

## 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. (Apang)

### NIF Database

#### Uses from West Bengal

##### Toothache

Paste prepared from roots along with three black pepper seeds is applied on the aching tooth

- *Susanta Kumar Manjhi, Birbhum, West Bengal*

##### Constipation

Chewing of roots is useful

- *Ambika Singh Sardar, Purulia, West Bengal*

##### Piles

Whole plant's paste is applied topically

- *Satyen Chatterjee, Murshidabad, West Bengal*

#### Uses from other states

##### Toothache

Teeth are brushed with freshly plucked roots

- *Bhagvat Prasad Yadav, Nawada, Bihar*

##### Asthma

Dried branches are burnt into ash, which is taken orally

- *Chandrasingh Chaudhary, Nandurbar, Maharashtra*

##### 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 is administered orally

- *Rajkishor Prasad, Sheohar, Bihar*

##### Hemorrhoids

Dried roots are ground into a fine powder; one spoon of the powder is 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*

##### 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 Hiazat 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 found on the medicinal applications of *Achyranthes* for curing laryngopharyngitis<sup>5</sup>, bronchial asthma<sup>6</sup> etc.



Source: <http://www.injgc.com/images/plantpictures/Achyranthes%20aspera.jpg>

## Uses of *Adhatoda vasica* (L.) Nees (Basok)

### NIF Database

#### Uses from West Bengal

##### Tonsillitis

Decoction of the leaves of adhatoda, tulsi and rhizome of ginger is made. This is then used to gargle.

- *Shikha Samanta, Hooghly, West Bengal*

##### Asthma

Dried leaves are burnt and the smoke is inhaled

- *Susanta Kumar Manji, Birbhum, West Bengal*

##### Cough/cold

Decoction of leaves is administered orally till cured

- *Priyanka Pramanik, Purulia, West Bengal*

##### Acidity

Dried bark (8g) is boiled in 250 ml of water till the solution becomes half. This solution is filtered and given orally 2-3 times a day

- *Susanta Kumar Manji, Birbhum, West Bengal*

#### Uses from other states

##### Tuberculosis

Juice extracted from the leaves is taken orally along with honey

- *Mahesh Bijarana, Nagor, Rajasthan*

##### Malaria

Few leaves are boiled in water (250g), filtered and jaggery is added; this is then administered orally

- *Mahesh Kumar Khangar Purohi, Sirohi, Rajasthan*

##### Constipation

Decoction of leaves with honey is given orally to get relief

- *Pradip Kumar, Bulandshahar, Uttar Pradesh*

### Uses in Classical Codified Literature

Decoction of the plant is taken orally to cure asthma<sup>7</sup>; leaves (500 g) decocted in 5 litres of water until a dark brown mass is obtained and two spoonfuls are taken with honey 3 times a day for 2-4 days to get rid from fever<sup>8</sup>; rheumatic patients should warm the leaves and rub on the body<sup>9</sup>.

Product 'Menstri Care'<sup>10</sup> prepared from the plant is an effective medicine for women's health concerns. 'Diako'<sup>4</sup>, a herbal medicine uses *Adhatoda* along with other plants for treating cough. Ten patents have been found on its medicinal applications mainly for cough<sup>11</sup> and asthma<sup>12</sup>.



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

### NIF Database

#### Uses from West Bengal

##### General debility

Regular intake of a fruit along with the gum is helpful  
- Arun Ghosh, Bankura, West Bengal

##### Stomach disorder

Juice extracted from leaves is given orally along with little salt  
- Surjit Singh Sardar, Purulia, West Bengal

##### Dysentery

Dried leaves are ground into fine powder and a spoonful is administered orally adding salt  
- Surjit Singh Sardar, Purulia, West Bengal

#### Use from other states

##### Eye diseases

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

- Kumari Nigar Pravin, Hazaribag, Jharkhand

##### Nasal bleeding

Leaves are ground into a paste, which is applied on the top of the nose

- Puran Chand, Kangra, Himachal Pradesh

##### Diabetes

150ml of the juice extracted from the pounded roots is administered orally

- Maibum Lolito Meitei, Bishnampur, Manipur

##### Jaundice

Juice extracted from leaves or fruits is given orally  
- Ngairangbam Santosh Singh, Imphal East, Manipur

##### Menorrhagia

Leaves' paste is administered orally to control the disorder

- Rani B. Bhagat, Pune, Maharashtra

##### 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 nerifolia* 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>3</sup>; fruit rind is applied externally on hair to kill headlice<sup>14</sup>.

'Bael'<sup>14</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>15</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* for curing diabetes<sup>16</sup>, gastric ulcer<sup>17</sup> etc.



## Uses of *Bombax ceiba* L. (Shimul)

### NIF Database

#### Uses from West Bengal

##### Pimples

Pounded bark is applied on pimples

- Priyanka Paramanik, Purulia, West Bengal

##### Blood dysentery

Dried gum is ground into a fine powder and half a spoon of the powder is given along with milk to drink twice a day till cured

- Susanta Kumar Manjhi, Birbhum, West Bengal

#### Uses from other states

##### Pimples

Paste of thorns and milk is applied on the pimples for 7 days

- Pravin Kumar Sharma, East Champaran, Bihar

##### Wound

Fresh bark is ground, mixed with little water and applied on the infected part

- Pravin Kumar Sharma, East Champaran, Bihar

##### Diarrhoea

A spoonful of the juice extracted from the leaves is given along with sugar candy for 4 days

- Neha Kumari, East Champaran, Bihar

##### Constipation

Bark powder (3g), coriander powder and jaggery are taken with water

- Devaram, Sirahi, Rajasthan

##### Piles

Paste (10g) of the ground roots is taken with water for seven days

- Antaryami Pradhan, Angul, Orissa

##### Gynecological disorder

Gum (5g) is ground, mixed with water and administered for 5 days

- Jugeshwar Ram, Hazaribag, Jharkhand

##### General health

Few flowers are soaked in a glass of water overnight and taken next morning for giving a cooling effect to the body

- Mukta Kumavat, Sikar, Rajasthan

### Uses in Classical Codified Literature

Decoction of the bark is given orally to combat fever<sup>18</sup>, diabetics are given decoction of the heartwood<sup>19</sup>, to reduce stomachache bark juice is administered<sup>20</sup>.

Product 'Acne-n-Pimple Cream'<sup>21</sup> is prepared from *Bombax* along with other plants to treat pimples and skin eruptions. 'Evecare'<sup>4</sup>, a multi herb product made from this plant, has a regularizing influence on the menstrual cycle. Eight patents have been found on the medicinal applications of *Bombax* like for skincare<sup>22</sup>, AIDS<sup>23</sup> etc.





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

### NIF Database

#### Uses from West Bengal

##### Poisonous bites

Pounded seeds' powder is mixed with latex of *Calotropis procera* (Alt.) R.Br. and is applied on the affected part

- Priyanka Pramanik, Purulia, West Bengal

##### Intestinal worms

Dried leaves are ground into a fine powder and one spoonful of the same is administered orally along with water

- Susanta Kumar Manjhi, Birbhum, West Bengal

##### Dysentery

Gum of palash (5g) and black pepper seeds (7) are ground together and one spoonful of the powder is administered orally for 7 days

- Susanta Kumar Manjhi, Birbhum, West Bengal

##### Gynecological disorder

Seed powder (5g) is taken orally along with milk

- Ambika Singh Sardar, Purulia, West Bengal

##### Uses from other states

##### Toothache

Resin powder is filled in damaged gums

- Bhombabhai Damor, Banaskantha, Gujarat

##### Cuts & wounds

Juice extracted from bark is applied

- Dinesh Bediya, Ranchi, Jharkhand

##### Acidity

Poultice made from cooked lukewarm flowers is

tied on stomach

- Madhav Rao Shankar Rao Patil, Jalgaon, Maharashtra

Resin (2g) is taken with cold water

- Pritam Chand, Kangra, Himachal Pradesh

##### Intestinal worms

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

- Sitaram Bediya, Hazaribag, Jharkhand

##### Dysentery

Resin (25g) is administered orally

- Thavriben Kateria, Banaskantha, Gujarat

##### Joint pain

Powdered resin is taken with milk

- Devaram, Sirohi, Rajasthan

##### Skin diseases

Young pods leavigated with cow urine are topically applied

- Madhav Rao Shankar Rao Patil, Jalgaon, Maharashtra

### Uses in Classical Codified Literature

Bark is used as poultice for pimples<sup>24</sup>; bark juice is given orally to get rid of intestinal worms<sup>25</sup>; dried flower powder is administered orally as diuretic<sup>26</sup>.

'Lukol'<sup>1</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 found for its medicinal uses for bone disorders<sup>27</sup>, skin care<sup>28</sup> etc.

# Uses of *Ficus benghalensis* L. (Bot)

## NIF Database

### Uses from West Bengal

#### Wound

Leaves are burnt into ash and coconut oil is added to form a paste. This paste is topically applied

- Priyanka Paramanik, Purulia, West Bengal

#### Sprain

Bark is ground and mixed with water to make a paste. Lukewarm paste is smeared on the site of the sprain

- Arun Ghosh, Bankura, West Bengal

#### Heel crack

Latex is topically applied

- Priyanka Paramanik, Purulia, West Bengal

### Uses from other states

#### Fever

Decoction of bark along with little salt is administered orally

- Sohanlal Chhipa, Jhalor, Rajasthan

#### Whooping cough

Bark is ground into a fine paste and one spoonful is taken orally

- Priyanka Kumari, West Champaran, Bihar

#### Stomachache

Warmmed leaves are tied on the stomach to get relief from pain

- Gajanand Maharaj, Jaipur, Rajasthan

#### Backache

Latex mixed with mustard oil is massaged on the aching part

- Chen Singh Charan, Nagor, Rajasthan

#### Itching

Crushed leaves (30-40) are soaked in water (4litres) overnight and boiled till the decoction remains 1 litre. Half a litre of mustard oil is added, the solution is mixed and filtered. This solution is applied topically

- Randhir Kumar, Hazaribag, Jharkhand

## Uses in Classical Codified Literature

Diabetics should take aerial roots' paste mixed with salt after filtering once a day in the morning for 8 days<sup>29</sup>; decoction of plant is applied externally on wounds and ulcers<sup>30</sup>; latex is given orally to cure bronchitis<sup>31</sup>.

'Anti-Dandruff shampoo'<sup>4</sup> a product prepared from this plant in combination with other plants is used to keep hair healthy and dandruff free. Product 'KLD Lotion'<sup>32</sup>, a multitherbal ayurvedic preparation using *Ficus*, is effective in many skin ailments such as acne marks, pimples, burns - sunburns, nappy rash etc. 'Litina'<sup>33</sup>, a herbal toothpaste made from this plant along with other plants, is good for the gums and the teeth. Four patents have been found on medicinal applications of *Ficus* for antitumor<sup>34</sup> medication, wound healing<sup>35</sup> etc.



## Uses of *Holarhena antidysenterica* Wall. (Kurchi)

### NIF Database

#### Uses from West Bengal

##### Liver disorder

Decoction of the bark is administered orally  
- Priyanka Pramanik, Purulia, West Bengal

##### Diarrhoea/dysentery

Juice extracted from bark is administered orally  
- Ambika Singh Sardar, Purulia, West Bengal

##### Intestinal worms

Juice from the pounded leaves is taken orally to kill worms  
- Ambika Singh Sardar, Purulia, West Bengal

#### Uses from other states

##### Fever

Leaves (5g) along with those of *Picrorhiza kurroa* Royale ex. Benth. (5g) are boiled in 100ml of water till the decoction remains 10ml. This is then taken orally till cured  
- Hariom Kumar, East Champaran, Bihar

##### Bodyache

Bark is ground in water; some quantity is taken orally and the rest is applied on the body  
- Devaram, Sirohi, Rajasthan

##### Malaria

Equal amount of leaves of *kurchi* and *Cyperus rotundus* L. are ground into a fine powder. One spoonful is taken orally to combat the disease  
- Chandan Kumar, East Champaran, Bihar

##### Dysentery

Paste is prepared from the bark. 10g of the paste is given along with a spoonful of honey  
- Kundan Kumar, East Champaran, Bihar

##### Kidney stone

Juicy paste of the bark is mixed with sour ghee and is taken orally  
- Robert L. Hnamte, Aizawl, Mizoram

##### Anemia

Paste of bark is mixed with salt and is taken orally  
- Robert L. Hnamte, Aizawl, Mizoram

##### Skin disease

Dried bark is powdered, mixed with ghee and honey, and is taken orally  
- Robert L. Hnamte, Aizawl, Mizoram

### Uses in Classical Codified Literature

Dried bark powder is given orally to cure stomachache<sup>36</sup>; seeds are ground into a powder, a dose of 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 bites<sup>37</sup>.

'Diarex vet'<sup>14</sup> is used for diarrhoea in cattle. 'Kutajarista and Kutajavaleha'<sup>38</sup> 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 disorders<sup>39</sup>.





## Uses of *Kalanchoe pinnata* (Lam.) Pers. (Patharkuchi)

### NIF Database

### Uses in Classical Codified Literature

#### Uses from West Bengal

##### Eye pain

Two drops of the juice extracted from the leaves are put in the eyes

- *Susanta Kumar Manjhi, Birbhun, West Bengal*

##### Stomach disorder

Two spoonfuls of the juice extracted from the leaves are given orally

- *Susanta Kumar Manjhi, Birbhun, West Bengal*

##### Cuts & wounds

Topical application of leaves' paste helps in stopping bleeding

- *Arun Ghosh, Bankura, West Bengal*

##### Pain

Leaves' paste is applied on the aching part

- *Priyanka Pramanik, Purulia, West Bengal*

##### Uses from other states

##### Jaundice

Juice of leaves along with black pepper powder is given till cured

- *Arunkumar Pandey, Fatehpur, Uttar Pradesh*

##### Fever

Juice of leaves along with black pepper powder is given orally

- *Arunkumar Pandey, Fatehpur, Uttar Pradesh*

##### Diarrhoea

Leaves (5-6) are ground along with some sugar candy and sap obtained is administered orally

- *Bikesh Kumar, Siamarhi, Bihar*

Plant paste is applied on forehead to alleviate headache<sup>40</sup>; leaves' paste is applied externally to cure cuts and wounds<sup>41</sup>; fresh sap of plant is used for eye diseases<sup>42</sup>.

Product 'Regenerating Day Cream'<sup>43</sup> a multitherbal medicine enhances skin's tone and elasticity, helping to smooth wrinkles and fine lines. Five patents have been found on medicinal applications of *Kalanchoe* as an anti-obesity<sup>44</sup> medication.



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

### NIF Database

#### Uses from West Bengal

##### Cough/cold

Two spoonfuls of the juice of leaves is administered orally along with honey or ginger juice

- Susanta Kumar Manjhi, Birbhum, West Bengal

##### Fever

Juice of leaves is administered orally to cure fever

- Susanta Kumar Manjhi, Birbhum, West Bengal

#### Uses from other states

##### Hair fall

Seeds are crushed in water and the paste is applied on hair scalp

- Rani B. Bhagat, Pune, Maharashtra

##### Cough/cold

Paste is prepared using three leaves and black pepper and is taken orally with water

- Ashok Kumar Yadav, East Champaran, Bihar

##### 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

Two leaves of shiuli, neem, three black pepper and four leaves of tulsi 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



##### Intestinal worms

Oral intake of leaves' juice kills the worms

- Rani B. Bhagat, Pune, Maharashtra

##### 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, Chattisgarh

### Uses in Classical Codified Literature

Dried fruits are used orally to get relief from cough<sup>45</sup>; decoction of dried flowers is given with jaggery as an anti-fertility agent in females<sup>46</sup>; leaf juice is applied externally on ringworm and other skin diseases<sup>46</sup>.

'Lupin'<sup>47</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 for 'treating Leishmaniasis'<sup>48</sup> and also for its natural property as a dye<sup>49</sup>.

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

## NIF Database

### Uses from West Bengal

#### Hair fall

Fruit is ground and mixed with coconut oil. This is applied on scalp  
- *Surjit Singh Sardar, Purulia, West Bengal*

#### Abscess

Fruit is ground into a fine paste and is applied on abscess  
- *Ambika Singh Sardar, Purulia, West Bengal*

#### Diabetes

Regular intake of fruit combats diabetes  
- *Shilpi Mahato, Purulia, West Bengal*

#### Urinary disorder

Juice extracted from unripe fruit is taken orally along with some sugar candy  
- *Surjit Singh Sardar, Purulia, West Bengal*

#### Uses from other states

#### Diabetes

Equal amounts of amla, *Terminalia chebula* Retz., *Terminalia bellirica* Roxb. are ground into a fine powder. Two spoonful of this powder are given orally  
- *Pritam Chand, Kangra, Himachal Pradesh*

#### Diarrhoea

Juice of amla, with an equal quantity of lemon juice, is administered orally  
- *Bina Chaudhry, Kamrup, Assam*

#### Jaundice

Equal amounts of amla fruit, ginger, black pepper and turmeric are ground into a fine powder. One tea-spoonful of this powder is given with honey  
- *Nagarmal Bagaria, Nagor, Rajasthan*

#### Wounds

Pounded leaves are applied on wounds  
- *Sevaram Bhaskar, Dhantari, Chhatisgarh*

#### Gynecological disorder

Equal amounts of amla, tapioca and curmin are ground into a fine powder. One spoon of the powder is given orally to cure the disorder  
- *Guna Ram Kanikar, Golaghat, Assam*

## Uses in Classical Codified Literature

Bark and fruits are used in diarrhoea and dysentery<sup>50</sup>; fresh juice of the fruit, mixed with pure cow's butter and honey, is administered to cure obstinate hiccup<sup>50</sup>; juice relieves pain in urine trouble<sup>50</sup>; pulp (2-3g) is eaten with warm milk to get rid of headache<sup>51</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>52</sup>; decoction of the fruit is taken to increase blood count<sup>53</sup>.

*Phyllanthus* is one of the main ingredients of well known medicines 'Triphala, Chavanprash and Amla hair oil'<sup>4</sup>. Seventy-six patents have been found on its medicinal uses such as for diabetes<sup>54</sup>, liver disorders and immune deficiencies<sup>55</sup>.



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

### NIF Database

#### Uses from West Bengal

##### Fever

Juice extracted from stem (10g) is mixed with little water. Warmed juice is taken orally twice a day for 8-10 days

- Susanta Kumar Manjhi, Birbhum, West Bengal

##### Jaundice

Stem (8 inch long) is soaked in a cup of water and left overnight. The next morning the same water is given to drink

- Susanta Kumar Manjhi, Birbhum, West Bengal

##### Diabetes

Juice extracted from stem is administered orally in the morning empty stomach

- Subhyoti Chatterjee, Burdwan, West Bengal

##### Intestinal worms

Oral intake of leaves juice kills worms

- Susanta Kumar Manjhi, Birbhum, West Bengal

#### 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

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

##### Asthma

Juice is extracted from the leaves and two spoonfuls are administered orally with honey for 40-42 days

- Ramabandhu Mahajan, Jalgaon, Maharashtra

##### Diabetes

Fresh leaves (1-2) are taken empty stomach

- D. K. Phukan, Guwahati, Assam

##### Piles

Whole plant (50g) is boiled, dried and ground into a fine paste. Tablets are then prepared and one tablet is administered orally to the patient thrice a day for 3-5 days

- Pukhram Angouba Singh, Bishnupur, Manipur

### Uses in Classical Codified Literature

Powdered roots are taken to treat 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 an anthelmintic<sup>58</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' etc. More than hundred patents have been found on its medicinal applications such as an anti-allergic<sup>59</sup>, for cancer<sup>60</sup> etc.



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

### NIF Database

#### Uses from West Bengal

##### Oozing from ear

Few drops (3-4) of warmed juice of leaves is put in the ear

- *Susanta Kumar Manjhi, Birbhurn, West Bengal*

##### Obesity

A spoonful of the juice extracted from the leaves is taken orally everyday

- *Arun Ghosh, Bankura, West Bengal*

##### Diabetes

Equal amounts of leaves of vitex, neem and *Catharanthus roseus* (L.) Don. are ground and tablets (5g) prepared from the powder. Two tablets are administered orally in the morning empty stomach

- *Susanta Kumar Manjhi, Birbhurn, West Bengal*

#### Uses from other states

##### Rheumatism

Lukewarm leaves are put on aching joints

- *Naganath Durga Chogule, Sholapur, Maharashtra*

##### Lumbago

Juice extracted from fresh leaves is massaged on the affected area

- *Shreerand B. Dandekar & Meera Dandekar, Ratnagiri, Maharashtra*

##### Ear pain

Leaves are boiled in mustard oil, oil is then filtered and used as an ear drop

- *Bhagat Ram, Kangra, Himachal Pradesh*

##### 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, are 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>26</sup>; extract of the plant is taken as a diuretic<sup>2</sup>.

'Muscle & joint rub'<sup>4</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>.





## Herbal Formulations for Healthy Crops~

### **SRISTI SHASTRA**

*Arkiben 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**

*Popatthai 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 SUPRAKSHA**

*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 PRAVAS**

*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 ([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.



## 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.

### Mastitherb

*Ukhardiyabhai S. Raot, Dang, Gujarat*

Mastitherb 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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