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 *Abrus precatorius* L. (Kndumani, Pirantai uppu)

**NIF Database**

**Uses from Tamil Nadu**

**Migraine**
Apply the plant paste on the forehead
- *Muthumari V*, Dindigul, Tamil Nadu

**Stomachache**
Take seed powder with ghee or butter for relief
- *Kalpana*, Trichy, Tamil Nadu

**Uses from other states**

**Backache**
Mix powdered seeds of the plant along with the powder of rhizome of *Acorus calamus* L., roots of *Asparagus racemosus* Willd., and leaves of *Vitex negundo* L., *Cannabis sativa* L. with honey. Make tablets and take one tablet twice a day for three to four weeks
- *Ami Chand*, Kangra, Himachal Pradesh

**Baldness**
Apply seed paste on the scalp along with honey
- *Mangilal Purohit*, Churu, Rajasthan

**Mouth ulcer**
Apply the green leaf juice topically
- *Chhitar Lal Gurjar*, Sawai Madhopur, Rajasthan

**Knee pain**
Take seeds (6g) orally with milk for 14 days
- *Pavan Mehra*, Sikar, Rajasthan

**Uses in Classical Codified Literature**

Dried leaf and root powder is given orally in the case of eye complaint; decoction of the young leaves is given orally for cough; leaf powder is given orally in case of urine problems; and seed extract is used in sciatica.

It is one of the ingredients of ‘Tranquil’ medicine for relieving stress and anxiety. Ten patents have been found on the applications of *Abrus* mainly as a natural sweetener and oral contraceptive.
Uses of *Adhatoda vasica* (L.) Nees (Adathodai)

**NIF Database**

**Uses from Tamil Nadu**

**Tuberculosis**
Take leaf decoction (100ml) on an empty stomach thrice a day for 48 days.
- **K Saroja, Chidampa, Tamil Nadu**

**Throat pain**
Take dry leaves (500g) along with *Piper nigrum* L. (10g), *Piper longum* L. (100g) and *Trachyspermum ammi* L. (10g) and grind them into a fine powder. Take one teaspoon of the powder with honey thrice a day.
- **Murugesan, Tirunelveli, Tamil Nadu**

**Uses from other states**

**Asthma**
Take the leaf juice orally
- **Jyothi Bhatta, Chikmagalur, Karnataka**

Inhale the smoke of dried leaves
- **Susanta Kumar Manjhi, Birbhum, West Bengal**

**Tuberculosis**
Take the leaf juice orally with a little honey
- **Mahesh Bijarania, Nagor, Rajasthan**

**Cough**
Take the leaf juice orally with a little sugar
- **Jyothi Bhatta, Chikmagalur, Karnataka**

**Malaria**
Take the leaf decoction orally with jaggery
- **Mahesh Kumar Khangar Purohit, Sirohi, Rajasthan**

**Constipation**
Take the leaf decoction orally with honey
- **Pradip Kumar, Bulandshahar, Uttar Pradesh**

**Sprain**
Ferment the leaf decoction and take it orally
- **Gopinath Pradhan, Nabarangpur, Orissa**

**Uses in Classical Codified Literature**

Decoction of the plant is taken orally to cure asthma: leaves (500g) are decocted in water (5l) until a dark brown mass is obtained and two spoonful are taken with honey thrice a day for 2-4 days to cure fever; rheumatic patients should warm the leaves and apply on the body. Product ‘Menstri Care’ prepared from the plant is an effective medicine for women’s health problems. ‘Diakof’, a herbal medicine uses *Adhatoda* along with other plants for treating cough. Ten patents have been found on its medicinal applications mainly for cough and asthma.
Uses of *Areca catechu* L (Pakkumaram)

**NIF Database**

**Use from Tamil Nadu**

**Burn**
Apply the paste of young nut topically
- Bhoothathan Kanni, Tirunelveli, Tamil Nadu

**Uses from other states**

**Migraine**
Gurgle with fruit decoction to get relief from pain
- Naganath Durga Chogule, Sholapur, Maharashtra

**Eye ailments**
Put the tender fruit juice in the eyes
- Ajitha Saji, Idukki, Kerala

**Dental care**
Brush the teeth with seed ash
- Amit Kumar, Gopalganj, Bihar

**Dysentery**
Take the root decoction orally
- Purna Kanta Shyam, Sibsagar, Assam

**Corn**
Mix husk ash with mustard oil. Apply the paste topically
- Bhula Hira, Sibsagar, Assam

**Uses in Classical Codified Literature**

Dried bark powder is taken orally to cure asthma\(^\text{14}\); leaves are used as antipyretic\(^\text{15}\); powder of tender seeds is boiled in coconut oil and applied in case of burns\(^\text{16}\). Product ‘Lukol DS’\(^\text{11}\) tablet contains *Areca* as one of the ingredients and is useful in leucorrhoea and related symptoms. ‘Himplasia’\(^\text{11}\), a product made from this plant, is useful for treating prostate disorders. Seven patents have been found on the medicinal uses of the plant mainly as an antidiabetic\(^\text{17}\) and as an antiviral\(^\text{18}\).
Uses of *Boerhaavia diffusa* L. (Mookanathi)

**NIF Database**

**Uses from Tamil Nadu**

**Gas trouble**
Take the roots of *mookanathi* (50g), *arugampul* (*Cynodon dactylon* L.) (50g), bark of *murungai* (*Moringa oleifera* Lam.) (100g), leaves of *veli paruthi* (*Pergularia daemia* (Forssk.) Chiov.), few cloves of garlic and ginger (20g). Grind them to extract the juice. Add honey (500ml) to it. Treat the concoction with a heated rod and consume it twice a day for three days.
- M. Lingam, Madurai, Tamil Nadu

**Veterinary practice**

**Maggots in wound**
Apply the root paste along with limestone topically
- Jeyapaul, Madurai, Tamil Nadu

**Uses from other states**

**Kidney stone**
Boil the whole plant (50g) in water (600-700ml) along with three crushed black pepper seeds and one spoon of sugar till the solution reduces to one-third. Filter and take it orally
- Rani B. Bhagat, Pune, Maharashtra

**Jaundice**
Take the root juice orally
- Rani B. Bhagat, Pune, Maharashtra

**Conjunctivitis**
Take the root decoction (50g) orally once a day
- Ramnarayan Gameti, Udaipur, Rajasthan

**Cough**
Cook the leaves of *mookanathi* (5g), one small onion, a small piece of ginger and a spoonful of cardamom and take it orally
- Hasina Khan, Margav, Goa

**Abscess**
Apply the leaf paste on the infected part
- P. D. Walikar, Bagalkot, Karnataka

**Uses in Classical Codified Literature**

The leaf juice is given with milk to get relief from cataract; decoction of the plant is given orally to purify blood; the plant extract is used as diuretic; decoction of the leaves is applied externally in case of skin infections. ‘Liver-kidney care‘ made from this plant works synergistically on the liver and kidney to heal and prevent infections in both the systems. Fourteen patents have been found on various medicinal applications of *Boerhaavia* for different ailments mainly for liver disorders, hypertension etc.
Uses of *Butea monosperma* (Lamk.) Taub. (Palash)

**NIF Database**

**Use from Tamil Nadu**

**Whooping cough**
Take the seed ash along with honey orally
- R. Sundari, Dingaligul, Tamil Nadu

**Uses from other states**

**Acidity**
Tie poultice made from cooked lukewarm flowers over the abdomen
- Madhav Rao Shankar Rao Patil, Jalgaon, Maharashtra

**Cuts & wounds**
Apply the bark juice topically
- Dinesh Bediya, Ranchi, Jharkhand

**Toothache**
Apply the resin powder on the affected gums
- Bhomabhai Damor, Banaskantha, Gujarat

**Joint pain**
Take the resin powder with milk
- Devaram, Sirohi, Rajasthan

**Head lice**
Apply the leaf juice on the scalp
- P. D. Walikar, Bagalkot, Karnataka

**Uses in Classical Codified Literature**

Bark is used as poultice for pimples; and bark juice is given orally to cure intestinal worms. ‘Lukol’ has a stimulatory action on the endometrium and improves uterine circulation. ‘Hair Loss Cream’ improves tensile strength of hair and increases hair density. Ten patents have been found on its medicinal uses for bone disorders, skin care etc.
Uses of *Calotropis procera* (Ait.) R. Br. (*Erukku*)

**NIF Database**

**Uses from Tamil Nadu**

**Intestinal worms**
Take the leaf juice orally along with some honey
- Kalpana, Trichy, Tamil Nadu

**Headache**
Mix the latex with limestone powder and apply the paste on the forehead.
- S. Amirthavalli, Kulamangalamm Post, Tamil Nadu

** Uses from other states**

**Stomach disorder**
Grind the leaves with turmeric and make tablets. Take one tablet orally till the ailment gets cured
- P. D. Walikar, Bagalkot, Karnataka

**Knee pain**
Take the leaf juice orally
- Jyothi Bhatta, Chikmagalur, Karnataka

**Earache**
Put the latex in the ear
- R. C. Chowdhary, Nagor, Rajasthan

**Stomachache**
Smear mustard oil on a leaf and apply it warm over the abdomen for immediate relief
- Chawda Chanduben Jawanj, Gandhinagar, Gujarat

**Arthritis**
Mix latex with turmeric powder, boil it with sesame oil and then apply this paste on the aching joint
- Sanjay Singh Uplana, Nagda, Madhya Pradesh

**Skin disease**
Apply the bark paste on the infected part
- Murallilai, Jaipur, Rajasthan

**Itching and irritation**
Warm the leaves smeared with mustard oil and make a bandage on the affected body part for two to three days
- Sukkhi Devi, Udham Singh Nagar, Uttarakhand

**Migraine**
Heat the leaf and extract the juice. Put two-three drops in the nostril in the opposite side of the head having pain
- Indiravati Rana, Udham Singh Nagar, Uttarakhand

**Uses in Classical Codified Literature**

Plant extract is used as bronchodilator; flower buds of *Calotropis*, along with black pepper seeds and salt, are crushed to make pills the size of small peas. Two pills are taken twice daily for three days to cure malaria; warmed leaves, smeared with oil, are applied on the aching part to alleviate rheumatic pain. ‘Muscle & Joint Rub’ is a highly effective ointment for backaches, muscular sprains and joint pains. ‘Arkavaleha’, made from this plant, is given to cure irritation of the stomach, nausea, vomiting, diarrhoea etc. Eight patents were found on the medicinal uses mainly for anti-tumor and antidotal activity and bronchial asthma.
Uses of *Moringa oleifera* Lam. (Murungai)

**NIF Database**

**Uses from Tamil Nadu**

**Gastric trouble**
Crush the bark of *murungai* (50g), garlic (25g), black pepper (10g) and betel leaf (10g) and extract juice. Take the decoction (25ml) of this juice twice a day.
- S. Bhuvanendiran Kaani, Nellai, Tamil Nadu

**Diarrhoea**
Take the dried bark of *murungai*, cashew plant and *naval* (*Syzigium cumini* (L.) Skeel) in equal quantity. Grind it into a fine powder. Soak two spoonful of powder in water (200ml) for three hours. Filter it and add some salt to it. Take the preparation thrice a day on an empty stomach.
- P. Veluchamy Kaani, Tirunelveli, Tamil Nadu

**Uses from other states**

**Asthma**
Take the root juice (30g) orally along with an equal amount of ginger juice.
- Sanjay Singh Uplana, Nagda, Madhya Pradesh

**Diabetes**
Take the leaf juice orally.
- Rahul Kumar Mahato, Gopalganj, Bihar

**Joint pain**
Take the bud curry to reduce the pain.
- Sanjay Singh Uplana, Nagda, Madhya Pradesh

**Sprain**
Apply the leaf poultice over the affected part.
- Dhanmantari Patel, Sundargadh, Orissa

**Poisonous bite**
Pound seeds with equal amounts of ginger, black pepper and *Piper longum* and add cold water. Take the mixture orally.
- Ganesh Madhukar Shanbhag, Sholapur, Maharashtra

**Ulcer**
Make pills from the leaf paste. Take one pill for three days early in the morning after light breakfast.
- Sukumar Nath, North Tripura, Tripura

**Uses in Classical Codified Literature**

Juice of bark is given orally along with a pinch of asafetida and salt\(^1\); dried fruit is eaten to combat diabetes\(^3\); powder of the plant is administered orally to cure asthma\(^3\). Product ‘Sugan Nutrimix’\(^3^\) is a ready mix preparation where *Moringa* is mixed with pulses, spices and other natural ingredients to make it rich in nutrients, minerals, protein etc., and to enhance its taste. This powder can be consumed in its natural form or can be mixed with staple food. ‘Pain Massage Oil’\(^1\) is a herbal oil, which provides relief from neuromuscular pain. Twelve patents have been found on its medicinal uses such as for anticancer\(^3\) and antidiabetic\(^4\) properties.
Uses of *Sphaeranthus indicus* L. (Kottakarthai)

**NIF Database**

**Use from Tamil Nadu**

**Obesity**
Take the juice of flowering heads (100ml) with milk (100ml) orally  
- Susila Vaidy, Vellore, Tamil Nadu

**Uses from other states**

**Headache**
Take two spoonful of the leaf juice orally  
- Vilas Shantaram Patil, Jalgaon, Maharashtra

**Bodyache**
Apply the flower juice on the body  
- Tarun Suri, Muzaffar nagar, Uttar Pradesh

**Fever**
Take two spoonful of the leaf juice orally  
- Vilas Shantaram Patil, Jalgaon, Maharashtra

**Stomachache**
Chew the fresh leaves for immediate relief  
- Vilas Shantaram Patil, Jalgaon, Maharashtra

**Uses in Classical Codified literature**

Extract of the dried aerial parts is taken to get rid of indigestion\(^4\); juice of the fresh leaves is mixed with little amount of milk and sugar and consumed to combat cough\(^1\); and the plant acts as a diuretic\(^2\). Product ‘Diabecon’\(^1\) minimizes long-term diabetic complications. ‘Geriforte’\(^1\) facilitates respiratory functions, and assists cardiovascular functions. Six patents have been found on its various medicinal applications mainly on inflammatory disorders\(^3\) and cancer\(^4\).
Uses of *Strychnos nux-vomica* L. (Eddikunchera, Kanchurai)

**NIF Database**

**Uses from Tamil Nadu**

**Insect bite**
Prepare tablets from the paste of the bark of the plant, roots of *Pongamia pinnata* (L.) Pierre and ripened fruits of *Tamarindus indica* L. Take a tablet once a day.
- Pongavanam, K, Dindigul, Tamil Nadu

**Stomachache**
Keep the fruit on a fire for a while. Levigate it on a stone. Apply the paste on the stomach.
- K. Nagammal, Keerappakkam, Tamil Nadu

**Rheumatism**
Grind vine of *Aristolochia indica* L. (10g) and mustard seeds (5g), and mix with bark juice (210ml). Apply this mixture on the aching joints.
- Murugesan, Tirunelveli, Tamil Nadu

**Uses from other states**

**Diabetes**
Take a spoonful of dried plant powder orally with water
- Patel Singh, Hisar, Haryana

**Eczema**
Boil the plant in the oil of *Calophyllum inophyllum* L. Filter the solution and apply on the infected part
- P. Gopalkrishnan Nair, Thiruvananthapuram, Kerala

**Veterinary practice**

**Bloat**
Mix the juice of tender leaves and fruits of bitter cucumber with buttermilk and give it orally
- Jevayaben, Dang, Gujarat

**Uses in Classical Codified Literature**

The roots are used to cure fever; dried seeds of the plant are used for treating indigestion; the root bark is ground with turmeric and applied externally on dropsy; the stem bark is roasted on fire, powdered and made into a paste with ghee and is applied externally on cuts and wounds. *Nux-vomica* is a common homoeopathic remedy for indigestion, vomiting, diarrhoea, cramps, constipation, colds, and headache. Twenty-one patents have been found on the medicinal uses of *Strychnos* for joint pain and viral diseases.

Uses of Vernonia cinerea (L.) Less. (Seetheri senghameer)

NIF Database

Use from Tamil Nadu

Nervous disorder
Take a spoonful of the paste of the leaves of seetheri senghameer and Solanum torvum Sw. once a day.
- Latuma Nagounder, Trichi, Tamil Nadu

Uses from other states

Headache
Grind the plant (10g) with an equal amount of garlic and boil in coconut oil (100ml) till quarter of the solution remains. Filter and add camphor (10g) powder. Apply this oil topically on the aching part.
- Anvy Moly Tom, Wayanad, Kerala

Diabetes
Grind the roots (10g) into a fine paste and take it with sugar candy (10g).
- Pavan Mehra, Sikar, Rajasthan

Psoriasis
Take the seeds (5g) with warm water.
- K.L. Lakshmana Shetty, South Canara, Karnataka

Uses in Classical Codified Literature

Powder of dried flowers is consumed with hot water for conjunctivitis; the whole plant is used for fever; decoction of the dried aerial parts is given orally to keep blood pressure normal, and decoction of the plant is administered orally to cure jaundice.

'Cystone' is prepared from Vernonia in combination of other plants, which inhibits calculogenesis by reducing stone-forming substances. Five patents have been found on its various medicinal applications such as for stimulating hair growth.
Herbal Formulations for Healthy Crops

SRISTI SHAASTRA
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.
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.

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*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.*
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