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Full Length Article

Studies on ethno-medicinal plants for womenfolk's health care in Ramagiri fort of Mahadevapur reserve forest in Karimnagar district of Telangana Region

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ABSTRACT

Plants are an integral part of nature and the nature reflects the creativity of God. The plants are designed with a specific purpose. They are the life sustaining force on the earth.Ramagiri fort Reserve Forest, Karimnagar East Division; Karimnagar District of Telangana is one of the richest biodiversity area and a part of green belt in sufficient humidity throughout the year. Many herbalists are inhabiting in the forest only for collection and selling of medicinal plants. The area under study has not been systematically explored and enumerated the indigenous medicinal plants till date. The area under study has not been systematically explored and enumerated the indigenous medicinal plants till date in the present study as many as 55 plants species from 34 families useful in women folk's health care were recorded along with their scientific names, vernacular names plant parts used and uses in brief. The plants reported in this study are claimed to be the most effective remedies for condition such as leucorrhoea, gonorrhea, disorders during delivery, pregnancy, menstuaraion and other fertility related complaints in women. Authors feel to suggest that there is an ample opportunity to utilize these medicinal plants and also to generate revenue and man-hour days.

Key Words: Ethno-medicinal plants,Women's Folklore and Ramagiriquilla

INTRODUCTION

India is one of the world's richest medicinal gardens since beginning around 8000 species of plants referred to by different vernacular names are used by the people of India in local health cultures across her ten bio-geographic zones and 4635 ethnic communities. The vast knowledge of these plants is undocumented but transmitted through oral tradition. Around 1800 species are systematically documented in the codified Indian system of medicine like Ayurveda, Unani and Siddha, which are expressed in many medicinal manuscripts. Many herbal formulations alongside their medication of use are described in local cultures and in the traditional medicine literature. They are extensively used in local cultures and in the traditional medice literature. They are extensively used as anti-cancer, anti diabetics, purgatives, hepato-protectives, anti- inflammatory, and anti-oxidantsdotes

It is believed that about 15-17 million species are present on the earth planet. Out of which only 5 million have been described so far. Interestingly, 70% of them occur in tropical and sub tropical parts of the world (Krishnankutty and Chandrasekaran, 2007). In India, more than 43% of the total flowering plants are reported to be of medicinal importance (Pushpangadan, 1995). Utilization of plants for medicinal purposes in India has been documented long back in ancient literature. However, organized studies in this direction were initiated in 1956. Right from its beginning, the documentation of traditional knowledge especially on the medicinal uses of plants, has provided many important drugs of the modern day (Anon, 1994).

The tribal knowledge regarding the use of plant species for various purposes depend on the surrounding plants (Reddy *et al*., 2010). Plants and other living organism have great potential to treat human diseases (Subbu and Prabha, 2009). Ethnobilogy came in to being when the earliest man observed the animals mostly the apes and monkeys eating certain plants and found heal his wounds and get rid from pain and suffering. An analysis of such observations provoked them to use of plants for maintenance of life and alleviation of diseases (Sinha, 1999). Despite of new advances in medicine, the cultural use of plant in traditional medicine continues from primeval time to this day all over the world. World Health Organization has estimated that 80% of the people in the world rely on traditional medicines for primary health care needs (Fransworth, 1990).

It was also realized that till now only 5% of the herbal wealth was studied whereas the rest remained unexplored (Arya*et al*., 2008). Medicinal plants are gaining popularity because of several perceived advantages, such as fewer side effects and better patient compliances. Today the medicinal world is posed with complex challenges. Thus time demand an integrated and pluralistic approach towards health care to cope effectively with his situation (Sen and Batra, 2008). Establishment of herbal forms in well selected localities will exercise scientific control over the cultivation of medicinal herbs (Kritikar and Basu, 1987). In every ethnic group there exists a traditional health care system, which prevalent and popular among community (Rai, 2007).

In Ramagiri Fort are reserve forest area 40 percentage of the population still prefers to use herbal medicines along with modern medicines. The region is mostly inhabited by rural and native communities. Tribal cultures hold much ethno botanical information, and rural and native communities regularly use medicinal plants for treatment of diseases, wounds, fractures and other ailments. In the present study it was found that total 56 plant species were used by the rural people for their various ailments. Medicinal values of these plants are largely based on folk practitioners. The study stated that either the whole plant or different parts like leaves, stem, bark, roots, etc. are used. The Ethno medicinal and other medicinal have been worked out by Prakash and Singh (2001), Singh and Raghubansi *et al.,* (2005); Kapoor and Singh (2007) and Singh and Ali (2007).Plant based traditional Knowledgehas become a recognized tool in search of drug and neutraceuticals (Sharma and Majumdar (2003) .

Many studies have been conducted to accomplish the inventorization of ethno-medicinal plants of Andrapradesh, which prominently includes Raju *et.al.,*(2011) Misra and Anil kumar(2004) and Krishna Prasad *et.al.,*(1999)

MATERIALS AND METHODS

Study Area

The Karimnagar, founded by Syed Karimuddin a Quiladar, is situated at a distance of 150 km from Hyderabad. It was formerly known as "Sabbinadu" and inscriptions olf the Kakatiya king Prola II and Prataparudra found at Karimnagar and Srisailam respectively bear testifytothisfact.It lies in the northern Telangana region and occupies 13th place in respect of area of 11.884.5sq Kms which account for 4.33'' of the total area of the state Karimnagar district is located between latitudes 80^0.00 and 19^0.00' north and longitudes 78^0.30' and 80^0.31' east. Northern part of the district along the southern bank of river Godavari is consisting of undulating hills. Hills of Jagityal,Kodimial and Manthini ranges including Ramagiri fort of Mahadevapur Reserve Forest East Division extend fairly over long distances forming more or less continuous chains.

Ramagirifort is a hill station of longest and highest hill ranges located in Manthini Revenue division of Karimnagar district. Ramagiri hills run towards north-east direction from Raghavapur village of Peddapally mandal to Begumpet village of Karimnagar mandal along the road way of Peddapally- Manthini 65 Kms away from Karimnagar .The length of these chain hills are 14.7 Kms an altitudes of 679 meters. The total forest area of Ramagiri hill ranges and their surroundings covered is 3205.18sq hectors out of which KalvaCharla Beet shares 1972.87 Sq hectors which divides into three (3) compartments. In the same way Lakkaram Beet Shares 1232.29 Sq hectors which divides into three compartments as according to Forest Department resources. For the documentation of ethno-medicinal diversity, two methods were used. The first one was by meetings, contacting, discussion and interviews with villagers, folk healers, vaids, hakims, saints, homeopath and other practitioners in the vicinity of NWS.

Second one was by consulting the literatures on traditional medicine. In order to document the utilization of indigenous medicinal plants, surveys were undertaken for a period of 6 months from July-Dec 2013 in 45 interior tribal pockets with good forest cover, Interviews were conducted with Poola Sunkaiahand Chenchu Kanakaiahtribe people at their dwellings. During oral interviews. Specific questions informants were noted. The knowledge able informants were taken to the field and along with collection of plants for the voucher specimens; the use of the plants as given by the tribal informants was noted. Discussion were made at times with local chiefs, priest and herbal doctors not only for gathering information, but also for confirming the use of some plants recorded from different informants at different places. Each medicinal practice was cross checked with at least 3-4 informants critically analyzed and documented. In the enumeration, plant species used for curing various women disease and reproductive ailments are arranged alphabetically. Family name, vernacular name habitat voucher specimen number follows it. Plant specimens were deposited in the Herbarium of Botany Department of S.R.R.Arts & Science College Karimnagar.

The collected specimens were identified taxonomically with the help of the Flora of India (Sharma and Balakrishanan, 1996); the verification and authentification of collected data were made in the light of standard literature (Jain, 1963, 1991; Nadkarni, 1992; Kritikar and Basu, 1987; Chopra, 1982).

RESULTS AND DISCUSSION

In India, whereas all other systems of traditional medicine flourished well and received encouragement from both people and government, their very originator 'folklore medicine' which gave birth to traditional medicine remained largely neglected and was left to die a natural death. There has been no movement on the part of Government of India for investing public or private funds for ensuring long term availability of large number of medicinal plants that have been traditionally used by the numerous traditional folk healers (Sinha, 1999).

Table 1: Plant parts used for Women folk's health care in percentages.

S.No	Plant parts	Percentage(%) of Uses
1	Whole plants	11
2	Tubers	06
3	Fruits	03
4	Flowers	03
5	Bark	03
6	Roots	30
7	Leaves	27
8	Seeds	17

Table 2: Plant forms used for Women folk's health care in percentages.

S.No	Plant parts	Percentage(%) of Uses
1	Whole plants	11
2	Tubers	06
3	Fruits	03
4	Flowers	03
5	Bark	03
6	Roots	30
7	Leaves	27
8	Seeds	17

Table 3: Ethanomedicinal Plants used by Women folk's of RamagiriQuillaof MahadevapurReserve forest East Division Karimnagar District of Telangana Region

S.No	Plant Name	Family	Vernacular Name	Habita t	Parts used	Uses in Curing Diseases
1	*Abelmoschusmoschatus*.Medic	Malvaceae	Kasthuribenda	Herb	seeds	Antiseptic after delivery
2	*Abrusprecatorious* L	Fabaceae	Gurivinda	Climber	Roots	Antiseptic after delivery
3	*Abutilon indicum*.L	Malvaceae	Athibala	Shrub	Leaves	Emmenagogue
4	*Acalyphaindica*.L	Euphorbiaceae	Kuppintaku	Herb	Leaves	Pain relief during mensturation
5	*Aeglemarmelos* L	Rutaceae	Maredu	Tree	Seeds	Gonorrhea
6	*Aloe vera* L.	Liliaceae	Kalabandha	Herb	Roots	Gonorrhea
7	*Achyranthusaspera* L	Amaranthaceae	Uttareni	Herb	Roots	Post partum Treatment
8	*Aervalanata* L.	Amaranthaceae	Astmabayab	Herb	Roots	Abortion
9	*Alangiumsalvifolium* (L.F) Wang	Alangiaceae	Vudugu	Tree	Barks	Labour pains& Leucorrhoea
10	*Anamitracocculus* (L) Wright&Arn	Menispermaceae	Koditeega	Herb	Leaves	Contraction of Uterus
11	*Ananascomosus* L.	Bromeliaceae	Anasa	Herb	Leaves	Abortion
12	*Annona reticulate*	Annonaceae	Ramaphalam	Tree	Seeds	Abortion
13	*Argemonemexicana* L.	papaveraceae	Balarakkisa	Herb	Roots	Menorrhagia
14	*Aristolochia bracteolate* Lam	Aristilochiaceae	Gadidagarapa	Herb	Stems	Leucorrhoea
15	*Asparagus racemosa*Willd.	Liliaceae	Pilliteegalu	Herb	Tuberous Roots	Fertility
16	*Atylosiascarabaeoides* L. Benth	Fabaceae	Adivivulavateega	Herb	Roots	Menorrhagia
17	*Buteamonosperma* Lam Taub.,	Fabaceae	Moduga	Tree	Stem bark	Menorrhagia
18	*Calotropisprocera* (Ait.) R.Br.,	Asclepiadaceae	Nallajilledu	Shrub	Leaves	Abortion
19	*Calotropisgigantia* L.	Asclepiadaceae	Jilledu	Shrub	Leaves	Malnutrition during pregnancy
20	*Caricapapaya* L.,	Caricaceae	Boppayi	Tree	Fruits	Abortion
21	*Cassia auriculata* L.	Caesalpinaceae	Tangedu	Shrub	Roots	Leucorrhoea
22	*Cassynthafilformis* L	Lauraceae	Paachiteega	Shrub	Stem	Leucorrhoea
23	*Curculigoorchioides*Gaertn.,	Hypoxidaceae	Nelatadi	Shrub	Corm	Labour pain
24	*Cynodondactylon*.L	Poaceae	GarikiGaddi	Shrub	Whole plant	Emmenagogue
25	*Dalbergialatifolia*Roxb.,	Fabaceae	IruguduChema	Herb	Roots	Menorrhagia
26	*Dodonaea viscose* L. Jacq.,	Sapindaceae	Bandari	Tree	Leaves	Contraceptive
27	*Evolvulusalsinoides* L.,	Convolvulaceae	Vishnu Krantha	Creeper	Whole plant	Emmenagogue
28	*Ferula asafetida* L.	Apiaceae	Inguva	Shrub	exuded from the rhizome	Post partumproblems
29	*Gloriosa superb* L.	Liliaceae	Agnisikha	Shrub	Roots	Abortion
30	*Gmelinaarborea*Roxb.,	Verbinaceae	Tellagummudu	Herb	Stem bark	Menorrhagia
31	*Hibiscus rosasinansis* L.	Malvaceae	Mandara	Shrub	Leaves	Leucorrhoea
32	*Hybanthusenneaspermus* L.	Violaceae	Ratnapurusha	Shrub	Leaves	Fertility
33	*Kalanchoepinnata* (Lam) F., Muell	Violaceae	Ratnapurusha	Shrub	Leaves	Fertility
34	*Lawsoniainermis* L	Lythraceae	Gorintaku	Shrub	Leaves	Anemia curing

						pregnancy
35	*Limnoacrenulata*Roxb.,	Rutaceae	Torraveluga	Shrub	Stem bark	Post partum problems
36	*Mimosa pudica* L.,	Mimosaceae	Attipathi	Herb	Leaves	Menorrhagia
37	*Mirabilis jalapa* L	Nyctaginaceae	Chandrakantha	Shrub	Tubers	Leucorroea& induce fertility
38	*Ocimum sanctum* L	Laminaceae	Tulasi	Herb	Seeds	Emmenagogue
39	*Pedalium murex* L	Pdaliaceae	Enugupallera	Herb	Fruits	Fertility
40	*Pterocarpusmarsupium*Roxb	Fabaceae	Yegisa	Tree	Stem bark	Contraceptive
41	*Pterospermumxylocarpum* (Gaertn) Sant& Wang	Sterculiaceae	Lolugu	Tree	Leaves	Leucorrhoea
42	*Phyllanthusfratemus* L	Euphorbiaceae	Nelausiri	Herb	Whole plant	Urinary disorders
43	*Rauvolfia serpentine* (L) Benth.exKurz	Apocynaceae	Pathalagaridi	Tree	Roots	Gonorrhoea&Labour pain
44	*Ricinuscommunis* L	Euphorbiaceae	Amudamu	Shrub	Roots	Easy delivery
45	*Semecarpusanacardium*L.f.,	Anacardiaceae	Nallajeedi	Tree	Fruits	Menstrual disorders
46	*Sidacordifolia* L	Malvaceae	Nunnapaku	Shrub	Leaves	Leucorrhoea
47	*Sidarhombifolia* L	Malvaceae	Gubatada	Shrub	Leaves	Main nutrition during pregnancy
48	*Solanumnigrum*.L	Solanaceae	Buddakase	Herb	Whole plant	Menorrhagia and Piles
49	*Sorghum vulgare* L.	Poaceae	Jonnalu	Shrub	Roots	Gonorrhoea
50	*Soymidafebrifuga* (Roxb) A.Juss.,	Meliaceae	Somichettu	Tree	Stem bark	Postpatern care
51	*Sterculiaurens*Roxb.,	Sterculiaceae	Kovellachettu	Tree	Stem bark	Labour pain
52	*Tabernaemontanadivaricata* L.,	Apocynaceae	Nandivardhanam	Shrub	Roots	Anticeptic after delivery
53	*Tinosporacardifolia* Wild	Menispermaceae	Tippateega	Climber	Flower	Menorrhagia
54	*Urgineaindica* (Roxb) Kunth	Liliaceae	Adiviulli	Herb	Bulb	Abortion
55	*Vetiveriazizanioides* L	Poaceae	Vativeru	Herb	Roots	Typhoid during Pregnancy

In the present Paper deals with 55 plant species of belonging to 34families used in various women disorders and reproductive ailments like Leucorrhoea, menorrhagia, gonorrhea, menstrual disorders, contraction of uterus, fertility and abortion, labour pain, post patum problems and as contraceptives. In the present study two plant species *Anamirtacocculus* and *Ferula asafetida* and 33 uses have been newly reported (Jain 1991).The aboriginals and rural folk freely make use of modern medicines for cure of ailments other than gynecological complaints, but for gynecological complaints, they are generally bashful and hesitate to go in for medicaments from hospitals or health centers. Instead, they prefer to consult private, local medicine men or witch doctors of their own community so as to keep secrecy, as far as possible about diseases of their own or their family members. As the results are highly satisfactory to the local population, they have great faith in it. Thus, the acceptability of these preparations is quite high in population. However, a chemical and pharmacological screening of these recipes is essential to isolate the active principles and to detect the mechanism involved. Ethano-botanical uses of many of the above mentioned botanical and their uses have been supported by literature (Dey 2011a, b; Dey and De 2010c; 2011b).

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