

PART II

HERBAL PRACTICES & PRODUCTS

This section contains details of herbal preparations used traditionally for various ailments and products based on such traditional knowledge



Uses of *Abrus precatorius* L. (Gulganji)

NIF Database

Use from Karnataka

Gynaecological disorder

Eat two leaves twice a day till the ailment gets cured
- P.D. Walikar, Bagalkot, Karnataka

Uses from other states

Baldness

Apply the seed paste on the scalp along with honey
- Mangilal Purohit, Churu, Rajasthan

Mouth ulcer

Apply the green leaf juice on the ulcers
- Chhitar Lal Gurjar, Sawai Madhopur, Rajasthan

Stomachache

Take the seeds (100g) with ghee or butter for relief
- Kalpana, Trichy, Tamil Nadu

Knee pain

Take the seeds (6g) with milk for 14 days
- Pavan Mehra, Sikar, Rajasthan

Uses in Classical Codified Literature

Dried leaves and roots' powder is given orally in case of eye complaint¹; decoction of young leaves is given orally for cough²; leaf powder is given orally in case of urine problems³; seeds' extract is used in sciatica³. It is one of the ingredients of 'Tranquil'⁴ for reliving stress and anxiety. Ten patents have been found on the applications of *Abrus* as natural sweetener⁵, oral contraceptive⁶, etc.



Source: NIF database

Uses of *Achyranthes aspera* L. (Utranigida)

NIF Database

Uses from Karnataka

Tuberculosis

Take two spoonfuls of leaf juice of *Achyranthes*, *Adhatoda vasica* (L) Nees, *Tinospora cordifolia* (Willd.) Miers ex Hk. f. & Th. (in equal proportion) with a spoonful of honey

- Laxminarayan S. Sastry, Bangalore, Karnataka

Itching

Apply the paste made from plant ash, lime, turmeric powder and cow's urine on the infected part

- K. Lakshmana Shetty, Dakshin Kannada, Karnataka

Uses from other states

Toothache

Make a paste of roots along with three black pepper seeds. Apply it on the aching tooth

- Susanta Kumar Manjhi, Birbhum, West Bengal

Piles

Apply the plant paste topically

- Satyen Chatterjee, Murshidabad, West Bengal

Toothache

Brush teeth with freshly plucked roots

- Bhagvat Prasad Yadav, Nawada, Bihar

Asthma

Take the ash of dried branches orally

- Chandrasingh Chaudhary, Nandurbar, Maharashtra

Itching

Take the root powder (5g) orally with water twice a day for seven days

- Indira Kumari, East Champaran, Bihar

Uses in Classical Codified Literature

Dried aerial parts are taken orally in the case of diabetes⁷; powder made from the dried plant is given orally to treat whooping cough⁸; decoction of the plant is used as laxative⁹; decoction of the plant is applied externally on boils and pimples⁹. Product 'Cystone'¹⁰ is made from this plant, which inhibits calculogenesis by reducing stone-forming substances like oxalic acid, calcium hydroxyproline and prevents urinary tract infections. Thirty-five patents have been found on the medicinal applications of *Achyranthes* for curing laryngopharyngitis¹¹, bronchial asthma¹² etc.



Source: <http://www.impgc.com/images/plantPictures/Achyranthes%20aspera.jpg>

Uses of *Adhatoda vasica* (L.) Nees (Sinha parni)

NIF Database

Uses from Karnataka

Asthma

Take the leaf juice orally
- Jyothi Bhatta, Chikmagalur, Karnataka

Cough

Take the leaf juice orally with a little sugar
- Jyothi Bhatta, Chikmagalur, Karnataka

Uses from other states

Asthma

Inhale the smoke of dried leaves
- Susanta Kumar Manjhi, Birbhum, West Bengal

Tuberculosis

Take the leaf juice orally with a little honey
- Mahesh Bijarania, Nagor, Rajasthan

Malaria

Take the leaf decoction orally with jaggery
- Mahesh Kumar Khangar Purohit, Sirohi, Rajasthan

Constipation

Take the leaf decoction orally with honey
- Pradip Kumar, Bulandshahar, Uttar Pradesh

Uses in Classical Codified Literature

Decoction of the plant is taken orally to cure asthma¹³; leaves (500g) are decocted in 5 litres of water until a dark brown mass is obtained and two spoonfuls are taken with honey thrice a day for 2-4 days to cure fever¹⁴; rheumatic patients should warm the leaves and apply on the body¹⁵. Product 'Menstri Care'¹⁶ prepared from the plant is an effective medicine for women's health problems. 'Diakof'¹⁰ a herbal medicine uses *Adhatoda* along with other plants for treating cough. Ten patents have been found on its medicinal applications mainly for cough¹⁷ and asthma¹⁸.



Source: NIF database



Uses of *Aegle marmelos* (L.) Correa (Bilpatri)

NIF Database

Use from Karnataka

Toothache

Take a spoonful of powder of three leaves each of *Aegle marmelos*, *Azadirachta indica* A. Juss., *Ficus religiosa* L. and clove (5g) and *Trachyspermum ammi* (L.) Sprague ex Turrill. (50g) orally
- A. T. Meharwade, Haveri, Karnataka

Uses from other states

General debility

Take the fruit regularly
- Arun Ghosh, Bankura, West Bengal

Dysentery

Take the leaf powder orally along with a little salt
- Surjit Singh Sardar, Purulia, West Bengal

Nasal bleeding

Apply the leaf paste on the nose
- Puran Chand, Kangra, Himachal Pradesh

Diabetes

Take the root juice (150ml) orally
- Maibum Lolito Meitei, Bishempur, Manipur

Jaundice

Take the leaf or fruit juice orally
- Ngairangbam Santosh Singh, Imphal East, Manipur

Menorrhagia

Take the leaf paste orally
- Rani B. Bhagat, Pune, Maharashtra

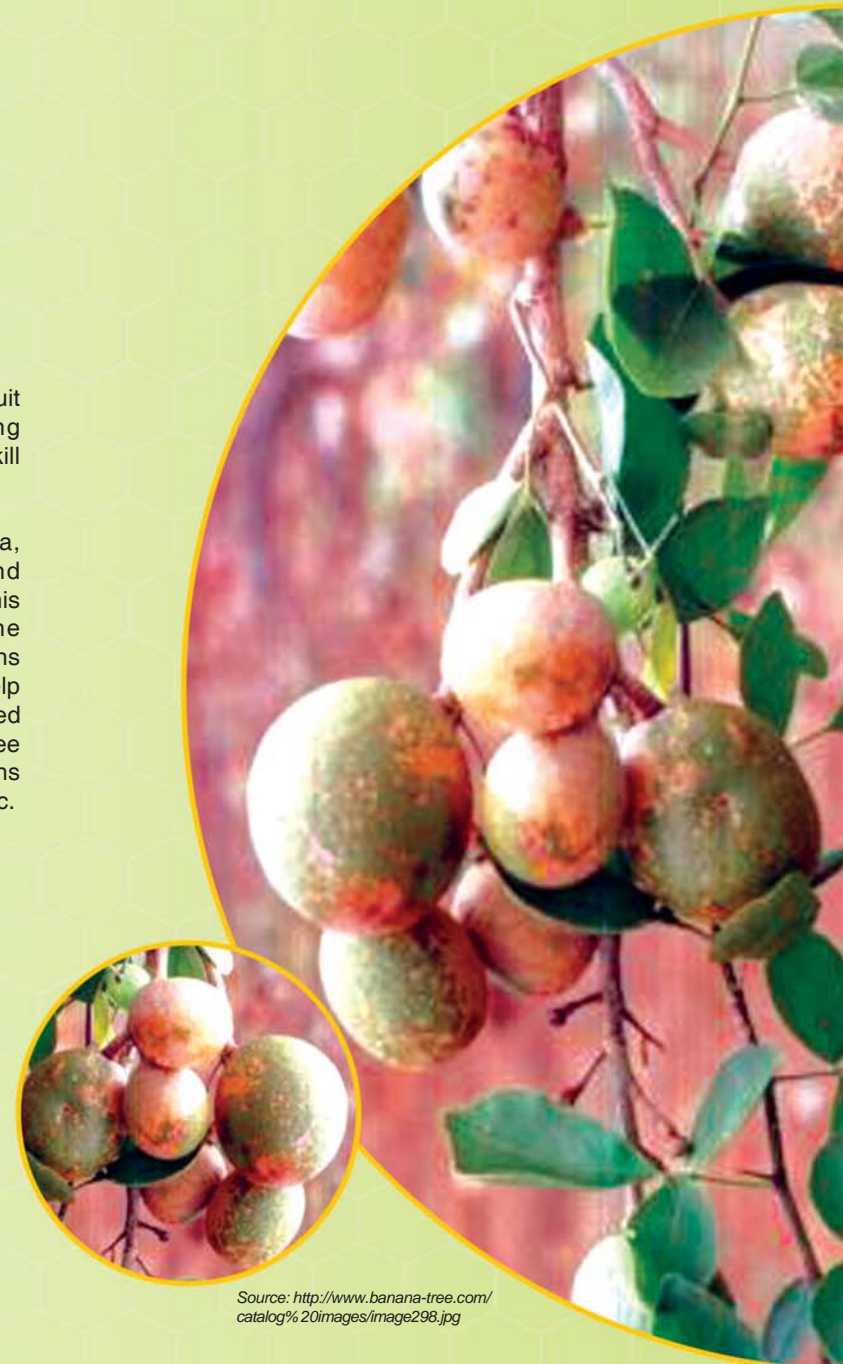
Intestinal worms

Take the green leaf juice orally
- Jagjeet Bahadur, Sitapur, Uttar Pradesh

Uses in Classical Codified Literature

Burnt fruit pulp is used in rheumatic arthritis⁸; 10g fruit pulp is given before sleep to overcome morning sickness¹⁹; fruit rind is applied externally on hair to kill headlice²⁰.

'Bael'¹⁰, prepared from *Aegle* is used in diarrhoea, dysentery and GI disorders. It has digestive and carminative properties. Lukol's¹⁰ tonic is made from this plant along with other plants. It improves uterine circulation, and its antimicrobial and astringent actions on the mucous membrane of the genital system also help control leucorrhoea. 'Bilwa'²¹, a product of *Aegle*, is used as a medicine to cure a number of diseases. Fifty-three patents have been found on the medicinal applications of *Aegle* mainly for curing diabetes²², gastric ulcer²² etc.



Source: <http://www.banana-tree.com/catalog%20images/image298.jpg>

Uses of *Boerhaavia diffusa* L. (Kommegida)

NIF Database

Use from Karnataka

Abscess

Apply the leaf paste on the infected part
- P. D. Walikar, Bagalkot, Karnataka

Uses from other states

Kidney stone

Boil the whole plant (50g) in water (600-700ml) along with three crushed black pepper seeds and one spoon of sugar till the solution reduces to one-third. Filter and take it orally
- Rani B. Bhagat, Pune, Maharashtra

Jaundice

Take the root juice orally
- Rani B. Bhagat, Pune, Maharashtra

Conjunctivitis

Take the root decoction (50g) orally once a day
- Ramnarayan Gameti, Udaipur, Rajasthan

Cough

Cook the leaves of *kommegida* (5g), one small onion, a small piece of ginger and a spoonful of cardamom and consume it orally
- Hasina Khan, Margav, Goa

Uses in Classical Codified Literature

The leaf juice is given with milk to get relief from cataract²⁴; decoction of the plant is given orally to purify blood²⁵; the plant extract is used as diuretic²⁶; decoction of the leaves is applied externally in case of skin infections²⁷. 'Liver-kidney care'²⁸ made from this plant works synergistically on the liver and kidney to heal and prevent infections in both the systems. Fourteen patents have been found on various medicinal applications of *Boerhaavia* for different ailments mainly for liver disorders²⁹, hypertension³⁰ etc.



Source: SRISTI database

Uses of *Butea monosperma* (Lamk.) Taub. (Muttagamara)

NIF Database

Use from Karnataka

Hair lice

Apply the leaf juice on the scalp
- P. D. Walikar, Bagalkot, Karnataka

Uses from other states

Acidity

Tie poultice made from cooked lukewarm flowers over the abdomen
-Madhav Rao Shankar Rao Patil, Jalgaon, Maharashtra

Cuts & wounds

Apply the bark juice topically
- Dinesh Bediya, Ranchi, Jharkhand

Toothache

Apply the resin powder on the affected gums
- Bhomabhai Damor, Banaskantha, Gujarat

Joint pain

Take the resin powder with milk
- Devaram, Sirohi, Rajasthan

Uses in Classical Codified Literature

Bark is used as poultice for pimples³¹; bark juice is given orally to cure intestinal worms³²; dried flower powder is administered orally as diuretic²⁹. 'Lukol'¹⁰ has a stimulatory action on the endometrium and improves uterine circulation. 'Hair Loss Cream'⁴ improves tensile strength of hair and increases hair density. Ten patents have been found on its medicinal uses for bone disorders³³, skin care³⁴ etc.



Source: http://www.plantcreations.com/images/Butea_monosperma_amazing.jpg

Uses of *Calotropis procera* (Ait.) R. Br. (Ekka)

NIF Database

Uses from Karnataka

Stomach disorder

Grind the leaves with turmeric and make tablets. Take one tablet orally till the ailment gets cured
- P. D. Walikar, Bagalkot, Karnataka

Knee pain

Take the leaf juice orally
- Jyothi Bhatta, Chikmagalur, Karnataka

Uses from other states

Ear ache

Put the latex in the ear to cure the pain
- R. C. Chowdhary, Nagor, Rajasthan

Stomachache

Smear mustard oil on a leaf and warm. Apply it over the abdomen for immediate relief
- Chawda Chanduben Jawanji, Gandhinagar, Gujarat

Arthritis

Mix latex with turmeric powder, boil it with sesame oil and then apply this paste on the aching joint
- Sanjay Singh Uplana, Nagda, Madhya Pradesh

Skin disease

Apply the bark paste on the infected part
- Muralilal, Jaipur, Rajasthan

Uses in Classical Codified Literature

Plant extract is used as bronchodilator³⁵; flower buds of *Calotropis*, along with black pepper seeds and salt, are crushed to make pills the size of small peas. Two pills are taken twice daily for 3 days to cure malaria³⁶; warmed leaves, smeared with oil, are applied on the aching part to alleviate rheumatic pain³⁷. 'Muscle & Joint Rub'¹⁰ is a highly effective ointment for backaches, muscular sprains and joint pains. 'Arkavaleha'³⁸, made from this plant, is given to cure irritation of the stomach, nausea, vomiting, diarrhoea etc. Eight patents were found on the medicinal uses mainly for anti-tumor and antidotal activity³⁹ and bronchial asthma¹².



Source: SRISTI Database

Uses of *Holarrhena antidysenterica* Wall. (Korchi)

NIF Database

Use from Karnataka

Tumor

Grind the bark (5g) along with a spoon of cumin and a cup of buttermilk, filter the solution and take it orally
- N. S. Narayanmurthy, Shimoga, Karnataka

Uses from other states

Liver disorder

Take the decoction of the bark orally
- Priyanka Pramanik, Purulia, West Bengal

Diarrhoea/dysentery

Take the bark juice orally
- Ambika Singh Sardar, Purulia, West Bengal

Intestinal worms

Take the leaf juice orally to kill worms
- Ambika Singh Sardar, Purulia, West Bengal

Bodyache

Grind the bark in water. Take some quantity orally and apply the rest on the body
- Devaram, Sirohi, Rajasthan

Malaria

Grind equal amount of leaves of *korchi* and *Cyperus rotundus* L. into a fine powder. Take one spoonful orally to combat the disease
- Chandan Kumar, East Champaran, Bihar

Dysentery

Take the bark paste (10g) along with a spoonful of honey
- Kundan Kumar, East Champaran, Bihar

Anaemia

Take the bark paste along with a little salt orally
- Robert L. Hnamte, Aizawl, Mizoram

Uses in Classical Codified Literature

Dried bark powder is given orally to cure stomachache⁴⁰; seeds are ground into a powder, 5-10g of the powder is given with water as an antidote and a paste of the seeds is also applied locally to relieve pain and swelling on poisonous bites⁴¹. 'Diarex vet'¹⁰ is used for diarrhoea in cattle. 'Kutajarista and Kutajavaleha'³⁸ are the most popular preparations used in diarrhoea, dysentery, colitis and bleeding problems. Thirteen patents have been found on its medicinal applications mainly for gastrointestinal disorders⁴².



Source: <http://www.motherherbs.com/pcat-gifs/products-small/kudsappalai.jpeg>

Uses of *Strychnos nux-vomica* L. (Kanjira)

NIF Database

Use from Karnataka

Herpes

Grind the seeds of *kanjira*, roots of *Jatropha curcas* L. and resin of *Acacia catechu* Willd. along with ghee and make a paste. Apply the paste on the infected part
- K. K. Avadhani, Uttara Kannada, Karnataka

Uses from other states

Diabetes

Take a spoonful of dried plant powder orally with water
- Patel Singh, Hissar, Haryana

Eczema

Boil the plant in the oil of *Calophyllum inophyllum* L. Filter the solution and apply on the infected part
- P. Gopalkrishnan Nair, Thiruvananthapuram, Kerala

Rheumatism

Grind vine of *Aristolochia indica* L. (10g) and mustard seeds (5g), and mix with bark juice (210ml). Apply this mixture on the aching joints
- Murugesan, Tirunelveli, Tamil Nadu

Veterinary practice

Bloat

Mix the juice of tender leaves and fruits of bitter cucumber with buttermilk and take it orally
- Jevayaben, Dang, Gujarat

Uses in Classical Codified Literature

The roots are used to cure fever³; dried seeds of the plant are used for treating indigestion⁴³; the root bark is ground with turmeric and applied externally on dropsy³; the stem bark is roasted on fire, powdered and made into a paste with ghee and is applied externally on cuts and wounds⁴⁴. *Nux-vomica* is a common homeopathic remedy for indigestion, vomiting, diarrhoea, cramps, constipation, colds, and headache⁴⁵. Twenty-one patents have been found on the medicinal uses of *Strychnos* for joint pain⁴⁶ and viral diseases⁴⁷.



Source: http://www.horizonherbs.com/images/products/Strychnos_nux_vomica.jpg

Uses of *Vitex negundo* L. (Lakkagida)

NIF Database

Uses from Karnataka

Ulcer

Take the leaf juice orally
- P. D. Walikar, Bagalkot, Karnataka

Skin disease

Apply the paste of leaves, bark and cow's urine on the infected part
- K. Lakshmana Shetty, Dakshin Kannada, Karnataka

Uses from other states

Rheumatism

Put some lukewarm leaves on the aching joints
- Naganath Durga Chogule, Sholapur, Maharashtra

Ear pain

Boil the leaves in mustard oil, filter and use as an ear drop
- Bhagat Ram, Kangra, Himachal Pradesh

Stomachache

Mix the leaf powders of *Vitex negundo*, *Cocculus hirsutus* (L.) Diels. and *Bombax ceiba* L. in equal proportion and consume orally
- Yusuf Khan, East Champaran, Bihar

Muscular pain

Apply some lukewarm leaves smeared with mustard oil on the affected part
- Savita Kumari, Gopalganj, Bihar

Veterinary practice

Wound

Apply the leaf paste topically
- Nageshwari Devi, Hazaribag, Jharkhand

Uses in Classical Codified Literature

Smoke of the leaves is inhaled to get rid of cough⁸; in case of diarrhoea flowers are used⁴⁸; extract of the plant is taken as a diuretic⁹. 'Muscle & joint rub'¹⁰ is a highly effective medicine for backache, muscular sprain and joint pain. 'Dental Cream'¹⁰ is specially formulated toothpaste that tightens and reduces swelling of gums, stops gum bleeding, prevents toothache, decay and controls bad breath. 'Atharva Nirgundi Siddha Tail'⁴⁹ is useful in arthritis, joint pain, relieves oedema. Thirty-five patents have been found on its medicinal applications like for rheumatic arthritis⁵⁰.



Source: SRISTI Database

Herbal Formulations for Healthy Crops~

SRISTI SHASTRA

Arkhiben Vankar, Ranabhai Kamaliya, Banidan Gadhvi, Gemal Rana, Rajnikant Patel, Ahmadbhai Kadivala, Gujarat.

It flourishes the growth of the plant by increasing flowering as well as fruiting besides overall vegetative growth, without being harmful to nature as well as human beings. It also helps in controlling sucking pests like white fly, heliothis, aphid etc.

SRISTI KRUSHAK

Popatbhai Rupabhai Jambucha, Gujarat

It is an excellent remedy for leaf curl disease, which not only controls the disease but simultaneously increases the vigor of the plants by increasing its overall growth.

SRISTI SURAKSHA

Community Knowledge, Gujarat

It is a very efficient treatment for termite and acts as a vitaliser to the affected crops. To control termites the herbal formulation is mixed with sand and is spread in the field, some times it is released in field with the flow of irrigation water. In some cases it is also drenched in the affected part of the plant as well as sprayed on the vegetation to repel termites.

SRISTI PRAYAS

Community Knowledge, Gujarat

It is a highly effective formulation to act as a herbal growth promoter, which also stops shedding of flowers as well as increases the overall growth of the plant. This formulation strengthens the plants internally and enables them to withstand extreme weather conditions.

SRISTI SHAKTI

Community Knowledge, Gujarat

A herbal growth promoter, which helps in production of excellent quality organic food grain. Constant use of this formulation not only increases the yield but also reduces the toxic contamination in our food and environment.



Herbal Formulations for Livestocks and Poultry~

Coccicure

Sudakarbhai K. Gaudi & Jeevalbhai M. Gaudi, Dang, Gujarat

It is a unique herbal medication for prevention and curing of Coccidiosis (*Eimeria* sp infections) in Poultry. The primary function of the medication is to reduce the oocytes maturation and affects the life cycle of various *Eimeria* species.

Poultmax

Community knowledge, Valsad, Dang, Gujarat

It is a unique herbal medication for promoting immunity in poultry. It cures symptoms like greenish diarrhoea, conjunctivitis, nasal sputum, drop in egg production and respiratory distress in poultry. About 30g/100 birds for 0-4 weeks & 60g/100 birds for 4-8 weeks may be administered for seven days in stress or for three days before & three days after expected stress.

Mastiherb

Ukhardiyabhai S. Raot, Dang, Gujarat

Mastiherb is a unique intramammary herbal medication for curing mastitis in animals. Clinical trials indicated efficacy of the medication over subclinical mastitis; clinical mastitis & chronic mastitis. It was also validated in case of mastitis due to *Staphylococcus aureus*. The dose rate was found to be single intra mammary infusion for minimum three days after adequate standardization.



~These formulations are based on traditional knowledge of farmers and developed by Sadbhav-SRISTI Sanshodhan Laboratory (www.sristi.org). These products are licensed to Matrix Biosciences Pvt. Ltd, Hyderabad, Andhra Pradesh. The benefits are shared with the knowledge providers, communities, nature, those who add value and other stakeholders in the knowledge and value chain.

