

STUDIES ON ETHNOBOTANY OF MATHURA DISTRICT-I PLANTS USED AGAINST SOME COMMON AILMENTS

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ABSTRACT

The Present paper deals with an account of native plants of Mathura district whose parts are used to cure certain common ailments. Information collected has been obtained by personal contact during field trips with the local herbal vendors, sadhus and tribesmen. The plants are arranged alphabetically. For each specific ailment botanical name, family vernacular name and uses of plants parts are discussed.

Key word- Ailments, ethanobotany, plant,

I. INTRODUCTION

Human beings and plants have an eternal relationship. Although the plants can survive without human beings but human being can not even think of life without plants. Despite astronomical; progress made in technology, most of our day-to-day needs are still met by plants growing around us. Due to population explosion and lack of sustainable conditions drugs are becoming great necessity to mankind. The knowledge of herbal medicines is being lost, as traditional culture collapse due to shifting of rural young men to urban areas. Thus there is an urgent need of conservation of this knowledge. We are fortunate to have a rich heritage in the form of information available from rural areas gathered by them through experience of generation in the form of folklore medicine.

Mathura, a border district of uttar Pradesh lies in between 27° 14' to 27° 58' N and 77° 17' and 78° 12' E with an area of 3769 sq. km. (Joshi, 1968). It has good vegetation and different types of human settlements due to adjoining state of Haryana, Rajasthan, and Madhya Pradesh. The Population of this area believes in district traditions and taboos in their lives. People are usually dependent for their necessities from the adjacent environmental resources particularly on the vegetational wealth; as such local people have certain tradition to cure prevailing human ailments.

The literature indicates that so far very little work has been come on Ethnobotany of Mathura and Ethnomendicinal Plants except Singh and Dhakre (1989), Jain (1968), Chopra et al., (1956), Kirtikar and Basu (1918).

II. MATERIAL AND METHODS

Interviews with several local medicine men, Sadhus, Vaidyas and patients were conducted. Information collected at various places of District Mathura has been arranged systematically. Plants are arranged alphabetically along with botanical name, vernacular name, parts used against common ailment.

III. LIST OF PLANTS USED

1. Antiviral:-

- i) *Vetiveria zizanioides* (Linn.) Nash (Poaceae) Khaskhas –Dried Roots.

1. Blood Purifier:-

- i) *Achyranthes aspera* (Linn) (Amaranthaceae)-Uta charchita – Roots & Leaves.
- ii) *Asparagus racemosus* Willd. (Liliaceae) – Satawar – Roots and stem.
- ii) *Azadirachata indica* A. Juss (Meliaceae) – Neem – Leaves and bark.
- iii) *Capparies decidua* (Fork) Edgew (Capparidaceae) Kareel – Fruits and Flower.
- iv) *Tribulus terrestris* Linn. (Zygophyllaceae) Gokhru – Decoction of Leaves.

2. Cough and Cold:-

- i) *Anogeissus latifolia* Wall. Cat. (Combretaceae)-Dhau – Leaves and branches
- ii) *Balanites aegyptica* Del. (Simarubaceae)- Hingota – Fruits and Leaves.
- iii) *Capparies deciduas* (Fork.) Edgew. (Capparidaceae) Kareel – Fruits used.
- iv) *Delonix regia* (Boj) Raf. (Caesalpiniaceae) Gulmohar – Juice of Flowers.
- v) *Ocimum sanctum* Linn. (Lamiaceae) Tulsi – Leaf, juice mixed with honey.
- vi) *Salvadora oleoides* Decne. (Salvadoraceae) Pilu – Leaf juice.
- vii) *Eucalyptus globulosus* Labiil. Voy. (Myrtaceae) Safeda – Leaf juice.

3. Diabetes:-

- i) *Azadirachata indica* A. Juss (Meliaceae) Neem – fresh leaf juice.
- ii) *Catharanthus roseus* Linn.(Apocynaceae). Sadabahar – Juice of plant.
- iii) *Eugenia jambolana* Hook (Myrtaceae) Jamun – Ripe Fruit and powder of seed.
- iv) *Momordica charantia* Linn. (Cucurbitaceae) Karela – Juice of Green Fruit.

4. Guinea worm infections:-

- i) *Asphodelus tenuifolius* – Cav. (Liliaceae) Polanga – Plant Juice.
- ii) *Citrullus Colocynthis* – (Linn). Schrad. (Cucurbitaceae) Parwal – Fruit and Plant juice.

5. Hydrophobia and Animal bite:-

- i) *Anagallis arvensis* Linn. (Primulaceae) Buchbucha – Decoction of plant.
- ii) *Heliotropium eichwaldi* Steud Ex Dc. (Boraginaceae) Papatbuti – Decoction of Leaves.
- iii) *Ipomoea pes- tigris* Linn. (Convolvulaceae) Ghiabati – Decoction of leaves.

6. Jaundice:-

- i) *Butea monosperma* (Lamk) Taub. (Fabaceae) – Tesu, DHAK – Plant juice.
- ii) *Datura innoxia* Mill. Gard. (Solanaceae) Dhatura – Fruit, Leaves.
- iii) *Saccharum officinarum* Linn. (Poaceae) Ganna – Stem Juice.

iv) *Tinospora cordifolia* (Wild) Miers. (Menispermaceae) Giloy – Leaf Extract.

7. Leprosy:-

i) *Cassia fistula* Linn. (Caesalpiniaceae) Amaltas – Fruit powder.

ii) *Commelina benghalensis* Linn. (Commelinaceae) Kankawwa – Decoction of whole plant.

8. Leucoderma:-

i) *Abrus precatorius* Linn. (Fabaceae) Ratti – Friut powder.

ii) *Balanites aegyptiaca* Del. (Simraubaceae) Hingota – Fruits powder.

9. Malaria:-

i) *Adhatoda vasica* Nees (Acanthaceae) Arusa – Root powder.

ii) *Delonix regia* (Boj). Raf. (Caesalpiniaceae) Gulmohar-Flower Juice.

iii) *Tinospora cordifolia* (wild) Miers (Menispermaceae) Giloi – Plant juice used against periodic malaria.

10. Menstrual disorder:-

i) *Abrus precatorius* Linn (Fabaceae) Ratti – Paste of roots.

ii) *Achyranthes asper* Linn. (Amaranthaceae) Ulta chirchita – Leaf juice mixed with milk.

iii) *Saraca indica* L.Mant. (Caesalpiniaceae) Ashoka – bark.

11. Night Blindness:-

i) *Asparagus racemosus* Wild. (Liliaceae) Satawar – Decoction of the whole plant

12. Scorpion bite, Bee Stings and Snake bite:-

i) *Achyranthes aspera* Linn. (Amaranthaceae) Ulta chirchita – Decoction of roots with black pepper.

ii) *Ailanthus excelsa* Roxb. (Simarubaceae) Arru – Leaf juice.

iii) *Calotropis procera* (Ait). Rbr. (Asclepiadaceae) – Aak – Latex of stem, leaves.

iv) *Chloris virgata* Sw Fl. Ind. Occ. (Poaceae) – Plant juice.

v) *Heliotropium eichwaldi* – Steud Ex. Dc (Boraginaceae) – Leaf Decoction.

13. Skin infection:-

i) *Azadirachta indica* A.juss. (Meliaceae) Neem – Decoction of leaves.

ii) *Balanites aegyptiaca* Del. (Simarubaceae) Hingota- Fruits paste.

iii) *Capparis sepiaria* Linn. (Capparidaceae) Hiens – Decoction of Leaves.

iv) *Eclipta prostrate* Linn. (Compositae) kala Bhangra – Decoctions of Plant.

v) *Justicia simplex* D.Don. (Acanthaceae) – Decoction of leaves.

vi) *Tinospora cordifolia* (Wild) Miers. (Menispermaceae) Giloi – Leaf extract.

14. Urinary Complications:-

i) *Acacia nilotica*. (Linn) Del. (Mimosaceae) Babul – Leaves Mixed with sugar candy.

ii) *Cynodon dactylon*. (Linn) Piers (Poaceae) Doobghas – Plant juice.

iii) *Tribulus terrestris* Linn. (Zygophyllaceae) Gokhru – Decoction of Leaves.

iv) *Urena lobata* Linn. (Malvaceae) Vilayti san – Decoction of roots.

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