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HERBAL FOLK MEDICINE OF CHITRADURGA TALUK, KARNATAKA

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Abstract :- A survey has been carried out in chitradurga taluk karnataka to meet the people who live in rural area away from the hospitals for documenting their knowledge about the usage of plant against many disease like chestpain, backpain, piles, fertility, asthma, Jaundice, burning urination, diabetes, fever, heart disease, tuberculosis, and many other deadly disease the presentation bring out 41 plant species against dentalgia.

Key words - Herbal folk medicine, indigenous medicine, Karnataka medicinal plants ethnomedicine, ruralherbalists.

I. INTRODUCTION

India has one of the worlds richest medicinal plant heritages the wealth is not only in terms of the number of unique species documented, but also in terms of the tremendous depth of traditional knowledge for the use of human and livestock health and also,for agriculture plant have been used in traditional medicine for thousands of years.The knowledge of medicinal plants has been accumulated in the course of many centuries based on different medicinal plants such as Ayurveda,Unani, and siddha.In india it is reported that traditional healers use 2500 plant species and 1000 species of plants serve as regular source of medicine. India is rich in its tribal population from the immemorial time with their traditional knowledge system which deals with the many significant aspects and the health issues of tribal communities.The tribal people get their cure with the help of their traditional knowledge and understanding of nature and local practitioners and own herbal home work. The use of herbal medicine by tribal communities by district socio-cultural practices, religious, beliefs supports of the traditional ability and traditional medicine men.These people are called by different names of their profesional identity as Nativaidyas, Panditha, gida-moo like panditha, alalekai panditha, hallividya etc.,

II. MATERIALS AND METHODS

Study area

To make the study more comprehensive five different study area are selected in five different directions of taluk accordingly chitradurga is one of the central districts of Karnataka state with much racial sociocultural diversity Chitradurga district lies between longitude 76^o.24 and latitude 14^o14 and elevation 732 above the sea level. Periodic fields survey were carried out in Chitradurga taluk to collect data of the tribal people. (Bedas, Gollas, besthas, Lambanis, Hakki pikki) local vaidyas villege elders and native medicine men through personal communication using questionarie our questionarie allowed descriptive response on the plant prescribed part used, medicinal uses, mode of preparations like decoction paste powder tablet and etc.,

III. ETANOMEDICINAL SURVEY

frequent field visit were conducted in 10-15 randomly selected villages namely Haliyuru, Thirumalapura, Jankonda ganjigattae, madakaripura, Madanayakanahally, Siddapura and many other places etc., Ethanobotanical explorations were undertaken during 2017-18.The informations on the herbal medicine used against many disease through repeated interviews and discussions using a questionnarie prepared according WHO questionnarie model (sinha 1996) with the people who are [practising the local cure system and also the people who are using it .Now a days studies on herbal medicine are given top priority. People are slowly awakeing about the dangerous side affects of the allopathic medicine are the turing towards the so called neglated backyard plants for curing many of their aliments in this context the preliminary study carried out chitradurga taluk reveals that the people who are living in rural areas are still using these herbal drug effectively against many of problems even in those time of sophisticated modern medicine.



IV. RESULT AND DISCUSSION

Sl.no	Ailments	Botanical name	Common name	Family	Part used	Mode of preparation administration , dosage
1	Fever	Andrographis paniculata	Nelabevu	Acanthaceae	Leaves	Leaves of these plant with equal quantity and each are finely Powdered and boiled in a litre of water with sugar and honey divided into three parts and taken orally as thrice a day for 3-4 days
		Tinospora cardifolia	Amruthaballi	Menispermaceae	Leaves	Same
		Ocimum santalum	Tulsi	Lamiaceae	Leaves	The leaves of the plant and adding 10g trikaru (Zingiber officinalis,piper nigrum,piper longum) are crushed made into tablets taken orally thrice a day till cure
		Zingiber officinalis	Shunti	Zingiberaceae	Rhizome	
				Piperaceae	Fruit	
				Piper nigrum	Mensu	
				Piper longum	Hippali	
2	Diarrhea amashankae	Cyanodondactylon	Garikehulu	poaceae	Leaves	Leaves of cynodondactylon and aeglemormelosand ginger and foeniculumvulgarea re crushed are



						boiled in 200 ml of water to prepare decoction and taken orally 2-3 times per day for 4 days
		Zingiberofficinalis	Shunti	Zingiberaceae	Rhizome	
		Foeniculumvulgare	soompu	Apiaceae	Fruit	
		Aegalemarmelous	Bilwapatre	Rutaceae	Fruits	Fruits are boiled the inner pulp is mixed with jiggery,taken orally twice a day until cure
3	Piles	Achyranthusaspera	Utrani	Amarantahceae	Root	All the three with equal quantity are taken and crushed boiled in water to make decoction taken orally twice a day early in the morning for a week
		Asparagus racemosus	Shatavari	liliaceae	Root	
		Adathodazeylanica	Aadusogae	Acanthaceae	Root	
		Plumbagozeylanioa	Chitramool	Plumbaginaceae	Root	Root paste is mixed with lemon juice applied on the affected region for one week
		Citrus limon	Lemon	Rutaceae	Fruit juice	
4	Back pain/chestpain/abdomen pain	Jatropha curcus	Kadu oudalmara	Euphorbiaceae	Root	Root of the two plants are taken in equal amount and crushed to make decoction and taken orally for 2-3 days
		Rauwolfia serpentine	Sarpagandhi	Apocyanaceae	Root	



		Casalpiniabonduc	Gajjaga	Casalpinaceae	Leaves	Leaf extract is made into decoction and taken orally for a week ,twice a day
5	Cold	Argmone mexicana	Datturi	papaveraceae	Stem	Extract of stem taken orally with hot water for only one time
6	Cough	Pongamia pinnata	Hongaemara	Fabaceae	Leaves	Leaf extract is mixed with powder of piper nigrum and taken orally early in the morning for a week.
		Piper nigrum	Mensu	Piperaceae	Fruit	
		Calotropis procera	Bili eke	Asclepiadaceae	Root	Root bark is shade dried and powdered and stored then 2g of powder is mixed with one spoon of honey taken orally twice a day for 2-3weeks
		Centella asiatica	Ondelaga	Apiaceae	Leaves	12g of leaves and 3g of piper nigrum are crushed and leaves it for boiled in 1/2litre water until the water reducesto 125 ml and it is filtered taken orally twice a day for a week
		Piper nigrum	Menasu	Piperacea	Fruits	
		Semecarpus anacardium	Gerubeeja	Anacardiaceae	Latex of fuit	Latex of fruits is taken on the finer tip and applied on ulva for 2-3 days
7	Asthama (Dhammu,	Argemone mexicana	datturi	papaveraceae	Whole plant	Plant is drieved and powdered and smooked until cure
		Calotropis procera	Bili eke	Asclepidaceae	Leaves	The leaves are burnt and powdered



						and mixed with honey and taken orally twice in a day for 2-3 weeks in young twig is taken orally with piper beetle leaf for 40 days
		Piper beetle	Villedele	Piperaceae	Leaves	
		Ficus religiosa	Aralimara	Moraceae	Seeds	Sun dried seed powder of plant is taken orally along with cold water thrice a day for 20-40 days
		Limonia acidissima	Beladamara	Rutaceae	Fruit	Fruit pulp of the plant is mixed with the fine seed powder of terminaliabelarica and taken orally twice a day for 3-4 days
		Cassia fistula	Kakkaegida	Caesalpinaceae	Fruits/leaves	The powder dried leaves are filled with the seed removing the fruit pulp c fistula then is lightening used as cigarette the smoking is continued till cured
8	Hiccups (bikkalike)	Tamarindus indica	Hunsae	Caesalpinaceae	Leaves	The cleaned leaves of the plant are squeezed and 3-4 drops of that extract administered into the nose twice a day for 1-2 days.
		Limoniaacidissima	Beladamara	Rutaceae	Leaves	20g of leaf extract of plant is mixed with fine powder terminaliabelarica and 50ml of honey taken orally twice a day for 2-30days
		Ficusbenghalensis	Aaladamara	moraceae	Fruits	4-5 fresh fruits are



						crushed and with honey and taken orally twice a day for 2-4days
9	helmenthiasis	Mangifera indica	Mavinamara	Anacardiaceae	Seeds	Fine seed powder of the plant will be taken orally early in the morning for four days on 5 days castor oil will be taken orally in the morning
10	Lice (thaleyahenu)	Azadirachta indica	Bevinamara	Meliaceae	Seeds	Seeds are crushed with cow's urine and applied to scalp before the morning bath for one week
		Aegle marmelos	Bilwapatre	Rutaceae	Root	Root is crushed with cow's urine and applied to heads before two hours at morning bath for one week
11	Jaundice	Lawsonia inermis	Madarangigoranti	Lythraceae	Leaves	24g of leaves are crushed with 200ml of cow milk and taken orally in the morning for 1-2 weeks
		Phyllanthus amarus	Nelanelli	Euphorbiaceae	Leaves	The leaves crushed and mixed with cows milk and taken orally in the morning for 1-2 weeks.
12	Tuberculosis	Adathodazeylanica	Aadusogae	Acanthaceae	Leaves	60ml of the extract is mixed with 30ml of honey taken orally twice a day for 21-40 days
		Withania somnifera	Ashwagandha	Solanaceae	Leaves	Both the leaves of the plant are made into fine powdered and mixed with into the equal amount of water and milk to prepare



						decoction,taken orally thrice a day for 1-2 months
		Tinosporacardifolia	Amruthaballi	Menispermaceae	Leaves	
		Tamarindusindica	Hunasemara	Caesalpinaceae	Stem	The bark is made into ash mixed with cold water taken orally twice a day for 40 days
13	Heart disease	Beuteamonosperma	Muthugadamara	Fabaceae	Seeds	Seeds are crushed in lemon extract and made into small pills taken orally early in the morning for three days
		Centellaasiatica	Ondelaga	Apiaceae	Leaves	Both these plant leaves are finely powdered equally and mixed with 250ml of water to prepare.decoction taken orally twice a day for 2-3months
		Tinosporacardifolia	Amruthaballi	Menispermaceae	Leaves	
14	Buring urination	Argemonemexicana	Datturi	papaveraceae	Leaves	10 drops of leaf extract is mixed with 100ml of curd taken orally early in the morning for 7 days
		Ficusracemosa	Attimara	Moraceae	Latex	Latex of the tree 100ml is mixed with cuminumcyminum taken orally early in the morning for one week.
		Cuminumcyminum	Jeera	Apiaceae	Seeds	
15	Kidney stone	Achyanthusaspera	Utrani	Amaranthaceae	Root	Root of the plant is dried and finely powdered and is taken orally early in the morning for 2-



						3 weeks.
		Tephrosiapurpurea	Adavihurali	Fabaceae	Seeds	Seed mixed with water boiled and filtered to that add goat milk taken orally twice a day for 1-2 weeks.
16	Haematuria (rakthamootra)	Phyllanthusamarus	Nelaneli	Euphorbiaceae	Whole plant	Whole plant and cuminumcyminum is crushed with buffalo butter milk filtered taken orally along with buffalo butter milk early for 1-2 weeks.
		Ficusracemosa	Attimara	Moraceae	Fruit	4-60fruits taken orally along with the honey twice a day for 1-2 weeks
		Cynodondactylon	Garikaehullu	Poaceae	Leaves	Leaf extract and stone sugar and seed powder of syzigiumaromaticu m mixed thoroughly taken twice day for 1-2weeks
		Syzigiumaromaticum	Lavanga	Mythraceae	Unopened flower buds	
17	Diabetes	Ficusracemosa	Attimara	Moraceae	Stem bark	Shade dried bark ismixed with water to prepare decoction taken orally twice in a day for 7-14 days.
		Aeglemormelous	Bilwapatre	rutaceae	Leaf extract	Leaf extract is taken orally twice a ady until cured
		Pterocarpousmarsupium	Raktha hone	Fabaceae	Bark	Bark is finely powdered is ,mixed with water taken orally 4 times per day until cure
		Phyllanthusemblica	Bettadanelli	Euphorbiaceae	Fruit	Fruits are taken



						orally
		Semecarpusanacardium	Gerubeeja	Anacardiaceae	Fruit pulp	Fruit pulp is mixed with cows milk and keep it for overnight then sugar is added and taken orally early in the morning for 3 days.
		Achyranthusaspera	Utrni	Amaranthaceae	Root	Root of the plant is crushed along with the coconut milk taken orally early in the morning for a week.
		Tinosporacardifolia	Amruthaballi	menispermaceae	Leaves	Leaf extract is mixed with honey taken orally twice a day for a week
		Gymnemasylvestre	madhunashni	asclepiadaceae	Leaves	Leaf paste is made into small pills and taken orally twice a day
		Abemoschus	Ladys finger	malvaceae	Fruit	Young fruit are cut into small piece and it is immerse in water one night before then morning that is taken in a glass adding salt and stirred taken orally before lunch for 15-20 days /till cure
		Lecusaspera	Thumbae	Lamiaceae	Leaves	The leaves are ground with piper nigrum and taken orally for 21 days
		Aristolochiaindica	Eshwariballi	aristolochiaceae	Leaves	The leaves are grinded with root of achranthiasperas and taken orally early in the morning along with honey



18	Leprosy	Calotropisprocera	bilieke	asclepidaceae	Root	The root is made into paste along with cows urine is applied to affected part until cure
		Azardirachtaindica	Bevinamara	meliaceae	Leaves	Leaf extract is taken orally along with cows urine twice a day until cure
		Tinsoporacordifolia	Amruthaballi	menispermaceae	Whole plant	Plant juice is taken orally twice a day for 3-4 months
		Abrusprecatorius	Gulaganji	fabaceae	Seeds	The seeds of abrusprecatorius and plumbagozeylanica root semicarpousanacardium seed and azardirachtaindica leaves are taken in equal amount and make it fine paste and applied on affected region until the cure.
		Plumbagozeylanoica	Chitramola	plumbaginaceae	Root	
		Semecarpousanacardium	Gerubeeja	anacardiaceae	Seed	
		Azardirachtaindica	Bevinamara	meliaceae	Leaves	
19	Sinus	Mimosa pudica	Muttidare muni	Mimosaceae	Whole plant	Plant paste is applied on affected region until cure
20	Pimples /acne	Ocimumbasilicum	Kama kasthuri	lamiaceae	Leaf extract	Laef extract is applied on whole face
		Caesalpiniabondu	Gajjuga	caesalpinaceae	Root	Root paste is applied on pimples until cure
21	Chicken fox	Adathodazeylanica	Adusogae	acanthaceae	Leaves	Leaves extract and honey mixed and taken orally twice a day for 8-10 days



		Azardirachta indica	Bevinamara	meliaceae	Leaves	Leaf paste is applied all over the body leave it for 30 min and take bath.
22	Hair fall	Semecarpousanacardium	Gerubeeja	anacardicaeae	Seeds	1-20seeds are boiled in linseed oil and then seeds are removed and applied to the hair
		Alternanther a sessilis	Honagannae	amaranthaceae	Leaves	Leaf extract cows milk lin seed ioltaken in equal amount mixed and applied to the hair.
23	Ear disease	Calotropisprocera	Bili eke	asclepidaceae	Leaves	Leaf is burnt and crushed to make extract and then it is dropped into the ear daily twice
		Limoniaacidissina	Beladamara	rutaceae	Bark	Bark extract is mixed with honey and dropped into the ear daily twice
24	Eye disorder	Rauvolfiaserpentina	Sarpagandhi	apocyanace	Leaves	Leaf extract is used as eye drops 3-4 drops per day once in a day for a week
		Beuteamonosperma	Muthuga	fabaceae	Seeds	Seeds are fried in ghee and crushed finely and applied into the eyes
25	Fertility	Aristolochiabraceolata	Kattekirubanasoppu	Aristalochiaceae	Leaves	Leaves are crushed into pepper and garlic made into 9 tablets taken orally once in a day upto to 9 days taken during peroids time without take bath

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