PART II

HERBAL PRACTICES & PRODUCTS

This section contains details of herbal preparations used traditionally for various ailments and products based on such traditional knowledge.
PART II : HERBAL PRACTICES & PRODUCTS

Uses of *Achyranthes aspera* L. (Apamarga)

NIF Database

**Uses from Jharkhand**

**Fever**
Roots are tied around the neck
- Ishidor Minjh, Gumla, Jharkhand

**Asthma**
Whole plant (50-100g) is ground into a fine powder. 5g of this powder is taken with water till the ailment cures
- Ahmed Hussain, Lohardaga, Jharkhand

**Poisonous bites**
Roots (25g) are ground into a fine paste, and juice is extracted. The juice is taken orally and the remaining paste is applied on the bite site
- Jighha Oraon, Gumla, Jharkhand

**Abscess**
Root paste is applied on the abscess
- Ravi Oraon, Hazaribag, Jharkhand

**Uses from other states**

**Headache**
Root paste is applied on the spot of the bite and also administered orally
- Jagjit Bahadur, Sitapur, Uttar Pradesh

**Toothache**
Teeth are brushed with freshly plucked roots
- Bhagvat Prasad Yadav, Nawada, Bihar

**Itching**
Powdered roots (5g) are taken orally with water twice a day for seven days
- Indira Kumari, East Champaran, Bihar

Source: [http://www.impgc.com/images/PlantPictures/Achyranthes%20aspera.jpg](http://www.impgc.com/images/PlantPictures/Achyranthes%20aspera.jpg)

**Uses in Classical Codified Literature**

Dried aerial parts are taken orally in case of diabetes; a powder made from the dried plant is given orally to treat whooping cough; decoction of the plant is used as laxative; and decoction of the plant is applied externally on boils and pimples.

Product "Cystone" 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* like for curing laryngopharyngitis, bronchial asthma etc.
Uses of *Aegle marmelos* (L.) Corr. (Bel)

**NIF Database**

**Eye ailments**
Two drops of juice extracted from the green leaves are put in the eye
- *Kumari Nigar Pravin*, Hazaribag, Jharkhand

**Sunstroke**
Juice extracted from the fresh leaves is taken orally
- *Vijaya Bharati*, Hazaribag, Jharkhand

**Dysentery**
One fruit is soaked in a litre of water, seeds are removed and juice is extracted from the pulp, sugar (20g) is added and the juice is administered orally
- *Gamaliyal Hembrom*, Hazaribag, Jharkhand

**Diabetes**
Juice is extracted from fresh leaves (25g) and administered orally on an empty stomach
- *Randhir Kumar*, Hazaribag, Jharkhand

**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

**Uses from other states**

**Fever**
Leaves of bel and *Swertia chirayita* (Roxb. ex Flem) Karsten. (250 g) are boiled in a litre of water to obtain a decoction of 250 g, 100 g decoction is given to the patient twice a day for seven days
- *Sindhoo Kumari*, Gopalganj, Bihar

**Jaundice**
Freshly plucked green leaves are soaked in a glass of water and taken on an empty stomach 2-3 times a day till cured
- *Akhilesh Kumar Yadav*, East Champaran, Bihar

**Uses in Classical Codified Literature**

Burnt fruit pulp is applied on rheumatic arthritis; 10g fruit pulp is given before sleep to overcome morning sickness; fruit rind is applied externally on head to kill headlice.

‘Bael’, prepared from *Aegle* is used in diarrhoea, dysentery and GI disorders. It has digestive and carminative properties. ‘Lukol’ is a tonic made from this plant along with other plants. This improves uterine circulation, and its antimicrobial and astringent actions on the mucous membrane of the genital system control leucorrhoea. ‘Bilwa’, 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* like for curing diabetes, gastric ulcer etc.
Uses of *Alstonia scholaris* (L.) Br. (Chatawan)

**NIF Database**

**Uses from Jharkhand**

**Headache**
Juice extracted from bark (20g) is given orally
- *Prishila Tuddu*, Hazaribag, Jharkhand

**Fever**
Powdered bark (50g) is taken with water thrice a day
- *Kutuva Birhorni*, Koderma, Jharkhand

**Stomachache**
Juice extracted from bark (20g) is administered orally
- *Prishila Tuddu*, Hazaribag, Jharkhand

**Joint pain**
Bark paste is applied on the aching joint
- *Prishila Tuddu*, Hazaribag, Jharkhand

**Uses from other states**

**Asthma**
Decoction of the bark is given orally
- *Robert L. Hamte*, Aizawl, Mizoram

**Gastric**
Few leaves are ground with black pepper and taken orally before food
- *Indra Kanta Ojha*, Sibsagar, Assam

**Wound**
Paste of bark and leaves is applied on infectious wound
- *Robert L. Hamte*, Aizawl, Mizoram

**Psoriasis**
Seed oil is taken orally for 21 days
- *P. D. Walikar*, Bagalkot, Karnataka

**Uses in Classical Codified Literature**

Fresh bark is put in water to draw out the latex in it, which is taken orally in case of tuberculosis; dried powder is administered orally to cure diarrhoea; and the bark extract is given orally to get rid of intestinal worms.

‘Ayush-64 cap./tab.’, prepared from this plant is effective as an antimalarial compound both for treatment and prophylaxis. Fifteen patents have been found on its medicinal applications like use as an antipyretic.
Uses from Jharkhand

Fever
One teaspoon of root decoction is taken with a glass of water twice a day for 2 to 3 days
-- Gopal Mahato, Hazaribag, Jharkhand

Itching
Seeds (50g) are ground, mixed in coconut oil and applied on the infected body part
-- Prishila Tuddu, Hazaribag, Jharkhand

Eczema
Whole plant (25g) is crushed along with black pepper (2 nos) and the paste is applied topically
-- Suresh Thakur, Hazaribag, Jharkhand

Poisonous bites
Juice extracted from roots is administered orally
-- Jighha Oraon, Gumla, Jharkhand

Uses from other states

Abscess/blisters
Juice extracted from the plant is applied on the affected part
-- Chandra Kanvar, Sikar, Rajasthan

Intestinal worms
1/2 inch root is taken along with water thrice a day to remove hookworms
-- Amar Singh, Kangra, Himachal Pradesh

Urinary disorder
Latex (10ml) is taken orally along with milk
-- Rani B. Bhagat, Pune, Maharashtra

Itching
Juice extracted from the plant is applied on the affected part
-- Rameshwari Devi, Sikar, Rajasthan

Uses in Classical Codified Literature

Seeds powder is taken with water to reduce toothache; decoction of the plant is given orally; seed oil is useful in case of colic pain; and rheumatics should take seed powder to get relief.

‘Step syrup’, prepared from the plant, is used to cure skin diseases and soft tissue infections. Ten patents have been found regarding its various medicinal uses such as in treating psoriasis and for headache.

Source: http://www.naturamediterraneo.com/Public/data5/1ametista/1Copia%20di%20argemone%20mexicana2.JPG

20061035174857_Copia%20di%20argemone%20mexicana2.jpg
Uses from Jharkhand

**Gynaecological disorder**
Gum (5g) is ground, mixed with water and administered for 5 days
- Jugeshwar Ram, Hazaribag, Jharkhand

**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 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, Sirohi, Rajasthan

**Piles**
Ground roots to make a paste. Paste (10g) is taken with water for seven days
- Antaryami Pradhan, Angul, Orissa

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 Kumatav, Sikar, Rajasthan

Uses in Classical Codified Literature

Decoction of the bark is given orally to combat fever\(^2\); diabetics are given decoction of the heartwood\(^3\); and to reduce stomachache bark juice is administered\(^4\).

Product ‘Acne-n-Pimple Cream’\(^5\) is prepared from Bombax along with other plants to treat pimples and skin eruptions. ‘Evecare’, a multi herb product made out from this plant, has a regularizing influence on the menstrual cycle. Eight patents have been found on the medicinal application of Bombax like for skincare\(^6\), AIDS\(^7\) etc.
Uses of *Butea monosperma* (Lamk.) Taub. (Palash)

**NIF Database**

**Uses from Jharkhand**

**Cuts & wounds**
Juice extracted from bark is applied
- Dinesh Bediya, Ranchi, Jharkhand

**Intestinal worms**
Seeds (3-4 nos.) are ground in water and given orally
- Sitaram Bediya, Hazaribag, Jharkhand

**Uses from other states**

**Toothache**
Resin powder is filled in damaged gums
- Bhomabhai Damor, Banaskantha, Gujarat

**Acidity**
Resin (2g) is taken with cold water
- Pritam Chand, Kangra, Himachal Pradesh

**Dysentery**
Resin (25g) is administered orally
- Thavriben Kateria, Banaskantha, Gujarat

**Joint pain**
Powdered resin is taken with milk
- Devaram, Sirohi, Rajasthan

**Uses in Classical Codified Literature**

Bark is used as poultice for pimples\(^{30}\); bark juice is given orally to get rid of intestinal worms\(^{29}\); and dried flower powder is administered orally, which acts as diuretic\(^{17}\).

‘Lukol\(^{4}\)’ has a stimulatory action on the endometrium and improves uterine circulation. ‘Hair Loss Cream\(^{4}\)’ improves tensile strength of hair and increases hair density. Ten patents were found on its medicinal uses like for bone disorders\(^{30}\), skin care\(^{31}\) etc.
Uses of *Celastrus paniculatus* Willd. (Malkangani)

**NIF Database**

**Uses from Jharkhand**

**Tuberculosis**
3 drops of oil are mixed in yolk of egg and administered
- *Prishila Tudoo, Hazaribag, Jharkhand*

**Uses from other states**

**Graying of hair**
Oil is applied on the scalp
- *Sharvan Singh, Kangra, Himachal Pradesh*

**Gas/acidity**
2-3 gm of powdered seeds is taken orally with water
- *Devaram, Sirohi, Rajasthan*

**Intestinal worms**
Shade dried fruit is ground into a fine powder and sieved.
2-3 tablespoon of the powder is taken orally in the morning and evening for 4-5 days
- *Nimavat Gitaben J, Junagadh, Gujarat*

**Skin disease**
Oil is applied on the infected place
- *Devaram, Sirohi, Rajasthan*

**Uses in Classical Codified Literature**

Fruit juice is used as cardiotonic; seeds are used as appetizer; fruit paste mixed with warm mustard oil is applied externally.

‘Geriforte’, an anti stress medicine facilitates respiratory functions, and assists cardiovascular functioning by improving circulation and reducing raised lipid levels. ‘Anxocare’, a memory enhancer promotes better receptivity and learning abilities. Three patents were found on its medicinal applications like treating deficit-hyperactivity disorder.
Uses of *Centella asiatica* (L.) Urban (Brahmi)

**NIF Database**

**Uses from Jharkhand**

**Jaundice**
Plant (10g) is ground, mixed with water, filtered and the extract is taken
- Vifiya Oraon, Lohardaga, Jharkhand

**Anorexia**
Juice from leaves (25g) is extracted and administered orally
- Gamaliyal Hembrom, Hazaribag, Jharkhand

**Skin disease**
Plant is taken as a vegetable regularly
- Bablu Bediya, Hazaribag, Jharkhand

**Uses from other states**

**Insomnia**
Plant paste is taken along with food regularly
- Khiroram Barman, Borpeta, Assam

**Toothache**
Equal proportion of brahmi leaves, onion and banana roots are ground to make a fine paste and applied on the aching part
- Anil Gogoi, Sibsagar, Assam

**Dysentery**
Paste of leaves along with black pepper is given orally
- Dipali Borah, Sibsagar, Assam

**Uses in Classical Codified Literature**

Fresh juice from aerial part is used as brain tonic; powder of aerial portion is taken to control high blood pressure; the whole plant is used as diuretic; and plant paste is applied as a poultice in case of bone fracture.

‘Herbal Tea’ is mainly indicated as a health drink. ‘Mentat’ 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.
**Uses of *Datura metel L.* (Dhatura)**

### NIF Database

#### Uses from Jharkhand

**Asthma**
A seed soaked in water is taken orally initially, gradually a seed is increased every week for five weeks.
- Rani Farhat, Hazaribag, Jharkhand

**Stomachache**
Warm leaves are put on the belly.
- Anil Kumar Mahato, Hazaribag, Jharkhand

**Arthritis**
Paste of the leaves is applied on the aching part.
- Divakar Pathak, Lohardaga, Jharkhand

**Backache**
Roots (20g) are boiled in mustard oil (250g), filtered and the oil is massaged.
- Ramji Chink Badaik, Gumla, Jharkhand

#### Eczema

A fruit is roasted and ground to make a fine powder, sesame oil (250g) and milk is added to make a paste. The paste is applied on the infected part.
- Vikas Kumar, Nawada, Bihar

#### Diarrhoea

Seeds are ground in water, which is then filtered and administered orally.
- Ajit Singh Rathod, Nagor, Rajasthan

#### Uses from other states

**Alopecia**
Juice of the leaves is extracted, smeared on the head and left for 30 minutes.
- Bansi Ghosal, West Midnapur, West Bengal

**Headache**
Seeds are chewed and spat for instant relief.
- Ganesh Das, Sirohi, Rajasthan

**Cough**
Juice from the roasted leaves is extracted; two spoonful of the juice mixed with a spoon of ghee is taken.
- Mohani Kumari, Lakhisaray, Bihar

#### Use in Classical Codified Literature

One fruit is filled with 10g *Piper longum* L. and burnt. 5g of this ash is given with honey, morning and evening, for 5 days to cure malaria; the thumb is kept inserted within the fruit to treat finger felon; and the root paste is applied externally on poisonous bites.

‘Muscles & joint rub’, is a highly effective medicine for backaches, muscular sprains and joint pains made from the plant. ‘Unicough syrup’ is used to cure bronchitis, cough/cold and asthma.
Uses of *Leucas aspera* Spr. (Guma)

NIF Database

**Uses from Jharkhand**

**Migraine**
2 drops of the juice extracted from freshly plucked leaves is put in the nose
- Ramji Chink Badaik, Gumla, Jharkhand

**Uses from other states**

**Sinusitis**
Juice of leaves is put in the nose
- Nayan Kalita, Kamrup, Assam

**Fever**
Equal amount of flower of guma; leaves of *Azadirachta indica* A. Juss., *Ocimum sanctum* L.; roots of *Cyperus rotundus* L., *Solanum xanthocarpum* Schrad. & Wendl. and black pepper seeds are pounded and the juice is extracted. Two spoonful of the juice is taken orally
- Nushrat Jahan, Gopalganj, Bihar

**Stomachache**
Curry made from the plant is taken
- Usha Rani, Darbhanga, Bihar

**Jaundice**
Juice from pounded leaves is extracted and little quantity of goat urine is mixed; this is given twice a day for 4 days
- Shalini Shrivastava, Balia, Uttar Pradesh

**Eczema**
Plant is burnt and some coconut oil is mixed with the ash. The paste is applied on the infected body part
- Gokul Singh, East Champaran, Bihar

**Uses in Classical Codified Literature**

Dried plant powder is applied in case of scabies; the plant is used as an anthelmintic; a handful flower (5g) roasted in ghee is given once a day to cure cough.

‘Herbal Steam Bath’ is used to clean dirt and bad odour in the body, stop burning sensation in eyes, prevent watery eyes, headache, nausea, migraine etc. ‘Herbex Cough Syrup’ is very effective for all kinds of cough and cold, asthma, bronchitis, wheezing cold and upper respiratory tract infections.
PART II : HERBAL PRACTICES & PRODUCTS

Uses of *Pongamia pinnata* (L.) Pierre (Karanj)

NIF Database

Uses from Jharkhand

**Toothache**
Teeth are brushed with its stem
- Rahul Kumar Gupta, Hazaribag, Jharkhand

**Fever**
Seeds (10g) and black pepper (2nos) are ground together, pellets of gram size are prepared and taken orally
- Devendra Kumar, Hazaribag, Jharkhand

**Inflammation**
Paste of the seeds of karanj (few), ginger (4g) and asafetida (1g) is prepared and administered orally with water
- Devendra Kumar, Hazaribag, Jharkhand

**Skin diseases**
Seed oil is applied on the infected place
- Rahul Kumar Gupta, Hazaribag, Jharkhand

Uses from other states

**Hair care**
Seed oil is mixed with pounded seeds of *Nyctanthes arbor-tristis* L. and applied on head
- Rani B. Bhagat, Pune, Maharashtra

**Asthma**
Decoction of leaves of karanj, *Adhatoda vasica* Nees. and roots of *Achyranthes aspera* L., *Solanum xanthocarpum* Schrad. & Wendl. is prepared. Two spoonful of the same is taken orally
- Tolabai Gameti, Udaipur, Rajasthan

Wound
Seed oil (100ml) mixed with burnt leaves of *Phyllanthus fraternus* Webst. (250g) is applied on the wound
- Davalal Gameti, Udaipur, Rajasthan

Uses in Classical Codified Literature

Dried flower powder is taken orally to reduce blood sugar\(^4\); juice extracted from green fruits is mixed with mustard oil and applied in case of rheumatic pain\(^7\); and fresh bark extract is administered orally to cure bleeding piles\(^2\).

‘Erina Plus gel’\(^3\) acts as a stimulant and helps in increasing the blood supply to skin. It prevents hair loss and skin disorders. ‘Face Treatment Cream’\(^4\) acts as a revitalizer, moisturizer and anti-wrinkle skin cream, and also works on dark circles and puffiness around the eyes. Ten patents were found on its medicinal applications mainly for hair care\(^5\), skin diseases\(^5\).
Uses of Solanum nigrum L. (Makoi)

NIF Database

Uses from Jharkhand

Nasal bleeding
Dry fruit (25g) is boiled in mustard oil (100g). The oil is filtered and applied on the forehead
- Sahim Ansari, Lohardaga, Jharkhand

Uses from other states

Mouth ulcer
Leaves are chewed
- Shripal Singh, Bulandshahar, Uttar Pradesh

Cough
Juice extracted from the roots is taken orally
- Priyanka Kumari, Gopalganj, Bihar

Stomachache
Leaves of makoi (200g) is fried in mustard oil (20ml), salt is added and administered
- Sukhai Mali, Faridabad, Haryana

Jaundice
Juice extracted from the roots is administered orally
- Suman Kumari, Gopalganj, Bihar

Uses in Classical Codified Literature

Powdered fruit is given orally to reduce fever; juice extracted from the whole plant is applied externally on the burnt part; poultice of the plant is placed on the aching joint; fruits are ground and taken orally to cure diarrhoea.

‘Herbolax’ 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.
PART II : HERBAL PRACTICES & PRODUCTS

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, it is not harmful to nature and human beings. It also controls sucking pests like white fly, heliothis, aphid etc.

**SRISTI KRUSHAK**
Popatbhai Rupabhai Jambucha, Gujarat
It is an excellent remedy for leaf curl disease. Besides controlling the disease it increases the vigor of the plants by increasing 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 spread in the field. Some times it is released in the field along with the flow of irrigation water. In some cases, it is also drenched in the affected part of the plant and 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 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 increases the yield and reduces the toxic content 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.
PART II: HERBAL PRACTICES & PRODUCTS

Herbal Formulations for Livestocks and Poultry

Coccicure
Sudakarbhai K. Gauli & Jeevalbhai M. Gauli, 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 and 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 and chronic mastitis. It was also validated in case of mastitis due to Staphylococcus aureus. The dose rate was found to be single intramammary 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). 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.

JHARKHAND INNOVATES | 35