

## **PART II**

# **HERBAL PRACTICES of HIMACHAL PRADESH**

**This section contains details of herbal preparations used traditionally for various human ailments.**



## **Benincasa hispida (Thunb.) Cogn.(petha)**

### **Codified literature**

### **NIF database**

#### **Asthma<sup>1</sup>**

Fruit juice is given to the patient

#### **Cough**

Root powder (3gm) along with warm water

#### **Fever<sup>1</sup>**

Seeds are used in fever

-Kumar Chandel, Hamirpur, Himachal Pradesh

#### **Jaundice<sup>2</sup>**

Fruit juice (50ml) is given once a day for three days consecutively

#### **Nasal bleeding**

Soak two pieces of fruit in one glass of water overnight and take orally in the next morning

-Manju Meena, Jaipur, Rajasthan

#### **Diuretic<sup>3</sup>**

Seeds are used as diuretic

#### **Acidity**

Juice (50ml) taken twice a day for fifteen days

- Omana Mammen, Thiruvananthapuram, Kerala

#### **Burn**

Fruit juice applied on the affected part

- Annama Varghese, Kanayankavayal, Kerala

1. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar T. 2007. *A handbook of Medicinal Plants*, Jodhpur, Agrobios (India), Section II, Pp 86.

2. Hemadri K. and Rao S.S. 1984. Jaundice: Tribal Medicine, *Ancient Sci Life* 3 (4): 209-212

3. Li C.P. 1974. *Chinese Herbal Medicine*. U.S. Dept. Health, Education and Welfare, Washington D.C., Publ.no.(NIH) book : 75-732

Source: <http://cache.eb.com/eb/image/id=29293&rendTypeld=4>





# **Abrus precatorius L. (chirmi/konch)**

## **Codified literature**

## **NIF database**

### **Eye complaint<sup>1</sup>**

Dried leaves and roots powder given orally

### **Cough<sup>2</sup>**

Decoction of the young leaves is to be given orally

### **Urine problem<sup>3</sup>**

Leaf powder is given orally

### **Sciatica<sup>3</sup>**

Seed extracts are used

### **Backache**

Powdered seed of the plant along with the powder of rhizome of *Acorus calamus* L., roots of *Asparagus racemosus* Willd., and leaves of *Vitex negundo* L., *Cannabis sativa* L mixed in honey and made into tablets. One tablet given twice a day for three to four weeks

-Ami Chand, Kangra, Himachal Pradesh

### **Baldness**

Paste made from the ground seeds and honey used on the scalp

-Mangilal Purohit, Churu, Rajasthan

### **Mouth ulcer**

Juice extracted from the green leaves applied on the ulcers

-Chhitar Lal Gurjar, Sawai Madhopur, Rajasthan

### **Stomachache**

Seeds (100 gm) taken with ghee or butter give relief

- Kalpana, Trichy, Tamil Nadu

### **Knee pain**

Seeds (6 gm) taken orally with milk for 14 days

- Pavan Mehra, Sikar, Rajasthan

1. Jain S.P. and Verma D. M. 1981. Medicinal Plants in the folklore of North-East Haryana. Nat. Acad. Sci. Lett. 47: 269-271

2. Cantoria M. 1976. Aromatic and Medicinal Herbs of the Philippines. Qui. Jour. Crude Drug Res. 14: 97-128

3. Jain S. K. 2001, *Dictionary of Indian Folk Medicine and Ethnobotany*, New Delhi, Deep Publication, Pp 8

Source: National Innovation Foundation Database





## **Abelmoschus esculentus (L.) Moench.(Bhindi)**

### **Codified literature**

### **NIF database**

#### **Antispasmodic<sup>1</sup>**

The seeds are considered as antispasmodic

#### **Wound healing**

Seeds are ground into a fine paste, which is applied on wounds.

- *Naresh Giri, Hamirpur*

#### **Diuretic<sup>1</sup>**

Decoction of the immature pods are used

#### **Hair care**

Fresh leaves are ground into a fine paste and applied on the scalp, left for an hour for drying and then given a cold water wash.

- *Dhaneswar Pradhan, Angul, Orissa*

#### **Emollient poultice<sup>2</sup>**

The leaves are used as a poultice externally

#### **Cough**

Boil small pieces of fruits and inhale the steam.  
*Dhrusht Dhaman Kumar, East Champaran, Bihar*

#### **Stomachache**

Pounded roots to be taken along with water  
- *Sehara Bano, Gopalganj, Bihar*

#### **Eczema**

Fruits (500 gm) are crushed well and oil extracted from them. This oil is massaged on the affected parts.  
- *Vejabhai Lakhamanbhai, Junagadh, Gujarat*

1. Parrota J.A. 2001. *Healing plants of Peninsular India*, New York. CABI Publishing. Pp. 473

2. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar T. 2007. *A handbook of Medicinal Plants*, Jodhpur, Agrobios (India), Section II, Pp. 1

Source: [http://www.worldcrops.org/images/content/Cuba\\_500\\_400.JPG](http://www.worldcrops.org/images/content/Cuba_500_400.JPG)



## **Acacia catechu (L.f.) Wild. (khair)**

### **Codified literature**

### **NIF database**

#### **Stomatitis<sup>1</sup>**

Bark and heartwood are used

#### **Cough<sup>2</sup>**

Decoction of dried root is used as expectorant

#### **Diarrhoea<sup>1</sup>**

Bark powder is given orally

#### **Wounds<sup>3</sup>**

The aqueous extract of the resin should be applied externally

#### **Constipation**

Resin of plant mixed with spices and taken orally at night.

-*Rasilia Ram , Kangra, Himachal Pradesh*

#### **Hiccups**

Resin of plant ground along with betel leaves, betel nut and cardamom. Juice so obtained boiled and decoction given thrice a day till cured.

-*Jasmit Singh , Hamirpur, Himachal Pradesh*

#### **Mouth sores**

Direct application of resin on the sores

-*Babulal Sharma, Alwar, Rajasthan*

#### **Itching**

Topical application of the paste made from the tender leaves

-*Bihari Lal, Sikar, Rajasthan*

1. Parrota J.A. 2001. *Healing plants of Peninsular India*, New York. CABI Publishing. Pp. 346.
2. Anon 1997. China's Pharmacopia. Part one. Traditional Chinese Medicine. Pharmacopoeia. Pp. 998.
3. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar T. 2007. *A handbook of Medicinal Plants*, Jodhpur, Agrobios (India), Section II, Pp 4

Source: <http://home.hiroshima-u.ac.jp/shoyaku/photo/Thai/021202Acacia.jpg>





## **Argemone mexicana L. (satyanasi)**

### **Codified literature**

### **NIF database**

#### **Toothache<sup>1</sup>**

Seed powder should be given to the patient

#### **Bronchitis<sup>2</sup>**

Decoction of the plant is given orally

#### **Colic<sup>1</sup>**

The seed oil is useful

#### **Rheumatism<sup>1</sup>**

Seed powder is given orally

#### **Intestinal worms**

Roots (½ inch) taken along with water three times a day to remove hookworms

-Amar Singh, Kangra

#### **Fever**

One teaspoon root decoction taken with a glass of water, twice a day for 2 to 3 days

-Gopal Mahato, Hazaribagh, Jharkhand

#### **Itching**

Juice extracted from the plant applied on the affected part

- Rameshwari Devi, Sikar, Rajasthan

#### **Abscess/blisters**

Juice extracted from the plant applied on the affected part

- Chandra kanvar, Sikar, Rajasthan

1. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar T. 2007. *A handbook of Medicinal Plants*, Jodhpur, Agrobios (India), Section II, Pp. 59.

2. Mendez X.M. 1937. Pharmacologic Data of Some Mexican Remedies. *J Amer Inst Homeopathy*, 30: 271-277

Source: [http://www.missouriplants.com/Yellowalt/Argemone\\_mexicana\\_plant.jpg](http://www.missouriplants.com/Yellowalt/Argemone_mexicana_plant.jpg)



# *Butea monosperma* (Lamk.) Taub. (dhak/palash)

## Codified literature

## NIF database

### Pimples<sup>1</sup>

Bark is used as poultice

### Acidity

Resin (2gm) taken with cold water

- *Pritam Chand, Kangra, Himachal Pradesh*

### Anthelmintic<sup>2</sup>

Bark juice is given orally

### Toothache

Resin powder is filled in damaged gums.

- *Bhomabhai Damor, Banaskantha, Gujarat*

### Diuretic<sup>3</sup>

Dried flower powder is taken orally

### Dysentery

Resin (25gm) taken orally

- *Thavriben Kateria, Banaskantha, Gujarat*

1. Khan, M.A., Khan, T. and Ahmad, Z. 1994. Barks used

as source of medicine in Madhya Pradesh, India.

*Fitoterapia* 65 (5): 444-446

### Joint pain

Powdered resin taken with milk

- *Devaram, Sirahi, Rajasthan*

2. Bhattarai, N.K. 1993. Medical Ethnobotany in the Rapti

Zone, Nepal. *Fitoterapia* 64 (6): 483-493.

### Wounds

Bark ground into a fine paste, which is applied

on the wound

- *Chatrabhai Parmar, Banaskantha, Gujarat*

3. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar T. 2007. *A handbook of Medicinal Plants*, Jodhpur, Agrobios (India), Section II, Pp 100.

Source: [http://www.plantcreations.com/images/Butea\\_monosperma\\_amazing.jpg](http://www.plantcreations.com/images/Butea_monosperma_amazing.jpg)





## **Cassia fistula L. (amaltas)**

### **Codified literature**

### **NIF database**

#### **Leucoderma<sup>1</sup>**

Powder of dried bark to be applied

#### **Ringworm**

Paste of the scrubbed tuber applied on the infected part of the body for few days

- *Kumar Chandel, Hamirpur*

**Jaundice<sup>2</sup>**  
Fruit juice is used

#### **Cough**

Skin of the fruit chewed in the morning  
- *Santoshben Gamar, Banaskantha, Gujarat*

**Diuretic<sup>2</sup>**  
Fruits are used as diuretic

#### **Skin disease<sup>2</sup>**

Root powder to be applied

#### **Mouth sore**

Juice extracted from the plant should be kept in banana leaf, burnt the leaf and apply the ash on the affected part  
- *Purna Borah, Golaghat, Assam*

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1.Reddy,M.B. Reddy,K.R. and Reddy,M.N. 1988. A survey

of medicinal plants of Chenchu Tribes of Andhra Pradesh, India. *Int J Crude Drug Res* 26 (4): 189-196

2. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar T. 2007. *A handbook of Medicinal Plants*, Jodhpur, Agrobios (India), Section II, Pp 119-120.

Source : [http://www.bh-froe.com/ZC/images/Cassia\\_fistula.jpg](http://www.bh-froe.com/ZC/images/Cassia_fistula.jpg)

[http://www.bh-froe.com/ZC/images/Cassia\\_fistula.jpg](http://www.bh-froe.com/ZC/images/Cassia_fistula.jpg)



## **Celastrus paniculatus Willd. (malkangani)**

### **Codified literature**

### **NIF database**

#### **Cardiotonic<sup>1</sup>**

Fruit juice is used as cardiotonic

#### **Greying of hair**

Oil applied on the scalp

#### **Appetizer<sup>1</sup>**

Seeds are used as appetizer

- *Sharvan Singh, Kangra, Himachal Pradesh*

#### **Rheumatism<sup>2</sup>**

Paste of the fruit mixed with warmed mustard oil to be applied externally

#### **Tuberculosis**

Mix 3 drops of oil into the yolk of egg and given to the patient

- *Prishila Doodoo, Hazaribag, Jharkhand, Rajasthan*

#### **Gas/acidity**

Powdered seeds (2-3 gm) taken orally with water

1. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar T. 2007. *A handbook of Medicinal Plants*, Jodhpur, Agrobios (India), Section II, Pp 127-128

2. Singh, K.K and Maheshwari, J.K. 1994. Traditional Phytotherapy of some medicinal plants used by the Tharus of the Nainital District, Uttar Pradesh, India. *Int J Pharmacog* 32 (1): 51-58

#### **Intestinal worms**

Shade dried fruit ground into fine powder and sieved. 2-3 tablespoons of the powder taken orally in the morning and evening for 4-5 days

- *Nimavat Gitaben J, Junagadh, Gujarat*

#### **Skin disease**

Oil applied on the infected area

- *Devaram, Sirahi, Rajasthan*



Source: <http://home.hiroshima-u.ac.jp/shoyaku/photo/Thai/020305Celastrus.jpg>

## *Cuscuta reflexa* Roxb. (amarbel)

### Codified literature

### NIF database

#### Fever<sup>1</sup>

Decoction of the vine is used externally with bathwater

#### Anthelmintic

Extract of plant (50 gm) taken in 100 ml of water for 7 days

-Prabhat Sharma, Kangra, Himachal Pradesh

#### Carminative<sup>2</sup>

Seeds are used as carminative

#### Baldness

Plant (250 gm) dissolved in three litres of water and decoction is applied for three months.

-Padmakant sharma, Jaipur, Rajasthan

#### Jaundice<sup>2</sup>

The plant is used for jaundice

#### Diuretic<sup>2</sup>

Extract of the plant is used as diuretic

#### Skin diseases

Plant paste is applied on the infected area

-Robert L Hamte , Aizwal, Mizoram

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1. Singh Y.N. 1986. Traditional Medicine in Fiji: Some Herbal folk cures used by Fiji Indians. *J Ethnopharmacol* 15 (1): 57-88

2. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar T. 2007. A handbook of Medicinal Plants, Jodhpur, Agrobios (India), Section II, Pp 182.

Source : [http://envis.friht.org:in/pimages/707\\_1.jpg](http://envis.friht.org:in/pimages/707_1.jpg)





## *Ficus carica* L. (anjir)

### Codified literature

### NIF database

#### Cough<sup>1</sup>

Decoction of boiled fruit should be taken orally

#### Gastritis

Two tablespoons of powder of shade dried fruit mixed in 200ml of water, left over night and taken next morning

#### Warts<sup>2</sup>

Milky latex is applied externally

-Kumar Chandel, Hamirpur, Himachal Pradesh

#### Constipation<sup>2</sup>

Juice extracted from fruit should be drunk

#### Blood purification

Fruit, if taken regularly, acts as blood purifier  
- Devaram, Sirahi, Rajasthan

#### Laxative<sup>2</sup>

Fruit juice taken orally is useful

#### Cardiac problem

Lukewarm juice (2 spoons) extracted from the fruit is to be taken orally  
-Sarathy Maity, East Midnapur, West Bengal

1. Ghazanfar S.A. 1993. Al-abahi, M.A: Medicinal Plants Of

Northern And Central Oman (Arabia). *Econ Bot* 47 (1): 89-98

2. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar

T. 2007. A handbook of Medicinal Plants, Jodhpur, Agrobios (India), Section II, Pp 237-238

#### Bleeding piles

Two fruits soaked in half a glass of water for twelve hours. This water is to be taken after twelve hours and same process is to be repeated  
-Kumari Sarita, Sikar, Rajasthan

#### Leucoderma

Bark powder (2 spoons) should be given to the patients with water  
-Sarathy Maity, East Midnapur, West Bengal

Source: [http://www.profitzahrada.cz/images\\_data/2837-ficus-carica-2.jpg](http://www.profitzahrada.cz/images_data/2837-ficus-carica-2.jpg)



## *Juglans regia* L. (akhrot)

### Codified literature

#### Abscess<sup>1</sup>

Poultice of fruit is applied externally

#### Carminative<sup>2</sup>

The fruit is used as carminative

#### Tapeworm<sup>2</sup>

Oil extracted from fruit should be drunk

### NIF database

#### Hair care

Daily application of the oil on the scalp reduces hair fall

- *Joginder Singh Negi, Kulu, Himachal Pradesh*

#### Tongue cleaning

Bark of akhrot chewed along with the leaves of neem (*Azadirachta indica* Juss.) keeps the tongue clear and clean

- *Shilpa Jain, Rajkot, Gujarat*

#### Swelling on body

Mix oil (50gm) with cow's urine (10gm) and drink

- *Shripal Singh, Bulandshar, Uttar Pradesh*

#### Knee pain

Couple of fruits taken everyday gives relief

- *Koushlya Kumawat, Rajasthan*

#### Wounds

Extract the sap from fruit skin and directly apply on the wounds

- *Nasir Ahmed Shaik, Anantnag, Jammu & Kashmir*



Source: [http://www.bomengids.nl/zomer2004/pics/Okkernoot\\_Walnoot\\_\\_Juglans\\_regia\\_\\_Common\\_or\\_Black\\_walnutimg\\_5402fruit.jpg](http://www.bomengids.nl/zomer2004/pics/Okkernoot_Walnoot__Juglans_regia__Common_or_Black_walnutimg_5402fruit.jpg)



## Vitex negundo L. (nirgudi)

### Codified literature

#### Cough<sup>1</sup>

Inhale the smoke of the leaves; warm leaves are rubbed on face

#### Colic<sup>2</sup>

Roots are useful

#### Diarrhoea<sup>2</sup>

Flowers are used for this purpose

#### Diuretic<sup>2</sup>

Extract of the plant is taken

### NIF database

#### Ear pain

Boil the leaves in mustard oil and filtered oil is used as ear drops.

- Bhagat Ram, Kangra, Himachal pradesh

#### Ulcer

Half cup juice extracted from the leaves taken orally

- P D Walikar, Bagalakot, Karnataka

#### Rheumatism

Lukewarm leaves applied on aching joints

- Naganath Durga Chogule, Sholapur, Maharashtra

#### Skin disease

Small pieces of plant mixed with cow's urine applied on the affected skin

- K. Lakshmana Shetty, South Karana, Karnataka

1. Reddy M.B., Reddy K.R. and Reddy M.N. 1989. A survey of plant crude drugs of Anantapur district, Andhra Pradesh, India. *Int J Crude Drug Res* 27 (3): 145-155.
2. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar T. 2007. *A handbook of Medicinal Plants*, Jodhpur, Agrobios (India), Section II, Pp 543-544.

Source: <http://home.hiroshima.ac.jp/shoyaku/photo/Thai/021202Vitex.jpg>



## *Centella asiatica* (L.) Urban (brahmi)

### Codified literature

### NIF database

#### Brain tonic<sup>1</sup>

Fresh juice from aerial part is used as brain tonic

#### Insomnia

Regular intake of the plant paste with food  
- *Khioram Barman, Borpeta, Assam*

#### High blood pressure<sup>2</sup>

Powder of aerial portion is taken

#### Toothache

Grind equal portion of brahmi leaves, onion and banana root to make fine paste. This paste is to be applied on the aching part  
- *Anil Gogoi, Sibsagar, Assam*

#### Diuretic<sup>3</sup>

The whole plant is used as diuretic

#### Fracture<sup>3</sup>

Plant paste is applied as a poultice

#### Jaundice

Grind 10gm of the plant with water, filter the juice and drink  
- *Vifiya Uray, Lohardaga, Jharkhand*

1. Adesina S.K. 1982. Studies on some plants used as anticonvulsants in Amerindian And African Traditional Medicine. *Fitoterapia*. 53 : 147-162

2. Panthong A., Kanjanapothi D. and Taylor W.C. 1986. Ethnobotanical Review of Medicinal Plants from Thai Traditional Books, Part 1: Plants With Antinflammatory, Anti-asthmatic and Antihypertensive Properties. *J Ethnopharmacol* 18 (3): 213-228

**Dysentery**  
Leaves paste along with black pepper and given to the patient orally  
- *Dipali Borah, Sibsagar, Assam*

3. Prajapati N. D., Purohit S.S., Sharma A.K. and Kumar T. 2007. *A handbook of Medicinal Plants*, Jodhpur, Agrobios (India), Section II, Pp 129.

Source : <http://images.google.co.in/images?hl=en&q=centella+asiatica&btnG=Search+Image&gbv=2>

