DISCUSSION

Madhya Pradesh is one of those regions in India where the tribals and rural population and forest dwellers form a considerable part of the population. A large number of people particularly tribals and rurals living in far remote areas of the state in thick forests depend on nature for their food and shelter. These people especially belong to primitive or aboriginal culture have been found to possess a good deal of information about traditional medicines. The total belief on traditional medicines among primitive societies is based on their long felt experience and it will be of considerable significance if the value of such experience be held in proper scheme and due importance.

According to Jain (1967) for any ethnomedicinal study it is usually more convenient and useful to delimit the area of study by suitable geographical units. Keeping this in view the present ethnomedicinal studies were taken up in the Sagar and Surguja districts. The localities selected for this study are inhabited by people belonging to tribals and backward classes. The information enumerated in the test is based on the personal interview and field visits to various villages. Villagers of these districts appear to
possess a good deal of knowledge about the traditional medicines. Many vaidyas, Kavirajas and Herbalists of these areas also provided many valuable informations about the treatment of diseases by herbal medicines. The ethnomedicinal survey carried out in the area under study during last four years have revealed valuable informations regarding the use of various herbal Asteraleous plants. On the basis of persual of the enumeration large number of herbal plants of this family and their various parts have been found to be used for the treatment of various diseases by rural people of these districts.

Following common methods were usually employed by the local people for the preparation of various herbal prescriptions.

1. Plant parts directly used for external application.
2. Plant parts boiled in water to make decoction.
3. Plant parts of soaked in water or local wine to make an 'infusion'.
4. Plant parts dried powdered.
5. Plant Parts
6. Plant parts rubbed or inhaled.
7. Plant parts powdered and made into paste.

Almost similar methods were also followed by the 'Adivasis' of Bastar (Jain 1963).
The present work highlights useful information regarding 42 common herbal wild plants of Asteraceae which have got specific medicinal value as a remedy in different ailments.

After making the ethnomedicinal survey at the different selected forests of Sagar & Surguja districts of Central India about 42 plant species have been collected. The plants were collected on the basis of information provided by the rural and tribal people of these areas. During the survey it came into light, that people of remote area possess a great deal of knowledge about the medicinal uses of plants and they are still using them frequently. All the collected plants were brought into the lab, identified, preserved and kept in herbarium. All the information given by tribal and rural people of these areas have been noted.

During survey and information collected from tribal and rural people of these areas it was found that all the forty two studied and collected plants were used against 63 different diseases.

In this region, common wild plants are Acanthospermum, Ageratum, Launaea, Parthenium, Punicaria, Tridex, Xanthium, are used as medicines by people
of this area. Plants used by different communities for the treatment of different ailments are given in Table No.4. The data given in the enumeration revealed that the leaves, root and plant extract are commonly used by the rural people for the preparation by drug. Most of the information regarding the medicinal properties of a plant has now been restricted to one or few persons of this area. Therefore it is necessary to popularise their identity and utility. The present study also indicates that the seasonal survey and collection of such plant species is quite useful for detecting medicinally important plants. These studies have also shown that much valuable information has remained unverified and unutilised.

During the survey it was found that various plant species are being used for the treatment of different ailments. But some of the plant possess very high ethnomedicinal value and are used against many diseases. Some plants were found to be considered useful for the treatment of one or two diseases only (Table-5).

Observation of enumeration clearly reveals that many diseases were found to be cured by using different plants by different or some people, though the disease may not be of very common occurrence.
Study of Table-5 shows that about 6 plant species have been found to be used for the cure of dysentary and Diarrhoea i.e. *Elephantopus scaber*, *Glossogyne pinnatifida*, *Laggeru aurita*, *Bidens biternata*, *Spilanthus acmalla* and *Tridex procumbens*. Some diseases are also cured by only one or two plants i.e. Asthma, cholera, constipation, ear complaints, Eye diseases, Goiter, Hystenia, anti-inflammation, Jaundice, piles, tetanus and ulcer etc. These diseases are eliminated by treating the patients with different part of various plants (Table 5). Malaria is cured with the help of *Echinops echinatus*, *Sphaeranthus indicus* and *Cythocline purpurea*. Maximum plants were found to be used for the treatment of cut, wounds, sore, boils, rheumatism and various skin diseases (Table-5).

Plant extract of *Glossocardia bosvallea*, is given during pregnancy to prevent miscarriage. Root extract of *Blainvillea acmella* and *Glossogyne bidens* were observed to be given in impotancy. *Sonchus arvensis* and *Blumea oxyodontia* were found to be used as aphrodisiac agent means these plants are helpful in increasing the sexual desire. *Glossocardia bosvallea*, *Elephantopus scaber*, *Artemisia scoparia* and *Ganaphalium polycaulon* are used in pre & post natal complaints during pregnancy. Antifertility drugs presently used are not sufficient
and have severe side effect and people are very doubtful about their uses. Aboriginal people of the surveyed area were found to be using three plants i.e. Glassocardia bosvallea, Eclipta prostala and Tagetes erecta for this purpose. These plants can be analysed further for their antifertility properties and can be used commercially.

Some common and dangerous diseases like asthma, cholera, eczema, elephantiasis, epilepsy, goiter, jaundice, kidney complaints, leprosy, piles, pyorrhoea, rheumatism, scabies, syphilis, urethritis are not curable in allopathy. A very important information was gathered during the survey so that the people of surveyed area are using plants for the treatment of some such chronic diseases, which were found to be incurable or only partially curable in the modern system of medicine. While the treatment of above mentioned diseases in traditional medicinal system, which is being followed by the aboriginal people is easy, cheaper and without any side effects. Almost all diseases are permanently curable and one can rid of the disease for rest of his life by adopting this system of medicine.

Further the use of modern drugs has resulted in a variety of drug induced diseases. The synthetic drugs induced cellular changes and act as a foreign substance to the body system and produce several side
or toxic effects resulting in allergies, shock, haemorrhage, ulcer and even death. The occurrence of above tragedies from modern drugs has made the modern scientists to think for better safety and investigate alternative medicines from traditional and folklore drugs of plant origin.

On the basis of the persual of the enumeration, a large number of herbal plants of Asteraceae and their various parts have been found to be used for the treatment of various diseases by local inhabitants of this region. Some of them are not published in medicinal literature, therefore it is necessary to popularise their identity and utility. Such type of study and data can help a lot in making our country economically self supporting in the matter of drugs and also in protecting Ayurvedic system of medicine.
1. Blumea oxyodonta DC
2. Erigeron bonoriensis Linn.
3. Launaea asplenifolia DC.
4. Glossocardia bosvallea Linn.F. DC.
1. *Pulicaria angustifolia* DC.

2. *Sonchus arvensis* Linn.


4. *Xanthium strumarium* Linn.