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Some medicinal plants used to cure –Rheumatism

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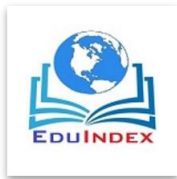
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ABSTRACT:

Rheumatism is a chronic inflammatory ligament of joints, may affects muscles or fibrous tissues which affect joints also., it is often found among children.(in acute form) it is generally found among adults in chronic form . The disease is recognized by pains in muscle and joints. World health organization (WHO) estimates that about 80% world population uses herbal medicines as major component of all the indigenous system of their technological advancement. The indigenous knowledge about medicinal plants is becoming popular, so we have to conserve the ethano-medicinal plants as it can help to discover new drugs and also provide a source to rural tribal peoples. A survey was carried out in Tribal pockets of Parbhani district to document diversity & richness of traditional plant wealth of the region. The present investigation reveled that the traditional herbal healers have good knowledge of use of plant drugs on various diseases. About eighteen plant species are enumerated as plant drugs to cure rheumatism. In the present study brief information about the plants with their local names, botanical names, families and plant parts used with remedies are also summarized.

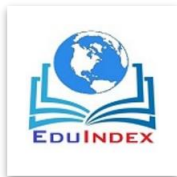
KEY WORDS: Rheumatism, Medicinal plants, pains in muscles and joints



INTRODUCTION:

Parbhani district a place of saints and soul of agriculture is situated in the central part of Maharashtra with the 6511.00 sq.kms Geographical area and 104.146 sq.Kms of forest area

(Forest Department Govt of Maharashtra) .The major forest is mostly situated on the crest lines of Jintur range. Running North-East to south-East which forms a part of Anjanta ranges emanating from Sahyadries. The Parbhani districts forest is rich in plant wealth . The tribal peoples like Bhills, Andha ,Lamani, Thakur and Pardhi lives in the forest area and they had



developed their own culture and medicinal practices- use of plant drugs as herbal medicines in their life modern medical system has not been able to find a cure this crippling disease, drugs and vaccines have only limited values keeping this in mind studies on traditional medicines and health care system in tribal communities, vaidyas, and experienced villagers of this district have been undertaken. The present study deals with eighteen plant species used by natives of Parbhani district to treat Rheumatism.

MATERIALS AND METHODS :

Frequent field trips were conducted in different season for the collection of plant in the forest area . The plants were identified with the help of related literature Naik(1998) . Botanicals names were arranged alphabetically with their local names, families and plant parts used.

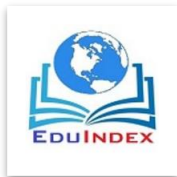
Herbarium sheets are deposited at research center, Deptt. Of Botany, D.S.M. college Parbhani.

Rheumatism:

Rheumatism is an acute chronic disease ligaments of joints caused due to poisoning of blood which results from imperfect elimination of acid toxic wastes from white bread, sugar and refined food to which modern man is most addicted. This disease is recognized by pains in muscles and joints. It is not usually fatal but there is a danger of permanent deformity. Ehano- botanical data was gathered by conducting interviews with tribal peoples, vaidyas, Hakims and experienced rural medicine men.

OBSERVATION AND RESULTS:

Represented in Table-1



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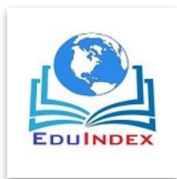
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Sr. No	Botanical Name	Local Name	Family	Plant parts used	Remedies
1	<i>Adhathoda zelanica</i>	Adulasa	Acanthaceae	Leaf	Leaves decoction & Flower
2	<i>Aegle marmelos. L.</i>	Bel	Rutaceae	Root	Root with milk
3	<i>Alangium salvifolium</i>	Ankol	Alangiaceae/	Seed	Seed oil



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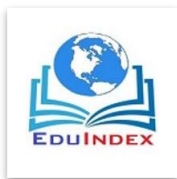
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			cornaceae		
4	<i>Allium sativum</i> L.	Lasun	Alliaceae	clove	Clove is eaten with ghee
5	<i>Aloe vera</i> L.	Korphad	Liliaceae	Leaf	Warm leaf juice is eaten & applied
6	<i>Asparagus racemosus</i> wild	Shatavari	Liliaceae	Root	Root is eaten & oil is applied
7	<i>Calatropis gigantean</i> .L	Ruchki	Asclepiadaceae	Leaf	Warm leaf is tied on painful joints
8	<i>Celastrus paniculata</i> L.	Malkanguni	celastraceae	Seed	Seed oil is applied
9	<i>Cassia fistula</i> L.	Bahava	Caesalpiniaceae	Root	Root is given with milk
10	<i>Ipomoea nil</i> L.	Kaladana	convolulaceae	Seed	Seeds are eaten with jaggary
11	<i>Lantana camera</i> L.	Ghaneri	Verbenaceae	Leaf	Leaf juice is taken in
12	<i>Moringa oleifera</i> . Lamk	Shewaga	Moringaceae	R o o t, L e a	Root bark is given in milk and leaves are applied



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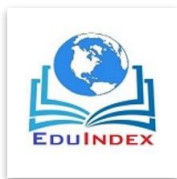
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13	<i>Phyllanthus embilica</i> L.	Awala	Euphorbiaceae	Fruit	Fruit or juice is given
14	<i>Psoralea corylifolia</i> L.	Bawachi	Fabaceae	Seed	Seed powder and seasamum seeds are eaten
15	<i>Sida cordifolia</i> L.	Chikna	Malvaceae	Root	Root ginger & dry honey
16	<i>Tamarindus indica</i> L	Chinch	caesalpiniaceae	Fruit	Fruit,salt and safflower oil is given
17	<i>Vitex negundo</i> L.	Nirgudi	Verbenaceae	Leaf	Leaves are tied on



					swellings
18	<i>Withania somnifera</i> . L dunal	Askand	solanaceae	Root	Root powder, dry ginger & jagaery

RESULT AND DISCUSSION:

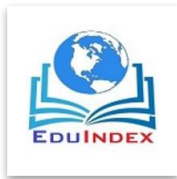
During the present study it is observed that rheumatism is a disease which has no remedy in allopathy, by changing lifestyles, food habits it can be cured. Eighteen species are listed in the treatment of rheumatism. The plants are listed with their local name, Botanical name, family and plant parts used in the traditional medicine (Table-1) a vast array of information is found in latent stage among the different types tribal groups.

Some yogic kriyas are given by Swami Ramdev Baba like Bhramari, Anulom vilom, Bhastrika, Bhujangasan , Kapal Bhati, Vajrasan, Trikonasan etc. Accupressure reflex zones and accupreesure points are useful to control rheumatism. Bhandari S.K.(2007) had given information of Nisargopchar , water treatment, wheat juice treatment on the rheumatism.Naik

V. N. (1988) , Sawant S.S.(2002) had suggested the herbal remedies on rheumatism.Ghizlane Hajja etal.(2018), Manjusha choudhari etal.(2015), Joyti wadekar et.al (2015),Patel.D (2013) ,Nimbalkar sharad (2005) , Khole R.L(2004),verma Tej (2003) ,Upadhyay Ramkrishna (2000) have given remedies of herbal medicine on the rheumatism.

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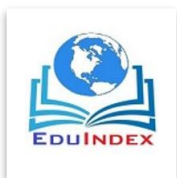
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