

## 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 *Achyranthes aspera* L. (Apamarg)

### NIF Database

#### Uses from Maharashtra

##### Toothache

Roots of apamarg, leaves of neem and rhizome of ginger are ground together, juice is extracted from them, which is administered orally  
- Tejas Gupte, Mumbai, Maharashtra

##### Asthma

Dried branches are burnt into ash, which is taken orally  
- Chandrasingh Chaudhary, Nandurbar, Maharashtra

#### Uses from other states

##### Toothache

Teeth are brushed with freshly plucked roots  
- Bhagvat Prasad Yadav, Nawada, Bihar

##### Itching

Powdered root (5g) is taken orally with water twice a day for seven days  
- Indira Kumari, East Champaran, Bihar

##### Fever

Roots (5g) are ground with half black pepper into a fine powder, which are administered orally  
- Rajkishor Prasad, Sheohar, Bihar

##### Hemorrhoids

Dried roots are ground into a fine powder; one spoon of this taken empty stomach till cured  
- Vishwanath Mahato, East Champaran, Bihar

##### Headache

Tablets (of about 5g) are prepared from the pounded roots; one tablet is taken in the morning with water for three days  
- Jagjit Bahadur, Sitapur, Uttar Pradesh

##### Poisonous bites

Root paste is applied on the spot of bite and also administered orally  
- Jagjit Bahadur, Sitapur, Uttar Pradesh

##### Abscess

Root paste is applied on the abscess  
- Ravi Uraav, Hazaribag, Jharkhand

##### Veterinary practice

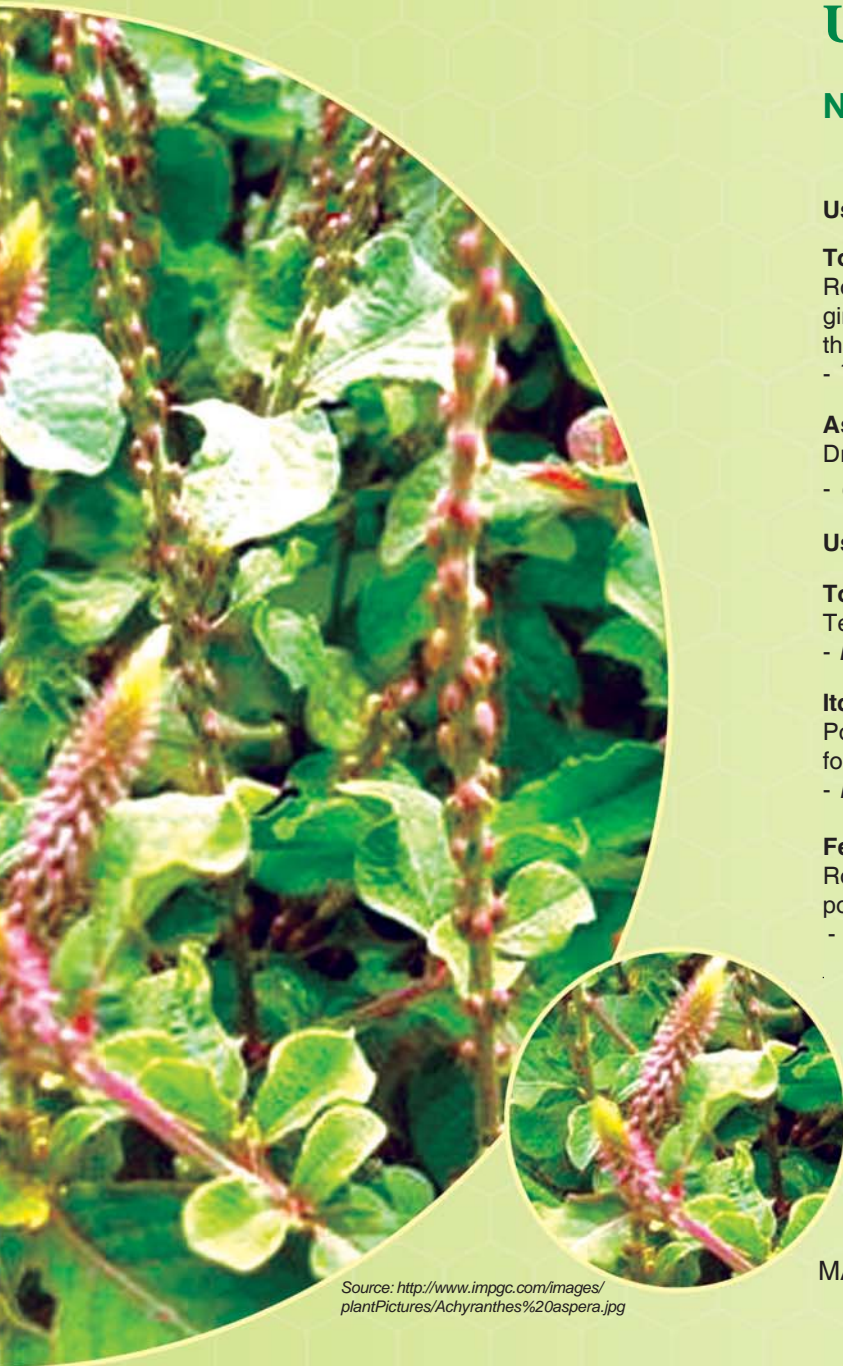
##### Topical inflammation

Plant paste is applied externally on topical inflammation  
- Sheikh Hifazat Hussain, East Champaran, Bihar

### Uses in Classical Codified Literature

Dried aerial parts are taken orally in case of diabetes<sup>1</sup>; powder made from the dried plant is given orally to treat whooping cough<sup>2</sup>; decoction of the plant is used as laxative<sup>3</sup>; decoction of the plant is applied externally on boils and pimples<sup>3</sup>.

Product 'Cystone'<sup>4</sup> 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 granted on the medicinal applications of *Achyranthes* for curing laryngopharyngitis<sup>5</sup>, bronchial asthma<sup>6</sup> etc.



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



## Uses of *Aegle marmelos* (L.) Corr. (Bel)

### NIF Database

#### Uses from Maharashtra

##### Diarrhoea

Eating of fruit pulp is helpful

- Ramdas Ghanshyamdas Patel, Nasik, Maharashtra

##### Menorrhagia

Leaves' paste is administered orally to control the disorder

- Rani B. Bhagat, Pune, Maharashtra

#### Uses from other states

##### Fever

Leaves of bel and chirayata (*Andrographis paniculata* (Burm.f.) Wall.ex Nees) 250g each are boiled in a litre of water to obtain a decoction of 250g. 100g decoction is given to the patient twice a day for seven days

- Sindhoo Kumari, Gopalganj, Bihar

##### Jaundice

Freshly plucked green leaves are soaked in a glass of water. This water is taken empty stomach 2-3 times a day till cured

- Akhilesh Kumar Yadav, East Champaran, Bihar

##### Diabetes

Equal quantity of leaves of bel and fruits of Indian gooseberry are taken and juice is extracted. A teaspoon of the juice given to combat the disease

- Vinita Kumari, Sitamarhi, Bihar

##### Eye diseases

Juice is extracted from the green leaves and two drops are put in the eye

- Kumari Nigar Pravin, Hazaribag, Jharkhand

##### Sunstroke

Juice extracted from the fresh leaves is taken orally

- Vijaya Bharati, Hazaribag, Jharkhand

##### Intestinal worms

Juice extracted from the green leaves is taken orally

- Jagjeet Bahadur, Sitapur, Uttar Pradesh

##### Diarrhoea

Pulp of the ripen fruit is taken

- Jagjeet Bahadur, Sitapur, Uttar Pradesh

##### Veterinary practice

##### Abdominal pain

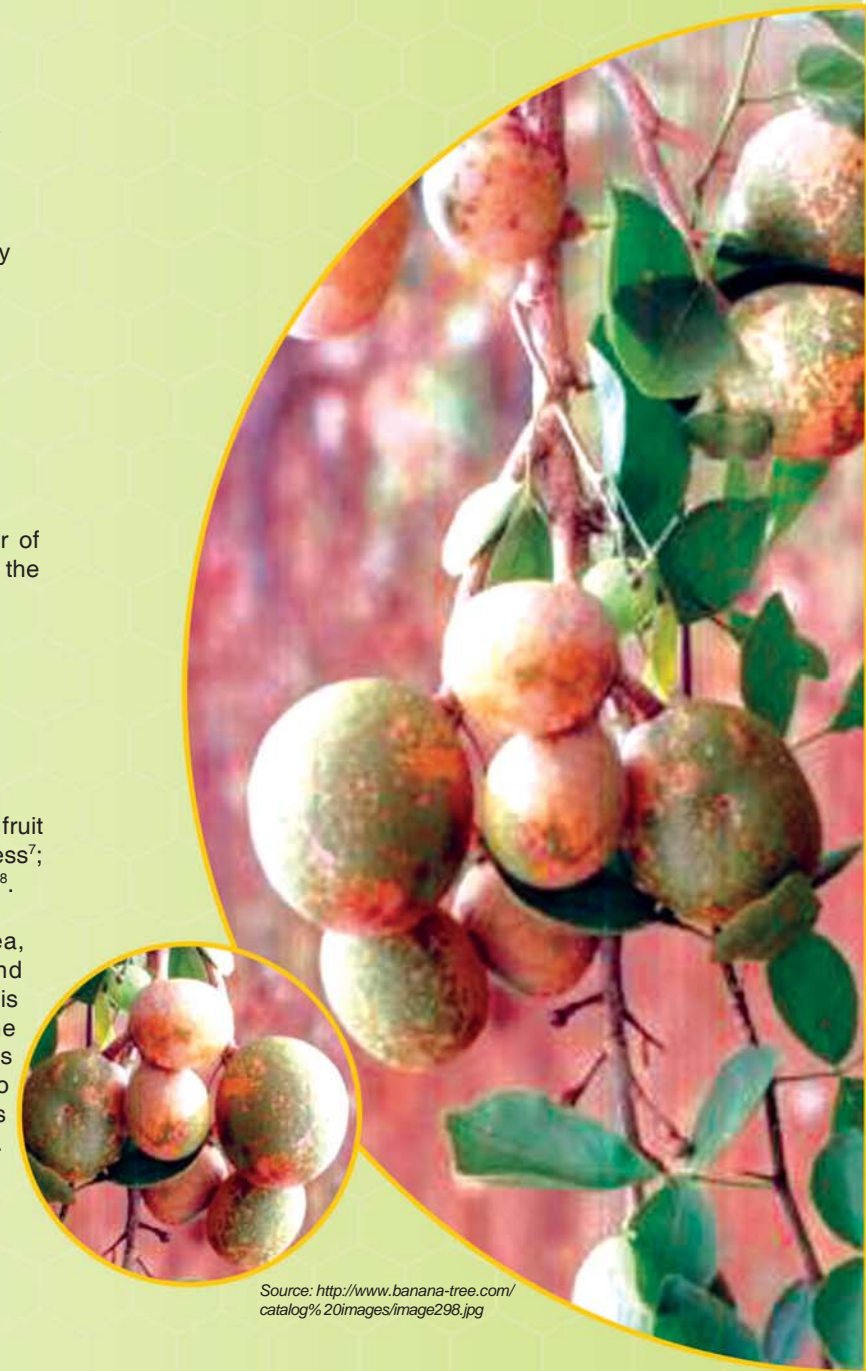
Leaves of *Aegle* and *Euphorbia neriifolia* L., flower of *Tagetes erecta* L., are mixed with fodder and fed to the animal

- Dipendra Kumar, East Champaran, Bihar

### Uses in Classical Codified Literature

Burnt fruit pulp is applied for rheumatic arthritis<sup>2</sup>; 10g fruit pulp is given before sleep to overcome morning sickness<sup>7</sup>; fruit rind is applied externally on hair to kill headlice<sup>8</sup>.

'Bael'<sup>4</sup>, prepared from *Aegle* is used in diarrhoea, dysentery and GI disorders. It has digestive and carminative properties. Lukol's<sup>4</sup> 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'<sup>9</sup>, a product of *Aegle* is used as a medicine to cure a number of diseases. Fifty-three patents have been granted on the medicinal applications of *Aegle* for curing diabetes<sup>10</sup>, gastric ulcer<sup>11</sup> etc.



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

## Uses of *Boerhaavia diffusa* L. (Punarnava)

### NIF Database

#### Uses from Maharashtra

##### Kidney stone

Whole plant (50g) is boiled in about 600 to 700ml water along with three crushed black pepper seeds and one spoon of sugar till the solution remains one-third, which is then given orally

- Rani B. Bhagat, Pune, Maharashtra

##### Jaundice

Juice extracted from the roots is administered orally

- Rani B. Bhagat, Pune, Maharashtra

#### Uses from other states

##### Jaundice

Juice extracted from the plant is given orally for three days consecutively

- Jagnarayan Singh, Gopalganj, Bihar

##### Kidney stone

Roots are boiled with the milk and the milk is taken

- Monika Kumari, Sitamarhi, Bihar

##### Stomach disorder

Juice extracted from the plant is mixed with equal amount of cow's urine. Two spoons of the mixture is taken

- Monika Kumari, Sitamarhi, Bihar

##### Headache

Leaves are ground into fine paste and applied on the forehead

- Sukumar Nath, North Tripura, Tripura

##### Conjunctivitis

Decoction of the root (50g) is given once a day

- Ramnarayan Gameti, Udaipur, Rajasthan

##### Cough

Leaves of punarnava (5g), one small onion, a small piece of ginger and a spoonful of cardamom are cooked well and eaten

- Hasina Khan, Margav, Goa

### Uses in Classical Codified Literature

Juice extracted from the leaves is given with milk to get relief from cataract<sup>12</sup>; decoction of the plant is given orally to purify blood<sup>13</sup>; the plant extract is used as diuretic<sup>14</sup>; decoction of the leaves is applied externally in case of any skin infections<sup>15</sup>.

'Liver-kidney care'<sup>16</sup> made from this plant works synergistically on the liver and kidney to heal and prevents infections in both systems. Fourteen patents were granted for various medicinal applications of *Boerhaavia* for different ailments like liver disorders<sup>17</sup>, hypertension<sup>18</sup> etc.



Source: SRISTI database



## Uses of *Butea monosperma* (Lamk.) Taub. (Palash)

### NIF Database

#### Uses from Maharashtra

##### Acidity

Poultice made from cooked lukewarm flowers is tied on stomach

-Madhav Rao Shankar Rao Patil, Jalgaon, Maharashtra

##### Skin diseases

Young pods levigated with cow urine are topically applied

-Madhav Rao Shankar Rao Patil, Jalgaon, Maharashtra

#### Uses from other states

##### Cuts & wounds

Juice extracted from bark is applied

- Dinesh Bediya, Ranchi, Jharkhand

##### Intestinal worms

Seeds (3-4) are ground in water and given orally

- Sitaram Bediya, Hazaribag, Jharkhand

##### Toothache

Resin powder is filled in damaged gums

- Bhomabhai Damor, Banaskantha, Gujarat

##### Acidity

Resin (2g) is taken with cold water

- Pritam Chand, Kangra, Himachal Pradesh

##### Dysentery

Resin (25g) is administered orally

- Thavriben Kateria, Banaskantha, Gujarat

##### Joint pain

Powdered resin is taken with milk

- Devaram, Sirohi, Rajasthan

### Uses in Classical Codified Literature

Bark is used as poultice for pimples<sup>19</sup>; bark juice is given orally to get rid of intestinal worms<sup>20</sup>; dried flower powder is administered orally as diuretic<sup>17</sup>.

'Lukol<sup>4</sup>' has a stimulatory action on the endometrium and improves uterine circulation. 'Hair Loss Cream<sup>4</sup>' improves tensile strength of hair and increases hair density. Ten patents were granted for its medicinal uses for bone disorders<sup>21</sup>, skin care<sup>22</sup> etc.



## Uses of *Datura metel* L. (Dhatura)

### NIF Database

#### Use from Maharashtra

##### Stomachache

Juice extracted from leaves massaged on belly gives immediate relief

- Bhagat Mahadev Gangadhar Rao, Beed, Maharashtra

#### Uses from other states

##### Alopecia

Juice of the leaves is extracted, smeared on the head and left for 30 minutes

- Bansi Ghosal, West Midnapur, West Bengal

##### Headache

Seeds are chewed and spat for instant relief

- Ganesh Das, Sirohi, Rajasthan

##### Asthma

A seed soaked in water is taken orally initially, gradually a seed is increased every week for five weeks

- Rani Farhat, Hazaribag, Jharkhand

##### Cough

Juice from the roasted leaves is extracted; two spoonful of the juice mixed with a spoon of ghee is taken

- Mohani Kumari, Lakhisaray, Bihar

##### Stomachache

Warm leaves are put on the belly

- Anil Kumar Mahato, Hazaribag, Jharkhand

##### Diarrhoea

Seeds are ground in water, which is then filtered and administered orally

- Ajit Singh Rathod, Nagor, Rajasthan

##### Backache

Roots (20g) are boiled in mustard oil (250g), filtered and the oil is massaged

- Ramji Chink Badaik, Gumla, Jharkhand

##### Arthritis

Paste of the leaves is applied on the aching part

- Divakar Pathak, Lohardaga, Jharkhand

##### Eczema

A fruit is roasted and ground to make a fine powder, sesame oil (250g) and milk is added to make a paste.

The paste is applied on the infected part

- Vikas Kumar, Nawada, Bihar

### Uses in Classical Codified Literature

One fruit is filled with 10g *Piper longum* L. and burnt. About 5g of this ash is given with honey, morning and evening, for 5 days to cure malaria<sup>23</sup>; the thumb is kept inserted within the fruit to treat finger felon<sup>24</sup>; root paste is applied externally on poisonous bites<sup>25</sup>.

'Muscles & joint rub'<sup>4</sup>, is a highly effective medicine for backaches, muscular sprains and joint pains made from the plant. 'Unicough syrup'<sup>26</sup> is used to cure bronchitis, cough/cold and asthma.



Source: www.jungleseeds.com/images/DaturaBS.jpg  
& www.steve.gb.com/images/plants/datura\_metel\_%5Bflower%5D.jpg



## Uses of *Eclipta alba* (L.) Hassk. (Bhangra)

### NIF Database

#### Uses from Maharashtra

##### Headache

Juice extracted from leaves is taken orally to get rid from pain

- Rani B. Bhagat, Pune, Maharashtra

##### Hair care

Shoot paste is applied on hair to strengthen the hair

- Rani B. Bhagat, Pune, Maharashtra

##### Cuts & wounds

Shoot paste is applied on the injured body part

- Rani B. Bhagat, Pune, Maharashtra

#### Uses from other states

##### Greying of hair

Handful of leaves are ground, mixed with mustard oil (50g) and applied on head

- Supriya Kumari, Lakhisaray, Bihar

##### Earache

1-2 drops of the juice extracted from fresh leaves are put in the ear

- Dipak Kumar Tiwari, Gopalganj, Bihar

##### Mouth sores

Fresh leaves are chewed for immediate relief

- Sanjay Singh Uplana, Nagda, Madhya Pradesh

##### Cough

Juice is extracted from the pounded leaves and honey is added. 1-2 drops of this mixture is given 3 times a day

- Sanjay Singh Uplana, Nagda, Madhya Pradesh

##### Jaundice

Juice is extracted from the plant and three spoonfuls are given orally along with sugar candy (50g) twice a day till cured

- Raghuvansh Prasad Singh, Munger, Bihar

##### Bodyache

Juice extracted from the leaves is applied

- Vijay Gupta, Mujjafarpur, Uttar Pradesh

### Uses in Classical Codified Literature

Powder of dried aerial parts is used for asthma<sup>27</sup>; buds ground in sesame oil are applied to the forehead to get rid from headache<sup>28</sup>; plant is applied on ringworm lesions<sup>29</sup>.

'Bhringraja'<sup>30</sup> is used as a liver tonic and for various chronic skin diseases. 'Eclipta tincture'<sup>31</sup>, a highly effective medicine of liver ailments such as cirrhosis and infective hepatitis and other conditions involving hepatic enlargement. Thirteen patents have been found on its medicinal applications mainly for liver disorders<sup>32</sup> and in hair care<sup>33</sup>.



Source: [http://www.missouriplants.com/Whiteopp/Eclipta\\_alba\\_plant.jpg](http://www.missouriplants.com/Whiteopp/Eclipta_alba_plant.jpg)

## Uses of *Jatropha curcas* L. (Ratanjyot)

### NIF Database

#### Uses from Maharashtra

##### Tumor

Leaves are warmed after smearing with oil and tied on the tumor

- Madhav Shankar Rao Patil, Jalgaon, Maharashtra

##### Skin disease

Paste made from the leaves is applied topically

- Madhav Shankar Rao Patil, Jalgaon, Maharashtra

##### Thorn pain

Latex of the plant is applied on the affected part

- Madhav Shankar Rao Patil, Jalgaon, Maharashtra

#### Uses from other states

##### Eczema

*Jatropha* oil (60 g) and bee wax (30 g) is heated at 60° C and borax (1 g) is added in water (10 ml); both are mixed together and stirred slowly on simmer flame. The resultant ointment is applied on the infected area

- Raghbir Agarwal, Hissar, Haryana

##### Agnail

Latex is applied on the infected part

- Atilik Baruah, Sibsagar, Assam

##### Jaundice

Juices extracted from leaves and bark is mixed with jaggery. One tea-spoonful of this mixture is given

- Dimbeswar Gogoi, Sibsagar, Assam

##### Veterinary practice

##### Foot & mouth disease

Seeds are ground with latex of *Calotropis gigantea* R.Br. and edible oil in small amount. The paste obtained is applied topically

- Gandubhai, Dang, Gujarat

### Uses in Classical Codified Literature

Bark powder is taken orally with water to get cured from pyorrhea<sup>34</sup>; the leaves are useful in ulcer<sup>35</sup>; young branches are warmed in fire and tied on the aching joint<sup>36</sup>; latex is applied on the burnt part<sup>37</sup>.

'*Jatropha* tincture'<sup>38</sup> is used as disinfectant, antiparasitic and anticoagulant. Thirteen patents have been found mainly on medicinal uses such as cuts, burns and wounds<sup>39</sup>



Source: NIF Database



## Uses of *Nyctanthes arbor-tristis* L. (Harshingar)

### NIF Database

#### Uses from Maharashtra

##### Hair fall

Seeds are crushed in water and the paste is applied on hair scalp  
- Rani B. Bhagat, Pune, Maharashtra

##### Fever

Leaves (6-7), along with ginger, are crushed to extract juice, which is given to drink thrice a day  
- Rani B. Bhagat, Pune, Maharashtra

##### Intestinal worms

Oral intake of leaves' juice kills the worms  
- Rani B. Bhagat, Pune, Maharashtra

#### Uses from other states

##### Cough/cold

Paste is prepared using three leaves and black pepper and is taken orally with water  
- Ashok Kumar Yadav, East Champaran, Bihar

##### Intermittent fever

Two leaves of harshingar, neem, three black pepper and four leaves of tulsii are ground in half litre of water and boiled till half a cup of residue remains. This is cooled and given orally  
- Arjun Singh, Bharatpur, Rajasthan

##### Diabetes

Decoction of the leaves is taken orally for 40 days  
- Shama Pravin, Gopalganj, Bihar

##### Wound

Topical application of leaves' paste gives relief  
- Ranjeet Kumar, Sheohar, Bihar

##### Pain

Fresh leaf paste is applied on the fractured part to alleviate pain  
- Ramsharan Dhruv, Dhamtari, Chhattisgarh

### Uses in Classical Codified Literature

Dried fruits are used orally to get relief from cough<sup>40</sup>; decoction of dried flower is given with jaggery as an anti-fertility agent in females<sup>41</sup>; leaf juice is applied externally on ringworm and other skin diseases<sup>41</sup>.

'Lupin'<sup>42</sup>, is a medicine used for pain and inflammation associated with musculoskeletal and joint disorders. Six patents have been found on its medicinal uses such as Leishmaniasis<sup>43</sup> and also for its natural property as a dye<sup>44</sup>.



Source: <http://prathom.swu.ac.th/panmai/pic/7-10110-002-110.JPG>

## Uses of *Phyllanthus emblica* L. (Amla)

### NIF Database

#### Use from Maharashtra

##### Poisonous bite

About 3-4 root pieces along with a leaf of *Areca catechu* L. are chewed to get relief from the effect of poisonous bites

- Anna Gangavarn, Osmanabad, Maharashtra

#### Uses from other states

##### Cough/cold

Powder is prepared from fruits (4) and *Glycyrrhiza glabra* L. (10g). 5g of this powder is taken with a glass of water

- Ved Prakash, Faridabad, Haryana

##### General health

Seeds are ground into fine powder and cooked with ghee and sugar and small ladoos prepared from it, which are eaten

- Dharamveer, Yamunanagar, Haryana

##### Diabetes

Dry fruits and seeds of *Syzygium cumini* (L.) Skeels are ground to make fine paste. Pellets are prepared from paste. This pellet is to be taken orally

- Prakash Kumar Mali, Sirohi, Rajasthan

##### Jaundice

Equal amounts of amla fruit, ginger, black pepper and turmeric are ground into fine powder. One teaspoonful of this powder is given with honey

- Nagarmal Bagaria, Nagor, Rajasthan

##### Wounds

Pounded leaves are applied on wounds

- Sevaram Bhaskar, Dhamtari, Chhattisgarh

#### Veterinary practice

##### Swelling of throat

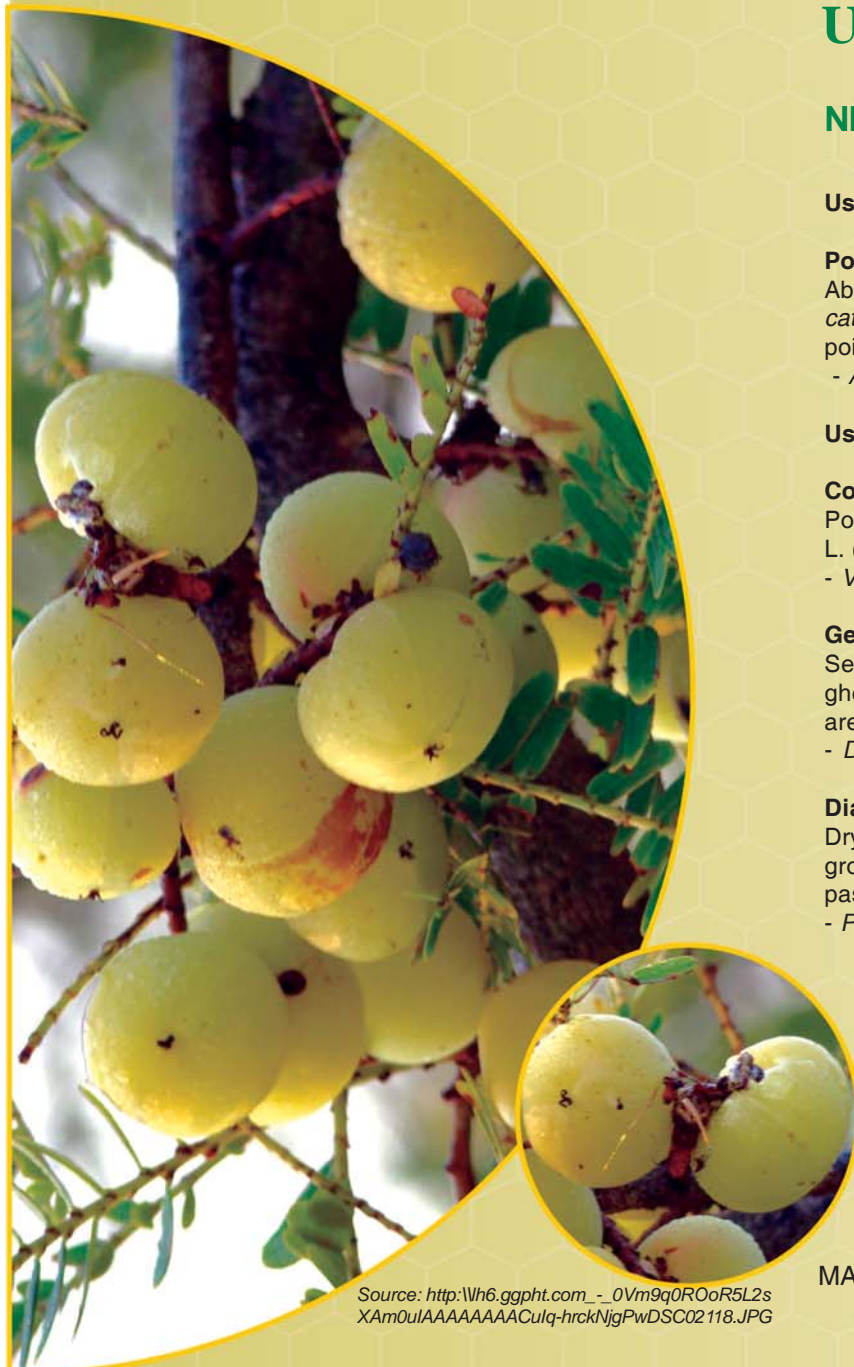
Equal amounts of fruits of amla and bark of *Jasminum sambac* (L.) Ait. are ground and given orally with water

- Ramdas, Dang, Gujarat

### Uses in Classical Codified Literature

Pulp (2-3g) is eaten with warm milk to get rid of headache<sup>45</sup>; powder of seeds after mixing with ghee is applied on the head to stop nasal bleeding<sup>2</sup>; fruits are taken orally to reduce acidity<sup>46</sup>; decoction of the fruit is taken to increase blood count<sup>47</sup>.

*Phyllanthus* is one of the main ingredients of well known medicine 'Triphala, Chavanprash and Amla hair oil'<sup>4</sup>. Seventy-six patents have been granted on its medicinal uses such as for diabetes<sup>48</sup>, liver disorders and immune deficiencies<sup>49</sup>.



Source: [http://wh6.ggph.com/\\_-0Vm9q0ROoR5L2sXAm0ulAAAAAACulq-hrckNjgPwDSC02118.JPG](http://wh6.ggph.com/_-0Vm9q0ROoR5L2sXAm0ulAAAAAACulq-hrckNjgPwDSC02118.JPG)



## Uses of *Pongamia pinnata* (L.) Pierre (Karanj)

### NIF Database

#### Use from Maharashtra

##### Hair care

Seed oil is mixed with pounded seeds of *Nyctanthes arbor-tristis* L. and applied on head  
- Rani B. Bhagat, Pune, Maharashtra

#### Uses from other states

##### Toothache

Teeth are brushed with its stem  
- Rahul Kumar Gupta, Hazaribag, Jharkhand

##### Fever

Seeds (10g) and black pepper (2nos.) are ground together, pellets of gram size are prepared and taken orally  
- Devendra Kumar, Hazaribag, Jharkhand

##### Inflammation

Paste of the seeds of karanj (few), ginger (4g) and asafetida (1g) is prepared and administered orally with water  
- Devendra Kumar, Hazaribag, Jharkhand

##### Skin diseases

Seed oil is applied on the infected place  
- Rahul Kumar Gupta, Hazaribag, Jharkhand

##### Asthma

Decoction of leaves of karanj, *Adhatoda vasica* Nees. and roots of *Achyranthes aspera* L., *Solanum xanthocarpum* Schrad. & Wendl. is prepared. Two spoonfuls of the same is taken orally  
- Tolabai Gameti, Udaipur, Rajasthan

##### Wound

Seed oil (100ml), mixed with burnt leaves of *Phyllanthus fraternus* Webst. (250g), is applied on the wound  
- Davalal Gameti, Udaipur, Rajasthan

### Uses in Classical Codified Literature

Dried flower powder is taken orally to reduce blood sugar<sup>50</sup>; juice extracted from green fruits is mixed with mustard oil and applied in case of rheumatic pain<sup>51</sup>; fresh bark extract is administered orally to cure bleeding piles<sup>52</sup>.

'Erina Plus gel'<sup>4</sup> acts as a stimulant, helps in increasing the blood supply to skin. It prevents hair loss and skin disorders. 'Face Treatment Cream'<sup>53</sup> acts as a revitalizer, moisturizer and anti-wrinkle skin cream and also work on dark circles and puffiness around the eyes. Ten patents have been granted on its medicinal applications mainly for hair care<sup>54</sup>, skin diseases<sup>55</sup>.



Source: <http://ichip.ymes.tpc.edu.tw/~cgk001/images/DSCF1817.JPG>



## Uses of *Tinospora cordifolia* (Willd.) Miers ex Hk. f. & Th. (Giloy)

### NIF Database

#### Use from Maharashtra

##### Asthma

Juice is extracted from the leaves and two spoonful are administered orally with honey for 40-42 days  
- Ramabandhu Mahajan, Jalgaon, Maharashtra

#### Uses from other states

##### Migraine

Stem of the plant (250g) is boiled in water along with green gram (250g) and sesame oil (250ml) till half of the decoction remains and then applied on the forehead  
- Stedimon Arackal Paul, Port Blair, Andaman & Nicobar Island

##### Chronic fever

Whole plant (50g) and leaves of *Ocimum sanctum* L. (11) are soaked overnight and pounded together next morning and given to the patient with honey or sugar candy  
- Jagjit Bahadur, Sitapur, Uttar Pradesh

##### Diabetes

Powder of the leaves (¼ spoon) is taken regularly  
- Patel Singh, Hissar, Haryana

##### Jaundice

Juice of the plant and radish is extracted and given orally  
- Jagjit Bahadur, Sitapur, Uttar Pradesh

##### Rheumatism

Plant (25g), dry ginger (5g) and sesame oil (5g) is soaked in water overnight and the next morning the mixture is filtered and administered  
- Jagjit Bahadur, Sitapur, Uttar Pradesh

##### Veterinary practice

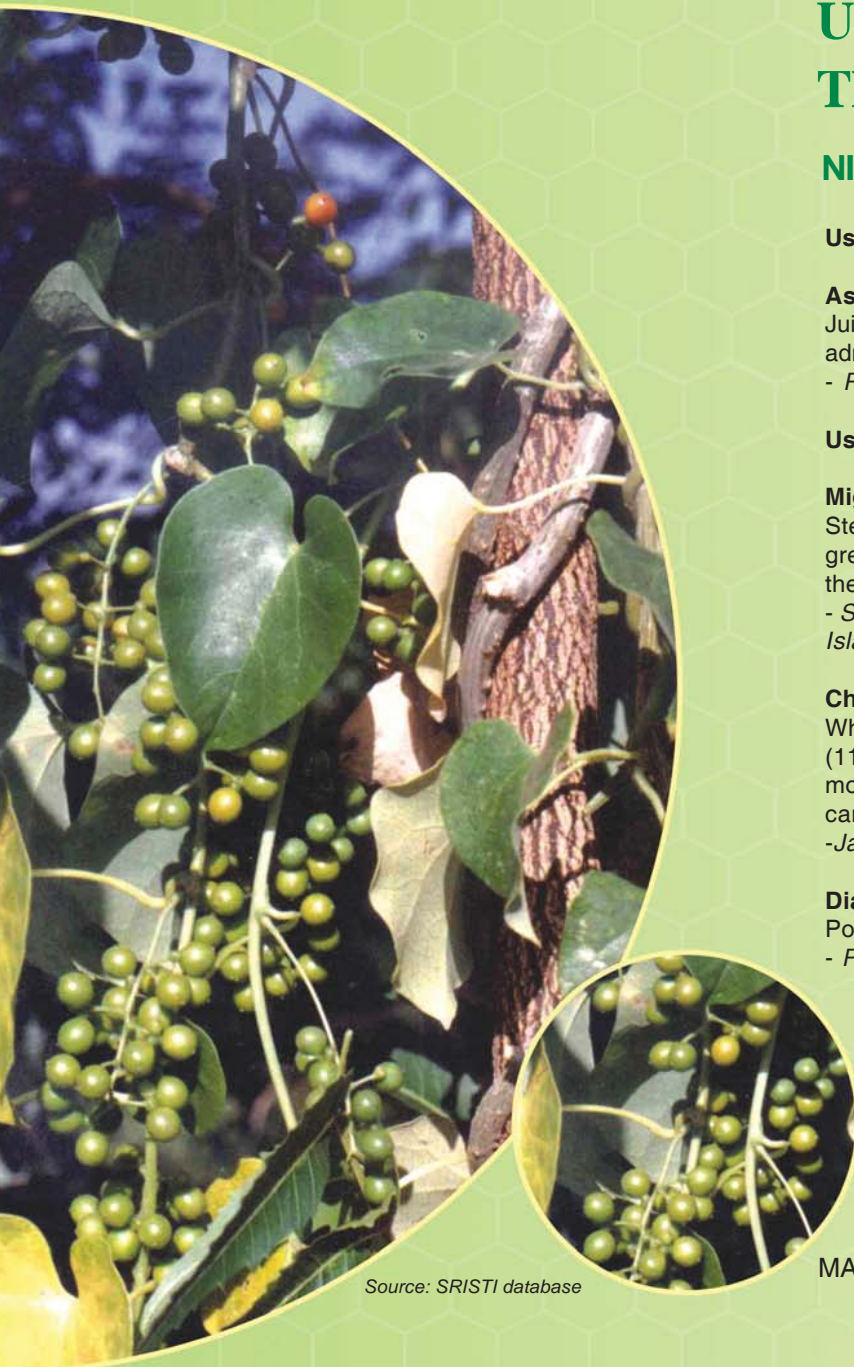
##### Anestrous

Plant along with bark of *Cassia fistula* L. and leaves of *Artocarpus heterophyllus* Lam. is ground and given orally  
- Honnegowda, Bengaluru rural, Karnataka

### Uses in Classical Codified Literature

Powdered roots are taken for mouth ulcer<sup>56</sup>; powdered plant is administered orally with honey to get relief from stomach disorder<sup>57</sup>; the stem is bitter and is used as anthelmintic<sup>35</sup>; decoction of the plant is given orally to cure diarrhoea<sup>58</sup>.

*Tinospora* is a well known medicinal plant and used to cure a number of diseases in combination with other plants with brand names 'Geriforte, Diabecon<sup>4</sup>' etc. More than hundred patents have been found on its medicinal application such as for antiallergic<sup>59</sup>, cancer<sup>60</sup> etc.



Source: SRISTI database



## Uses of *Vitex negundo* L. (Nirgundi)

### NIF Database

#### Uses from Maharashtra

##### Rheumatism

Lukewarm leaves are put on aching joints  
- Naganath Durga Chogule, Sholapur, Maharashtra

##### Lumbago

Juice is extracted from fresh leaves and is massaged on the affected area  
- Shreenand B. Dandekar & Meera Dandekar, Ratnagiri, Maharashtra

#### Uses from other states

##### Ear pain

Leaves are boiled in mustard oil, oil is then filtered and used as an ear drop  
- Bhagat Ram, Kangra, Himachal Pradesh

##### Stomachache

Powdered leaves of *Vitex*, *Cocculus hirsutus* (L.) Diels. and *Bombax ceiba* L. are mixed in equal ratio and given  
- Yusuf Khan, East Champaran, Bihar

##### Ulcer

Half cup juice extracted from the leaves is taken orally  
- P D Walikar, Bagalakat, Karnataka

##### Muscular pain

Leaves are smeared with mustard oil, lukewarmed and applied on the affected part  
- Savita Kumari, Gopalganj, Bihar

##### Skin disease

Small pieces of plant mixed with cow's urine is applied on the affected skin  
- K. Lakshmana Shetty, South Karana, Karnataka

##### Veterinary practice

##### Wound

Leaves' paste is applied topically on wound  
- Nageshwari Devi, Hazaribag, Jharkhand

### Uses in Classical Codified Literature

Leaves' smoke is inhaled to get rid from cough<sup>2</sup>; in case of diarrhoea flowers are used<sup>35</sup>; extract of the plant is taken as a diuretic<sup>2</sup>.

'Muscle & joint rub'<sup>14</sup>, is a highly effective medicine for backache, muscular sprain and joint pain. 'Dental Cream'<sup>14</sup> is a specially formulated toothpaste that tightens and reduces swelling of gums, stops gum bleeding, prevents toothache, decay and controls bad breath. 'Atharva Nirgundi Siddha Tail'<sup>61</sup> is useful in arthritis, joint pain, relieves oedema. Thirty-five patents were found on the medicinal applications like for rheumatic arthritis<sup>62</sup>.



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 being. It also controls 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. Constant use of this formulation not only increases the yield but also reduces the toxic contents in our daily diet.

### 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.

~These formulations are based on traditional knowledge of farmers and developed by Sadbhav-SRISTI Sanshodhan Laboratory. 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.





## 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 poultry immunity. 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 3 days after adequate standardization.



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Glimpses of the 6<sup>th</sup> Shodhyatra