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Man has been depending upon the plants from the time immemorial. Primitive human societies have realized the varied economic uses of plants. The study of ancient history of India shows the relationship of plants and human beings. Since ancient times man was familiar with the properties of plants and their uses. These traditional systems rely, to a very large extent, on native plant species for harmony with the nature. For various needs of rural people like food, shelter and medicine, they largely depend upon plants. Ethnobotany has attracted much attention not only due to its great academic or historic importance but also due to its many applications.

An Indigenous medicinal investigation was conducted to understand the traditional knowledge of medicinal plants being used by the Baigas (traditional healers) in some selected district (Bilaspur, Jashpur and Kanker) of Chhattisgarh state and their documentation was carried out for the benefit of mankind. Different communities were selected in Bilaspur, Jashpur and Kanker district and study was carried out in the district of Bilaspur, Jashpur and Kanker of Chhattisgarh state of India. The survey was conducted to collect the information regarding remote villages of Bilaspur, Jashpur and Kanker district from block office and divisional forest office. 3-5 tribal villages or 3-5 traditional Healers in each Block were visited through periodical tour. Special attention was paid to record information from local traditional herbal healer (Vaidya). Interviews were conducted during the January, 2009 to October, 2011 with approximately 1-2 informants in each villages (total number of informants 125; 104 (83.2%) Man, 21(16.8%) Woman). The age of the healers was between 20 years and 80 years. The plant specimens were identified according to different references concerning the medicinal plants of Chhattisgarh state and
adjoining areas and further confirmation from Chhattisgarh state medicinal plant board, Raipur (C.G.). Chhattisgarh state having about 44% forest cover of its total geographical land with about 8% of India’s forest cover which harbour vast variety of plants species and medicinal plants and due to its rich biodiversity of plants species the Chhattisgarh state is known as ‘Herbal State’. The “Herbal state” Chhattisgarh is famous for its unique Tribal population along with natural habitat for number of herbal Plants which is used by Tribal peoples for curing of various human and animals disorders from time immemorial.

With respect to sources of utilization of medicinal plants by in traditional healers in the study area, 49.6% of informants collected plants were from forest area, 35.2% purchased medicinal plants were from local market and 15.2% were some of the cultivated plants (Figure 4.4).

The findings of the current study showed that families in the study population saved a monthly average of 9 visits to their physicians by relying on herbal treatment for minor health problems that otherwise required medical attention.

The results showed that 85% of study population dried fresh material by exposing it to air at room temperature. The dried form was then stored in suitable containers till use. The remaining population did not rely on any home stored material.

The result show that 110 plants species that were still in use in traditional herbal medicine in study area (Bilaspur, Jashpur and Kanker district). Out of that on the basis of three or more informants, 82 plants were selected for further analysis A total of 82 plant species distributed over 75 genera and 44 families were reported by the 125 informants. All the reported species grew naturally in the area, reflecting the
social importance of the local floristic resources. Most of the identified plants were herbs (34 spp.), trees (20 spp.), shrubs (16 spp) and climbers (12 spp). The best represented families were: Liliaceae (7 genera, 7 species), Fabaceae (6 genera, 6 species), Caesalpiniaceae (3 genera, 5 species).

Different parts of medicinal plants were used as medicine by the local traditional healers. Among the different plant parts, the root and rhizomes were most frequently used for the treatment of diseases followed by leaves, whole plant parts, barks, seeds, fruits, flowers, latex and stems. For the purposes to treat the diseases, various forms of preparation were used. The most popular medicinal preparations were in powder (28%), juice (26%), paste (24%), decoction (18%) and other methods (Burnt /Smoked /Chewed) (4%). The remedies were administered orally or used externally according to the disease and preparation method.

Altogether the 82 species were used to treat 69 different human health problems (ailments treated by species) The documented medicinal plants were mostly used to. abdominal disorders (Alimentary system), 58, plants (70.7%). The second commonly used remedies were for the treatment of general complaint were represented by 43 plants (52.4%). Remedies for the treatment of problems related to Skin disorders were represented by 39 plants (47.5%) This study showed that many people in the studied parts of study area still continue to depend on medicinal plants at least for the treatment of primary healthcare. The traditional healers are dwindling in number and there is a grave danger of traditional knowledge disappearing soon since the younger generation is not interested to carry on this tradition.

The plant scientists and phytochemists isolated serval biologically active compounds from these plants such as saponin, alkaloids, steroids, tannins, essential oil, volatile oils etc. The medicinal value of a plant lies in some chemical substances
that produce a definite physiological action on the human body. The most important of these bioactive constituents of plants are alkaloids, tannins, flavonoids and phenolic compounds.

The Chemical Constituents of different plants are obtain from National Medicinal Plant Board (NMPB), C.G. State Medicinal Plant Board (C.G.SPMB) and from some research literature.

In the present work, author collected 82 plant species from different study sites. These species contain valuable chemical substances and are useful to cure various human ailments. During the course of present investigation attempt was made to flourish the status and conservation strategies of the plant species and among 82 plant species it has been found that 19 species are endangered, 03 species are vulnerable, 03 species are near threatened, 01 species are low risk least concern, and rest are rare and common in occurrence in the study area and the method are mentioned by the ethnic group to conserve these plant species. Moreover, the detailed phytochemical screenings of medicinal herbs are required. It is very essential to have a proper documentation of medicinal plants and to know their potential for the improvement of health and hygiene through an eco friendly system.

According to the World Health Organization (WHO), more than 80% of the worlds population relies on traditional medicines for their primary health care needs. The medicinal value of plants lies in some chemical substances that produce a definite physiologic action on the human body. The most important of these bioactive compounds of plants are alkaloids, flavonoids, tannins and phenolic compounds. The phytochemical research based on ethno-pharmacological information is generally considered an effective approach in the discovery of new anti-infective agents from higher plants.
During the investigation dominant species of medicinal value were found such as Harra, (*Terminalia chebula*), Bahera (*Terminalia bellirica*), Anola (*Embelica officinalis*), Bael (*Aegle marmelos*), Sarphendha (*Rauwolfia serpentina*), Kalmegh (*Andrographis paniculata*), Gudmar (*Gymnema sylvestre*), Satawar (*Asparagus racemosus*), Arjuna (*Terminalia arjuna*), Ashgandh (*Withania somnifera*), Bach (*Acorus calamus*), and Keokand (*Costus speciosus*) etc. It was also observed that some plant species which were threatened because of over exploitation, need to be conserved in time. The present study dealt with ethnomedicine used for traditional remedies by making drugs through traditional methods by the Baigas, Vaidhyas and Ojhas of the study area against various disorders.

In every ethnic group, there exists a traditional health care system, which is culturally patterned. In rural communities health care seems to be the first and foremost line of defense. The WHO has already recognized the contribution of traditional health care in tribal communities. I had collected 82 plant species from different sites of Bilaspur, Jashpur and Kanker district. All the species contain valuable bio-chemical substances and are useful to cure various human ailments (Sharma and Tiwari, 2009). The use of some of the plants reported here and also mention for similar purpose by other works of the country (Mishra and Broker, 2009). Earlier worker were carried out studies on ethno botanical and medicinal aspects of plants by (Sinha, 1998; Dwiedi, 1999; Vidhyarthy and Gupta; 2004; Chakraborty and Bhattacharjee, 2005; Dwivedi, 2008; Sharma, 2009; Shukla and Chakravarty, 2010) but detailed phytochemical screenings of medicinal herbs are required. It is very essential to have a proper documentation of medicinal plants and to know their potential for the improvement of health and hygiene through an eco friendly system. Thus, importance should be given to the potentiality of ethno medicinal studies as
these can provide a very effective strategy for the discovery of useful medicinally active identity. A detailed and systemic study is required for identification cataloging and documentation of plants, which may provide a meaningful way for the promotion of the traditional knowledge of herbal medicinal plants. The present study revealed that Jashpur, Kanker and some sites of Bilaspur district is rich in herbal medicine with diversified ethnobotanical values. The data and information presented in result chapter clearly showed that there is a wide variety of plants for common ailments and diseases. However, different types of strategies are required to adopt such as in-situ conservation, ex-situ conservation and traditional conservation to conserve the plants which are vulnerable and endangered (Dwivedi et al., 2000).

It can thus be concluded from study that the traditional healers have highly specialized indigenous knowledge of medicinal plants. The medicinal plant resources of the (Appendix- 1 List of rare medicinal plants of Chhattisgarh) region are diminishing due to over exploitation of certain species, illegally trading, laying of roads and other developmental works (that causes destruction of their habitats). As the people of this community inherit a rich traditional knowledge and documentation of this knowledge has provided novel information from the area. This will not only provide recognition of this undocumented knowledge but will also help in conservation of such rare, gradually vanishing important medicinal plants used for snake bite and other diseases. These highly interesting findings require further research, while the efficiency of the various indigenous practices will need to be subjected to pharmacological validation. Finally, we are advocating merely recording the use of plant products by a people in a little known region of India.

There is always a hunt for rich ethno botanical knowledge for ethno botanical studies of medicinal plants. Medicinal traditional knowledge (TK) is still transferred
from grandfathers and parents to younger generation but seems to be aging. Medicine of household as opposed to medicine of the healers has proven to be an important source of TK associated with the use of medicinal plants in traditional therapy and should be therefore, taken into consideration in ethnobotanic studies of medicinal plants. Further, this research has placed on records the local uses of medicinally important plants which were interviewed among 125 local people of study area. The traditional healers are the main source of knowledge on medicinal plants. In study area, many local people are going for agriculture and sustainable harvesting of plants with medicinal value which helps not only in conservation of these traditional medicinally important plants but also in marketing of these plants and their products for economic growth of the people. Finally, to conclude, this research work will attract the attention of ethno botanists, phytochemists and pharmacologists for further critical investigation of indigenous rare medicinal plants present in the districts of Chhattisgarh, India.

**Recommendation**

1. There is an immense need to provide scientific evidence in favor of this traditional knowledge through proper scientific validation.

2. The need for identification of possible side effects if any in order to limit complications that might occur due to misuse of such plants.

3. The need to establish conserved areas in the region aiming to protect endangered species through establishment of societies that encourage plant protection and maintenance of medicinal plants.
4. The need for preserving knowledge through documentation and encouragement of traditional healers by providing them scientific evidence in support of their knowledge.

5. The need for specially designed educational programs that deals with the safe use of herbal medicine and this can be done through the Ministry of Education or any other concerned governmental body and non government organizations.