



Traditional treatment of gastro-intestinal tract disorders in Kutch district, Gujarat state, India

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Abstract

Objective: The communication examines the medical ethnobotany of Kutch District, Gujarat province, India. The inhabitants of the district, which happens to be one of the biggest districts of India (area wise) have developed fairly good knowledge of the use of local flora. **Materials & methods:** Ethno medical field survey method was used for the purpose. **Results & conclusion:** A pattern of utilization of local plants used in treatment of G.I.T. disorders was investigated. 41 species of 37 genera belonging to 22 families are reported along with plant part used medicinally.

Keywords: Herbal remedies, G.I.T. disorders, Kutch, India.

1. Introduction

Primeval man in search for drugs learnt by trial and error the medicinal properties of many plants and plant organs. In this way a grand patrimony of knowledge has been formed. However, in the course of ages, due to reduced use of traditional medicines in many countries, the knowledge of the medicinal properties of plants has been lost.

Because of the definite trend through out the world for people to use many herbal preparations, the need to exploit natural sources of drugs is increasing day by day. In recent past several efforts have been made to reveal

folk medicines. Through ethnobotanical exploration. the literature on diverse native floras and medicinal utility of plants is voluminous (1-7).

The literature survey reveals that, Kutch district of Gujarat State, India, has never been explored from ethno-medical view point, except floral studies (8-17). In continuation of our earlier attempts (18-20).

We report here information regarding medicinal uses of plants of this region more specifically the plants with action on different G.I.T. disorders.

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2. Study Area

The Kutch district of Gujarat State, India is one of the biggest district of India situated between 22°47' to 24° N and 68°, 21' to 71° 10' E along with north parallel of the tropic of cancer. Its total area is around 28672 sq.km. which is surrounded by Arabian Sea on West, "Great Rann" of Kutch, Salty marshes in South and "Little Rann" of Kutch in the East. Thus the area is more or less encircled by either sea or swampy marshes of saline belt.

3. Materials and methods

The study area was surveyed by interviewing native informants which included traditional healers, Ayurvedic physicians, elderly common people who have knowledge of therapeutic value of plants. Due to the fact that a large proportion of population is illiterate/semiliterate, oral interviews were conducted and gathered information was recorded.

The plant specimen were collected from natural habitat or obtained from native villagers/healers and identified, (courtesy Dr. B.T.Brahmkstriya, Head Dept. of Biology, Tolani Arts & Science College and Mrs. Bhanu Kakrani, Lecturer of same department)

More than 250 informants were interviewed, older men and women were preferred for interviewing. The data was considered valid and worth mentioning when more than 10 informants in different regions gave similar answers on plants.

4. Observations

The data collected are arranged in alphabetical order in following manner, accession number, botanical name, family synonyms (if any) and local names, plant organ used /preparation / formulation, related medicinal uses as reported by informants, dosage posology and periods of use.

115 : *Acalypha Indica* : (Euphorbiaceae), Indian acalypha, Daadro, leaves laxative, roots-purgative & fresh leaves decoction two teaspoons at bed time, root powder two teaspoons at bed time.

116 : *Acharus sapota* : (Sapotaceae), Sapota plum, sapodilla, seeds, laxative, seed powder one teaspoon after dinner .

117 : *Adansonia digitata* : (Malvaceae), The sour gourd, Gorakh-ambli/Rukh/Sampudi, Bark, astringent in diarrhoea and dysentery, dried bark powder two to three tea spoons twice a day for two to three days.

118 : *Aegle marmelos* : (Rutaceae), Bilee, fruit in Gastric distention and anti diarrhoeal, fruit pulp of quarter fruit suspended in water every three hours till desired results are achieved.

119 : *Alahagi maurorum* : (Leguminosae), Camel's thorn/The Hebrew-manna/Persian manna, Jawas/Jawasso, exudate of tree laxative, one teaspoonful of exudate to be swallowed with water at bed time.

120 : *Andrographis peniculata* : (Acanthaceae), Leelo Kiryaato, roots and leaves , appetiser, indigestion, half decoction of fresh plant material to be used when ever need arises.

121 : *Bryonia laciniosa* : (Cucurbitaceae), Chitra-val/Shiv lingi, leaves, bitter tonic, appetiser, half a cup of fresh leaves decoction half an hour before meals.

122 : *Cadaba indica* : (Capparidaceae), Kaari-Katki-aar/Bhatki aal, seeds, antidysentric & anthelmintic, one tea spoon of dried seed powder to be swallowed with water.

123 : *Caesalpinia bonducella* : (Leguminosae), kakchio, fruits, antidiarrhoeal and anthelmintic, one to two tea spoons of powder (with seeds coats removed) thrice a day for two days.

- 124 : *Calotropis procera* : (Asclepidaceae), swallow wort, Ask, wheat flour dough prepared using decoction, carminative in flatulence, pills prepared from dough, and about five grams taken after meals.
- 125 : *Cassia obovata* : (Leguminosae), country senna/Jamaica Senna, pat-aava/Mindhi/aavar, leaves laxative, About five grams of dried leaves powder to be swallowed with water at bed time.
- 126 : *Celsia coromendeliana* : (Scrophulariaceae), Adbau-muri, leaf juice, emetic, half tea spoon to be taken once only.
- 127 : *Chlorophytum tuberosum* : (Liliaceae), Karli, Juice or leaves, Digestive, appetiser, half tea spoon to be take just before meals.
- 128 : *Cissampelos pareira* : (Menispermaceae), Bung, roots, anti-spasmodic, antidiarrhoeal, one tea spoon of dried root powder to be taken thrice a day for two days.
- 129 : *Citrullus colocynthus* : (Cucurbitaceae), Bitter cucumber/Bitter apple, Truhavela/Trujadedda, fruits and roots Drastic purgative, one tea spoon of dried and powdered material to be taken at bed time.
- 130 : *Cleome Viscosa* : (Capparidaceae), Vaghaado/Peero-Vighado, leaves, carminative, seeds-anthelmintic, two tea spoons of dried seeds powder to be taken at bed time.
- 131 : *Clitoria ternatea* : (Leguminosae), wing leaved clitoria, Gaenri, seeds, laxative, five to six seeds to be swallowed with water.
- 132 : *Cocculus villosus* : (Menispermaceae), Vegai/Vugvul, seeds, laxative, half tea spoon of seed powder to be swallowed with water.
- 133 : *Convolvulus microphyllus* : (Convolvulaceae), Mankhadi/Accti Kheer-Val / Kaaranj Val/Chhatri/Makhad Val/Acchi sankhval, leaves, Intestinal motility, anthelmintic, half a tea spoon of juice To be taken at bed time.
- 134 : *Corchorus antichorus* : (Tiliaceae), Baahuphali, seeds and fruits, check blood (I) stools, demulcent, half a cup of decoction to be taken every four hours for two days.
- 135 : *C. olitorius* : (Tiliaceae) Kaagi, sod/gun paat, seeds and leaves demulcent, anthelmintic one spoon of dried plant material to be taken at bed time.
- 136 : *C. trilocularis* : (Tiliaceae) , Ubhimundhari, leavs seeds and roots, flatulence, dimulcent, same as in *C.clitorius*.
- 137 : *Doemia extensa* : (Asclepiadaceae), Taari, Val/Dudhri-val/dadhar-val, leaves Emetic, one teaspoon of fresh leaves juice.
- 138 : *Dragea Volubilis* : (Asclepeiaceae), Dorival, leaf paste, applied externally for stomach ache as antispasmodic.
- 139 : *Eclipta alba* : (Compositae), Bhengro/Bangro/Kaakrogga, roots, purgative and ametic, one tea spoon of dried and powdered material or decoction prepared from same to be taken once at bed time.
- 140 : *Helicteres isora* : (Malvaceae), Indian screw, Anti/anted/Marda shingi,fruits, anti diarrhoeal, fresh fruits to be eaten raw (two to three).
- 141 : *Ipomoea hederacea* : (Convolvulaceae), Kaari poti aal, seeds, purgative, one tea spoon of dried seed powder at bed time.
- 142 : *Lepidium sativum* : (Cruciferae) common cress, Aasario, seeds, laxative, one tea spoon of dried seeds powder to be swallowed with water at bed time.
- 143 : *Moringa pterygosperma* : (Moringaceae), Drumstrick/Horse radish. Mitho-sirgvo, seeds, laxative, two to three tea spoons of dried or fresh material tobe swallowed with water.

144 : *Pespalum scrobiculatum* : (Gramineae), Kudra/Kudro, grass, antidiarrhoeal, about two tea spoons of juice to be taken thrice a day for three days.

145 : *P. distichum* : (Gramineae), Kodri/Kudri, grass, anti-diarrhoeal, same as in *P. Scrobiculatum*.

146 : *Physalis minima* : (Solanaceae), Fofti, leaves, purgative, one tea spoon of juice at bed time.

147 : *Rhynchosia minima* : Var *laxiflora* : (Leguminosae), Magiri/ Rotle/Mungri/yaar/khoti-vaalor/ibval, roots, antispasmodic, antidiarrhoeal, half a cup of dried root decoction to be taken every four hours.

148: *Salvia egyptica* var. *pumila*, (Labiatae), Kharsan/Kharpani/Gundhi-kharsan, seeds, anti diarrhoeal, one tea spoon of powder seeds to be taken thrice a day for two days.

149: *Solanum indicum* : (Solanaceae), Indian night shade, wadiringhdi/bhot-ringhdi, roots antiemetic, digestive, one to teaspoons of decoction to be taken thrice a day.

150 : *Solanum nigrum* : (Solanaceae), Kanpru, roots, laxative , same as with *S.indicum*.

151 : *Tecoma undulata* : (Bignoniaceae), Indian weeping Tecoma, Roydo/Rohido/Roido, Bark, antifatulant, anthelmintic, two to three tea spoons of dried bark powder after meals for two days.

152 : *Triumfetta rotundifolia* : (Tiliaceae), Round leaved Indian Buur, Ber Bhurat/Bhurato, paste of root(in water) for treatment of dysentery.

153 : *Vicoa auriculata* : (Compositae), Utsari-aaro/Sonsari aaro, decoction of herb, diarrhoea, half cup to be taken twice a day for two days.

154 : *Viscum angulatum* : (Loranthaceae), Survival/Suri/aal, leaf-less branches, flatulence, one tea spoon of juice to be taken after meals.

155 : *Volutrella divericata*: (Compositae), Kandheri/Vth-Kandheri/Neeli-Kandheri, leaves, laxative,one tea spoon of juice to be taken at bed time.

4. Results and discussion

41 Plants belonging to 37 genera of 22 families, used to treat various gastro intestinal tract disorders by the rural people of Kutch district, Gujarat state, India, are presented from accession number 115 to 155, arranged alphabetically (according to their botanical names).

Maximum number (7) of plants used for these disorders belong to Leguminosae, followed by 4 of Tiliaceae, 3 each of Asclepiadaceae and Solanaceae, 2 each from Capparidaceae, Compositae, Convolvulaceae, Graminae, Malvaceae and Menispermaceae. From rest of the families one plant from each was found to have this utility.

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