

Plants used by Malayali Tribes in Ethnogynaecological disorders in Yercaud hills, Southern Eastern Ghats, Salem District, Tamil Nadu

Rekka R, S Muruges and R Prabakaran

PG and Research Department of Botany
Vivekanandha College of Arts and Science for Women (Autonomous), Elayampalayam,
Tiruchengode, Namakkal (DT).
rekha87raja@gmail.com

ABSTRACT

This study presents the results of a field survey of the plants used medicinally by Malayali tribes of Yercaud Hills in Salem District, Tamil Nadu during December 2012 – May 2013. Information was collected from local traditional healers through the personal interviews during field trips. A total of 27 species belonging to 23 genera and 19 families were recorded. These plants are used to treat gynaecological disorders. The botanical names, families, vernacular names are also given along with medicinal uses.

Key words: Gynaecological disorders, Malayali tribes, Yercaud Hills,

INTRODUCTION

Yercaud Hills range of the Eastern Ghats situated in Salem district in Tamil Nadu. It is situated at an altitude of 1515 meters (4970 ft) above sea level and the highest point in Yercaud is the Servarayan temple, at 5,236 feet (1.623 m). They are located between 11°C 45' 56" N latitude and 78°C 17' 55" E longitude. The temperature ranges from 13° C to 29° C on the peaks and 25° C to 40° C at the foot hills. The average annual rainfall is around 1500 mm – 1750 mm. The soil is deep and non-calcareous. The forest types range from evergreen to moist deciduous (Champion & Seth, 1968). The government reserve forests are seen in the Danishpest, Shevaroy's south, Sevaroy's North ranges. The ethno-medicinal research is important aspects of ethno-botanical research. Tribal people are very knowledgeable about the use of plants against various diseases. Ethnogynaecology is a new field of study that deals with various diseases among women in tribal societies related to sterility, conception, abortion etc.... very little work has been done on the ethnogynaecological use of plants in the treatment and healthcare programmed of women. This study aims to record information on medicinal plants that are being from traditional medicinal practitioners of Yercaud hills used for gynaecological disorders. In the present paper 27

plant species used effectively to treat the gynaecological disorders have been discussed in detail.

MATERIALS AND METHODS

Present investigation was conducted in Yercaud Hills, Salem district, Tamil Nadu. Field trips were conducted December 2012 – May 2013. Places in Yercaud – Muluvi, Mundakampadi, Valvandhi, Semmanatham were visited. The ethnobotanical data local name, mode of preparation, medicinal uses were collected through questionnaire, interviews and discussions among tribal practitioners in their local language. Our questionnaire allowed descriptive response on the plant prescribed such as part of the plant used, medicinal uses, time of collection, detailed information about mode of preparation (i.e. decoction, paste, power and juice), form of usages either fresh or dried and mixture of other plants used as ingredients. At that end of each interview, specimens of the plants were collected for scientific identification and herbarium preparation following standard procedures (Jain and Rao, 1977). Specimen number, local name, location and identification points were remarked on each herbarium sheet.

Each of the plant material was assigned field book number and documented as to family, Botanical name, vernacular name(Tamil), part used medicinal uses, plant parts that were identified as having use in eathnobotany were collected and compressed. Plants species collected were identified with the help of floras (Gamble, 1936; Matthew, 1983).

RESULTS AND DISCUSSION

The present paper deals with 27 plant species belonging to 19 families and 23 genera used in various women’s diseases such as abortion, amenorrhoea, contraception, dymenorrohea, Dymenorrohea, excessive bleeding after delivery, female sterility, haemorrhage, labour pain, menorrhoea, menstrual disorder and normal delivery. Bark is found as the most widely used plant parts (9 species) followed by leaves (5 species), root (4 species), seeds and fruits (3 species), tender fruit, pulp and whole plant parts (each 1 specie) were documented. Most dominant families in this study were Moraceae (5 species), Meliaceae (2 species), Mimosaceae (3 species), Fabaceae (2 species) other families with low numbers are Asclepidaceae, Caricaceae, Apocynaceae, Liliaceae, caesalpiaceae,

solanaceae, pedaliaceae, sapindaceae, Gentiaceae, Acanthaceae, Apiaceae, Poaceae, Euphorbiaceae, Mytraceae and combertaceae (1 species each). Majority of the preparation are used internally in the form of powder. The plants are used either singly or in combination with other plants also noted. The mode of preparation and administration is very easy and suitable. The treatments are not caused any side sffects. Use of 37 plant species used by Konda Reddis, Andra Pradesh (Raju Panduranga et al., 2011), 76 plant species used by tribal people of Madhya Pradesh (Tripathi Rakesh et al., 2010) and 20 plant species used by Gond and Baiga women in Achanakmar wild life sanctuary for curing the gynaecological disorders (Bilasur and Pankaj Kumar Sahu. 2011). Uses of 22 abortifacient plant species used by tribal people of West Bengal (Mitra and Sobhan Mukherjee. 2009.). 5 species used by tribal medicine men of Nandurbar district in Maharashtra for curing Leucorrhoea and Menorrhagia (Patil and Bhasker 2006.). The result of the present study provides evidence that medicinal plants continue to pay an important role in the healthcare system of this tribal community.

Table: 1 Medicinal plant used for the treatment of ethnogynaecological disorder in Yercaud Hills

S. No	Ailments	Botanical Name, Vernacular Name & Family	Mode of Preparation & Administration
1	Abortion	<i>Calotropis gigantean</i> (L)Ait.f. / Erukkan Asclepidaceae	Fresh leaves are inserted into vagina to cause abortion up to 3 months pregnancy.
		<i>Carica papaya</i> , Linn./Ppali Caricaceae	Tender fruit paste latex is administered daily for five days it causes abortion up to 5 months pregnancy.
		<i>Plumeria rubra</i> , L. / Apocynaceae	The bark is collected on Tuesday and made into powder to taken orally if causes abortion up to 4 months pregnancy.
2	Amenorrhoea	<i>Aloe barbadensis</i> , Mill. /Katralai Liliaceae <i>Ingigofera tinctoria</i> , L. /Avuri Fabaceae <i>Pedaliium murex</i> , Linn. /Perunerinjil Pedaliaceae	Powder of plant parts are mixed with butter milk to drink orally.
3	Contraception	<i>Dodonaea angustifolia</i> ,L. / Vallari Sapindaceae	Paste of seeds is given orally it prevention the pregnancy.
4	Dymenorrohea	<i>Encostemma littorale</i> , Blume. / Vellaragu Gentiaceae	Whole plant parts powder along with the seeds of pepper and nigella is given orally for 2-3 months.
		<i>Aloe barbadensis</i> , Mill. /Katralai Liliaceae	The smooth gel is taken as such.

5	Excessive Bleeding after delivery	<i>Albizia julibrissin</i> , Durazz. / Silavanji Mimosaceae <i>Ficus glomerata</i> , Roxb. / Attimaram Moraceae <i>Terminalia arjuna</i> , (Roxb)Wt.Ar./Marudam <i>Ficus auriculata</i> , / Semmiatti Moraceae	Different plant parts powder is mixed with honey to taken orally for 1 week. Fresh fruits are taken as such
6	Female sterility	<i>Mimosa pudica</i> , Linn. / Thottal surungi Mimosaceae <i>Azadirachta indica</i> , A.Juss. / Vembu Meliaceae <i>Ficus glomerata</i> , Roxb. / Attimaram Moraceae <i>Melia azedarach</i> , L. / Malivembu Meliaceae	Leaves are collected from Sunday made into paste is given orally. Different plant parts are powder along with the jaggery is taken orally.
7	Haemorrhage	<i>Solanum indicum</i> , L. / Solanaceae	Fruit paste is taken orally.
8	Labour pain	<i>Acacia pennata</i> , Willd. / Mimosaceae	Leaves decoction is drink orally.
9	Menorrhoea	<i>Ficus bengalensis</i> , Linn. / Alamaram Moraceae <i>Ficus glabella</i> , Blume. / Moraceae <i>Ficus glomerata</i> , Roxb. / Attimaram Moraceae <i>Senna occidentalis</i> (L.) Link. / Utharam Caesalpinaceae	Different plant parts are made into powder and mixed with milk to drink orally.
10	Menstrual disorder	<i>Andrographis paniculata</i> , Wall.ex.Nees. /Siriyanangai Acanthaceae <i>Centella asiatica</i> , Urb. / Vallarai Apiaceae <i>Cynodon dactylon</i> (Linn.)Pers. / Arugapullu Poaceae <i>Phyllanthus amarus</i> , Schum & Thonn. / Keelannelli Euphorbiaceae <i>Syzygium cumini</i> , (L.)Skeels. /Naaval Myrtaceae	Powder of different plant parts are mixed with hot water to drink orally.
11	Normal delivery	<i>Abrus pulchellus</i> , Wall. / Vellaikuntumani Fabaceae	Seeds paste with glass of milk given this preparation at bed time to release the fetus.

LITERATURE CITED

- Bilasur CG and Pankaj Kumar Sahu, 2011.** Plants used by Gond and Baiga women in ethnogynaecological disorders in Achanakmar wild life Sanctuary. *International Journal of Pharmacy & Life sciences*, **2**(2): 559-561.
- Champion HG and Seth SK, 1968.** A Revised Survey of the forest Types of India, New Delhi.
- Gamble JS and Fischer CEC, 1935.** Flora of Presidency of Madras, London (Issued in II part: 1-7 by Gamble, 8-11 by Fischer), vols. 1-3, Calcutta.
- Jain SK and Rao RR, 1977.** A hand book of field Herbarium methods, Today and Tomorrows printers and publishers, New Delhi.
- Mathew KW, 1983.** Flora of Tamil Nadu Carnatic, The Rapinat Herbarium, Tiruchirapalli, India. 3 vol.
- Mitra S and Sobhan Kr Mukherjee, 2009.** Some abortifacient plants used by the tribal people of West Bengal. *Natural Product Radiance*, **8**(2):167-171.
- Patil HM and Bhasker VV, 2006.** Medicinal uses of plants by tribal medicine men of Nandurbar district in Maharashtra. *Natural Product Radiance*, **5** (2): 125-130.
- Raju M Panduranga, Prasanthi and Seetharami Reedi TVVV, 2011.** Medicinal plants in folk medicine for women's diseases in use by Konda Reddis. *Indian Journal of Traditional Knowledge*, **10**(3): 563-567.
- Tripathi Rakesh, Dwivedi SN and Dwivedi Sumeet, 2010.** Ethno-medicinal plants used to treat gynecological disorder by tribal people of Madhya Pradesh, India. *International Journal of Pharmacy & Life sciences*, **1**(3): 160-169.