Traditional medicinal plants used against various diseases in Nagbhid tahsil, Chandrapur (MS) India

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ABSTRACT

Nagbhid is surrounded by abundance of nature and forest. Local people of the area depend on the forest products for earning money as well as aware of the various medicinal properties of the plant. In present study survey of ethnomedicinal plants was carried out during January 2014 to December 2015 from Nagbhid Tahsil. Ninety botanically important medicinal plants belonging to forty nine families were identified with relevant information and are documented alphabetically with their botanical names followed by local name, family, parts used and modes of preparation of medicine. The local healers in this area use the medicinal plants in cure of various diseases. Documenting the indigenous knowledge is important for the conservation and utilization of biological resources of this area.

Key words: Medicinal plants, Local healers, Nagbhid Tahsil, Indigenous, conservation.

INTRODUCTION

According to the World Health Organization, most populations still rely on traditional medicines for their psychological and physical health requirements (Rabe and Van Stoden, 2000). Researchers have a special interest in the medicinal plants used in Ayurveda and other traditional system of medicines. Most of the allopathic drugs have been invented but the plant-based medicines have its own unique status as it has no side effects on the human body. The knowledge of medicinal plants has been accumulated in the course of many centuries based on different Indian system of medicines such as Ayurveda, Unani and Siddha. Today there is an increasing desire to unravel the role of ethnobotonical studies in trapping the centuries old traditional folk knowledge as well as in searching new plant resources of food, drug etc. (Jain, 1991). There is an urgent need to document the ethno biological information presently existing among the diverse communities before the traditional knowledge is completely lost. Indian traditional medicine is based on different system such as Ayurveda, Siddha and Unani used by various communities (Gadgil,
1996). The local used of plants as a cure are common particularly in those areas, which have little or no access to modern health services, such as the innumerable tribal villages and hamlets in India indicates that the dependency of traditional societies on the wild collections for subsistence needs (Campbell et al., 1997). Nearly 80% of the world population depends upon traditional system of health care (Anonymous, 1998). In India it is reported that traditional healers use 2500 plant species and medicine (Pie, 2001). In recent years, traditional ethno-botanical studies have received much attention due to their wild local acceptability and clues for new or less known medicinal plants (Tripathi, 2000).

People living in the developing countries rely quite effectively on traditional medicine for primary health care (Sullivan and Shealy, 1997; Singh, 2002). Until now, however, there has been little effort to document the volume and impact of national or international trade in India’s medicinal plants (Ganesan and Kesavana, 2003). The present paper deals with the listing and documentation of medicinal plants commonly used on various diseases by the local people, traditional healers and Vaidus in Nagbhid Tahsil of Chandrapur district, Maharashtra.

**METHODOLOGY**

**Study Area:** Nagbhid Tahsil is the western most district of the Vidharbha, of the Maharashtra State. The district is situated between 19°51 and 21°17 North latitudes and 75°57 and 76°49 East longitudes. In Nagbhid Tahsil, local Vaidus are natural retainers of traditional knowledge which passed from generation to generation through oral folklore.

**Survey and Collection of Information:** The field survey was carried out from January 2014 to December 2015 for documentation of medicinal plants used by local people in this area. Information on the use of medicinal plants was obtained through, field tours, interviews and informal conversation with traditional healers, knowledgeable person or medicine men, Vaidus, experienced and aged person, local healers of the villages. They were consulted for recording local name, parts of plant used, methods of drug preparation and recommended doses. Personal interviews and group discussions with local inhabitants revealed some very valuable and specific information about the plants, which were further authenticated by cross checking.

**Preparation of Herbarium and Identification:** The plants were collected from remote place in vegetative and blooming conditions, simultaneously noting the vernacular names and all the relevant information disclosed by the local practitioners. The plants were brought to the laboratory and processed for herbarium specimen. Plants were identified using relevant scientific literature (Hooker 1872-1877; Cooke 1967 (Rpr.); Sharma et al. 1996; Naik 1998; Singh and Karthikeyan, 2000, Singh et al. 2001). Subsequent visits were planned to photograph the plants in proper blooming period.

**RESULTS AND DISCUSSION:**

During present survey 90 medicinal plant species belonging to 49 families were recorded. A brief information including botanical name, family, local name, parts used and their medicinal value by the peoples is given in Table No.1. As the forest area is nearer to Nagbhid, most of the local healers collected the plants from the forest. The medicinal plant parts like leaf, bark, seed, root, tuber, fruit and whole plant were used in raw or cooked forms (Enumeration). The most cited diseases were: jaundice, piles, asthma, skin diseases, fever and rheumatism.

Although this is firsthand knowledge about ethnomedicine in Nagbhid tahsil, thorough pharmacological investigations are recommended since the informants claim the uses with confidence and strong belief. The main aim of this study was to gather the information about the different medicinal plants used to cure different disease in Nagbhid. Most of the local people still dependent and believed on the herbal plants for their remedial properties. There is no written document of such indigenous plant medicine. It spread only by mouth publicity. It is the alarming sign that the knowledge of medicinal plants will disappear in near future. So it is important to preserve this precious knowledge for future generations. These ethnomedicinal plants present in the vicinity of the forest are also a source of income for the local communities. The ethnomedicinal plants are under threat due to deforestation, overgrazing and their over utilization. Due to this many medicinal plants are now come under critically endangered category. There is urgent need of their conservation (Burlakoti and Kunwar, 2008). By taking the active support of local and villagers, and forest persons these plants can be preserved for our future generations.
<table>
<thead>
<tr>
<th>SN</th>
<th>Botanical name</th>
<th>Local name</th>
<th>Family</th>
<th>Mode of administration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Achyranthes aspera</em> L.</td>
<td>Agadha</td>
<td>Amaranthaceae</td>
<td>The boiled leaves are consumed to relieve internal piles. Decoction of plant in the treatment of kidney stone.</td>
</tr>
<tr>
<td>2.</td>
<td><em>Abutilon indicum</em> L.</td>
<td>Atribala</td>
<td>Malvaceae</td>
<td>Various parts of the plant are used as a demulcent, aphrodisiac, laxative, diuretic, sedative, astringent, expectorant, tonic, anti-inflammatory, anthelmintic, and analgesic and to treat leprosy, ulcers, headaches, gonorrhea, and bladder infection. The whole plant is uprooted, dried and is powdered. to consume a spoonful of this powder with a spoonful of honey, once in a day, for 6 months until the day of marriage, for safe and quick pregnancy. The leaves are used as adjunct to medicines used for pile complaints. The flowers are used to increase semen in men.</td>
</tr>
<tr>
<td>3.</td>
<td><em>Adhatoda zeylanica</em> Medik.</td>
<td>Adulsa</td>
<td>Acanthaceae</td>
<td>Gargle with the extract of the leaves with salt to cure tonsillitis. Leaf extract is taken internally to relieve cough and cure asthma.</td>
</tr>
<tr>
<td>4.</td>
<td><em>Adiantum philippense</em> L.</td>
<td>Hamsapadi / Lal laajaalu</td>
<td>Pteridaceae</td>
<td>The whole plant is applied externally to burns. The leaves are anti-inflammatory. The plant can be used as anti-poisonous.</td>
</tr>
<tr>
<td>5.</td>
<td><em>Aegel marmelos</em> (L.) Correa</td>
<td>Bel</td>
<td>Rutaceae</td>
<td>The bel fruit is used against dysentery and diarrhea. Juice of Bel leaves with black pepper is given orally in jaundice.</td>
</tr>
<tr>
<td>6.</td>
<td><em>Aloes vera</em> (L) Burm.</td>
<td>Korphad</td>
<td>Liliaceae</td>
<td>Pulp juice of leaf is used to cure piles, jaundice and stomach ache and apply locally to recover the burnt skin and for wound healing.</td>
</tr>
<tr>
<td>7.</td>
<td><em>Andrographis paniculata</em> Burm.</td>
<td>Bhui-neem</td>
<td>Acanthaceae</td>
<td>One teaspoon of fresh plant juice is taken twice a day for seven days to treat snake-bite and scorpion-bite.</td>
</tr>
<tr>
<td>8.</td>
<td><em>Argemone Mexicana</em> L.</td>
<td>Piwla Dhotura</td>
<td>Papaveraceae</td>
<td>The paste of seeds with salt and mustard oil is used as tooth paste by those suffering from pyorrhea. The Bhils apply fresh leaves or their juice on eyes in conjunctivitis.</td>
</tr>
<tr>
<td>9.</td>
<td><em>Aristolochia bravteata</em> Retz.</td>
<td>Badakvel</td>
<td>Aristolochiaceae</td>
<td>The leaves are used in traditional medicine skin problems and as an antidote for snake bite.</td>
</tr>
<tr>
<td>10.</td>
<td><em>Asparagus racemosus</em> Willd.</td>
<td>Satavari</td>
<td>Asparagaceae</td>
<td>The prevention and treatment of gastric ulcers and dyspepsia, and also been used for nervous disorders. The roots are used in regimen of processing and drying. Roots used as a uterine tonic.</td>
</tr>
<tr>
<td>11.</td>
<td><em>Bacopa monnieri</em> L.</td>
<td>Japala</td>
<td>Scrophulariaceae</td>
<td>Plant extract is used in snake bite, scorpion sting and in asthma.</td>
</tr>
<tr>
<td>12.</td>
<td><em>Baliospermum montanum</em> Willd.</td>
<td>Jamalgota</td>
<td>Euphorbiaceae</td>
<td>Seed paste applied externally on swellings and seed oil applied locally in rheumatic pains. Root decoction is given in asthma and seeds are used as purgative.</td>
</tr>
<tr>
<td>13.</td>
<td><em>Bauhinia vahlii</em> Wight and Arn.</td>
<td>Chamul / Mahul</td>
<td>Fabaceae</td>
<td>The Fruits are light, dry and have binding properties to cure diseases of pitta and the whole plant is healer and coagulant. It purifies blood and checks body weights.</td>
</tr>
<tr>
<td>14.</td>
<td><em>Boerhaavia diffusa</em> L.</td>
<td>Khaparkhuti</td>
<td>Nyctaginaceae</td>
<td>Decoction of roots as an expectorant to cure asthma and jaundice.</td>
</tr>
<tr>
<td>15.</td>
<td><em>Boswellia serrata</em> Roxb.</td>
<td>Dinkya</td>
<td>Burseraceae</td>
<td>The leaf-juice is used to cure eye infection and bark decoction is taken orally to cure chronic cough and cold.</td>
</tr>
<tr>
<td>16.</td>
<td><em>Butea monosperma</em> Lamk.</td>
<td>Palash</td>
<td>Fabaceae</td>
<td>Seed powder with goat milk is given as an aphrodisiac. Seed powder is taken orally as contraceptive. Shoot paste is applied twice a day for one week piles.</td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Common Name</td>
<td>Family</td>
<td>Uses</td>
</tr>
<tr>
<td>-----</td>
<td>------------------------------------------------</td>
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<td>---------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>18.</td>
<td>Calotropis gigantea (Linn.) R.Br.</td>
<td>Akawa</td>
<td>Asclepiadaceae</td>
<td>Root decoction is given for lactation. Flowers (2-3) consumed to cure cough and asthma.</td>
</tr>
<tr>
<td>19.</td>
<td>Capparis decidua Forsk dgew</td>
<td>Karira</td>
<td>Capparaceae</td>
<td>It is used as vegetable for diabetic patients and the root bark is used to cure swollen joints.</td>
</tr>
<tr>
<td>20.</td>
<td>Caralluma ascedens Grav. &amp; Mayur.</td>
<td>Dagdkakdi</td>
<td>Asclepiadaceae</td>
<td>Stems are eaten raw for a week to cure bleeding piles. Stem is crushed with ginger and taken internally to cure cough.</td>
</tr>
<tr>
<td>22.</td>
<td>Cassia tora L.</td>
<td>Tarota</td>
<td>Caesalpiniaceae</td>
<td>Flower powder is used on Vata. Pregnant women prepared coffee from powder against cold.</td>
</tr>
<tr>
<td>23.</td>
<td>Cassis fistula L.</td>
<td>Amaltash</td>
<td>Caesalpiniaceae</td>
<td>Fruit pulp is advised for constipation. Leaf poultices are applied externally for paralysis and rheumatism.</td>
</tr>
<tr>
<td>24.</td>
<td>Caralluma adscendens Grav. &amp; Mayur.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25.</td>
<td>Celastrus paniculatus Wild.</td>
<td>Malkangi</td>
<td>Celastraceae</td>
<td>Seed oil is applied externally in the treatment of knee-pains and paralysis and dropped in eyes for better eyesight.</td>
</tr>
<tr>
<td>26.</td>
<td>Celosia argentea L.</td>
<td>Rankurdu</td>
<td>Amaranthaceae</td>
<td>Plant powder with a cup of milk is given to the ladies twice a day for a week to cure white discharge. The root decoction is effective in the treatment of kidney stone.</td>
</tr>
<tr>
<td>27.</td>
<td>Chlorohytum borivilianum Roxb.</td>
<td>Safed moosli</td>
<td>Liliaceae</td>
<td>1 gram powder of tuberous root is mixed with water and given to male as a tonic. Small amount of tuber is given to female to check leucorrhoea.</td>
</tr>
<tr>
<td>28.</td>
<td>Cissampelas pareira L.</td>
<td>Patha</td>
<td>Ranunculaceae</td>
<td>Leaf extract is used as Antimalarial as well as its antiviral properties, especially against Dengue virus.</td>
</tr>
<tr>
<td>29.</td>
<td>Clerodendrum serratum L.</td>
<td>Bharungi</td>
<td>Verbenaceae</td>
<td>Decoction of root is taken in malarial fever and ophthalmic complaints. The paste of leaves is applied externally to ripen the wounds. Decoction of root powder is prescribed as blood purifier.</td>
</tr>
<tr>
<td>30.</td>
<td>Cocculus hilarutus L.</td>
<td>Vasan</td>
<td>Menispermaceae</td>
<td>Leaf extract is taken in peptic ulcers. The leaf extract taken internally along with milk for treatment of supermatorrhoea. The extract of root is taken internally in paralysis.</td>
</tr>
<tr>
<td>31.</td>
<td>Convolvulus pluriculalis Choisy</td>
<td>Shankapushpi</td>
<td>Gentianaceae</td>
<td>With cumin and milk leaves are used in fever, nervous debility and loss of memory.</td>
</tr>
<tr>
<td>32.</td>
<td>Curculigo orchoides Gaertn.</td>
<td>Akasgaddah</td>
<td>Cucurbitaceae</td>
<td>The tuber is used for skin disease, cough and it also used for eye disease.</td>
</tr>
<tr>
<td>33.</td>
<td>Costus speciosus Koen.</td>
<td>Jangli-adrak</td>
<td>Costaceae</td>
<td>Spoonful rhizome powder with a glass of water in empty stomach is taken as aphrodisiac. Juice of rhizome is taken to cure urinary tract infections.</td>
</tr>
<tr>
<td>34.</td>
<td>Cucumis callosum L.</td>
<td>Indrava</td>
<td>Cucurbitaceae</td>
<td>The paste of tuber is applied on swelling areas on neck and in earache.</td>
</tr>
<tr>
<td>35.</td>
<td>Curculigo archoioides Gaertn.</td>
<td>Kala kand</td>
<td>Hypoxidaceae</td>
<td>Tuber powder is taken orally as an aphrodisiac and to cure gonorrhoea. One teaspoon powder with milk is taken orally by to cure leucorrhoea.</td>
</tr>
<tr>
<td>36.</td>
<td>Curcuma pseudomontana J. Graham</td>
<td>Jangali Halad</td>
<td>Zingiberaceae</td>
<td>Roots are boiled and eaten against dysentery and cardiac diseases</td>
</tr>
<tr>
<td>37.</td>
<td>Datura Stramonium L.</td>
<td>Pandhara Dhutra</td>
<td>Solanaceae</td>
<td>Datura is used as herbal medicine in case of Ayurveda for asthma. the oil extract from it is used for growth of hair.</td>
</tr>
<tr>
<td>38.</td>
<td>Desmodium gangeticum L. De.</td>
<td>Ranganiya</td>
<td>Fabaceae</td>
<td>The roots are used for treating the diseases like chronic fever, cough, diarrhea, vomiting, piles</td>
</tr>
<tr>
<td>40.</td>
<td>Dioscorea hispida</td>
<td>Bhul-kand</td>
<td>Dioscoreaceae</td>
<td>Boiled tubers are taken twice a day for a week to cure piles.</td>
</tr>
</tbody>
</table>
41. **Diospyros melanoxylon Roxb.**
   Tembhub Ebenaceae
   Decoction of flower is effective in night-blindness and in diarrhea. Leaf paste is applied in scabies and timorous glands. Paste of fruit is applied in bone fracture.

42. **Dolichandrone falcate**
   Seem.
   Medshingi Bignoniaceae
   The mixture of leaf extract 50 ml and 50 gm curd is taken twice a day for a week to cure bleeding piles. Leaf powder with water is given in diabetes.

43. **Echinops echinatus**
   Roxb.
   Ulati Asteraceae
   Paste prepared from powder of the root bark is applied on male genitals externally for sexual vigour. Root decoction is an effective remedy for hernia.

44. **Enicostemma axillare lam.**
   Raynal
   Kadu Nai Gentianaceae
   The plant is used to treat diseases like diabetes, hernia, swelling, itching and insect poisoning.

45. **Ensete superbum**
   Roxb.
   Ran keli Musaceae
   Stem extract is used in treatment of Leucorrhrea & debility.

46. **Eulophia ochreata**
   (Lindl.)
   Amarkand Orchidaceae
   Tuber powder with one cup milk is used against cancer diseases.

47. **Ficus benghalensis**
   L.
   Wad Moraceae
   The milk extract of plant with 1 tea full sugar is used against ulcers, vomiting, vaginal complaints, fever, inflammations, leprosy etc.

48. **Ficus religiosa**
   L.
   Pimpal Moraceae
   The juice of its leaves used as the ear drop. Its power bark used to heal the wounds. The bark of the tree is useful in inflammations and glandular swelling of the neck. The roots are even chewed to prevent gum diseases. Its fruit is laxative which promotes digestion and checks vomiting. The powered fruit is taken for Asthma. Its seeds are used in urinary troubles.

49. **Gardenia gummifera**
   L.
   Dikemali Rubiaceae
   Bark is used in headache, juice of leaves is given in body pain. Root powder is used in impotency.

50. **Geodorum densiflorum**
   L.
   Harghati Orchidaceae
   Fresh root paste mixed with 2 drops of ghee and 5 ml of honey and taken orally to regularized menstrual problems.

51. **Glories superba**
   L.
   Kal-lavi Liliaceae
   About 10 mg tuber powder is taken orally by the tribal ladies only once to regularize menstrual disorder. Tribals crush tubers of the plant in water and apply on head to kill the lice.

52. **Glossocarda bosvallea**
   L.
   Patthar suva Asteraceae
   Paste of leaves is applied on healing and wounds.

53. **Grangeama deraspatana**
   L.
   Mustaru / Mashipatri Asteraceae
   The leaf sap is used to treat ear ache.

54. **Helicteres isora**
   L.
   Marophali Sterculiaceae
   Fruit paste with honey internally is good remedy for diarrhea, stomachache, chronic dysentery in children, a general practice in tribals.

55. **Hemidesmus indicus (L) R.Br.**
   Kawdi / Anantmul Apocynaceae
   Root is powdered and given with honey in jaundice. Latex is applied in the form of paste of sores and wounds. Root decoction is taken once a day for blood purification.

56. **Holarrhena antidysenterica**
   Wall.
   Kuda Apocynaceae
   Seeds are dip in water and in powdered form given for dysentery and in worm infections.

57. **Holarrhena pubescens**
   Buch.
   Indrajao Apocynaceae
   Leaves are used for treatment of skin diseases such as scabies, ringworm, itching and other infections.

58. **Leea crispa**
   Van.
   Wanchalita Vitaceae
   The root tuber is used as a treatment against guinea worms.

59. **Leeam acrophylla**
   Roxb.
   Hathikana Vitaceae
   The roots are used for treatment of guineaworm and ringworm.

60. **Leucas aspera**
   Willd.
   Kombda Lamiaeceae
   Leaf juice (2-3 drops) dropped into nostrils to get relief from heavy cold. The leaves decoction is very useful in chronic rheumatism.
61. *Limonia acidissima* L. | Kawath | Rutaceae | Leaf juice with onion juice and camphor is taken orally in cholera.
62. *Momordica dioica* Roxb. | Jangli Karla | Cucurbitaceae | Roasted root is used to stop bleeding from piles. A piece of tuber is recommended internally for liquor addiction.
63. *Mucuna pruriens* (L.) DC. | Khaj-luiri | Fabaceae | One spoonful seed powder with a glass of milk is given to increase sexual vigor and as a health tonic. Seeds are given for improving retention of semen and night dreams. Roots are effective in dysentery.
64. *Ophioglossum reticulatum* L. | Ran Palak | Ophioglossaceae | The plant is used as an anti-inflammatory medicine and the leaves are applied to wounds.
65. *Ophioglossum costatum* R. Br. | Sapa-Jeebh | Ophioglossaceae | The leaves are eaten as salad or cooked; it is good for heart.
66. *Phyla nodiflora* L. | Panmundi | Verbenaceae | Juice obtained from the plant is given against blood dysentery and pneumonia. The leaves are chewed to cure toothache.
67. *Phyllanthus amarus* Schum. | Kadu-awla | Euphorbiaceae | Young leaves are good for dysentery. About 10g paste of whole plant is given thrice daily for one week for both plant in hepatitis and chronic liver problems.
68. *Plumbago zeylanica* L. | Chitramula | Plumbaginaceae | Juice of 5-10 leaves is taken orally as an antidote in snake-bite. Tribals apply the paste of roots on the piles. Root paste along with milk applied externally in leprosy and other skin diseases.
69. *Psoralea corylifolia* L. | Bawchi | Fabaceae | Seed powder one spoonful with a glass of milk is prescribed twice a day for a month in the treatment of impotency, premature ejaculation and to improve vitality. Seed oil is applied externally in psoriasis, leprosy and leucoderma.
70. *Pterocarpus marsupium* Roxb. | Bijasal | Fabaceae | Water is kept overnight in a glass made out of the stem and taken in the morning to treat diabetes. Leaf decoction is taken in active stomach pain and dysentery.
71. *Pueraria tuberosa* Roxb. | Bhuikholi | Fabaceae | Tubers are crushed and applied to joints to treat rheumatism. Tubers are cold and bitter. Decoction is prescribed for lactation after childbirth. In painful urination.
72. *Sida cordifolia* L. | Chikana | Malvaceae | Decoction of seed against dysentery and stomach pain. Crushed fresh leaves applied on cut surface.
73. *Solanum virginianum* L. | Kateringani | Solanaceae | The seeds are expectorant. They are used in the treatment of asthma and catarrh.
74. *Sopubia delphinifolia* G. Don Gen. Syst. | Dudhali | Scrophulariaceae | The stem is given orally after pregnancy for milk secretion.
75. *Spilanthes calva* Dc. | Akkkal-kadha | Asteraceae | The flower heads are chewed to relieve the toothache and other mouth related troubles.
76. *Sterculia aurens* Roxb. | Karu | Sterculiaceae | Seed powder one teaspoonful is taken orally with milk as an aphrodisiac. Bark powder is taken orally with water in tuberculosis and rheumatism.
77. *Stereospermum cheloneoides* Dc. | Kalagori / kalgari | Bignoniaceae | The juice of bark is used to treat in digestion.
78. *Tamarix ericoides* Rottl. | Kadsherni | Tamaricaceae | Leaves are used for treatment of liver disorder.
80. *Terminalia arjuna* (Roxb.) | Aanjan | Combretaceae | Bark powder is used for heart diseases.
81. *Tinospora cordifolia* (Thunb.) Meirs | Gulvel | Menispermaceae | Leaf juice is used for diabetes, upset stomach, lymphoma and other cancers, rheumatoid arthritis and high shivering.
82. **Tridax procumbance** L. Kambarmodi Asteraceae Leaf juice is used for wound healing and skin diseases.

83. **Triumfettar homboidea** Jacq. Chirchiri Tiliaceae Leaf paste is applied on the affected areas of scabies and eczema. Leaf juice is taken internally in jaundice and urinary complaints. Leaf paste applied externally in bleeding piles.

84. **Tylophora indica** Burn Anant-mool Asclepiadaceae The plant root is used by common people for the treatment of various diseases including asthma, cancer, fever etc.

85. **Uuria picta** Desv. Pitvan Fabaceae Leaves are used for snake bite by Tribal people. Decoction of root is given against coughs, chills and fever.

86. **Vanda tesselata** (Roxb.) Hook. Rashna Orchidaceae Leaf is given orally with betel leaf to women having irregular menstruation.

87. **Viscum nepalense** L. Harjor Loranthaceae Paste of shade dried powder of the plant with water is applied on the chest to cure swellings and fractured bone and dislocation.

88. **Vitex negundo** L. Nirgudi Verbenaceae Leaf extract is dropped in the eyes to cure conjunctivitis. Fruit powder decoction (50ml) is taken orally in the treatment of kidney stone.

89. **Woodfordia fruticosa** L. Van mehandi Wyat Lythraceae Flower extract is used for treatment of thirst, blood disorders and also improve heart health it is applied on wounds and ulcers for quick healing.

90. **Ziziphus mauritiana** Lam. Kate-Bor Rhamnaceae Decoction of the root bark is used in the treatment of diarrhea and dysentery. The twigs are used as tooth-brush in bleeding gums.

### TABLE: NO.2 Total families and number of plant species listed during study:

<table>
<thead>
<tr>
<th>Families</th>
<th>Number of plant species</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rhamnaceae, Loranthaceae, Tilliaceae, Combretaceae, Plumbaginaceae, Lamiaceae, Rubiaceae, Zingiberaceae, Hypoxidaceae, Costaceae, Lecythidaceae, Ranunculaceae, Musaceae, Celastraceae, Burseraceae, Nyctaginaceae, Aristolochiaceae, Papaveraceae, Pteridaceae, Cornaceae, Asparagaceae, Capparaceae, Ebenaceae, Tamaricaceae, Lythraceae</td>
<td>1 Each</td>
</tr>
<tr>
<td>Menispermaceae, Sterculiaceae, Scrophulariaceae, Malvaceae, Moraceae, Bignoniaceae, Dioscoreaceae, Gentianaceae, Amaranthaceae, Euphorbiaceae, Caesalpinaceae, Rutaceae, Acanthaceae, Solanaceae, Ophioglossaceae</td>
<td>2 Each</td>
</tr>
<tr>
<td>Verbenaceae, Orchidaceae, Cucurbitaceae, Apocynaceae, Liliaceae, Vitaceae, Asclepiadaceae</td>
<td>3 Each</td>
</tr>
<tr>
<td>Asteraceae</td>
<td>5 Plants</td>
</tr>
<tr>
<td>Fabaceae</td>
<td>9 Plants</td>
</tr>
</tbody>
</table>

### CONCLUSION

The result of the present study provides evidence that medicinal plants continue to play an important role in the healthcare system. The people of Nagbhid tahsil are still depend on indigenous knowledge for their healthcare, providing a cheaper and accessible alternative to the high cost pharmaceutical remedies. In spite of the overwhelming influence and our dependence on modern medicine and tremendous advance in synthetic drugs, many people still rely on herbal drugs the reason is that, if the herbal medicines are used properly they don’t have any side effects.

The possible benefit of plant-derived medications constitutes a rewarding area of research, particularly in countries such India which have a rich biodiversity of plant resources coupled with a high prevalence and variety of infectious diseases where sustainable utilization of the biodiversity can be carried out. Therefore, documentation of these plants is the only way to preserve the traditional knowledge of the plant resources endemic to this area.

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REFERENCES


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