

ETHNO-MEDICINAL USES FOR COMMON DISEASES IN MULUGU DISTRICT, TELANGANA

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Abstract:

The paper deals with ethno-medicinal use of 30 plant species in Mulugu District, Telangana, and med to focal people do The methods of preparation and doses of adunation of tribal herbalists are mentioned. Uses of these plants hats and who pared with literature on medicinal and economic plants of the common diseases.

Keywords: Folk medicine plants, Diseases

Introduction.

Telangana state a newly formed state from Andhra Pradesh in the year 2014, located in Central in India, about from lies between 17.123184° N and 79.208824°E. The average rainfall 858mm than in the surrounding plains Though the area falls in semiarid tropics, due to elevation and un dulating topography of deciduous forest, hydrophytic species established under different micro-climatic zones of 65% of its total area is covered by forecasts Forests and the adjacent villages of Telangana villages are inhabited by tribes like Yana dis, Yerukalas, Koyas and gottikoya who possess good knowledge on home remedies Floristic studies (Naidu et al. 1971. Ranga-charyulu 1991) show that this region is rich in medicinal plants In this paper, ethno-medicinal uses of plants in dental disorders are described

Methodology

The ethnobotanical survey was carried out during 2018-2020 Frequent field trips were made to gather valuable information about the medicinal uses of certain wild species in dental disorders through personal interviews with the tribal and non-tribal and further confirmed with

experienced herbalists male and female their age in between 45 to 85 years of old. Plants are alphabetically arranged according to their family, scientific names followed by vernacular names and herbal uses of plants, specimens are deposited in the herbarium.

Ethno-Medicinal uses in Telangana for curing Common Disorders the paper deals with ethno-medicinal use of 27 plant species in Telangana, and med to focal people do The methods of preparation and doses of adunation of tribal herbalists are mentioned. Uses of these plants hats and who pared with literature on medicinal and economic plants of the common diseases.

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uses of plants cure in common diseases. People of this community in the study area are found generally to dwell in river time areas in the district and remote rural areas and are primarily dependent on readily available wild plants of their surroundings for prevention and cure of diseases prevailing among them. (Arumugam, et al 2020, Kirtikar, Basu, 1935. Jain and Tarafdar, 1963 Jain and Rao 1977 Duke, 2002. Harborne, 1998, Kokate, Purohit, and Gokhale, 2007, ICMR 1976).

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Review of Literature

Early phytochemical investigations by Naidu, Swamy and Rao (1971) contributed significantly to the identification and characterization of bioactive compounds in medicinal plants. Their work emphasized the isolation and qualitative analysis of secondary metabolites such as alkaloids, flavonoids, tannins, and saponins. The study provided foundational methodologies for phytochemical screening and highlighted the therapeutic potential of plant-derived compounds.

Similarly, Sofowora (1993) in his influential book, Medicinal Plants and Traditional Medicine in Africa, provided a comprehensive overview of African medicinal

plants and their pharmacological importance. Sofowora emphasized the importance of ethnobotanical knowledge in drug discovery and detailed standard procedures for phytochemical screening. His work remains a key reference in natural product research and traditional medicine studies.

Results and Discussion

During the survey it has been observed that the folk-lore and tribal herbalists still depend upon wild plants around them for meeting their needs. they possess good knowledge of the medicinal uses of plants. Due to constant association with the forest environment, they have evolved knowledge by trial and error and have developed their own way of diagnosis and treatment for different ailments The data collected on dental protective plants needs to be systematically screened by phyto chemists and pharmacologists for anti-microbial properties and any potent active principle(s)

Abbreviations used: Family ; Scientific Name ; Vernacular Name; Habit ; Medicinal Uses

Aizoaceae *Zalia decandra* L. Burm. f 'Tellagalijeru' Prostrate Herb. Leaves decoction used for Leucorrhoea (White Discharge), Whole plant powdered and ground with a bit of dried ginger

Apocynaceae *Tabernaemontana divaricata* L. R. Br ex Roem & Schultes 'Nandivardanam' Shrub. powder mixed with **Amaranthaceae**, *Achyranthes aspera* L. 'Uttereni' herb root powder and used as tooth powder for the treatment of dental caries and pyorrhea

Araceae *Acorus calamus* L. 'Vasa' Herb. Stembark with leaf of **Fabaceae** *Centella asiatica* L. 'Saraswathi' Climber. Powered with honey chewed twice a day for increase memory and for small children to early speaking.

Aristolochiaceae *Aristolochia bracteolata* Lamk 'Gadidagadapa' Herb. leaves paste can

be applied to abscesses, boils, and other skin diseases.

Acanthaceae *Crossandra infundibuliformis* (L.) Nees 'Kanakambaram' Herb. Flower extracts are Commonly used for fever, headaches and wound healing.

Caricaceae *Carica papaya* L. 'Boppayee' Small Tree no branches The enzyme papain aids in protein digestion, while the fiber and water content help prevent constipation and promote regularity

Capparaceae *Crateva magna* (Lour.) DC 'Ulimiri chettu' Small tree The bark extract is used to reduce fever and a decoction is commonly used to treat an urinary related issues.

Combretaceae *Terminalia catappa* L. 'Badam chettu' Tree. Leaves are used to treat diabetes, skin diseases, scabies and headache.

Convolvulaceae *Evolvulus alsinoides* L. 'Vishnukrantha' Small Herb Whole plant decoction and taken orally for increases memory, The entire plant is useful and is Commonly used for treating fever, coughs, cold.

Eurphorbiaceae *Jatropha curcas* L. 'Adavi amudam' Small tree. decoction is commonly used to treat skin diseases

Euphorbiaceae *Phyllanthus reticulatus* Poir 'Pulicheru' Shrub. Leaves and stems are used for treating wounds and burns.

Fabaceae *Indigofera tinctoria* L. 'Neelimandu chettu' Small tree. whole plant or roots are used to reduce fever..

Fabaceae *Cajanus cajan* L. Millsp 'Kandulu' Shrub. The extracts or decoctions of the leaves and flowers are used to treat ailments like coughs, bronchitis, and diarrhoea.

Lauraceae *Cinnamomum verum* Presl 'Dalchina chekka' Small Tree. Stembark is taken orally for Digestion and juice dipped in cotton and applied on the teeth to cure dental diseases.

Mimosaceae *Acacia leucophloea* (Roxb.) Willd. 'Tellathumma' Tree Stembark gum made into powder with water dissolved after taking orally for body cooling and used for diarrhoea and dysentery.

Moraceae *Ficus microcarpa* L.f. 'Konda juvvi' Herb Bark used for treating diabetes, ulcers, liver diseases, and itching, Skin diseases and Fever.

Moraceae *Ficus virens* Ait 'Juvvi' Tree The whole parts are commonly used to treat diabetes, Wound Healing, burns and skin irritation.

Myristicaceae *Myristica fragrans* Houtt L. 'Jagikaya' Tree. Fruit paste applied on teeth twice a day to cure dental caries.

Peddraceae *Sesamum indicum* L. 'Nuvvulu' Shrub. leaves are used for treating certain conditions, and roots have been used for issues like hair growth.

Plumbaginaceae *Plumbago auriculata* Lamk 'Chitramulamu' Shrub. A paste of the roots and leaves is applied externally to treat wounds, warts, and broken bones and to reduce inflammation.

Symplocaceae *Symplocos racemosa* Roxb. 'Lodduga chekka' Tree. Stem bark chewed twice a day for 10 days leads to hard adherent teeth, It is widely used as a uterine tonic to address female health issues.

Sapotaceae *Madhuca longifolia* (J. Koenig) Macbr. var. *latifolia* A. Chev. 'Ippa chettu' Tree. flowers are commonly used as a cooling agent, tonic and ferment and distill a traditional country liquor.

Sapotaceae *Mimucops elengi* L 'Pogada chettu' Tree. Bark and leaves are used to treat bleeding gums, dried flower powder is used as a tooth powder to strengthen gums and teeth.

Salvadoraceae *Salvadora persica* L. 'Varagogu' Small Tree. Root bark is a tonic, paste can be applied for conditions like snakebite and stem bark is used to treat gastric issues.

Verbenaceae *Phyla nodiflora* L. Greene ‘Nelaguridi/Bokkenaku’ Shrub. Crushed leaves or extracts are applied topically to help heal wounds, ulcers, cuts, and abrasions.

Verbenaceae *Gmelina asiatica* L ‘Adavi Gummudu’ Climber. Stem bark paste is used to treat dandruff and skin diseases, Root decoction take orally for rheumatism, gonorrhea, syphilis, and bladder infections.

Zingiberaceae *Zingiber officinale* L. ‘Allamu’ Herb ; Seeds of **Pedaliaceae** *Sesamum indicum* L. ‘Nuvulu oil’ and seeds of **Piperaceae** *Piper longum* ‘Miriyalu’ Climber used as tooth powder in toothache.

Total 30 plant species, belongs to 29 families used for common diseases. Aizoaceae, Amaranthaceae, Apocynaceae, Araceae, Aristolochiaceae, Acanthaceae, Caricaceae, Capparaceae, Combretaceae, Convolvulaceae, Euphorbiaceae, Euphorbiaceae, Fabaceae-2, Lauraceae, Mimosaceae Moraceae-2, Myristicaceae, Pedaliaceae, Pedraceae, Piperaceae, Plumbaginaceae, Symplocaceae, Sapotaceae, Sapotaceae, Salvadoraceae, Verbenaceae-2, Zingiberaceae. Plant habit are climbers, prostrate Herb, herb, shrub, medium trees and big trees, Plant parts are whole plant, root, root bark, rhizome, stem, stem bark, leaf, flower, fruit, seed

Conclusion

The study highlights the rich ethnomedicinal heritage of Telangana tribal communities. A total of 30 plant species belongs to 29 families were documented for curing common ailments. Traditional herbal formulations remain relevant in rural healthcare systems. Scientific validation, standardization of dosage, phytochemical analysis, and conservation strategies are essential to integrate traditional knowledge into modern healthcare systems

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