

Unrevealed Ethnobotanic research of medicinal plant found in region of Dhule and Nandurbar district of Maharashtra, India- (for jaundice, kidney stone, migraine, menorrhagia, epistaxis and ring worm and amenorrhea)

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Abstract - This research fully based on Ethnobotanics and for promotion of ethnopharmacology, in that I study two local regions of Maharashtra one is Dhule and second Nandurbar district. There is specific type of community live in this region are Ahir and pawara, both have ancient history for the treatment they mainly use the plant as primary source as medicine, as by contacting local and refers local books which contain. (*Gossypium herbaceus*-mallow family) root cold maceration extract or (*Cucumis trigonous*-Cucurbitaceae family) fruit powder with seed of ajwain and sauf use for jaundice and (*Tamarindus indica*-family Leguminosae) bark decoction extract use twice a day for treating menorrhagia, epistaxis and (*coleus aromaticus*-family Lamiaceae) 4 to 5 leaves raw juice use on forehead to treat Migraine and (*ischaemum pilosum*-Poaceae family) root concentrated decoction use twice a day to treat kidney stone or urinary tract infection and (*eclipta alba*-Asteraceae family) leaves raw juice use to treat ring worm or Tinea pedis. And all this medicinal activity is not performed on animals but by the help of this ethnobotanic research we can perform reverse pharmacology to compete other drug and faster than ordinary clinical study.

I. INTRODUCTION

This research delves into the rich medicinal plant traditions of two specific regions in Maharashtra, India: The Dhule and Nandurbar districts. The entire study is rooted in ethnobotany, the scientific study of how people use plants. Its primary goal is to advance ethnopharmacology, which is the study of how different cultures use medicinal substances from plants. These districts are home to two distinct tribal communities, the Ahir and the Pawara. Both groups

possess deep, generational knowledge of using local flora for healing. This plant-based medicine is passed down mainly through oral tradition, learned from elders and community healers. They also refer to local written records and guides that document plant uses. This historical reliance on plant remedies forms the core of our investigation into their therapeutic practices.

The bark of the *Tamarindus indica* tree, belonging to the Leguminosae family, yields a decoction extract. This extract is administered twice daily. Its purpose is to manage excessive menstrual bleeding, also known as menorrhagia. It also treats nosebleeds, or epistaxis. Furthermore, a related plant, *Coleus aromaticus*, from the Lamiaceae family, also features in traditional remedies.

For treating jaundice, a cold maceration extract derived from the roots of *Gossypium herbaceus*, a plant from the mallow family, is employed. Alternatively, a powder made from the fruit of *Cucumis trigonous*, a member of the Cucurbitaceae family, can be used. This fruit powder is combined with seeds from ajwain and sauf.

Migraines are addressed with a simple yet effective method. The raw juice from four to five fresh leaves of *coleus aromaticus* is directly applied to the forehead. This topical application aims to alleviate migraine pain.

Kidney stones and urinary tract infections are targeted using the concentrated decoction of the roots of *Ischaemum pilosum*. This grass species is

classified under the Poaceae family. This potent decoction is also given twice daily to patients.

The leaves of *Eclipta alba*, a plant within the Asteraceae family, provide a raw juice. This juice is applied to the skin. It serves as a treatment for fungal infections like ringworm and athlete's foot, known scientifically as tinea pedis.

It is important to note that these therapeutic applications are not tested on animals. Instead, a method called reverse pharmacology is utilized. This approach, guided by ethnobotanical research, allows for the discovery and development of treatments. By studying traditional uses, researchers can more rapidly develop new drugs. This speeds up the process of bringing effective medicines to market. It offers a competitive edge compared to traditional, lengthy clinical study pathways. This research method helps find remedies that work well.

II. METHODOLOGY

1) Collection of information

- a) Local tribe (Pawara community)
- b) Local villagers (Ahir community)
- c) Elderly practitioner
- d) Old Book written by ancestors

i. Medicinal use: - Jaundice

This all information collected from 2 district of Maharashtra, India (Dhule) (Nandurbar)

III. INFORMATION

1) *Gossypium herbaceus*

- a. Scientific Name: *Gossypium herbaceum* L.
- b. Family: Malvaceae
- c. Common Name:

कपास (Kapas) in Hindi and many North India
in Marathi रुई (Rui) or Panrui.

In Tamil – Paruthi

In Telugu – Patti

In Kannada – Hatti

In Gujarati – Kapasi

d. Preparation / Process –

e. Few root



f. Chop it



g. Maceration with water



h. Half glass two times a day for 6 days



2. *Cucumis trigonus*:

- Scientific name: *Cucumis trigonus*
- Family: Cucurbitaceae
- Common name:

Sanskrit – Vishala

Tamil – Thummittikai

Hindi – Jangal Indrayan, Bislambi

English – Indian Wild Cucumber

- Part used: Fruit
- Traditional use: Treatment of jaundice
- Preparation / Process:
The fruit powder is used in combination with seeds of ajwain (*Trachyspermum ammi*) and sauf (fennel, *Foeniculum vulgare*).



3. *Tamarindus indica*:

- Scientific name: *Tamarindus indica*
- Family: Leguminosae (Fabaceae)
- Common name:

Language Common Name

Hindi इमली (Imli), आमली (Amli)

Marathi चिंच (Chinch), आमली (Amli)

Bengali (Amli), (Tentul)

Gujarati (Amli)

Kannada (Hunase)

- Part used: Bark
- Traditional medicinal use:
 - Treatment of menorrhagia (excessive menstrual bleeding)
 - Treatment of epistaxis (nosebleeds)
- Preparation / Process:
A bark decoction extract is prepared and taken twice a day.

4. *Coleus aromaticus*

- Scientific Name: *Coleus aromaticus*
- Family: Lamiaceae
- Common Names:
 - Sanskrit: Patharchatta
 - Hindi: Patharchatta, Gokhru Tulsi
 - Marathi: Gokhru Tulsi, Karibasi
 - Tamil: Karpooravalli
 - Telugu: Karibevu
 - Kannada: Karibevu, Patharichamgi
 - Malayalam: Karibevu, Karpuravalli
 - English: Cuban Oregano, Indian Borage
- Part Used: Leaves (also sometimes stems)
- Traditional Use: 4 to 5 leaves raw juice use on forehead to treat Migraine



5. *Ischaemum pilosum*

- Scientific name: *Ischaemum pilosum*
- Family: Poaceae
- Common name:
 - Hindi घास (Ghaas), पथरी घास (Pathri Ghaas)
 - Marathi पथरी गवत (Pathri Gavati)
 - Gujarati (Ghaas)
 - Kannada (Hullu)
 - Tamil (Pul)

Telugu (Gaddi)
English Wild Grass

- Part used: Root
- Traditional medicinal use:
 - Treatment of kidney stones
 - Treatment of urinary tract infection
- Preparation
A concentrated decoction of the root is prepared and administered twice a day



6. Eclipta alba

- Scientific name: *Eclipta alba* (syn. *Eclipta prostrata*)
- Family: Asteraceae
- Common name:

Sanskrit भृंगराज (Bhringraj)

Hindi भृंगराज (Bhringraj), माकी (Maki)

Marathi भृंगराज (Bhringraj)

Bengali (Keshut)

Gujarati (Bhringraj)

Kannada (Garuga), (Bettabale)

Tamil (Karisalankanni)

Telugu (Gunugu)

- Part used: Leaves
- Traditional medicinal use:
 - Treatment of ringworm (Tinea pedis)
 - Treatment of other skin fungal infections
- Preparation / Process:
The raw juice of fresh leaves is extracted and applied topically on the affected area of skin.



7. Argemone Mexicana

- Scientific name: *Argemone mexicana*
- Family: Asteraceae
- Common name:

Language Name

Sanskrit स्वर्णक्षीरी (Swarnakshiri)

Hindi सत्यानाशी (Satyanashi), पिली कटेरी (Pili Kateri)

Marathi पिवळी धोतरा (Pivli Dhotra), सत्यानाशी

Bengali (Shialkanta)

Gujarati (Darudi), (Pilu Kantu)

Kannada (Datturi), (Kadu Jaji)

Tamil (Brammadandu)

Telugu (Pichikusuma), (Brahmadandi)

Part used: - Root's

Traditional medicinal use: - amenorrhea (Delayed Menstrual Cycle)

Preparation / Process: 2 to 3 inches of root's taken and chop, grind and filter after adding water in that and use one cup of that filtrate per day



8. Cordia dichotoma

- Scientific name: *Cordia dichotoma*

- Family: Boraginaceae

- Common name:

Language Name

Sanskrit श्लेष्मातक (Shleshmātaka), (Bahuvaraka)

Hindi लसोड़ा (Lasoda), गोंदा (Gonda)

Marathi भोकर (Bhokar)

Bengali (Burugunda), (Lasora)

Gujarati (Gundo), (Lasodo)

Kannada (Achchamara), (Challamara)

Tamil (Naruvali), (Vithukkai)

Telugu (Nakkeru), (Guntakalagara)

- Part used: Bark
- Traditional medicinal use:
 - Treatment of menorrhagia (excessive menstrual bleeding)
 - Treatment of epistaxis (nosebleeds)

- Preparation / Process:

Take 8 cups of water and 2 cups of root's and boil up to we got 2 cups of decoction (twice a day for 4 days)

