



## Plants used for diuretic activity in traditional medicine in Kutch district, Gujarat

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### Abstract

**Objective:** To study the pattern of utilization of medicinal plants used as diuretics by people of Kutch district, Gujarat state, India. **Materials and methods:** Ethno-medical field survey method was used. **Results and conclusion:** 35 species of 32 genera and 22 families of angiosperms are reported along with plant part used medicinally. The putative plant remedies are neither evaluated nor phytochemicals identified.

**Keywords:** Traditional treatment, diuretics. Kutch District, India.

### 1. Introduction

India is the country where vegetation of varied type is found. The wealth of medicinal plants is of vital importance to vast country like India where qualified physicians/health workers have not reached in the remote rural areas. India being endowed with natural blessing in terms of varied climate (temperature as well as annual rainfall) and soil types, which creates atmosphere for growth of every possible types of plants.

In recent past efforts have been made to reveal folk medicines through ethno botanical exploration. In India the literature on diverse native floras and medicinal utility of plants is voluminous [1-12]. A perusal of literature

revealed that, Kutch district of Gujarat State, India have never been surveyed from ethno-medical view point, so the same aspect is being covered by us to collect valuable information regarding uses of plants of this region for different diseases.

### 2. Material and methods

The Survey was conducted with close assistance and cooperation of tribal healers. The data was collected from the native informants who were healers/Ayurvedic physicians/elderly people and common people who have knowledge about the therapeutic value of plants. Because of the fact that majority of population in rural areas is

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illiterate, oral interviews were conducted in villages and derived information was placed on records.

The plant specimens were collected and identified by Prof.(Dr.) B.T.Bramkshtriya. Head, Dept of Botany, Tolani College of Arts & Science & Mrs. Bhanu Kakrani, Lecturer in Botany, Tolani College of Arts & Science, Adipur.

More than 200 informants were interviewed, elderly people were preferred for interviewing. The data were considered worth mentioning, when more than 10 informants gave similar answers for same plant. Data were gathered from seven subdivisions of the district out of total nine. The remaining subdivisions show rare vegetation (of medicinal importance) being inflicted with highly saline soil.

### 3. Observations

During the present survey of rural areas of Kutch district located at western coastal region of India many plants species have been found to be effective drugs used by the villagers. Many of the animal breeders (Rabaaris) who live the life of gypsies and are constantly on move, keep stock of some of the plants in powdered form to cope up with routine health problems.

The information on folk use of plants described is fascinating and reveals new medicinal use of plants as diuretics.

The total information is arranged in alphabetical order in following manner, accession number, Botanical name, family, Local name/s (in Kutchi language), plant part used as diuretic, dosage, posology and period of treatment using aqueous decoction of the materials.

080 : *Abutilon indicum*. (Malvaceae). Khaapto. Leaves (Fresh). Half a cup once daily for a week.

081: *Acharus sapota* : (Sapotaceae), sapota/sapodilla/Chickoo. Seeds (dried powder), two to three teaspoons thrice daily for two days.

082: *Aerua javanica* (Amarantaceae), Gorakhambli/Rukh. Roots (dried) one tea spoon after meals for about one week.

083: *Aerua lanata*(Amarantaceae), Sunny-khur. Roots(dried) same as for *A.javanica*.

084: *Amaranthus virides* (Amarantaceae), Raajgaaro/Adbau raajgaaaro, leaves(fresh). Half a cup once daily for three to four days.

085 : *Asphodalus tenuifolius* : (Liliaceae), Dungro : seeds (dried), one teaspoon twice daily for three days.

086 : *Blepharis boerrhaavifolia* : (Acanthaceae), Uthigan/vadochopdo Kandho: Leave (fresh), half a cup once after lunch for two to three days.

087 : *Chenopodium album* : (Chenopodiaceae). Charan/Chir ; leaves (fresh). Two to three teaspoons twice in a day for two days.

088 : *Cissampelos pareira*: (menispermaceae), Bung/buno-jival, Roots(fresh) half a cup once daily for one week.

089 : *Corchorus antichorus* : (Tiliaceae). Kutchimunderi/Munderi/ Bahufali ; whole plant (fresh), half a cup twice daily for ten to twelve days.

090 : *Crataeva religiosa* : (Capparidaceae) Tapan; Bark & leaves (dried) two tea spoons twice a day for three to four days.

091 : *Curculigo orchoides* : (Amaryldaceae), Kaari Mushri/Kaari Khajuri; Roots(dried), half a cup twice daily for maximum three days.

092 : *Cyperus rotundus* : (Cyperaceae), Mootha/Moth : Whole plant (dried) one to two tea spoons once a day for one week.

- 093 : *Fagonia arabica* : (Zygophyllaceae), Dhamaaso/Dharmau : whole plant (dried), half a cup for about two weeks.
- 094 : *Gmelia arborea* : (Verbenaceae). Shivau/Savau : whole plant (fresh) one tea spoon twice daily for two to three days.
- 095 : *Grangea madraspatana* : (Compositae), Nandheri-gorakhval : whole plant (fresh) one tea spoon in morning only for one week.
- 096 : *Grewia tiliaefolia* : (Tiliaceae), Khatigandhi/teet ; leaves (fresh) half a cup after meal (twice) for a week.
- 097 : *Herpestris monniera* : (Scrophurariaceae). Kadvi-luni/Kadvinevri/Jul-Brahmi : Leaves (fresh) One tea spoon after meals (twice daily) for 3 days.
- 098 : *Hibiscus radiatus* : (Malvaceae). Dungi-bhindo : Fruit (dried). Half a cup after lunch only till desired results are observed.
- 099 : *Ipomoea reniformis* : (Convolvulaceae), Under-Kani : leaves (dried). One tea spoon twice daily for three to four days.
- 100 : *Ipomoea biloba* : (Convolvulaceae), Raavar-patri/Dhariaval : leaves(dried) as in *I.reiniformis*.
- 101 : *Leucas cephalotes* : (Labiatae), Kubdo/Gumu : Whole plant (fresh), one to two tea spoons thrice daily for two to three days.
- 102 : *Lepidium Sativum* : (Cruciferae). Aaserio: Seed mucilage. Half a cup twice daily or two to three days.
- 103 : *Ocimum pilosum* : (Labiatae), Jungli-maruo; seeds (dried), one tea spoon twice daily for one week.
- 104 : *Physalis minima* : (Solanaceae). Fofti; roots(dried). One tea spoon after meals for three to four days.
- 105 : *Phyllanthus niruri* : (Euphorbiaceae), pati-aamri/Aamri, leaves (fresh) one tea spoon thrice daily for two weeks.
- 106 : *Polygonum plebejum* Var, elegans (Polygonaceae), Ratanjot, roots (dried), half a cup after lunch only for one week.
- 107 : *Sericostema pauciflorum* : (Boraginaceae), Kharsand, roots (dried), one tea spoon twice daily preferably after meals for one week.
- 108 : *Sida carpinifolia* : (Malvaceae), Adbaubalvaro, whole plant or leaves (fresh). One teaspoon once day for one week.
- 109 : *S.cordifolia* : (Malvaceae), Bal-bauro; whole plant or leaves (fresh) same as in *S.carponifolia*.
- 110 : *Solanum xanthocarpum* (Solanaceae), Pat-ringdi/Bhoi/Ringldi : Fruits (dried), one tea spoon twice a day after meals for about two weeks.
- 111 : *Sphaeranthus indicus* : (Compositae), Gorakh-val: roots fresh half a cup once daily for seven to eight days.
- 112 : *Suaeda nudiflora* : (Chenopodiaceae), Morus: roots (Fresh) one tea spoon once after lunch for two days.
- 113 : *Thesepeia populanceae* : (Malvaceae), Paaras-peepad: roots (fresh) one tea spoon twice a day for one week.
- 114 : *Tribulus terrestris* : (Zygophyllaceae), Aenkanti/Meethagokhru, roots and fruits(dried), half a cup twice daily when ever action is desired.

#### 4. Results and discussion

The 35 plants used as diuretics in folk medicine in Kutch District, Gujarat State, India are presented from accession no 080 to 114 arranged

in alphabetical order of botanical names. Amongst the plants of 22 families used as diuretics, maximum 5 plants were from Malvaceae, followed by Amarantaceae (3), and Chenopodiaceae, Compositae,

Convolvulaceae, Labiateae, Solanaceae, Tiliaceae and Zygophyllaceae with two each, remaining 13 families had one plant each of this action. The aqueous infusion/ decoction was the most commonly used formulation.

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