

Some Traditional Medicinal plants Used by Tribes in Telangana state

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Abstract: Traditional Medicinal plants Used by Tribes In Telangana state, which is mainly occupied by tribes revealed that some medicinally important plants were used by herbal healers (ages between 54 - 80 years). In the present study, scientific name, family, vernacular name, habit and medicinal uses have been identified. Traditional Medicine studies were conducted particularly in dense forest where the tribal community inhabits. The present study of the area belonging to the tribes and we were visited, identified and gathered information on different plants used as medicine was recorded by direct observation, casual interview and taken photographs. In the present study, a number of plants which are used by tribes of Telangana State, India for treatment of skin diseases have been documented. The present study is based on the concept of “a plant for cure of a common disease”. For example a single plant was selected for common skin diseases like wounds, ring worm, itching, warts, eczema, vitiligo, chicken pocks, measles and etc.. Among these plants, some species like *Azadirachta indica*, *Curcuma langa*, *Annona squamosa*, *Plumbago zeylanica*, *Citrus lemon*, *Terminalia chebula*, *Phyllanthus emblica*, *Hybiscus rosasinensis*, *Tridax procumbens*, *Lucas aspera*, *Ricinus communis* and *Mangifera indica* were collected from the forest for treatment. From the present analysis plant parts are used roots, stem, bark, leaves, seeds and flowers. The present study concludes that, the used the pharmacognostic values of these plants. Such proven plant species may be used in the formulation of new drugs against different ailments. Hence, there is great need of cultivation and conservation of such plants.

Keywords: Folklore Medicine, plants, trees.

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INTRODUCTION

The pattern of tribal livelihood has not changed since immemorial. In the dense forest areas, nature is so kind that for thousands of years it has been possible for these tribal to live in comparative ease by simply hunting and food gathering [1]. A variety of natural products provide them a balanced diet. They include fruits, nuts, berries leafy vegetables, tubers, yams mushrooms and honey. Over 210 such natural wild plant products can be gathered in a season. Besides these, materials for shelter, fabrics, medicine and other necessities for survival are found in surrounding nature [2].

Study Area

Bhadrachalam famous pilgrim place near Godavari River in Telangana state .it lies between at 11° 55' N latitude and 75° 59' N' longitude. Temperature Goes down to 19°C during the winter season and to 33°C during the summer months. The rain fall ranges from 310mm-810mm. The forest types are Tropical, sub tropical, deciduous forest. Soil is alluvial type of soil Surrounding states are Chhattisgarh, Maharashtra, Andhra Pradesh, Karnataka and Tamil Nadu. Climate is favourable for growth and development of plants. Traditional herbal plants are readily available in rural

areas for treatment of common diseases. Survey studies have highlighted the richness of indigenous plant use across states, and emphasised that many species remain scientifically under-explored.

REVIEW OF LITERATURE

Traditional medicine is a key part of indigenous healthcare in India. Tribal communities help preserve and share ethnobotanical knowledge through oral traditions and daily life. Jain [3,4] was one of the first to create systematic survey methods for ethnobotany in India, focusing on documenting and preserving this knowledge. His frameworks still guide researchers studying plant-based remedies in rural and tribal areas.

Kosambi [1] and Vartak & Gadgil [2] showed that tribal livelihoods are closely connected to forest ecology. They found that tribal people depend on forests for food, shelter, and medicine, which shows a strong relationship between people and their environment.

In Andhra Pradesh and Telangana, Reddy et al. [5] and Sudhakar et al. [6] found that tribal healers, especially among the Chenchu, Koya, and Lambada, use many medicinal plants. Common species include *Azadirachta*

indica, *Curcuma longa*, and *Phyllanthus emblica*, mainly for skin infections, fever, and stomach problems. Savithamma et al. [7] surveyed the Eastern Ghats and recorded over 200 species used in tribal folk medicine, stressing the need to conserve this knowledge.

In Telangana, tribal groups like the Koya, Gond, Yerukala, and Yanadi live in the forests of Adilabad, Khammam, and Bhadradi Kothagudem districts. Swamy et al. [8] listed medicinal plants in Adilabad used to treat dysentery, wounds, and skin infections. Prasad et al. [9] found 64 medicinal plant species in Khammam used by local healers for diseases such as eczema, boils, and ringworm.

Rao & Henry [10] and Hemadri [11] in South India also recorded plants used in traditional medicine, like *Plumbago zeylanica* and *Tridax procumbens* for skin problems and wound healing. Anitha et al. [5] noted the importance of *Hibiscus rosa-sinensis* and *Moringa oleifera* for skin issues among Telangana tribes.

Recent studies by Reddy et al. [12] and Srinivas & Reddy [13] confirm that indigenous healers, usually aged 50 to 80, have strong practical knowledge of herbal treatments. But modernization, deforestation, and less sharing between generations put this knowledge at risk.

This study builds on earlier work by focusing on Bhadradi Kothagudem district, which has rich forests and many tribal communities. Field surveys showed that local healers use plants like *Azadirachta indica*, *Curcuma longa*, *Citrus limon*, *Plumbago zeylanica*, *Hibiscus rosa-sinensis*, *Ricinus communis*, and *Mangifera indica* to treat skin diseases such as wounds, eczema, warts, and itching. These results show that traditional medicine is still important for primary healthcare in Telangana's tribal communities.

MATERIAL AND METHODS

Frequent field visits were conducted in selected Districts of Telangana State and gathered information about traditional knowledge pertained to skin diseases and the detailed application and administration of plant remedies for skin diseases. Data sheets and questionnaire were used for data collection, which includes collection number, name and age of informant, place, location name, family, specificity in collecting useful parts detailed method of drug preparation, specificity of dosage, restriction if any and administration. Photographs were also taken for correct identification. The plants are enumerated in the scientific name followed by family local name, plants used and medicinal uses. A detailed description about preparation administration and application of the drug are also given.

For gathering information regarding plants using medicinally by the rural areas several field trips were under taken in the district and surrounding areas of different season. Ethnobotanical data was collected According to the methodology suggested by SK Jain [4]. Information's (vernacular names, mode of preparation, medicinal uses) through questionnaires interviews and discussion among the rural practitioners in their local languages accorded in the field note book Collected Information was cross checked with the available literature [4].

These studies also involved an extensive literature search and herbarium examination.

RESULTS AND DISCUSSION

Enumeration of plant species scientific name, family, habit, vernacular name parts used and mode of administration.

Present information deals with 12 medicinal plants which are used for the treatment of skin diseases, while much of this work has focused on general medicinal plant use or specific ailments like diabetes.

Fewer studies have focused exclusively on plants used for **skin diseases** within a single tribal village context. For example, Singh, Chandana & Chandraprakash 2023.

This indicates that rural people of this area posse's good survey of folklore plants for treatment of skin diseases in Bhadradi Kothagudem district

Abrus precatorius L.: Fabaceae 'Guriginja; Climber leaf paste is applied on affected parts to cure any type of skin diseases.

Allium sativum L. Liliaceae 'Velluli' Herb Crushed garlic bulb applied on Segalumps.

Aloevera (L) burm f. Liliaceae 'Kalabanda' Herb Leaf paste is applied on wounds and cuts.

Amaranthus cardatus L. Amaranthaceae 'Thotakura' Herb leaf paste applied on skin diseases.

Amaranthus spinosus L. Amaranthaceae 'Mulla Thotakura' Herb Fresh leaf paste applied on skin diseases for three days.

Azadirachta indica L. Meliaceae 'Vepachettu' Tree Fresh leaf paste applied on skin allergies, seed oil used for exzema, scabies and ring worm.

Melia Azadirachta L. Meliaceae 'Thurka Vepachettu' Tree Stem bark decoction used for leucorrhoea. Seed paste is applied to cure any type of skin diseases.

Carica papaya L. Caricaceae 'Boppaye' Small Tree; Unripe fruit latex applied on torts until cure. Ripen fruit pulp taken orally used for abortion.

Centella asiatica L. Urban Apiaceae 'Saraswathi' Prostate climber Fresh root extract is applied on effected parts of skin diseases. Whole plant decoction taken orally increased memory (Memory Tonic).



Cetrus lemon L. Rutaceae 'Nimmachettu' Small tree
Leaf paste applied on skin diseases. Fresh fruit juice
applied on scabies on fold hands.

Curcuma augustifolia roxb Zingiberaceae 'Kasthuri
pasupu' Herb Rhizome and *Moringa olefera* L.
Moringaceae 'Munaga' Medium Tree Bark paste
applied on leucoderma daily until for cure and daily
below 9 am exposed to Sun rays with effected parts of
the skin ten minutes in daily. Rhizome paste apply a
paste made of turmeric applied on cold allergy on skin.

Cynodon doctylon L. Poaceae 'Garika' Herb; Leaf
paste with turmeric powder applied on effected part of
the cuts, wounds and skin allergy.

Curcuma longa L. Zingiberaceae 'Pasupu' Herb
Rhizome paste applied on fresh cuts and wounds. A Hot
poultice of the rhizome is applied on affected boils from
2-3 hours.

Datura metal L. Solanaceae 'Umetha' Shrub Dried leaf
smoke cured Asthma.

Ficus glomerata Roxb Moraceae 'Medichettu' Big Tree
Latex applied on bacterial infections till cure.

Hibiscus rosa-sinesis L. Malvaceae 'Mandara' Shrub
Fresh leaf or flower paste applied on hair fall and
alopecia areata.

Jatrpha Curcas L. Euphorbiaceae 'Adavi amudamu'
Shurb Fresh bark paste are taken in amounts are boiled
together and mixed with the processed leaves of
Nicotina tobacuum L. Solanaceae 'Pogaku' Shrub are
prescribed to apply locally for itching.

Melia azedarach L. Meliaceae 'Turka vepachettu'
Medium tree Bark decoction orally for menstrual pain.

Mirabilis jalapa L. Nyctaginaceae 'Rudraksha' Shrub
leaf paste applied on skin itches regularly every day.

Morus indica L. Moraceae 'Kambali Chettu' Herb Leaf
taken orally used for cough.

Ocimum Sanctum L. Lamiaceae 'Tulsi' Herb Leaf paste
applied on acne.

Pongamia pinnata L. Fabaceae 'Ganugachettu'
Medium Tree Seed oil is applied on skin diseases.

Plumbago zeylanica L. Plumbagenaceae 'Chitra
mulamu' Herb Fresh leaves of (*Ocimum sanctum* L.
Lamiaceae) 'Rama thulasi' Herb are grounded and
mixed with a little amount of salt are prepared in the
form of paste applied on ringworm.

Tridox procumbens L. Asteraceae 'Gaddi chamanthi'
Herb Fresh leaf paste applied on wound healing stop
bleeding.

CONCLUSION

The present study conducted in Bhadradi Kothagudem District of Telangana State highlights the rich ethnobotanical knowledge of the tribal communities, particularly in the treatment of skin diseases using locally available medicinal plants. The documentation reveals that traditional healers, aged between 54 to 80 years, continue to rely on a wide variety of plant species for primary healthcare. A total of 24 plant species were identified and documented with detailed information on their local names, scientific names, families, parts used, and mode of application.

This research not only emphasizes the cultural and medicinal significance of folklore medicine but also underlines the urgent need for preserving indigenous knowledge, which is at risk due to modernization and lack of documentation. The pharmacognostic values of these plants suggest potential for developing new, natural remedies for common dermatological conditions such as wounds, eczema, ringworm, scabies, and other skin infections.

It is therefore recommended that:

- Further scientific validation and phytochemical analysis of these plants be conducted to confirm their efficacy and safety.
- Conservation strategies be implemented to protect these valuable plant species from over-exploitation.
- Awareness and training programs be organized for local communities to encourage sustainable harvesting and preservation of medicinal plants.

In conclusion, the traditional medicinal practices of Gangolu village tribes offer promising leads for future pharmaceutical research and underscore the value of integrating traditional knowledge with modern science.

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