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Adilabad district's traditional herbal for asthma Srivastava Atul

Abstract

An ethnopharmacological survey was carried out to collect information on the use of medicinal plants in rural areas of Adilabad district to cure asthma. Questionnaire surveys, participatory observations and field visits were planned to illicit information on the uses of various plants. It was found that 28 plant species are commonly used by local people for curing Asthma.

Keywords: Traditional, Tribal people, Adilabad District, Andhra Pradesh

Introduction

India is one of the world's mega diversity zones because of its very varied flora, which has evolved to adapt to a wide range of climates. Many researchers have documented the abundance of medicinal plants in the Adilabad region and the surrounding areas in published papers.²⁻⁵ About 1,500 Ayurvedic, Unani, and Siddha medicinal formulations are made from plants, and it is estimated that 2,500 plant species are used throughout India. Medicinal plants of various genera are abundant in the south of India. To better understand the medical practices of indigenous and non-indigenous communities, an Ethno botanical survey was launched not too long ago. Asthma is a chronic inflammatory illness of the airways that causes intermittent symptoms such as wheezing, coughing, and difficulty breathing. Wheezing, coughing, chest tightness, and difficulty breathing are all symptoms. Asthma attacks are common in those who are susceptible to environmental triggers such pollen,

nations, it is by no means a confined health issue; the World Health Organization estimates that between 15 and 20 million people in India suffer from the condition. Asthma attacks are more common in the monsoon and winter.

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Methods:

The study was carried out by adopting the methodology⁶. The first hand information were gathered by conducting field visits to the tribal hamlets such as Echoda, Boath, Indravelly, Utnoor, Mamada, Nirmal, Chennoor, Asifabad and Bejjur. The herbal men and old men were interviewed for preparation and administration of drugs. Herbarium Voucher specimens are deposited in Department of Botany (KUH) at Kakatiya University, Warangal, Anhra Pradesh, India.

Study Area:

Adilabad district lies between 77° 47' and 80° 0' of the eastern longitudes and 18° 40' and 19° 56' of northern latitudes. The district is bounded on North by Yeotmal, on the East by Chanda districts of Maharashtra and on the South by Karimnagar and Nizamabad and on the West by Nanded district of Maharashtra State. These harbour mainly dry deciduous forest and aborigines. These forests occupy about 44.5 percent of the total geographical area of the district. The total forest area in the district is 7218.86 sq.km. The total population of the district is 24, 88,003 out of which the tribal population is 4, 16,511 (Census of India 2001). The main occupation of the people is agriculture. The important rivers in the district are the Godavari, the Penganga, the Wardha, the Pranahitha, the Kadam and the Peddavagu. The Godavari is the largest river in peninsular India. The most important crop in the district is Jowar, followed by cotton. Other crops include Maize, Pulses, dry Paddy, Soybean and Sunflower.

Enumeration:

In the enumeration, data on asthmatic uses of plants are arranged in the following sequence: Serial number, Botanical name, Family and Vernacular name followed by mode of administration as gathered from rural and tribal people.

Adhatoda zeylanica Medic.F: Acanthaceae, V.N: Addasaramu 2-3 spoonfuls of leaf extract given about a month.*Ailanthus excelsa* Roxb.F: Simaroubaceae, V.N: PeddamanuBark decoction administered orally in 2 spoonfuls thrice a day about one month.*Azima tetracantha* Lamk.F:Salvadoraceae, V.N: Uppi Teega Leaf juice administered orally in 2 spoonfuls twice a day

for about 20d.*Bambusa arundinacea* (Retz.) Willd.

F: Gramineae, V.N: VeduruLeaf decoction administered orally in 3 spoonfuls twice a day for about one month.

Barleria ground with honey inger nd made into dry pillets and administered in 2 pillets twice a day for amonth.

Blumea mollis (D.Don.) Merr.

F: Compositae, V.N: Kukka Pogaku

Dried leaves smoked with wrapping leaves of *Diospyros mealanoxylon*.

Boerhavia diffusa L.

F: Nyctaginaceae, V.N: Atika Mamidi

Root extract is administered orally in a spoonful twice a day for 15d.

Calotropis procera (Ait.) R.Br.

F: Asclepiadaceae, V.N: Jilledu

Flower powder mixed with honey and administered in 2 spoonfuls twice a day for a month.

Cassia fistula L.

F: Leguminosae, Sf; Caesalpinioideae, V.N: Rela Fruits ground with roots of *Hemidesmus* and the paste administered in 10g twice a day about 20 d.

Curculigo orchoides Gaertn.

F: Hypoxidaceae, V.N: Nela Tadi

Rhizome extract administered in 2 spoonfuls twice a day for about 2 months or till cure.

Datura metal L.

F: Solanaceae, V.N: Erri Ummetta

Fruits ground and made into small pills with honey and in 2 pills taken twice a day for about 3 months.

Desmodium triflorum (L.) DC.

F:Leguminosae, Sf; Papilionatae, V.N: Munta Manda

Root decoction given in 2 spoonfuls twice a day for about 10d.

Lepidagathis cristata Willd.

F: Acanthaceae, V.N: Suryakanta
Powder of shade dried whole plant mixed with honey in 2 spoonfuls is administered twice a day for a bout 20d.

Nerium oleander (L.)

F: Apocynaceae, V.N: Ganneru.

Flowers ground with jaggery and the extract administered in 2 spoonfuls twice a day for about 2 months.

Opuntia stricta (Haw.) Haw.

F: Cactaceae, V.N: Naga Phanni

Fruits are warmed and the juice given in 2 spoonfuls thrice a day for about 2 weeks.

Passiflora foetida L.

F: Passifloraceae, V.N: Tella Jumiki

Leaf decoction administered in 2 spoonfuls with fruit juice of *Terminalia chebula* thrice a day for about onemonth.

Pergularia daemia (Forssk.) Chiov.

F: Asclepiadaceae, V.N: Dustapa teega

Leaf decoction taken in 2 spoonfuls 2-3 times a day for about 15d.

Phyllanthus emblica L.

F: Euphorbiaceae, V.N: Pedda Usiri

Fruits ground with tubers of *Cyperus rotundus* and leaves of *Tinospora cordifolia* and the paste administered with honey in 2 spoonfuls twice a day for about one month.

Phyllanthus reticulatus Poir.

F: Euphorbiaceae, V.N: Puli Chettu

Root decoction with honey administered in 2 spoonfuls twice a day for one month.

Piper longum L.

F: Piperaceae, V.N: Pippallu

Whole plant ground with leaves of *Adhatoda zeylanica* and made into **powder**. A spoonful of powder is taken once in day for 20d.

Portulaca quadrifida L.

F: Portulacaceae, V.N: Sanna pappu kooru

Whole plant extract mixed with honey and administered in 2 spoonfuls thrice a day for about 20d.

Solanum surattense Burm.f.

F: Solanaceae, V.N: Mulla vankaya, Vankudu

Root decoction administered in 2-3 times a day for about one month.

Tragia involucrata L.

F: Euphorbiaceae, V.N: Durada gondi

Root powder cigared with leaves if *Diospyros melanoxylon* and smoked to reduce suffering.

Tylophora fasciculata Ham.

F: Asclepiadaceae, V.N: Veripala teega

Tender leaf juice administered in 2 spoonfuls twice a day for 20 – 30d.

Vicoa indica (L.) DC.

F: Compositae, V.N: Adavi poddu tirugudu

Leaf juice administered in 2 spoonfuls twice a day for 15d.

Vitex negundo L.

F: Verbenaceae, V.N: Vavili

Leaf juice with dried powder of *Zingiber officinale* given in 2 spoonfuls twice a day for about 20d.

Zaleya decandra (L.) Burm.f.

F: Aizoaceae, V.N: Tella garijelu

Root juice administered in 2 spoonfuls twice a day for about 20d.

Results and Conclusion

About twenty traditional uses for these herbs as asthma treatments were recorded in this study. Most treatments included the use of freshly obtained plant material from the wild, usually of a single species, but on occasion a combination of species. Dried plant components may be used as a substitute for fresh ones. They were mostly used orally, while topical preparations including combinations of plants or components like honey and ginger were sometimes used. The most common method of preparation was decoction, and the most common method of infusion preparation was the use of leaf powder. Many different plant components, including leaves, roots, flowers, stem bark, rhizome, and the whole plant, were used. Asthma is often treated using acanthaceae family plants. Healers were in agreement on which species were useful and how they should be used for treatment. This research confirmed that individuals in the rural parts of Adilabad district, Andhra Pradesh, India still rely on medicinal plants for the treatment of asthma.

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