

Native phytotherapy for vomiting in Porbandar district of Gujarat

B. A. Jadeja*, N.K. Odedra and H.V. Dodiya

Department of Botany, M. D. science college, Porbandar - 360 575 (Gujarat) India

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Porbandar district is rich in ethnomedicinal plants. In the present paper 78 plant species used in folk medicine for vomiting have been documented. Due to poor condition of modern healthcare facilities and poverty, indigenous people of the district fully or partially depend on local medicinal plants. An attempt has been made to document traditional Knowledge in the treatment of vomiting.

Key words: Phytotherapy, Vomiting, Porbandar District.

INTRODUCTION

IN Ayurvedic medicine, herbs are used as an integral part of healthcare systems. Besides healthcare, herbs are also used for beautification of the body and for preparation of various cosmetics and colours. Though synthetic chemical compounds have replaced many Ayurvedic plant products, the safety and efficacy of natural products could not find suitable match. Herbal medicine has been widely practiced from ancient period throughout the world. Herbal drugs obtained from plants are believed to be much safer in the treatment of various diseases.

Porbandar district occupies the western part of Gujarat. It lies between 21° 15', and 21° 15'. North latitude and 69° 55' and 70° 25'. East longitudes. The geographic area of this district is about 2272 sq. Km. Junagadh district lies on southern-east part. Jamnagar district and Barda Hills lying on northern part and the Arabian sea is lying in western part of this district. The seashore of this district is 106 km long. The atmosphere of this district is temperate and humid atmosphere in seashore area. In summer, inside the district which is far away from seashore the atmosphere is hot and dry and in winter the atmosphere is cool and dry. Rain is experiences extremes of weather conditions. In spite of this rich vegetation of rare and valuable medicinal plants in the district. At present Barda Hills constitute a small part of this district. Porbandar district is inhabited by Rabari, Charan, Maher Muslims, Devipujak, Ahir, Satvara.

This area has not been given much attention in respect of ethnobotanical studies. Very few ethnobotanical work done on Barada Hills viz. Thakar (1910), Nurani (1997), Jadeja (1999), Mitaliya and Bhatt (2003). Jadeja et al (2004). An attempt has been made in this paper to identify, segregate and enumerate ethnomedicinal plants of Porbandar district which are used to cure vomiting.

MATERIALS AND METHODS

The ethnobotanical field survey was conducted in various parts of Porbandar district. In field studies a total of 52 villages including nesses of Barda Hills were surveyed during 2002-2005.

Initially various knowledge rich persons (Farmers, Vaidya & Maldhari) who are popular for their traditional healing practice were identified by enquiring in different villages. Later these resource persons were interviewed with the help of plant collections and information on medicinal uses was gathered. The identification of botanical samples was confirmed with authentic collections of Herbarium, of M. D. Science college, Porbandar. Such information of filtered by eliminating the commonly known practices and the little known practices are recorded here. However a care was taken to represent all the selected villages. It is believed that the information recorded here, will be usefull if further scrutiny is made and few practices are targeted

* Author for Correspondence

for phytochemical and pharmacological studeis.

RESULTS AND DISCUSSION

The present work deals with the herbal drugs as a remedy for treatment of vomiting. 78 species of 72 genera of 48 families are used as traditional phytotherapy by people of Porbandar district of Gujarat for treatment of vomiting. Represents exhibiting family; genera; species ratio of 1:1.47:1.59. Plant of 38 families of dicot, 10 families of monocot and 1 family of pteridophytes are used.

1. **Acacia chundra** Willd (Mimosaceae)

Vern. name : Kher

Usefull part : Leaf

Uses : 1 g. tender leaves 3 g. Rhizome powder of *Zingiber officinale* is taken and made in to capsuls which is taken with cow milk.

2. **Adhatoda vasica** Nees. (Acanthaceae)

Vern. name : Ardusi

Usefull part : Leaf

Uses : Decoction of leaf and *Tinospora cordifolia* leaf is taken orally with honey.

3. **Aegle marmelos** L. Corr. (Rutaceae)

Vern. name : Bili

Usefull part : Fruit

Uses : Fruit and seed juice of *Mangifera indica* mixed with sugarcube and honey is given twice a day.

4. **Aloe vera** L. (Liliaceae)

Vern. name : Kuvarpathu

Usefull part : Root

Uses : Crushed 10-15 g. root with hot water and drink twice a day

5. **Ananas comosus** (L.) Mer. (Bromeliaceae)

Vern. name : Ananas

Usefull part : Fruit

Uses : Fruit juice with honey is given orally.

6. **Anthocephalus cadamba** Miq. (Rubiaceae)

Vern. name : Kadamb

Usefull part : Flower

Uses : Flower are crushed in water and mixed with cow milk and honey and given orally.

7. **Areca catechu** L. (Arecaceae)

Vern. name : Sopari

Usefull part : Fruit

Uses : Take fruit ash with honey

8. **Azadirachta indica** A. Juss. (Meliaceae)

Vern. name : Limdo

Usefull part : Leaf

Uses : Crush leaves in water and extract is taken orally.

9. **Berberis aristata** L. (Berberedaceae)

Vern. name : Daru-hardar

Usefull part : Fruit

Uses : Decoction of fruit powder is taken orally with honey.