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## Ethnomedicinal Utility of Some Plants from Chandwad Tehsil of Nashik District (Maharashtra)

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### ABSTRACT

Life on earth cannot exist without plants because, whatever every living creature are getting today for their survival & growth that has only been provided by them, that's why they are the fundamental elements of life. From ancient times the human civilization relies on plants for their food, fodder, shelter, clothing, etc. Tribal people occupy a larger part of Indian culture & society. Ethnomedicines has great demand due to their permanent effect, low cost & little or no side effects. So, it is very essential to preserve, conserve, and protect the traditional knowledge as well as to establish a database of traditional knowledge about the utility of plants as a medicine.

Present survey work was carried out in Chandwad tehsil of Nashik district during November 2021 to March 2022. This work revealed 24 plant species belonging from 21 families of which 21 are dicots and 3 are monocots. Various plant parts viz. root, stem, leaves, bark, latex, etc. are practice as a medicine by the tribals and peoples of the study area. Leaves of the *Bryophyllum pinnatum* are used to treat hypertension, whole plant of *Tinospora cordifolia* used to boost up the immunity. Powdered seeds of *Abrus precatorius* used as oral contraceptive.

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**Keywords:** Ethnomedicine, Chandwad, Tribal, Plants.

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### INTRODUCTION:

More than thousands of wild plant species are being used in the Indian medicine systems. Indigenous system of medicine namely Ayurvedic, Siddha and Unani have been in existence for several centuries in India. According to WHO, more than 80% peoples in developing countries depend on traditional medicines for their primary health need, because of their great efficacy, affordability and little or no side effects. Ethnobotany acts as a bridge between traditional knowledge of tribal people and botany regarding medicinal aspect of the global population, relies on traditional medicine. A large part of the therapies consists of plant extract with their active constituents.

The use plants on a trial and effect basis as a medicine is being passed on from generation to generation. This knowledge is orally transmitted and this ethnomedicinal utility of these plants has not been recorded. So, it is very essential to preserve, conserve, and protect the traditional knowledge as well as to establish a database of traditional knowledge about the utility of plants as a medicine. Hence an effort is being made for documentation of ethnomedicinal utility plant species and their qualities.

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### METHODOLOGY:

The present survey work was carried out in Chandwad tehsil (20.3257° N, 74.2489° E latitude & longitude respectively) of Nashik district during the period of November 2021 to March 2022. Medicine men's, local peoples, tribals was contacted, with the help of discussions and oral interviews collected the data. The plants were alphabetically arranged and identified with the help of standard floras, research articles, Monograph, and from senior plant taxonomist.

## Enumeration of Plant Species

Sr.No.	Scientific Name	Local Name	Family	Plant Part Used	Ethnomedicinal Utility
1	<i>Abrus precatorius</i> L.	Gunj	Fabaceae	Leaves, seeds.	1) The leaves are used for curing scabies. 2) Powdered seeds are used as oral contraceptives.
2	<i>Abutilon indicum</i> (Link.) Sweet.	Mudra	Malvaceae	Leaves, flowers	1) Leaf extract is given daily for easy child birth. 2) Flowers are used to enhance semen in mens.
3	<i>Acacia nilotica</i> sp. indica (Bth.) Benan	Babul	Fabaceae	Whole plant	1) Seed powder is in toothache. 2) Paste made from inner bark is applied on wounds. 3) The gum obtained from the plant is much of medicinal use.
4	<i>Adhatoda zeylanica</i> Medic.	Adulsa	Acanthaceae	Leaves	1) Decoction of leaves is used to treat cough & other symptoms of cold. 2) It has anti-implantation activity so, it should not be used in pregnancy.
5	<i>Aegle marmelos</i> (L.) Correa.	Bel	Rutaceae	Leaves, fruits	1) Fruits are eaten with sugar help to cure phlegm and dyspepsia. 2) The leaves are useful in deafness, inflammation, diabetes and Asthmatic complaints.
6	<i>Allium sativum</i> L.	Lehsun	Liliaceae	Whole plant	1) Reduces the cholesterol level & risk of heart diseases, hardening of the arteries (atherosclerosis).
7	<i>Aloe vera</i> (L.) Burm.	Korfad	Asphodelaceae	Leaves	1) Its juice cures the skin diseases. 2) Leaf pulp is used in various hair related problems.
8	<i>Argemone Mexicana</i> L.	Bilayat	Papaveraceae	Latex, seed oil, roots	1) Seed oil is used as an illuminant, lubricant, in soapmaking, and for protection from termites. 2) Root decoction is used as a mouthwash and eye bath to treat infections.
9	<i>Asparagus racemosus</i> Willd.	Shatavari	Asparagaceae	Roots	1) Root infusion is used to improve lactation in women and cattle. 2) Root paste is bandaged on accidentally swollen parts of the

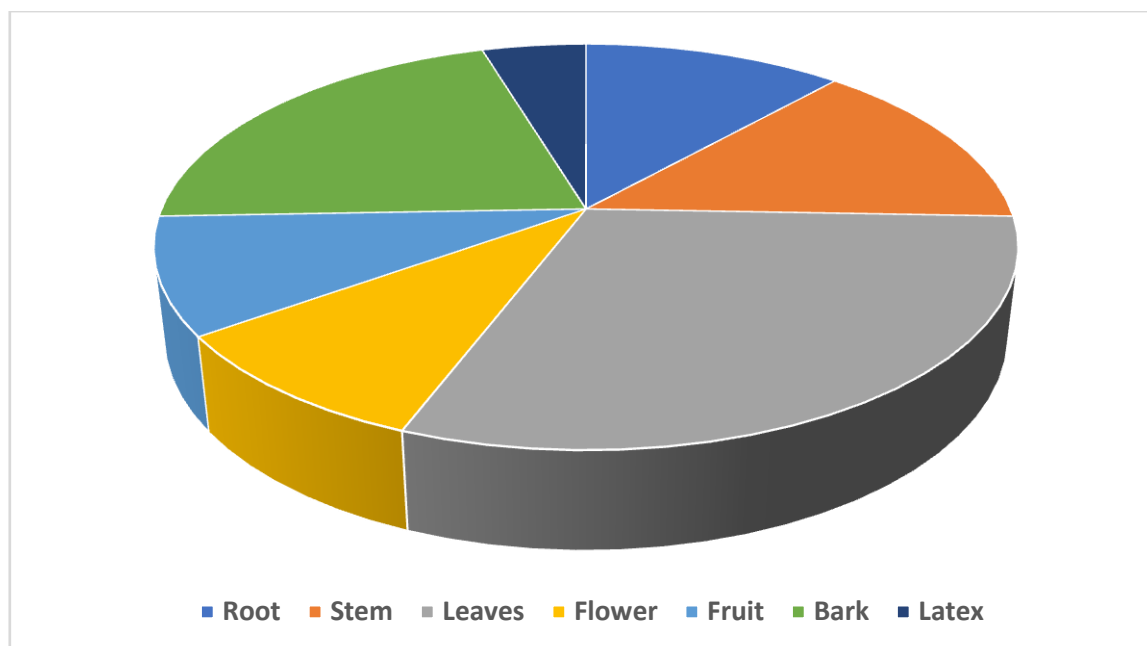
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10	<i>Azardirachta indica</i> A. Juss.	Kaduneem	Meliaceae	Leaves, bark, root	1) Leaves decoction is useful in intestinal worm and tuberculosis. 2) Powdered bark and milk is applied on pimples.
11	<i>Barleriapronitis</i> L.	Kante koiranti	Acanthaceae	Leaves	1) The dried bark is given in whooping cough. 2) Leaves are used to strengthen gums and in toothache.
12	<i>Boerhaviadiffusa</i> L.	Punarnava	Nyctaginaceae	Whole plant	1) The whole plant is used in the treatment of jaundice. 2) Plant reported to have an hepatoprotective activity.
13	<i>Bryophyllumpinnatum</i> (Lam.) Kurz.	Bryophyllum	Crassulaceae	Leaves	1) It is used as a traditional treatment for hypertension. 2) It is used in the treatment of earache, burns, abscesses, ulcer, insect bites, diarrhea and Lithiasis.
14	<i>Calotropis procera</i> Ait.	Rui	Asclepiadaceae	Leaves, roots, latex	1) The compounds derived from the plant have been found to have digitalic properties. The principal active compounds are "asclepin" and "mudarin". The other compounds found to have bactericidal and vermifugal properties.
15	<i>Cassia auriculata</i> L.	Awali	Fabaceae	Leaves, flower	1) Leaf paste is applied in skin problems. 2) Flower pulp is used to treat constipation in new born babies.
16	<i>Catharanthus roseus</i> L.	Sadaphuli	Apocyanaceae	Whole plant	1) The plant decoction is given thrice a day as an anticancer material to treat lung cancer. 2) Plant extract along with bark powder of Terminalia arjuna used to decrease the blood pressure.
17	<i>Diplocyclospalmatus</i> (L.) Jeffrey	Shivlingi	Cucurbitaceae	Fruit and root	1) Paste of unripe fruit is applied on abdomen to treat abdominal pain. 2) Root paste is applied on the swelling till cure.
18	<i>Ficus benghalensis</i> L.	Vad	Moraceae	Leaves, bark	1) Bark is considered useful in burning sensation, ulcers, and painful skin diseases. 2) Leaves have healing and anti-microbial properties.

19	<i>Lantana camara</i> L.	Amunikamuni	Verbenaceae	Whole plant	1) It is used for the treatment of chicken pox, measles, asthma, ulcers, swellings, eczema, tumours, high blood pressure, bilious fevers, catarrhal infections, tetanus, rheumatism, malaria.
20	<i>Oscimum americanum</i> L.	Rantulsi	Lamiaceae	Whole plant	1) Leaf paste is applied on skin diseases, wounds, burns. 2) Leaf paste is applied on chest for to treat the respiratory problems. 3) The whole plant is used in bath to treat rheumatism.
21	<i>Syzygium cumini</i> (L.) Skeels.	Jambhul	Myrtaceae	Leaves, fruit	1) Leaf decoction is given for lowering blood pressure. 2) Fruit juice is given with water in kidney stone.
22	<i>Tinospora cordifolia</i> (Thunb.) Miers.	Gulvel	Ranunculaceae	Whole plant	1) It is one of the component of immune booster ayurvedic kadha prepared for Covid-19. 2) It is also used to treat digestion and constipation related problems.
23	<i>Tridax procumbens</i> L.	Ghawti	Asteraceae	Whole plant	1) Leaves are crushed and the juice is applied on the fresh injuries. 1) 2) The leaf paste is applied externally to reduce swelling.
24	<i>Withania somnifera</i> (L.) Dunal	Ashwagandha	Solanaceae	Leaves	1) It is used as a remedy for diarrhea. 2) It helps to boost immune system.

## RESULT & DISCUSSION:

Traditional medicinal plant utilization is safe and less expensive therefore, tribal and the rural people are still using these therapies. Because of the many side effects of modern systems of medicine there seems a green wave of interest in medicinal plantlore all over.

The present data is outcome of ethnomedicinal explorations carried out during the period of November 2021 to March 2022 at Chandwad tehsil of Nashik district. This work revealed 24 plant species belonging from 21 families of which 21 are dicots and 3 are monocots. Various plant parts viz. root, stem, leaves, bark, latex, etc. are practice as a medicine by the tribals and peoples of the study area. Leaves of the *Bryophyllum pinnatum* are used to treat hypertension, whole plant of *Tinospora cordifolia* used to boost up the immunity. Juice obtained from the *Boerhavia diffusa* has hepatoprotective properties. Root infusion of *Asparagus racemosus* helps to improve lactation in human and cattles. Powdered seeds of *Abrus precatorius* used as oral contraceptives.



Graph: Plant Part Utilization with No. of Species

**CONCLUSION:**

Tribal peoples rely on locally available wild plant species and practice as a medicine to treat a variety of diseases and ailments. Developing countries, there is an increasing attempt to incorporate traditional knowledge of medicines in the health care because of their safety & low cost.

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