

Native phytotherapy for vomiting in Porbandar district of Gujarat

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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

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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.

- 10. *Bombax ceiba*** L. (Bombacaceae)
 Vern. name : Shimdo
 Usefull part : Root bark
 Uses : Root bark powder is mixed with honey and taken twice a day.
- 11. *Boerhaavia diffusa*** L. (Nyctaginaceae)
 Vern. name : Satodi
 Usefull part : Root
 Uses : 1-2 g. powder of root with milk is taken.
- 12. *Boswellia serrata*** Roxb. (Burseraceae)
 Vern. name : Loban
 Usefull part : Leaf
 Uses : Leaves juice mixed with honey and taken with cow milk.
- 13. *Brassica juncea*** (L.) Czernov & Coss. (Brassicaceae)
 Vern. name : Rai
 Usefull part : Seed
 Uses : Crushed seed are given orally with honey.
- 14. *Butea monosperma*** (Lam) (Fabaceae)
 Vern. name : Khakhro
 Usefull part : Flower
 Uses : 3-4 g powder of flower is taken orally with milk and sugarcube.
- 15. *Calamus rotang*** L. (Arecaceae)
 Vern. name : Netar
 Usefull part : Leaf
 Uses : Drink leaves juice with sugarcube.
- 16. *Cassia auriculata*** L. (Caesalpiniaceae)
 Vern. name : Aval
 Usefull part : Flower
 Uses : Crushed flower in cow milk and sugarcube taken orally.
- 17. *Cassia tora*** L. (Caesalpiniaceae) Vern. name :
 Kuvadiyo Usefull part : Seed Uses : Seed powder is mixed with honey and taken orally.
- 18. *Cinnamomum zeylanicum*** Blume (Lauraceae)
 Vern. name : Taj
 Usefull part : Bark
 Uses : Decoction of bark is taken orally.
- 19. *Citrus aurantium*** L. (Rutaceae)
 Vern. name : Narangi
 Usefull part : Fruit
 Uses : Fruit juice is the best thing.
- 20. *Citrus medica*** L. (Rutaceae)
 Vern. name : Bizoru
 Usefull part : Root
 Uses : Root are crushed and mixed in cow milk and taken orally.
- 21. *Citrus limon*** Barm (Rutaceae)
 Vern. name : Limbu
 Usefull part : Fruit
 Uses : Fruit juice with sugarcube is taken orally.
- 22. *Coccinia grandis*** (L.) Voigt (Cucurbitaceae)
 Vern. name : Kanduri
 Usefull part : Leaf and root
 Uses : Decoction from leaves and roots is taken with honey.
- 23. *Cocos nucifera*** L. (Arecaceae)
 Vern. name : Nariyal
 Usefull part : Fruit
 Uses : Take coconut water with sugarcube.
- 24. *Coriandrum sativum*** L. (Apiaceae) Vern. name :
 Dhana Usefull part : Seed Uses : Take equal amount seed powder of *Piper nigrum* and *Glettaria cardamom* mixed with ghee and sugarcube is taken orally.
- 25. *Crocus sativus*** L. (Iridaceae)
 Vern. name : Kesar
 Usefull part : Style
 Uses : It is crushed with leaves of *Azadirachta indica* and taken orally twice a day.
- 26. *Cucurbita maxima*** Duch. (Cucurbitaceae)
 Vern. name : Kadu
 Usefull part : Seed
 Uses : Powder of seed mix with honey is taken orally.
- 27. *Cuminum cyminum*** L. (Apiaceae)
 Vern. name : Jiru
 Usefull part : Fruit
 Uses : Put some fruit in muslin cloth and coiled in form of cigar and smoke.
- 28. *Cynodon dactylon*** (L.) Pers. (Poaceae)
 Vern. name : Tharo
 Usefull part : Leaf
 Uses : Extract of leaves with rice water taken orally.
- 29. *Cyperus rotundus*** L. (Cyperaceae)
 Vern. name : Moth
 Usefull part : Fruit
 Uses : Fruit decoction with milk is taken orally.
- 30. *Elettaria cardamomum*** Maton. (Zingiberaceae)
 Vern. name : Elaichi
 Usefull part : Fruit
 Uses : Fruit bark ash is taken orally with honey.
- 31. *Embllica officinalis*** Gaerth (Euphorbiaceae) Vern. name :
 Ambala Usefull part : Fruit Uses : Fruit extract is taken with seed of *piper longum* and honey.
- 32. *Ficus benghalensis*** L. (Moraceae)
 Vern. name : Vad
 Usefull part : Columnar root
 Uses : Tender part of columnar root crushed and extract is taken orally.
- 33. *Ficus glomerata*** Roxb. (Moraceae)
 Vern. name : Umardo
 Usefull part : Stem (Latex)
 Uses : Latex is given with sugarcube.
- 34. *Ficus religiosa*** L. (Moraceae)
 Vern. name : Pipalo
 Usefull part : Stem
 Uses : Ash of dry branch mixed in water and after some time and this extract is taken orally.
- 35. *Feronia elephantum*** Corr. (Rutaceae)
 Vern. name : Uplate
 Usefull part : Fruit
 Uses : Powder of fruit is roasted in oil and make a paste and is applied on abdominal region.
- 36. *Foeniculum vulgare*** Mill. (Apiaceae)
 Vern. name : Valiyari
 Usefull part : Fruit
 Uses : Fruit is chewed and it's extract is engulf.
- 37. *Glycyrrhiza glabra*** L. (Fabaceae)
 Vern. name : Jethimath
 Usefull part : Root
 Uses : Decoction of root taken orally with 33 grams seeds powder of *Brassica nigra*.
- 38. *Gossypium herbaceam*** L. (Malvaceae) Vern. name :
 Kapas Usefull part : Leaf Uses : Drink leaves juice and eat leaves.
- 39. *Helianthus annus*** L. (Asteraceae)
 Vern. name : Surajmukhi
 Usefull part : Leaves
 Uses : Drink leaves juice with leaves juice of *Ocimum sanctum*.
- 40. *Hemidesmus indicus*** (L.) Schult. (Periplocaceae)
 Vern. name : Uparsali
 Usefull part : Leaves
 Uses : Decoction of leaves is taken along with sugarcube
- 41. *Jasminum grandiflorm*** L. (Oleaceae)
 Vern. name : Chameli

Usefull part : Leaves

Uses : Extract of leaves taken with seed powder of *Piper nigrum*. Powder of sugarcube and honey it is taken orally.

42. *Lablab purpureus* L. Sweet. (Cucurbitaceae)

Vern. name : Vaal

Usefull part : Leaf

Uses : Crushed leaves with hot water and applied on abdominal region.

43. *Linum usitatissimum* L. (Linaceae)

Vern. name : Alsi

Usefull part : Leaf

Uses : Decoction of leaf is taken orally.

44. *Madhuca indica* J. F. Gmel. (Sapotaceae)

Vern. name : Mahudo

Usefull part : Leaves

Uses : Juice of 10 g. leaves is taken orally twice a day.

45. *Mangifera indica* L. (Anacardiaceae) *Vern. name* :

Ambo *Usefull part* : Seed *Uses* : Take a seed extract and put a drop in nose.

46. *Marsilea minuta* Linn. (Marsileaceae)

Vern. name : Jal Booti

Usefull part : Leaf

Uses : Extract of leaves is taken with hot water.

47. *Mentha arvensis* L. (Lemnaceae)

Vern. name : Fudina

Usefull part : Leaves

Uses : In 10-22 ml leaves juice, add 3 g sugarcube and it is taken orally.

48. *Morus alba* L. (Moraceae)

Vern. name : Shetur

Usefull part : Fruit

Uses : Drink sweet fruit juice with glucose powder.

49. *Myristica fragrans* Houtt. (Myristicaceae)

Vern. name : Jayfal

Usefull part : Fruit

Uses : Fruit powder mix in rice water and it is taken orally.

50. *Nelumbo nucifera* Gaertn. (Nymphaeaceae)

Vern. name : Kamal Kakdi

Usefull part : Seed

Uses : Powder of seed mixed in Ghee and sugarcube is taken orally.

51. *Nyctanthes arbortristis* L. (Oleaceae)

Vern. name : Parijat

Usefull part : Leaves

Uses : Juice of leaves is taken orally with sugarcube.

52. *Ocimum sanctum* L. (Lamiaceae) *Vern. name* :

Tulsi *Usefull part* : Leaf *Uses* : Extract of leaves is taken with honey.

53. *Oryza sativa* L. (Poaceae)

Vern. name : Chokha

Usefull part : Fruit

Uses : Drink rice water with sugarcube.

54. *Pandanus odoratissimus* L. F. (Hemsl) A. Gray. (Pandanaeae)

Vern. name : Kevdo

Usefull part : Rhizome

Uses : Extract of rhizome taken orally.

55. *Phaseolus aconitifolius* jaeq. (Fabaceae)

Vern. name : Math

Usefull part : Fruit

Uses : Decoction of roasted fruit is mixed with sugarcube and taken orally.

56. *Phoenix sylvestris* (L.) Roxb. (Arecaceae)

Vern. name : Kharek

Usefull part : Seed

Uses : Crushed seed and roasted in Ghee is taken orally.

57. *Piper longum* L. (Piperaceae)

Vern. name : Lindi piper

Usefull part : Seed

Uses : Seed powder and ash of peacock's feather mix with honey and it is taken orally.

58. *Plumbago zeylanica* L. (Plumbaginaceae)

Vern. name : Chitrak

Usefull part : Fruit

Uses : Powder of fruit mixed with jaggery and taken orally.

59. *Prosopis spicigera* Lim. (Mimosaceae) *Vern. name* :

Khijdo *Usefull part* : Leaf *Uses* : Extract of crushed leaves is taken with fruit powder of *Cumimum cynimum* and sugar cube.

60. *Punica granatum* L. (Punicaceae)

Vern. name : Dadam

Usefull part : Fruit Bark

Uses : Fruit bark is given to eat.

61. *Randia dumetorum* Lamk. (Rubiaceae)

Vern. name : Mindhal

Usefull part : Fruit

Uses : 10 gm powder of fruit 5 gm salt and 22 gm powder of *piper langum* mixed in hot water and is taken orally.

62. *Rungia repens* L. (Nees). (Acanthaceae)

Vern. name : Pit papado

Usefull part : Leaf

Uses : Decoction of leaf is taken with honey.

63. *Sansevieria roxburghiana* S. Chalt. (Hamdoraceae)

Vern. name : Ketki

Usefull part : Rhizome

Uses : Extract of rhizome is taken orally.

64. *Setaria italica* Beauv. (L.) (Poaceae)

Vern. name : Kang

Usefull part : Fruit

Uses : Make "Kheer" and is taken orally.

65. *Syzygium aromaticum* (L.) Merr. (Myrtaceae)

Vern. name : Laving

Usefull part : Seed

Uses : Decoction of seed is taken orally.

66. *Syzygium cumini* (L.) Skeels (Myrtaceae)

Vern. name : Jambu

Usefull part : Bark

Uses : Stem bark powder is given orally with honey.

67. *Tamarindus indica* L. (Caesalpiniaceae) *Vern. name* :

Ambali *Usefull part* : Seed *Uses* : Crushed seed and rhizome of *curcuma longa* (Haldar) in cool water and is taken orally.

68. *Terminalia chebula* Retz. (Combretaceae)

Vern. name : Harde

Usefull part : Fruit

Uses : Fruit and sugar cube crushed in water and is given orally.

69. *Tinospora cordifolia* L. (Willd.) (Menispermaceae)

Vern. name : Galo

Usefull part : Leaf

Uses : Extract of leaves is taken with roasted rice.

70. *Vernonia cinerea* (L.) Less. (Asteraceae)

Vern. name : Sahadevi

Usefull part : Leaf

Uses : Juice of leaves (about 8-10 ml) is taken orally once a day.

71. *Vitex negundo* L. (Verbenaceae)

Vern. name : Nagod

Usefull part : Leaves

Uses : Decoction of leaves is taken alone with honey.

72. *Vitis vinifera* L. (Vitaceae)

Vern. name : Draksh

Usefull part : Fruit

Uses : Crushed fruit with fruit of *Emblica officinalis* and taken orally.

73. *Vetiveria zizanioides* (L.) Nash. (Poaceae)

Vern. name : Valo

Usefull part : Leaf

Uses : Crushed leaves and extract is taken with honey OR sugarcube.

74. *Woodfordia fruticosa* (L.) Kurz.

(Lythraceae)

Vern. name : Dhavdi

Usefull part : Flower

Uses : Powder of 4-5flower is taken with honey OR sugarcube two times a day.

75. *Wrightia tomentosa* Roem & Schult

(Apocynaceae) *Vern. name* : Mitho indrajav *Usefull part* :

Root *Uses* : Root crushed in cow urine is taken orally.

76. *Zea mays* L. (Poaceae)

Vern. name : Makkai

Usefull part : Fruit

Uses : Fruit ash with honey is taken orally.

77. *Zinziber officinale* Rosc. (Zingiberaceae)

Vern. name : Adu

Usefull part : Rhizome

Uses : Extract of rhizome is taken orally.

78. *Zizyphus jujuba* Lamk. (Rhamnaceae)

Vern. name : Bordi

Usefull part : Fruit

Uses : Fruit pulp is mixed with roasted rice and sugarcube and it is taken orally.

Rutaceae and Poaceae are the largest families whose 5 species are used. Fruit of 25 species, leaves of 24 species, seed of 10 species, root of 7 species, flower of 5 species, stem of 4 species, rhizome of 3 species are used as herbal drugs in vomiting. Documentation of these remedies is a first hand report to fulfill their needs in rural and tribal areas of Porbandar district.

Medical practitioners and manufactures can take the help of mother nature to provide safe and harmless substitute for some harmful chemical product and they have no side effect at all.

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