



Herbal Remedies for common health problems used in West Godavari District, Andhra Pradesh, India.

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Abstract

The present study enumerated a total of 19 plant species for the treatment of common health problems in West Godavari District, A.P. This Study reveals treatment for skin and numerous nervous disorders at home. To collect this data nearly 20 remote villages were covered in the west Godavari District; This information was gathered from elders in the village who are known as herbal doctors and old people in the age group of 60 – 70 years in these 20 villages. They are using 15 plant species belong to 15 families and are used for the remedy of aches pains and nervous disorders. As pains, aches and nervous disorders are common among people and an indication for deeper health problems, there is a need to study the activity of the chemicals in those plant species which will be significant.

Keywords: common health problems; nervous disorders; pains and aches etc..

Introduction:

In India village people economy holds the style of living. The medical expenses today are very high even for common health problems, which are not afforded by the people in villages. The herbal medicine is affordable and with less side effects. Hence the village people show interest in herbal remedies for common health

problems which are effective too. India being one of the mega biodiversity center among 12 centre of the world it provide great potential studies in the field of home remedies because of its richness in flora.

Study Area:

West Godavari Dt is located in Andhra Pradesh on the bank of



river Godavari. West Godavari District is carved out of Old Godavari District. As it is the Western delta of the River Godavari, it was appropriately named as "West Godavari", with Headquarters at Eluru and came into existence in the year 1925. The Historical, Political, Geographical, Topographic, Demographic and other socio economic aspects of the West Godavari District are delineated hereunder. Boundaries and Topography of the District: The District is bounded by the following places and features on all the four sides. East: River Godavari West : Krishna District North : Khammam District South : Krishna District and Bay of Bengal. The District is situated in tropical region between 16°-15'-00" to 17°-30'-00" Northern latitude and 80°-55'-00" to 81°-55'-00" Eastern Longitude. It can be divided into three natural regions viz., Delta, Upland and Agency areas.

Methodology: A study was carried in the study area during August 2013 to January 2016 to enlist the utilization of local medicinal plants for the common health problems. The informants are experienced in herbal treatments and aged people

in the age group of 60 to 70 years with the knowledge of medicinal plant species. Frequent interactions with the practitioners and old people were made easy to have their co-operation in eliciting the valuable information about medicinal plants and their usage of their area. The information is about the local name of the plant; plant parts used for curing pains and aches along with neurological problems; preparation of medicine, and mode of administration etc. The pictures of the plants were taken with a camera. The field plant specimens with the home remedy importance were collected and herbarium prepared kept in the department of Botany; DNR College Bhimavaram. The botanical names of the medicinal plants collected were authentically identified along with their family name with the help of key provided in the different floras including bentham & Hooker. The final usage of herbal parts with their vernacular name; plant parts used, preparation of medicine for treatment of aches & pains; Nervous disorders are provided in a tabular form.

Results & Discussions:



The herbal remedies for common problems in India is extensively studied by several people. This study in west Godavari village is first of its kind. Such studies were conducted in North India (Dr. S. J. Singh (1982), Dr. Aman (1985), KVJ Ganpathi Singh Varma (1982), The studies on home remedies were made by other countries Susaue etal (1987), linda Clark (1976), Lelord Kordel (1976).

The present study revealed the use of 15 plant species by the rural people of west Godavari Districts to treat 8 types of different common health problem. The uses of these plant species along with preparation methods and dose is provided in the tabular form. These plant species belonging to 15 different families such as Fabaceae, Solanaceae; Apocyanaceae, Zingiberaceae; Liliaceae; Verbenaceae; Scrophulareaceae; Myrtaceae; Apiaceae; Lamiaceae; Velarianaceae; Piperaceae families were represented by one each.

Based on the nature of the plant parts used in the treatment leaves and roots are predominantly used (40%) ; followed by seeds(26.6%) and bulbs rhizomes (13.3%) The Plant photographs of a few medicinal plants were given.

The plants of present study were observed to be used to cure pains, head-ache, migraine, sprines, Anxitey; depression, Arthritis etc. Aswagandham is an important plant whose root powder is used to treat Arthritis and depression, head-ache. Ginger is another plant used to treat frontal and localized pains. Garlic is used to treat rumatoid arthritis and strains.

Centella is the useful plant to relieve depression and a memory booster. Nardostachia jatamamsi is a good brain tonner relieves tentions and depression. It is a tranquilizer. The nervous problems will be cured by using sarpagandha and oscimum. The oils like Eucalyptus, Sesemaeand castor oils are used to relieve localized pains.



Table showing herbal remedies for pain, aches and nervous disorders.

S.No.	Name of common problem	Symptoms	Scientific Name	Common Name	Dose and usage along with preparation	Part used
1.	Arthritis (Joint Pains) a)Osteoarthritis (O.A.)	Pain and swelling of the joints due to wear and tear	Commifera Mukul	Guggulu	250 mg. hand rolled pills. 2 pills twice a day with warm milk.	Leaves
	b) Rheumatoid Arthritis(RA)	Inflamation of many joints manifested due to systematic causes	Withamia Somnifera	Aswagandha	5 grm.(or) 1tsp. of fine powder well mixed in a cup of milk once in a day.	Root
	Specific Symtoms	1.Stiff and painful joints 2.Cracking sounds in joints 3.Swollen(or) deformed joints Hotness in joints	Allium Sativum	Vellulli (Garlic)	Cloves of Garlic crushed and boiled in a glass of milk daily one time	Garlic bulbs
2.	Head-ache	Caused by tense neck muscles due to stress	Eucalyptus globules	Eucalyptus	Oil for application on the temples at the first hint of attack. 5	Oil ..(1).



	<u>Specific symptoms</u>	Pain is usually frontal	Withania Somnifera Zingiber Officinale	Aswagan dha Sonti	grms.of root. 5grms. of root powder with a cup of boiled warm milk twice a day. ½ tsp. powder well mixed to make a paste, apply a thin layer on the forehead.	Root Rhizome
3.	Migrane Specific Symptoms	It is a severe form of head-ache caused by food sensitivity (or) pollution (or) menustred disorders, stress etc. change in the area of effection due to change on stress in brain arteries. It last for few minutes to few days. Visual disturbances preceding pain pins	Piper betel with Ricinus communis Carum roxburghia - num Pluchese lanceolata	Ajwain/ vammu Rasna	Take 2 tender leaves fry gently in castor oil and apply oil on fore head. Seeds should be smoked or made into fine powder and snuffed repeatedly to get relief. Root coarse powder 20 grm.add to 2 glasses of water, keep a side for ½ hour. Then boil it to get ½ glass of decoction. Make theis	Leave s & castor seed oil. Seeds Roots ..(2)..



		and needles in limphs vomiting to light sensitively.			into 2 portions take twice a day for 15 days.	
4.	Localized Pains Specific symptoms	Severe burning or stabbing pains often felt along the course of facial nerve. May be due to exposure to cold. Severe localized pain related areas of skin, highly sensitive to touch.	Ricinus communis Zingiber officinale Vitex negundo	Castor oil (or) Amudam Sonti	10 ml. pure castor oil well mixed with a cup of warm dry zinger decoction should be taken twice. Some fresh leaves of nirgundi should be tied in clean cloth, this should be heated on a dry pan and applied on painful parts gently for 15 minutes twice daily	Seeds oil Leaves
5.	Sprins and Strains Specific Symptoms	Injuries to joints and stretch of muscles Pain due to injury Exertion; swollen joints(or) limbs	Allium sativum Sesamurn indicune	Garlic Nuvvulu	Add 10 drops of raw garlic juice to 20ml. of sesemae seed oil heat to boil filter and apply when it is warm massage gen- tly on effected area.	Bulbs Seeds
6.	Anxiety and	Stress in excess and	Nardostach s	Jatamam si	20ml. of root decoction	Root

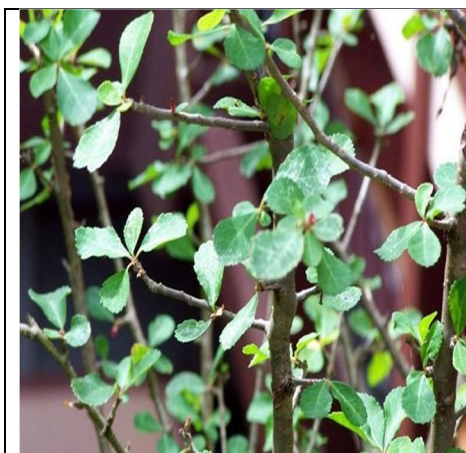


	Tension	over a long periods can lead to anxiety and tension. The root cause is competitive environment we live in.	Jatamamsi Clitoria ternatia Rauvolfia serpentine	Shankupulu Sarpagan dha	twice a day. Decoction made of Root powder 15ml. dose with 1 spoon sugar twice a day. Tablet made of 5 gr.of Root powder mixed with water or pure ghee twice a day	Root Root
7.	Depression	It is resultant of deficiency of the nervous system. Lack of concentration; feeling low; misery; lack of interest; poor digestion and constipation	Ocimum basclicum Centella asiatica Withania somnifera	Tulasi Sararswathi-aku Aswagendha	5ml. of fresh juice of leaves well combined with honey twice a day 5ml.fresh leaves juice with cow ghee of equal amount twice a day	Fresh leaves Tender leaves

CONCLUSION: The house remedies utilized by the rural people here in west Godavari district were also included in traditional medicinal system. This

system is cheap with outor few side effects. They were accepted through many generations. Hence this knowledge is a potential source to discover new drugs and compounds useful in the treatment of common health problems. The screaming of these medicinal plants for new bioactive. Compounds and a study of their efficacy through pre chemical and chemical tests however becomes a very useful home remedy research.

Figures



Commiphora mukul
(Hook. ex Stocks)



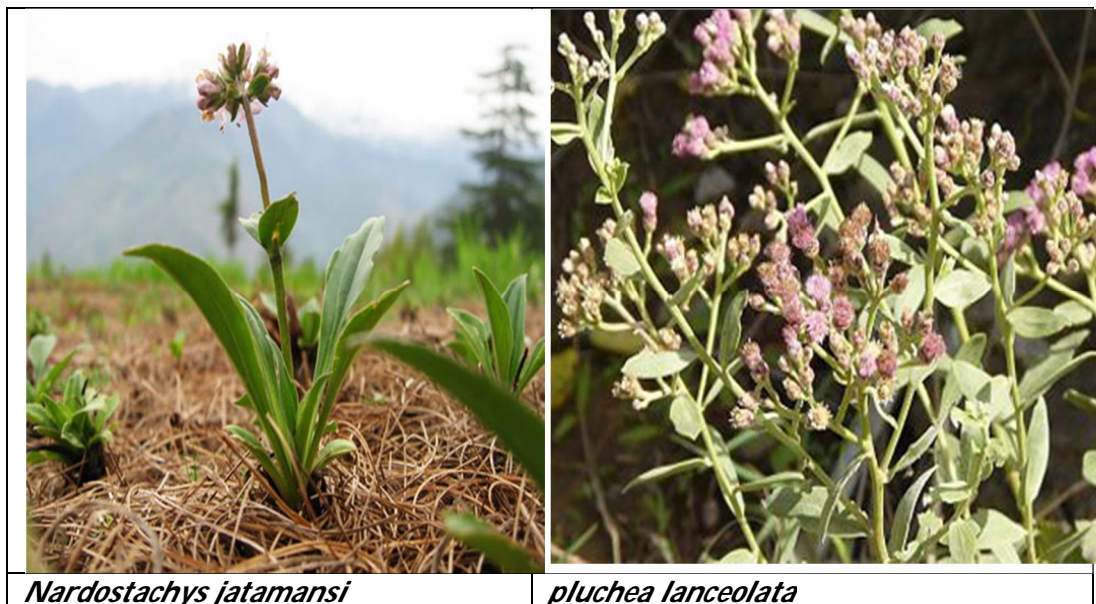
withania somnifera



Zingiber officinale



Ricinus communis



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