

## 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 *Aegle marmelos* (L.) Correa (Harikhagok)

### NIF Database

#### Uses from Manipur

##### Diabetes

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

##### Jaundice

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

#### Uses from other states

##### Headache

Apply the paste of the roots of harikhagok and the leaves of *Leucas aspera* L.  
- Bhadi Ram Bharali, Guwahati, Assam

##### Eye diseases

Put two drops of the green leaf juice in the eye  
- Kumari Nigar Pravin, Hazaribag, Jharkhand

##### Nasal bleeding

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

##### Intestinal worms

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

##### Diarrhoea

Take the fruit pulp orally  
- Jagjeet Bahadur, Sitapur, Uttar Pradesh

##### Menorrhagia

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

### Uses in Classical Codified Literature

Burnt fruit pulp is used in rheumatic arthritis<sup>1</sup>; 10g fruit pulp is given before sleep to overcome morning sickness<sup>2</sup>; fruit rind is applied externally on hair to kill headlice<sup>3</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>5</sup>, 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 diabetes<sup>6</sup>, gastric ulcer<sup>7</sup> etc.





## Uses of *Centella asiatica* (L.) Urban (Peruk)

### NIF Database

#### Use from Manipur

##### Diarrhoea

Take the whole plant juice with a pinch of salt orally twice a day for one week  
- *Sapam Deben Singh, Bishnupur, Manipur*

#### Uses from other states

##### Memory enhancer

Take the leaf juice orally  
- *Savitri Devi, Kangra, Himachal Pradesh*

##### Toothache

Apply the paste of peruk leaves, onion and banana roots (taken in equal quantity) on the aching tooth  
- *Anil Gogoi, Sibsagar, Assam*

##### Anorexia

Take the leaf juice orally  
- *Gamaliyal Hembrom, Hazaribag, Jharkhand*

##### Stomachache

Eat the fresh leaves to get relief  
- *Krishna Chand, Kangra, Himachal Pradesh*

##### Dysentery

Take the leaf paste along with black pepper orally  
- *Dipali Borah, Sibsagar, Assam*

##### Skin diseases

Apply the leaf paste topically  
- *Savitri Devi, Kangra, Himachal Pradesh*

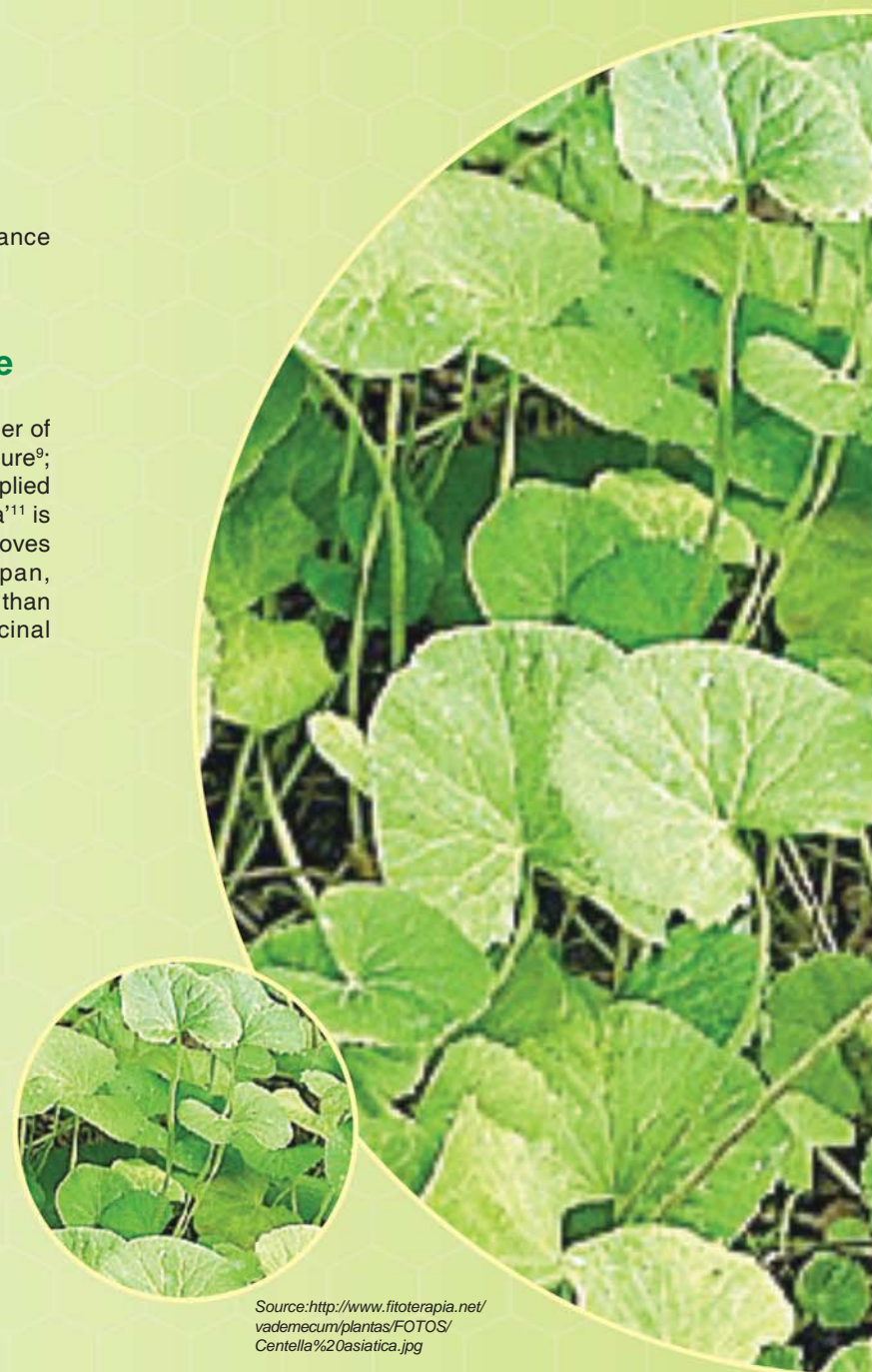
Eat the plant regularly as vegetable  
- *Bablu Bediya, Hazaribag, Jharkhand*

#### Herbal tea

Drink tea made from the plant's leaves to enhance immunity  
- *Jasmit Singh, Hamirpur, Himachal Pradesh*

### Uses in Classical Codified Literature

Juice of aerial parts is used as a brain tonic<sup>8</sup>; powder of aerial portion is taken to control high blood pressure<sup>9</sup>; whole plant is used as diuretic<sup>10</sup>; plant paste is applied as a poultice in case of bone fracture<sup>10</sup>. 'Herbal Tea'<sup>11</sup> is mainly indicated as a health drink. 'Mentat'<sup>14</sup> improves mental functions, mental quotient, memory span, concentration ability and stress threshold. More than three hundred patents were found on its medicinal applications mainly on anti-depressant activity<sup>12</sup>.



Source: <http://www.fitoterapia.net/vademecum/plantas/FOTOS/Centella%20asiatica.jpg>

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

### NIF Database

#### Use from Manipur

##### Piles

Take the leaf juice orally

- *Chingakham Binashaki Devi, Imphal West, Manipur*

#### Uses from other states

##### Jaundice

Take one teaspoon of the mixture of the leaf and bark juice, and jaggery orally

- *Dimbeswar Gogoi, Sibsagar, Assam*

##### Tumor

Tie warm leaves smeared with oil on the tumor

- *Madhav Shankar Rao Patil, Jalgaon, Maharashtra*

##### Skin disease

Apply leaf paste topically

- *Madhav Shankar Rao Patil, Jalgaon, Maharashtra*

##### Thorn pain

Apply latex of the plant on the affected part

- *Madhav Shankar Rao Patil, Jalgaon, Maharashtra*

##### Agnail

Apply latex of the plant on the infected part

- *Atilik Baruah, Sibsagar, Assam*

### Uses in Classical Codified Literature

Bark powder is taken orally with water to get cured from pyorrhea<sup>13</sup>; leaves are useful in ulcer<sup>10</sup>; young branches are warmed in fire and tied on the aching joint<sup>14</sup>; latex is applied at the site of burn<sup>15</sup>. 'Jatropha tincture'<sup>16</sup> is used as a disinfectant, antiparasitic and anticoagulant. Thirteen patents have been found mainly on the medicinal uses such as for cuts, burns and wounds<sup>17</sup>.



Source: NIF Database



## Uses of *Juglans regia* L. (Heijugang)

### NIF Database

#### Use from Manipur

##### Memory enhancer

Take one tablet prepared from the ground mesocarp of the fruit orally thrice a day  
- Sapam Deben Singh, Bishnupur, Manipur

#### Uses from other states

##### Hair care

Apply oil on the scalp to reduce hair fall  
- Joginder Singh Negi, Kullu, Himachal Pradesh

##### Tongue cleaning

Chew the bark along with the leaves of *Azadirachta indica* A. Juss.  
-Shilpa Jain, Rajkot, Gujarat

##### Wounds

Apply the sap of fruit directly on the affected part  
- Nasir Ahmed Sheikh, Anantnag, Jammu & Kashmir

Apply the powder of unripe fruit rind on the injured body part  
- Mohd. Jamal Sheikh, Anantnag, Jammu & Kashmir

##### Swelling on body

Take the mixture of oil (50gm) with cow's urine (10gm) orally  
-Shripal Singh, Bulandshahar, Uttar Pradesh

##### Knee pain

Eat a couple of fruits everyday to get relief  
- Koushlya Kumawat, Sikar, Rajasthan

### Uses in Classical Codified Literature

Poultice of fruit is applied externally on abscess<sup>18</sup>; the fruit is used as carminative<sup>10</sup>; oil extracted from fruit is taken to get rid of tapeworms<sup>10</sup>; the plant is used to cure rheumatism<sup>19</sup>. 'Fairness cream'<sup>4</sup> improves complexion, nourishes and makes the skin soft; 'Gentle exfoliating walnut scrub'<sup>4</sup> gently exfoliates dead skin cells. Thirty patents have been found on the medicinal applications of walnut in antitumor<sup>20</sup> medication, for haircare<sup>21</sup>, etc.



Source: SRISTI Database

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

### NIF Database

#### Use from Manipur

##### Fever

Take the leaf decoction orally  
- R.K. Bheirosana Singh, Bishnupur, Manipur

#### Uses from other states

##### Hair fall

Apply the paste of seeds on the scalp  
- Rani B. Bhagat, Pune, Maharashtra

##### Cough/cold

Take the paste prepared from three leaves and black pepper orally along with water  
- Ashok Kumar Yadav, East Champaran, Bihar

##### Malaria

Take the leaf juice orally along with honey  
- Prabati Kalita, Kamrup, Assam

##### Intestinal worms

Take two spoonfuls of the flower juice with a pinch of salt orally for two days  
- Manoj Kalita, Kamrup, Assam

##### Diabetes

Take the decoction of the leaves orally for 40 days  
- Shama Pravin, Gopalganj, Bihar

##### Wound

Apply the leaf paste topically  
- Ranjeet Kumar, Sheohar, Bihar

##### Pain

Apply the leaf paste on fractured part to alleviate pain  
- Ramsharan Dhruv, Dhamtari, Chhattisgarh

### Uses in Classical Codified Literature

Dried fruits are taken orally to get relief from cough<sup>22</sup>; decoction of dried flower is given with jaggery as an anti-fertility agent in females<sup>23</sup>; leaf juice is applied externally on ringworm and other skin diseases<sup>23</sup>. 'Lupin'<sup>24</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 in treating Leishmaniasis<sup>25</sup> and also for its natural property as a dye<sup>26</sup>.



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



## Uses of *Solanum nigrum* L. (Morokpan)

### NIF Database

#### Uses from Manipur

##### Tonsillitis

Make tablets from the leaves of *Solanum* and *Alpinia galanga* Willd. Take one tablet orally twice a day  
- Yumnam Rajenkumar Singh, Imphal West, Manipur

##### Stomachache

Take the fried leaves of *Solanum*, *Azadirachta indica* A. Juss. and *Vitex negundo* L. orally twice a day  
- Moirangthem Mani Devi, Imphal West, Manipur

#### Uses from other states

##### Nasal bleeding

Boil dry fruit (25g) in mustard oil (100g). Filter the oil and apply on the nose  
- Sahim Ansari, Lohardaga, Jharkhand

##### Mouth ulcer

Chew the leaves  
- Shripal Singh, Bulandshahar, Uttar Pradesh

##### Cough

Take the root juice orally  
- Priyanka Kumari, Gopalganj, Bihar

Fry the leaves of morokpan (200g) in mustard oil (20ml) and take them orally with a little salt  
- Sukhai Mali, Faridabad, Haryana

##### Jaundice

Take the root juice orally  
- Suman Kumari, Gopalganj, Bihar

#### Uses in Classical Codified Literature

Powdered fruit is given orally to reduce fever<sup>14</sup>; juice extracted from the whole plant is applied externally on the burnt part<sup>27</sup>; poultice of the plant is placed on the aching joint<sup>28</sup>; fruits are ground and taken orally to cure diarrhoea<sup>29</sup>. 'Herbolax'<sup>4</sup> made from *Solanum* along with other plants is used as gentle laxative in case of constipation and for electrolyte balance. Ninety patents were found on its medicinal uses mainly on hepatitis<sup>30,31</sup>.



## Uses of *Solanum xanthocarpum* Schrad. & Wendl. (Leipung-khanga)

### NIF Database

#### Uses from Manipur

##### Mouth ulcer

Take the fruit juice orally with a little salt  
- *O. Ibobi Devi, Bishnupur, Manipur*

##### Respiratory disorder

Take the ground fruit orally with honey thrice a day  
- *Thingbajam Ongbi Romibala Devi, Bishnupur, Manipur*

##### Fever

Take the fruit juice orally along with honey  
- *Shijagurumayum Sandhyarani Devi, Bishnupur, Manipur*

#### Uses from other states

##### Eye pain

Put a couple of drops of the fruit juice in the eye to get rid of pain  
- *Kamlesh Patil, Jalgaon, Maharashtra*

##### Throat pain

Take the root decoction orally along with honey  
- *Sanjay Singh Uplana, Nagda, Madhya Pradesh*

##### Fever

Take the root powder orally to cure fever  
- *Kamlesh Patil, Jalgaon, Maharashtra*

##### Ear pus

Put 2-3 drops of the root decoction in the ear  
- *Kamlesh Patil, Jalgaon, Maharashtra*

##### Vomiting

Take the root juice orally with some honey  
- *Sanjay Singh Uplana, Nagda, Madhya Pradesh*

### Uses in Classical & Codified literature

Extract of dried flowers is administered orally to cure fever<sup>28</sup>; extract of fruit and seed is taken orally to combat cold<sup>32</sup>; the plant acts as a gastric stimulant<sup>28</sup>. Product 'Diakof'<sup>4</sup> and 'Koflet'<sup>4</sup> made from *Solanum* is beneficial for both dry and productive cough. Five patents have been found on its various medicinal uses such as bronchial asthma<sup>33</sup> and cancer<sup>34</sup> etc.



Source:SRISTI Database



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

### NIF Database

#### Use from Manipur

##### Piles

Boil, dry and ground whole plants (50g) and make a fine paste. Prepare tablets from it and take one tablet orally thrice a day for 3-5 days

- Pukhram Angouba Singh, Bishnupur, Manipur

#### Uses from other states

##### Migraine

Boil stem of the plant (250g) in water along with green gram (250g) and sesame oil (250ml) till half of the decoction remains. Apply it on the forehead

- Stedimon Arackal Paul, Port Blair, Andaman & Nicobar Island

##### Asthma

Take two spoonfuls of the leaf juice orally with honey for 40-42 days

- Ramabandhu Mahajan, Jalgaon, Maharashtra

##### Jaundice

Take the stem juice orally till the ailment gets cured

- D. K. Phukan, Guwahati, Assam

##### Chronic fever

Soak whole plant (50g) and leaves of *Ocimum sanctum* L. (11) overnight and make a paste the next morning.

Take the paste orally with honey or sugar candy

- Jagjit Bahadur, Sitapur, Uttar Pradesh

##### Diabetes

Take fresh leaves (1-2) orally on an empty stomach

- D. K. Phukan, Guwahati, Assam

Take powder of the leaves (¼ spoonful) regularly

- Patel Singh, Hissar, Haryana

##### Rheumatism

Soak plant (25g), dry ginger (5g) and sesame oil (5g) in water overnight. Filter and take the water the next morning

- Jagjit Bahadur, Sitapur, Uttar Pradesh

##### Veterinary practice

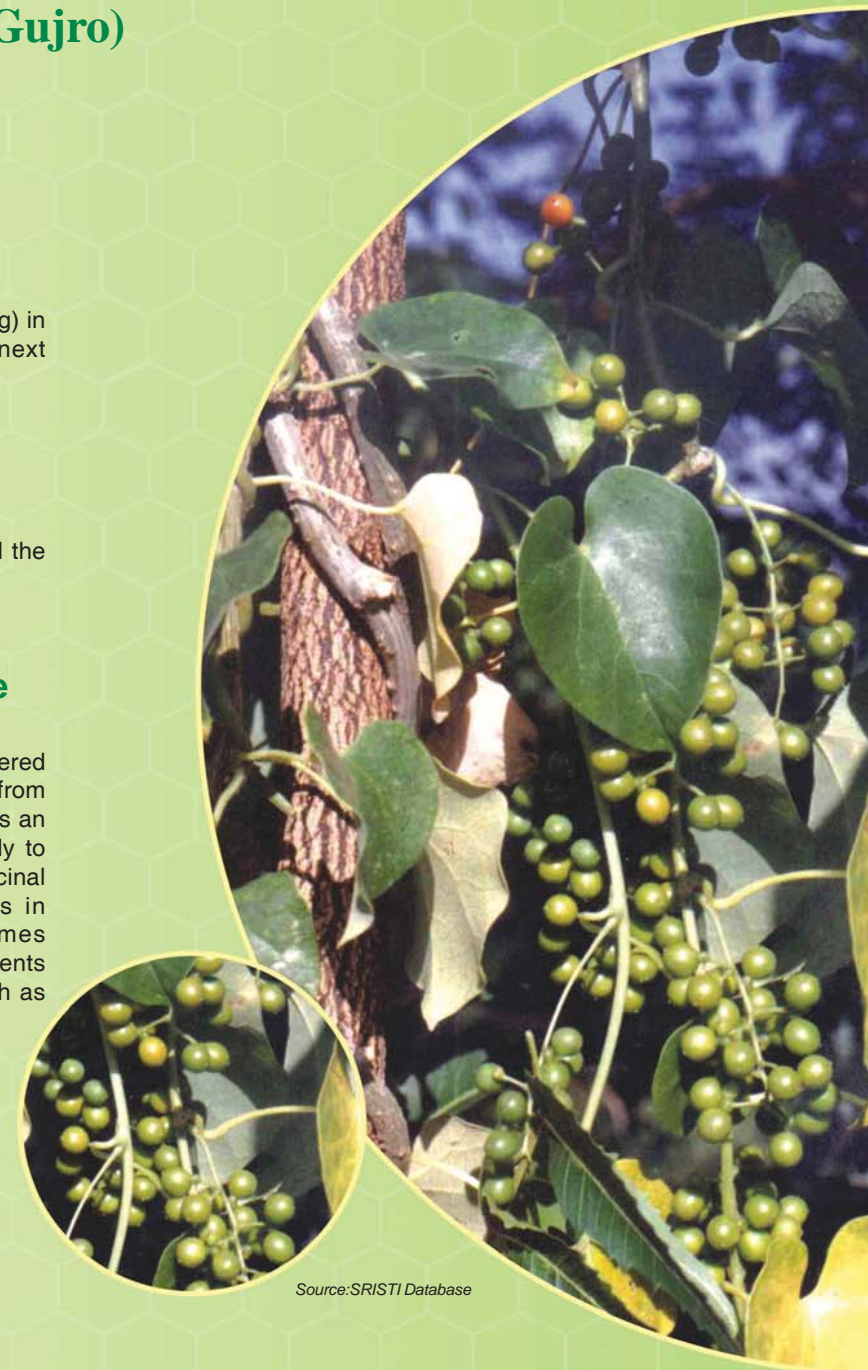
##### Anestrous

Take the paste of the bark of *Cassia fistula* L. and the leaves of *Artocarpus heterophyllus* Lam. orally

- Honnegowda, Bengaluru rural, Karnataka

### Uses in Classical Codified Literature

Powdered roots are taken for mouth ulcer<sup>35</sup>; powdered plant is administered orally with honey to get relief from stomach disorder<sup>32</sup>; the stem is bitter and is used as an anthelmintic<sup>10</sup>; decoction of the plant is given orally to cure diarrhoea<sup>36</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 applications such as an antiallergic<sup>37</sup>, for cancer<sup>38</sup> etc.



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](http://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.



