, thus formulated, are free of side effects or reactions. This is the reason why herbal treatment is growing in popularity across the globe. These herbs that have medicinal quality provide rational means for the treatment of many internal diseases, which are otherwise considered difficult to cure.

Slowly, the traditional knowledge on the use of plant resources is shrinking growing to several reasons, including shift in attitude of present generation towards a more western lifestyle, increased usage and availability of allopathic medicines along with declining interest of younger generations to carry forward the tradition. Therefore, a need is repeatedly felt to document such valuable information on the use of plant species before it vanishes completely.

Tikamgarh district (M.P.) comes under the region of Bundelghand and contains within itself variety of geographic environment. Due to the different climate and topographic conditions in Tikamgarh district, an extensive range of vegetation and habitats is available to diverse species of wild life. Tikamgarh district is the rural district of state, more than seventy percent population depend on agriculture and agricultural related jobs, But due to no such proper dam, rivers there is agricultural system very poor, people are not rich they

depend for livelihood on forest products and other manual work and health is not so good, Mostly more than fifty percent people suffer from so many chronic diseases. Arthritis is systemic disease and it involves nodules, vasculitis, eyes inflammation, cardio pulmonary disease are many frustration of the disease. Arthritis is not an inherited disease; researchers believe that some people have genes that make them susceptible to the disease. People with these genes will not automatically develop arthritis. There is usually a “trigger” such as an infection on environmental factor, which activates the genes, when the body is exposed to this trigger, the immune system responds in appropriately instead of protecting the joint.

The immune system begins to produce substances that attack the joint. This is what may lead to the development of arthritis. It is autoimmune disease which means the body’s immune system mistakenly attack on healthy tissues.

MATERIAL AND METHODS:- The present study was based on a field survey conducted in 2021 in Tikamgarh district (M.P.), to find the plants of ethnomedicinal importance. Tikamgarh district is divided into three sub-divisions, which are further divided into seven tehsils. The district consists four development blocks, namely Tikamgarh, Baldeogarh, Jatara and Palera. Baldeogarh is located at 24.75°N 79.07°E. Traditional treatment of plants using in arthritis disease at Tikamgarh district have been done carried out by phytosociological method and random sampling taxonomic position study have been done. Tabulation of plants used in arthritis disease have been given here, alphabetically their plants parts medicinal value of plants have been given here. After discussing

some old people, ojha, vaidya and other knowledgeable villagers and herbalists.

plants used as whole for medicine while in other only parts like stem, leaves, roots and seeds used. In present paper only tabulation have been given.

RESULT AND DISCUSSION:- There are 25 plants belonging to 18 families have been given here. Some

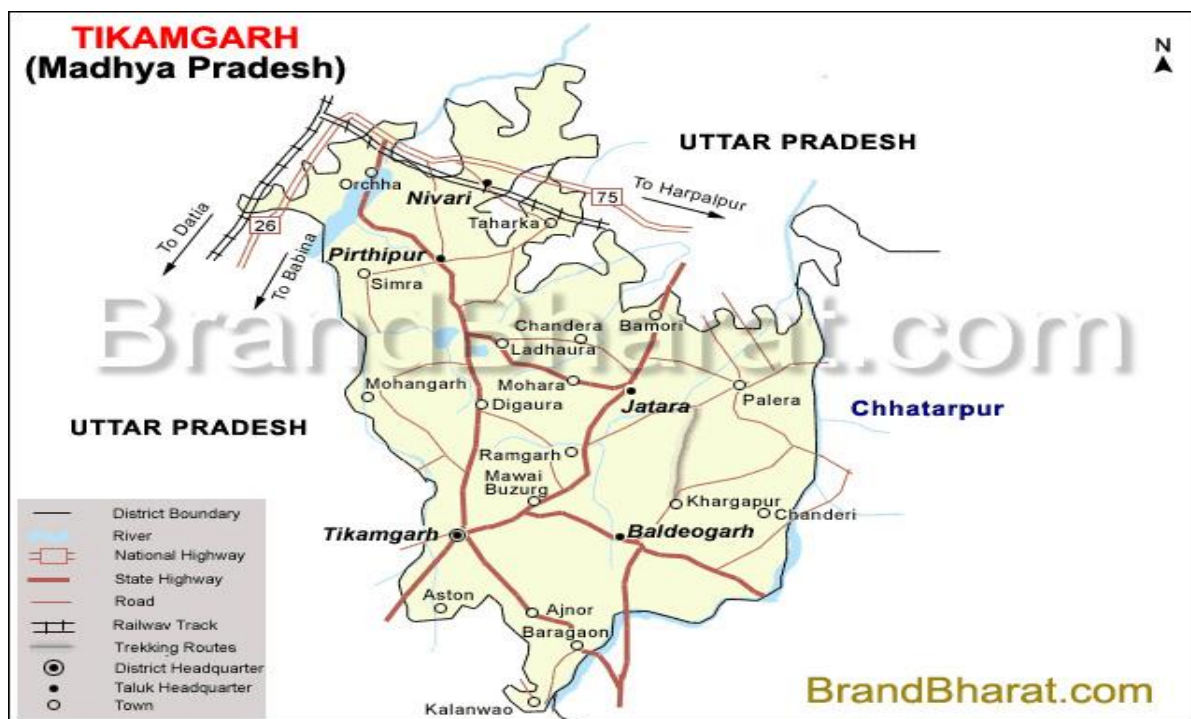


Fig. 1. Location map of Tikamgarh district (M.P.)

Table No.1- List of Some Medicinal Plants used of treatment of disease arthritis

Sr. No.	Botanical Name	Local Name	Plants part used	Family
1	<i>Alove barbadensis</i>	Gwarpatha	Leaves	Liliaceae
2	<i>Actaea racemosa Linn.</i>	Black naked Root	Fruit	Ranunculaceae
3	<i>Azadirachta indica</i>	Neem	Whole plant	Meliaceae
4	<i>Alium sativum</i>	Lahsun	Whole plant	Liliaceae
5	<i>Curcuma longa Linn.</i>	Haldi	Rhizome	Zingiberaceae
6	<i>Cleome gynendra Linn.</i>	Makarjal	Leaves	Capparaceae
7	<i>Cassia tora</i>	Pumar	Whole plant	Leguminosae
8	<i>Calotropus procera</i>	Madar	Leaves, fruit	Asclepiadaceae
9	<i>Cyperus scariosus</i>	Gondla	Whole plant	Cyperaceae
10	<i>Datura alba</i>	Dhatura	Whole plant	Solanaceae

11	<i>Euphorbia sp.</i>	Dudhi	Whole plant	Euphorbiaceae
12	<i>Ficus-benghalensis</i>	Bargad	Arial root and milk	Moraceae
13	<i>Hemidesmus indicus</i> Linn.	Anantamul	Root	Asclepiadaceae
14	<i>Justicia gendarussa</i> Linn.	Kala adusa	Leaves	Acanthaceae
15	<i>Jatropha quercus</i>	Ratanjot	Seed oil	Euphorbiaceae
16	<i>Leucas aspera</i> Linn.	Gathuwa	Leaves, flower	Lamiaceae
17	<i>Mangifera indica</i> Linn.	Aam	Fruit. Seed	Anacardiaceae
18	<i>Nyctanthus- sp.</i>	Sada suhagan	Leaves	Oleaceae
19	<i>Ricinus communis</i>	Arand	Whole plant	Euphorbiaceae
20	<i>Saraca asoca roxb.</i>	Ashoka	Leaves	Caesal Piniaceae
21	<i>Solannum nigrum</i>	Makoy	Leaves, fruit, root	Solanaceae
22	<i>Tinospora cardifolia</i> Linn.	Gurej	Whole plant	Menispermaceae
23	<i>Withania Somnifera</i>	Ashwagandha	Root	Solanaceae
24	<i>Hemidesmus indicus</i> Linn.	Anantamul	Root	Asclepiadaceae
25	<i>Justicia gendarussa</i> Linn.	Kala adusa	Leaves	Acanthaceae

CONCLUSION:-

Traditional medicines used for the treatment of arthritis are used in various tribal/rural cultures worldwide. At present, investigation of anti-arthritic activity of traditional medicine has led to the development and studies of many herbal remedies employed for such purpose. The information that has been gathered from various sources is helpful in preserving folk indigenous knowledge as well as discovery of potential compounds having promising anti-arthritic activity.

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