



A Preliminary Survey on Home and Kitchen Herbal Remedies for Primary Health Care at Bichkunda, Kamareddy District, Telangana State

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ABSTRACT: The present paper focused on traditional medicine system like folk medicine, sida, unani, ayurvedha and homeopathy practice with in the home and kitchen herbal remedies for primary health care. Traditional medicine practicing from generations to generations for hundreds of years. Thousands of years of traditional medicine can gives valuable information about our daily life. The traditional medicine system depends large number of medicinal plant species and animal species. For knowing of traditional knowledge we were conducted the surveyed (June-2018 to December-2018) local people and tribal people, were interviewed and gathered information on traditional medicinal knowledge. And documented the information for future use. These Traditional medicinal systems is curative or preventive systems of traditional medicine which is used to heal and cure diseases for the better health of humanbings. And these traditional medicinal system is commonly 80% of tribes used for various problems. Most of the tribal people their herbal remedies prepare own, with plants. Which are called medicinal plants, and some plants are wiled and some are cultivated. View of these important medicinal plants, during the surveys were made in different areas of Bichkunda and collected different species of medicinal plants using for different problems. They are curing some kind of diseases by using these medicinal plants. In the present study, a total of 31 traditional medicinal plant species remedies repotted. This medicinal plant species diversity record which is helps to the identification of Indian ethnomedicinal flora. For sustainable conservation of this biodiversity. © 2019 iGlobal Research and Publishing Foundation. All rights reserved.

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INTRODUCTION

Traditional medicine system like folk medicine, sida, unani, ayurvedha and homeopathy practice with in the home and kitchen herbal remedies for primary health care. Traditional medicine practicing from generations to generations for hundreds of years. Thousands of years of traditional medicine can gives valuable information about our daily life. The traditional medicine system depends upon a large number of medicinal plant species and animal species.

Traditional medicine practice and knowledge using for diagnosis, prevention and elimination of mental, physical and unbalancing. Practical and observation handed down from generations to generation (WHO, 1976). The use of traditional medicine and medicinal plants in most developing countries, as a normative basis for the maintenance of good health, has been widely observed (UNESCO, 1996). Also interduses the new courses on ehthanomedicine, traditional medicine and folk medicine, for further generations. More use of medicinal plants in the industrialized societies has been

traced to the extraction and development of several drugs and chemotherapeutics from these plants as well as from traditionally used rural herbal remedies (UNESCO, 1998). Ethnomedicine provides the useful information about medicinal plants. This traditional medicine or folk medicine is cost effective and no side effects. So traditional and folk medicine has more important than the modern medicine.

Ethnobotany is a multidisciplinary resource which is very much useful to many aspects and valuable property of plants. The rural tribals have a good knowledge about folk medicine and traditional medicine. So many plants they are using in their life style in everyday. They are also practice the plants as a medicine. Now a days some urban people also showing interest to use traditional medicine and folk medicine. So the Government of central and state has encourage the use of Ethnomedicine, traditional medicine and folk medicine and benefits for society. All higher plants have medicinal properties, effects that relate to health or to be useful to drugs by Western standard or which contains constituents that are used in drugs are termed as medicinal plants (Fransworth and Soejarto, 1991).

The Bichkunda, town is a part of Kamareddy district, in Telangana state. Here mixed with three state people like Maharashtra, Karnataka and Telangana. In Bichkunda tribes like lambada, yerukala, naikapods, chenchu, koyalambada and kothilambada people are depending on agricultural only, from the centuries they are using traditional knowledge on medicine system with medicinal trees. Wild relative plants and wild edible plants are useful for tribal's in everyday, like food, timber, medicine system, from there ancestor. In ecosystem like greater availability of resources, high net primary productivity and reduction of nutrient losses can be enhanced by high diversity (Singh, 2002). The partially documented or undocumented knowledge on Ethnomedicine is also decline (Raghava Rao, 1989). The traditional medicinal practices are an important part of the primary health care system in developing world (Ghosh A, 2003). So for this in mind we observed the knowledge with near tribal's and Local people. Medicinal plants are very good resources for animals and humanbings, which are useful for food, timber, medicines, fiber, dyes, flavors, pesticides etc. View of these important medicinal plants, wild relatives, fodder and wild edible plants. Traditional medicine consider more holistic, acceptable, accessible, a low cost, and safe (Gessler 1995; Malunga N.P.et.al 2008).

The Bichkunda mandal in Kamareddy district in the state of Telangana in the country of India. This is extended to nearly 27 villages with 27 panchayats, nearly one lack people staying here. Here mixed with three state people like Maharashtra, Karnataka and Telangana. And main language is Telugu as well as kanada, Marathi, Hindi and Lambada. Bichkunda is located at 18.4000 o N 77.7167 o E average elevation 372 meters or 1223 fits. The mandal surrounding with cultivated pulses and paddy fields. The soil of Bichkunda is red soils with good humus. The temperature normal conditions.

The entire mandal was surveyed from June 2018 to December-2018, in all aspects for documentation of home and kitchen herbal remedies for primary health in our daily life style. For documentation of information about herbal remedies and medicinal plant material collection and preparation of extraction we observed several times. The tribal and rural people plants and plant parts like leaves, roots, bark, seeds, fruits, tubers and flowers were collected from their natural habitat, the collected material was carefully sterilized with water, and was air dried at room temperature or sun light for few days. When the materials will dry, then the material will pack and keep it for some days. The dried materials are used as a powders, dictions, pasts, and tablets.

Medicinal plants and plant parts like leaves, roots, bark, seeds, fruits, tubers and flowers have secondary metabolites and some chemical components like alkaloids, terpenoids, flavonoids, tanains, saponins, steroids, anthraquinones, glycosids, pholotannins, phenols and cardiac glycosids etc. presence of this phytochemicals are very much significant, an important feature of phytochemical studies is the operation of a number of alkaloids surveys running from searches for alkaloids containing plants to investigating plants in particular order (Henry 1949). Alkaloids are present in some plant parts only because they transferred in to seeds and bark etc.(Mookaherjee 1968). The data collected based on personal observation and interviews of local tribal's and peoples.

Some specimens were collected from field, the collected specimens were packed in polythene bags. The specimens were then dried and poisoned were made in to herbarium according to methodology described by (Santapau, 1955. Jain and Rao, 1977. Forman and Bridson, 1989). We prepared herbarium, and identification of specimens was by following flora of Presidency of Madras(Gamble and Fischer, 1915-1935) and (Pullaiah Nizamabad Flora, 1995). The herbarium material keeping at department of botany, government degree college, Bichkunda.

And some of extractions and powders also collected from people, collected samples sended to laboratory for checking of biological activity. In lab we want test the extraction and powders, then we which compound present. Some plant extraction have more valuable property some are have less property.

RESULTS AND DISCUSSION

The present paper focused on home and kitchen herbal remedies for primary health care. This remedies mostly used in our traditional medicinal systems for providing good health. The herbal remedies are very cheap, effective, non-toxic and no side effects. The majority of tribal and rural people use this remedies, for curing so many problems. Remedies ultimately coming from plants, which are medicinal plants.

India has rich in ethanomedicinal flora and large number of plants were used in traditional medicine system like folk medicine, sida, unani, ayurvedha and homeopathy. India has been known to be rich of medicinal plants, nearly 8.000 herbal remedies have been codified in AYUSH systems in entire India. Medicinal plants and parts used in tonics blood purifiers, chronic ulcers, chronic nerves, chronic rheumatism, madness, cholera, amenorrhoea, cough, piles, fistula, jaundice, fevers, gonorrhoea and diabetes. Uses of medicinal plants, and Their impotence in ayurveda, sidda, unani, homeopathy, janapada and traditional medicinal systems of India.

Previously India very rich in medicinal plants but due to pollution, urbanization and globalization some plants may loose. So please conserve the forest conserve the medicinal plants.

A large number of data collected for used in treatment of minor ailments and major diseases. Therefore, different plants used in the treatment of various diseases are studied. During the survey tribal and rural people widely used so many herbal drugs, were developed. Recently CSIR-CIMAP releases hundreds of drugs from plants. The NBRI also releases diabetic tablets in the name of BGR-34. In the study the presence of medicinal values have been reported to the healing of wounds, inflamed mucous membrane, burns, cancer, heart diseases, liver problems, stomach-ache, tooth-ache, skin diseases, etc..

During the survey time we identified 31 type of home and kitchen herbal remedies information were collected. All remedies from 31 medicinal plants, which are belongs to 28 genera comprising to 20 families,

All the 31 medicinal plant species data like family, local name, medicinal value and uses etc. are presented in Table No. 1.

Table 1

S.No	Plant Name	Local Name	Family	Medicinal Use:
1	<i>Ocimum sanctum L.</i>	Tulasi	Lamiaceae	Fevers Cold & catarrh Skin diseases Ear ache Wounds Tooth ache Cholesterolemia and for immunity
2	<i>Alovera L.</i>	Kumari	Liliaceae	Ear ache Skin diseases Menstrual diseases Cosmetic Inflammatory swelling & abscesses
3	<i>Withania somniferia (L) Dunal</i>	Ashwagandha	Solanaceae	Ear ache Palpitation- Cough Galactagogue Inflammatory
4	<i>Andrographis paniculata (Burm f.) Wall ex Nees.</i>	Nelavemu	Acanthaceae	Diabetes Skin diseases Jaundice Leaver diseases Fevers

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5	<i>Cassia angustifolia Mill.</i>	Sunamukhi	Caesalpinaceae	Body pains Indigestion Laxative Gasabdomen/Flatulence Hair care
6	<i>Centella asiatica(L) Urban</i>	Saraswathi	Apiaceae	Memory Booster Fever Mental Disorders Immunity Skin Diseases
7	<i>Coleus ambonicus(Lour) Spreng.</i>	Vemu akku	Lamiaceae	Cold & catarrh Sore Throat Oral hygiene Head ache Digestive
8	<i>Acalypha indica L.</i>	Haritha manjari	Euphrobiaceae	Skin Disease & Scabies Intestinal Worms Ear ache Stings & Bites Headache Tooth ache Ulcers
9	<i>Eclipta alba(L).L.</i>	Guntagalara	Astaraceae	Hair growth Jaundice Skin diseases Wounds Rasayan
10	<i>Hibiscus rose –sinensis L.</i>	Mandaram	Malvaceae	Hair care Menstrual Disorders Cough Jaundice Injuries & Swelling
11	<i>Mentha Piperita L.</i>	Pudina	Lamiaceae	Indigestion Sore throat Tympanities / Flatulence Cold & Cough Menstrual disorders
12	<i>Adathoda zeylanica Medik.</i>	Addasaram	Acanthaceae	Cough & cold Eye aliments Menstrual problems Skin Diseases Bleeding
13	<i>Tinospora cordifolia (Thunb) Miers.</i>	Tippatheega	Menispermaceae	Fever Jaundice Leucorrhoea Skin diseases Indigestion
14	<i>Cissus quadrangularis L.</i>	Nalleru	Vitaceae	Loose motions Flatulence & abdomen pain Ear ache Indigestion
15	<i>Achyranthus aspera L.</i>	Uttareni	Amaranthaceae	Gum and teeth problems.

				Deafness Fever Loose motions Bleeding piles Oedema Ulcers Tooth Carries
16	<i>Gymnema sylvestre</i> R.Br.	Podapathri	Apocyanaceae	Diabetes Eye disease Leaver disease Urinary infection
17	<i>Cassia tora</i> L.	Tagarisa	Caesalpiniaceae	Scorpion Bite, Stings Joint Pains Skin diseases Psoriasis
18	<i>Solanum xanthocarpum</i> L.	Nelamulaka	Solanaceae	Cough Cold & Sore Throat Head ache Fever Dental problems Urinary Problem
19	<i>Argemone mexiacana</i> L.	Brahmadandi	Papavaraceae	Skin diseases White patches Ulcers Eye diseases Jaundice
20	<i>Vitex negundo</i> L.	Vavilli	Verbinaceae	Joint pains Cold and Catarrh Fever Ear ache Post parturient mothers Head ache, Skin diseases, Unconsciousness
21	<i>Aerva lanata</i> (L). Juss.	Pindikura	Amaranthaceae	Burning micturition Urinary stones Prevention of Stones
22	<i>Phyllanthus niruri</i> L.	Neela Usiri	Euphrobiaceae	Jaundice Diabetes Fever Skin diseases Liver diseases
23	<i>Carica papaya</i> L.	Boppaya	Caricaceae	Abscess and Inflammations Vermifuge Tooth ache Loose motions Digestion As Cosmetic, Galactagogue
24	<i>Punica granatum</i> L.	Danimma	Lythraceae	Loose motions Pregnancy Vomiting Ulcer

				Hoarseness of voice Piles/Jaundice/Cough
25	<i>Cassia occidentalis(L) Link.</i>	Kasivinda	Caesalpinaceae	Abscess Skin Diseases Allergic rash Cough Asthma Poly urea Dandruff Paralysis
26	<i>Lawsonia inermis L.</i>	Gorinta	Lythroideae	Hair care Oral Hygiene and gingivitis Jaundice Joint pains Leucorrhoea Skin Diseases, Burning feet, Ulcers, Abscess
27	<i>Moringa oleifera Lam</i>	Munaga	Moringaceae	Indigestion Ear ache Joint pains Wounds & Ulcers Intestinal worms
28	<i>Murraya Koenigii (L) Spreng</i>	Karivepaku	Rutaceae	Indigestion Abdominal Colic and Tympanitis Jaundice Hair care Inflammatory conditions Oral Hygiene, Diabetes
29	<i>Euphorbia hirta L.</i>	Reddy vari nanabala	Euphrobiaceae	Skin diseases Cough Ulcers Strings and bites Dysmenorrhoea Ulcers of mouth
30	<i>Allium cepa L.</i>	Onion	Amaryllidaceae	Cold and Catarrh Gingivitis(gum problems) Hic-cup Digestion Ear ache
31	<i>Allium sativum L.</i>	Garlik	Amaryllidaceae	Cold and Catarrh Skin diseases Scars due to burns and scalds Unconsciousness

CONCLUSION

From the above points it can be concluded that home and kitchen herbal remedies for primary health care. This remedies mostly used in our traditional medicinal systems for providing good health to people. We concluding finally that most of the

herbal remedies from medicinal plants, so with the help of the plants we curing so many problems. This herbal remedies very useful in preventing the diseases. So government has take step in to their politics. More than 60% of medicinal plants are rich in medicinal value, remaining plants for fodder, edible, woody, etc. the data is very much significant.

Further pharmacological and clinical studies on this medicinal plants may provide effective natural herbal remedies in traditional medicinal system. Already some of medicinal plants are loosed India, so please conserve the plants, and identify the endangered plants and include in RED Data Book. International drugs and cosmetic industries target the medicinal plants for commercial usage, and they also trying to claim the patent for medicinal plants.

Recommendations:

- Public awareness must be increase among the people about the herbal remedies.
- Know and share the knowledge about herbal remedies extraction and uses.
- Identify the medicinal plants, medicinal properties and uses.
- Conserve the important and endangered plants.

Environmental ministry can play a vital role as well as NGOs, Research institutes, and government authorities.

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