

## Medicinal plants used in gynaecological disorders in Chittoor district of Andhra Pradesh, India

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Accepted : October, 2009

**Key words :** Medicinal plants, Gynaecological disorders, Folk medicine, Ailment

The Chittoor district is located in the southern most region of Andhra Pradesh. It spreads over an area of 15, 152 sq. kms with a forest area of 4,512,40 sq. kms with total population of 37.35 lakhs of which 25 lakhs people are living in rural areas and 8-10 lakhs are in urban areas and the density of population is 247 sq.km. It lies between 12°37' - 14°8' of North latitude and between 78°33' - 79°55' of Eastern latitude. The district is bounded by Nellore district of Andhra Pradesh and Chengal pattu district of Tamil Nadu on the east, Kolar district of Karnataka on the west, Kadapa district of Andhra Pradesh on the north, North Arcot and Dharmapuri district of Tamil Nadu on the south. The temperature varies from minimum of 19°C-21°C to a maximum of 31°C-45°C. Rainfall is received by the south-west monsoon and north-east monsoon.

The tribes of the area are Yanadi, Yerukula, Sugali and Nakkala. Tribes Yanadi and Yerukula are dominant in the east division, while majority of Sugali tribes are concentrated in the west division. These people and the people of some rural areas depend upon the local plants for the treatment of various diseases. The traditional use of medicinal plants of this district are very popular as reported in the literature. (Kirtikar and Basu, 1975; Sudarsanam, 1987; Madhava Chetty and Narayana Rao, 1989; Venugopal 1992; Rao *et al.*, 1997; Yoganarasimhan, 2000 and Swami Ramdev, 2005.) Twenty two plant species belonging to eighteen families have been collected from different areas of the district. Ethnomedicinal information was gathered during field study, from knowledgeable persons, yanadis, yerukulas, old experienced people,

through conversation and discussion. The plants are arranged alphabetically followed by family, local name, part used, mode of preparation and administration wherever possible and the uses are based on traditional knowledge.

– *Aerva lanata* (L.) Juss. F: Amaranthaceae

Local name : Konda pindi

Whole plant is used in the form of powder or decoction for urinary infections during menopause for 2-3 months.

– *Ailanthus excelsa* Roxb. F: Simaroubaceae

Local name : Peddamanu,

Leaf juice or fresh juice of bark is given along with rice water with honey to prevent pains after delivery (past parturition treatment)

– *Aloe vera* (L.) Burm.f. F: Liliaceae :

Local name : Kutikalabanda

2-3 g of the gum is taken along with sugar orally for relieving pain during menstruation.

– *Amaranthus tricolor* Linn. F : Amaranthaceae

Local name : Dantukoora, Thotakoora

Leaf decoction used in menorrhagia from 1<sup>st</sup> day of menstruation to 5<sup>th</sup> day.

– *Apium graveolens* Linn. F: Apiaceae

Local name : Vamu

The fine powder of the fruit is made into paste and generally taken orally in delayed menstrual periods.

– *Aristolochia bracteolata* Lan. F: Aristolochiaceae

Local name : Gadidhagadapa

8-10 leaves and 4-8 pepper made into paste and is taken to relieve pains during menstruation.

– *Aristolochia indica* Linn. F: Aristolochiaceae

Local name : Nalla eswari, Eswari

15-20 g of root paste is taken from the 4<sup>th</sup> day of menstruation continually for 3-4 days, it will act as herbal contraceptive.

– *Bauhinia racemosa* Lam. F: Caesalpinaceae

Local name : Pacchhari chettu, Arichettu.

The decoction of the bark taken orally ½ glass thrice in a day to control the menorrhagia.

– *Carica papaya* Linn. F: Caricaceae

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