

Some Traditional Remedies for Stomach related disorders

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Abstract: From the beginning of the civilization people all around the world have used plants as medicine. Ancient literatures like Rigved (2000-1000 BC), Atharva ved (1500 BC), Upnishad(1000-600 BC), Ramayan, Mahabharat, Bible etc also mention use of plants in different ailments. From time to time medicinal properties of plants were discovered by man. With the ever increasing power of science and technology, use of plants has restricted but most of us still believe in traditional natural remedies and apply them as ailments since past. The present study reveals some of the traditional remedies related with gastric disorders.

Many plants like ajwain (*Trachyspermum ammi*), Harra (*Terminalia chebula*), Bahera (*Terminalia bellerica*), Amla (*Phyllanthus emblica*), Marodphalli (*Helicteres isora*), Ginger (*Zingiber officinale*), Cumin(*Cuminum cyminum*), Cinnamom (*Cinnamomum zeylanicum*), Dhania (*Corriandrum sativum*), Saunf (*Foeniculum vulgare*) Elaichi (*Elleteria cardamom*), jaiphala (*Myristica fragrans*), Hing (*Ferula asafoetida*) etc are used for curing stomach disorders. All these plants or plant parts are used in different formulations in different proportion. Total 20 plants are found which are used in traditional ailments for stomach disorders. The use of such herbal remedies should be encouraged as these plants are readily available and their use causes no side effects to the body. They also tends to boost the resistance of our body and boosts immunity. Also conservation of these plants should be encouraged by cultivation and plantation.

Keywords- conservation, remedies, stomach disorders.

I. Introduction

Since ancient time livelihood of human is associated with nature. They use plants and plant products their every need, i.e. as food, house building materials, fuel, clothes, in different religious ceremonies and for various ailments. In ancient literature of the world as well as in india use of plants for cure of ailments are mentioned. These are mentioned in Rigved (2000-1000 BC), Atharva ved (1500 BC), Upnishad(1000-600 BC), Mahabharat, Ramayana (13th century. Uses of some 1200 plants are described in , Charak Samhita(400 AD), Sushruta samhita(400 BC). Zarathustra (600 BC) has mentioned many drugs originated by plants in his writing. Aristotle(384-322 BC) listed more than 500 plants of different use.

India is a developing country having history of number of civilization and a traditional systems of medicine. Plants or plants parts were used for common ailments not only by tribes and rural people but also were used by all groups of the society. Most of the plants that were used are found near surrounding vegetation, local haats, or are commonly sold in the markets. In present study some formulations used in stomach related trouble are discussed and described.

Review of literature: For present study information has been gathered from literatures mentioning importance of plants and their medicinal properties. Similar studies and work are of Datta, B. (2002), Joshi, S.G. (2000), Kirtikar, K.R. & Basu, B.D.(1933-1935), Singh S.A. (1984), Sharma, V.L (2009). All these works have information about plants used in the remedies for gastric related disorders.

II. Materials and Methods

Informations about the ailments were gathered by interviewing people of all age groups of the society. Also information from literature from various sources is also considered. Plants are identified by the help of flora of Hooker(vol- I-VII)1827-97, flora of Raipur, Durg, Rajnandgaon(1985). Some common preparations are Amlabati, Amla supari, Trifla churn, Trifla kwath, Bel Sharbat. Other Herbal Preparations for stomach related disorders are:

- 1.1 Seeds of ajwain (*Trachyspermum ammi*) 200 gm are soaked in water for 8-10 hours, filter the water and add lemon (2 qty) juice then keep it for 8-10 hours, roast it in low flame. 1 teaspoon of this preparation is taken after meal for digestion and gastric upset.
- 1.2 Equal quantities of Harra (*Terminalia chebula*), Bahera (*Terminalia bellerica*) and Amla (*Phyllanthus emblica*) are soaked whole night and the filtered water (1 glass) is taken next morning to cure constipation.
- 1.3 Marodphalli (*Helicteres isora*): fruits are roasted with little amount of pure ghee and are then powdered. 1 teaspoon of preparation with curd in empty stomach eases gripping pain of stomach.
- 1.4 Powder Cumin (*Cuminum cyminum*) 100gm, dry ginger (*Zingiber officinale*) 50gm, black pepper (*Piper nigrum*) 50gm, lemon rind (*Citrus lemon*) 50gm, Saffron (*Crocus sativus*) and black salt 50 gm with the help of mortar and pestle and mix it well.
- 1.5 Amlabati: To 250 gm boiled amla (*Phyllanthus emblica*) after taking their seeds out, Cumin (*Cuminum cyminum*) 3 gm, Dhania (*Coriandrum sativum*), Saunf (*Foeniculum vulgare*) 3gm, Cinnamom (*Cinnamomum zeylanicum*) 3gm, Harra (*Terminalia chebula*) 3gm, black pepper (*Piper nigrum*) 1.5gm, dry ginger (*Zingiber officinale*) 1.5gm, Pudina leaves 20 no.s (*Mentha arvensis*) are added. Bati's are made with this preparation. 2 bati's are given twice a day.
- 1.6 50 gm Fennel (*Foeniculum vulgare*) dry roasted, 50 gm of fennel roasted with ghee and 50 gm of plain fennel and misri 50gm are pounded to make a rough powder in mortar and pestle. 1 teabespoon of this preparation is given three times a day for amoebiosis dysentery.
- 1.7 Cumin (*Cuminum cyminum*) 50 gm, kala jeera (*Nigella sativa*) 50 gm dry amla (*Phyllanthus emblica*) 50 gm, dry pudina 50gm, Ajwain (*Trachyspermum ammi*) 50gm, Saunf 50gm (*Foeniculum vulgare*), Black pepper 25 gm (*Piper nigrum*), Elaichi 25gm (*Elletaria cardamom*), Jaiphal (*Myristica fragrans*) 25gm, Hing (*Ferula asafoetida*) 25 gm, Harra (*Terminalia chebula*) 25gm are powdered and churn is prepared. 1 teabespoon is taken twice a day after meal.
- 1.8 Bark of Munga (*Moringa oliefera*) pounded, this powder mixed with lime water is given against dysentery.

List of plants used in the preparations

| S.No. | Vernacular name | Botanical name | Family | Part used |
|-------|-----------------|--------------------------------------|------------------------|-----------|
| 1. | Ajwain | <i>Trachyspermum ammi</i> Sprague | Apiaceae(Umbelliferae) | seeds |
| 2. | Amla | <i>Phyllanthus emblica</i> L | Euphorbiaceae | Fruit |
| 3 | Badi Elaichi | <i>Amomum subulatum</i> Roxb. | Zingiberaceae | Fruit |
| 4. | Bahera | <i>Terminalia bellerica</i> Roxb. | Combretaceae | Fruit |
| 5 | Black pepper | <i>Piper nigrum</i> Linn. | Piperaceae | Fruit |
| 6 | Cinnamom | <i>Cinnamomum zeylanicum</i> Blume.. | Lauraceae | Bark |
| 7 | Dalchini | <i>Coriandrum sativum</i> Linn. | Apiaceae(Umbelliferae) | Fruit |
| 8. | Jeera | <i>Cuminum cyminum</i> Linn. | Apiaceae(Umbelliferae) | Fruit |
| 9. | dry ginger | <i>Zingiber officinale</i> Rosc | Zingiberaceae | Rhizome |
| 10 | Elaichi | <i>Elettaria cardamomum</i> Maton. | Zingiberaceae | Seeds |
| 11 | Saunf | <i>Foeniculum vulgare</i> Mill. | Apiaceae(Umbelliferae) | Fruit |
| 12. | Harra | <i>Terminalia chebula</i> Retz. | Combretaceae | Fruit |
| 13 | Hing | <i>Ferula assa-foetida</i> Linn. | Apiaceae(Umbelliferae) | Root |
| 14 | Jaiphal | <i>Myristica fragrans</i> Houtt. | Myristicaceae | Fruit |
| 15 | kala jeera | <i>Nigella sativa</i> L. | Ranunculaceae | Seeds |
| 16 | Lemon | <i>Citrus limon</i> (Linn).Burm. f. | Rutaceae | Fruit |
| 17 | Marodphalli | <i>Helicteres isora</i> Linn. | Sterculiaceae | Fruit |
| 18 | Munga | <i>Moringa oliefera</i> Lam. | Moringaceae | Bark |
| 19 | Pudina | <i>Mentha arvensis</i> Linn. | Labiataeae | Leaves |
| 20 | Kesar | <i>Crocus sativus</i> Linn. | Iridaceae | Stigma |

III. Result

Total number of plants found to be used in different formulations is 20 plants. Various parts of plants are used in different formulations in this study like roots, stem, bark, leaves, fruits, seeds etc. Number of plant using different part are roots-1, rhizome-1, Bark-1, leaves-1, stigma- 1, Fruit- 11, Seeds- 3. Fruits are used in maximum number of preparation.

Most of the plants used in the formulations belongs to family Apiaceae (Umbelliferae)(i.e. 5 plants), next to which is Zingiberaceae(3), Combretaceae-2, Euphorbiaceae-1, Piperaceae-1, Lauraceae-1, Myristicaceae-1, Ranunculaceae-1, Rutaceae-1, Sterculiaceae-1, Lamiaceae-1, Iridaceae-1.

IV. Discussion

Almost all the population use plant or plant products in different ailments. The documentation of traditional herbal formulations related to general ailment of stomach will provide knowledge to society. Documentation of formulation and identification of plants will provide the reference for future research in botany and ethnomedicobotany. This will bring awareness of people for home remedies as these produce no side effect, are easily available and they boost immunity and increase resistance against diseases.

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