

## **Treatment of some female diseases by tribal people under Gobardhana block of Barpeta district of Assam, India**

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### **Abstract**

The paper presents 20 important medicinal plants under 16 families used by the tribal people living in the Gobardhana development Block in Barpeta district of Assam, India to cure some female diseases by traditional methods.

**Key words:** Medicinal plants, Female diseases, Tribals, Barpeta, Assam

### **INTRODUCTION**

Since the beginning of human civilization people depends on plant resources to meet most of their prime requirements. They also use numerous species of plants to cure various diseases of man and their domesticated animals. In developing countries about 70% populations depend on traditional methods for the treatment of their different diseases and ailments. About 8000 plant species were recognized as of ethnomedicinal importance (Anonymous 1994). In remote areas due to lack of communication and modern medical facilities people still depend on medicine-men for the treatment of their different diseases.

Assam is very rich in diversity of plant resources as well as in population patterns. The utilization of different medicinal plants by different tribal mass through traditional methods for curing various diseases have been carried out many workers including Borthakur (1976), Jain & Dam (1979), Baishya & Mazumdar (1980), Bhattacharjee *et al.* (1980), Borthakur & Sharma (1986), Rao & Haridasan (1991), Singh *et al* (1996), Barua *et al* (1999), Sarma *et al* (2001), Das & Sarma(2003), Haridasan *et al* (2003), Bhuyan (2003), Bhattacharya & Patra (2004), Acharyya & Sharma (2004), Borthakur *et al* (2004), Tamuli & Saikia (2004), Bhattacharjya & Borah (2008) and Bhattacharjya *et al* (2008).

### **STUDY AREA**

Barpeta is one of the biodiversity rich districts of North East India specially due to the presence of Manas National Park. The district is bounded in North by Royal province of Bhutan, Nalbari district in East, Kamrup and Goalpara districts in South and Bongaigaon and Kkrajhar districts in the West. It is extending from 26° 5' N to 26° 49' N latitude and 90° 39' E to 91° 17' E longitude and covering an area of 3245 sq km. The district enjoyed tropical monsoonal climate and the annual rainfall varies between 360 cm to 400 cm. The tribal inhabitants of the district include *Bodo, Rabha, Tea, Chawtal* etc.

### **METHODOLOGY**

The study was conducted during the year 2007. The information regarding the use of different medicinal plants for curing various female-diseases and ailments has been collected from the local tribal medicine-men, generally referred as "Vaid". They were approached with a friendly manner and questioned from different angles regarding the method of preparation and mode of application of medicinal plants for curing women diseases using a pre-formatted questionnaire. Useful plants were recognized by the Vaids in the field and the vernacular names of such plants have been assigned with their help. In addition, help of local aged and experienced people who are familiar with the herbal medicine were also taken. Plants were identified in the botanical laboratory of B.H. College using local flora and matching with previously identified specimens in the departmental

herbarium. The voucher specimens were deposited in the Herbarium of the Botany Department, B.H. College, Howly.

## RESULTS AND DISCUSSION

Through the present survey a total of 20 medicinal plants covering 16 families have been recorded those are used for the treatment of some female diseases. The recorded medicinal plants have been presented in the Table-1 including scientific and names, useful parts, diseases cured and method of preparation and doses.

Several female diseases are recorded here those are treated through traditional methods by the tribal people of greater Gobardhana area. Some important female diseases they treat includes leucorrhoea, milk deficiency, post menstrual pain, excess bleeding during abortion, menstrual cramp and other disorders etc. by these local tribal medicine-men. As it appears, the district holds great potential for research on traditional medicine.

**Table 1:** Medicinal Plants used for the treatment of some women diseases by the tribal people of Gobardhana Block of Barpeta district of Assam.

Plant name [Family] Assamese name	Plant parts used	Disease/ ailments	Preparation & dose
<i>Ambroma augusta</i> L. [Sterculiaceae], <i>Ulat kamal</i>	Root	Menstrual disorder	± 50 ml root extract mixed in a cup of milk and given 3-times daily
<i>Acacia nilotica</i> L. [Mimosaceae], <i>Tarua kadam</i>	Bark	Post menstrual pain	2-teaspoonful bark extract given for 3 days
<i>Acorus calamus</i> L. [Acoraceae], <i>Bach</i>	Rhizome	Excess bleeding during abortion	Rhizomeextract given as tonic
<i>Aegle mermalos</i> Correa ex Roxburgh [Rutaceae], <i>Bel</i>	Leaf	Pregnancy problem	± 25ml of leaf extract given twice daily
<i>Asparagus racemosus</i> Willdenow [Liliaceae], <i>Satmul</i>	Root	Sexual debility	± 50 g of root boiled in 250 ml of milk and given regularly
<i>Boerhaavia difusa</i> L. [Nyctaginaceae], <i>Purnanuwa</i>	Whole plant	Kidneystone	Whole plant extract given regularly or taken as cooked vegetable
<i>Bryophyllum pinnatum</i> (Lam.) Oken. [Crassulaceae], <i>Dupar tenga</i>	Leaf	Urinary trouble	Leaf juice given as tonic and leaf paste applied on lower abdomen
<i>Chenopodium album</i> L. [Chenopodiaceae], <i>Jilmil saak</i>	Leaf	Urinary trouble	Leaves boiled in water and filtrate is given as tonic
<i>Cynodon dactylon</i> (L.) Persoon [Poaceae], <i>Dubari ban</i>	Whole plant	Leucorrhoea/ Menstrual disorder	Leaf crushed with polished rice to prepare pills of pea's size, two pills given twice daily
<i>Dioscorea alata</i> L. [Dioscoreaceae], <i>Kath alu</i>	Tuber	Menstrual cramp	Crushed tube juice given as tonic
<i>Emblica officinalis</i> Geartn. [Euphorbiaceae], <i>Amlokhi</i>	Fruit	Urinary trouble	± 20 ml of fruit juice mixed with 100 ml of milk and little sugar, given as tonic
<i>Euphorbia neiifolia</i> L. [Euphorbiaceae], <i>Siju</i>	Leaf	Urinary trouble	Slightly warm leaf extract applied externally on lower abdomen
<i>Hemidesmus indicus</i> (L.)R.Br. [Periplocaceae], <i>Anantamul</i>	Root	Milk deficiency of mother	Root juice given in the form of curry with fish

Plant name [Family] <i>Assamese name</i>	Plant parts	Disease/ ailments	Preparation & dose used
<i>Hibiscus rosa-sinensis</i> L. [Malvaceae], <i>Rockta joba</i>	Leaf	Urinary trouble	2-teaspoonful leaf extract given thrice daily
<i>Mimosa pudica</i> L. [Mimosaceae], <i>Nilagi ban</i>	Leaf	Urinary trouble	Leaf extract given as tonic
<i>Protulaca oleracea</i> L. [Protulacaceae], <i>Malbhog Khutura</i>	Whole plant	Leucorrhoea	Whole plant extract given as syrup
<i>Sarca asoka</i> (Roxb.) De Willd. [Caesalpinaceae], <i>Ashok</i>	Bark	Menstrual disorder, leucorrhoea	Bark extract given as syrup; 2-teaspoonfuls given thrice daily
<i>Sida rhombifolia</i> L. [Malvaceae], <i>Sonborial</i>	Root	Pregnancy trouble	± 10ml root extract given twice daily
<i>Sida cordifolia</i> L. [Malvaceae], <i>Saru borial</i>	Root	Leucorrhoea	Root extract given as tonic
<i>Cissus quadrangularis</i> L. [Vitaceae], <i>Harjurua lata</i>	Stem	Menstrual disorder	2- teaspoonfuls stem extract given for 10-15 days

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