
A PRELIMINARY SURVEY ON HOME AND KITCHEN HERBAL REMEDIES FOR PRIMARY HEALTH CARE AT BICHKUNDA, KAMAREDDY DISTRICT, TELANGANA STATE, INDIA

D. Rajesh

Department of Botany Telangana University, Nizamabad
Department of Botany, GDC-Bichkunda, Kamareddy district, Telangana state.
Email: botanyrajesh@gmail.com

Dr. Ahmed Abdul Haleem Khan

Department of Botany Telangana University, Nizamabad

Received: Oct. 2019 Accepted: Nov. 2019 Published: Dec. 2019

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 practices 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 and surveyed (June-2018 to December-2018) local people and tribal peoples, were interviewed and gathered information on traditional medicinal knowledge. And information documented for future use. The Traditional medicinal system is curative or preventive systems of traditional medicine which is used to heal and cure diseases for the better health of humanbings. And the 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 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 ethanomedicinal flora.

Keywords: Home and Kitchen Herbal Remedies, Primary Health Care, Traditional Medicine, Medicinal Plants, Bichkunda.

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 practices 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 depend a large number of medicinal plant species and animal species

Traditional medicine practices 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 introduces 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). Ehanomedicine 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 is more important than the modern medicine.

Ethanobotany is a multidisciplinary resource which is very much useful to many aspects and valuable property of plants. The rural tribal's 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 day 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 Ehanomedicine, 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 Ehanomedicine 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).

Meterials and Methods: 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 is 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 kept 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 extractions have more valuable property some are have less property.

Result 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 these remedies, for curing so many problems. Remedies ultimately coming from plants, which are medicinal plants.

India has rich in ethnomedicinal flora and large numbers 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, gonorrhea 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 repotted 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 spices data like family, local name, medicinal value and uses etc. are presented in Table No. 1.

Table No: 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 Liver diseases Fevers
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 Fevers 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 ailments Menstrual problems Skin Diseases Bleeding
13	<i>Tinospora cordifolia (Thunb) Miers.</i>	Tippatheega	Menispermaceae	Fevers 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 Fevers Loose motions Bleeding piles Oedema Ulcers Tooth Carries
16	<i>Gymnema sylvestre R.Br.</i>	Podapathri	Apocyanaceae	Diabetes Eye disease Liver disease Urinary infection
17	<i>Cassia tora L.</i>	Tagarisa	Caesalpiniaceae	Scorpion Bite, Stings Joint Pains Skin diseases Psoriasis
18	<i>Solanum xanthocarpum L.</i>	Nelamulaka	Solanaceae	Cough Cold & Sore Throat Head ache Fever Dental problems Urinary Problem
19	<i>Argemone mexiacana L.</i>	Brahmadandi	Papavaraceae	Skin diseases White patches Ulcers Eye diseases Jaundice
20	<i>Vitex negundo L.</i>	Vavilli	Verbinaceae	Joint pains Cold and Catarrh

				Fever Ear ache Post parturient mothers Head ache, Skin diseases, Unconsciuousness
21	<i>Aerva lanata (L). Juss.</i>	Pindikura	Amaranthaceae	Burning micturition Urinary stones Prevention of Stones
22	<i>Phyllanthus niruri L.</i>	Neela Usiri	Euphrobiaceae	Janundice Diabetes Fever Skin diseases Liver diseases
23	<i>Carica papaya L.</i>	Boppaya	Caricaceae	Abscess and Inflammations Vermifuge Tooth ache Loose motions Digestion As Cosmetic, Galactagogue
24	<i>Punica granatum L.</i>	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 Paralasis
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) Sprenge</i>	Karivepaku	Rutaceae	Indigestion Abdominal Colic and Tympanitis Jaundice Hair care Inflammatory conditions

				Oral Hygiene, Diabates
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 Unconsciousenss

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 these 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.

Acknowledgment: The grateful thanks to authors, our college principal and botany department for their cooperation and encouragement for study of Ethanomedicinal flora. Grateful thanks to my supervisor sir.

References:

1. WHO organization, Guidelines for the assessment of herbal medicine programme on tradiyional medicine Doc. WHO/TRM/91.4. WHO, Geneva
2. B.R Rajeshwara Rao 2016 : Springer International Publishing Switzerland, M.R. Ahuja and S.M Jain(eds), Genetic Diversity and erosion in plants, Sustainable Development and Biodiversity 8, pp 357-407. Medicinal and Aromatic Plants (MAPs) ;; Diversity and Vegetative Propagation -I eBook, ISBN: 978-1-63278039-3 DOI: <http://dx.doi.org/10.4172/978-1-63278039-3.0402>.

3. Henry T.A 1949 The plant Alkaloids J and A Churchil Ltd. London.
4. Almedia S.M. & Almedia M.R. 2014. Hand Book of diseases and their herbal remedies in Mahsrashtra.
5. Ambasta SP. 1992. The useful Plants of India, Publication & Information Directorate CSIR, New Delhi.
6. Maiti P C. and Mookherjee s. 1968. Cultivation of *Datura innoxia* d. metal in India in cultivation and Utilization of medicinal and aromatic plants. (Eds. Et,al C.K. and kapoo B.M) RRI Jammu Tawi, 43-45.
7. Gamble, J.S. and Fischer, C.E.C. 1915-1935, Flora of the Presidency of Madras. Landon Pp 2017
8. Pullaiah.T. 1995 Flora of Nizamabad
9. Forman L. and Bridson D. (ed) 1989. The herbarium Hand book. Royal Botanic Garden, Kew.
10. Jain s.k. and Rao R.R.1977. Hand book of Field and Herbarium Methods, Today & Tomorrow Printers and Publishers, New Delhi.
11. Pullaiah T. 2015. Flora of Telangana.
12. Raghava Rao S.R. 1989. Flora of Mahabubnagar.
13. Santapau H. 1955. Botanical Collector's Manual. Calcutta.
14. Singh J.S. 2002. The biodiversity erisis: A multifaceted review. Current science. 82:638-647
15. Ghosh A. 2003. Herbal folk remedies of Bankura and Medinipur Dist. West Bengal. Vol. 2(4) 393-396
16. Jain SK. 1989. Methods and Approaches in Ethanobotany, Society of Ethanobotanists, Luknow.
17. Chopra et.al. 1956. Glossary of Indian Medicinal Plants, Council of Scientific and Industrial Resurch, New Delhi.
18. Kapur LD. Handbook of Ayurvedic, Medicinal Plants. CRS, press London.
19. Rao, Ravi Prasad B. 2012. Flora of Sri Krishnadevaraya University Campus, SKU, Publication, Anathapur.
20. Madava Chetty K, K. Shivaji & K.Thulsirao, 2008. Flowering plants of Chittor distict, Andra Pradesh, India, Student Offsets Printers, Thirupathi.
21. Pradhan et.al. 2005. Flora of Sanjay Gandhi National Park, Boravali, Mumbai.
22. Prashanth Kumar P. and P. Vidyasagar G. M. 2008. Traditional Knowledge on Medicinal plants used for treatment of skin diseases in Bidhar district, Karnataka, Indian Journal of Traditional Knowledge. 7(2):273-276.
23. The first National report – chapter 6, Ministry of Environment Govt. of Japan.
24. CRISPR for Conservation Conservation, current Debates, Evolution Posted By Eepuckett on March 15, 2017.
25. Ayurveda treatment methods.
26. A review of immunomodulators in the Indian traditional health care system.
27. WHO organization, Guidelines for the assessment of herbal medicine programme on tradiyional medicine Doc. WHO/TRM/91.4. WHO, Geneva.
28. Watt G. A: Dictionary of the Economic Products of India. Vols. 1889-1886, Culcutta.
29. Biodiversity and Human Health. ISBN: 978-93-86281-75-3
30. D. Rajesh and Dr. Ahmed Abdul Haleem Khan Ethanomedicinal flora of Government Degree College Bichkunda, Kamareddy District, Telangana State. ISSN: 2455-8499. 2018.
31. New Horizons in Applied Plant Sciences Research & Its Impact on Human Welfare ISBN: 9927/ISBN/2018/A.
32. Deleuze, Gilles and Guattari, Felix 1980. A Thousand Plateaus. Trans. Brian Massumin London and New York. Continuum, 2004.
33. Aerobiology and Public Health-2014, ISBN: 978-81-926971-9-8.
34. Capitalisam and Schizophrenia. 2 vol.s 1972-1980. Trans. Of Mille Plateaux.Paris; Les Editions deminuit. ISBN 0-8264-7694-5
