



**LOCAL HEALTH TRADITIONAL PRACTICES TO CONTROL INTESTINAL WORM: A CASE  
STUDY OF BAKSA DISTRICT (ASSAM)**

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**ABSTRACT**

The people of the district of Baksa are having rich traditional knowledge on local health practices. They use different types of plants to prevent or to control various ailments. Here in this paper an attempt has been made to collect data on the herbal recipes that they use very often to control or to get relief from various types of intestinal worms. This is of course frequent in case of children. The local traditional knowledge groups use various plant species and various plant parts to treat this disease. Though it seems that the problem is not so remarkable but in extreme case it creates very severe condition. There is scope of analysis, detail chemical analysis, and documentation of such practices is very much significant. Unfortunately these traditional knowledge systems are gradually eroding due to people's ignorance towards such knowledge or many other reasons. But every step should be taken to conserve, develop these knowledge for which there is tremendous demand globally.

**KEYWORDS:** Traditional, practice, intestinal worm, Baksa.

**INTRODUCTION**

The District of Baksa is a very rich district of the State of Assam as far as its floristic composition is concerned. It is very much remarkable that the people of the district are having rich traditional knowledge on local health practices. They use different types of plants to prevent or to control various ailments. Here in this paper an attempt has been made to collect data on the herbal recipes that they use very often to control or to get relief from various types of intestinal worms. This is of course frequent in case of children. The local traditional knowledge groups use various plant species and various plant parts to treat this disease. Though it seems that the problem is not so remarkable but in extreme case it creates very severe condition. The ethno medicinal plants they use for controlling intestinal worms they usually collect from nearby forest areas, waste lands or even from home yards or kitchen garden. The district of Baksa is mainly dominated by Bodo Tribe. They are very much health conscious and very much eager to practice knowledge that passes from generation to generation.

So here an attempt has been made to document or to analyze different practices to cure or to control intestinal worms.

**MATERIALS AND METHODS**

An extensive survey was carried out during 2012 to 2014 in the district of Baksa of Western Assam. A specially designed questionnaire was used to collect data on the selected health problem. This was done to fulfill the

objectives of the work. The questionnaire was thematic in nature and is meant to fulfill and seek very specific information. The questionnaire is a simple one and is having elicited simple answer. All the informations were collected meeting the local traditional knowledge bearing individuals. All data like local name, plant parts used, proportion of each item, preparation of the recipes, dose regimen, duration and mode of administration were all collected in the field. The collected specimens were dried and made into herbarium specimens by following the standard herbarium method (Jain & Rao 1977). Data were analyzed and made into tabular form.

**Study Area**

Baksa is a newly formed district. Baksa was declared as one of the districts of Bodoland Territorial Council in the month of October 2003 and started functioning in the year 2004(June). It is the North- Western part of Assam. It's District head quarter is Mushalpur which is about 105 km. from state capital Dispur. It occupies an area of 2400sq. km. The district is bounded by Bhutan in the north (International boarder), in the south it is Nalbari and Barpeta, the Kamrup; Udalguri district form its eastern boundary and Chirang district form its Western boundary. It is having a longitudinal extension of 90<sup>0</sup>51' E to 91<sup>0</sup>49' E and latitudinal extension of 26<sup>0</sup>32' N to 26<sup>0</sup>53' N latitude. The major portion of world famous Manas National park is under Baksa district. The district occupies an area of 2400 sq km.

## RESULT AND DISCUSSION

### Herbal Recipe- I

Sl.No.	Botanical Name	Family	Vernacular name	Parts used	Proportion
1	<i>Musa balbisiana</i> Colla.	Musaceae	Bhimkol	Tender leaf apices	15 gm extract
2	Salt				A pinch
3	<i>Azadirachta indica</i> A. Juss.	Meliaceae	Neem	Leaves	2 no

**Mode of Preparation:** In preparation of this herbal Recipe 15 gm of tender leaf extracts of *Musa balbisiana* (the seed bearing banana) two compound leaves of *Azadirachta indica* are crushed gently with the help of mortar and pestle. This way fresh juice is extracted. This extracted juice is then added with a pinch of salt and

mixing water the amount has to make to ½ cup. This ½ cup of extract is allowed to consume once daily properly in empty stomach. The patients are not allowed to take sweets or more sugar as well as spicy items and black gram.

### Herbal Recipe-II

Sl.No	Botanical Name	Family	Vernacular name	Parts used	Proportion
1	<i>Butea monosperma</i> (Lam)Kuntze	Papilionaceae	Polash	Seeds	4-5 numbers

**Mode of Application:** Here the healers use the seeds of flame of the forest tree (i.e. *Butea monosperma*) seeds are made into powder and mixed with pure honey. This mixture is allowed to take thrice daily after food. This is

allowed for 2-3 days. While taking the medicine sweets, meats spicy foods are not allowed to consume by the patients.

### Herbal Recipe-III

Sl. No	Botanical Name	Family	Vernacular name	Parts used	Proportion
1	<i>Ananas comosus</i> (L.) Merr.	Bromeliaceae	Anarohas or Mati Kothal	Tender leaves	To get 5 to a spoon full juice

**Mode of preparation:** In this herbal recipe 5 table spoonful of tender leaf extract of pine apple is allowed to

consume once daily in empty stomach. This is very much effective to kill intestinal worms.

### Recipe- IV

Sl.No	Botanical Name	Family	Vernacular name	Parts used	Proportion
1	<i>Erythrina indica</i>	Papilionaceae	Modar	Leaves	5-10

**Mode of Application:** Juice from leaves of *Erythrina indica* is extracted and mixed with a pinch of salt. This is allowed to consume by patients having worm problem at

the rate of five (5) table spoonful once daily in empty stomach. This is allowed to take continuously for 2-3 days.

### Herbal Recipe –V

Sl.No.	Botanical Name	Family	Vernacular name	Parts used	Proportion
1	<i>Citrus paradisi</i> Macfad	Rutaceae	Gol-nemu	Leaves	Few leaves

**Mode of application:** A few leaves of *Citrus paradisi* macfad is taken and juice is extracted. The proportion of leaves should be taken in such a way so that 5 table spoonful of leaf juice can be get. This is allowed to take

daily in empty stomach for about 2-3 days. This is also very much effective preparation in removal of intestinal worms.

### Herbal Recipe –VI

Sl.No	Botanical Name	Family	Vernacular name	Parts used	Proportion
1	<i>Clerodendrum viscosum</i> Wall.	Verbenaceae	Bhetmali or bhetai teta	Leaves	2 numbers
2	<i>Euphorbia nerifolia</i> sensu Hook.f.	Euphorbiaceae	Siju	Leaves	2

3	<i>Ananas comosus</i> (L.) Merr	Bromeliaceae	Anarosh or Matikothal	Tender leaves	1
4	<i>Adhatoda vasica</i> Nees	Acanthaceae	Bahok	Leaves with apex	1

**Mode of application:** These entire ingredients are mixed and grinded to extract fresh juice. This freshly extracted

juice is allowed to take at the rate of 3 table spoonful for 4-5 days.

#### Herbal Recipe- VII

Sl.No.	Botanical Name	Family	Vernacular name	Parts used	Proportion
1	<i>Punica granatum</i> L.	Punicaceae	Dalim	Bark of the fruit	50 gm
2	<i>Piper nigrum</i> L	Piperaceae	Jaluk	Fruits	7 number
3	<i>Myristica fragrans</i>	Myristicaceae	Joyphol	Fruit	1 number

**Mode of Application:** All these are mixed well grinded and mixed with cold water. This mixture is kept

overnight. The extracted juice is allowed to take early in the morning in empty stomach.

#### Herbal Recipe -VIII

Sl.No	Botanical Name	Family	Vernacular name	Parts used	Proportion
1	<i>Andrographis paniculata</i>	Acanthaceae	Kalmegh or chirota	Leaves	2-3 leaves

**Mode of Application:** Two-three leaves of king of bitter that is *Andrographis paniculata* is made into paste and mixed with 2 spoonful of water and a pinch of sugar

mixed well. This mixture is given only for a day or two days and once daily. This mixture is given to child having intestinal worms.



*Azadirachta indica* A. Juss.



*Clerodendrum viscosum* Wall.



*Erythrina indica*



*Adhatoda vasica* Nees



*Euphorbia nerifolia* sensu Hook. f.

#### CONCLUSION

The people of Baksa district are having rich traditional health care knowledge. These medicines are often found to be more effective and having less or no side effect. But the scope of analysis, detailed chemical analysis, and documentation of such practices is very much significant. This is also a fact that the new generation populations are not so much interested to the traditional knowledge of their fore-fathers. So every step should be taken to make themselves attracted towards such

practices. Then only it will be possible to conserve such rich knowledge for which there is tremendous attraction and demand all over the world.

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