

## Study of the status of ethnomedicine to cure jaundice through home remedies in Valsad district, Gujarat

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**J**aundice is liver disorder disease. In this disease there is obstruction in the bile duct or loss of the functions of bile producing liver cells. A person suffering from jaundice looks yellowish in colour specifically eyes and urine, this is due to increased bile pigment secretion. Person turns anemic. Characterized by extreme weakness, headache, fever, loss of appetite, fatigue, severe constipation, nausea and yellow coloration of eyes, tongue, skin and urine. In the region of south Gujarat, Jaundice is a frequent disease found during specific time in a year. Any person who is affected with Jaundice do start with the medical treatment in the hospital, but the majority of the people know that allopathic can not cure Jaundice. Due to the frequent affect of the disease, people do prefer the parallel alternative to allopathic that is to visit the healer who are specialized in giving medicine for Jaundice.

Gujarat is proud of being pioneer in having first state level flora *viz.* Flora of Gujarat state (Shah, 1978) and also first state level document *viz.* Medicinal plants of Gujarat (Pandey *et al.*, 2005). In fact the pioneering work was "The Identification and status survey of medicinal plants" (Umadevi, 1988, Umadevi *et al.*, 1989).

Umadevi (1988) listed about 748 taxa having medicinal importance plants. Pandey *et al.* (2005) listed about 1277 medicinally useful plants from Gujarat.

Gujarat State is divided into six zones (Pandey *et al.*, 2005). Among this, Zone 1 consists of south Gujarat, which includes Valsad, Navsari and Dangs districts. This area receives moderately high rainfall varying from 1500 to 2000 mm/annum, the forest type of the zone is predominantly moist and deciduous. They have reported 923 medicinal plant species from this zone. In terms of density of species diversity (No. of species per 100

sq.km.), the zone ranks first in the state with 13.17 species/ 100 sq.km.

The ethnobotany of Valsad is known through the works of Santapau (1955); Patel (1971); More (1972); Jhala and Patel (1972); Desai (1976); Joshi *et al.* (1980); Contractor (1986); Reddy (1986, 1987); Bhatt (1987) and Gohil (2004). In fact these workers have studied the flora of the area. While surveying the floristic components the information came in incidentally, such information is appended with the botanical description of the taxon.

The exclusive Ethnomedicinal study of the area was carried out by Gopal (1989).

All the earlier data lacked the detailed recipe and the dosage.

Present work has attempted to fill in this lacuna.

Survey was carried out for Valsad district and surrounding area. A questionnaire was prepared in English and Gujarati consisting of different questions for the details of plants and people who were giving the information but practically it was not possible to collect all the details at the spot, prior information like name of the person, village, age, caste and the recipe was noted. We met Tantrik's, Bhuva's, Bhagat's, and the professional medicinal healers. Many of them did not entertain us and bluntly told us that they would not give us any information, many of them gave us the interviews but were not ready to tell us the plants which they utilized, many could not explain us the details of the plants which they utilized and many told us such a vernacular names that it was not possible for us to know their botanical source as they were not having the samples. But there were many people who gave us all the information and also showed plants and gave the samples too.

The questionnaire, which was used as a major tool is appended here.

The Questionnaire prepared for the data collection was as follows.

### Information of the person:

Name:

Village:

### Correspondence to:

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Age:  
 Community:  
 Giving Treatment to: Human/ Animal or Both.  
 Learnt from whom: Ancestors or self-practicing.

#### **Questionnaire for the recipe:**

Local name of plants used:  
 Particular character of plants:  
 Used for : Animal/Human/ Both.  
 Used for which disease:  
 Which part of plant is used?  
 Use as single or mixed with:

#### **Recipe:**

Used fresh/ dry or stored material:  
 Anupan: (Adjuant) Honey, Milk, Ghee,  
 Curd, Lukewarm water, or simple water.  
 Administration: oral/tropical/ smoke/nasal/ anal etc.  
 Side effects if any.

#### **Receipts to cure jaundice :**

Dry the leaves of *Caesalpinia bonduc* (L.) Roxb. (Kachko) in shade and then grind to powder. Give 1 to 2 spoon of this powder with water at empty stomach in the morning. One should not eat till evening.

Cut the lemon into 2 halves and sprinkle powder of *Dioscorea bulbifera* L. (Kaladu) on one half part and then roast it. Allow it to cool down and then suck on the lemon slowly. Continue the treatment for 3 days.

Crush 4 to 5 leaves of *Datura metel* L.(Dhatura) and heat. Place this leaves on the tongue and lick the juice. Repeat for 2 days.

Cut the roots of *Asparagus racemosus* Willd. var. *javanicus* (Satavari) into 1 inch size. Make necklace from the roots and wear it for 24 hours, within 1 to 2 hour one will get positive result.

Dry the leaves of *Amaranthus spinosus* L.(kata no dabho) and grind. Mix 1g of this powder with 1 cup of goat's milk and take it early in the morning at empty stomach.

Apply or rub pure cow's ghee on hands, legs and foot.

Take equal quantity of *Terminalia chebula* Retz.(Harde), *Spilanthes calva* DC (Akalkaro), *Asparagus racemosus* Willd. var. *javanicus* (Satavari) and mix well. Take 1 spoon with water.

Crush 2 to 3 leaves of *Dendrocalamus strictus* Nees (Desi vans) in 250 ml of water. Take 250 ml of milk and add to above juice. Add 50 g jaggery and drink the mixture in the morning after brushing at empty stomach. One should not take food till afternoon.

Crush 3 to 4 castor leaves and extract its juice. Take this juice with coconut water in morning for 3 consecutive days.

Crush the roots of castor, *Solanum melongena* L.(Nani ringni) and (Katakvo) to powder. Take one glass of water; add 1 spoon of dry ginger. Boil it little and add 1 spoon of above powder once again boil it. Allow it to cool and then drink it. Eat after one hour.

Boil the bark of *Azadirachta indica* A. Juss. (Neem) tree in 1 litre of water till it remains around 250 ml. Drink it twice a day.

Crush the castor leaves with hand in milk and filter it. Drink this milk.

Mix pulp of Aloe vera, pinch of turmeric and a salt eat this to cure jaundice.

Juice of roots and leaves of guava is given for curing jaundice.

Thin paste is prepared from the whole plant of *Aegle marmelos* L. Corr. (Bael) and is used as eye drops. Add once a day for three days.

Exudates from the cut root of *Butea monosperma* (Lam.) Taub (Khakharo) is put in eyes as eye drops once a day.

Take Tablets of Mahasudarshan churna with water for 3 days early in the morning.

Crush the leaves of *Lagenaria vulgaris* Ser.(Tumdi) to obtain juice. Take 10 to 20 ml of juice 3 times a day. Also add 2 to 3 drops of juice inside the nostril to get rid of jaundice.

Take equal quantity of (1 g) *Embelia tsjeriam-cottam*(R. and S.)DC vavding, *Boerhavia repens* L. var. *diffusa* Hk. F.(Satodi), *Phyllanthus fraternus* Webst.(Bhoi amali), *kadu*, *Hemidesmus indicus* (L.) R. Br. (Anantmool) and crush them to powder. Take 1 to 2 spoons with water twice a day.

Crush 50 g plant of *Phyllanthus urinaria* L.(Bhoi amla) with 50 ml of water. Extract the liquid and mix it with one spoon of honey. Daily take the juice in the morning for 3 days to decrease the level of jaundice.

Mix the leaves of *Lawsonia inermis* L.(Mehndi) and roots of *Blumea eriantha* DC.(Nani kalhar) and add to half a cup of desi cow's milk. Filter the milk and give it to the patient.

Take 10 ml of *Tinospora cordifolia* (Willd) Miers ex. Hk. f. and Th. (Galo) juice 2 times a day.

Take the powder of *Ipomoea turpethum* (L.) R. Br. (Nasotar) (Churna) with sugar twice a day.

Take fresh faecal matter of donkey and mix thoroughly in water. Filter it through muslin cloth; add few fennel seeds and sugar. This will strengthen liver.

Crush the *Dioscorea bulbifera* L. (Kaladu) (small

seeds) and give the powder to patient.

Crush the roots of *Thespesia populnea* (L.) (Paras pipdo) and drink it.

Grind turmeric to a fine powder and swallow 3g at a time, with half a litre of whey at a time. Stop taking bath in hot water whether it be summer season or winters, else take lukewarm water. Stop using spices and heavy food. Besides this, grind turmeric and geru together to line your eyes. Also take 2g of turmeric and cow' butter 25g and take with whey on empty stomach. Use this as your breakfast. Continue the treatment for three months. Have only easily digestible food.

The bark of the henna plant is effective in the treatment of liver disorders like jaundice and enlargement of the liver. The decoction is made by taking 30 to 60 g of bark in one liter of water.

A few drops of Aloe juice is added in nostrils, which is found beneficial in controlling jaundice.

Juice of leaves of radish (10 g) should be boiled and then strained. Mix 20 g of raw sugar and drink the juice.

To prevent the toxins from further spreading a drink made out of sugarcane juice and white radish juice with honey, should be given at least twice a day. Fresh cabbage juice with a teaspoon of honey also helps.

A teaspoon of cumin powder added to a teaspoon of tamarind pulp and one teaspoon of honey should be given.

Lemon juice in barley water and honey is boiled and cooled water must be given frequently.

Dried *Emblica officinalis* Gaertn.(Amla) powder in soft rice, beetroot juice with lemon juice, pulp of guava after straining added to diluted skimmed milk and honey, and boiled vegetables like louki can be given to strengthen liver function.

An infusion of ginger and curry leaves must be given regularly for some days at bedtime. Slowly whole wheat bread can be included in the diet. This type of diet will prevent further attacks of jaundice.

Leave a mixture of white cumin seeds in a vessel filled with water overnight sweeten this infusion with palm candy in the morning and drink it to increase urine output and to reduce fever.

Swelling around eyes, yellowness of the eyes and nails are some of the apparent symptom of this trouble. Take just 10 g jiggery and add 20-25 g of dry ginger to it. Have it daily in the evening and morning. Dry ginger activates liver very quickly. If dry-ginger powder is roasted in a little of ghee with a dash of jiggery, it becomes a very potent drug to energize the whole system. This simple treatment can provide the strength to the body.

Take 100g of radish leaves extract. Mix it in 20g of sugar. Take this mixture every morning for 15 to 20 days.

Avoid all sour eatables.

Get the piece of pea sized alum; heat it on fire till it swells. Crush it well to make a fine powder. Now take a ripened banana, put a longitudinal cut along length, spray powder on the 2 parts of banana and again join them. Eat this banana in the next morning empty stomach, for seven days daily.

Take 10 g fresh latex of raw papaya and put it in Patasha or have it with a piece of sugar candy. This combination is very effective. Having radish in salad and drinking fresh sugarcane juice are all effective against jaundice.

In 100 g of curd add 10 g of ground turmeric powder. Although the taste would be slightly insipid but will revitalize the weakened liver. Continue the treatment for about a month for total cure. They should have, in addition buttermilk or the butter-separated whey and easily digestible food. Stop taking heavy food.

1-2 teaspoon fresh juice of coriander leaves is mixed in a cup of buttermilk and taken 2-3 times a day.

Mash a ripe banana along with 1 tablespoon honey and eat twice a day for a few days.

Frequently drink lime juice.

Take ¼ teaspoon turmeric with a glass of hot water 2-3 times a day.

Mix ½ teaspoon ginger juice with 1 teaspoon of each fresh lime and mint juice with a tablespoon of honey, take frequently.

Take 1-teaspoon paste of finely ground *Aegle marmelos* L. Corr.(Bael) leaves along with a pinch of black pepper and follow it with a cup of buttermilk thrice a day.

Make a fine paste of tender papaya leaves, take about ½ teaspoon with some water.

Pour over a handful of lime leaves in a hot water and take this infusion.

Make a fine powder of 1 teaspoon each crushed liquorice root, chicory seeds and rock salt. Take ½ teaspoon with water twice daily.

The present work is the result of about one year extensive fieldwork and interviewing about 20 tribal men and women who were herbal practitioners. They have learned this use of herbal plants either from their ancestors or by the other experienced people. At many places the Guru shisya parampara is still in practice. At many places we were not able to get the voucher specimen, and those recipes are not included, but many were helpful in giving the details. It was found that these healers were having their regular visitors and they were famous for giving the medicine for the single disease jaundice. Many people from big cities visited them after the patients were not

successfully cured in the hospital, and they were happy to get it cured by using the regular dosage of medicine given by these healers. We saw large numbers of visitors who use to come through the references and were happy

to get it cured, and the other important thing which we observed that these practitioners were not charging any amount but the product of anupan has to be purchased.

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