

Research Article

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Ethnomedicinal uses of some plant studies Mancherial and Jannaram reserve forest division of Adilabad district, Telangana State, India

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Abstract

The present study deals with the exploration of tribal knowledge on medicinal plants used for human ailments by tribes of Mancherial and Jannaram Forest Divisions of Adilabad district, Telangana State. The Ethnomedicinal applications of plants to manage human ailments in the study area were assessed through a survey conducted during 2007-2013. First hand information on ethnobotanical recipes, dosage and their mode of administration etc., was gathered from herbal practitioners of Kolam, Naikpod, Pardhan, Gond, Thoti, Chenchu and Mathura tribes. The survey reported 68 plant species belonging to 33 families are presented in this paper. The detailed botanical name, local uses, local names, preparation and administration for diseases treated were recorded for each species. The study has brought to light some interesting data on plants which form a potential source of information for new bio-dynamic compounds of therapeutic value in phytochemical researches. As the exploitation of raw materials of these species is high in this area, there is an urgent need for their conservation.

Keywords: Ethno medicinal plants, Adilabad district, Mancherial forest, Jannaram forest, Telangana State.

Introduction

The term ethnobotany was first coined by an American botanist.¹ Plants are intimately associated with the life of men and other animals, fulfilling all their daily needs. Men are especially concerned when they need medicines for various ailments. It is observed that animals heal themselves by eating particular plants when they are ailing. This is true even with domesticated animals. The animals select required plants accurately if they are available in the vicinity and do not confuse them with species which look very similar and may confound even a good plant taxonomist. This knowledge is inborn in animals as an instinct. It can be assumed that such as instinct was present with early human beings also. The data on medicinal plants used by various tribal communities has been collected during the past six years i.e., January 2007 to December 2013, the author has surveyed 30 locations which include gudems and remote places at small habitations in deep forest areas, The study area representing under 10 mandals viz., Bellampalli, Chinnur, Ichoda, Jaipur, Jannaram, Kerimeri, Sirupur(u), Tiryani, Utnoor and Wankidi Mandals of Adilabad district. The area under investigation was searched for medicinal plants used by the tribal communities like Kolams, Naikpods, Pardhans, Gonds, Thotis, Chenchus and Mathuras of Adilabad district, particularly of their knowledge on "Art of healing".

Study Area

Mancherial Forest Division lies in the South-East Part of Adilabad District, between latitudes 18° 40' 10" and 19° 8' 42" N and longitudes 79° 10' 15" and 79° 57' 53" E. The Geographical area of the Division is 2328.56 Km², which constitutes 14.4% of the total area of the District. The elevation of hill ranges varies from 135m – 540m from MSL. The highest point in the Division is 556m from MSL. Godavari and Pranahitha are the major rivers of the division.

The temperature varies from 9°C to 48°C. The average annual rainfall of the division is 1100mm received mainly from the south-west monsoon. The soils in Mancherial Division ranges from Black cotton, Chalka sandy loam, Red loams to Saline and Alkaline soils. The Black cotton, Chalka and Red loamy soils are found throughout the division and the sandy loams are found mostly in the middle portion of the division. Coal is found in the Barakar sand stone Gondwanas and the Limestone deposits are found in Rally block well situated for cement manufacture. The total population of the Division is 0.51million (2001Census). The Per capita forest area is 0.23 ha. The population density is 220 persons per Km².

Jannaram Forest Division lies in the Adilabad District, between latitudes 18° 55' 21" and 19° 21' 5" N and longitudes 78° 45' 10" and 79° 14' 5" E. The Geographical Area of the Division is 925.27Km², which is 5.7 % of the total area of the District. The Northwest corner of this Division is the Birsai pet plateau is 396m above mean seal level. This plateau is all undulatory and drains from either side, into Peddavagu, which runs across the plateau from North-East to South-West. Land use pattern of the Division, The temperature varies from 15°C to 45°C. Average annual Rainfall of the division is 750mm received mainly from south-west monsoons. In the Kawal Wildlife Sanctuary about 30 seasonal streams are identified. The area serves as a catchment for many streams, which drain into Kaddam reservoir and Godavari River. There are a large number of small, medium and big tanks scattered throughout the division inside and outside the Reserve Forest.



Figure 1: Tribal Thanda on the way of Kawal Sanctuary at Jannaram



Figure 2: Tribal Thanda on the way of Kawal Sanctuary



Figure 3: Author interacting with Kolam healer



Figure 4: A social gathering of Kolams in a hut



Figure 5: Mancherial forest division of Adilabad



Figure 6: Gond gudam at Mancherial forest division of Adilabad



Figure 7: Women collecting Hahua flowers

Review of ethnobotanical explorations of Adilabad district

Ravishankar (1990) did his Ph.D on Ethnobotanical Studies in Adilabad and Karimnagar Districts.² Ravi Shanker and Henry (1992) were published a note on the medicinal plant wealth of Adilabad district.³ Veadavthy *et al.* (1996) reported on A: Tribal Medicine of Chittoor District, Andhra Pradesh (India), Herbal Folk Research Centre, Tirupati.⁴ Pullaiah *et al.* (1992) reported Ethno medicinal plants of the district and they provided scientific and vernacular names for each species.⁵ Mubeen *et al.*; (2004-2005) prepared an inventory of important medicinal plants of Adilabad district of Andhra Pradesh.⁶ Swamy, NSNS (2008) reported 366 Ethno medicinal plants used by tribes in the Adilabad District, in UGC Minor research project under plan1.⁷ In the present work, an attempt is made to present some interesting ethnic medicinal

observations recorded in the Nirmal forest division, Adilabad district of Andhra Pradesh, India. Rama Krishna submitted his thesis on “Ethno botanical Studies of Adilabad District, A.P. India.”⁸

Methodology

The work is aimed to record the traditional medicinal practices of the Tribal communities of Adilabad district, Botanical identification and herbarium preparation of the plants used by them, to record the methodology followed by them in diagnosis during administration and curing of the disease and to document the scientific data for future reference/studies. An attempt has been made to gather information from the tribal communities such as Kolams, Naikpods, Pardhans, Gonds, Thotis, Chenchus and Mathuras as these communities are directly interlinked with Nature and having a symbiotic relationship with the medicinal plants in the region. Traditional knowledge systems of these communities have been evolved over the years through the centuries and their skills and innovations based on their experiences. Such knowledge has been flowing from one generation to another. Intensive field work was undertaken by the author for a period of six years from January 2007 to December 2013. Locally well known traditional healers and elders of tribal communities were identified and interviewed. The herbarium of the medicinal plants is prepared from time to time in each season for the first three years and duly identified. Standard methods of botanical collection and techniques of herbarium preparations were followed as suggested.⁹⁻¹¹ The plant specimens were identified along with notes on their habitat and ecological importance using the district, regional and state flora’s published by earlier workers viz., Flora of the Presidency of Madras, Flora of Adilabad District.^{5, 12} Plants have been collected in flowering and fruiting stages. Herbarium of plant specimens is prepared and tagged with collection number. Vouched specimens were prepared for the record. About 40 voucher specimens are submitted to the Department of Botany, Osmania University for future reference. The traditional healers who are currently practicing traditional medicine were identified and interviewed by the author from time to time during the field survey. Information on the preparation of the medicine, dosages, method and time of administration of the drugs was recorded along with the recipes prescribed by the healers. Vernacular names of plants were also recorded. Photographs of plants were taken during field work as a part of the documentation.

Enumeration

In the enumeration, the taxa arranged alphabetically. The name, disease and medicinal uses. name of the species is followed by, family name, local

Table 1: Ethnobotanical uses of leaves of some medicinal plants used by the tribes in Adilabad district

| S. No | Botanical name /family Name | Vernacular Name | Preparation/administration | Disease/ailment |
|-------|--|--------------------------|---|-------------------------------|
| 1 | <i>Abutilon indicum</i> (Linn.) Sweet (Malvaceae) | Botla benda | Leaves and stem bark chewed and the sap swallowed. / 150gm of leaf paste soaked in 250 to 300ml of conjee in a mud pot and tied with lid. The soaked pot kept in soil for 3to 4 days for fermentation. About 50ml of fermented leaf extract administered daily, twice for three days. | White leucorrhoea |
| | | | Half teaspoon of leaf paste administered orally twice in a day. | Abdominal diseases |
| 2 | <i>Achyranthes aspera</i> L. (Amaranthaceae) | Uttareni | Leaf juice applied externally as a lotion. | Burns |
| | | | Leaf paste rubbed over the bitten area. | Scorpion sting |
| 3 | <i>Aegle marmelos</i> (Linn.) Correa (Rutaceae) | Bilva, Patri | Leaf paste used as an external application. | Ulcers, maggot infested sores |
| | | | Leaves along with those of <i>Dolichandrone falcata</i> (each 50g), a pinch of common salt and turmeric are crushed with goat's milk, extract used as an eye drops twice a day for until cure | Opacity of cornea |
| 4 | <i>Ageratum conyzoides</i> Linn. (Asteraceae) | Gana gaaju | 1-2 teaspoons of leaf extract administered twice a day for 2-3 months. | Kidney stones |
| 5 | <i>Andrographis paniculata</i> (Burm. f.) Nees (Acanthaceae) | Nelavemu | 10-15g of leaves are crushed with 2-3 pepper, extract given daily once for three days. | Jaundice |
| 6 | <i>Argyreia nervosa</i> (Burm. f.) Boj. (Convolvulaceae) | Kokkita tiga. | Leaf paste is applied over the affected area and bandaged with soft cotton cloth thrice in a week | Hydrocele |
| 7 | <i>Barleria prionitis</i> Linn. (Acanthaceae) | Poddupulupu poola chettu | 7-8 leaves are chewed and sap swallowed. | Mouth ulcers |
| | | | Leaf paste applied over the affected area. | Toothache |
| 8 | <i>Biophytum sensitivum</i> (Linn.) DC. (Oxalidaceae) | Atipatti | Two fistful of leaves boiled in a bucket of water and same used for a bath. | Body pains |
| | | | Leaf paste applied over the affected area daily, twice for until cure | Hydrocele |
| 9 | <i>Bridelia montana</i> (Roxb.) Willd. (Euphorbiaceae) | Balli chettu. | Half teaspoonful of leaf pastes administered daily, twice for until cure. | Cold in children's |
| 10 | <i>Caesalpinia bonduc</i> L (Caesalpinaceae) | Gachaaku. | The boiled leaf paste is poultice daily once for a fortnight | Hydrocele |
| 11 | <i>Caesalpinia bonduc</i> (Linn.) Roxb. (Caesalpinaceae) | Gaccha. | Slightly warmed leaf decoction poured over the affected area daily, twice for 2-3 months | Paralysis |
| 12 | <i>Cassia occidentalis</i> L. (Caesalpinaceae) | Kasinindu. | Half teaspoon of leaf extracts administered twice or thrice in a day. | Indigestion |
| | | | Leaf juice used as a lotion | Wounds |
| | | | Leaf juice used as an eye drops | Eye diseases |
| | | | 50gm of leaves crushed with 5gm of <i>Plumbago zeylanica</i> (Chitramoolam) root, paste | Rheumatism |

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| | | | administered with a cup of milk. | |
| 13 | <i>Cassia tora</i> L (Caesalpinaceae) | Chinnatanthemu | Leaf paste used as an external application. | Maggot infested sores |
| | | | Leaf juice used as a lotion. | External tumours |
| | | | Leaf paste used as an eyetex. | Eye diseases in children |
| | | | The leaves are cooked and eaten in anemia | Anemia |
| 14 | <i>Celosia argentea</i> Linn. (Amaranthaceae) | Batukamma puvvu, | Leaves used as a vegetable | Stomache ache |
| 15 | <i>Cleome gynandra</i> Linn. (Cleomaceae) | Vaminta | Leaf juice used as an ear drops. | Ear ache |
| | | | Half teaspoon of leaf juice administered daily twice for 2-3 days. | Cold |
| | | | 10gm of leaves crushed with the same quantity of pepper and garlic, extract administered daily once for three days after completion of menstrual period. | Fertility to women |
| 16 | <i>Cocculus hirsutus</i> (Linn.) Diels (Menispermaceae) | Dusaari, Dussra | Tender leaves used as a curry. | Mouth ulcers |
| | | | Three teaspoons of leaf juice taken daily twice for until cure. | White leucorrhoea |
| | | | Two teaspoons of leaf juice administered daily twice for three days. | Malaria |
| 17 | <i>Derris scandens</i> (Roxb.)Benth (Papilionaceae) | Nalla teega | Leaf juice use as an ear drops. | Ear ache |
| | | | Leaf juice with some other ingredients are crushed, extract (two teaspoons) administered daily once for a month. | General debility |
| 18 | <i>Derris scandens</i> (Roxb.) Benth (Papilionaceae) | Nalla teega | Leaf crushed with OT brandi, extract (five teaspoons) administered daily once for 1-2 months. | Increase potency, nervous diseases |
| | | | 10-12ml of leaf decoction administered with a pinch of pepper powder daily twice for three days. | Cold, cough, neck pain |
| 19 | <i>Digera muricata</i> (Linn.) Mart. (Amaranthaceae) | Pindikura | Leaves used as a vegetable. | Constipation |
| 20 | <i>Diospyros chloroxylon</i> Roxb. (Ebenaceae) | Illinja, Ullintha | Leaf paste used as an external application. | Burns |
| | | | One teaspoon of leaf paste administered with one cup of curd thrice in a day. | Diarrhoea |
| 21 | <i>Diplocyclos palmatus</i> (Linn.) C. Jeffrey (Cucurbitaceae) | Sivadonda | Slightly warmed leaf juice used as a lotion | Rheumatic swellings in cattle |
| 22 | <i>Enicostemma axillare</i> (Lam.) A. Raynal (Gentianaceae) | Raeshkha, Resca | 20-25ml of leaf extract administered twice a day for three days | Menstrual pains |
| 23 | <i>Euphorbia hirta</i> L (Euphorbiaceae) | Macchaaku | 5-10g of fresh leaf paste administered daily once at early morning for three days. <i>Diet</i> : Only cow milk with rice is taken | Jaundice |
| 24 | <i>Gloriosa superba</i> L (Liliaceae) | Nabhi | Leaf paste used as an ointment | Rheumatic pains |
| 25 | <i>Gymnema sylvestre</i> (Retz.) R. Br. ex Schult. (Asclepiadaceae) | Poda patri | One teaspoon of leaf powder administered twice or thrice in a day. | Gastric troubles |
| | | | Half teaspoon of leaf powder administered daily | Diabetes |

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| | | | twice for 5-6 months. | |
| | | | Leaf juice used as an eye drops. | Eye diseases |
| 26 | <i>Hygrophila auriculata</i> (Schum.) Heine (Acanthaceae) | Goriti, Gotamiti, Neeru gobbi | Leaves used as a curry daily once for three days | Body swellings, Rheumatism |
| 27 | <i>Hyptis suaveolens</i> (Linn.) Poit. (Lamiaceae) | Maa beera | Leaf juice used as lotion and also leaf extract (12-15ml) taken thrice in a day | Snake bite |
| 28 | <i>Ipomoea obscura</i> (Linn.) Ker.-Gowl. (Convolvulaceae) | Golamaddi tiga | Half teaspoon of leaf extract administered thrice in two hours. | Acute stomachache |
| | | | 100gm of leaf paste boiled in 300gm of gingelly oil (<i>Sesamum indicum</i>), decoction administered daily once for fortnight. | Horn cancer |
| 29 | <i>Leucas aspera</i> (Willd.) Link (Lamiaceae) | Tummi. | Leaf paste used as an ointment on temples. | Headache |
| | | | Leaves used as a curry. | Aphrodisiac |
| | | | 1-2 drops of leaf juice used as an eye drops. | Evil spirits: |
| 30 | <i>Maytenus emarginata</i> (Willd.) Ding Hou (Celastraceae) | Danthi | Leaves crushed with those of <i>Ximenia americana</i> (Adavi nakkera), paste used as an external application | Boils, wounds |
| 31 | <i>Pentanema indicum</i> (Linn.) Ling (Asteraceae) | Aggikoora chettu | Leaf juice used as a lotion | Insect bite |
| 32 | <i>Pergularia daemia</i> (Forssk.) Chiov. (Asclepiadaceae) | Gutaguta, juttuputiga | Leaf juice mixed with sufficient quantity of wheat flour, paste applied and tied with bandage | Gout |
| 33 | <i>Phyllanthus reticulatus</i> Poiret in Lam. (Euphorbiaceae) | Nalla puscheru | 20-30ml of leaf decoction administered daily once for a week | Piles |
| 34 | <i>Plumbago zeylanica</i> L (Plumbaginaceae) | Chitramoolum. | Leaves used as a curry | Fever |
| 35 | <i>Pouzolzia auriculata</i> Wt (Urticaceae) | Endriga tuppa | Leaf paste used as an ointment | Leucoderma |
| 36 | <i>Premna tomentosa</i> Willd. (Verbenaceae) | Naguru | Four teaspoons of leaf decoction administered twice a day for three days | Diuretic |
| 37 | <i>Pupalia lappacea</i> (Linn.) Juss. (Amaranthaceae) | Antudu chettu, | 10-12gm of fresh leaf paste mixed with 50-60ml of <i>Sesamum indicum</i> oil, mixture administered weekly once for fortnight. | Bone fracture |
| 38 | <i>Sida acuta</i> Burm.f. (Malvaceae) | Ganne tuppa | Leaf paste used as an external application. | Skin diseases |
| | | | Leaves crushed with sufficient quantity of turmeric and common salt, paste used as an external application. | To seal the holes of iron tins |
| 39 | <i>Sida cordata</i> (Burm.f.) Borssum (Malvaceae) | Paavani | Leaves crushed with those of Seethapalam (<i>Annona squamosa</i>), paste applied externally | Body tumors Boils, cuts |
| 40 | <i>Solanum americanum</i> Miller (Solanaceae) | Mutyala chettu | Leaf juice smeared as a lotion. | Body swellings |
| | | | Two teaspoons of leaf extract administered orally after three consecutive days. | Fertility to women |
| 41 | <i>Tinospora cordifolia</i> (Willd.) Miers ex Hook. | Tippa teega. | Leaf paste used as an external application. | Wounds |

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| | f. & Thoms. (Menispermaceae) | | | |
| 42 | <i>Tinospora malabarica</i> (Lam.) Miers (Menispermaceae) | Kodipurru tiga. . | Leaves chewed and paste kept on affected teeth to overnight in the mouth. | Rotting of teeth |
| 43 | <i>Tylophora indica</i> (Burm.f.) Merr. (Asclepiadaceae) | Mekhameyani aku | Ten fresh leaves crushed with sufficient quantity of conjee, extract administered orally | Vomiting of poison |
| 44 | <i>Vitex negundo</i> Linn. (Verbenaceae) | Tella vavili | Two fistful of leaves boiled in water and the same is used as a bath water. | Rheumatic pains, body pains, postnatal complaints |
| | | | Freshly chapped leaves used as a pillow | Lice killer |
| 45 | <i>Woodfordia fruticosa</i> (L.) Kurz. (Lythraceae) | Gaddapotica. | 1-2 teaspoons of leaf decoction administered daily twice for until cure | Diarrhoea |

Table 2: Ethnobotanical uses tender tips of some medicinal plants used by tribes of Adilabad district

| S. No | Botanical name /family name | Vernacular Name or local name | Preparation/administration | Disease/ailment |
|-------|---|-------------------------------|--|-----------------|
| 1. | <i>Ardisia solanacea</i> Roxb. (Myrsinaceae) | Kondamamidi | Fresh tender tips (six pieces) are consumed thrice a day for two days | Cough |
| 2. | <i>Caesalpinia bonduc</i> (Linn.) Roxb. (Caesalpiniaceae) | Gaccha. | 2-3 teaspoons of tender tips decoction administered daily twice for a week. | Fever |
| 3. | <i>Dendrobium herbaceum</i> Lindl. (Orchidaceae) | Radam. | The tender tips juice is used as an ear drops daily twice for until cure | Earache |
| 4. | <i>Digera muricata</i> (Linn.) Mart. (Amaranthaceae) | Pindikura | Tender tips extract (10-15ml) administered daily once for until cure | Kidney stones |
| 5. | <i>Maytenus emarginata</i> (Willd.) Ding Hou (Celastraceae) | Danthi | Tender shoots chewed and the sap swallowed | Mouth ulcers |
| | | | Tender tips crushed with those of <i>Diospyros chloroxylon</i> (Ullintha) each 10gm, mixed in one cup of curd, extract administered twice or thrice in a day | Diarrhoea |
| 6. | <i>Sarcostemma acidum</i> (Roxb.) Voigt (Asclepiadaceae) | Konda pala | Tender tips juice used as an ear drops | Ear ache |
| 7. | <i>Soymida febrifuga</i> (Roxb.) Juss (Meliaceae) | Somidi. | Half teaspoon of tender tips paste mixed in a cup of <i>Phoenix sylvestris</i> toddy, extract administered daily twice for a week. | Body pains |
| 8. | <i>Vitex negundo</i> Linn. (Verbenaceae) | Tella vavili | Tender tips paste applied over the temples and forehead | Migraine |
| | | | Half teaspoon of tender tips paste administered daily twice for three days | Fever |
| 9. | <i>Ximenia americana</i> (Olacaceae) | Nakkera | Two teaspoons of tender tips paste administered with one cup of milk | Gastric trouble |

Table 3: Ethnobotanical uses fruit of some medicinal plants used by tribes of Adilabad district

| S. No | Botanical name /family name | Vernacular Name or local name | Preparation/administration | Disease/ailment |
|-------|--|-------------------------------|---|-----------------------|
| 1 | <i>Buchanania lanzan</i> Spreng. (Anacardiaceae) | Morri Morli | Fruit pulp used for preparation of ale. | Preparation of Ale |
| 2 | <i>Capparis zeylanica</i> Linn. (Capparaceae) | Adonda | Ripen fruits consumed daily twice for fortnight | Diabetes |
| 3 | <i>Celastrus paniculatus</i> Willd. (Celastraceae) | Maneru tiga | 15g of fruits are consumed daily twice for until cure | Dysentery |
| 4 | <i>Ceriscoides turgida</i> (Roxb.)Tirvengadam (Rubiaceae) | Tella velaga kaya | Fruits edible, fruits are cooked and taken in anemia and constipation | anemia |
| 5 | <i>Ficus hispida</i> Linn.f. (Moraceae) | Bommidi, Budda chettu | Ripen fruits (4-5) consumed daily once for until cures | Diabetes |
| | | | Tender leaf juice used as a lotion | Ulcers, Burns, wounds |
| 6 | <i>Ipomoea obscura</i> (Linn.) Ker.-Gowl. (Convolvulaceae) | Golamaddi tiga | Fruit paste used as an external application | Body pains |
| | | | Half teaspoon of fruit paste administered daily once for fortnight | General debility |
| 7 | <i>Pergularia daemia</i> (Forssk.) Chiov. (Asclepiadaceae) | Gutaguta, juttuputiga | 10ml of flower and fruit extract administered daily twice for three days | Cold |
| 8 | <i>Phyllanthus emblica</i> L. (Euphorbiaceae) | Usiri | Fruit juice is mixed with garlic juice is dropped in dental problems. | Dental problems |
| 9 | <i>Semecarpus anacardium</i> Linn.f. (Anacardiaceae) | Jedi | Fruit pulp applied over the affected area. | Whitlow, foot cracks |
| | | | Fruit pulp used as an external application | Gout |
| | | | One fruit crushed with one garlic bulb (<i>Allium sativum</i>), six peppers (<i>Piper nigrum</i>) and 5gm of jiggery, paste made into three balls and administered daily once for three days in three consecutive days. | Fertility to women |
| 10 | <i>Solanum anguivi</i> Lam. (Solanaceae) | Mulaka. | Two spoons of boiled fruit decoction administered daily once for three days | Cough |
| 11 | <i>Solanum surattense</i> Burm.f. (Solanaceae) | Rama mulaka | One teaspoon of fruit powder administered with a pinch of pepper powder daily once for 1-2 months | General debility |
| 12 | <i>Solanum torvum</i> Sw. (Solanaceae) | Chitra. | Three teaspoons of boiled fruit decoction administered twice a day for three days | Cough |
| 13 | <i>Terminalia chebula</i> Retz. (Combretaceae) | Karaka. | Fruits pulp chewed and sap swallowed daily twice for until cure | Throat infections |
| 14 | <i>Triumfetta rhomboidea</i> Jacq. (Tiliaceae) | Kusanga, Kusangi | Two teaspoons of fruits consumed daily once for 1-2 months | Galactagogue |

Results and Discussion

The present study encompasses the in-depth investigation on medicinal plants which are used in Ethnobotanical medicine by the local healers in the district of Adilabad, AP. The majority of the rural people of the district population depend on livestock rearing and agriculture farming activities. Illiteracy, ignorance, superstition, taboos are common among the rural population. An attempt is made to gather information from the Tribal communities such as Kolam, Naikpod, Pardhan, Gond, Thoti, Chenchu and Mathura. These communities are directly interlinked with nature and having a symbiotic relationship with the medicinal plants in the region. The author has recorded 68 plant species belonging to 33 families of medicinal plants which are used by the herbal practitioners for treating health care applications. The study showed that plants play an important role in the traditional system of medicine of the local population. The detailed description of local medicinal uses long with local names, part used, family and Botanical name, preparation and administration of medicinal plants in the area is given (Table-1, Table-2, and Table-3). Plant derived medicines are widely used because they are relatively safer than the synthetic alternatives, they are easily available and cheaper.¹³

The Traditional herbal medicine is commonly used by rural communities and they first consult the local healers for their ailments. Fresh juice of plants (main drug) is mixed with water, goat milk, butter milk and is a common practice by the healers of the district. The findings of the author have revealed that about 70 to 80 percentages of the patients have obtained permanent cure. The tribal communities of Adilabad are very well known for their “*Art of healing*”.

According to a report of the World Health Organization (WHO), three fourths of the World population cannot afford the products of the modern medicine and have to rely on the use of traditional medicine of plant origin.¹⁴ The study has revealed that the Adilabad district may be considered as a valuable source for the diversity of medicinal plants used in human medicine as indicated by the practices of tribal healers. Tribal people of the district are more prone to diseases like fevers, snake bite, scorpion sting, wounds, cold and cough, leucorrhoea, diabetes, body pains, diarrhea, tooth problems and especially the diseases like diarrhea, dysentery, vomitings etc.

Conclusion

The present study indicates that the primary health care of the inhabitants is taking care of local tribal communities. Healers never charge any fee for treatment however; they ask farmers to bring additives like pepper, chilies, curcuma powder, Jaggery etc. while preparing medicine. Valuable herbal practices which are being practiced by tribal communities of Telangana State have to be studied scientifically and it is important to document and publicize the ethno medicinal plant knowledge among the young generations to raise awareness of and appreciation for traditional values. It also helps to conserve the sustainable use of the plants as well as to keep the traditional medical knowledge. The tribes living in and around the forest area are very much dependent on herbal practices due to lack of communication and cost of allopathy.

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