

Traditional Uses of Plants in Indigenous Folklore of Nizamabad District, Andhra Pradesh, India

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Abstract

The present ethno-botanical explorations conducted in forest areas of Nizamabad resulted in the information about traditional plant uses of 77 plants species belonging to 39 Angiospermic families. Of these, maximum species belongs to Euphorbiaceae with 7 species, 6 species to Asclepiadaceae and Fabaceae each. Information gathered from Nizamabad district indicates that the tribals, and other village people of this region possess good knowledge of herbal drugs, but their continuous and progressive exposure to modernization may result in extinction of the such rich heritage of knowledge in the course of time. Diseases / ailments found prevalent in the area are skin diseases, kidney stone, tooth ache, fever and wounds. Majority of preparation are from leaves and some are of underground parts (like root, rhizome, tuber, etc). Following data includes botanical name of species, vernacular name family, plant part used method of medicine and details about its application. Among the plant parts used in different formulations, leaves are abundantly used which is followed by stem and roots.

Key words: Traditional Uses, Indigenous Folklore, Nizamabad, Andhra Pradesh.

Introduction

Nizamabad district is situated in the northern part of the Andhra Pradesh and is one of the 10 districts of Telangana region in the state of Andhra Pradesh. It lies between 18-5' and 19' of the northern latitudes, 77-40' and 78-37' of the eastern longitudes. The district is bounded on the North by Adilabad district, East by Karimnagar District, South by Medak district and West by Bidar District of Karnataka and Nanded district of Maharashtra. The geographical area is 7956 Sq. km's i.e. 19,80,586 acres spread over 923 villages in 36 mandals. Major rivers, such as, Godavari and Manjeera crosses Nizamabad district with some other streams Kalyani, Kaulas, Peddavagu also exist in the district.

Forests: The forest is covering area of 1.67 lacs hectares (4,18,450 acres) forming 22% of the total geographical area of the district. The forests fall under the category of Southern Tropical dry deciduous type. Thick forest belt produces major population of *Dalbergia*, *Tectona*, *Terminalia*, *Rhynchosia* species. The forest produce, which includes timber, fuel, bamboo and *Diospyros* leaves, yields good revenue. Mangoes and Custard apples grow well in the district.

Forest Dwellers: As per 2001 census the total population of the district is 23.55 lacs. Of these tribal population is 1.65 Lacs. Lambada, Naikpod, Yerukalas are major tribal groups in the area. Of these, Lambada is found most abundant throughout the area. Besides these tribal groups, several other communities are residing as

forest dwellers.

Methodology

For documentation of ethno-botanical information and collection of plant material, several tours were undertaken during the period 2007 - 2009. Data presented here is based on personal observations and interviews with traditional healers (Viz. medicine men, hakims and old aged people) and methodology used is based on the methods available in literature (Jain 1989) and (Jain and Mudgal 1999).

Ethnobotanical information gathered was documented in datasheets prepared. For collection of plant material, local informer accompanied to authors. Plant identification was done by using regional flora and flora of adjoining districts (Pullaih and Rao 1995), (Cooke 1958) and Herbarium specimens are deposited at the Herbarium Department of Botany, Deogiri College, Aurangabad.

Medicinal uses of plants were compared with major published literature (Ambasta 1992), (Anonymous 1948-1976), (Asolkar *et.al.* 1992), (Chopra *et. al.* 1956 & 1969), (Jain 1991), (Jain 1996), (Jain 1999), (Kapur 2001), (Kirtikar & Basu 1933), (Pradhan *et. al.* 2005), (Reddy *et. al.* 2007 & 2008), (Reddy 2008) and (Sharma & Singh 2001).

Uses which are not mentioned in the mentioned literature are considered as uses less known in India and are marked by asterisk in the present paper.

Enumeration

The present ethno-botanical explorations conducted in forest areas of Nizamabad resulted in the traditional plant uses of 78 plants species belonging to 42 families. Following data includes botanical name of species, vernacular name, family, plant part used, method of preparation of medicine and mode of administration and details about its application. Name of the tribal group who has provides the information is given in parenthesis after each use. In case if the informer is non tribal he has been put in category of forest dweller.

Sr.No.	Botanical Name family and local Name	Part Used	Disease	Uses & tribe of the informer in parenthesis
1	<i>Abrus precatorius</i> L. (Fabaceae) 'Gurivinda' 'Gurugind'	Rt,lf Lf Lf	spermatogenesis kidney stones wounds	*4-5 Leaves and small root piece taken orally for a week time (Lambada) *Leaf juice 3 to 4 tablespoons are taken early morning for 15 days (Lambada) Crushed leaves are applied (Lambada)
2	<i>Abutilon indicum</i> (L.) Sweet. (Malvaceae) 'Duvvana' 'Thuthurabanda'	Lf Lf	stomach pain wounds	Leaves crushed with jaggary and tablets of approximately of 1gm are made, and taken 3 tablets once (Lambada) Crushed leaves are applied (Lambada)
3	<i>Acacia farnesiana</i> (L.) Willd. (Mimosaceae) 'Muriki tumma' 'Kasturi tumma'	Lf Lf	paralysis in primary stage, gonorrhoea	*Leaf extract made with alcohol is taken 20-30 ml once a day for 6 days (Lambada) Ten to twenty ml leaf extract is also given twice a day for 15 days. (Lambada)

4	<i>Acalypha indica</i> L. (Euphorbiaceae) 'Kuppinta' 'Kuppi'	wp Lf	jaundice scabies, itch, ring worm	<i>Acalypha indica</i> and <i>Momordica charantia</i> whole plants taken in 1:1 ratio & extract is given for 10 days Doses of 5 and 3 table spoons for adult and children respectively. (Lambada) The leaf juice can be applied externally (Lambada)
5	<i>Achyranthes aspera</i> L. (Amaranthaceae) 'Uttarani'	Rt Lf Sd Rt	leucorrhea wounds and cuts anti-dote for poison of snake and dog bite tooth ache	Root extract with goat milk is given once on alternate day for 10 -15 days (Lambada) Crushed leaves are applied (Lambada, Naikpoda) The seeds are used anti-dote for poison of snake and dog bite.(Lambada) Root is used as tooth brush (Naikpoda, Lambada)
6	1. <i>Aerva lanata</i> (L.) Juss.ex Schult (Amaranthaceae) 'Pindikura'	wps, Lf	kidney stone kidney stone	Plant extract with <i>Cuminum cyminum</i> fruits and sugar is given for 10 – 15 days (Lambada) Curry of plant leaves can also be eaten (Yarakula, Naikpoda)
7	<i>Alangium salvifolium</i> (L.f.) Wangerin (Alanginaceae) 'Udugu chattu' 'Oodugu'	St Bk	wounds and cuts	Bark powder with coconut oil applied (Lambada)
8	<i>Allium cepa</i> . L. (Liliaceae) 'Ulligadda' 'Nirully'	Bb Bb	high blood pressure Cold and cough	* Eating onion bulbs regularly is useful (Yarakula, Naikpoda, Lambada) Onion bulbs are eaten (Lambada)
9	<i>Aloe vera</i> Burn.f. (Liliaceae) 'Kalabanda'	Lf Lf	painful menstruation piles	Dried <i>Aloe vera</i> juice called 'Musambram'. * added with jaggery and tablets of 1gm prepared taken twice a day (Lambada) Tablets are prepared by 10gm musambram with 2.5gm sulphur powder (gandakam) and 2 tablets are given daily with buttermilk (Lambada)
10	<i>Andrographis paniculata</i> (Burm.F.)Wall ex Nees (Acanthaceae) 'Nala vamu'	Lf Wp Lf	skin disease diabetes viral fever & malaria	When 1 spoon of leaf powder is taken with water (Lambada) Regular taking of plant powder taken after meal controls diabetes. (Lambada) Leaf juice with <i>Piper nigrum</i> seeds powder is given (Lambada).
11	<i>Annona squamosa</i> L. (Annonaceae) 'Sithaphalam'	Lf Lf	tooth ache, ringworm & hair lice Injuries and wounds.	Leaf juice applied (Lambada) Crushed leaf is applied (Naikpod, Yarakala)
12	<i>Arthemisia nilagirica</i> (C.B. Cl.) Pamp. (Asteraceae) 'Masa patri' 'Machipatri'	wp lf	leprosy high blood pressure.	*The whole plant is used to prepare tablets which are given thrice a day for 12 -15 days (Lambada) Decoction of leaf and stem is given. (Lambada)
13	<i>Balanites aegyptiaca</i> (L.) Del. (Balanitaceae) 'Gara chattu'	rt	unwanted pregnancy	*Tablets is prepared from roots mixed with 'Hing' powder(<i>Ferula asafoeitida</i>), by adding <i>Piper betle</i> leaf juice are taken once with water for 9 days, soon after the menstruation, to avoid unwanted pregnancy. (Lambada)
14	<i>Beta vulgaris</i> L. (Amaranthaceae) 'Ullam gadda'	rh	kidney stone	Daily two glass of rhizome juice for seven days (Lambada)

15	<i>Blumea mollis</i> (D.Don) Merr (Asteraceae) 'Kucca pogaku'	Lf	asthma	*One teaspoonful of leaf juice for 3 – 4 weeks reduces asthma in children. (Yarukala)
16	<i>Calotropis gigantea</i> (L.) Ait. (Asclepiadaceae) 'Jilledu'	Fl Ltx Fl & Lf	arthritis black marks on face head ache	Flowers warmed and tied on feet overnight (Lambada) *Latex applied to reduce pimples and black marks on face. (Lambada) Flowers and leaves are kept on head and warmed utensil used for messaging head. (Lambada)
17	<i>Cassia auriculata</i> L. (Caesalpiaceae) 'Tangadu' 'Sonamuki'	Gum & lf Lf	diabetes reduces body heat	Gum and dried leaves and flowers are given one teaspoon. (Lambada) *Leaf decoction once a day. (Lambada)
18	<i>Cassia tora</i> L. (Caesalpiaceae) 'Tilasu' 'tageri chettu'	Lf Rt	itch ringworm	Leaf juice applied. (Lambada, Naikpod, Yarukala) Root paste with lemon juice controls ringworm. (Lambada)
19	<i>Catharanthus roseus</i> (L.) G. Don (Apocynaceae) 'Billagannaru' 'Chakram pullu'	Lf	anti-diabetic	Eating 4 to 6 leaves daily. (Lambada)
20	<i>Catunaregam spinosa</i> (Thumb.) Tirveng. (Rubiaceae) 'Manga'	Lf, st, rt, & fr Fls	dog bite hairfall	Leaf, stem, root, and fruit are useful in reducing poison in the body and also useful in treating dog bite.(Lambada) Flowers are used like hair tonic in case of hair fall occurs in patches. (Lambada)
21	<i>Cissus quadrangularis</i> L. (Vitaceae) 'Nallada' 'nallaru'	st	piles	1gm of powdered stem mixed with sugar or ghee taken for 2 to 3 weeks.(Lambada)
22	<i>Clitoria ternatea</i> L. (Fabaceae) 'Shanka puspi'	Rt	head ache	Root juice put in the nose control head ache. (Yarukala)
23	<i>Cocculus hirsutus</i> (L.) Theob. (Menispermaceae) 'Dusari tega' 'Piloni tega'	Lf Lf Lf Lf	headache ringworm wounds and cuts spermatogenesis	Leaf juice is applied externally on forehead. (Lambada) Leaf crushed with water and paste (Lambada) Leaf crushed and applied (Lambada) *Leaf directly consumed. (Lambada)
24	<i>Cordia macleodii</i> (Griff.) (Boraginaceae) 'Trikichattu' 'Banka chattu'	St	broken bones	*Stem pieces tied to join the broken bones. (Lambada)
25	<i>Crotalaria retusa</i> L. (Fabaceae) 'Giligicha'	Lf Rt	leprosy fever	*Leaf juice 5 -10 ml regularly for 10 days . (Lambada) Root juice 10 ml twice a day. (Yarukala)
26	<i>Cynodon dactylon</i> Pers. (Poaceae) 'Gariki gaddi'	Wp Wp	kidney stone amoebiasis, skin diseases, and bleeding piles	Whole plant extract 10 -20 ml taken orally for 8 -10 days . (Lambada) 'Roti' prepared by mixing plant powder and <i>Triticum astivum</i> flour. (Lambada)
27	<i>Datura metel</i> L. (Solanaceae) 'Nallamanti aku' 'Ummatha'	Lf Fr Rt	joint pain wounds pimples	Leaf dipped 'Ricinus communis' oil warmed and is applied externally. (Naikpod) The fruit roasted in burning ash and applied . (Naikpod) Root paste applied externally to cure pimples (Lambada)

28	<i>Dendrophthoe falcata</i> (L.f.) Etting. (Loranthaceae) 'Badanica'	Twg Lf fl	reduce sterility wounds asthma	*Tender twigs with <i>Ficus racemosa</i> bark power crushed with mixed with goat milk is taken 20 -30 ml. (Lambada) Leaves crushed and applied to treat wounds. (Lambada) 1gm honey and one gm flower paste for 8 – 10 days is recommended for asthma and tuberculosis. (Lambada)
29	<i>Diplocyclos palmatus</i> (L.) C. Jeffrey. (Cucurbitaceae) 'Lingamcaya'	sd	promote fertility	Half teaspoon of seeds taken once a day for 10 -15 days.(Lambada)
30	<i>Dodonea viscosa</i> (L.) Jacq. (Sapindaceae) 'Bandada' 'Pullada'	Lf Lf	bone fracture joint pain	Leaves mixed with 'turmeric' and oil crushed together and applied. (Lambada) *Fresh leaves boiled in water are applied externally.(Lambada)
31	<i>Eclipta prostrata</i> (L.) L. (Asteraceae) 'Guntagalagara' 'Guntakalakara'	Lf Wp	jaundice hair diseases	Leaf curry is useful to purify the blood and reduce the white hairs leaves are also used. (Lambada) Whole plant boiled with <i>Sesamum orientale</i> oil is used like hair oil. (Lambada)
32	<i>Emblica officinalis</i> Gaertn. (Euphorbiaceae) 'Usiri'	Frs Fr	anti allergic digestive	Fruits and jaggary taken in same proportion crushed and mixed taken as anti allergic. (Lambada) Fruits taken as digestive. (Lambada, Naikpod, Yarukala)
33	<i>Euphorbia geniculata</i> Orteg. (Euphorbiaceae) 'Sarnik' 'Gamalkota'	lf	constipation	Eating leaf curry.(Yarukala)
34	<i>Euphorbia hirta</i> L. (Euphorbiaceae) 'Reddyvarinanubalu'	lf	wounds and mouth ulcers	Crushed leaf are applied. (Naikpoda)
35	<i>Ficus benghalensis</i> L. (Moraceae) 'Marri'	Ltx Ltx Ltx Prop rts	stomach pain reduce sterility, tonic foot cracks tonic for children	Latex mixed with turmeric powder and tablets prepared.(Lambada) *'Khajur' (<i>Phoenix dactylifera</i> dried fruit), seeds are taken out and plant latex is filled kept overnight and taken 2 fruits daily for about 15 days to promote permatogenesis and reduce sterility. Same is also considered as a tonic. (Lambada) *Latex is useful to cure foot cracks. (Lambada) *Tender prop roots are useful as tonic for children. (Lambada, Naikpod)
36	<i>Ficus hispida</i> L. F (Moraceae) 'Bomma madi', 'Bodda medi'	St bk St bk St bk	monorrhagia piles leucoderma	2-3 gm of stem bark powder taken twice a day for 5-7 days. (Lambada) Stem bark powder taken twice a day for 10-12 days.(Lambada) Tablets of approximately of 2 gms are prepared by using stem bark powder with leaf juice and taken twice a day for 5 – 6 weeks. (Lambada)
37	<i>Gloriosa superba</i> L. (Liliaceae) 'Adavinabi' 'Agnisikha'	St Wp	wounds lice in hair	Stem past applied.(Naikpod, Lambada) *Plant powder applied externally.(Naikpod)

38	<i>Gossypium herbaceum</i> L. (Malvaceae) 'Prathi chattu' 'Dudi chattu'	Lf Fr	wounds caused by rat bite kidney stones	*leaves crushed with rice washed water (locally known as 'puligadupu nillu'). (Lambada) *Fruits roasted in burning ash thereafter, extract of fruit taken out and used to treat kidney stones. (Lambada)
39	<i>Gymnema sylvestre</i> (Retz.) R. Br. ex Schultes. (Asclepiadaceae) 'Podapatri'	Lf	conjunctivitis	Leaf taken orally. (Lambada)
40	<i>Hemidesmus indicus</i> (L.) Schult. (Asclepiadaceae) 'Sugandi pala' 'gaddi sugandi'	Rt	tonic, cooling and blood purifier	Root boiled in water or milk.(Lambada)
41	<i>Holarrhena pubescens</i> (Buch- Ham.) Wall. Ex G. Don. (Apocynaceae) 'Kodisha pala'	Bk	piles and cooling	1 tea spoon of bark powder with water taken once a day for 8 – 10 days useful for. (Lambada)
42	<i>Jatropha curcas</i> L. (Euphorbiaceae) 'Adavi amudam'	Fr	teeth problem	*fruit powder is applied (Lambada)
43	<i>Lannea coromandelica</i> (Houtt.) Merr. (Anacardiaceae) 'Dumpidi'	Bk	bone fracture	*Bark is used as a bandage.(Lambada)
44	<i>Lawsonia inermis</i> L. (Lythraceae) 'Gorinta'	Lf Lf	tuberculosis cold and fever	*Hand full of tender leafs added with 7 seeds of <i>Piper nigrum</i> crushed and taken early in the morning daily for 2 -3 weeks.(Lambada) *Leaf juice 10gram with equal amount of milk. (Lambada)
45	<i>Leucas indica</i> (L.) R.Br. ex Vatke (Lamiaceae) 'Tummi'	Lf	jaundice	*50gm of leaves are crushed well water is given orally once a day for 5-8 days. (Lambada)
46	<i>Mangifera indica</i> L. (Anacardiaceae) 'Mamidi chattu'	St bk Lf St bk	cooling muscle pain loose motion	Bark juice 10 -20 ml given orally. (Lambada) *Leaves crushed and applied topically. (Lambada) Bark extract with water and sugar is prepared and given thrice a day. (Lambada)
47	<i>Martynia annua</i> L. (Martyniaceae) 'Telukondi' 'Gorudamukku'	Lf Fr	sore throat scorpion sting	*Leaf decoction gargled twice a day. (Lambada) Fruit paste is prepared and applied. (Lambada)
48	<i>Momordica charantia</i> L. (Cucurbitaceae) 'Kakara'	Lf	piles	* Leaf or fruit is added with 20 gm sugar and given twice in a day regularly till cure. (Lambada)
49	<i>Moringa oleifera</i> Lam. (Moringaceae) 'Mulaga chattu'	Lf	spermatogenesis	Curry of leaves and fruits eaten to promote. (Lambada)
50	<i>Mucuna pruriens</i> (L.) D.C (Fabaceae) 'Dulagondi'	Rt Rt Rt	paralysis ring worm and scabies & fever spermatogenesis	Dry root juice 30 ml is given orally for one month. (Lambada) Root extract with cow milk is taken orally. (Lambada) Root juice also used to enhance spermatogenesis. (Lambada)
51	<i>Murraya koenigii</i> (L.) Spr. (Rutaceae) 'Karivapaku'	Lf	diarrhea	Leaf decoction 10- 15 ml thrice. (Naikpod)
52	<i>Ocimum basilicum</i> L. (Lamiaceae) 'Sabjiaku' 'Rudrajada'	Lf Sd	ear ache cooling	3-5 drops of leaf juice is put in ear. (Lambada) One teaspoon full of seeds soaked in water and given orally. (Lambada)

53	<i>Ocimum tenuiflorum</i> L. (Lamiaceae) 'Tulasi'	Lf	cough, fever and skin disease	Leaf juice taken as a blood purifier and also helpful in cough, fever and skin disease. (Naikpod)
54	<i>Oxalis corniculata</i> L. (Oxalidaceae) 'Pulichanta'	Wp Wp Lf Wp	wounds teeth pain boils scorpion sting	Whole plant paste is applied. (Lambada) *Gargling with plant decoction. (Lambada) *Leaf juice with black salt ('sindavalavanamu'). (Lambada) Whole plant paste is applied. (Lambada)
55	<i>Pedalium murex</i> L. (Pedaliaceae) 'Yanugu pallaru'	Wp Sd	reducing heat, urinary problems and kidney stones urinary problems, kidney stones and reducing heat	*Plant dipped in half liter of water and kept for 5-10 minutes. The water turns into the viscous fluid in which sugar is added and take orally. (Lambada) The dried seed powder is also taken with water (Lambada)
56	<i>Phyllanthus fraternus</i> Webstar. (Euphorbiaceae) 'Nala usiri'	Lf Wp Wp	reduce heat laxative jaundice and leucorrhea	Leaf with fruits <i>Cuminum cyminum</i> (jeera) and sugar cubes reduce crushed with water and taken 30-40 ml. (Lambada) Whole plant eaten directly. (Lambada) Whole plant crushed and tablets are prepared, taken twice a day for 10 days. (Lambada)
57	<i>Plumbago zeylanica</i> L. (Plumbaginaceae) 'Chitra malamu'	Lf Rt Wp	boils and pimples fever loss motion	Leaf crushed and applied. (Lambada) *Roots crushed and applied on back bone reduces fever (massaged over the back bone). (Lambada) *Whole plant crushed and taken with ghee. (Lambada)
58	<i>Pongamia pinnata</i> (L.) Pierre. (Fabaceae) 'Canuga' 'Ganuga'	St	tooth ache	* Stem is used as tooth brush. (Lambada, Naikpod)
59	<i>Psidium guajava</i> L. (Myrtaceae) 'Jama chattu'	Lf	diabetes	* 4-5 leaves Soaked in water for over night and taken early in the morning or the decoction of the leaves taken. (Lambada)
60	<i>Punica granatum</i> L. (Punicaceae) 'Dannima'	Bk & rt	cooling	'Sharbat' prepared by bark and root. (Lambada)
61	<i>Ricinus communis</i> L. (Euphorbiaceae) 'Amudamu'	Sd oil	constipation	<i>Ricinus</i> oil, honey and <i>Zingiber officinale</i> rhizome powder taken in to equal proportion and crushed to prepare a liquid solution. One teaspoonful taken in treating constipation. (Lambada)
62	<i>Sapindus emarginatus</i> Vahl. (Sapindaceae) 'Kunkudu' 'kukudu'	Fr Bk Bk	hair tonic antidote to poison and animal bite. fits	Fruits used for hair wash. (Lambada) *Bark powder with water. (Lambada) *Bark extract 10-15 ml. (Lambada)
63	<i>Sarcostemma viminalis</i> (L.) R. Br. (Asclepiadaceae) 'Andiatukula tega' 'somalatha'	Wp Wp	bone fracture cooling	70gm of fresh plant crushed and taken with 100 ml of goat milk for 7 days. (Lambada) Whole plant taken directly as cooling. (Lambada)
64	<i>Sida Rhombifolia</i> L. (Malvaceae) 'Bala' 'Nagabala'	Wp Rt	tonic leucorrhea	One tablespoonful whole plant powder taken with milk. (Lambada) One tablespoonful root powder with sugar and milk. (Lambada)
65	<i>Solanum nigrum</i> L. (Solanaceae) 'Nallabuddakashi' 'kamanchi'	Fr Lf Lf Lf	liver infection night blindness pain killer joint pain	Fruits directly taken. (Lambada) Curry made of leaves. (Lambada) Leaf paste applied. (Lambada) Leaf paste applied. (Lambada)

66	<i>Solanum virginianum</i> L. (Solanaceae) 'Nala mulaka' 'vakudu'	Lf Frs Fl Rt	itch and ring worm hair fall in patches & hair tonic cough kidney stone	Leaves were made into paste and mixed with turmeric powder and applied. (Lambada) Ripened fruits made into paste mixed with <i>Hibiscus rosa-sinensis</i> flower and applied. (Lambada) Dry flower powder is mixed with honey is given in cough twice a day. (Lambada) Root powder is mixed with a curd and it is taken once a day up to 7 days. (Lambada)
67	<i>Syzygium cumini</i> (L.) Skeels (Myrtaceae) <i>Allanaradu</i> 'Naradu'	Frs St bk Lf	kidney stone stomach pain teeth ache bleeding gums	Fruits directly eaten. (Yarukala, Lambada) Stem bark (3-4 inches) crushed with a pinch of common salt and taken orally. (Lambada) Leaf juice is used for gargling. (Lambada)
68	<i>Tabernaemontana divaricata</i> (L.) R.Br (Apocynaceae) 'Nandivardanamamu'	Rt	skin diseases and body heat	*Root powder is used for skin diseases and reduces body heat. (Lambada)
69	<i>Tectona grandis</i> L.f. (Verbenaceae) 'Takuchattu'	Bk & wd	cramps and rheumatism	* Bark and wood power is warmed with water and taken 20-30ml orally. (Naikpod)
70	<i>Tephrosia purpurea</i> (L.) Pers (Fabaceae) 'Vampali'	Wp Rt	liver disease, paralysis tooth ache	The whole plant powder with curd taken 20-30 ml orally. (Lambada) Root is used as tooth brush. (Lambada)
71	<i>Terminalia cuneata</i> Roth. (Combretaceae) 'Tella maddi'	Bk	chest pain	Half teaspoon dry bark powder taken with water twice a day for week. (Lambada)
72	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook. f & Thoms. (Menispermaceae) 'Tippa tega'	Lf Lf Lf	tonic jaundice fever	1 or 2 leaves daiy taken early morning. (Lambada, Naikpod) Leaf juice with honey for treating jaundice. (Lambada) Leaf extract or leaf juice with honey taken twice a day for 2-3 days. (Lambada)
73	<i>Trianthema portulacastrum</i> L. (Aizoaceae) 'Galigaru'	Lf	jaundice	Leaf juice with 30ml curd taken. (Naikpod)
74	<i>Tribulus terrestris</i> L. (Zygophyllaceae) 'Pallaru' 'china pallaru'	Fr Wp	kidney stone arthritis rheumatism	5gm of dry fruit powder boiled with milk taken regularly for two weeks. (Lambada, Yarukala) 5gm of whole plant with 1 to 2 gm of ginger crushed in water and 20-30 ml taken twice a day for 15 days. (Lambada)
75	<i>Tylophora indica</i> (Burn . F) Merr. (Asclepiadaceae) 'Makamayaniaku' 'kuccapala'	Wp Lf Lf	antitoxic loose motions cough and could	*plant juice is use taken as a antitoxic for any toxin. (Lambada) *Leaf juice 20-25ml taken twice. (Lambada) *Leaves boiled with milk and taken twice. (Lambada)
76	<i>Vitex negundo</i> L. (Verbenaceae) 'Vavili' 'vailuaku'	Rt Lf Lf	joint pain ring worm and itch body pain	40-50 ml of root juice taken two times daily. (Lambada) Leaf juice applied externally. (Lambada) leaves boiled in water and bath. (Lambada, Naikpod, Yarukala)
77	<i>Wattakaka valubilis</i> (L.f.) Stapf (Asclepiadaceae) 'Bandiguriginja'	Lf	snake bite	Single leaf with 4 <i>Piper nigrum</i> seeds and plant juice of <i>Achyranthes aspera</i> is taken 30-40 ml thrice to treat snake bite. Three doses are to be given after the interval of 30 minutes. (Lambada)

Results and Discussion

Information gathered from Nizamabad district indicates that the tribals, and other village people of this region possess good knowledge of herbal drugs, but their continuous and progressive exposure to modernization may result in extinction of the such rich heritage of knowledge in the course of time. The collective efforts of ethno-botanists, phytochemists, pharmacognostists, and pharmacologists are needed to document and evaluate the efficacy and safety of the claims.

Majority of the species used are from families Euphorbiaceae and Asclepiadaceae and majority of preparation are from leaves (53), root (21), stem (18), fruits (13), etc.

Most prevalent diseases/ailments found in the areas are skin diseases and wounds (13 plants each), 9 kidney stone, 8 jaundice, 7 joint pain, etc.

To test the scientific validity of the herbal preparations or drugs, clinical studies are required, which can establish therapeutic properties of these preparations for safe use.

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