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The Survey of Traditional Medicinal Plants Used for Various Treatments in the Peoples of Thandrampattu Taluk, Thiruvannamalai District, Tamilnadu, India

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Abstract

The present study to investigate the survey of ethno medicinal plants availability in the area of Thandrampattu taluk, Thiruvannamalai District, Tamilnadu. The information was collected through conducting interviews, questionnaire, discussion and field observation with local herbal healers and experienced elder people of study area. In the present investigation to identified about 72 medicinal plants belonging to the 47 families. The medicinal plants are traditionally used for various treatments like, jaundice, hepatic disease, diabetics, headache and fever etc., respectively. Thus, the present survey helped as to understand the traditional medicinal plants knowledge of Thandrampattu taluk, people. These peoples are still dependent on indigenous knowledge for health care that are being influenced by culture and socioeconomic aspects. Nowadays conservation of traditional knowledge is greatly menaced by many factors related to modernization of the region and lack of interest by traditional healers in transferring traditional health knowledge and technology to next generation. Moreover, it may enhance a practical use of medicinal plants and focus must be concentrate on its pharmacological importance.

Keywords: *Ethno Medicinal Plants, Traditional Medicines, Curing Practices, Pharmacology.*

1. INTRODUCTION

During the last few decades, there has been an increase in the study of medicinal plants and their traditional use in different parts of the world **(Lev, 2006)**. Herbal remedies are considered as the oldest forms of health care known to mankind on the Earth. Prior to the development of modern medicine, the traditional systems of medicine that have evolved over the centuries within various communities are still maintained as a great

traditional knowledge base in herbal medicines (Mukherjee and Wahil, 2006). Plants are playing an important role in the health of millions of people's life in many villages of India in their day today life by its traditional usage. Herbal medicine is the foundation for about 75–80% of the World population, mainly targeting primary health care for in the developing countries because of better cultural acceptability, compatibility with human body and lesser side effects. However, there is a drastic increase in the usage of herbal medicine was found in last few years from the developed countries (Kamboj, 2000).

India has wide variations in the climate, soil, altitude and latitude. Nature has granted very rich botanical wealth and a large number of diverse types of plants grow wild in different parts of the country. India is a country rich in indigenous herbal resources which grow on their varied topography and under changing agro climatic conditions permitting the growth (Chitravadivu et al., 2009) of almost, over 6000 plants are used in traditional, folk and herbal medicines. But only 3000 plants are medicinally recognized for their value, representing about 75% of the medicinal needs of the third world countries. According to WHO, herbal medicines serve the health needs of about 80% of the world's population, especially for millions of people in the vast rural areas of developing countries (WHO, 2001). Plants have formed the basis of sophisticated traditional medicine systems that have been in existence for thousands of years and continue to provide mankind with new remedies. Despite the fact that a large number of clinical agents have been developed by the pharmaceutical industry, indigenous phytotherapy is still practiced in many rural areas, using treatments handed down from generation to generation. The World Health Organization (WHO) has emphasized the importance of the traditional indigenous medicines, since a large majority of rural people in the developing countries still use these medicines as the first defense in health care (Goleniowski et al., 2006). Globally, about 85% of all medications for primary health care are derived from plants (Farnsworth, 1988). Out of the total 4, 20,000 flowering plants reported from all over the world (Govaerts, 2001) more than 50,000 are used for medicinal purposes. In India, more than 43% of the total flowering plants are reported to be of medicinal importance (Pushpangadan, 1995). Utilization of plants for medicinal purposes in India has been documented long ago in ancient literature. However, organized studies in this direction were initiated in 1956 (Rao, 1995) and of late, such studies are gaining recognition and popularity due to fading of traditional knowledge and reducing plant population.

In Thiruvannamalai District, human life and culture have directly or indirectly been associated with and influenced by the surrounding environment. People live partly on leaves, tubers and fruits of terrestrial forest plants and use plant drugs as medicines, thereby offering much scope for ethno-botanical studies. Therefore, determining the local names and indigenous uses of plants has significant potential societal benefits. The present study to investigates the medicinal efficacies and methods of plant utilization in and around of Thandrampattu taluk, Thiruvannamalai District.

2. MATERIALS AND METHODS

2.1. Description of the study area

An ethno medicinal plant survey was carried out in Thandrampattu taluk, Thiruvannamalai District, Tamil Nadu. Thandarampattu is one of the taluk headquarters of Thiruvannamalai district. It had a population of 7,601 in 2011 census. It is 8.0% higher than its 2001 population 6,993. It was formed as 3rd grade town panchayat in 1965 and upgraded as 2nd grade in 1984 and as 1st grade in 1999. Now it is working as 1st grade town panchayat from 9 November 1999 officially. The famous Sathnur Dam is 14 km from Thandrampet, and Thiruvannamalai is 16 km from this town. The famous Lord Veera Ragava Perumal Kovil & Veerabathara Swami Kovil in Thandarampattu, to celebrate Pongal, Karudasevai, New Year Festival, Kirushna Jayanthi and more. The temple contain sub-lords of Yoga Anjaneyar, Sakkarathazhvaar, Gothandaramar, Navagiraga's, and Muthu Vinayagar. Thandarampattu Govt Boys Hr sec School representing in Hockey State level competitions in every year Since 1990.

2.2. Collection of Medicinal plants

The ethno medicinal plants survey was carried out among the local population living in this area were interviewed in their residential. Field visits were conducted several times. Ethno medicinal plants data were collected according to

the methodology suggested by (Jain, 2001). The ethno medicinal plants data were collected using questionnaire, interviews and discussions with the local people. 150 respondents were interviewed; which included males and females, who depend on plant as sources of medicines either for self-medication or for treating others. Most of information was gathered from the elderly people, who have a very long acquaintance with the usage of plants. The plant materials were identified with the help of standard flora Photographs and slides were also taken. The Flora of British India (Hook, 1872 – 1897) and the flora of Tamil Nadu Carnatic **(Matthew, 1985)**. The flora of Tamil Nadu by **(Henry et al., 1987; Nair and Henry, 1983)** has been referred for the correct binomial names for the specimens collected. Preliminary identification was done by examining fresh plants procured from the villagers. The corresponding raw materials were collected and the morphological characters were compared with the fresh plants and vernacular names. Few respondents were more informative and co-operative they have shown fresh plants in the habitat, which are useful for the final identification. Medicinal plants are arranged in their botanical names followed by the family, vernacular name, part used and curing practices.

2.3. Enumeration

The medicinal plant species were arranged in alphabetically. The enumeration of medicinal plants contains scientific name, common name, family name, vernacular name (local name) the medicinal uses are characterized with details such as the part(s) used singly. The villagers were mainly willing to share their information of herbal medication. The following in the list of 72 medicinal plants were identified in the area of Thandrampattu taluk.

3. RESULTS AND DISCUSSION

Most of the plants have been used as a traditional medicine for several thousands of years. The study is based on the survey of traditional information on the medicinal plants carried out from Thandrampattu taluk, Thiruvannamalai District, Tamilnadu.. The traditional information regarding medicinal uses of medicinal plants has been collected and are represented. During the survey, there are 72 medicinal plant species belong to the 47 families were found and also recorded. The 72 medicinal plant species are used as herbal remedy for the treatment of several diseases. The plants are either used individually or in mixture with some other plants or plant parts. All the 72 species of medicinal plants having the important medicinal values.

Among the 47 families, most of the species were belonging to Solanaceae and Moraceae were abundantly represented (6 Sp each) and it's followed by Mimoceae, Cucurbitaceae, Poaceae, Acanthaceae, Malvaceae and Rubiaceae (3 Sp each). The rest of the families recorded one or two species only. During this survey the responses were collected from the herbalists, village dwellers, the herbal medicinal practioner, elders and other traditional healers. In this study, various parts of the plants were utilized in the preparation of herbal remedies used for the treatment of various diseases in this area. In majority of the species the medicine was obtained from the leaves, fruits, seeds, bark and roots. Similar observations had already been recorded for other communities near forested areas, where vegetation is always green and leaves are abundant **(Di stasis and Hiruma-Lima, 2000)**.

The medicinal use of plant leaves, flower, fruits and roots in the management and treatment of diseases has been an age long practice **(Sofowara, 1982)**. Plants derived medicines are widely used, because they are relatively safer than the synthetic alternatives, they are easily available and cheaper **(Iwu *et al.*, 1999)**. Plant remedies were prepared mostly as infusions or decoctions. Infusion was prepared on delecate parts of the plants, that is leaves, flowers and stem buds. The advantage with this method is that many active principles are extracted with almost no alteration of their chemical structure thus preserving almost all their properties **(George and Pamplona, 2000)**. Several plants are effective in curing ulcer, menstrual problem, cough, jaundice, eye disease, fever, dysentery, skin diseases, antibacterial activity, kidney failure, nervous problem, bone fraction, food poisoning, sun stroke etc, are given in the table 1 and figure 2. The medicinal plant species such as *Aloe vera*, *Cassia auriculata*, *Coccina indica* and *Syzygium cumini* were having the curing properties of diabetics. Species such as *Ficus benghalensis*, *Cocos nucifera* and *Abarus precatorius* having the curing properties from the tooth damages. The medicinal properties having

plant such as *Acalypha indica* and *Ixora coccinia* are cure the hepatic problems. Most of the plants used by the local people of thandrampattu taluk are not conserved but are over exploited. It is necessary to find the ways of promoting the local people towards as **(Shen-ji, 2001)** suggested that ethno medicine is the science of documenting the traditional knowledge on the use of plants by the indigenous people and for further assessing human interactions with the natural environment.

Table-1: Medicinal plant used for various diseases by the peoples of Thandarampattu Taluk, Thiruvannamalai District, Tamilnadu.

S.No	Botanical Name	Common Name	Family	Vernacular Name	Plant Parts Used	Curative Practices
1	*Abutilon indicum*	Country Mallow	Malvaceae	Thuthi	Leaf	Ulcers, toothache, piles, laxative , sedative
2	*Acalypha indica*	Indian acalyph	Euphorbiaceae	Kuppameni	Whole plants	Liver, tonic, snake bits, black dye
3	*Achyranthes aspera*	Prickly chaff flower	Amarantheaceae	Naiyuruvie	Whole plants	Stomach ache, piles, menstrual, dysentery
4	*Adhatoda vasica*	Malabar nut	Acanthaceae	Adhatoda	Leaf	Cough, anti inflammatory, piles
5	*Aegle marmelos*	Bengal quince	Rutaceae	Vilvam	Leaves, seeds, fruits	Jaundice, eye-disease fever, asthma, abdominal dysentery
6	*Aloe vera*	Chinese Aloe, Indian Aloe	Liliaceae	Kumari	whole plant	Wounds, diabetics, anti bacterial, cooling purposes
7	*Aristolochia bracteolate*	Dutchmar is pipe fly	Aristolohiaceae	Aduthina palai	Leaf	Fever, worm, Wounds

8	*Andrographis paniculata*	Maha-tita	Acanthaceae	Siriyanangai	Leaves	Fever and piles
9	*Abarus precatorius*	Jequirity, Crab's eye, Indian licorice	Fabaceae	Kundumani	Leaves	Dentifrice, Strengthening The Gum and Teeth
10	*Acacia Arabica willd*	Gum arabic tree, Egyptian thorn	Mimosaceae	Karuvelam	gum, bark, fruit, young stem	Gargle for toothache, gum disorders, toothbrush.
11	*Alternanthera sessilis*	Sessile joyweed, Dwarf copperleaf	Amaranthaceae	Ponaganikerai	Leaves	Headache, hepatitis and asthma
12	*Barleria cristata*	Philippine violet, Bluebell barleria	Acanthaceae	December poo	Young Plant	Cough and fever
13	*Basella alba*	Climbing spinach, Indian spinach	Chenopodiaceae	Pasali keerai	Leaves	Skin diseases and wounds
14	*Borassus flabellifer*	Palmyra palm	Palmaceae	Panai	Leaf, flowers, fruits	Heal wounds, skin diseases, sugar antidote for poisoning
15	*Calotropis gigantean*	Crown flower	Asclepiadaceae	Erukku	Root bark, Flowers	Paralysis, swelling and intermittent fevers, stomachache
16	*Carcia papaya*	Papaya	Caricaceae	Papali	Fruits	Stings, burns, antibacterial, kidney failure
17	*Cardiospermu Halicacabum*	Ballonvine	Sapindaceae	Mudakattan	Leaf	Rheumatism, nervous, snake bite

18	*Ceiba pentandra*	Kapok	Bombacaceae	Ilavam	Bark, Seeds	Abortifacient, brain tonic, stimulant, digestive and laxative.
19	*Cassia auriculata*	Ranawara or Avaram	Caesalpiniaceae	Avarai	Roots, leaves and flowers	Diabetes and urinary troubles
20	*Centella asiatica*	Indian pennywort	Umbellifera	Vallarai	Whole plant	Extraction Anti-inflamatory, Hypertension
21	*Citrus aurantifolia*	Key lime	Rutaceae	Elumitchai	Leaves	Headache, cold and fever
22	*Citrus medica*	Persian apple	Rutaceae	Naraththankayi	Leaves	Fever and Dyspepsia.
23	*Clitoria ternate*	Butterfly pea	Fabaceae	Sangu Pushpam	Leaf	Skin, eruption, ulcer, nervous problems
24	*Cocos nucifera*	coconut palm	Arecaceae	Thennai	branch of spadix	Foetid breath, tooth brush
25	*Coccinia indica*	Coccinia	Cucurbitaceae	Kovai	Leaf, fruits	Ulcers, diabetes, cure fever, anti inflammatory
26	*Couroupita Guianensis*	Cannon balltree	Lecythidaceae	Nagalingom	Flowers	Cure cold, stomach ache
27	*Cynodon dactylon*	Durva grass, Dhoob, Bermuda grass, Bermudagrass, Devil's grass, Couch grass	Poaceae	Arugampul	Leaf	Mastitis gastric troubles, internal injury, sprains, bone fracture, food poisonings, sunstroke, broken horn, clotting of blood.

28	*Datura meta*	Thorn apple	Solanaceae	Umaththai	Leaf	Anti spasmodic, cough, asthma, gastric ulcer
29	*Eclipta alba*	Bringaraja	Asteraceae	Karisilanganni	Leaves	Skin ulcers, cure wounds, eye drops
30	*Emblica officinalis*	Indian gooseberry	Euphorbiaceae	Nelli	Leaf, bark, flowers, fruits, nuts	Tuberculosis, asthma, cancer, jaundice, liver tonic
31	*Ficus benghalensis*	Indian Banyan	Moraceae	Alamaram	Bark, leaf, flower, latex, adventitious root	Dental and gum disorders,Tooth brush
32	*Ficus racemosa*	Cluster Fig Tree, Indian Fig Tree or Goolar	Moraceae	Atti	latex, bark	gargle for sore throat
33	*Ficus religiosa*	Pee pal	Moraceae	Arasu	Whole plant	constipation, digestion, asthma, toothache, rheumatic pain
34	*Hibisicus rosasinensis*	Shoe flower	Malvaceae	Sembaruthi	Flower	Inflammations, god, leaves for hairs, menstrual, problems headache
35	*Hygrophila auriculata*	Marsh barbel or Gokulakanta	Acanthaceae	Neer mulli	Seeds and Roots	primogenital system troubles.
36	*Ixora coccinea*	Jungle geranium, Flame of the woods, and Jungle flame	Rubiaceae	Idlipoo	Leaves, flower	Liver toxicity

37	*Jasminum auriculatum*	Jasmine	Oleaceae	Mullai	Flowers	Urinary disorders hair-oil, menstruation
38	*Jatropha curcas*	Puriging nut	Euphorbiaceae	Katta amankku	Bark and latex	Stomach related problems during pregnancy
39	*Lawsonia inermis*	Henna	Lythraceae	Maruthani	Leaves Seeds	Cure wounds, skin ulcers eye drop
40	*Leucas aspera*	Thumbai	Lamiaceae	Thumbai	Leafs	dysentery, headache, fever
41	*Limonia acidissima*	Wood apple	Rutaceae	Vila	Bark, leaves, fruits seeds	skin eruptions dysentery liver and spleen disorders
42	*Madhuca indica*	Indian butter Tree	Sapotaceae	Illupai	Leaves, flowers, seeds	Anti-bacterial, cough, ulcers, itching
43	*Magnifera indica*	Mango	Anarcardiaceae	Ma	Leaves, fruits	Sugar, menstrual disorder
44	*Mirabilis jalapa*	Four o'clock flower or Marvel of Peru	Nyctaginaceae	Andhimalli	Leaf	Jaundice, Dysentery, Diarrhoea and Dyspepsia.
45	*Momordica charantia*	Bitter melon, Bitter gourd or Bitter squash	Cucurbitaceae	Pavakkay	Root, Leaves	astringent and ophthalmic, emetic, anthelmetic and purgative; Fruits: stimulant and purgative.

46	*Moringa oleifera*	Moringa, Drumstick tree,	Moringaceae	Murungai	Leaves	Fertility and stomach pain
47	*Morinda citrifolia*	Great morinda,Indian mulberry, Noni,beach mulberry	Rubiaceae	Nuna	Leaves, Fruits	Spongy gum, throat complaints
48	*Mimosa pudica*	Sensitive plant, Sleepy plant and The touch-me-not	Mimosaceae	Thottasurungi	Leaves	Wounds
49	*Murraya koenigii*	Curry tree	Rutaceae	Karuveppilai	Fruits, leaves & seed	Vomiting, liver problem
50	*Musa paradisiacal*	Plantain	Musaceae	Vaalai	Whole plant	Dysentery, stomach ache, bleeding piles, ulcers, kidney, stones, snake poisons
51	*Nerium indicum*	Rose laural	Apocynaceae	Arali	Leaves, seeds	Cardiac tonic, leprosy, skin disease, snake bits
52	*Opuntia dillenii*	Erect Prickly Pear and Nopal Estricto	Cactaceae	Sappathikali	Fruits	Gonorrhoea, snake bite and dog bite.
53	*Ocimum sanctum*	Sacred basil	Lamiaceae	Tulasi	Whole plant	Fever, dysentery, skin infections, snake poisoning
54	*Pithecolobium dulce*	Madras thorn	Mimosaceae	Kodukkapuli	Root bark	Dysentery
55	*Psidium guajava*	Common guava	Myrtaceae	Koyya	Fruit, Leaf, Bark	Bleeding gum, mouth

						wash
56	*Pongamia pinnata*	Indian beech	Papilionaceae	Pongam	Leaves, bark, flower, seed	Skin, bleeding, piles, ulcers, anti-septic, anti parasitic
57	*Phyllanthus amarus*	Stonebreaker or Seed-under-leaf	Euphorbiaceae	Keezhanelli	whole plant	Jaundice, skin Disease
58	*Ricinus communis*	Castor oil plant	Euphorbiaceae	Aamanakku	Seed	Ulcer, eye Irritation
59	*Saccharum officinarum*	Sugar cane	Poaceae	Karumbu	Stem	Arthritis, bedsores, cough, diarrhea, fever, inflammation, skin, sores, sore throat, spleen, tumors, and wounds
60	*Solanum surattense*	Kantakari	Solanaceae	Kandankathiri	Seed	Gum disorders, tooth pain, Dentifrice
61	*Solanum trilobatum*	Purple fruited pea egg plant	Solanaceae	Thuthuvalai	Leaf	Cough, skin Disease
62	*Solanum torvum*	Night shade plant	Solanaceae	Sundakkai	Fruits	Asthma, tuberculosis, digestion
63	*Solanum nigrum*	Black night Shade	Solanaceae	Manathakkali	Leaf	Mouth ulcers
64	*Syzygium cumini*	Indian black Plum	Myrtaceae	Naval palam	Seed	Diabetes
65	*Tamarindus indica*	Tamarind	Ceasalpiniaceae	Puli	Leaf, bark, fruits, seeds	Jaundice, inflammatory, muscular and joint pain, bilious vomiting

66	*Tabernamontanadivaricata*	Cape jasmine	Apocyanaceae	Nandhyavattai	Flowers	Skin diseases, toothache, intestinal worms
67	*Tribulus terrestris*	Cat's head, Devil's thorn, Devil's weed, Puncturevine	Zygophyllaceae	Nerunchi	Whole plant	Fever, headache, heel cracks.
68	*Vitis quadrangularis*	Wall Cissus	Vitaceae	Pirandai	Whole plant	Stomachache, cancer, asthma, cough
69	*Vigna mungo*	Black gram, Black lentil	Fabaceae	Ulunthu	Seed	Breast cancer
70	*Wedelia chinensis*	Chinese Wedelia	Asteraceae	Manjal karesalankanni.	Leaves	Jaundice.
71	*Ziziphus jujube*	Jujube	Rhamnaceae	Illanthai	Leaves, fruit, root	Anticancer, loss of appetite, diarrhoea, anaemia, wounds and ulcers, growth hairs, nervous diseases
72	*Zizyphus mauritiana*	Indian plum	Rhamnaceae	Illandai	Fruits	Ulcers, cuts, liver trouble, asthma and fever

4. CONCLUSION

Thus, the present survey helped as to understand the traditional medicinal plants knowledge of Thandarmpattu taluk people. These peoples are still dependent on indigenous knowledge for health care that are being influenced by culture and socioeconomic aspects. Nowadays conservation of traditional knowledge is greatly menaced by many factors related to modernization of the region and lack of interestby traditional healers in transferring traditional health knowledge and technology to next generation. Moreover, it may enhance a practical use of medicinal plants and focus must be concentrate on its pharmacological importance.

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