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STUDY OF FOLK MEDICINE IN NASHIK DISTRICT: ANETHNO-GEOGRAPHICAL PERSPECTIVE

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ABSTRACT : This present Ethno- Geographical study is about the study of the Flora in the Nashik district, the rich vegetation in the Nashik district which provides the rich biodiversity. The folk of the region have been using herbs, shrubs and plants for the medicinal purpose, which is unique feature. The various plants species have a good medicinal ability to cure various diseases; even some acute diseases were cured by these medicinal plants. Therefore this Ethno – geographical survey has been very useful to know the rich flora present in the Nashik district and used by these folk men for the medicinal purpose, which can be helpful for the masses at large.

Keyword: *Ethno, Flora, Folk men, Medicinal plants, Bhils, Katkari, Kokna*

I INTRODUCTION

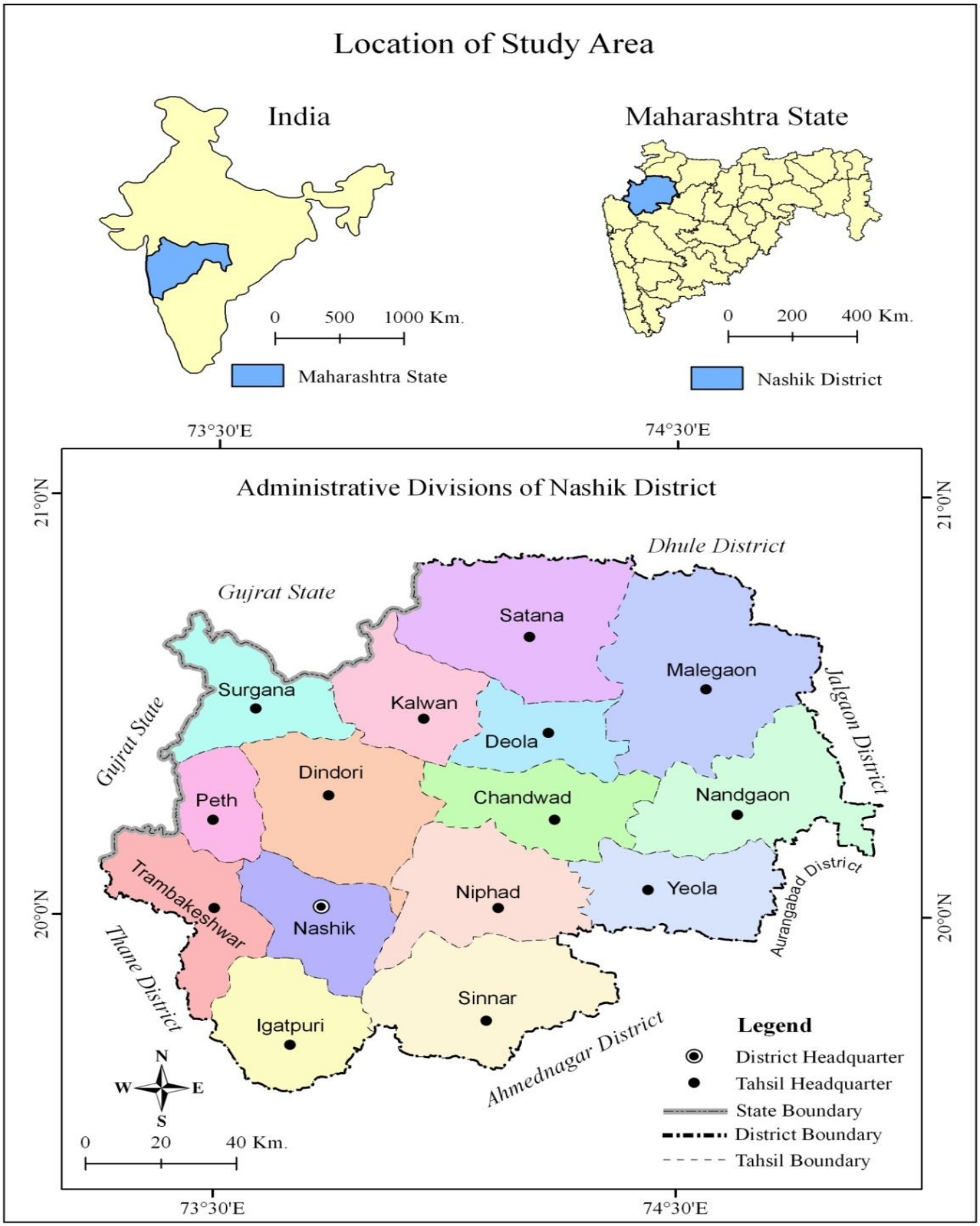
Nashik District is located between 18.33^{o} and 20.53^{o} North latitude and between 73.16 ^{o} and 75.16 ^{o} East Longitude at Northwest part of the Maharashtra state with 565 meters above mean sea level. The ranges of Western Ghats extend in the district. The forests in the region vary from evergreen to dry deciduous types.[1]It is a predominantly tribal district. Bhils, Katkaris, Kunabi-Kokana, Thakur, Warli and Mahadeo Koli constitute major segment of tribal population. They have their own cultural traditions and which makes there life distinct from other cultural traditions. The forests, forest products and traditional crop plants are the main source of their livelihood. In recent years some Indian geographers such as Sanjay Uniyal, Pankaj Jamwal, Brij Lal etc. have contributed for the ethno – Geographical studies while surveying the district floristically. The present study extends ethno-geographical observations as an exclusive topic of research since 2015-2017 and the results are being communicated. This paper reports especially plants of medicinal importance as used by aborigines and rural folks of the Nashik district.[2]

Study Area:

Nashik District is located between **18.33^{o} and 20.53^{o} North latitude** and between **73.16^{o}and 75.16^{o} East Longitude** at Northwest part of the Maharashtra state with 565 meters above mean sea level. The District has great mythological background. Peth, Surgana, Trymbakeshwar and Igatpuri Tehsils of this district declared as tribal tehsil due to its higher percentage of scheduled tribe's population. There are certain medicinal plant available in this region and are useful in various disease. Tribal people known this plant and use it's regularly for their small type of disease, injuries, infections, and some allergic ally phenomenon instead of going to the hospitals and clinics.

II MATERIALS AND METHODS:

The ethno- geo- botanical surveys are carried out since 2015-2017. Ethno- geo-botanical data were accumulated after discussions with tribal and rural physicians, tribal headmen. Elder tribal ladies and other local informants. Repeated enquiries were made in different pockets of the district in different seasons.[3] To substantiate this information, plant specimens have been collected, preserved and housed in the Herbarium. Plants arranged alphabetically by their botanical name followed by local name, family and there medicinal uses.


Location of Study Area
India
0 500 1000 Km.
Maharashtra State
Maharashtra State
0 200 400 Km.
Nashik District
73°30'E
74°30'E
21°0'N
20°0'N
Administrative Divisions of Nashik District
Dhule District
Gujrat State
Satana
Malegaon
Surgana
Kalwan
Deola
Jalgaon District
Gujrat State
Dindori
Peth
Chandwad
Nandgaon
Trambakeshwar
Nashik
Niphad
Yeola
Aurangabad District
Thane District
Sinnar
Igatpuri
Ahmednagar District
N
W
E
S
0 20 40 Km.
Legend
District Headquarter
Tahsil Headquarter
State Boundary
District Boundary
Tahsil Boundary

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III ETHNO- GEO -BOTANICAL ACCOUNT:

1. AeridescrispumLindl. (Vinchu, Bandgul; Orchidaceae):

Seed powder is applied on injuries. Plant material used is collected if it is epiphytic on Mangiferaindica L. exclusively.

2. Ailanthus exceisaRoxb. (Maharukhi; Simaroubaceae):

Tablets are prepared from leaf paste and given with banana fruit for a day or two, thrice a day to treat jaundice.

3.Artocarpusheterophyllus Lam. (Phanas; Moraceae): The ash obtained from bar of this plant and leaves of Amaranthusspinosus L. is mixed coconut oil. It is applied for eczema.

4. Cassia occidentalis L. (Rantarota; Caesalpiniaceae): Leaves are burnt are burnt and the soot is collected on a plate applied with coconut oil. It is then applied onto eyebrows to induce sleep.

5. Cassinealbens (Retz.) Korstern (Bhutyakalas, Buscut; Celastraceae): Leaf powder is snuffed to relieve from headache.

6. Catunaregumspinosa (Thunb) Trivegadum (Gal: Rubiaceae):Te paste of fruits along with seeds is applied onto neck of a patient suffering from tonsillitis.

7. CelmatistrilobaHeyne ex Roth (Mogra; Ranunculaceae): Leaf paste is applied on head against headache.

8. Clerodendrumserratum (L) Moon (Dhaiti; Verbenaceae): Roots are rubbed on gums in case of children for better teething.

9. Coix gigantean koen. Ex Roxb. (Kachura; Gramineae): Extract of rootstock is mixed in bath water for person suffering form joint pains for 3-7 days

10. Cordiamacleodii (Griff) Hook.f. andThoms (Davisa; Cordiaceae): Stem bark is crushed, boiled and decoction is given to anaemic person for 2-3 times a day.

11. Emilia sonchifolia (L) DC (Dhampan; Compositae): Plants are dried, powdered and boiled in water. The decoction is taken orally for asthma.

12. Erythrinaindica Lam. (Pangara; papilionaceae): Leaf juice of this plant are Buteamonosperma (Lam) Taub is given for 3-4 days twice a day to treat cough.

13. Euphorbia neriifolia L. (Sabar; Euphornoaceae): Peels of outer parts young stem are heated. The extract is them obtained which is dropped I ears to treat ear –ache.

14. Geodorumdensiflorum (Lam). Schlecht. (Haryakand; Orchidaceae): Dry rhizomes are powdered which is applied on swellings.

15. Heracleumgrandis (Dalz) S.M. Almeida (Bhaphali; Apiaceae): Entire plant or tubers are crushed in water. This extract is administered for 3-4 days to patients suffering form cholera.

16. Heterophragmaquadriloculare (Roxb.) K.Schum. (Waras; Bignoniaceae): Paste of fresh bark is applied on injury caused accidentally due to axe.

17. Ipomeaillustris (C.B.CI.) prain (Gogveli; Convolvulaceae): The fumes after burning the leaves are passed over the body of a child suffering from chicken-pox.

18. Ipomeapes-tigris L. (Borvel, Borvak; Covolvulaceae): Stem powder is boiled in water and extract missed with sugar-candy. Tablets are prepared and given for 21 days for impotency.

19. Ipomoea turbinate Lag. (Guggalvel; Convolvulaceae): Stem powder is boiled in water. The decoction obtained is given against cold and fever.

20. Piliostigmamalabaricum (Roxb) Benth (Shid; Ceasalpiniaceae): Rot paste is applied onto injuries caused due to weapons.

21. Plumbago zeylanica L. (Chitrok; Plumbaginaceae): The roots covered with clot are placed beneath the stone-grinder. They are then burnt and the smoke is allowed to pass through the hole of the grinder so as to react the annus of the patient suffering from piles.

22. PogostemonparvifloraBth. Phangula; Labiatae): Leaves of this plant and vitexnegundo L. are crushed together. The paste prepared is kept in jaws to relieve toothache.

23. Pongamia pinnata (L) Pierre. (Karanji; Pierre. (Karanji; Papilionaceae): Bark extract is applied on tongue of patients suffering frommalaena.

24. SchreberaswieteinoidesRoxb. (Moka; Oleaceae): Few drops of leaf juice are dropped in ears as a reedy against ear-ache.

25. Solanum virginianum L. (Bhuiringni; solanaceae): Heated fruit are cut into pieces. They are in moth. Saliva is continously dropped to cure toothache.

26. Solenaamplexicaulis (Lam) Ghandhi (Gomett; Cucurbitaceae): Tuber of this plant and of momordicadioicaRoxb. Ex willd. Are crushed and paste is given orally to improve appetite.

Stemodia viscose Roxb. (Ramban;Scrophulariaceae): Naturally dried leaves ofthis plant are collected and wrapped in the leaves of buteamonosperma (Lam. Taub. This wrapped packet is heated slightly. The hot leaves of stemodia viscose are immediately bandaged on white spots of human body, which are indicative of earlier stage of leprosy. This causes temporary

injury on these spots.

27. Terminaliaarjuna (Roxb ex Dc.)Wight and Arn (Arjun Sadada; Combretaceae): Bark paste is applied to cure wounds.Terminaliabellirica (Gaertn.) Roxb. (Behada; Combretaceae): Fruit wall is dried and powder finely. A pinch of turmeric powder is added. A spoonful of this mixture is mixed in water and advised for 7-15 days for patients suffering from chronic cough.

28. TrewiapolycarpaBth and Hk.exHk.f.(petari; Petara; Euphorbiaceae): Leaves areburnt and the ash, locally called 'misri' isapplied in case of piles.

29. Tinosporacordifolia (Willd) Miers ex Hook f. and Thoms (Ghamoli; Menispermaceae):Twigs are collected in early morning and lead is applied of the. Te are fumed while enchanting. Stem pieces are tied together around the neck of a patient suffering from jaundice.

30.Tylophoradalzelli Hook .f. (Kawalvel; Asclepiadaceae):Bark of this plant, fruits of **Aeglemarmelos (L) Corr**, and kernels of **cocosnucifera L.** are sliced into fine pieces. They are wrapped by using leaves of **piliostigmamalabaricum (Roxb)**.Both It is smoked for 3-4 days in case of throat infection.

31. Vitex negundo L. (Nirgudi; Verbenaceae):Pulp of boiled leaves is applied onto joints as a remedy against rheumatic pains.[4]

IV DISCUSSION:

The research reports the ethno- medicinal uses of 50 angio-spermic species belonging to 47 genera and 31 families locally available to the tribal and rural people of Nasik district, to treat various human ailments and disorders. The local masses depend on native medicinal plants. This study may bring to light new drugs of vegetable origin.[5] The ethno- medicinal lore on the uses of plants in various diseases and ailments provides valuable clues. These species, however, need further analysis in respect of their active principles, pharmacology and clinical trials to assess their effectiveness and safety of use. These may provide lead in the development of new drugs. The vegetation wealth of the district as enormous potential to run herbal drug industry and cultivation of medicinally significant species through social forestry programmes for the benefit of local inhabitants. The medicinal uses of plants recorded during this study are unknown forsuch uses from this region in extantliterature.However, some species e.g., Clenodendrumserratum, Curculigo orcioides, Plumbagozeylanica, Pongamia pinnata, Pterocarpus marsupium, Solanum virginianum, Terminalia arjuna, Terminalia bellirica, Tinospora cordifolia, Vitex negundo etc. arewell known medicinal plants and their uses in other diseases are widely documented in traditional systems of Indian medicine. In some cases, administration of medicine is enchanting in character, designed to reinforce the effect of medicine.[6]

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