Traditional Knowledge of Plant “Tinospora cordifolia” Used by Local People in Loss of Blood Platelets of Shahdol Central India.

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Abstract: Ethno-botany is the study of the relationship which exists between people of primitive societies and their plants environment. The herbal remedies rely on the vast potential on protective and curative properties of plants. According to WHO nearly 80% of the people in developing countries rely on herbal medication. Plants have been most fascinating objects of nature since ever. They have played a key role in health care needs of human beings.

The utility of plant, against disease loss of blood platelets in human blood contents as “Tinospora cordifolia (Willd.) Miers. ex. Hook. f. & Thomas”. It is quality proved since time immemorial. Present study based on the role of herbal treatment by medicinal plants for health care (conservation) as household in Shahdol district Madhya Pradesh. In this study 1 plants or identified and analyzed with their local name, Botanical name, Habit, Habitat, Medicinal use, Methods and Chemical constituents of utilization against diseases.

Ethnomedicinal plants need to be understood and planned for an understanding of indigenous knowledge and practices the most effective and efficient mechanism for conserving them is to prevent them from further destruction of habitats by us. Shahdol is a rich store house of many varieties of folk medicinal plants.

Keywords: Traditional Knowledge; Neutropenia; Tinospora cordifolia.

1. Introduction

The use of traditional medicine is widely accepted by Tribal community and rural people in Shahdol. District Shahdol is rich in medicinal plants having a biodiversity of about 300-500 species. The reported that the country has many areas where the traditional medicine culture is rich, and diverse making it an ideal site for ethno-botanical study and uses.

Shahdol district is located in Central Eastern part of Madhya Pradesh. It is situated between 23.15° - 24.3° N. Latitude and 81° - 81°45' E. Longitude. On its south east lies Amarkantak District Anuppur and west in Bandhavgarh National Park District Umaria, and South in district Dindauri, north east in Sanjay Gandhi National Park district Shidhi. Shahdol district has 5 blocks e.g. Sohagpur, Jaisinghnagar, Beohari, Burhar and Gohparu. The population and area of this district is about 10, 66,063 (District statistical book 2011). Shahdol cover’s a dense population of tribal community. The tribal residents are mainly dependent on agriculture’s and forest resources for their daily life requirements.

The Herbs, Shrubs, Trees and Climbers are the sources of medication here. Though there is a district hospital with a team of medical expert’s and several health centres existing here. The tribal are completely dependent on herbal medicines for their health care. The present survey was undertaken to place on record the medicinal plant used as remedy for blood in lack of (Neutropenia) blood platelets by tribal of Shahdol district. During extensive survey of some tribal pockets in various block’s viz. Jaisinghnagar, Sohagpur, Beohari, Gohparu, and Burhar one of the survey recorde new ethnomedicinal use of “Gurij” (Tinospora cordifolia Willd.) Miers. Which are found to be interesting and new to ethno-medico botany?

FIG. 1. POSITION OF SHAHDOL DISTT
2. Review of Literature

The applied of ethno- medicine is widely accepted by tribal community and rural people in Shahdol. District Shahdol is rich in medicinal plants having biodiversity of about 300-1000 species. The reported that the country has different areas, where the traditional medicine culture is rich and diverse making it an ideal site for ethno-botanical study uses.


3. Materials and Methods

Several tribal localities were explored and information on Ethnobotanical use was gathered from knowledgeable medicine men of various tribes. Vaidya such as Gond, Baiga, Kol, Agaria, Pao, Bhatra, Khairvar, Paliha, Kanvar, were interviewed and the information regarding indigenous method of diagnosis and treatment Plant parts used mode of administration of crude drugs was gathered following the methods of Jain S.K. (1967a.).

Vegetative Character of Plant

Distribution- It is occurring in all over Shahdol and also Madhyapredesh sub-topics and tropic’s regions in India. Tinospora cordifolia (Willd.) Miers ex. Hook F. & Thomas, family (Menispermaceae). Stem - perennial, large glabrous, bark is creamy white to grey, deeply left spirally, the space in between being spotted with large rosette-like lenticels succulent, climbing shrubs, characters. Leaves- Simple log petioles alternate, exstipulate, 10-15 cm long and 08-12 cm broad lamina, cordate, deciduous. Assimilatory roots (Chlorophylls present) long filiform fleshy aerial roots from the stem branches. Inflorescence - Racemose, panicles, auxiliary, terminal racemes. Flowers - Actinomorphic, Small, greenish yellow. Male - clustered and Female- flower usually solitary. Calyx - 3 Coralla-3 Androecium-6, Gynoeicum-1 and tetracarpellary, Ovary - Superior ovary, Fruit- Thick stalk 1-3 ovoid Single seeded, drupes are glossy, succulent, ripening red (orange coloured).
Flowering & Fruiting: Aug-Sep. Medicinal Parts – (Whole plant)

Distribution: Throughout tropical regions of India.

Dosage: Leaf juice or stem decoction taken daily in the morning empty stomach.

4. History

The fresh stem and also leaves of the plants have been used by the tribal people residing in and around the forest for checking blood in lack of (Neutropenia) blood platelets disease and rapidly use. This is widely known healer among the tribals and other rural, urban people. The tribes have been using it since time immemorial. It is said that they used the leaves packing meat to carry it home that the blood disease had best result meat. Since then they have using it for healing lack of blood platelets diseases. (Anonymous, 1976; Kritikar and Basu, 1975; Chopra et al., 1956)

5. Medicinal Use

How to Use - The fresh “Gurij” (Tinospora cordifolia (Willd.), Miers ex Hook. f., stem is crushed and prepare decoction of 1-2 cup and along with “Papaya” (Papita) (Carica papaya L.) leaf juice 1-2 table spoon, “Aloevera” (Ghee gwar) (Aloe barbadensis Mill.) leaf juice 1-2 table spoons, and “Tomato” (Tamater) (Lycopersicon esculentum Mill.) 1-2 ripe fruit taken 2 times once a day for 3-5 weeks to treatment for lack of (Neutropenia) blood platelets in blood composition diseases.

6. Biological Activities

Other Uses - Plant “Gurij / Guduchi / Amrita” Tinospora cordifolia (Willd.) Miers. ex Hook. f. yield according to Ayurvedic system of medicine is used like - Arthritis, Fever, Diabetes, Jaundice, Burning sensation, Constipation, Vomiting, Spleen diseases Vaginal discharge, Tonic, Herpes lesions, Indigestion, Irritable bowel syndrome, Increases sperm count and sperm motility, Antiperiodic, Antipyretic, Antigout, Analgesic, Astringent, Antihelmintic, Anti-spermic, Antiarthritic, Antiperiodic, Antipyretic, Immunomodulatory, Antistress, Memory enhancing, Antifertility, Antioxidant, Hepatoprotective, Antiulcer, Anticancerous, Reduced-stone, Hypolipidaemic, Antiallergic Antimalarial, Anti-inflammatory, Antidiabetic, Anti-asthmatic, Aphrodisiac, Antigonorrhoeal, Antiicteric, Cholagogue, Antiemetic Bitter, Blood repair & purifier, Expectorant, Diuretic, Carminative, Cardio tonic, Constipative, Digestive, Diuretic, Stimulant, and Stomachic such effects have been attributed to several herbal preparations. Its name is “Amrita” just like protector.

7. Active Constituents

Active Constituents: Stem contains - Starch, glycoside, (Giloin), giloinin, tinosporic acid, vasa alcohol, essential oil, vasa acid, proteins, calcium, phosphorus, berberine, gilosterol. Furanoalctone, furanolactone, tinosporon, tinosporol, tinosporoside, tinosporin, tinosporindine, β-sitosterol, (Stem.), cordifol, heptacasanol and octacosanol (leaves.)

Part - A

Number of Constituents
- Starch
- glycoside
- Glycoside
- Giloin
- giloinin
- tinosporic acid
- vasa alcohol
- essential oil
- vasa acid
- proteins
- calcium

Part - B

Number of Constituents
- phosphorus
- gilosterol
- furanoalctone
- tinosporon
- tinosporin
- β-sitosterol

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8. Active Constituents


9. Needs of Pharmacological Studies

The pharmacological studies have therefore, concentrated more on the lack of blood platelets in blood composition activity of plant *Tinospora cordifolia* (Willd.) Miers ex. Hook F. & Thomas, on account of its reputation in the traditional system medicine includes folklore.

It is exact need to Pharmacological studies, plant parts to the responsible of which medical chemical compounds to treatment for lack of blood platelets in blood composition disease.

10. Experiment of Medicine

The first experiment trial (apply) carried out on 10 patients (in the age group of 45-60 years) of the treatment for lack of blood platelets in blood composition activity, the powder or extract of plants *Tinospora cordifolia* (Willd.) Miers ex. Hook F. & Thomas, are plant parts (extract given) encouraging the treatment for lack of (Neutropenia) blood platelets in blood composition activity, effects in 10 person in different doses. It is an improvement in lack of blood platelets in blood composition, tolerance in 10 patients’ after 21 days treatments.

11. Conclusion

Stem and leaves has been found to be a wonderful healer. Application of fresh stem decoction stops (Neutropenia) lack of blood platelets diseases and also many other uses of “Gurij” (*Tinospora cordifolia* Willd.) Miers. Arthritis, Fever, Gout, Diabetes, Jaundice, Blood purifier, Burning sensation, Constipation, Vomiting, Spleen diseases Vaginal discharge, Tonic, Herpes lesions, Indigestion, Irritable bowel syndrome, Increases sperm count and sperm motility.

Plant species prevent blood clotting in case of accident. Were conducted ethno botanical uses on the plant species of Beohari, Golparu, Jaisinghnagar, Jaitpur, Sohagpur forest area? Shahdol district present time divided two district Anuppur and Umbria. Shahdol division has three district Umbria, Anuppur district have made mention of this plant species.

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