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(RAJASTHAN)**

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**A SURVEY ON FOLKLORE MEDICINAL USES IN KEWRA FOREST  
UDAIPUR (RAJASTHAN)**

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**ABSTRACT:**

*A survey of folklore medicinal plants occurring in the tribal area of Kewra Forest, Udaipur, Rajasthan was conducted to assess the potentiality of plant resources for treatments of human ailments. Kewra Forest of Udaipur which is located southern part of Rajasthan was made to document the traditional knowledge of medicinal plants used by tribal communities. Tribals like Bhil, Damor, Dhanka, Garasia, Kathodi, Kokna, Kolidhor, Naikare, Patelia, Meena and Seharja are residing in the area. These people have valuable information about medicinal uses of plants. In Rajasthan, tribals are using herbal medicine for long time. The information on medicinal plants are based on the exhaustive interviews with local peoples, local physicians practicing indigenous system of medicine, tribal communities. Several diseases of present times are generally due to disturbed life style. Medicinal plants play a great role to provide good health. Plants have an important source of precursors and products used in varieties of industries like eg.-Pharmaceutical industries, food and cosmetics industries. Medicinal plants have become the never ending source for new compound of potential therapeutic value. Researchers are looking to the natural herbs for potential products. Folk medicine led to raise Ayurveda in India. So this study was done for established traditional knowledge. In the paper, an attempt has been made to document 30 plant species, belonging to 30 genera and 22 families being used traditionally by the tribals. A categorical list of medicinal plants along with their plants part used and mode of administration reported to be for effective control in different ailments is prepared..*

**Key Words:** Bhil, Kewra, Medicinal plants, Meena, Rajasthan,

## INTRODUCTION

**CORRESPONDENT:**  
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Plants are used as source of medicine. In Rajasthan, Udaipur district is the tribal belt in which Bhil, Damor, Garasia, Kabela, Kathodia and Meena are the main tribes. These people are dependent on their traditional healthcare system and the information is passed on from one generation to another generation through word of mouth. I have selected the Kewra village in Udaipur District (Rajasthan) for the survey. In Udaipur, the climate is tropical with the maximum temperature ranging between 38.3°-46.0°(during summer) and the minimum between 7.0°-11.6°(during winter).Average annual rainfall has been recorded to be 65.03 cm. The area is characterized by the tropical deciduous type of vegetation consisting of *Anogeissus latifolia* (Roxb.ex DC.)Wall.ex Guill & Perr., *Balanites aegyptiaca* (Linn.)Delile., *Boswellia serrata* Roxb., *Diospyros melanoxylon* Roxb., *Terminalia arjuna* (Roxb.ex DC.) Wight & Arn., etc.

as the important plant species. Significant contribution has been made by several workers of the ethanobotany in different parts of Rajasthan<sup>1-9</sup>. It observed that folklore medicinal knowledge remained restricted to certain area in the country due to lack of communication and less efforts.

Acharya Charak had rightly said for proper identification and uses can be well known by taking the knowledge from people living in the forest<sup>10</sup>. Therefore, an attempt has been made here to collect the information about plants used by tribals in their traditional healthcare system. In Udaipur these studies have been carried out from Kewra forest.

## MATERIAL AND METHOD

Folklore medicinal uses survey of tribal area of Udaipur was conducted in Kewra Ki Naal forest during February 2011.The study is based on interviews with local tribals living in the region and entirely dependent on the plants occurring around them. Generally tribals, who know about the herbal medicine, do not want to give all the information because they believe that when medicinal plant is disclosed its medicinal properties will be lost. For this mainly I targeted aged people, local Vaidya, priests etc. which can provide information about medicinal plants were consulted. For authenticity

about medicinal properties of plants, the information collected during fieldwork was verified at different places through informants. Public meeting was also held to arrive at a general view point, this all helped in maintaining the most expected data like what main purpose does a kind of plant fulfill and where they can be found in abundance. The secondary information was collected from non tribal people like physician, reason being their long

association with the tribes and that area. Each of the plant species collected with the help of the informants have been recorded, photographed and identified. The voucher specimens of 30 plants are deposited in the Herbarium of Department of Dravyaguna, National Institute of Ayurveda, Jaipur, Rajasthan. The voucher specimens numbers are NIA/DG/2011/Tech/421 to 450.

### **RESULTS AND DISCUSSION**

Total 30 plant species belonging to 30 genera and 22 families have been recorded and enumerated. The data on medicinal plants such as the botanical name, family, local name parts used and traditional methods of drug administration in different ailments are presented (Table No.1). These plants are being used by various ethnic groups and rural people of Kewra Ki Naal to treat ailments such as injuries, wounds, cuts, fever, diarrhea, swelling, potency, skin care, toothache, asthma, cough & cold by using fresh herbs as well as dried plant materials. The tribals are dependent on herbal practices and have deep faith old treatise and tradition.

During my survey it was observed that women of the tribal areas also have good knowledge of plants. In order to determine the authenticity of information collected during field work, repeated

verification of data from different informants at different times was done. Thus only the reliable information cross checked with at least five informants has been incorporated in the present study.

A survey on Folklore medicinal uses in Kewra forest carried out in the village settlements like Dakankoda , Kewra Kala, Kewra Khurd as well as other small Folk areas and provided information an folk medicinal claim common among local population. Some interesting uses of medicinal uses of plants have come into picture as *Butea monosperma* (Linn.)Kuntze leaves used for treatment of diabetes, *Boerhavia diffusa* Linn. for anti jaundice, anemia and oedema, *Bauhinia variegata* Linn. for skin diseases, ulcers, *Phyllanthus emblica* Linn. for diuretic and anemia, thus *Terminalia chebula* Retz. to cure chronic ulcers, teeth pain and heart

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problems. In this communication, literature from several Nighantus and information obtain from the tribal was books on medicinal plant. compared with the already available

**Table No.1: Medicinal Plants Used by the Tribals of Kewra Forest of Udaipur**

S.No.	Plant Name(Botanical Name with Scientist Name)	Family	Local Name	Parts Used	Uses
1	<i>Acacia Arabica</i> Willd	Fabaceae	Kikar	Bark	Decoction of the bark is used in diarrhoea.
2	<i>Achyranthus aspera</i> Linn.	Amaranthaceae	Chirchita	Seed	Seeds paste is used orally in bleeding piles.
3	<i>Anogeissus latifolia</i> (Roxb.ex DC.) Wall.ex Guill.& Perr.	Combretaceae	Dhavdo	Gum	Gum is used in general weakness.
4	<i>Asparagus racemosus</i> Willd.	Liliaceae	Satawer	Tuber	Tuber juice is used in blood dysentery. Tuber powder with milk is used as galactagogue.
5	<i>Barleria prionitis</i> Linn.	Acanthaceae	Kntserio	Root	Decoction of root is used in dysuria.
6	<i>Butea monosperma</i> (Linn.) Kuntze	Fabaceae	Khakhra	Leave	Decoction of leave is used as vaginal douche in leucorrhoea.
7	<i>Calotropis procera</i> (Ait) R.Br	Asclepiadaceae	Aakado	Leaf, Ksheer(Milk)	Ksheer gives relief pain in snake bite as externally applied. Decoction of leave is used in septic wound as externally.
8	<i>Capparis decidua</i> (Forssk.) Edgew	Capparidaceae	Kair	Fruit	Use of fruits as a powder or vegetable cures constipation.
9	<i>Cassia fistula</i> Linn.	Fabaceae (Caesalpinoideae)	Garmalo	Fruit Pulp	Fruit pulp can be soaked in water for an hour and consumed bedtime. It cures constipation and kills intestinal worms.
10	<i>Crataeva nurvala</i> Buch-Ham	Capparidaceae	Barun	Bark	Decoction of bark is used in urinary calculus.

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11	<i>Diospyros melanoxylon</i> Roxb.	Ebenaceae	Timbrvo	Bark,Fruit, Seed	10gm of Unripe fruit is pounded with a little water and taken from fourth day of menses for three days stops menses.
12	<i>Diospyros Montana</i> Roxb.	Ebenaceae	Bistendu	Leaves	Decoction of leaves is used in dysuria.
13	<i>Elephantopus scaber</i> L.	Esteraceae	Vangobhi	Whole Plant	The paste of whole plant is applied snake bite region.
14	<i>Ficus bengalensis</i> Linn.	Moraceae	Bad	Bark, Praroh (Hanging Root)	Decoction of hanging root and bark is used in bleeding piles.
15	<i>Ficus glomerata</i> Roxb.	Moraceae	Umbarado	Bark	Gargling with bark decoction is useful in mouth ulcer.
16	<i>Grewia teliafolia</i> Vahl.	Tiliaceae	Dhaman	Bark	Decoction of bark is used for wound healing.
17	<i>Haldina cordifolia</i> (Roxb.) Ridsdale	Rubiaceae	Haldu	Bark	Decoction of bark is used in chronic fever.
18	<i>Hymenodictyon excelsum</i> (Roxb.)Wall	Rhamnaceae	Lunia	Bark, Leaves	Decoction of bark is used in fever. Gargle with decoction of lunia leaves is used tonsillitis.
19	<i>Lannea coromandelica</i> (Houtt.)Merr.	Anacardiaceae	Godal	Bark	Gargling of bark decoction is useful in toothache and mouth ulcer.
20	<i>Miluisa tomentosa</i> Roxb.	Annonaceae	Umbia	Bark	Bark powder is used for intestinal worm.
21	<i>Pedaliium murex</i> Linn.	Zygophyllaceae	Bda Gokhru	Fruit	Fruit Powder mixed with ghee and sugar is used for sexual strength.
22	<i>Phyllanthus niruri</i> L.	Euphorbiaceae	Bhui Aanvali	Whole plant	Whole plant juice is used in jaundice.
23	<i>Salvadora persica</i> L.	Salvadoraceae	Jaal	Root	Decoction of root is used in constipation.
24	<i>Schrebera swieteniodes</i> Roxb.	Oleaceae	Mokha	Root	Medicated ghee made by root is used in skin disease.
25	<i>Solanum xanthocarpum</i>	Solanaceae	Kateri	Whole plant	Decoction of whole plant is used

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	Schrad.& H.Wehdl				in asthma.
26	<i>Soymida febrifuga</i> (Roxb.)A.Juss	Meliaceae	Rohan	Bark	Decoction of bark is used in dry cough and sore throat.
27	<i>Sterculia urens</i> Roxb.	Sterculiaceae	Kadaya	Gum, Bark	Gum is mixed with curd gives relief in diarrhea. Made a paste of bark and bandaged on affected bone cures fracture.
28	<i>Tecoma undulata</i> D.Don	Bignoniaceae	Roheda	Root bark	Decoction of root bark is used in bleeding piles.
29	<i>Tribulus terrestris</i> Linn.	Zygophyllaceae	Gokhru	Fruit	Fruit Powder is used in dysuria.
30	<i>Vitex nigundo</i> Linn.	Verbenaceae	Nigad	Leaves	Decoction of leaves is used in arthritis.

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