

# ETHNOMEDICINAL PLANTS USED FOR JAUNDICE IN KANGRA DISTRICT (HIMACHAL PRADESH)

Sudhir Kumar and Rajinder Paul

Department of Botany, Kisan P.G. College, Simbhaoli-245207 (Ghaziabad)

E-mail: tejasvi\_sk@rediffmail.com

**Abstract:** The paper reports on ethnomedicinal plants used by the native people of Kangra district of Himachal Pradesh in the treatment of Jaundice.

**Key words:** Ethnomedicinal plants, Jaundice, Kangra district.

## INTRODUCTION

Kangra district is situated in the Northern and Western part of Himachal Pradesh lies between  $31^{\circ} 40'$  to  $32^{\circ} 25'$  East longitudes and  $70^{\circ} 35'$  to  $77^{\circ} 5'$  Northern latitudes, is bounded on South-West of Una, on the North by Lahul-Spiti and Chamba districts, on the East by Kullu and Mandi districts, while on the South it touches Hamirpur. The hilly district have been included in West Himalayas province of the Indian Himalaya. It lies at the foothills of Dhauladhar range and Shivalik range has a unique climatic pattern with altitude ranging from 500 to 4500 meters from the mean sea level. It covers the area of 5739 square kms. The population of the area is 13,38,536 of which 20% fall under most deprived tribes and communities like Gaddi, Bungai, Chaudhary, and Gujjars who live in villages quite away from town, therefore they are being deprived of having modern health care facilities. They have to depend on their natural surroundings for the treatment of their different diseases and ailments.

There are some important works on the folk medicinal uses of plants of Kangra valley (Ahluwalia, 1952), Himachal Pradesh (Chauhan, 1990, 1999), Rajasthan (Singh and Pandey, 1992, 1996), Assam (Sharma and Boissya, 2003), Baghpat (Tomer and Singh, 2005; Tomar, 2007). In the present paper medicinal plants used traditionally for the treatment of Jaundice in Kangra valley have been described.

## MATERIALS AND METHODS

Present investigation was carried out as per standard methods (Jain, 1989; Kumar, 2007) in different places like Palampur, Thural, Baijnath and Kangra and other remote areas in Kangra valley of Himachal Pradesh. The ethnomedicinal information was collected from many Vaidyas and elderly village people. The plants are tabulated alphabetically in botanical names, family name, Local name, part used and ethnomedicinal uses. The collected plant specimens were identified by using standard floras and preserved for further use.

## ENUMERATION

Given below is a brief account of ethnomedicinal plants species traditionally used for the treatment of Jaundice in Kangra District.

- 1- *Justicia adhatoda* L. Syn. *Adatoda vasica* Nees, *Adhatoda zeylanica* Medicus (Acanthaceae Plate 1A)  
**Local name:** Basunti (Karabi Basunti)  
**Part used:** Leaves  
**Ethnomedicinal uses:** Juice of fresh leaves (20 ml) is given with honey to the patient to cure jaundice for two weeks.
- 2- *Taraxacum officinale* Wig. (Asteraceae)  
**Local name:** Dudhli  
**Part used:** Root and leaves (entire herb)  
**Ethnomedicinal uses:** Entire herb is crushed and small quantity about 10 gm given to the patient in the morning for ten days.
- 3- *Aloe barbadensis* Mill (Liliaceae Plate-1E)  
**Local name:** Kware  
**Part used:** Fleshy Leaves (leaf pulp)  
**Ethnomedicinal uses:** Pulp of the leaves is directly eaten by the patient and vegetables of leaves pulp also used to cure Jaundice for two weeks.
- 4- *Bauhinia variegata* Linn. (Leguminosae Plate-1F)  
**Local name:** Karale  
**Part used:** Leaves  
**Ethnomedicinal uses:** 100 ml juice of leaves is given to the adult and 15 ml to the children to cure jaundice for seven days.
- 5- *Berberis aristata* DC. (Berberidaceae Plate-1B).  
**Local name:** Kashmal  
**Part used:** New leaves (twigs) and roots.  
**Ethnomedicinal uses:** New leaves are taken directly in morning. The decoction of grinded roots about 100 ml given to the patient for ten days.
- 6- *Berberis lycium* Royale (Berberidaceae)  
**Local name:** Kashmal  
**Part used:** Roots

**Ethnomedicinal uses:** Decoction of roots about (80-100 ml) is given to the patient early in the morning to cure jaundice for ten days.

7- *Betula utilis* D.Don. (Betulaceae)

**Local name:** Bhojpatra

**Part used:** Papery bark

**Ethnomedicinal uses:** Decoction of the bark is given to the patient in the day to cure the jaundice for 10 to 12 days.

8- *Solanum nigrum* Linn (Solanaceae)

**Local name:** Kyaeen, Choote Tamatter

**Part used:** Leaves

**Ethnomedicinal uses:** Small tablets of crushed leaves are made for twelve days. Every day one tablet is taken with Emali or Curd by the patient.

9- *Ricinus communis* Linn (Euphorbiaceae)

**Local name:** Erand

**Part used:** Leaves

**Ethnomedicinal uses:** Juice of leaves is given with cow's milk early morning to the patient for seven days.

10- *Emblica officinalis* Gaertn. (Euphorbiaceae)

**Local name:** Amla

**Part used:** Fruit

**Ethnomedicinal uses:** Powder of dry fruit is given to the patient with water. Juice of fruit is also given to cure the jaundice for two weeks.

11- *Phyllanthus fraternus* Linn. Syn. *Phyllanthus nurui* (Euphorbiaceae)

**Local name:** Chota Amla

**Part used:** Entire herb

**Ethnomedicinal uses:** Juice of fresh root is given to the patient. Decoction of entire herb is also given to the patient to cure Jaundice for seven days.

12- *Leucas cephalotes* (Roth) Spreng. (Lamiaceae)

**Local name:** Mal Bhedu

**Part used:** Entire herb

**Ethnomedicinal uses:** Juice of entire herb, in the dose of 10-15 ml is given to the patient to cure jaundice for 8 to 10 days.

13- *Raphanus sativus* Linn (Brassicaceae)

**Local name:** Muli

**Part used:** Leaves and root

**Ethnomedicinal uses:** Juice of fresh leaves mixed in black pepper (Kali mirch) powder is given to the patient. Raw root is cut into pieces, spray few drops of fresh lemon juice in the night and kept on the roof uncovered over the night to allow dew drops to fall on it. In the morning, the cut pieces with salt is given to the patient suffering from jaundice for two weeks.

14- *Woodfordia fruticosa* Kurtz. (Lythraceae)

**Local name:** Dhoaien, Dhai

**Part used:** Flowers

**Ethnomedicinal uses:** Chatany of flowers is given to cure the jaundice for few days to the patient.

15- *Oroxylum indicum* Vent. (Bignoniaceae Plate-1D)

**Local name:** Tatpalanga

**Part used:** Bark of the stem

**Ethnomedicinal uses:** Crushed bark is boiled in 400 ml water and when 100 ml is left, filtered through cotton cloth. 10-20 ml prepared decoction is given to the patient two times in the day. Crushed bark is soaked into water in earthen pot overnight, early morning the small piece of desi kapoor is given first to the patient followed by one glass of water from earthen pot to the patient for seven days.

16- *Asparagus adscendens* Roxb. (Liliaceae Plate-1I)

**Local name:** Sanspan

**Part used:** Roots

**Ethnomedicinal uses:** Fresh roots are crushed and put in the 100 ml water in the pot over night. Early morning the filtered juice is given from the pot. If the roots are dry then the decoction (10-15 ml) of roots is given to patient for 8 to 10 days.

17- *Equisetum arvensis* L. (Equisetaceae Plate-1H)

**Local name:** Girthan

**Part used:** Branches of limited and unlimited growth.

**Ethnomedicinal uses:** Young branches of unlimited and limited growth are put in the water over night and early morning. The branches are crushed alongwith small quantity of Kuje-misri and 2½ seeds of Kali mirch. The juice of paste is filtered through clean cotton clothe. Two teaspoons of juice is given to the patient to cure jaundice early in the morning in empty stomach for seven days.

18- *Centella asiatica* Linn. Urban Syn *Hydrocotyle asiatica* Linn. (Umbelliferae Plate-1C)

**Local name:** Brahmi, Minki

**Part used:** Entire herb

**Ethnomedicinal uses:** Fresh or dry herb is crushed alongwith 3 or 5 numbers of Kali mirch and made a paste and taken by the patient 5 to 10 gm paste early in the morning for seven days.

19- *Colocasia antiquorum* (L.) Schott. (Araceae)

**Local name:** Ghandiale, Arbi

**Part used:** Corm

**Ethnomedicinal uses:** The cooked and peeled corms are kept on the roof or open places uncovered overnight to allow dew drops to fall on it. In the morning, the cut pieces are given with honey to the patient for five days.

20- *Tinospora cordifolia* (Willd.) Miers (Menispermaceae Plate-1G)

**Local name:** Giloe, Giloen

**Part used:** Fresh stem

**Ethnomedicinal uses:** Fresh stem of giloe is crushed alongwith Punarnava mool and one teaspoon of juice is given to the patient to cure jaundice for 7 to 10 days.

21-*Saccharum officinarum* (Poaceae)

**Local name:** Ganna

**Part used:** Stem

**Ethnomedicinal uses:** Cane juice is given to the patient for 15 to 20 days.

22-*Carica pappya* Linn. (Caricaceae)

**Local name:** Pump, Papita

**Part used:** Raw Fruit

**Ethnomedicinal uses:** Boiled vegetable of raw fruit is given to the patient for few days.

23-*Capsicum annum* Linn (Solanaceae)

**Local name:** Mircha, Pippali

**Part used:** Leaves

**Ethnomedicinal uses:** Boiled leaves are used as a vegetable (saag) in curing jaundice for 2 to 3 days.

24-*Argemone mexicana* Linn (Papaveraceae)

**Local name:** Kantili, Pili Kantili

**Part used:** Yellow latex, entire herb

**Ethnomedicinal uses:** Yellow latex of herb about (10-15 ml) is given to the patient alongwith lassi. Decoction of entire herb in early morning (10-15 ml) is also given to the patient in empty stomach for seven days.

25-*Mentha spicata* Linn. (Lamiaceae)

**Local name:** Pudina

**Part used:** Leaves

**Ethnomedicinal uses:** Juice of leaves mixed with Kuje-Misri and given two time in the day to cure jaundice for two weeks.

26-*Terminalia chebula* Retz. (Combretaceae)

**Local name:** Harad

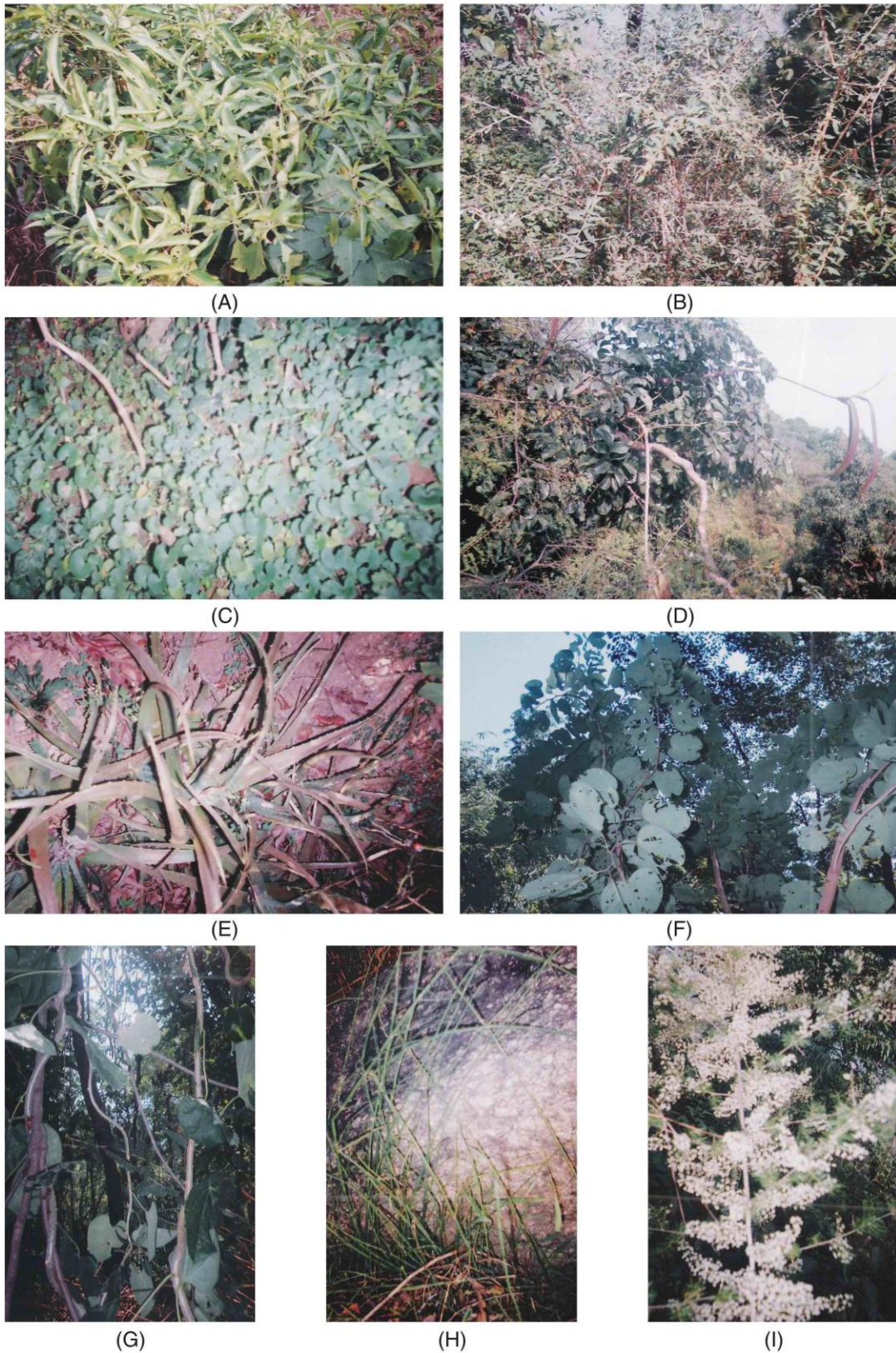
**Part used:** Fruit rind

**Ethnomedicinal uses:** Dry fruit rind is powdered, mixed with rocky salt (Sendha namak) and given to the patient alongwith warm water to cure jaundice for 8 to 10 days.

## DISCUSSION

The folk medicine and home remedies are infact the backbone of rural healthcare, is being practiced since antiquity. This type of practices are comparatively cheap, time saving and provide immediate relief upto some extent (Bhatt et al., 2003). The present study reveals 26 plant species over 21 families of Angiosperm and family of Pteridophytes which are being used by tribals, rurals and experienced persons to cure Jaundice in Kangra valley of Himachal Pradesh. The plant species recorded here are quite diversified. Therefore, pharmacological aspects of these plants need to be explored to findout active principles for preparation of medicines for the treatment of Jaundice. Information given in the present paper will be directly useful to the mankind in curing Jaundice.

## PLATE-1



(A) *Justicia adhatoda* Linn., (B) *Berberis aristata* D.C., (C) *Centella asiatica* (Linn.) Urban, (D) *Oroxylum indicum* Vent. (E) *Aloe barbadensis* Mill (F) *Bauhinia variegata* Linn, (G) *Tinospora cordifolia* (Willd) Miers, (H) *Equisetum arvensis* Linn, (I) *Asparagus abscondens* Roxb.

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