



# Ethnomedicinal plants used by the tribals of Sudi Konda Forest, East Godavari District, Andhra Pradesh to cure women problems

O. Aniel kumar, M. Krishna Rao\* and T. V. Raghava Rao

Department of Botany, Andhra University, Visakhapatnam-530 003, Andhra Pradesh, India.

## Abstract

The paper deals with 27 plant species belonging to 25 genera of 20 families to cure women problems prevalent among the tribals of Sudi konda forest area of East Godavari district, Andhra Pradesh are reported along with local name, methods of administration and prescribed doses.

**Keywords:** Ethnomedicine, Women problems, Sudi Konda forest, East Godavari.

## INTRODUCTION

Sudi Konda forest range comprises 10 mandals inhabited by the tribals covering an area of 154.88 Km<sup>2</sup>. It lies between the 17° 15'-18° 2' Northern latitude 81° 30'-82° 36' Eastern longitude. The average rainfall in the area is 1,137 mm. The total tribal population of the study area is 80, 572 with five tribal communities they are Konda Reddis, Konda kapu, Konda doras, Koyas, and Valmikis. Of this Konda Reddis is the primitive tribal group.

The survey of literature revealed that there are few studies on ethnomedicine of women diseases in different parts of India (Hemadri and Rao 1983, Kumar and Niteswar 1983, Sudhakar and Rao 1985, Borthakur 1993, Singh and Pandey 1996, Dagar and Dagar 1999, Rajendran *et al.* 2002, Sikarwar 2002, Sarangi and Sahu 2004, Ratnam and Raju 2005, Yadav *et al.* 2006, Augustine 2010) necessitating the present investigation in Sudi Konda forest, East Godavari district of Andhra Pradesh state.

## METHODOLOGY

The ethnobotanical survey was conducted during 2006-08 among the five tribal communities. Elder people, medicine men, tribal physicians and village old mothers were consulted to record first hand ethnomedicinal uses, methods of preparation and administration of the crude drugs. The information from the tribal people was compared with literature. The voucher specimens were deposited in the herbarium of Department of Botany, Andhra University, Visakhapatnam.

## Enumeration

### *Abrus precatorius* L.

L. Fabaceae, 'Gurivinda'

Received: Nov 02, 2011; Revised: Dec 26, 2011; Accepted: Jan 13, 2012.

\*Corresponding Author

M. Krishna Rao  
 Department of Botany, Andhra University, Visakhapatnam-530 003, Andhra Pradesh, India.

Tel: +91- 9440134559  
 Email: mortha9@gmail.com

Dried leaf powder mixed with equal quantity of sugar candy is made into 10 g pills. One pill is administered twice a day for 20 days for leucorrhoea.

### *Abutilon indicum* L. Seet.

Malvaceae, 'Tutturabenda'

For leucorrhoea, 50 g of root juice is administered twice a day for 3 days.

### *Adina cordifolia* (Roxb.) A. Juss.

Rubiaceae, 'Bandaru'

Stem bark powder mixed with seed powder of *Sesamum indicum* is administered twice a day to rectify irregular menstruation.

### *Aristolochia bracteata* Lam.

Aristolochaceae, 'Gadidagadapa'

For contraceptive, 10 g of root paste is taken immediately after menstrual discharge daily once for 3 days. It acts as a family planning contraceptive for a period of one month.

### *Aristolochia indica* L.

Aristolochiaceae, 'Eeswari'

10 g of root paste is taken once a day for 3 days immediately after menstrual discharge for contraceptive.

### *Caesalpinia banduc* L.

Caesalpniaceae, 'Gachakaya'

Root paste mixed with stem bark of *Litsea glutinosa* is applied to cure breast cancer till cure.

### *Calotropis gigantea* (L.) R.Br.

Asclepiadaceae, 'Jilledu'

For menstrual pain, four drops of latex is poured in to the hole at the middle part of the ripened banana fruit. It swallowed once a day till to cure.

**Cassia auriculata L.**

Caesalpiniaceae, 'Tangedu'

Thirty ml of root bark juice is administered daily thrice for three days to cure menorrhagia.

**Cassia occidentalis L.**

Caesalpiniaceae, 'Tangedu'

Five g of root paste mixed with 5 g rhizome paste of *Curcuma longa* is administered in dosage of 10 g once a day for 3 days to cure leucorrhoea.

**Celastrus paniculatus Willd.**

Celastraceae, 'Jyothismathi'

Five g of leaf powder is heated with ghee is given orally once a day for 3 days for menorrhagia.

**Dendrophthoe falcata L.f**

f. Loranthaceae, 'Badanika'

Fifty ml of leaf juice is taken three times a day to cure leucorrhoea. Leaves are ground with cow urine is given ladies in 2<sup>nd</sup> month of pregnancy for contraceptive.

**Gloriosa superba L.**

Liliaceae, 'Adavi nabhi'

The rhizome made into a paste with rice washed water and applied to the soles of the pregnant women for easy delivery.

**Hedyotis puberula L.**

Rubiaceae, 'Mandumokka'

Roots are washed with water is kept into the vagina and kept overnight leads to abortion.

**Holoptelea integrifolia (Roxb.) Planch.**

Ulmaceae, 'Nemalichettu'

For post-partum problems, Stem bark mixed with root bark of *Naringi crenulata* are taken in equal quantities, ground into fine paste and made into pills. One pill is administered twice a day for week.

**Ficus glomerata L.f**

f. Moraceae, 'Medipandu'

Five-10 gm fruit is taken with honey in empty stomach to rectify the menstrual cycle disorder.

**Litsea glutinosa (Lour.) C. B. Rob.**

Lauraceae, 'Naramamidi'

For breast cancer, the stem bark with that of *Holoptelea integrifolia* and root bark of *Caesalpinia bonduc* and the powder of empty shells of fresh water snails. These are taken in equal quantities and made into paste. It is applied externally on the affected breast till dry up and adheres till cure. The paste dries up and adheres firmly to the applied surface. One poultice may be

sufficient to heal the ulcer.

**Naringi crenulata (Roxb.) Nicolson**

Rutaceae, Torrivelaga

Hundred g of stem bark with that of *Strychnos potatorum* mixed with 30 black pepper seeds and made into paste. 15 g of paste is administered daily once for 5 days. After 5 days 10 g of paste is given for 2 days for post partum problems.

**Opuntia stricta (Ker-Gawler) Haw.**

Cactaceae, 'Bramhajemudu'

For menorrhagia and metrorrhagia, ten ml fruit juice mixed with 10 ml of rice washed water and a spoonful of sugar is administered twice a day for 3 days till to cure.

**Pavetta indica L.**

Rubiaceae, 'Papidi'

For leucorrhoea, stem bark, tender shoot tips mixed with equal quantities of root bark of *Hemidesmus indicus* and old jaggery is made into paste. It is administered in doses of 5 g daily twice for 10 days.

**Pergularia daemia (Forsk.) Chiov.**

Asclepiadaceae, 'Dustuputeega'

About 5g of root powder mixed in a cup of curd is taken internally which is claimed to relieve the menstrual pain immediately.

**Phyllanthus amarus Schum. & Thonn.**

Euphorbiaceae, 'Nelausiri'

For delayed menses, ten ml of whole plant mixed with 40 grains of black pepper is ground well and made into paste. It is administered in doses of one spoonful daily once for 3 days.

**Plumeria rubra L.**

Apocyanaceae, 'Nuruvarahalu'

Five to 10 g flowers of macerated part are taken orally to rectify the menstrual cycle disorder.

**Prosopis spicigera L.**

Mimosaceae, 'Jammichettu'

Stem bark decoction is administered one spoonful twice a day till to cure metrorrhagia.

**Smilax zeylanica L.**

Smilacaceae, 'Firangi'

Root tuber with that of *Nymphaea nouchali* are made into paste is administered as dosage of 10 g with 10 ml of water twice a day till cure menorrhagia.

**Soymida febrifuga (Roxb.) A. Juss.**

Miliaceae, 'Somida'

For dysmenorrhoea, one g of stem bark powder is boiled in 50 ml of water to be taken orally once a day for 3 days.

***Tinospora cordifolia* (Willd.) Miers ex Hook.f. & Thomson,**

Menispermaceae, 'Tippateega'

Stem juice is given at the time of delivery for easy delivery.

***Tribulus terrestris* L.**

Zygophyllaceae, 'palleru'

Whole plant paste of 50 g is administered twice a day for 3 days to cure leucorrhoea.

## DISCUSSION

The study yielded 27 plant species belonging to 25 genera and 20 families. Six species are used for treating leucorrhoea, followed by 5 for menorrhagia, four for metrorrhagia, three each for contraceptive and delayed menses, two each for breast cancer, easy delivery, menstrual pain, post partum problem and delayed menses and one for abortion. *Dendrophthoe factata* is used for both easy delivery and contraceptive.

In the present study fruit juice of *Opuntia stricta* is used to cure menorrhagia and metrorrhagia in combination with rice washed water and sugar. The fruit juice of this plant is used to cure women diseases without combination is used to cure menstrual flow by ethnic groups of Assam (Borthakur 1993). The tribals of the present study root paste of *Aristolochia indica* is used for contraceptive, leaf paste of this plant used for leucorrhoea; the root bark juice of *Cassia auriculata* is used to cure menorrhoea, whole plant of this plant is used for the same purpose by the *Adivasis* in the Eastern Ghats of Andhra Pradesh (Ratnam and Raju 2005).

## ACKNOWLEDGEMENTS

MKR is grateful to UGC for the award of teacher fellowship under FIP scheme. Authors are thankful to the tribals and Sri. P. Penchalayya, Forest Ranger of Sudi konda forest for sharing their valuable knowledge.

## REFERENCES

- [1] Augustine, J., Sreejesh, K. R. and P.P. Bijeshmon. 2010. Ethnogynecological uses of plants prevalent among the tribes of Periyar Tiger Reserve, Western Ghats. *Indian J. Trad. Knowl.* 9: 73-76.
- [2] Borthakur, S. K. 1993. Native phytotherapy for child and women diseases from Assam. *Ethnobotany* 5: 87-91.
- [3] Dagar, H.S. and J.C. Dagar. 1999. Plant folk medicines for gynaecological urinogenital and other related problems among aborigines of Andaman and Nicobar Islands. *J. Econ. Tax. Bot.* 23: 561- 567.
- [4] Hemadri, K. and S.S. Rao. 1983. Leucorrhoea and Menorrhagia: Tribal medicine. *Ancient. Sci. Life.* 3: 40- 41.
- [5] Kumar, A.K. and K. Niteswar. 1983. An enquiry into the folk lore medicines or Addateegala an agency tract of East Godavari District of Andhra Pradesh. *Indian Medicine.* 2: 2- 4.
- [6] Rajendran, S. M., K. C. Shekar, K.C. and V. Sundaresan. 2002. Ethnomedicinal lore of Valaya tribals of Seithur Hill of Virudnagar district, Tamil Nadu, India. *Indian J. Trad. Knowl.* 1: 59-64.
- [7] Ratnam, K. V. and R. R. Venkata Raju. 2005. Folk medicine used for common women ailments by *Adivasis* in the Eastern Ghats of Andhra Pradesh. *Indian J. Trad. Knowl.* 4: 267-270.
- [8] Sarangi, N. and R. K. Sahu. 2004. Ethno-medicinal plants used in venereal and gynaecological disorders in Kalahandi, Orissa. *Ethnobotany* 16: 16-20.
- [9] Sikarwar, R. L. S. 2002. Ethnogynaecological uses of plants new to India. *Ethnobotany.* 14: 112-115.
- [10] Singh, V. and R. P. Pandey. 1996. Ethno-medicinal plants used for venereal and gynaecological diseases in Rajasthan (India). *J. Econ. Tax. Bot.* 12: 154-165.
- [11] Sudhakar, S. and R.S. Rao. 1985. Medicinal plants of East Godavari District, Andhra Pradesh. *J. Econ. Taxon. Bot.* 24 : 495 – 505.
- [12] Yadav, J. P., Suresh Kumar and Priyanka Siwach 2006. Folk medicine used in gynaecological and other related problems by rural population of Haryana. *Indian J. Trad. Knowl.* 5: 323-326.