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 *Abras precatorius* L. (Gulganji)

NIF Database

**Use from Karnataka**

**Gynaecological disorder**
Eat two leaves twice a day till the ailment gets cured
- P.D. Walikar, Bagalkot, Karnataka

**Uses from other states**

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

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

**Stomachache**
Take the seeds (100g) with ghee or butter for relief
- Kalpana, Trichy, Tamil Nadu

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

**Uses in Classical Codified Literature**

Dried leaves and root powder is given orally in case of eye complaint; decoction of young leaves is given orally for cough; leaf powder is given orally in case of urine problems; seed extract is used in sciatica. It is one of the ingredients of ‘Tranquil’ for relieving stress and anxiety. Ten patents have been found on the applications of Abrus as natural sweetener, oral contraceptive, etc.
Uses of *Achyranthes aspera* L. (Utranigida)

**NIF Database**

**Uses from Karnataka**

**Tuberculosis**
Take two spoonful of leaf juice of *Achyranthes*, *Adhatoda vasica* (L) Nees, *Tinospora cordifolia* (Willd.) Miers ex Hk. f. & Th. (in equal proportion) with a spoonful of honey
- Laxminarayan S. Sastry, Bangalore, Karnataka

**Itching**
Apply the paste made from plant ash, lime, turmeric powder and cow’s urine on the infected part
- K. Lakshmana Shetty, Dakshin Kannada, Karnataka

**Uses from other states**

**Toothache**
Make a paste of roots along with three black pepper seeds. Apply it on the aching tooth
- Susanta Kumar Manjhi, Birbhum, West Bengal

**Piles**
Apply the plant paste topically
- Satyen Chatterjee, Murshidabad, West Bengal

**Toothache**
Brush teeth with freshly plucked roots
- Bhagvat Prasad Yadav, Nawada, Bihar

**Asthma**
Take the ash of dried branches orally
- Chandrasingh Chaudhary, Nandurbar, Maharashtra

**Itching**
Take the root powder (5g) orally with water twice a day for seven days
- Indira Kumari, East Champaran, Bihar

**Uses in Classical Codified Literature**

Dried aerial parts are taken orally in the case of diabetes; powder made from the dried plant is given orally to treat whooping cough; decoction of the plant is used as laxative; 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* for curing laryngopharyngitis, bronchial asthma etc.
Uses of *Adhatoda vasica* (L.) Nees (Sinha parni)

NIF Database

**Uses from Karnataka**

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

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

**Uses from other states**

**Asthma**
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

**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

**Uses in Classical Codified Literature**

Decoction of the plant is taken orally to cure asthma; leaves (500g) are decocted in 5 litres of water 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.
Use of *Aegle marmelos* (L.) Correa (Bilpatri)

**NIF Database**

**Use from Karnataka**

**Toothache**
Take a spoonful of powder of three leaves each of *Aegle marmelos*, *Azadirachta indica* A. Juss., *Ficus religiosa* L. and clove (5g) and *Trachyspermum ammi* (L.) Sprague ex Turrill. (50g) orally
- A. T. Meharwade, Haveri, Karnataka

**Intestinal worms**
Take the green leaf juice orally
- Jagjeet Bahadur, Sitarpur, Uttar Pradesh

**Uses from other states**

**General debility**
Take the fruit regularly
- Arun Ghosh, Bankura, West Bengal

**Dysentery**
Take the leaf powder orally along with a little salt
- Surjit Singh Sardar, Purulia, West Bengal

**Nasal bleeding**
Apply the leaf paste on the nose
- Puran Chand, Kangra, Himachal Pradesh

**Diabetes**
Take the root juice (150ml) orally
- Maibum Lolito Meitei, Bishempur, Manipur

**Jaundice**
Take the leaf or fruit juice orally
- Ngairangbam Santosh Singh, Imphal East, Manipur

**Menorrhagia**
Take the leaf paste orally
- Rani B. Bhagat, Pune, Maharashtra

**Uses in Classical Codified Literature**

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

‘Bael’, prepared from *Aegle* is used in diarrhoea, dysentery and GI disorders. It has digestive and carminative properties. Lukol’s tonic is made from this plant along with other plants. It improves uterine circulation, and its antimicrobial and astringent actions on the mucous membrane of the genital system also help 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* mainly for curing diabetes, gastric ulcer etc.
Uses of *Boerhaavia diffusa* L. (Kommegida)

**NIF Database**

**Use from Karnataka**

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

**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 *kommegida* (5g), one small onion, a small piece of ginger and a spoonful of cardamom and consume it orally
- *Hasina Khan*, Margav, Goa

**Uses in Classical Codified Literature**

The leaf juice is given with milk to get relief from cataract\(^2\); decoction of the plant is given orally to purify blood\(^3\); the plant extract is used as diuretic\(^4\); decoction of the leaves is applied externally in case of skin infections\(^5\). ‘Liver-kidney care’\(^6\) 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\(^7\), hypertension\(^8\) etc.
Uses of *Butea monosperma* (Lamk.) Taub. (Muttagamara)

**NIF Database**

**Use from Karnataka**

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

**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

**Uses in Classical Codified Literature**

Bark is used as poultice for pimples; bark juice is given orally to cure intestinal worms; dried flower powder is administered orally as diuretic. ‘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. (Ekka)

NIF Database

Uses from Karnataka

**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

Uses from other states

**Ear ache**
Put the latex in the ear to cure the pain
- R. C. Chowdhary, Nagor, Rajasthan

**Stomachache**
Smear mustard oil on a leaf and warm. Apply it over the abdomen for immediate relief
- Chawda Chanduben Jawanji, 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
- Muralilal, Jaipur, Rajasthan

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 3 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 *Holarrhena antidysenterica* Wall. (Korchi)

**NIF Database**

**Use from Karnataka**

**Tumor**
Grind the bark (5g) along with a spoon of cumin and a cup of buttermilk, filter the solution and take it orally
- *N. S. Narayananurthy, Shimoga, Karnataka*

**Use from other states**

**Liver disorder**
Take the decoction of the bark orally
- *Priyanka Pramanik, Purulia, West Bengal*

**Diarrhoea/dysentery**
Take the bark juice orally
- *Ambika Singh Sardar, Purulia, West Bengal*

**Intestinal worms**
Take the leaf juice orally to kill worms
- *Ambika Singh Sardar, Purulia, West Bengal*

**Bodyache**
Grind the bark in water. Take some quantity orally and apply the rest on the body
- *Devaram, Sirohi, Rajasthan*

**Malaria**
Grind equal amount of leaves of *korchi* and *Cyperus rotundus* L. into a fine powder. Take one spoonful orally to combat the disease
- *Chandan Kumar, East Champaran, Bihar*

**Dysentery**
Take the bark paste (10g) along with a spoonful of honey
- *Kundan Kumar, East Champaran, Bihar*

**Anaemia**
Take the bark paste along with a little salt orally
- *Robert L. Hnamte, Aizawl, Mizoram*

**Uses in Classical Codifled Literature**

Dried bark powder is given orally to cure stomachache; seeds are ground into a powder, 5-10g of the powder is given with water as an antidote and a paste of the seeds is also applied locally to relieve pain and swelling on poisonous bites. "Diarex vet" is used for diarrhoea in cattle. "Kutajarista and Kutajavaleha" are the most popular preparations used in diarrhoea, dysentery, colitis and bleeding problems. Thirteen patents have been found on its medicinal applications mainly for gastrointestinal disorders.

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**Source:** [http://www.motherherbs.com/pcat-gifs/products-small/kudsappalai.jpeg](http://www.motherherbs.com/pcat-gifs/products-small/kudsappalai.jpeg)
Uses of *Strychnos nux-vomica* L. (Kanjira)

**NIF Database**

**Use from Karnataka**

**Herpes**
Grind the seeds of *kanjira*, roots of *Jatropha curcas* L. and resin of *Acacia catechu* Willd. along with ghee and make a paste. Apply the paste on the infected part.
- K. K. Avadhani, Uttara Kannada, Karnataka

**Uses from other states**

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

**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

**Veterinary practice**

**Bloat**
Mix the juice of tender leaves and fruits of bitter cucumber with buttermilk and take 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 homeopathic 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 Vitex negundo L. (Lakkagida)**

**NIF Database**

**Uses from Karnataka**

**Ulcer**
Take the leaf juice orally
- P. D. Walikar, Bagalkot, Karnataka

**Skin disease**
Apply the paste of leaves, bark and cow’s urine on the infected part
- K. Lakshmana Shetty, Dakshin Kannada, Karnataka

**Uses from other states**

**Rheumatism**
Put some lukewarm leaves on the aching joints
- Naganath Durga Chogule, Sholapur, Maharashtra

**Ear pain**
Boil the leaves in mustard oil, filter and use as an ear drop
- Bhagat Ram, Kangra, Himachal Pradesh

**Stomachache**
Mix the leaf powders of Vitex negundo, Cocculus hirsutus (L.) Diels. and Bombax ceiba L. in equal proportion and consume orally
- Yusuf Khan, East Champaran, Bihar

**Muscular pain**
Apply some lukewarm leaves smeared with mustard oil on the affected part
- Savita Kumari, Gopalganj, Bihar

**Veterinary practice**

**Wound**
Apply the leaf paste topically
- Nageshwari Devi, Hazaribag, Jharkhand

**Uses in Classical Codified Literature**

Smoke of the leaves is inhaled to get rid of cough; in case of diarrhoea flowers are used; extract of the plant is taken as a diuretic. ‘Muscle & joint rub’ is a highly effective medicine for backache, muscular sprain and joint pain. ‘Dental Cream’ is specially formulated toothpaste that tightens and reduces swelling of gums, stops gum bleeding, prevents toothache, decay and controls bad breath. ‘Atharva Nirgundi Siddha Tail’ is useful in arthritis, joint pain, relieves oedema. Thirty-five patents have been found on its medicinal applications like for rheumatic arthritis.

Source: SRISTI Database
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, without being harmful to nature as well as human beings. It also helps in controlling sucking pests like white fly, heliothis, aphid etc.

SRISTI KRUSHAK
Popatbhai Rupabhai Jambucha, Gujarat
It is an excellent remedy for leaf curl disease, which not only controls the disease but simultaneously increases the vigor of the plants by increasing its 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 is spread in the field, some times it is released in field with the flow of irrigation water. In some cases it is also drenched in the affected part of the plant as well as 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 also 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.

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 immunity in poultry. 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 & 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 & chronic mastitis. It was also validated in case of mastitis due to Staphylococcus aureus. The dose rate was found to be single intra mammary 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.