



ETHNOMEDICINAL PLANTS OF KARLAPAT, DISTRICT: KALAHANDI, ODISHA

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ABSTRACT

The present communication deals with less known medicinal uses of 17 plants species recorded from knowledgeable persons of tribal area of Karlapat, Dist. Kalahandi of Odisha.

KEYWORDS: Kalahandi; Ethnomedicine; Odisha.

INTRODUCTION

Kalahandi district occupies the South-Western portion of Odisha and is situated between 19.3' N and 27.5' N latitude and 82.30' E and 83.74' E longitude. It extends over an area of 8,197 Sq.Kms. This district has two distinct physiographic regions, the plain lands and the hilly tracts.

The hilly tracts are mostly located in the south-western parts of

Bhawanipatna Sub-Division. Some of the hilly regions are covered with dense forests. The district is inhabited by a large sections of rural population and different tribes. Kandha, Dora, Paraja, Kutia are some of the rich tribes in this region.

People of the area practice agriculture and grow paddy, ragi, cotton, jowar, followed by mung, biri, arhar and oilseeds like til, mustard and linseed. Agricultural production is characterized by low productivity and unstable farm output. Most of them depend on the plant resources growing in their surroundings to meet their requirements.

The present paper gives an account of 17 plant species used by the tribals of Karlapat, Dist. Kalahandi to treat various human ailments.

MATERIALS AND METHOD

Information on medicinal uses of plants were collected through interviews with local healer and other knowledgeable elderly persons belonging to tribal communities and herbal

practitioners. These informations were made by quarterly visits to different parts of Karlapat region during the year 2003 – 2004.

Medicinal Uses

Data on medicinal plants are arranged in the following sequence: botanical name, family, local name, voucher specimen numbers, recorded uses.

1. *Abutilum indicum* L, Malvaceae, Pedi maru, KLP-12:

- One teaspoon of leaf decoction is taken twice a day for five days to cure jaundice.

2. *Argyrea speciosa* (Burm.f.), Convolvulaceae, Daru mara, KLP-52:

- 10 grams of powdered stem is mixed with warm *til* oil and is applied on the affected parts to cure rheumatism.
- Root paste is applied on the affected parts to cure Filaria.

3. *Asparagus racemosus* Willd., Liliaceae, Sibajati, KLP-27:

- Depending upon the body weight 5 – 10 gms of tuber is given to the lactating mothers to initiate milking.
- The tuber is made to paste and mixed with cold water which is then applied on the forehead to cure sun stroke.

4. *Bauhinia variegata* Linn., Caesalpiniaceae, Kotul, KLP-31:

- 3 – 4 leaves are chewed before food to cure stomach disorders.

5. *Cassia fistula* L, Caesalpiniaceae, Phundeni, KLP-05:

- One to two drops of leaf juice is dropped in eyes to cure cataract.
- One spoonful of decoction of leaves on empty stomach is taken by women for curing menstrual disorders.

6. *Centella asiatica* (L.) Urb., Apiaceae, Bami, KLP-19:

- One tea spoonful of leaf juice is taken twice daily for two days on an empty stomach for curing dysentery.
- The leaf paste of this plant is also applied on the head to relieve headache.

7. *Datura metel* L., Solanaceae, Dudara, KLP-94

- The leaves soaked in hot oil are tied over sprained parts of the body to get instant relief.

- One teaspoonful of leaf decoction to be taken empty stomach before sunrise to cure dog-bite.
- Stem paste is mixed with warm *til* oil and is massaged thoroughly on the affected parts to cure paralysis.

8. *Desmodium gangeticum* (L.), Fabaceae, Latimara, KLP-08:

- One teaspoon of root decoction is taken two – three times daily to cure dysentery.
- Two grams of fresh root along with 4 -5 black peppers is made into a paste which is taken continuously for three days to cure fever.

9. *Ipomoea digitata* L., Convolvulaceae, Patal kumuda, KLP-51:

- Leaf decoction is given after delivery to initiate lactation.

10. *Lagerstromia flos-regineae*, Lytheraceae, Patimaru, KLP-38:

- One teaspoonful of leaf decoction is taken after dinner to cure constipation.

11. *Mimosa pudica* L., Mimosaceae, lajkuli lata, KLP-11:

- 1 – 2 grams of root is ground to paste. It is then taken early morning on empty stomach for three consecutive days to cure piles.

12. *Oroxylum indicum* (L.) Kurz., Bignoniaceae, Phapeni, KLP-13:

- Decoction of stem bark is taken twice times daily for two days to cure mumps.

13. *Paederia scandens* (Lour.) Merr., Rubiaceae, Pasaruni tula, KLP-09:

- One to two tea spoonful of leaf decoction is taken twice daily to cure stomach problems.

14. *Plumbago zeylanica* L., Plumbaginaceae, Chitamara, KLP-72:

- 5 grams of root is made into paste and is applied on the affected part to cure skin diseases.
- Root decoction is taken orally to cure stomach disorders.

15. *Rauwolfia serpentina* (L.) Kurz, Apocyanaceae, Bhuin karua, KLP-26:

- Two to three grams of root decoction is given to children to expel thread worms.

16. *Tinospora cordifolia* (Willd.), Menispermaceae, Gulitula, KLP-61:

- Stem paste is mixed with warm mustard oil and is massaged on the affected parts to cure rheumatism.

17. *Zingiber officinale* Rosc., Zingiberaceae, Pen ada, KLP-38:

- Two – three grams of stem tuber mixed with 4 – 5 tulasi (*Oscimum sanctum*) leaves is taken before sunrise on empty stomach to cure asthma.

DISCUSSION

The forest area of Karlapat is inhabited by Paraja, Kutia and Kandh. They use a large number of plants for medicinal and other purposes. In the present study, emphasis was laid only on the less known uses of plants. The herbal remedies of these plants are incomparable to modern medicines and their efficacy is claimed to be high. detailed clinical and experimental studies of these are necessary for better utilization of the traditional knowledge.

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