

Ethno-Medico-Botanical Survey of Chandreswar Parvat Area Of Goa

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ABSTRACT

An Ethno-medico botanical survey was carried out on Chandreswar Parvat of Quepem Taluka of North Goa District of Goa to assess the medicinal values of flora during 2013-14. It was observed that the local inhabitants practices traditional system of medicine in their daily health care needs for various ailments, About 20 no.s of plant species belongs to 14 families of herbs, shrubs and trees were found largely used in medicine by local people of Chandreswar Parvat have been enumerated in this paper, These plants are identified with their botanical names, families, vernacular name in Konkani, Phonology, Ethnobotanical information and Uses. These are claimed in various health hazards like Bodyache, Acne, Jaundice, Diarrhea, Dysentery, Wound, Urinary Stone, Fever, Worm Infestations, Rheumatic Pain, Headache, Toothache, Mouth Ulcer, Gum Inflammation, Menorrhagia, Scorpion Sting and Insect Bite etc.

KEY WORDS: Chandreswar Parvat, Ethno-medico- botanical survey, Identification and uses of medicinal plants.

I. INTRODUCTION:

Jeevaka an ancient Ayurvedic Physician is credited to have said that there is no plant on the face of earth that will not have some medicinal properties. Since early times science of life relies highly on plants for medicines, fuel, timber and food. The knowledge on various uses of plants and other sources of drugs like minerals and animals as medicine are well documented¹⁻³. Still most of the herbal drugs need to be studied on basis of proper scientific designing. Along with these the interest in ethno-botanical research has increased in many fold in last 2-3 decades, because of believes that such researched and documented remedies may be useful sources for new therapeutic products⁴⁻⁷. It is observed that the local people of Chandreswar

parvat vicinity rely on traditional medicine as it is easily available. Since no such detail studies reported so far from this area, the present study report is communicated.

II. METHODOLOGY:

Goa is a state in western part of India located in 15.29° N latitude and 74.12° E longitude is rich in plant diversity of ethno-botanical and economic importance. An ethno-medico-botanical survey was made during Year 2012-13 to collect information on the medicinal uses of plants found in the one of the selected sacred groves of Goa, namely Chandreswar Parvat, located at 15.22° N latitude and 74.12° E longitude. Routine methods of Botanical collection and herbarium techniques have been followed in this study⁸⁻⁹. Plants were identified using relevant floras. Data on medicinal uses of plants were obtained through interviews of the knowledgeable elderly peoples who are experts on using them and also inhabiting the vicinity of that area. Those collected data were again cross checked regularly. These identified herbarium specimens were deposited in the research and utilization division, Department of forest, Government of Goa.

III. RESULTS:

The information on 20 plant species belongs to 14 families used commonly as cure for various diseases are arranged alphabetically by botanical name along with family, followed by local name in Konkani, Sanskrit and English languages, plant parts, preparation process, mode of administration, dose and duration of treatment etc are enumerated below.

1. *Alpinia calcarata* Rose. (Zingiberaceae)

Local name: - Vaikhand.

Uses:-a) Root chewed for sometimes to cure sore throat. b) Leaves are used

- as mouth freshner.
2. *Anisomeles malabarica* R.Br. (Lamiaceae)
Local name :-Kalothumbo .
Sanskrit name: - Vaikuntha .
English Name: - Malabar catmint.
Uses:- a) Local application of leaves juice subside the burning sensation & pain due to scorpion sting. b) Fomentation with leaves locally reduce pain and swelling at joints in Rheumatoid arthritis.
3. *Alternanthera sessilis* [Linn.]R.Br. (Amaranthaceae)
Local name :- Kanchari , Matsyakshi.
Sanskrit name : - Matsyakshi.
Uses:- a) Decoction of whole plant 30 ml taken orally 2-3 times daily reduces fever. b) Roasted leaves and stem parts 30-50 gms taken internally in case of stomach ache and gastric disorders .
4. *Bridelia retusa* Spreng.(Euphorbiaceae)
Local name: Katekabach ,Phatarphad.
Sanskrit name: - Mahavira.
Uses:- a) Paste of bark applied locally in swelling of joints . b) Roots or bark decoction 30-50 ml given orally twice daily for worm infestation.
5. *Butea monosperma* (Lam.) Kuntze. Syn:-*B. frondosa* Koenig & Roxb.(Fabaceae)
Local name :-Palas, khakaro palas .
Sanskrit name: - Palasha.
English Name: - Flame of the forest, Bastard teak.
Uses:-a) Oral intake of leaves extract with a dose of 20-25 ml twice daily beneficial in liver disorders b) Oral intake of gum with water useful in swelling and wound.
6. *Calycotris floribunda* Lam.(Combretaceae)
Local name :-Swet dhataki , Ukshi
Sanskrit name: - Susavi .
Uses : -a) Leaves paste 20 – 30 gms orally twice daily for killing intestinal worms & in case of colic pain & dysentery. b) Fruit powder 3 – 6 gms twice daily given orally on jaundice and applied locally on pruritus & ulcers.
7. *Canavalia gladiata* (Jacq.) DC. Syn:-*C.ensiformis* Sensu Baker non DC.(Papilionaceae)
Local name :-Koytival.
- Sanskrit name: - Ashi-simbee .
English Name: - Sword bean .
Uses:- a) Root paste prepared with cow's urine and taken orally 15 – 20 gms for 2-3days reduces the size of enlarged liver & stone. b) Leaves paste applied locally subsides pain due to external piles.
8. *Celosia argentea* Linn.(Amaranthaceae)
Local name :-Tanduli.
Sanskrit name: - Vitunna, Shitivaraka.
English Name: - Wild cocks comb.
Uses:- a) 20-30 gms of root added with 80-120 ml water and boiled in medium flame till the decoction remaining 20-30 ml, taken orally , twice daily for 3-4 days cures excessive menstruation. b) Seeds soaked in water for overnight and taken orally at morning useful in scanty and painful micturition.
- 9.*Croton oblongifolius* Roxb.(Euphorbiaceae)
Local name :-Ghansurang , Gansari.
Sanskrit name: - Nagadanti.
Uses:- 5-10 gms of bark powder taken orally, twice daily beneficial in reducing the liver enlargement and remittent fever.
- 10.*Dioscorea oppositifolia* Linn.(Dioscoreaceae)
Local name :-Marapasapoli.
Sanskrit name: - Sarpakshya.
Uses:- Local application of fruits paste on forehead subsides pain in migraine.
- 11.*Glycosmis pentaphylla* Correa. Syn:-*G.cochinchinensis* Pierra. (Rutaceae)
Local name :-Kirmira , Menki.
Sanskrit name: - Ashwa shakhota.
Uses:-a) Leaf paste applied locally in Eczema and skin diseases. b) 3-5 gms of root/leave paste taken orally in fever.
- 12.*Grewia nervosa* Lour.(Tiliaceae)
Local name :-Amsali, Ansale.
Uses:- a) Jaundice-Leaves extract 20-25 ml taken orally twice daily. b) Diarrhoea/dysentery –Fruit is useful.
13. *Holoptelea integrifolia* Planch.(Ulmaceae)
Local name :-Papara,Vamvlo.

Sanskrit name: - Chirabilva.
English Name: - Indian elm.
Uses:- a) Bark paste applied locally on swelling and pain in rheumatic arthritis. b) Leaf kept on mouth gives relief from toothache and inflammation of gum.

14. *Hyptis suaveolens* Poit.(Lamiaceae)
Local name :- Bana tulsi,Ganga tulas .
Sanskrit name: - Tumbaka.
Uses:- a) Local application of leaves paste subsides pain in insect bite.
b) Nasal drops of leaves juice stop bleeding from nose.

15. *Ixora coccinea* Linn.(Rubiaceae)
Local name: - Patkali , Paranti , Pritkuli.
Sanskrit name: - Paranti .
English Name: - : Jungle Geranium
Uses:- Root of Paranti , swet shalmali (*Ceiba pentandra*) and flower bud of Swet Japa (*Hebiscus rosa sinensis*) taken equal quantity each and crushed into paste , taken orally , 30 – 50 ml twice daily , before food cures Swet pradara (*Leucorrhoea*).But precaution to be taken to avoid , non –veg , oily , spicy & hot food stuffs. Prefer to take vegetables like, lady's finger, carrot, beet root etc. for faster effects.

16. *Justicia gendarussa* Burm. Syn :- *G.vulgaris*.(Acanthaceae)
Local name :-Kalo negundu.
Sanskrit name: - Nila nirgundi, Krishna vasa.
Uses :- a) Leaves juice local application stops the bleeding from freshly cut and it heals the wound. b) Leaves paste along with mustard oil applied locally on glandular swellings.

17.*Lannea grandis* (Dennst.) Syn:–*Odina woodier* Roxb.(Anacardiaceae).
Local name :-Muya , Moi.
Sanskrit name: - Jingini.
English Name: - Wodier , Jhingam.
Uses:-Bark decoction used as gargling in ophthae mouth & toothache.

18.*Leea indica* Merrill. (Leeaceae)
Local Name :- Dino, Karkani.
Sanskrit Name:- Kukurjihva, Karkatajihva.
Uses:-a) Fresh leaf juice of 20 -30 ml taken orally beneficial in indigestion.
b) Leaves paste applied locally on forehead cures vertigo.

19.*Leea macrophylla* Roxb. ex Hornem.(Leeaceae)

Local name :-Dinda,Jino.
Sanskrit name: - Hastikarna palasha, Dhola Samundrika.
Uses:- Root paste applied locally in painful conditions. It is also used to check the fresh bleeding.

20. *Macaranga peltata* (Roxb.) Muell-Arg.(Euphorbiaceae)
Local name: - Chandivadio , Chandwar.
Uses:-a) Leaves decoction of 20-25 ml given internally healing Wound .

b) Gum applied locally on venereal sores.

IV. DISCUSSION:

This study revealed the facts regarding the indigenous knowledge of medicinal plants available with the rural people of Chandreswar Parvat area of Goa. Twenty plant species are being used for the cure of various diseases. The methods of different preparation, the details about parts used of all the plants are mostly known to the elders only. Some plants are used for treating more than one disease. The plants are used either single or in combination with others. The data were compared with available literature in different regions of India on medicinal plants¹⁰⁻²². It was observed that many of the usage list are not recorded earlier .In Goa no detail studies on Ethno-medicine have been conducted . These Phyto medicine should be encouraged for their sustainable uses as well their conservation. Efforts should be made to survey the region thoroughly for more such plants.

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