

## RESEARCH ARTICLE

# Ethnomedicinal tradition against sciatica by the tribals of Ranchi district (Jharkhand)

■ Soni Kumari

### SUMMARY

The present paper deals with the traditional methods of treatment from ethnomedicinal plants against sciatica. 12 plants belonging to 9 angiospermic families used by the tribals of Ranchi district. The correct scientific name, family, local name, plants part used and preparation are recorded with due care.

**Key Words :** Ethnomedicinal, Sciatica, Tribals

**How to cite this article :** Kumari, Soni (2020). Ethnomedicinal tradition against sciatica by the tribals of Ranchi district (Jharkhand). *Internat. J. Plant Sci.*, **15** (1): 34-36, DOI: 10.15740/HAS/IJPS/15.1/34-36, Copyright@ 2020: Hind Agri-Horticultural Society.

**Article chronicle :** Received : 29.11.2019; Revised : 06.12.2019; Accepted : 21.12.2019

There is a great relationship between human beings and plant since time immemorial. The three important necessities of life food, cloth and shelter are provided to man by the plants. The district Ranchi is the capital of newly formed state Jharkhand which is extremely rich in flora and fauna. The district lying 22°80'- 23°30' north latitude and 85°-86° east longitude. Ranchi has highly topography and its combination with dense tropical forest ensure that it enjoys comparatively moderate climate as compared to rest of the state.

Sciatica can cause pain in the lower back that spreads to the hip, buttock and leg. It is caused by pressure on the sciatic nerve from a herniated disc. Sciatica occurs

most frequently in people 30 to 50 years of age. The population of Ranchi district has certain tradition to cure sciatica. The native herbs and healing properties play an inevitable role in the health service of this area. In tribal families the medicine system is coming down from generation to generation by words or by practice. These traditional medicinal systems are often tested effective prescriptions based on simple, inexpensive and easily available plants and plant products. Main tribes of Ranchi district are Munda, Oraon, Ho, Kharia and Santhal.

The rich forest flora and tribal population in the district have attracted a number of workers for ethnobotanical studies in the past. The Ranchi district has been surveyed ethnobotanically by a number of workers. Based on our own information the plant from different localities, new information about 12 species from Ranchi district has been collected which help to cure

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sciatica.

## MATERIAL AND METHODS

Frequent field tour were conducted to the area of Ranchi district an valuable information was collected on the basis of interviews with local vaidyas with the help of question answers. The data using and integrated approach of botanical collection interviews and questionnaire, Which containing information about the tribals with their living style, source of income, educational background, medicinal uses of particular plant species method of diagnosis, doses and duration of the treatment. The plant were correctly identified with the help of book Botany of Bihar and Orissa vol I, II, III and IV. Scientific technique were used to prepare herbarium specimen which are maintained in the department of Botany P.P.K. College, Bundu photographs of some plants that taken during the field

tour. The data gathered on ethnomedicinal uses of various plants species in a particular villages were repeatedly confirmed in the other villages.

## RESULTS AND DISCUSSION

The study revealed that the tribal people and other living in rural as well as urban area of Ranchi district are utilizing above listed method for curing sciatica. These herbal therapies are very effective and give much relief. Plant products do not have any side effect or reaction in simple doses. The benefit of indigenous knowledge can be harnessed and improved by its appropriate use establishing validity of such knowledge. These studies of traditional plant lore also discover new drugs for the Welfare of mankind.

### Acknowledgement:

The author is thankful to Dr. Arunkumar Lal

**Table 1: Systematic enumeration of plants used against sciatica**

Sr. No.	Botanical name, Local name	Family	Parts used	Method of preparation with dose
1.	<i>Abrus precatorius</i> L. Gunjan (s), Rati (H)	Fabaceae	Seed	Paste of seed is applied on the affected portion
2.	<i>Aconitum napellus</i> L. Bhannag, Mithavis (H)	Ranunculaceae	Root	5g powder of dried root is taken with cow milk once a day for 45 days
3.	<i>Allium sativum</i> L. Rasunari (M) Rosom (Kh) Lahsun(H)	Liliaceae	Bulb	Paste of 3bulb is taken with hot water in empty stomach for 35 days
4.	<i>Aloe barbadensis</i> L. Ghikuanr (M,S) Murabi (Kh) Gritkumari (H)	Liliaceae	Leaf juice	Leaf juice is applied externally on affected portion
5.	<i>Asparagus racemosus</i> Willd. Tirsi-birsi (M) Mahadeojat (N) Sataver (H)	Liliaceae	Root	2 g root boiled in 50ml milk is taken for 15 days
6.	<i>Commiphora mukul</i> Hook. Guggul (S,H)	Burseraceae	Latex	Fresh latex applied on affected part
7.	<i>Costus speciosus</i> Koenig. Kita Muli (H), Orop (S), Keu (H)	Zingiberaceae	Rhizome	8 g powder of dried rhizome taken with 2 teaspoon honey for 2 month
8.	<i>Dalbergia sissoo</i> Roxb. Sisam (H)	Fabaceae	Bark	15 ml aqueous extract of stem bark is taken in empty stomach
9.	<i>Nyctanthes arbor-tristis</i> L. Saporom (M), Murjhatni (N), Harsingar (H)	Oleaceae	Leaf	Warm leaves decoction is taken orally
10.	<i>Ricinus communis</i> L. Erand (S), Erandi (H)	Euphorbiaceae	Seed	Warm seed oil applied as massage on affected portion
11.	<i>Syzygium aromaticum</i> L. Lavang (S,M,H)	Myrtaceae	Bud.	Dried flower bud is soaked in water overnight and 5ml aqueous extract is taken in the morning
12.	<i>Terminalia arjuna</i> Wight. GaraHatna (M), Kahua (S), Arjun (H)	Combretaceae	Bark	3 g paste of stem bark is cooked in oil and applied as massage

M- Mndari, S- Santhali, Kh- Kharia, H- Hindi, N- Nagpuri

Principal of P.P.K. College, Bundu and Dr. Sudhanshu Kumar head of the Department of Botany P.P.K. College, Bundu for his keen interest in the work.

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