

Medicinal importance of the grasses of Chhindwara district (M.P.)

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SUMMARY

Grasses are, economically the most important group of plants: they belong to family poaceae and provide major and minor cereals, fodder and raw material of papers, medicine, drugs etc. The tribal and rural people of Chhindwara district use different parts of grasses in crude form as cure for many diseases. This paper deals with 18 grass species used in fungal infection, haematuria, urinary diseases, intestinal worm, fever, cough, bodyache, wounds, snakebite, gonorrhoea etc

Key words : Grasses medicinal value, Chhindwara district, Madhya - Pradesh

Chhindwara District situated in the Satpura in Madhya-Pradesh State is dotted by dense forest, deep valleys and thundering water falls. Many a location like Tamia valley, Patalkot, Sillewani Ghat, water falls at Kukdi khapa and Lilahi provide a feast to the eyes of visitors. The District bears a fine and distinct culture. Even though the district is industrially not so advanced, it boasts of having giant industries like Raymond, Hindustan Lever and so on. Chhindwara district has also marked a niche for its own in history and freedom movement.

Chhindwara district was formed on 1st November 1956. It is located on the South-West region of 'Satpura Range of Mountains'. It is spread from 21°28' to 22°49' Deg. North (longitude) and 78°10' to 79°28' Deg. East (latitude) and spread over an area of 11,815 Sq. Km. This district is bound by the plains of Nagpur District (in Maharashtra State) on the South, Hoshangabad and Narsinghpur District on the North, Betul District on West and Seoni District on the East.

It is believed that once upon a time the Chhindwara District was full of "Chhind" (Date-Palm) tree, and the place was named 'Chhind'-'Wada' (Wada means place). There is also another story that because of the population of Lions (in Hindi it is called 'Sinh'), it was considered that making entry in to this district is akin to passing through the entrance of Lions den. Hence it was called "Sinh Dwara" (means through the entrance of lion). In due course of time it became "Chhindwara".

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Chhindwara District ranks 10th in area in Madhya-Pradesh State and occupies 2.67% of the area of the state. The District is divided into nine Tahsils (Amarwara, Bicchua, Chhindwara, Chourai, Junnardeo, Pandurna, Parasia, Sausar and Tamia), 11th Development Blocks (Amarwara, Bicchua, Chourai, Chhindwara, Junnardeo, Pandurna, Parasia, Sausar, Harrai, Mohkhed and Tamia), eight Nagar Panchayats (Sausar, Newton chocki, Chandameta Butaria, Harrai, Mohgaon, Chourai and Lodhikheda).

MATERIALS AND METHODS

Fields trips were made in the village of Chhindwara district 2008-09 and collect valuable information; Ethno medicinal uses were collected on the basis of interviews with experienced people of various communities and medicine men as Gond, Bharia and Pandas.

All the grass specimens identified by perusal of literature, Mukharjee (1984), Maheshwari (1963), Ommachand (1977). The voucher specimens have been deposited in the Herbarium of the Botany Department; Dr. Harisingh Gour University Sagar following enumeration, botanical names are arranged in alphabetical order following by local names and ethnomedicinal uses.

Enumeration:

– *Apluda mutica* L. Ponai' Paste of whole plant is applied twice a day for to cure fungal infection in mouth of children.

– *Bambusa arundinacea* Willd. 'Bans'. Decoction. Made from white pulp inside the culm for haematuria.

– *Bambusa vulgaris* Schrad 'Baisani bans' Young shoot paste is given to control diarrhoea and vomiting.

– *Cynodon dactylon* Pers. 'Durba'. One cup decoction is given orally, twice a day for a week to stop burning sensation during urination.

- *Cenchrus ciliaris*. ‘Kusa’. Root paste is taken orally, twice a day for 2 days to eliminate tapeworm from stomach.
- *Cymbopogon martinii* Wats. ‘Ronsaghas’. Decoction of leaves is taken 3 times a days for 2-3 days to control fever.
- *Dendrocalamus strictus* (Roxb.) Ness ‘Bans kasban’ Leaf juice is given along with long pepper to treat diabetes.
- *Desmostachya bipinnata* Stapf ‘Dab. 50 ml. decoction of root is given to treat asthma, twice a day, for required period.
- *Dichanthium annulatus* Stapf. ‘Kandhi’. Ash of inflorescence along with honey is given to children in cough.
- *Dichanthium indicum* Boiss. ‘Bhobra’. Grain decoction is applied thrice a day for 3-4 days in joint pains.
- *Elensine coracana* Gaertn. ‘Mandua’. Grain powder gives strength to malnourished children.
- *Echinochloa colonam*. L. ‘Shama’. Root paste is applied externally over wounds and inflammations.
- *Heteropogon contortus* L. ‘Parwa’. Root paste

of this plant is crushed and given orally in snake bite.

- *Pennisetum typhoides* Burm f. ‘Bajra’. Decoction of grain with paste of ginger for promotion of sexual desire.
- *Panicum antidotale* Retz. ‘Gunara’. The ash of plant mixed with cow’s butter is applied on burnt part for cooling and healing.
- *Saceharum spontaneum* L.’Kans’. Root decoction used as diuretic.
- *Setaria glauca* L.’Bandra’. one cup of decocton of seeds is given twice a day to cure fever.
- *Setoriu verticillata* L. ‘Chir-chita’. Root paste is heated and applied externally on boils to drive out pus.
- *Themeda triandra* Forssk. ‘Gunkar’ Root decoction is given orally in gonorrhoea.
- *Vetveria zizanioides* L. ‘Khas-khas’. Root paste applied on forehead as cure for headache.

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