

## TRADITIONAL HEALTH CARE PRACTICES IN CHHATTISGARH STATE- A REVIEW

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### ABSTRACT

Chhattisgarh is a heavily forested state located in central India. Deciduous forests of Eastern highlands forest cover roughly 44% of the state. Major scheduled tribe peoples of state live in the forest area. They have a rich knowledge of Ethno-botany. They use plants available in their forest for the treatment of diseases. Data of previously published articles or reports of Ethno-botanical survey studies of different districts of Chhattisgarh state were compiled, analyzed, and interpreted. *Ayurvedic* properties of plants mentioned in *Ayurveda* were also compiled and compared with available survey data. Total 96 plants of 53 families were used by them for various diseased conditions which include trees, shrubs, climbers, herbs, parasitic plant, weed of which root, leaves, bark, fruit, flower, whole plant, stem, latex, seed, gum, young shoots, rhizome, tuber, inflorescence, glandular hairs present of fruit were used.

**Key Words:** Ethno-botany, traditional healers, Chhattisgarh, Medicinal plants, *Ayurveda*

**INTRODUCTION:** Traditional system is still the backbone of the rural healthcare system of the India and it has rich variety of medicinal plants. *Charak - samhita* (1000 B.C.) was the earliest detailed written account of Ayurvedic medicine of India. It records the use of over 340 drugs of plant origin. [1]. About 70% population of developing countries depends upon medicinal plants for their health requirements [2]. Plants having medicinal properties against various diseases are regarded as Medicinal plants [3]. Rural as well as urban people utilizing plants to cure various ailments since long ago [4]. According to the World Health Organization (WHO), approximately 80% of the population of the world still depends upon herbal medicines [5]. Synthetic drugs cause problems of side effects, this led to the revival of herbal medicine for various diseases [6]. The demand for herbal medicine is rapidly increasing due to easy

availability and less side effects. India harbors a variety of medicinal plant species and ranked seventh among the 17 mega diversity countries of the world. It is reported that more than 50000 plant species were used for medicinal purposes worldwide of which 13% are Flowering plants [7].

The tribes and ethnic groups from different countries have immense knowledge about the medicinal value of such plants. The tribes are also skilled to use different plant parts in their natural state, or in the form of extracts and oils, to cure many ailments. Although modern medicines are widespread, traditional tribal medicines still are used in many developed countries across the world. The main ingredients of the tribal medicines are derived from various plant sources [8,9].

Chhattisgarh is an herbal state with enriched diversity of the plant species and provides habitat to a significant number of

medicinal plants. 44% of its geographic area was covered with forest [8]. The State lies between 17°47'N to 24°06' N latitude and 80°15'E to 84°24' E longitude (fig. 4). It has a tropically hot and humid climate. Chhattisgarh state shows a unique biogeographical condition and also showed plant genetic diversity in the area of 24036.100 Sq.Km. (Area of Protected forests) and 25782.167 Sq.Km. (Area of reserved forests) out of 59772.389Sq.Km. (Total area). The state has the third-largest forest cover in India with 41 tribes. Chhattisgarh is famous in the entire country for its Sal forest. In addition *Teak*, *Bamboo*, *Tendu*, *Saja*, and *Sarai* are also found in large numbers. *Tendu* Leaf is used in *Beedi* making. The significant tribes of the state are *Gond*, *Agaria*, *Korwa*, *Oraon*, *Munda*, *Baiga*, *Nagasia*, *Bhirhor*, *kanwar*, etc [9-11].

The medicinal properties of the plants are attributed to the action of the phytochemicals already present in the plants. Consequently, the significant biological activities so exhibited are anti-oxidant, anti-inflammatory, anti-spasmodic, anti-cancer, hepato-protective, immune-modulatory, anti-septic, laxative, and many more, that provide the plants their therapeutic value. Aim of the present study is to compile the data of the traditional health care practices, practiced by traditional healers of Chhattisgarh state.

#### **MATERIAL AND METHOD:**

Survey studies, reports on Ethno-medicinal practices of different districts of Chhattisgarh state published in different journals were studied, critically analyzed, and compared with the data available in Ayurvedic literature.

#### **OBSERVATION AND RESULT: Table 1**

Sr.No	Botanical Name	Family	Local /Hindi Name	Habit	Part used	Diseased Condition	Ayurvedic Name & Properties
1.	<i>Abelmoschus mannihot</i> (L.) Medik.	Malvaceae	<i>Jangali Bhindi</i>	H	R	Piles	-
2.	<i>Adhatoda vasica</i> (L.) Nees.	Acanthaceae	<i>Adusa</i>	S	L	Respiratory diseases, Itch, Cough, Piles, Bleeding gums	<i>Name- Vasa</i> <i>Rasa</i> (taste)- <i>Tikta</i> (Bitter), <i>Kashaya</i> (astringent) <i>Vipaka</i> (post digestive change)- <i>Katu</i> (pungent) <i>Veerya</i> (potency)- <i>Sheeta</i> (cold) Indications- <i>Kasa</i> (Cough), <i>Shwasa</i> (Asthama)
3.	<i>Adhatoda zeylanica medic.</i>	Acanthaceae	<i>Bakas</i>	S	L	Bronchitis, cough, asthma	-
4.	<i>Adina cordifolia</i> Hook.	Rubiaceae	<i>Karam/ Haladu</i>	LT	B	Worms	<i>Name- Haridru</i> <i>Rasa- Tikta</i> <i>Vipaka-Katu</i> <i>Veerya-Sheeta</i> Indications- <i>Vrana</i> (wound)), <i>kushtha</i> (skin disease, <i>krimi</i> (worms)
5.	<i>Aegle marmelos</i> (L.) Correa.	Rutaceae	<i>Bel</i>	T	Fr, L	Dysentery, Corneal infection	<i>Name- Bilva</i> <i>Rasa- kashaya, tikta</i> <i>Vipaka-Katu</i> <i>Veerya-Ushana</i> (hot) Indications- <i>Atisara</i> (Diarrhoea) , <i>agnimandya</i> (loss of appetite) , <i>udarashoola</i> (pain in abdomen)
6.	<i>Ageratum conyzoides L.</i>	Asteraceae	<i>Jangali Pudina</i>	H	Wp	Purgative, Carminative, Laxative,	

						Cough, Asthma, Bronchitis, Leprosy	
7.	<i>Alangium salvifolium</i> (L.f.)	Alangiaceae	<i>Ankol/ Dhera</i>	T	R	Abortifacient,	<i>Name- Ankot</i> <i>Rasa- Tikta, Katu</i> (pungent), <i>Kashaya</i> <i>Vipaka- Katu</i> <i>Veerya- Ushna</i> Indications- <i>Krimi, Shoola</i> (pain), <i>Visha</i> (toxicity)
8.	<i>Alstonia scholaris</i> (L.) R. Br.	Apocynaceae	<i>Chhitwan</i>	T	B	To increase lactation	<i>Name- Saptaparna</i> <i>Rasa-Tikta</i> <i>Vipaka- Katu</i> <i>Veerya-Ushna</i> Indications- For purification of milk, <i>shoola,krimi</i>
9.	<i>Andrographis paniculata</i> (Burm. F.) Wall. ex. Nees.	Acanthaceae	<i>Kalmegh</i>	H	L, R	Fever, Snake bite, Antipyretic, Dyspepsia	<i>Name- Bhinimba</i> <i>Rasa- Tikta</i> <i>Vipaka-Katu</i> <i>Veerya-Ushna</i> Indications- <i>Agnimandya, Jeernajwara</i> (chronic fever), <i>yakritrog</i> (liver diseases)
10.	<i>Argemone Mexicana</i> L.	Papaveraceae	<i>Sail kanta</i>	H	L, Lx	Cut, wound, blister, burn, ophthalmic infection	<i>Name- Swarnakshiri</i> <i>Rasa- Tikta</i> <i>Vipaka-katu</i> <i>Veerya-sheeta</i> Indications- <i>kushtha</i> (skin diseases), <i>vrana</i>
11.	<i>Asperagus racemosus</i> Willd.	Liliaceae	<i>Satawar</i>	C	R	Leucorrhoea	<i>Name- Shatavari</i> <i>Rasa- madhura</i> (sweet), <i>tikta</i> <i>Vipaka-madhura</i> (sweet) <i>Veerya-sheeta</i>

							Indications- <i>stanyakshaya</i> (decrease in lactation), <i>raktapradara</i> (menorrhagia), <i>shukrakashaya</i> ( seminal debility)
12.	<i>Azadiracta indica</i> A. Juss.	Meliaceae	<i>Neem</i>	T	B, L	Fever, Insecticidal, Blood purifier Skin disease	Name- <i>Nimba</i> <i>Rasa-Tikta, kashaya</i> <i>Vipaka-katu</i> <i>Veerya-sheeta</i> Indications- <i>raktavikara, vranashodhana, krimi</i>
13.	<i>Bacopa monnieri</i> (L.). Penn	Scrophulariaceae	<i>Brahmi</i>	H	L	Bronchitis, Blood purifier	Name- <i>Bramhi</i> <i>Rasa-tikta</i> <i>Vipaka-katu</i> <i>Veerya-ushna</i> Indications- <i>swarabheda</i> (hoarseness of voice), <i>rakravikara, medhya</i> (brain tonic)
14.	<i>Bauhinia racemosa</i> Lam.	Caesalpiaceae	<i>Kathamuli</i>	T	B, Fl	Dysentery	
15.	<i>Biophytum sensitivum</i> (L.) DC.	Oxalidaceae	<i>Viparit lajjalu</i>	H	Wp, St	Boils, Blisters, Cuts	
16.	<i>Blapharis maderaspatensis</i> (L.) Heyne ex Roth	Acanthaceae	<i>Dudhiya choti</i>	H	L	Cuts, Wounds	
17.	<i>Bombax ceiba</i> L.	Bombacaceae	<i>Semhal</i>	T	R	Boils, Fertility	Name- <i>Shalmali</i> <i>Rasa-madhura</i> <i>Vipaka-madhura</i> <i>Veerya-sheeta</i> Indications- <i>shukravardhan</i> (spermatogenic), <i>vajikarana</i> (Aphrodisiac)

18.	<i>Boswellia serrata</i> Roxb.	Burseraceae	<i>Salai</i>	T	G	Rheumatism, nervous and skin diseases	Name- Shallaki Rasa-madhura,tikta,katu Vipaka-katu Veerya-sheeta Indications-raktashodhak(Blood purifier)
19.	<i>Bridelia retusa</i> (L.) A.Juss	Euphorbiaceae	<i>Kajhi</i>	T	B	Sterility, Contraceptive	
20.	<i>Buchnania lanzan</i> Spreng.	Anacardiaceae	<i>Char</i>	T	Fl, Fr	Chest pain, Skin disease, Pimples, Diarrhoea, Acne	Name- Priyala Rasa-madhura Vipaka-madhura Veerya-sheeta Indications-Vibandha(constipation), hridayaduarbalya
21.	<i>Butea monosperma</i> (Lam.) Taub.	Fabaceae	<i>Parasa</i>	T	G, B	Leucorrhoea, Menorrhagia	Name-Palash Rasa-katu,tikta,kashaya Vipaka-katu Veerya-sheeta Indications-pradara(menstrual disorders)
22.	<i>Caesalpinia bonduc</i> (L.) Roxb.	Ceasalpiniaceae	<i>Gatarana</i>	S	Sd, L	Fever, Rheumatism, Hydrocele	Name- Latararanj Rasa-tikta,kashaya Vipaka-katu Veerya-ushna Indications-jwara(fever),yakrit-pleeaharog(spleen disorder)
23.	<i>Cardiospermum halicacabum</i> L.	Sapindaceae	<i>Kanphoda</i>	C	Wp	Emetic, Diabetes	
24.	<i>Careya arborea</i> Roxb.	Lecythidaceae	<i>Kumbi</i>	T	Fl	Labour pain	
25.	<i>Casearia tomentosa</i> Roxb.	Samydaceae	<i>Beri</i>	T	B	Fever, dropsy	
26.	<i>Cassia fistula</i> L.	Caesalpiniaceae	<i>Amaltas</i>	T	L, Fr	Tympany	Name-Amalatas/Aragwadha Rasa-madhura

							<i>Vipaka-madhura</i> <i>Veerya-sheeta</i> Indications- <i>kushtha, kandu</i> (itching), <i>hridroga</i> (heart diseases), <i>raktapitta</i> (epistaxis)
27.	<i>Cassia tora</i> Linn.	Cesalpiniaceae	<i>Chakor</i>	H	Sd	Ring worm, itching	<i>Name- Chakramarda</i> <i>Rasa-katu</i> <i>Vipaka-katu</i> <i>Veerya-ushna</i> Indications- <i>kushtha, raktavikara,</i> <i>dadru</i> (ringworm)
28.	<i>Celastrus paniculatus</i> Willd.	Celastraceae	<i>Kujri</i>	CS	Sd	Epilepsy, skin diseases	<i>Name- Jyotishmati</i> <i>Rasa-katu, tikta</i> <i>Vipaka-katu</i> <i>Veerya-ushna</i> Indications- <i>pakshaghata</i> (paralysis), <i>katishoola</i> (lumber pain)
29.	<i>Cleistanthus collinus</i> Benth ex. Hook. F.	Euphorbiaceae	<i>Garar</i>	T	L, Fr	Purgative, Diuretic, Dyspepsia	
30.	<i>Clitoria ternatea</i> L.	Fabaceae	<i>Koyal</i>	C	L, St	Dysentery, Dropsy	<i>Name-Aparajita/Gokarni</i> <i>Rasa-tikta</i> <i>Vipaka-katu</i> <i>Veerya-sheeta</i> Indications- <i>Unmada</i> (Insanity), <i>jalodara</i> (Asitis)
31.	<i>Costus speciosus</i> (J.koenig) Sm.	Zingiberaceae	<i>Kavkanda</i>	H	Ys, Rz	Cough, cold, asthama, dyspepsia	<i>Name- Kebuk</i> <i>Rasa-tikta, kashay</i> <i>Vipaka-katu</i> <i>Veerya-sheeta</i> Indications- <i>kasa, prameha, kushtha, jwara</i>

32.	<i>Crotolaria alata</i> D. Don.	Fabaceae	<i>Jhunjuni</i>	H	Wp	Anti snake venom	
33.	<i>Curculigo orchiodes</i> L.	Hypoxidaceae	<i>Kalimusali</i>	H	T	Aphrodisiac, Fever, Galactagogue, insect bite	Name- <i>Talmuli/Krishna mushali</i> Rasa- <i>Madhura,tikta</i> Vipaka- <i>madhura</i> Veerya- <i>Ushna</i> Indications- <i>Vrishya, Rasayana, Brimhan</i>
34.	<i>Cynodon dactylon</i> (L.) Pers.	Poaceae	<i>Dubghas</i>	H	Wp	Diabetes, Chronic ulcers	Name- <i>Durva</i> Rasa- <i>kashaya.madhura</i> Vipaka- <i>madhura</i> Veerya- <i>sheeta</i> Indications- <i>mutrakriccha(oligourea), pradra, prajasthan(</i> useful for conception)
35.	<i>Cyperus iria</i> Linn.	Cyperaceae	<i>Motha</i>	W	R	Rheumatism	
36.	<i>Datura metal</i> Linn	Solanaceae	<i>Datura</i>	S	L, Fl, Sd	Bronchitis, asthma	Name- <i>Datura</i> Rasa- <i>Tikta,katu</i> Vipaka- <i>katu</i> Veerya- <i>ushna</i> Indications- <i>shwasa, shoola</i>
37.	<i>Dioscoria bulbifera</i> L.	Dioscoriaceae	<i>Dang kanda</i>	C	T	Indigestion, Bone fracture, Dysentery	Name- <i>Varahikanda</i> Rasa- <i>Katu,tikta</i> Vipaka- <i>Katu</i> Veerya- <i>Ushna</i> Indications- <i>Rasayana(Anti-oxidant), Sandhivata(osteoarthritis)</i>
38.	<i>Diospyros melanoxylon</i> Roxb.	Ebenaceae	<i>Tendu/ Kendu</i>	T	Fr, Fl, B	Urinary, Heart diseases, Antidysenteric	Name- <i>Tinduk</i> Rasa- <i>Kashaya,madhura</i> Vipaka- <i>Katu</i> Veerya- <i>Sheeta</i> Indications- <i>Atisara,hikka(hiccough),</i>



							<i>karnastrava</i> (oozing from ear)
39.	<i>Eclipta alba L.</i>	Asteraceae	<i>Bhangara</i>	H	L	Jaundice, Skin diseases	<i>Name- Bhringaraj</i> <i>Rasa-Katu,tikta</i> <i>Vipaka-Katu</i> <i>Veerya-Ushna</i> Indications- <i>Raktavikara,kesharanan</i> (hair colouring) , <i>keshvardhana</i> (hair growth promoting)
40.	<i>Emblia officinalis Gaertn.</i>	Euphorbiaceae	<i>Avala</i>	T	Fr	Cough, eye inflammation, skin disease	<i>Name- Amalaki</i> <i>Rasa-Pancharasatmaka</i> <i>Vipaka-Madhura</i> <i>Veerya-Sheeta</i> Indications- <i>Kasa Shwasa, Netrarog</i> (eye diseases), <i>Charmarog</i> (skin diseases)
41.	<i>Evolvulus alsinoides (L.) L.</i>	Convolvulaceae	<i>Karabuta</i>	H	Wp	Boils, Blisters, Nervous debility, Dysentery, Diarrhoea, Wounds, Fever	<i>Name-Vishnukranta</i> <i>Rasa-Tikta</i> <i>Vipaka-Madhura</i> <i>Veerya-Sheeta</i> Indications- <i>Unmada,Apasmara</i> (epilepsy), <i>Anidra</i> (insomnia), <i>Agnimandya</i>
42.	<i>Ficus religiosa L.</i>	Moraceae	<i>Pipar</i>	T	Lx, I	Skin diseases, Abortifacient	<i>Name- Ashwattha</i> <i>Rasa-Kashaya</i> <i>Vipaka-Katu</i> <i>Veerya-Sheeta</i> Indications- <i>Vatarakta</i> (Gout), <i>prameha</i> (diabetes), <i>varanashotha</i>
43.	<i>Gmelina arborea Roxb. ex Sm.</i>	Verbenaceae	<i>Khamhara</i>	T	L, R	Headache, Fever, Diarrhoea, Antidote in scorpion sting	<i>Name- Gambhari</i> <i>Rasa-Tikta,kashaya,madhura</i> <i>Vipaka-katu</i> <i>Veerya-Ushna</i> Indications- <i>Shirashoola</i> (headache),

							Arsha, Vibandha
44.	<i>Helicteres isora</i> L.	Sterculiaceae	<i>Marodaphali</i>	S	L, B	Insect bite, Tympany	Name- Avartani Rasa-Kashaya Vipaka-Katu Veerya-Sheeta Indications-Atisara, pradara
45.	<i>Heliotropium indicum</i> L.	Boraginaceae	<i>Hastushindi</i>	H	L, Wp	Carminative	
46.	<i>Hemidesmus indicus</i> (L.) R. Br.	Asclepiadeceae	<i>Anantamoola</i>	C	R, L	Jaundice, Fever, Rheumatic pain	Name- Sariva Rasa-Madhura, tikta Vipaka-madhura Veerya-Sheeta Indications- Raktavikara, pandu(anemia), visarpa(erysealus), kushtha
47.	<i>Hollarrhena antidysenterica</i> Wall. ex. A. DC.	Apocynaceae	<i>Kuda</i>	T	Sd	Intestinal worms	Name- Kutaj Rasa-Tikta, kashaya Vipaka-Katu Veerya-Sheeta Indications-Krimi, Raktavikara, vishamawara(malaria)
48.	<i>Hyptis suaveolans</i> (L.) Poit.	Lamiaceae	<i>Vilayati Tulasi</i>	S	L, R	Colic disorder, Stomachache	
49.	<i>Indigifera arborea</i> Roxb.	Papilionaceae	<i>Jirhul</i>	S	R	Cough	
50.	<i>Ipomoea obscura</i> (L.) Ker Gawl.	Convolvulaceae	<i>Panbel</i>	C	L	Eye disease	
51.	<i>Ipomoea pes tigridis</i> L.	Convolvulaceae	<i>Panchpatiya</i>	C	L, R	Sores, Pimples, Purgative	
52.	<i>Ipomoea</i>	Convolvulaceae	<i>Pitohri</i>	C	R	Rheumatism	Name- Trivritta

	<i>turpenthum</i> Br.						<i>Rasa-Tikta,katu</i> <i>Vipaka-katu</i> <i>Veerya-Ushna</i> Indications- <i>Amvata</i> (Rheumatoid arthritis), <i>Vatrakta,Kamala</i> (jaundice), <i>Kasa</i>
53.	<i>Jussiaea suffruticosa</i> L.	Onagraceae	<i>Parsauti</i>	H	R	Fever	
54.	<i>Lawsonia inermis</i> L.	Lythraceae	<i>Mehandi</i>	S	L	Jaundice	<i>Name- Madayantika</i> <i>Rasa-Tikta,kashaya</i> <i>Vipaka-Katu</i> <i>Veerya-Sheeta</i> Indications- <i>Jwara,</i> <i>kamala,,kushtha,shirashoola</i>
55.	<i>Leucena leucocephala</i> (Lam.) de Wit.	Mimosaceae	<i>Safed babul</i>	T	Fr, B	Bronchitis, Gonorrhea, Haemorrhagia	
56.	<i>Limonia acidissima</i> L.	Rutaceae	<i>Kaitha</i>	T	B	Indigestion	
57.	<i>Lippia nodiflora</i> L.	Verbenaceae	<i>Buskkan</i>	H	Wp	Stomach ache, Pneumonia	<i>Name- Jalapippali</i> <i>Rasa-Katu, kashaya</i> <i>Vipaka-Katu</i> <i>Veerya-Sheeta</i> Indications- <i>Raktavikara, Daha</i> (burning), <i>Vrana</i>
58.	<i>Litsea glutinosa</i> (Lour.)Robinson	Lauraceae	<i>Madabokla</i>	LT	B, L	Sprain, bruise, diarrhoea, dysentery, aphrodisiac	<i>Name- Medasaka</i> <i>Rasa-Katu,tikta,kashaya</i> <i>Vipaka-katu</i> <i>Veerya-Ushna</i> Indications- <i>Shotha, Shoola,Atisara, vatavikara</i>
59.	<i>Loranthus</i>	Loranthaceae	<i>Amarbel</i>	PP	L,	Diaphoretic,	

	<i>parasiticus</i> (L.) Merr.				Fr	Carminative, antiseptic	
60.	<i>Mallotus philippensis</i> (Lamk.) Muell.	Euphorbiaceae	<i>Kabila</i>	T	Hr	Worm	Name- Kampillak Rasa-Katu Vipaka-Katu Veerya-Ushna Indications-Krimi,Raktvikara, vranashodhan,kushtha
61.	<i>Martynia annua</i> L.	Martyniaceae	<i>Baghnakhi</i>	H	Fl	Boils, Blisters, Wounds	
62.	<i>Melia azedarach</i> L.	Meliaceae	<i>Bakayana</i>	T	Fl	Headache, Leprosy, Skin diseases, Nervous disorders	Name- Mahanimba Rasa-Tikta,Katu,kashaya Vipaka-Katu Veerya-Ushna Indications-Shirashoola, gridhrasi(sciatica),prameha
63.	<i>Mimosa pudica</i> L.	Mimosaceae	<i>Lajwanti/Chuimui</i>	H	L	Bleeding gums, Cough, Cold	Name- Lajjalu Rasa-Kashaya,tikta Vipaka-Katu Veerya-Sheeta Indications-Raktarodhaka(blood coagulating), vrana, kushtha,prameha
64.	<i>Mitragyna parvifolia</i> (Roxb.) Korth.	Rubiaceae	<i>Kadam</i>	T	B	As contraceptive, Fever, Leucorrhoea, Muscular pain, Stomachache	Name- Nip(Kadamba) Rasa-Tikta,kashaya Vipaka-Katu Veerya-Sheeta Indications-Atisara,Grahani(irritable bowel syndrome),Yonivyapada(female disorders)
65.	<i>Moringa oleifera</i> L.	Moringaceae	<i>Sahjana/Munaga</i>	T	B	Cuts, Wounds, Anti	Name- Shigru/Shobhanan Rasa-Katu

						inflammatory	<i>Vipaka-Katu</i> <i>Veerya-Ushna</i> Indications- <i>Kushtha,pakshaghata, amavata</i>
66.	<i>Mucuna pruriens</i> DC.	Papilionaceae	<i>Algusi</i>	C	Sd, R	Dropsy	<i>Name- Kapikacchu</i> <i>Rasa-Tikta,madhura</i> <i>Vipaka-Katu</i> <i>Veerya-Ushna</i> Indications- <i>Daurbalya</i> (weakness), <i>Vrishya</i> (aphrodisiac), <i>Nadibaly</i> (nurvine tonic), <i>Krishata</i>
67.	<i>Nyctanthus arbortristis</i> L.	Oleaceae	<i>Harshinghar</i>	ST	R	Skin disease	<i>Name- Parijatak</i> <i>Rasa-Tikta</i> <i>Vipaka-Katu</i> <i>Veerya-Ushna</i> Indications- <i>Raktashodhaka, Kasa,shwasa</i>
68.	<i>Oxalis corniculata</i> L.	Oxalidaceae	<i>Tinpatiya</i>	H	L	Cataract, Conjunctivitis	<i>Name- Changeri</i> <i>Rasa-Amla</i> <i>Vipaka-Amla</i> <i>Veerya-Ushna</i> Indications- <i>Arsha, Grahani, Vranashotha</i> (inflammation)
69.	<i>Oxystelma esculentum</i> Lam.	Asclepiadeceae	<i>Didhiya lata</i>	H	Lx, Wp	Diuretic, Laxative, Anthelmintic, Leucoderma, Bronchitis	
70.	<i>Phyllanthus amarus</i> Schumach. & Thonn.	Euphorbiaceae	<i>Bhui awala</i>	H	Wp	Fever, Jaundice	<i>Name-Bhumyamalaki</i> <i>Rasa-Katu,Tikta,kashaya,madhura</i> <i>Vipaka-madhura</i> <i>Veerya-Sheeta</i> Indications- <i>Jwara,kamala,netrarog</i>

71.	<i>Plumbago zeylanica L.</i>	Plumbaginaceae	<i>Chita</i>	H	Wp	Skin disease, Rheumatism	Name- <i>Chitraka</i> Rasa- <i>Katu</i> Vipaka- <i>Katu</i> Veerya- <i>Ushna</i> Indications- <i>Jirnajwara, vatavyadhi</i> (neuromuscular disorders) , <i>kushtha</i>
72.	<i>Polyalthia longifolia</i> (Sonn.) Thwaites.	Annonaceae	<i>Nakali Ashoka</i>	T	B	Diarrhoea, Dysentery, Cooling, Febrifuge	Name- <i>Kashthadaru</i> Rasa- <i>Tikta, katu</i> Vipaka- <i>katu</i> Veerya- <i>Ushna</i> Indications- <i>Jwara, charmarog, BP</i>
73.	<i>Porana paniculata</i>	Convolvulaceae	<i>Mansabandhi</i>	C	R	Fracture and wound healing	
74.	<i>Psidium guajava L.</i>	Myrtaceae	<i>Bihl/Jam</i>	T	L	Toothache	Name- <i>Perik/Amrud</i> Rasa- <i>madhura, kashaya</i> Vipaka- <i>madhur</i> Veerya- <i>sheeta</i> Indications- <i>Daha, raktapitta, kamala</i>
75.	<i>Pterospermum acerifolium</i> willd.	Sterculiaceae	<i>Mackchun</i>	T	Fl	Indigestion, dehydration and loo	Name- <i>Muchkunda</i> Rasa- <i>Katu, tikta</i> Vipaka- <i>Katu</i> Veerya- <i>Ushna</i> Indications- <i>Shirshoola, raktarsha</i> (bleeding piles), <i>kasa, swarabheda</i>
76.	<i>Puraria tuberosa</i> DC.	Papilionaceae	<i>Sarur</i>	C	R	Renal complaints	Name- <i>Vidarikanda</i> Rasa- <i>madhura</i> Vipaka- <i>madhura</i> Veerya- <i>sheeta</i> Indications- <i>kshaya. shonitasthapana</i> (blood purifying), <i>stanyajanan</i> (lactogenic)

77.	<i>Rauwolfia serpentina</i> Benth.	Apocynaceae	<i>Serpgandha</i>	US	R	Snake bite, blood pressure	Name-Sarpagandha Rasa-Tikta Vipaka-Katu Veerya-Ushna Indications-Raktabharshamaka (hypertension), nidrajanan(sleep inducing), unmad, apasmar
78.	<i>Ricinus communis</i> Linn.	Euphorbiaceae	<i>Arandi</i>	T	Sd	Purgative	Name-Erand Rasa-Madhura Vipaka-Madhura Veerya-Ushna Indications-Katishoola,gridhrasi, vatarakta,yonivyapada
79.	<i>Schleichera oleosa</i> (Lour.) Oken.	Sapindaceae	<i>Kusum</i>	T	B	Chest pain, Fits	Name-Kusumbha Rasa-Amla Vipaka-Katu Veerya-Ushna Indications-Sandhivata,raktavikara , vishmajwara,kushtha
80.	<i>Semecarpous anacardium</i> L.	Anacardiaceae	<i>Bhelawa</i>	T	B	Dog bite	Name- Bhallatak Rasa-Katu,tikta,kashaya Vipaka-madhura Veerya-ushna Indications-Arsha,Amvata, Kasa,Shwas
81.	<i>Shorea robusta</i> Gaertn. F.	Dipterocarpeceae	<i>Sal</i>	T	B, L	Gonorrhoea	Name-Shaal Rasa-Kashaya Vipaka-Katu Veerya-Sheeta Indications-Vranashodhan, yonivyapad,atisara
82.	<i>Smilax zeylanica</i> Linn.	Liliaceae	<i>Ramdatoon</i>	C	R	Anaemia	Name- Chopachini Rasa-Tikta

							<i>Vipaka-Katu</i> <i>Veerya-Ushna</i> Indications- <i>Charmarog, upadamsha</i> (gonorrhoea), <i>sandhishoth</i>
83.	<i>Solanum xanthocarpum</i> Schrad & Wendl.	Solanaceae	<i>Rangaini</i>	H	Fr	Cough, toothache	<i>Name- Kantakari</i> <i>Rasa-Katu, tikta</i> <i>Vipaka-Katu</i> <i>Veerya-Ushna</i> Indications- <i>Kasa, shwas,</i> <i>swarabhed, dantashoola</i> (toothache)
84.	<i>Sterculia urens</i> Roxb.	Sterculiaceae	<i>Katira</i>	T	B	Expectorant, asthma, cough	<i>Name- Katira</i> Indications- <i>Kasa, Galarog,</i> <i>Raktapradara</i>
85.	<i>Swertia angustifolia</i> Buch- Ham.ex.D.Don.	Gentianaceae	<i>Chiraita</i>	H	Wp	Tonic, stomachic, laxative	<i>Name- Chirayata</i> <i>Rasa-Tikta</i> <i>Vipaka-Katu</i> <i>Veerya-Ushna</i> Indications- <i>jirnajwara, kasa,</i> <i>shwas, stanyashodhan</i>
86.	<i>Syzygium cumini</i> (L.) Skeels.	Myrtaceae	<i>Jamun</i>	T	Fr, St, B	Diabetes, Increase appetite, Dysentery, Headache	<i>Name-Jambu</i> <i>Rasa-Kashaya, madhura, amla</i> <i>Vipaka-Katu</i> <i>Veerya-sheeta</i> Indications- <i>madhumeha, grahani,</i> <i>raktapradara</i>
87.	<i>Tamarandus indicus</i> L.	Cesalpiniaceae	<i>Imli/ Tetar</i>	LT	Fr	Laxative	<i>Name- Amlika</i> <i>Rasa-Amla, madhura</i> <i>Vipaka-Amla</i> <i>Veerya-Ushna</i> Indications- <i>Arsha, Aruchi</i> (tastelessness), <i>masurika</i> (small pox)
88.	<i>Tephrosia</i>	Fabaceae	<i>Sarphonka</i>	H	Sd	Scorpion bite,	<i>Name-Sharapunkha</i>



	<i>purpurea</i> (L.) Pers.					Coug	<i>Rasa-Tikta,kashaya</i> <i>Vipaka-Katu</i> <i>Veerya-Ushna</i> Indications- <i>Mushakavisha</i> (rat bit poisoning), <i>kasa,shwasa</i>
89.	<i>Terminalia arjuna</i> (Roxb.) Wight & Arn.	Combretaceae	<i>Kahua</i>	T	Fr	Heart ailments, Indigestion, Diabetes	<i>Name- Arjuna</i> <i>Rasa-Kashaya</i> <i>Vipaka-Katu</i> <i>Veerya-Sheeta</i> Indications- <i>Hridroga,Medorog</i> (obesity), <i>raktapradara</i>
90.	<i>Terminalia tomentosa</i> Willd.	Combretaceae	<i>Asana</i>	T	B	Fractured bone, Haemorrhage, Bronchitis	
91.	<i>Thespesia lampas</i> Dalz.	Malvaceae	<i>Bankapasi</i>	S	R, Fr	Gonoorrhoea	
92.	<i>Vinca rosea</i> L.	Apocynaceae	<i>Sadabahar</i>	H	Wp	Ulcers	<i>Name- Sadampushpa</i> <i>Rasa-Kashaya, tikta</i> <i>Vipaka-katu</i> <i>Veerya-Ushna</i> Indications- <i>ucchraktachap</i> (BP), <i>Raktarbuda</i> (cancer), <i>hridya</i>
93.	<i>Vitex nigundo</i> Linn.	Verbenaceae	<i>Sindwair</i>	S	L	Toothache	<i>Name- Nirgundi</i> <i>Rasa-Katu,tikta</i> <i>Vipaka-Katu</i> <i>Veerya-Ushna</i> Indications- <i>Palitya</i> (graying of hairs), <i>Kasa,Karnarog,Netrarog,Keshya</i>
94.	<i>Vitis repanda</i> W& A.	Ampelidaceae	<i>Harjor</i>	C	R	Cuts, fracture	
95.	<i>Woodfordia</i>	Lythraceae	<i>Dhava</i>	S	L	Blood purifier	<i>Name-Dhataki</i>

	<i>Fruticosa</i> (L.) Kurz.						<i>Rasa-Kashaya</i> <i>Vipaka-Katu</i> <i>Veerya-Sheeta</i> Indications- <i>Yonivyapad, Atisara,twakrog</i>
96.	<i>Ziziphus mauritiana</i> Lam.	Rhamnaceae	<i>Boer</i>	T	Sd, B	Snake bite, Fever, Wounds	<i>Name-Badara</i> <i>Rasa-Madhura</i> <i>Vipaka-Madhura</i> <i>Veerya-Sheeta</i> Indications- <i>Jwara,atisara, daha,visphota</i> (blisters)

**Table 1**

**Abbreviations-**

H- Herb, S- Shrub, T- Tree, ST- Small tree, LT- Large tree, C- Climber, CS- Climbing shrub, US- Under shrub, PP- Parasite plant, W- Weed  
R- Root, L- Leaves, B- Bark, Fr- Fruit,, Fl- Flower, Wp- Whole plant, St- Stem, Lx- Latex, Sd- Seed,, G- Gum, Ys- Yung shoot, Rz- Rhizome,  
T- Tuber, I- Inflorescence, Hr- Red glandular-hairy substance found on Fruit, Sdo- Seed oil

## DISCUSSION AND CONCLUSION:

Based on an extensive collection of Ethnobotany related articles of different areas of Chhattisgarh, it is found that 96 plant species belonging to 53 families were recorded. Used medicinal plants showed different habits that are herb, shrub, trees, small trees, large trees, climber, climbing shrubs, undershrubs, parasite plants, and weed. All the reported plant species described with the botanical name followed by family, local or Hindi name, habit, part used, diseased conditions for which they are used and their *Ayurvedic* properties & medicinal uses have been summarized in Table 1. Family Euphorbiaceae was found the most dominant family among all plant species and presented by 06 plant species. Ceasalpiniaceae and Convolvulaceae was presented by 05 plant species followed by Acanthaceae, Apocynaceae, Fabaceae each having 04 species, followed by Verbenaceae, Sterculiaceae, Papilionaceae, each having 03 species, followed by Malvaceae, Rubiaceae, Rutaceae, Asteraceae, Liliaceae, Meliaceae, Oxalidaceae, Anacardiaceae, Sapindaceae, Solanaceae, Lythraceae, Mimosaceae, Myrtaceae, Combretaceae, Asclepediaceae each having 02 species. 28 families have Monospecific families represented by 1 species only. Family-wise distribution of used medicinal plants has been shown in fig. 1. Trees are the primary source of medicinal plants in terms of the number of species (37) followed by herbs (27), climbers (13), shrubs (11), large trees (03) and small trees, climbing shrubs, under the shrub, parasite plant and weed each 01. Habit-wise distribution of used medicinal plants has been shown in Fig 2. Useful part wise leaves are used as the primary source of medicine in terms of the number of

species (29) followed by bark (21), root (21), fruit(13), whole plant (12), flower, and seed each 08, stem(04), latex(03), gum, young shoots, and tuber each 02, rhizome, glandular hairs and inflorescence each 01. Root and leaves, Bark and leaves taken together (04), followed by fruit and leaves (03), bark and flower (01). In some cases, more than two parts are also used. Useful part-wise distribution of used medicinal plants has been shown in Fig 3. Many plants are mentioned in *Ayurvedic* literature are having the same indications as that are used by traditional healers. Some plants are not mentioned in *Ayurveda* but still they are in use for different clinical conditions that should be incorporated as extra pharmacopoeia drugs in *Ayurveda*.

### Limitations and future scope-

This is only a compilatory work done from different field survey studies conducted in different districts of Chhattisgarh state. Plants references given in this report should be tested in the clinical study, if some of them are proved it will be beneficial for mankind and some new drugs can be developed from this. Drugs not mentioned in *Ayurved* can be tested for their pharmaco-therapeutic properties as per *Ayurved*.

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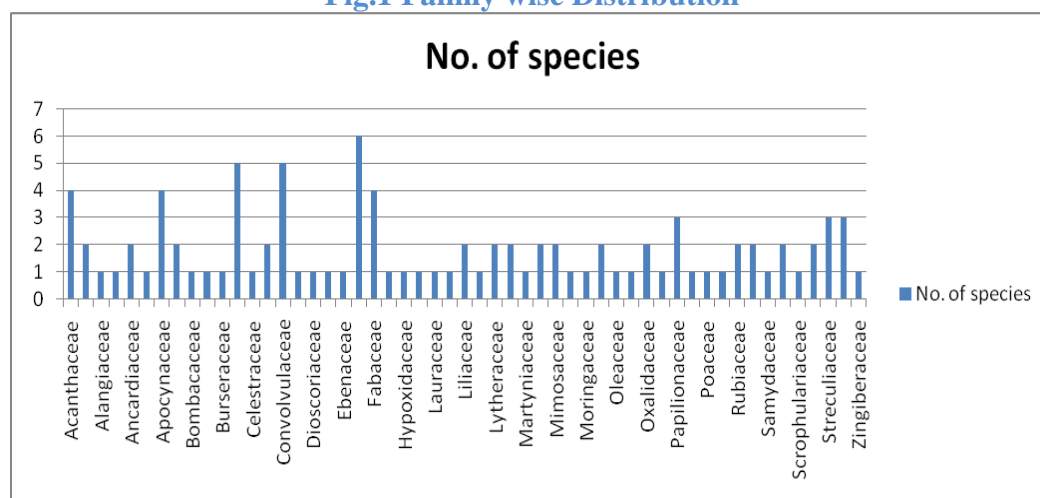
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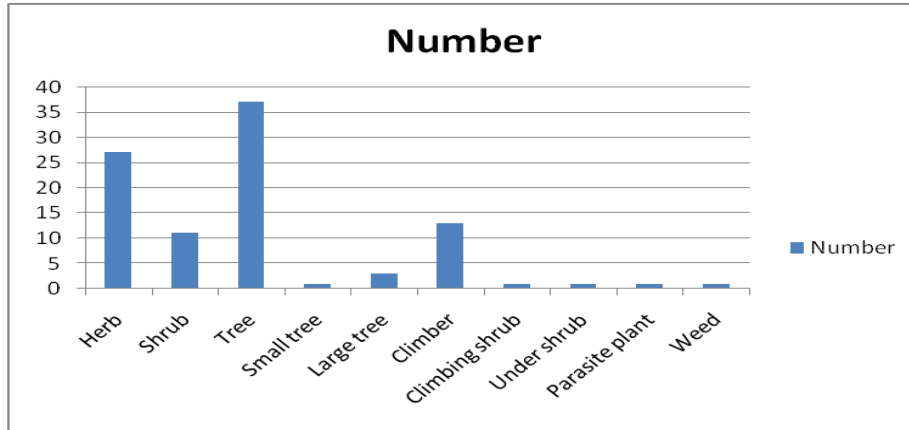
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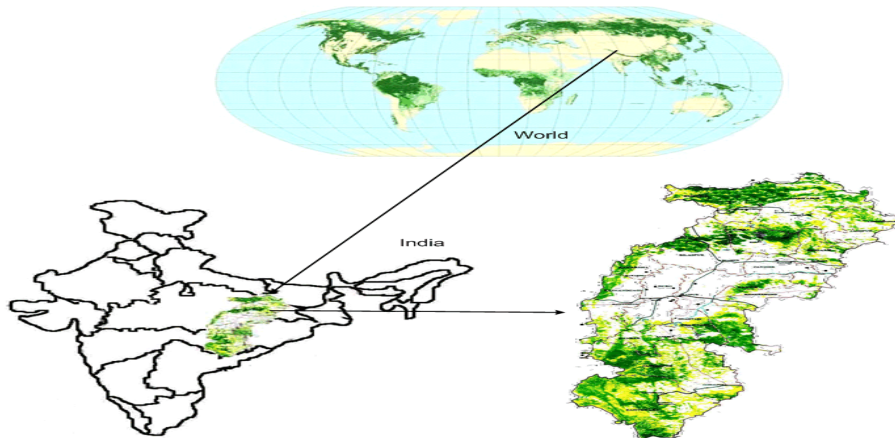
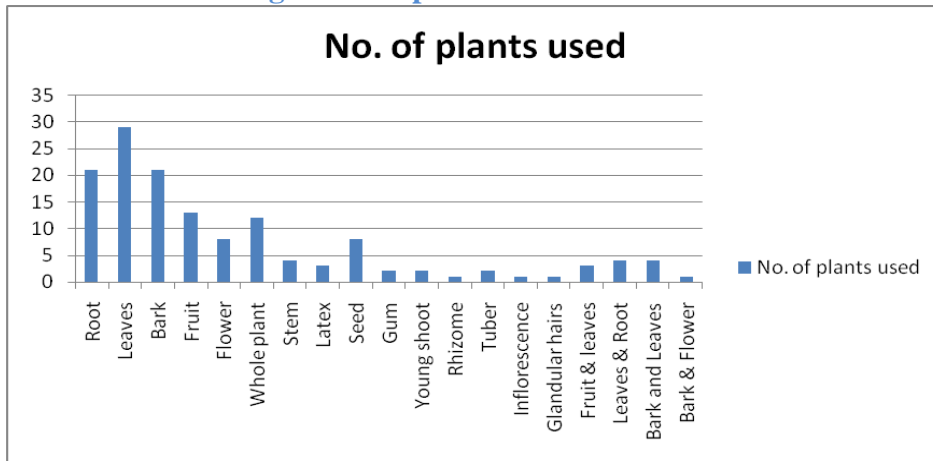
**Fig.1 Family wise Distribution**



**Fig.2 Habit wise distribution**



**Fig.3 Useful part wise distribution**



**Fig.4 Map of Chhattisgarh**

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