

Ethnomedicinal plants used by the people of Saurashtra to cure hiccup

B.A. Jadeja*, N.K.Odedra and M.G. Chauhan

Department of Botany, M.D. Science College, PORBANDAR (GUJARAT) INDIA

ABSTRACT

Results of ethnobotanical studies carried out in the Saurashtra region, Gujarat are presented. The usage of wild plants by the native people for the cure of hiccup is described. The use of 35 species, belonging to 20 families together with their local names have been enumerated.

Key words : Ethnomedicinal plants, Hiccup, Saurashtra.

INTRODUCTION

The tribals/aboriginal people live in remote areas, which remain cut off from main centers of civilization for many months at a stretch. They have to depend on the jungles for their needs especially for food and medicines. These people are very knowledgeable about the use of plants against various diseases. The tribals use the plants in a different, effective and novel manner. Scientific investigations of tribal practices especially their use of herbal medicines would open new area of knowledge.

Many tribals of different ethnic groups like Maldhari, Maher, Koli, Rabari, Bharvad, Charan and others inhabit Saurashtra region of India. There is no scientific and systematic documentation of plants used by them due to lack of communication, inner line permit, insurgency, remoteness of villages and nonacceptability of outsiders.

Ethnobotanical work of this region is known through Thakar(1910), Jain(1991), Kirtikar and Basu(1996), Shastri(1996), Dastur(1996), Bhatt *et al.* (2001).

Therefore, the present investigation has been carried out in Saurashtra region, Gujarat with a view to find out ethnomedicinal plants, particularly used in hiccup in addition

to other uses by aboriginal tribes.

MATERIALS AND METHODS

The present study was carried out in Saurashtra during 2002-2005. The ethnobotanical data was collected through interviews, discussions and observations in the following ways. Many remote villages were visited to interact with tribals living there. Care was taken that elders were part of each group, as they had more knowledge about plant uses. Information was recorded especially from native people, who were familiar with herbal medicines. Data were also collected through supplying questionnaires in their local language prepared by the translator (native people).

The specimens were identified with the help of local flora and preserved following standard methods at herbarium of Botany department, M. D. Science College, Porbandar.

RUSELTS AND DISUSSION

The present work deals with ethnomedicinal plants used by the people of Saurashtra as a remedy to over come hiccup 35 species of 32 genera of 20 families are used by

Table 1 : List of plants used in hiccup.

S. No.	Scientific Name	Family	Varnacular Name	Part(s) Used	Mode of administration
1	<i>Aconitium heterophyllum</i> Wall.	Ranunculaceae,	Ativish	Root	Powder of root is taken orally.
2	<i>Aloe vera</i> L.	Liliaceae	Kunvar Pathu	Leaves	Extract of leaves is taken orally.
3	<i>Anethum graveolens</i> L.	Apiaceae	Suwa	Fruit	Powder of fruit is taken orally.
4	<i>Apium graveolens</i> L.	Apiaceae	Ajmo	Seed	Extract of seed is mixed with salt is taken orally.
5	<i>Arundinella squarrosus</i> L.	Poaceae	Vala	Leaves	Extract of leaves is taken orally.
6	<i>Blumea lacera</i> Dc.	Asteraceae	Kapur	Seed	Powder of seeds is mixed with honey and taken orally.
7	<i>Cannabis sativa</i> L.	Cannabinaceae	Bhang	Seed	Powder of seeds is mixed with honey and taken orally.
8	<i>Cinnamomum Zeylanicum</i> Blume.	Lauraceae	Taj	Stem bark	Powder of stembark is taken orally
9	<i>Cicer arietinum</i> L.	Fabaceae	Chana	Fruit	Powder of fruit is mixed with boiled milk and taken orally.

* Author for corospondence.

Table 1 contd....

10	<i>Cuminum cyminum</i> L.	Apiaceae	Jeeru	Fruit	Powder of fruit is mixed with ghee and taken orally.
11	<i>Citrus reticulata</i> Blanco.	Rutaceae	Narangi	Fruit	Extract of fruit is mixed with water and taken orally
12	<i>Citrus limon</i> (L.) Burm f.	Rutaceae	Limbu	Fruit	Extract of Fruit is mixed with sugar and taken orally.
13	<i>Centella asiatica</i> (L.) Pennell.	Apiaceae	Bramhi	Whole plant	Paste of whole plant is mixed with honey and taken orally.
14	<i>Curcuma longa</i> L.	Zingiberaceae	Haldar	Rhizome	Crushed rhizome is mixed with honey and taken orally.
15	<i>Daucus carota</i> L.	Apiaceae	Gajar	Rhizome	Crushed rhizome is mixed with rhizome powder of <i>Curcuma longa</i> L. and taken orally.
16	<i>Emblica officinalis</i> Gaertn.	Euphorbiaceae	Amla	Fruit	Extract of fruit is taken orally.
17	<i>Elettaria cardamomum</i> Mat.	Zingiberaceae	Elaichi	Fruit	Powder of fruit is mixed with honey and taken orally.
18	<i>Ferula assafoetida</i> L.	Apiaceae	Hing	Resinous gum	Resinous gum mixed with honey is taken orally.
19	<i>Foeniculum vulgare</i> Gaert.	Apiaceae	Variyali	Fruit	Powder of fruit is mixed with sugar and water and taken orally.
20	<i>Glycyrrhiza glabra</i> L.	Fabaceae	Jethimadh	seed	Seed powder is mixed with seed powder of <i>Piper longum</i> L. and taken orally.
21	<i>Lepidium sativum</i> L.	Brassicaceae	Asediyo	Whole plant	Powder of whole plant is mixed with water and taken orally.
22	<i>Mentha viridis</i> L.	Lamiaceae	Fudino	Leaves	Extract of leaves is mixed with water and taken orally.
23	<i>Mesua ferrea</i> L.	Clusiaceae	Nag kesar	Flower	Powder of flower is taken orally.
24	<i>Momordica charantia</i> L.	Cucurbitaceae	Karela	Leaves	Leaves are eaten with warm water.
25	<i>Myristica fragrans</i> L.	Myristicaceae	Jayfal	seed	Powder of seeds is mixed with honey and taken orally.
26	<i>Nardostachys jatamansi</i> DC.	Velerinaceae	Jatamansi	Whole plant	Powder of whole plant is mixed with suger and taken orally.
27	<i>Ocimum sanctum</i> L.	Limiaceae	Tulsi	Leaves	Leaves are eaten with boiled water.
28	<i>Phaseolus mungo</i> Roxb.	Fabaceae	Mag	Seed	Seed powder and seed powder of <i>Phaseolus aconitifolius</i> Jasq. mixed with honey and taken orally.
29	<i>Phaseolus radialus</i> L.	Fabaceae	Adad	Seed	Powder of seeds is mixed with honey and taken orally.
30	<i>Piper longum</i> L.	Piperaceae	Lindipiper	Fruit	Juice of fruit is taken orally.
31	<i>Piper nigrum</i> L.	Piperaceae	Kala-Mari	Seed	Powder of seeds is mixed with honey and taken orally.
32	<i>Saccharum officinarum</i> L.	Poaceae	Sherdi	Stem	Stem extract is mixed with fruit extract of <i>Citrus limon</i> (L.) Burm f. and taken orally.

Table 1 contd....

33	<i>Syzygium aromaticum</i> L.	Myrtaceae	Laving	Fruit	Powder of fruit is taken orally.
34	<i>Tinospora cordifolia</i> Miers.	Menispermaceae	Galo	Stem	Stem extract is mixed with fruit powder of <i>Elettaria cardamomum</i> Mat. And taken orally with honey.
35	<i>Zingiber officinale</i> Rosc.	Zingiberaceae	Adu,	Fresh rhizome	Extract of rhizome is mixed with honey and taken orally.
			Sunth	dry rhizome	Powder of rhizome is mixed with honey and taken orally.

people of Saurashtra for hiccup. All plant parts are taken orally. Plants of 18 families of dicot and 2 families of monocot are used. Apiaceae is the largest family whose 7 species are used. Fruits of 10 species, seeds of 8 species, leaves of 5 species, rhizome of 3 species, whole plant of 3 species, stem of 2 species, flower of 1 species, stem bark of 1 species, resinous gum of 1 species and root of 1 species are used in hiccup. Documentation of these remedies is a first hand report to fulfill their needs in remote areas. It is believed that the information recorded here will be useful if further scrutiny is made and few practices are targeted for phytochemical and pharmacological studies.

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