



## Research Article

ISSN 2320-4818

JSIR 2018; 7(4): 92-99

© 2018, All rights reserved

Received: 27-11-2018

Accepted: 30-12-2018

### **P Sureshbabu**

Assistant Professor, Department of Botany, Govt. Degree College, Kukatapally, Medchal Malkajgiri, Telangana, India

### **N Ramakrishna**

Department of Botany, Sap College, Vikarabad, Vikarabad dist, Telangana state, India

### **Correspondence:**

#### **P Sureshbabu**

Assistant Professor, Department of Botany, Govt. Degree College, Kukatapally, Medchal Malkajgiri, Telangana, India  
Email: [sureshbtm@gmail.com](mailto:sureshbtm@gmail.com)

# Traditional botanical knowledge of local people of Anantagiri and Dhamagundam forest area, Vikarabad district Telangana state

*P Sureshbabu and N Ramakrishna*

## Abstract

The present study deals with the documentation and evaluation of medicinal plants used by the tribal people in the primary health care in and around Anantagiri and Dhamagundam forest area, Vikarabad district. About 40 villages have been chosen for the study and yielded a valuable knowledge of plant medicine of the locals. The resource persons are mostly lambadas, chenchus and some elderly people of local villages. The study started in the month of May, 2012 and went on up to May, 2014. It revealed valuable information about the ethno medicine of the local tribals of this Dist. About 137 plant species of 36 families have been documented in this study and an itinerary is prepared according to alphabetical order of the diseases, families along with the vernacular names, botanical names, drug formulation of drug formulation and methods of drug administration as told by the herbal practitioners. The present study is thus aimed at to understand i) To record the traditional medicinal practices of the Tribal communities of Vikarabad district. ii) The plants which are in use for curing the diseases them. Further, a detailed data regarding the efficacy of the drug and the curing efficiency level of the plant drugs used by the local as well as tribal communities of the district.

**Keywords:** medicinal plants, traditional botanical knowledge, tribals, disorder.

## INTRODUCTION

Documentation of Ethno botanical studies of any area has attained importance due to fast depletion of folklore knowledge and their uses because of modern life styles. The present use of modern medicine is increasing the vulnerability of human beings to various illnesses of unknown nature. The dominant allopathic systems of Medicine though providing treatment to many diseases also cause deleterious side effects on human body. All these factors are forcing the man to look for alternative sources more particularly from the plant origin. The usefulness and efficacy of the plants as curative agents of many human diseases is long known. Traditionally, the knowledge of plants as source of medicines for different diseases is well known through traditional medicinal systems of Ayurveda, Siddha, Unani, Homeopathy, Chinese's and Tibetan medicine. The vast tracts of Indian sub-continent and its rich flora and fauna are still to be explored. The people living in the forests and its vicinity and tribals are using many plants for several health problems. These people living away from the modern society, due to lack of proper health care, still depend on the folk lore medical practices for the primary health care. The ethno botanical survey of the area under study includes Vikarabad, Dharur and their surroundings of Vikarabad Dist. It is located on the central part of the Deccan plateau and lies in between 17° 20' and 18° 20' of North latitudes and 77° 54' and 79° 34' of East longitudes at Mean sea level 625.67mts. The forest cover is classified as a Southern Tropical Dry Deciduous type. Categorized, under group 5A/C-3 type of forest. The forest is of inferior type because of less rainfall, poor soil conditions and ever increasing biotic influence. The climate of the area is characterized by a hot summer of long duration and generally a dry weather, except during South-West monsoon season. The average annual rainfall is about 90mm, the bulk of which is received through the South West monsoon during June to September. The types of soils are predominantly black and red. The mandals under the study are partly covered by the forest area with interspersed human habitations, small villages and tribal thandas. Pullaiah studied about the flora in rangareddy district, Pullaiah T & Silar Moammed. M., 1999. *Flora of Vikarabad district*, (Regency Publications, New Delhi) [4]. They use many plants for various ailments as well as food, fibers and other uses. Many of these plants are endemic and not known to outer world. Ramachandra Reddy. P and Padma Rao. P., 2002. Survey of Plant crude drugs in folklore from Rangareddy district, Andhra Pradesh, India. *Indian Journal of Traditional Knowledge*,

Vol.1 (1), pp 20-25 [6]. The knowledge of plants using as medicines gained by the people through generation is being lost through passing generations. Due to lack of education, prevailing myths and misconceptions this knowledge could gradually lost under the pressure of human activities. Once we loose them it will be a permanent loss for us. Keeping in view of the above factors the present study has been under taken in the mandals of Vikarabad, Dharur and their surrounding areas. The information gained in this study will definitely be useful in preparing medicines and extracting active principle substances form the plants to help cure many ailments with better therapeutic value. Padma Rao & Ramachandra Reddy. P., 2000. Ethnomedical survey on plant drugs for cattle from Vikarabad district Andhra Pradesh, *J Swamy Bot Club*, 17-39 [5]. The study of chemical properties of the plant extracts and their efficacy evaluation scientifically will be useful in providing better Medicare for the rural people.

## METHODOLOGY

The present study includes the survey of nearly 40 villages in Vikarabad, Dharur mandals and their surroundings of Vikarabad Dist, during the last two year (May 2001 – May 2006). Several villages of the target area have been visited to find out resource persons, herbal practitioners and village heads. Resource persons with great known how pertaining to folklore practices were identified after conducting 2-3 trips to the villages. However a few villages were identified with the people having potential knowledge in use of medicinal plants for different ailments.

After establishing a better rapport with the villagers, herbal practitioners' information was gathered and documented. Although with best efforts to retrieve the information about the plants, their products used as curative agents by the herbal practitioners, only limited information could be collected. In certain of the cases local practitioners were reluctant to reveal the information due to myths and misconceptions. But the people who gave the information and helped us in this project were very open minded. Once they listened to our aims and objectives of the documentation, got realized and came forward openly to give their knowledge to be documented. Regular field trips were conducted to the villages of Vikarabad, Dharur, and other surrounding mandal villages. In interested cases, one or two long distance villages have also been covered to get the information during all seasons. The Ethno botanical data were collected and recorded following the standard procedures (Jain S.K, 1995.) by interacting with as many as 40 herbal practitioners and elders of the villages. Plant specimens were collected during the survey in different seasons and prepared herbarium specimens and identified with the help of floras. It is deposited with the Botany department SAP College, Vikarabad. The plant specimens collected were identified and cross checked with the Herbarium of Department of Botany, PG College of science, Saifabad, Osmania University. In this study the local (vernacular) name of plants being used, preparation of the drugs, methods of administration and precautions regarding food and avoidances and other practices were systematically recorded and documented. For identification and cross checking frequent visits were made to the Botany department Herbarium, P.G. College of Science Saifabad, Osmania University, Hyderabad.



Figure 1: Ananthagiri Reserve forest area, Ananthagiri Hills, Vikarabad Dist



Figure 2: Dhamandami Reserve Forest Area, Vikarabad Dist.

## ENUMARATION

1. *Acacia farnesiana* (L.) Willd.(Mimosaceae) Telugu: Kasturi tumma, Muriki tumma  
**Mad dog bite (Verri kukka katu):** 10 ml stem bark juice is given internally twice daily for three days
2. *Acacia nilotica* (L.) Del. (Mimosaceae) Telugu: Nalla tumma  
**Toothache:** Clean teeth with stem bark ash daily till cured.  
**Burns and Wounds:** Apply stem bark ash by mixing coconut oil till cured.
3. *Acalypha indica* L. (Euphorbiaceae) Telugu: Muripindi, Kuppinta  
**Ring worm:** Collect fresh leaf juice and add turmeric powder and salt in to it. Apply externally once a day till cured
4. *Acanthospermum hispidum* DC. (Asteraceae) Telugu: Kanigera alam, Guntakalagaraku  
**Cuts and wound s:** Leaves paste is applied on the affected part of the body once a day for 3-4 days.  
**Wounds:** Make fine paste with leaves by adding tea spoonful of curcuma powder. Apply this paste externally on affected part once daily till cured.
5. *Achyranthes aspera* L. (Amaranthaceae) Telugu: Uthareni, Chitikaalu,  
**Burns:** Apply leaf extract as a lotion for 2-3 days  
**Toothache:** 2 ml Leaves juice and dilute 1 g rock salt into it. Pour 2- 3 drops in to the ear. If the tooth pain is on right side pour drops in the left ear and vice versa.
6. *Aegle marmelos* (L.) Corr. (Rutaceae) Telugu: Bilvamu, Maredu,  
**Arthritis:** Make paste with leaves and mix equal quantity of sesame oil. Apply this paste externally on the affected part once a day till cured.  
**Dysentery:** 10 g of semi burnt fruit pulp is given twice a day for 2-3 days.
7. *Aerva lanata* (L) R.Br. (Amaranthaceae) Telugu: Pindikura  
**Abdominal pain:** 10 ml root decoction is given internally once in the early morning for 3 days
8. *Agave Americana* Linn. (Agavaceae) Telugu: Sakari matta  
**Ulcers:** 50 g leaf pulp is given with 1 g sugar for 30 days to cure ulcer completely.
9. *Ageratum conyzoides* L.(Asteraceae) Telugu: Ganagaju, Sahadevi  
**Burns:** Apply fresh leaf juice on the affected part.  
**Urinary infection:** 10 ml of leaf extract is given orally twice daily for three days
10. *Ailanthus excelsa* Roxb. (Simaroubaceae) Telugu: Pedda manu Peethiri manu  
**Leucorrhoea:** Make stem bark juice by adding 5g of *Piper longum* and 5g of *Cuminum cyminum*. 10ml juice is given thrice a day for one day.

11. *Alangium salvifolium* (L.f.) Wang (Alangiaceae) Telugu: Uduga,  
**Arthritis:** Grind together handful stem bark with five fruits of black pepper and wrap it in cotton cloth to dip in 250 ml of hot water for fifteen minutes. 100 ml of this solution is given internally for one time, repeat it after a week if necessary  
**Stomach pains:** Make leaf juice and add double quantity of cow ghee to the juice. Given this medicine orally once daily for three days
12. *Albizia amara* (Roxb.) Boivin (Fabaceae) Telugu: Narlingi  
**Fever:** 5 g each of stem barks of *Albizia amara*, *Azadirachta indica*, *Zizyphus oenoplia*, *Capparis zeylanica*, *Ricinus communis*, and *Cassia fistula* are pounded together to make powder and mix one tea spoonful of powder made into decoction in 100 ml of water and filtered. The decoction thus prepared is given internally twice a day for two days.
13. *Albizia lebeck* (Linn.) Willd. (Mimosaceae) Telugu: Dirisena, Pedda dirisenam  
**Scabies:** Grind 50g stem bark with 2 fruits of *Piper nigrum* and mix it into one glass (200ml) of water. 100 ml of this medicine is given internally thrice a day for one day.
14. *Allium cepa* L.(Liliaceae) Telugu: Ulligadda, Erragadda  
**Immunity:** Cut fresh onions and eat them as salad during lunch and dinner.
15. *Allium sativum* L.(Liliaceae) Telugu: Thella gadda  
**Swellings:** Bulb paste is applied on the affected part once day till cured.
16. *Aloe vera* (L.) Burm.f. (Liliaceae) Telugu: Kalabanda  
**Red discharge in woman:** Given 100 g leaf pulp with sugar once a day till cured.  
**Burning sensation while urination:** Given 50 g leaf pulp with 10 g glucose for 3 days.
17. *Alternanthera sessilis* (L.)DC (Amaranthaceae) Telugu: Ponnagantikura  
**Night blindness:** Make curry with leaves and given once a week.
18. *Alysicarpus monolifer* (L.) DC.(Fabaceae) Telugu: Amera  
**Wounds:** Apply leaf juice on wounds twice daily for three days.
19. *Amaranthus spinosus* L (Amaranthaceae) Telugu: Nalladoggata  
**Cuts and burns:** Apply fresh leaf juice on affected part. (P.Gopya, Chinagotti mukkala)
20. *Amaranthus tricolor* L.(Amaranthaceae) Telugu: Chirraku, Mulla thotakura  
**Scabies:** Root paste is applied (mix 0.5 g of sulphur for 100 g paste) externally once daily till cured.
21. *Andrographis paniculata* (Burm.f.)Wall. ex Nees ( Acanthaceae)  
**Controlling high BP:** Grind whole plant with 10 fruits each of *Piper longum*, and *Piper nigrum* and make 5 g of sized pills. One pill is given orally until comes to the normal.  
**Stomach pain:** One tea spoonful of powder is given internally through cow milk for one time. **Fever:** This plant is decocted with 3 fruits of black pepper. 10ml decoction is given internally thrice daily until cured.
22. *Annona squamosa* L. (Annonaceae) Telugu: Seethaphal  
**Arthritis:** Leaves paste is applied externally on affected part once daily till cured.
23. *Anthocephalus cadamba* (Roxb) Miq.Telugu: Rudraganam, Rudraganapa, Kadamba,  
**Dysentery:** 10 ml of stem bark juice is given with one glass of water once daily for three days.
24. *Argemone mexicana* L. (Papaveraceae) Telugu: Ulli vinjara, Yerrickusuma  
**Swellings:** Milk sap is applied externally on the affected part twice daily for 2-3days  
**Skin allergy:** Milk sap is applied externally on affected part once daily for 3-4 days.
25. *Argyrea nervosa* (Burm.f.) Bojer., Telugu: Samudrapala  
**Skin allergy:** Apply leaves paste on affected part once daily till cured.
26. *Aristolochia bracteolata* Lam (Aristolochiaceae) Telugu: Gadida gadapaku,  
**Stomach pain:** Grind 3 fresh leaves with 3 fruits of *Piper nigrum* and mix this into 20 ml water. 20 ml juice is given orally for one time only.
27. *Aristolochia indica* L.(Aristolochiaceae) Telugu: Nalla eswari  
**Skin infection:** 10 ml of root decoction is given internally once daily in the morning for a week.
28. *Asparagus racemosus* Willd. (Liliaceae) Telugu: Satavari, Callagadda, Pillipechara, Sithammavarijada, Chandamama gaddalu.  
**Mouth ulcers:** Make root powder along with seeds of *Abutilon indicum*. One tea spoon is given in morning with sugar.  
**Enhance breast milk:** The root powder is given to the mothers internally along with water or milk once a day for two weeks.
29. *Azadirachta indica* A. Juss. (Meliaceae) Telugu: Vepa  
**Fever:** 50 g stem barks of each of *Azadirachta indica*, *Zizyphus oenoplia*, *Capparis zeylanica*, *Ricinus communis*, *Cassia fistula* and *Albizia amara* boil in 1 liter of water for 15 minutes. 5 ml of decoction is given internally twice daily for 3- 4 days.
30. *Balanites aegyptiaca* (L.) Del. (Balanitaceae) Telugu: Gara chettu  
**Fever:** Crushed fruit is given internally through water once daily for three days  
**Immunity:** Leaf chutney is prepared and eaten once in week by locals during first rains (as on set of monsoon) to enhance immunity in their body to fight with the water borne disease.  
**Joint pains:** The pulp of dried fruit is used to cure joint pains in old people.
31. *Barleria prionitis* L. (Acanthaceae) Telugu: Mulla gorinta, Gattugolimiti  
**Toothache:** Chew the fresh stem piece for 5 min daily for 2 days.  
**Arthritis:** Roust fresh leaves and put them on affected part when they are slightly warm once daily till cured.
32. *Basella alba* L.(Basellaceae) Telugu: Bachali kura  
**Anemia:** Make chutney with leaves of *Basella alba*, *Moringa oleifera*. Eat this chutney twice a week for 3 weeks to enhance their hemoglobin percentage
33. *Bauhinia racemosa* Lamk. (Caesalpiniaceae) Telugu: Are, Aare chettu,  
**Arthritis:** Make decoction with stem barks of *Bauhinia racemosa*, *Semecarpus anacardium* and 30 ml is given internally once a day for two days.
34. *Biophytum sensitivum* (L.)DC.(Oxalidaceae) Telugu: Muduchu thamara  
**Cut and wounds:** leaf paste is applied externally once daily till cured.  
**Gonorrhoea:** 10 ml of root decoction is given internally once daily in the morning for 4 weeks.
35. *Boerhaavia diffusa* L., (Nyctaginaceae) Telugu: Atikamamidi  
**Anemia:** 10ml leaf juice is given through honey daily once for 15 days.

- Diarrhoea:** Make decoction with leaves and take 10ml orally twice daily till cured.
36. *Boswellia serrata* Roxb. (Burseraceae) Telugu: Andugu  
**Arthritis:** One tea spoon full of gum powder is given through a glass of goat milk daily once till cured.
37. *Brassica juncea* (L.) Czern.(Brassicaceae) Telugu: Avalu  
**Fever:** Apply seed oil on whole body mainly on chest part to control high fever particularly to the children.  
**Skin infection:** Semi roast the seeds and make a powder. Apply this powder along with coconut oil externally once a day for 4-5 days. (Elcha Pentaiah, Nastipur).
38. *Bridelia montana* Willd. (Euphorbiaceae) Telugu: Panchothkam  
**Dysentery:** One tea spoonful of stem bark powder is given internally along with one glass of warm water twice daily for 3 days
39. *Bridelia retusa* (L.) Spreng.(Euphorbiaceae) Telugu: Mulumaddi  
**Arthritis:** 50 g crushed stem bark is decocted in 100 ml sesame oil for 15 minutes and it is applied externally on affected part of the body once daily till cured.
40. *Bryonopsis laciniosa* (L.) Naud (Cucurbitaceae) Telugu: Ningi donda  
**Stomach pain:** Ground 10 g seeds along with 5 g of black pepper to make powder. 10 g of powder is given internally as single dose.  
**Arthritis:** Leaves are decocted with sesame oil and applied topically twice daily for 15 days.
41. *Buchanania lanzan* Spreng (Anacardiaceae) Telugu: Morri, Morlichettu  
**Infertility:** 15 g seed powder is given with goat or cow milk internally during bed time after fifth day of menstruation
42. *Butea monosperma* (Lamk.) Taub. (Fabaceae) Telugu: Mothuga, Moduga  
**Fever:** Make powder by the dry flowers of *Butea monosperma*, *Trachyspermum ammi*, *Cuminum cyminum*, *Piper nigrum*, *Zingiber officinalis*. Table spoon powder is given orally daily in the morning and evening till cured.  
**Intestinal worms:** 50 ml flower decoction is given orally for one time.  
**Infertility:** 50 ml of stem bark extract is given internally for three days to check conception.
43. *Caesalpinia bonduc* (L.) Roxb. (Caesalpiniaceae) Telugu: Gacha  
**Intestinal worms:** 5 g of seed pulp powder is mixed into one glass of water and given, twice daily till cured.
44. *Calotropis gigantea* (L.) R.Br. (Asclepiadaceae) Telugu: Jilledu, Nalla jilledu.  
**Arthritis:** Milk sap is applied externally on the affected part twice daily for three days.  
**Scorpion sting:** Milk sap is mixed into equal quantity of mango resin and applied externally at the place of sting for two times a day.  
**Burning sole:** Heat leaves on fire and put them on the ground and ask patient to step on these leaves for 15 minutes. Apply Sesame oil to sole before stand on leaves.
45. *Canavalia virosa* (Roxb.) Wt.&Arn. (Fabaceae) Telugu: Thamma kaya.  
**Ring worm:** Leaves extract is applied on the affected part once daily for three days.
46. *Canthium parviflorum* Lam.(Rubiaceae) Telugu: China balusu  
**Intestinal worms in children:** 3 ml of root extract is given internally once in the morning as a single dose.
47. *Capparis zeylanica* L. (Capparidaceae) Telugu: Adonda  
**Stomach pain:** 10 ml of stem bark extract is given orally twice daily till cured.
- Fever:** Collect 5 g stem barks each of *Capparis zeylanica*, *Azadirachta indica*, *Zizyphus oenoplia*, *Ricinus communis*, *Cassia fistula*, *Albizia amara* to make decoction in one liter of water. 20 ml of this decoction is given internally twice a day for two days.  
**Diabetics:** Ripe fruits are eaten twice in a day to control sugar level.
48. *Capsicum annuum* L. (Solanaceae) Telugu: Mirapa, Mirpakaya  
**BP control:** It regulate blood pressure to normal in low blood pressure patients (many rural folks)
49. *Cardiospermum halicacabum* L.(Sapindaceae) Telugu: Buddakaakara teega, Patapata  
**Wounds:** Grind 50 g leaves along with 5 g *Cuminum cyminum* to make paste and it is applied externally on affected part once a day for three days.  
**Arthritis:** 50 g leaves are decocted in 100 ml sesame oil and applied on affected part once daily till cured.
50. *Careya arborea* Roxb. (Barringtoniaceae) Telugu: Dudippa  
**Stomach pain:** 10 ml of stem bark extract is given internally twice daily for 2 days to cure stomach pain due to intestinal worms or indigestion.  
**Fever:** 10ml of leaf and stem bark decoction is given internally twice daily for 2 days.
51. *Carica papaya* L. (Caricaceae) Telugu: Bappayi  
**Scabies:** Apply latex on the affected part once daily till cured. (Many women in the district)
52. *Carum copticum* Benth.&Hook. (Apiaceae) Telugu: Oma  
**Stomach pain:** Chew 5g of *Carum copticum* for two times.  
**Fever:** Ground 5 g each of *Carum copticum*, *Cuminum cyminum*, *Piper nigrum* and *Zingiber officinalis* to make juice and 2 tea spoons are given daily in the morning and evening for two days.
53. *Cassia auriculata* L. (Caesalpiniaceae) Telugu: Tangedu, Nela thangedu, Bathukamma pulu  
**Diabetic:** 20 g of matured stem powder is given along with one glass of water once a day for a month.  
**Leucorrhoea:** Decoction of flowers (20 ml) is given internally to control white discharge during menstrual time in women. (Many rural women)
54. *Cassia fistula* L. (Caesalpiniaceae) Telugu: Rela  
**Arthritis:** Apply paste with made up of leaves externally during bedtime for 3-4 days.  
**Stomach pain:** Fruits pulp is eaten once to reduce pain.  
**Fever:** Collect 5g each stem barks of *Cassia fistula*, *Capparis zeylanica*, *Albizia amara*, *Azadirachta indica*, *Zizyphus oenoplia* and *Ricinus communis*. Dry them and make powder mix one tea spoonful of powder into 1 glass of water and boil it for 10minutes. Administer this decoction orally twice a daily for two days  
**Throat infection:** Decoction of fruit pulp is used to gargle to control throat infection.
55. *Cassia occidentalis* L. (Caesalpiniaceae) Telugu: Kasintha,  
**Stomach pain:** 50 ml root extract is mixed into 1 g powder of *Carum copticum* and it is given orally once daily till cured.
56. *Cassia tora* L. (Caesalpiniaceae) Telugu: Tagarisa, Thydanta  
**Wounds:** Leaf paste is applied locally once daily for 3-4 days.
57. *Ceiba pentandra* (Linn) Gaertn.(Malvaceae) Telugu: Tella buruga  
**Impotency:** 10 ml of stem bark juice is given with goat milk every day during bed time for a period of month.
58. *Celastrus paniculatus* Willd. (Celastraceae) Telugu: Jyothismathi  
**Arthritis:** 10 g seeds are crushed and boil it in 100 ml of sesame oil for 15 minutes and it is applied externally on the affected part once daily during bed time till cured.

59. *Celosia argentea* L. (Amaranthaceae) Telugu: Gunugu, Bathukamma puvvu  
**Scabies:** Leaf paste is applied locally twice daily till cured.  
**Night blindness:** Make chutney with fresh leaves and eaten twice in a week for two months.
60. *Centella asiatica* (Linn.) Urban.(Apiaceae) Telugu: Saraswati aku  
**Sun allergy:** Applied leaf juice externally on the affected part once daily for two days.  
**Jaundice:** 20 ml of leaf juice is given internally early in the morning once a day for 4-5 days.
61. *Cicer arietinum* L. (Fabaceae) Telugu: Senagalu, Chanagalu  
**Immunity:** Sprouts are fried them with ghee and given to the patients along with roti thrice a week for a month.
62. *Cissus vitiginea* L. (Vitaceae) Telugu: Kudidine, Golla diddi, Kurdandi, Diddi aku  
**Wounds:** Apply stem bark paste externally on affected part once daily till cured.
63. *Cissus quadrangularis* Linn. (Vitaceae) Telugu: Nalleda, Nalleru, Nallakada  
**Cold and Cough:** 10 ml tender shoots extract is given orally as a single dose.  
**Bone fracture:** Ground the fresh stem and mix with ghee and it is given orally a week to quick recover from fractured patient.
64. *Citrullus colocynthis* (L.) Schrad. (Cucurbitaceae) Telugu: Eetiputcha, Paparabundama, Verri pucha kaya  
**Jaundice:** 5 g of root powder is mixed into 100 ml cow milk and it is given internally once a week for 3 weeks. Avoid eating chicken, mutton and fish etc.
65. *Citrus aurantifolia* (Christm. & Panz.) Swingle (Rutaceae) Telugu: Nimma  
**Dandruff:** 5 ml fruit juice is mixed into 20 g curd and it is applied externally twice a week for a month.  
**Vomiting:** Inhales the smell of ripen fruit.
66. *Cleistanthus collinus* (Roxb.) Bth. ex Hook. f. (Euphorbiaceae) Telugu: Billa godisa,  
**Fungus in fingers:** Leaves paste is applied externally by adding little turmeric powder once daily for three days.
67. *Cleome gynandra* Linn. (Capparidaceae) Telugu: Thalati, Vamiti  
**Ear ache:** Pour 2 -3 drop of leaf extract into the affected ear once daily for 2 days.
68. *Cleome viscosa* Linn. (Capparidaceae) Telugu: Thalati, Vaviti  
**Headache:** Crushed leaves (which have removed juice) should be placed on head and tie with cloth for an hour, repeat it after 4 hours if necessary (Illutla China Pentaiah, Kagajmadduru)
69. *Clerodendrum multiflorum* (Burm. f.) O. Ktze. (Verbenaceae) Telugu: Thakkali chettu  
**Stomach pain:** Grind handful leaves along with 5g of *Trachyspermum ammi* to make pills, 10g size pill is given internally twice a day for one day.  
**Arthritis:** Leaf paste is applied externally on the affected part once a day for two days.(Cheviti Ramulu, Madduru)
70. *Clerodendrum serratum* (Linn.) Moon (Verbenaceae) Telugu: Gantubharangi  
**Fever:** Make decoction with 50 g roots along with 20 g of *Andrographis paniculata*, and 3 black pepper. 20ml decoction is given internally twice daily for 3 days.
71. *Clitoria ternatea* Linn. (Fabaceae) Telugu: Shankhapushpi  
**Psoriasis:** Make root paste and applied along with leaf pulp of *Aloe vera* externally once daily for 3-4 weeks.
72. *Coccinia grandis* (L.) Voigt (Cucurbitaceae) Telugu: Kakidonda, Kodikada, Adavi donda  
**Diabetics:** 10 ml fruit juice is given internally once a week.
73. *Cocculus hirsutus* (L.) Diels (Menispermaceae) Telugu: Dusudu teega, Dusara teega, Telladusura  
**Venereal disease:** 20 ml leaf juice is given orally once a day for a month.  
**Leucorrhea:** Leaf juice is given by adding sugar internally once daily for 15 days.  
**Red discharge:** Grind handful leaves along with 10g of crystalline suger (misri) and it is given internally once a day for 15 days.
74. *Cochlospermum religiosum* (Linn.) Alston (Cochlospermaceae) Telugu: Konda gogu  
**Cough:** Make powder with stem barks of *Cochlospermum religiosum* and *Terminalia chebula*. Mix 2g powder into 100ml hot water. 100ml medicine is given internally once in the early morning for a week.
75. *Cocos nucifera* L. (Arecaceae) Telugu: Kobbari, Tenkai  
**Dehydration:** 500 ml of coconut water given twice daily for 2-3 days along with salt water.
76. *Cordia dichotoma* Forst. f. (Boraginaceae) Telugu: Chinna-nakkeru, Banka nakkeru, Iriki  
**Diarrhoea:** Semi burnt fruits are given internally for three times a day.
77. *Coriandrum sativum* L. (Apiaceae) Telugu: Dhaniyalu, Kothmeera  
**Stomach pain:** Make chutney with leaves and eaten twice a day for easy digestion.
78. *Croton bonplandianum* Baill. (Euphorbiaceae) Telugu: Galivana alam  
**Sprains and Swellings:** Apply milk sap on the affected part once daily for 3-4 days.
79. *Cryptolepis buchananii* Roem.&Schult. (Asclepiadaceae) Telugu: Adavi pala teega  
**Arthritis:** Make chutney with leaves of *Cryptolepis buchananii* and *Cissus quadrangularis* and given to eat like chutney twice a week for 3-4 weeks.
80. *Cuminum cyminum* L. (Apiaceae) Telugu: Jeelakarra / Jeera  
**Fever:** Grind 5g each of *Cuminum cyminum*, *Carum copticum*, *Piper nigrum* and *Zingiber officinalis* altogether to make juice. Two tea spoons are given daily in the morning and evening for two days.
81. *Curculigo orchioides* Gaertn. (Hypoxidaceae) Telugu: Nela thadi  
**Impotency:** 5 g roots powder is given internally along with 100ml goat milk once daily during bed time for 15 days.
82. *Curcuma longa* L. (Zingiberaceae) Telugu: Pasupu  
**Cold:** Rhizome paste is applied on the top of the head of childred through mixing castor oil twice a day for 3 days.  
**Cuts and wounds:** Rhizome paste is applied immediately on the place of cut to control bleeding.
83. *Cymbopogon martini* (Roxb.) Wets. (Poaceae) Telugu: Nimma gaddi, Kashy gaddi  
**Lice on head:** Grind the leaves of *Cymbopogon martini* and *Annona squamosa* together to make paste and it is applied to the hair once daily for 2-3 days.
84. *Dalbergia paniculata* Roxb. (Fabaceae) Telugu: Pachari, Pacharugu  
**Hair fall and dundraf:** Stem bark paste is applied to the hair once in a week to control hair fall due to dundraf.
85. *Datura metel* L. (Solanaceae) Telugu: Ummetha, Nalla ummetha  
**Arthritis:** Leaves paste is applied on the affected part once a day for 2 days

86. *Desmodium gangeticum* (L.) DC. (Fabaceae) Telugu: Deyyam jada  
**Fever:** Decocted 50g fresh roots along with 3 pepper in 200ml of water and 10ml of this decoction is given internally twice daily for 3- 4 days.
87. *Dioscorea bulbifera* L. (Dioscoreaceae) Telugu: Nela dumpa  
**Tumors:** Tuber paste is applied externally once daily for 3-4 days.
88. *Dioscorea pentaphylla* L. (Dioscoreaceae) Telugu: Genusugaddalu  
**Indigestion:** 20ml tuber juice is given internally twice daily for 2 days.
89. *Dodonaea angustifolia* L.f., Suppal (Sapindaceae)  
**Sprains:** Roused fresh tender leaves are placed on the affected part of the body once daily for 3-4 days.
90. *Dolichos lablab* L. (Fabaceae) Telugu: Chikkudu  
**Ringworm:** Fresh leaf juice is applied externally on the affected part once daily for 3-4 days.
91. *Eclipta prostrata* (L.) L. (Asteraceae) Telugu: Gunta galijeru, Gunta kalagaraaku  
**Stress relief:** Leaf paste is applied to the hair for one time only.  
**Anaemia:** Make chutney with leaves and eaten along with rice once a week for 3-4 weeks  
**Hair fall and white hair:** leaf paste is applied once a week to control white hair and hair fall.
92. *Eleusine coracana* (L.) Gaertn (Poaceae) Telugu: Thydalu, Ragulu  
**Tooth pain in children:** 100ml of grain flour is given internally daily for a month.
93. *Emblica officinalis* Gaertn. (Euphorbiaceae) Telugu: Usiri  
**Indigestion:** 5g fruit powder is given internally after food for 2-3 times a day.  
**Burning sensation while urination:** 10g fruit powder is given with sugar internally morning and night until cured.
94. *Enicostemma axillare* (Lam.) Raynal (Gentianaceae) Telugu: Resika  
**Stomach pain:** 5ml plant extract is given along with 2 g of black pepper powder internally as a single dose.
95. *Euphorbia hirta* L. (Euphorbiaceae) Telugu: Palalam, Pacha botla  
**Conjunctivitis:** One or two drop of milk sap is applied on the affected eye once a day for three days.  
**Menstrual pains:** 20ml leaf juice is given internally once daily during menstrual period.  
**Scabies:** Leaf juice is applied by mixing 1g of sulphur externally on the affected part of the body once daily 3-4 days.
96. *Euphorbia tirucalli* L. (Euphorbiaceae) Telugu: Piddakajameda, Manchi jemudu  
**Piles:** Milk sap is mixed with turmeric powder and applied on the affected part once a day for a week to complete cure of pile in children.
97. *Feronia elephantum* Correa. (Rutaceae) Telugu: Velaga, Velama  
**Diarrhoea:** Young fruit pulp is given internally for one time only.
98. *Ficus bengalensis* L. (Moraceae) Telugu: Marri  
**Impotency:** Handful of young leaf buds are shade dried and make powder and it is mixed into
99. *Ficus hispida* L. f. (Moraceae) Telugu: Brahma medi,  
**Mad dog bite (Verri kukka katu):** 20ml fruit juice is given internally once daily for two days.
100. *Ficus religiosa* L. (Moraceae) Telugu: Ravi chettu  
**Impotency:** 5g fruits powder is given along with cow milk daily once for a month.
- Skin diseases:** Stem bark paste is applied on the affected part once daily till cured.
101. *Gardenia gummifera* L. (Rubiaceae) Telugu: Chit-mit  
**Stomach pain:** 5ml of stem bark juice is given orally once to cure stomach pain.
102. *Gloriosa superba* L. (Liliaceae) Telugu: Venkayya puvvu, Nabhi pulu  
**Swellings:** Corm paste is applied externally on the affected part once a day for three days.
103. *Gmelina arborea* Roxb. (Verbenaceae) Telugu: Gummudu tekku, Pedda gummudu.  
**Back pain:** 10 ml root extract is given internally once a day for a week. (Elcha Pentaiaha, Nastipur)
104. *Gymnema sylvestre* (Retz.) R. Br. **Family:** Asclepiadaceae  
**Diabetic:** 10ml leaf decoction is given internally early in the morning for 30 days.
105. *Haldinia cordifolia* (Roxb.) Ridsdale (Rubiaceae) Telugu: Bandaru  
**Dysentery:** 20ml stem bark juice is given internally twice daily till cured
106. *Helicteres isora* L. (Sterculiaceae) Telugu: Nuli thada  
**Scabies:** Sun dry the fruits to make powder. Apply powder by mixing coconut oil externally on the affected part once daily till cured.
107. *Heliotropium indicum* Linn. (Boraginaceae) Telugu: Thelu kondi, Naga danthi  
**Scorpion sting:** Leaf juice is applied externally on the affected part once daily for 3 days.
108. *Hemidesmus indicus* (L.) Schult. (Periplocaceae) Telugu: Sugandi pala  
**Weakness:** One tea spoonful of power is mixed in a cup of tea and it is given to drink daily for a month.
109. *Hibiscus rosa-sinensis* L. (Malvaceae) Telugu: Mandara  
**Control Hair fall:** Fry handful petals and soak them in 100ml coconut oil and it is applied to the hair every day.  
**Dandruff:** Flowers are boiled in coconut oil for 15 minutes and cooled, apply this oil to the hair once daily to control dandruff.
110. *Holarrhena pubescens* (Buch.-Ham.) Wall. Ex G. Don (Apocyanaceae) Telugu: Nallapalagodisa  
**Cuts and wounds:** Milk sap is applied externally on the portion of the cut or wound to control bleeding and apply fresh turmeric paste incase of small cuts.
111. *Holoptelea integrifolia* (Roxb.) Planch. (Ulmaceae) Telugu: Nermalinara, Nermalichettu  
**Arthritis:** Make stem bark paste and boil with sesame oil for 30 min and apply externally when it is lukewarm once daily till cured.
112. *Holostemma ada-kodien* Schultes (Asclepiadaceae) Telugu: Adavi palateega  
**Sprains:** Applied latex externally on affected part, once daily till cured.  
**Wounds:** Applied leaf paste externally on wounds once daily till cured
113. *Jatropha curcas* L. (Euphorbiaceae) Telugu: Adavi-amudamu, Nepalam  
**Cuts:** Make leaf paste and applied externally on cuts to control bleeding.
114. *Jatropha gossypifolia* L. (Euphorbiaceae) Telugu: Chitti nepalam  
**Scabies:** Leaf paste is applied externally on the affected part once daily till cured. (Elcha Pentaiah, Nastipur)

115. *Justicia adathoda* L. (Acanthaceae) Telugu: Addasaram  
**Cough:** 100ml leaf decoction is given along with honey internally morning and evening to get relief from cough.
116. *Justicia procumbens* L. (Acanthaceae) Telugu: Papadaku  
**Arthritis:** 20 g of whole plant is ground and boil it in 100ml of coconut oil for five minutes and apply externally on the affected part till cured
117. *Lagerstroemia parviflora* Roxb. (Lythraceae) Teugu: Chennangi  
**Cracked sole:** Apply leaf paste on the affected part once in night before sleep till cured
118. *Lannea coromandelica* (Houtt.) Merr. (Anacardiaceae) Telugu: Gumphena  
**Dysentery:** 10ml stem bark juice is given internally once daily for 2-3 days
119. *Lantana camara* L. (Verbenaceae) Telugu: Murikimalle  
**Cuts and wounds:** Grind handful leaves with turmeri and it is applied externally twice daily 2-3 days.
120. *Lawsonia inermis* L. (Lythraceae) Telugu: Mydaku, Gorintaku  
**Arthritis:** Make paste out of stem bark and apply this paste externally once daily for two weeks.
121. *Leonotis nepetiifolia* (L.) R. Br. (Lamiaceae) Telugu: Rana bheri  
**Skin allergy:** Apply root paste on affected part once a day for three days.
122. *Leucas aspera* (Willd.) Link (Lamiaceae) Telugu: Thummi  
**Abdominal pain:** Whole plant is boiled into 500ml water for 5 minutes. 20ml of this filtered decoction is given for one time  
**Psoriasis:** Leaf juice is boiled in coconut oil and it is applied externally on the affected part once daily till cured.
123. *Tamarindus indica* L. (Caesalpiniaceae) Telugu: Chintha chettu  
**Cracked sole:** Fruit pulp is applied externally on affected part once daily till cured.
124. *Terminalia arjuna* (Roxb. ex D. C.) Wt. & Arn. (Combretaceae) Telugu: Etimaddi, Eru maddi, Tella maddi.  
**Anaemic:** 1 tea spoon powder is given with one glass of water or cow/goat milk for three months.  
**Cardiac tonic:** Stem bark extract is given daily to strengthening the hart functions as a cardiac tonic.
125. *Terminalia bellerica* (Gaertn)Roxb. (Combretaceae) Telugu: Thani, Thade, Tandra  
**Stomach pain:** One tea spoonful seed powder is given with sugar or honey thrice a day for two days.
126. *Terminalia chebula* Retz. (Combretaceae) Telugu: Karaka chettu,  
**Dry cough:** One tea spoonful fruit powder of *Terminalia chebula* is given twice daily for three days.
127. *Tribulus terrestris* L., (Zygophyllaceae) Telugu: Palleru  
**Impotency:** Ground 10gseeds with 10g dry roots of *Withania somnifera* to make powder. One tea spoonful powder is given internally daily with milk during bed time for 30 days.
128. *Tridax procumbens* L. (Compositae) Telugu: Gayamkura, Belapaku, Nalla alam  
**Fresh cuts:** Leaves paste is applied along with turmeric powder twice daily for 3-4 days.
129. *Trigonella foenum-graecum* L. (Fabaceae)  
**Diarrhoea:** 5g Seeds are chewed to cure diarrhoea twice daily for two days.
130. *Tylophora indica* (Burm.f.) Merrill (Asclepiadaceae) Telugu: Meka meyani teega  
**Venereal disease:** Ground 7 leaves along with 7 fruits of black pepper to make pill. 5 g size of pill is given orally once a day for 5 days.
131. *Vitex negundo* L. (Verbenaceae) Telugu: Vayilaku  
**Paralysis:** Ground 50g leaves along with 2g of Piper nigrum, one fruit of *Woodfordia fruticosa*, and 7leaves of Piper betle and make a bolus. 20 g bolus is given in the morning of every alternative day. Avoid eating fish during medication.  
**Arthritis:** Leaves paste is applied externally once daily till cured.
132. *Wattakaka volubilis* (L. f.) Stapf. (Asclepiadaceae) Telugu: Bandi gurija  
**Swellings:** Leaves are decocted with water and applied externally on the affected part when it is slightly warm.  
**Arthritis:** 50 ml leaves decoction is given orally once daily for 30 days.
133. *Withania somnifera* (L.) Dunal (Solanaceae) Telugu: Aswagandha, Panneru gadda, Dommadolu gadda  
**Impotency:** 20g root powder is given with one glass of cow milk before sleep at night daily for 30 days.  
**Back ache and muscular pains:** 10 g root powder is given with honey once daily for 15 days (Mallaiah, Saipet)  
**Fitness:** 10 g root powder is given with goat milk daily for two weeks (Cheeguri Ellaiah, Avancha)  
**Tumours:** Apply castor oil to the green leaves and heat them on fire and placed them on the affected part once daily for 3-4 days (Golla Pochaiiah, Thimmapur)  
**Obesity:** roots are fried with ghee and given to the patient for 30 days.
134. *Woodfordia fruticosa* (L.) Kurz (Lythraceae) Telugu: Jaji vayila, Jajuki  
**Gas trouble:** 10 ml of flower juice is given internally once daily for two days.  
**Paralysis:** Ground 1 fruit along with 50g leaves of *Vitex negundo*, 2g of Piper nigrum, and 7 leaves of Piper betle to make a bolus. 20 g bolus is given in the morning of every alternative day for a month. Fish meat is avoided during the course of treatment.
135. *Wrightia tinctoria* Br. (Apocynaceae) Telugu: Ankudu, Tellapala kodise  
**Psoriasis:** Leaves are decocted with coconut oil and applied externally once daily till cured.
136. *Zingiber officinalis* Rosc. (Zingiberaceae) Telugu: Allamu, Sonti (dried ginger)  
**Cough:** 5ml extract of fresh rhizome is given internally in the early morning for 3 days.  
**Sexually transmitted disease:** 1 g rhizome is decocted along with 2 g of Piper nigrum 10g root bark of *Plumbago zeylanica*, 1 seed of *Semecarpus anacardium* in half litre water. 20 ml decoction is given internally by adding tea spoonful of cow ghee once daily for 3 days.
137. *Zizyphus oenopia* (Linn.) Mil (Rhamnaceae) Telugu: Pariki  
**Fever:** Crush 5 g stem bark with equal quantity stem barks of *Albizia amara*, *Azadirachta indica*, *Capparis zeylanica*, *Ricinus communis*, and *Cassia fistula* and boiled in 100ml water for 15 minutes. 20 ml is given orally twice daily for two days.

## DISCUSSION

The present study deals with the documentation and evaluation of medicinal plants used by the tribal people in the primary health care in and around Vikarabad and Dharur mandals of Vikarabad district, T.S. About 40 villages have been chosen for the study and yielded a valuable knowledge of plant medicine of the locals. The herbal remedies mentioned are of certain general and specific ailments, such as snake bite, cough, and scorpion sting, head ache, back pain body pains, cold, dandruff, dog bite, fever, hair loss, jaundice, inflammation, joint pains, lice killer, skin ailments, ear pains, eye problems, red and white discharge

in women, loss of semen in urine in men, tooth ache and gum problems, stomach ache, bone fractures, conception and menstrual problems and wound healing. The resource persons are mostly lambadas, chenchus and some elderly people of local villages. The people practice and cure almost all ailments or diseases or wounds very effectively with simple locally available plants with out involving much financial commitment, in majority of the cases they treat freely. The study started in the month of May, 2012 and went on up to May, 2014. It revealed valuable information about the ethno medicine of the local tribals of this Dist. It is invaluable and having immense potential for the primary health care of the people in this area. About 137 plant species of 36 families have been documented in this study and an itinerary is prepared according to alphabetical order of the diseases, families along with the vernacular names, botanical names, drug formulation of drug formulation and methods of drug administration as told by the herbal practitioners. The Practitioners also felt that of late their practice is dwindling due to non availability of plants which were plenty till recently, due to loss of habitat and forest cover in this area. The method of herbal practice is also decreasing as the practitioners are not passing the knowledge to the next generations before their death and also due to lack of proper written documentation. They fell that proper documentation of the knowledge of herbal practitioners should be taken up immediately in all the areas of the Dist before it disappears and conservation of medicinal plants in the area is very much in need. The present study elicits the importance of local herbal practices and availability of medicinal plants in the area, which will help in self sufficiency for their primary health care practices. Though this is a small inventory which helped in identifying the gravity of the situation of loss of medicinal biodiversity of the area and subsequently non availability of the treatment by the herbal practitioners to the local poor people of the area, unless other wise the conservation and afforestation practices are taken. The present type of survey documentation must be continued involving many more villages and traditional practitioners so that we can have a concrete picture of the richness of the medicinal flora and as well as the availability of folklore medicinal treatment to the local people.

## REFERENCES

1. Jain SK. *A Manual of ethnobotany*, 2<sup>nd</sup> edition, Scientific Publishers, Jodhpur, 1995.
2. Jain SK, Mudgal V. *A Hand book of Ethnobotany*, Bishen Singh & Mahendra Pal Singh, Dehra Dun, 1999.
3. Hemalatha P, Subba Reddy BV. The folk medical practices among a Tribe of Andhra Pradesh. *Bull. Of Indian Inst. Hist. Med. New Delhi*, 1982; pp. 39-44.
4. Pullaiah T, Silar Moammed M. *Flora of rangareddy district*, (Regency Pulications, New Delhi), 1999.
5. Padma Rao, Ramachandra Reddy P. Ethnomedical survey on plant drugs for cattle from rangareddy district Andhra Pradesh. *J Swamy Bot Club* 2000; 17-39.
6. Ramachandra Reddy P, Padma Rao P. Survey of Plant crude drugs in folklore from rangareddy district, Andhra Pradesh, India. *Indian Journal of Traditional Knowledge* 2002; 1(1):20-25.
7. Rai LK, Prasad Pankaj, Sharma E. *Biological Conservation*, 2000; (93):27-33.
8. Ramakrishna N. Ethno Botanical studies of Adilabad distric, A.P. Ph. D Thesis Osmania University, 2013.