

STUDY OF ETHNOMEDICINAL PLANTS USED IN THE TREATMENT OF VIRAL HEPATITIS, REWA DISCTRICT, MADHYA PRADESH

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ABSTARCT

The present communication deals with the exploration of ethnomedicinal Plants of Rewa District Madhya Pradesh, with special reference to the treatment of viral hepatitis. Out of the several plants species used by the tribal communities of Rewa region, only fourteen plant species have been presently reported, used for the treatment of viral hepatitis.

KEYWORDS : Ethnomedicine, viral hepatitis, herbal medicine

The World Health Organization estimates that about 80% of the population of most developing countries relies on herbal medicines for their primary health care needs. The age-old tribal knowledge of plants is an important aspect of ethnobotanical research. The tribal tracts are the store house of information and knowledge on the multiple uses of plants. India is a repository of herbal medicines, and there are evidences of herbs being used in the treatment of diseases and for revitalizing various body systems in almost all ancient civilizations. Plants have traditionally served as man's most important weapon against pathogens. Herbal medicines are widely used by all Sections of the community, either as folk remedies or as medicaments in the indigenous as well as modern system of medicine.

India is sitting on a gold mine of well-recorded and traditionally well practiced knowledge of herbal medicine. Recently, considerable attention has been paid to utilizing ecofriendly and biofriendly plant- based products for the prevention and cure of different human diseases. (Dubey et al., 2004). The use of herbal medicine in the treatment of liver disorder has been in tradition from long back. The first literature to have reported on it was Charaka Samhita in 600B.C. Expansions of herbal drugs are stimulated by the growing interest in understanding the causes of frequently encountered hepatitis.

Viral Hepatitis

Viral hepatitis is the inflammation of the liver, usually due to the attack of some virus (Flora et al., 1996). Hepatitis can be caused by alcohol chemicals and by many

different viruses; most of the infection is caused by one of the five viruses, viz. A, B, C, D, and E. It is well known that hepatitis can be spread through hypodermic needles, bolld infusions and through cuts and scratches, but almost half of the infected patients usually do not know the source of infection (Pengelly, 1995).

Hepatitis A and C often produce very mild symptoms and may go unnoticed, Where as B and E are most likely to produce more severe symptoms. Occasionally, especially with hepatitis B infection, and affected person develops joint pain and itchy red hives on the skin. After a few days, urine become dark yellow and jaundice may develop. Both these symptoms occur because bilirubin levels rise in the blood. Till date no vaccines are available against hepatitis C, D and E (Biswas et al., 1990). The present work was undertaken to explore the ethnobotanical plants of tribal areas of District Rewa, Madhya Pradesh (Dwivedi, 1999 & Jain, 1963) in the treatment of viral hepatitis.

MATERIALSAND METHODS

Several ethnobotanical survey were conducted by me during the period from November 2007 to July 2009 in tribal areas of District Rewa, Madhya Pradesh.. An extensive data sheet was prepared regarding the utility of plants in food and medicine, their application, doses and duration. The survey was conducted in district Rewa. The distribution was obtained by tribal map of Madhya Pradesh, District Tribal Welfare Office and Block Development office regarding their population and location.

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S. No.	Botanical Name	Family	Local Name	Parts Used	Mode of Application
1	<i>Azadirachta indica</i>	Meliaceae	Neem	Bark, Leaves	25g. powder of bark/ leaves is added to butter milk or juice and taken daily for a week.
2	<i>Allium Cepa</i>	Liliaceae	Pyaj	Bulb	50g. bulb of onion cooked with vinegar and given once a day for 3 days seems to improve patients condition.
3	<i>Asteracantha longifolia</i>	Acanthaceae	Gokhulakanta	Root	Decoction of 60g. root is boiled in half liter of water for 20 -30 min. and 60ml. is given three times a day till cure of disease.
4	<i>Aloe barbadensis</i>	Liliaceae	Ghee Kanvar	Leaf	50g. pulp of one leaf administered with black salt and ginger every morning for 10 days can cure the disease.
5	<i>Berberis vulgaris</i>	Berberidaceae	Ambarbaris	Bark	Fluid extract of bark, 2 -4g. is taken twice a day for 15 days.
6	<i>Boerhaavia diffusa</i>	Nyctaginaceae	Punarnaba	Fruit	100g. fruit pulp infusion is made and 100ml. of it is taken every morning with empty stomach.
7	<i>Cassia fistula</i>	Caesalpinieae	Amaltas	Fruit	Decoction of 25g. of fruit pulp is given twice a day up to 2 weeks to cure hepatitis.
8	<i>Emblica officinalis</i>	Euphorbiaceae	Amala	Fruit	50g. powdered drug is given thrice a day with milk to treat hepatitis.
9	<i>Justicia adhotoda</i>	Acanthaceae	Adusa	Leaf	100g. powder of its leaves mixed with leaf powder of <i>Plumbago zeylanica</i> and given along with milk to cure the disease.
10	<i>Phyllanthus niruri</i>	Euphorbiaceae	Bhuamla	Fruit	Decoction of 100g. fruits is given once a day with milk to treat disease.
11	<i>Picrorrhiza kurroa</i>	Scrophulariaceae	Kutki	Rhizome	1-2 teaspoon full powder of rhizome taken along with hot water twice daily help to cure disease.
12	<i>Sphaeranthus indicus</i>	Asteraceae	Mudi	Leaf	50g. powdered drug given once a day with water to cure disease.
13	<i>Lerminalia bellerica</i>	Comberataceae	Bahera	Fruit	50g. powdered drug of dried fruit is recommended twice a day till the cure of disease.
14	<i>Tinospora cordifolia</i>	Menispermaceae	Giloya	Stem	50g. powdered drug twice a day with water is recommended for 3-4 weeks.

The ethnobotanical data were obtained from tribal people, vaidyas, Ojhas, Village Pradhan and many other experienced informants having knowledge of herbal drugs used by different tribal people. The plants were collected with the help of floristic literature (Oomanchanl, 1996), and their herbarium was prepared as per standard protocol as described by Varghese (1996) and Dwivedi and Pandey (1992).

The Collected plants thus pressed, mounted and properly humbered were identified with the help of local floras and other useful works in Hooker (1872-1897), Hainess (1921-1924).

RESULTS AND DISCUSSION

Out of the Several Plants only fourteen plants have been reported which are commonly used for the treatment of viral hepatitis. *Sphaeranthus indicus* is an excellent drug of choice for the treatment of the viral hepatitis. These plants have been presented here in tabulated form in alphabetical order by its common and local name.

List of ethnobotanical plants of tribal areas of District Rewa used in cure of Viral Hepatitis in Table.

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