

ETHNOMEDICINAL KNOWLEDGE OF TRADITIONAL PEOPLE IN ANANTHAGIRI RESERVE FOREST AREA RANGAREDDY DISTRICT TELANGANA STATE INDIA.

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ABSTRACT

The present study deals with the documentation and evaluation of medicinal plants used by the tribal people in the primary health care in and around Anantagiri and Dhamagundam forest area, Rangareddy district. About 40 villages have been chosen for the study and yielded a valuable knowledge of plant medicine of the locals. The resource persons are mostly lambadas, chenchus and some elderly people of local villages. The study started in the month of May, 2012 and went on up to May, 2014. It revealed valuable information about the ethno medicine of the local tribals of this Dist. . About 138 plant species of 36 families have been documented in this study and an itinerary is prepared according to alphabetical order of the diseases, families along with the vernacular names, botanical; names, drug formulation of drug formulation and methods of drug administration as told by the herbal practitioners

Keywords: Medicinal Plants, Traditional Botanical knowledge, Tribals, Rangareddy District.

INTRODUCTION:

Documentation of Ethno botanical studies of any area has attained importance due to fast depletion of folklore knowledge and their uses because of modern life styles. The present use of modern medicine is increasing the vulnerability of human beings to various illnesses of unknown nature. The dominant allopathic systems of Medicine though providing treatment to many diseases also cause deleterious side effects on human body. All these factors are forcing the man to look for alternative sources more particularly from the plant origin. The usefulness and efficacy of the plants as curative agents of many human diseases is long known. Traditionally, the knowledge of plants as source of medicines for different diseases is well known through traditional medicinal systems of Ayurveda, Siddha, Unani, Homeopathy, Chinese's and Tibetan medicine. The vast tracts of Indian sub-continent and its rich flora and fauna are still to be explored. The people living in the forests and its vicinity and tribals are using many plants for several health problems. These people living away from the modern society, due to lack of proper health care, still depend on the folk lore medical practices for the primary health care. The ethno botanical survey of the area under study includes Vikarabad, Dharur and their surroundings of Rangareddy Dist. It is located on the central part of the Deccan plateau and lies in between 17⁰ 20' and 18⁰ 20' of North latitudes and 77⁰ 54' and 79⁰ 34' of East longitudes at Mean sea level 625.67mts. The forest cover is classified as a Southern Tropical Dry Deciduous type. Categorized, under group 5A/C-3 type of forest. The forest is of inferior type because of less rainfall, poor soil conditions and ever increasing biotic influence. The climate of the area is characterized by a hot summer of long duration and generally a dry weather, except during South-West monsoon season.

STUDY AREA

The district which is located in the western part of Telangana is known as Rangareddy district. Its head quarters are located at Hyderabad. The Ranga Reddy district lies between east longitudes 77°21' - 78°51' and north latitudes 16°54' - 17°48'. Ranga Reddy district is divided into 3 revenue divisions, 37 mandals, and 870 revenue villages. The district is bordered by north Medak district, to the east Nalgonda district, south side by Karnataka state respectively. The population is calculated in 2011 is 52, 96,396 lakhs and it has the geographical area of about 7,493 Sq. Km. Ranga Reddy District is at the cross roads of India geographically, historically and has been the meeting ground for the fusion of various civilisations, religions, races, cultures, languages and traditions with the twin cities of Hyderabad and Secunderabad as its core. This District including present Hyderabad Urban District was formerly known as Atrafe-Balda District and was a part of the gulshanabad, Medak Division (Subah). In 1931-34 Baghat taluk from Atraf-e-Balda District, was made a separate Baghat District under the Commissioner (Subedar) of Medak Division. After police Action in 1948, Atraf-a-Balda and Baghat District were merged to form the Hyderabad District. Later in 1978, it was split into Hyderabad Urban District and Hyderabad Rural District or Ranga Reddy District During 1901 the population density which was 54 person per Sq.Km had raised to 707 persons per Sq. Km. Out of 7,49,300 hectors of total geographical area 73,075 hectors of land is covered by forests. The land which was kept to non-agricultural use is 1, 49,181 hectors and barren and uncultivable land is 27,084 hectors. The total net area is 2, 34,557 hectors. The administrative map of Ranga Reddy district shows this. The major crops of Ranga Reddy district is Paddy, Groundnut, Jowar and Maize respectively.

METHODOLOGY:

The present study deals with Traditional medicinal plants existing in the district of Rangareddy disirict related with the traditional medicinal practices of local folklore community, Golla, Kurma, Lambada, Chenchu and other village heads and local practitioners. The work is aimed at documentation, availability, utility and methodology of drug preparation by these communities in the fields of primary healthcare of human being as well as veterinary health practices. As on today there is no proper scientific documentation of healing practices of these communities. To record the traditional medicinal practices of the folklore community of Rangareddy district and the potentiality of Traditional botanical knowledge: of the local people. Differing Folklore Medicinal practices by different communities in Rangareddy district; Lambadi, Kuruma, Golla etc. Botanical identification and herbarium preservation of the plants used by them, which are in use for curing the diseases by them, for different ailments. To record the methodology followed by them in diagnosis and administration of the drug for curing of the diseases. Publication of the scientific data in reputed journals for future scientific studies. Morphological study, which is the sheet anchor for the scientific documentation of traditional knowledge? To study the other non-medicinal uses of the plants such as food, fodder

The present study includes the survey of nearly 40 villages in Vikarabad, Dharur mandals and their surroundings of Rangareddy Dist, during the last two year May, 2012 and went on up to May, 2014. Several villages of the target area have been visited to find out resource persons, herbal practitioners and village heads. Resource persons with great known how pertaining to folklore practices were identified after conducting 2-3 trips to the villages. However a few villages were identified with the people having potential knowledge in use of medicinal plants for different ailments..The Ethno botanical data were collected and recorded following the standard procedures (Jain S.K, 1995.) by interacting with as many as 40 herbal practitioners and elders of the villages. Plant specimens were collected during the survey in different seasons and prepared herbarium specimens and identified with the help of floras. It is deposited

with the Botany department SAP College, Vikarabad. The plant specimens collected were identified and cross checked with the Herbarium of Department of Botany, PG College of science, Saifabad, Osmania University. In this study the local (vernacular) name of plants being used, preparation of the drugs, methods of administration and precautions regarding food and avoidances and other practices were systematically recorded and documented. For identification and cross checking frequent visits were made to the Botany department Herbarium, PG. College of Science Saifabad, Osmania University, Hyderabad.

ENUMARATION

	Botanical Name	Family Name	Local Name	Aliment	Formulation
1.	<i>Acacia farnesiana</i> (L.) Willd. (Mimosaceae)	Mimosaceae	:Kasturi tumma, Muriki tumma	Mad dog bite Verri kukka katu	10 ml stem bark juice is given internally twice daily for three days)
2.	<i>Acacia nilotica</i> (L.) Del	Mimosaceae	Nalla tumma	Toothache:	Clean teeth with stem bark ash daily till cured. Apply stem bark ash by mixing coconut oil till cured.
				Burns and Wound	Apply stem bark ash by mixing coconut oil till cured
3.	<i>Acanthospermum hispidum</i> DC	Asteraceae	Kanigera alam, Guntakalagaraku	Cuts and wounds	Leaves paste is applied on the affected part of the body once a day for 3-4 days.
				Wounds	Make fine paste with leaves by adding tea spoonful of curcuma powder. Apply this paste externally on affected part once daily till cured.
4.	<i>Achyranthes aspera</i> L.	Amaranthaceae	: Uthareni, Chitikaalu,	Burns	Apply leaf extract as a lotion for 2-3 days
				Toothach	2 ml Leaves juice and dilute 1 g rock salt into it. Pour 2- 3 drops in to the ear. If the tooth pain is on right side pour drops in the left ear and vice versa
5.	<i>Aegle marmelos</i> (L.) Corr	Rutaceae	Bilvamu, Maredu,	Arthritis	Make paste with leaves and mix equal quantity of sesame oil. Apply this paste externally on the affected part once a day till cured
				Dysentery:	10 g of semi burnt fruit pulp is given twice a day for 2- 3 days.
6.	<i>Aerva lanata</i> (L) R.Br	Amaranthaceae	I. Pindikura	Abdominal pain	10 ml root decoction is given internally once in the early morning for 3 days
7.	<i>Agave Americana</i> Linn.	Agavaceae	Sakari matta	Ulcer	50 g leaf pulp is given with 1 g sugar for 30 days to cure ulcer completely.
8.	<i>Ageratum conyzoides</i> L	Asteraceae		Burns	Apply fresh leaf juice on the affected part

			Ganagaju, Sahadevi	Urinary infection	10 ml of leaf extract is given orally twice daily for three days
9.	<i>Ailanthus excelsa Roxb</i>	Simaroubaceae	Pedda manu Peethiri manu	Leucorrhoea	Make stem bark juice by adding 5g of Piper longum and 5g of Cuminum cyminum. 10ml juice is given thrice a day for one day.
10.	Alangium salvifolium (L.f.) Wang	Alangiaceae	Uduga,	Arthriti	Grind together handful stem bark with five fruits of black pepper and wrap it in cotton cloth to dip in 250 ml of hot water for fifteen minutes. 100 ml of this solution is given internally for one time, repeat it after a week if necessary
				Stomach pains	Make leaf juice and add double quantity of cow ghee to the juice. Given this medicine orally once daily for three days
11.	<i>Albizia amara (Roxb.)</i>	Fabaceae	Narlingi	Fever	5 g each of stem barks of Albizia amara, Azadirachta indica, Zizyphus oenoplia, Capparis zeylanica, Ricinus communis, and Cassia fistula are pounded together to make powder and mix one tea spoonful of powder made into decoction in 100 ml of water and filtered. The decoction thus prepared is given internally twice a day for two days.
12.	<i>Albizia lebeck (Linn.)</i>	Mimosaceae	Dirisena, Pedda dirisenam	Scabies	Grind 50g stem bark with 2 fruits of <i>Piper nigrum</i> and mix it into one glass (200ml) of water. 100 ml of this medicine is given internally thrice a day for one day.
13.	<i>Allium cepa L</i>	Liliaceae	Ulligadda,Erragadda	Immunity	Cut fresh onions and eat them as salad during lunch and dinner.
14.	<i>Allium sativum L.</i>	Liliaceae	Thella gadda	Swellings	Bulb paste is applied on the affected part once day till cured.
15.	<i>Aloe vera (L.) Burm.f.</i>	Liliaceae	Kalabanda	Red discharge in woman	Given 100 g leaf pulp with sugar once a day till cured
				Burning sensation	Given 50 g leaf pulp with 10 g glucose for 3 days.

				while urination	
16.	<i>Alternanthera sessilis</i> (L.)DC	Amaranthaceae	Ponnagantikura	Night blindness	Make curry with leaves and given once a week
17.	<i>Alysicarpus monolifer</i> (L.) DC	Fabaceae	Amera	Wounds	Apply leaf juice on wounds twice daily for three days
18.	<i>Amaranthus spinosus</i> L	Amaranthaceae	Nalladoggata	Cuts and burns	Apply fresh leaf juice on affected part.
19.	<i>Amaranthus tricolor</i> L	Amaranthaceae	<i>Mulla thotakura</i>	Scabies	Root paste is applied (mix 0.5 g of sulphur for 100 g paste) externally once daily till cured.
20.	<i>Andrographis paniculata</i> (Burm.f.)Wall. ex Nees	Acanthaceae		Controlling high BP	Ground whole plant with 10 fruits each of <i>Piper longum</i> , and <i>Piper nigrum</i> and make 5 g of sized pills. One pill is given orally until comes to the normal.
				Stomach pain	One tea spoonful of powder is given internally through cow milk for one time.
				Fever	This plant is decocted with 3 fruits of black pepper. 10ml decoction is given internally thrice daily until cured.
21.	<i>Annona squamosa</i> L	Annonaceae	Seethaphal	Arthriti	Leaves paste is applied externally on affected part once daily till cured.
22.	<i>Anthocephalus cadamba</i> (Roxb) Miq		Rudraganam,	Dysentery	10 ml of stem bark juice is given with one glass of water once daily for three days.
23.	<i>Argemone mexicana</i> L	<i>Papaveraceae</i>	Yerrickusuma	Swellings	Milk sap is applied externally on the affected part twice daily for 2-3days
				Skin allergy	Milk sap is applied externally on affected part once daily for 3-4 days.
24.	<i>Argyreia nervosa</i> (Burm.f.)		Samudrapala	Skin allergy	Apply leaves paste on affected part once daily till cured.
25.	<i>Aristolochia bracteolata</i> Lam	Aristolochiaceae	Aristolochiaceae	Stomach pain	Grind 3 fresh leaves with 3 fruits of <i>Piper nigrum</i> and mix this into 20 ml water. 20 ml juice is given orally for one time only.
26.	<i>Aristolochia indica</i> L	<i>Aristolochiaceae</i>	Nalla eswari	Skin infection	10 ml of root decoction is given internally once daily in the morning for a week.
27.	<i>Asparagus racemosus</i> Willd	Liliaceae	Callagadda	Mouth ulcers	Make root powder along with seeds of <i>Abutilon indicum</i> . One tea spoon is given in morning with sugar.
				Enhance breast milk	The root powder is given to the mothers internally along with

					water or milk once a day for two weeks.
28.	<i>Azadirachta indica</i> A. Juss	Meliaceae	Vepa	Fever:	50 g stem barks of each of <i>Azadirachta indica</i> , <i>Zizyphus oenoplia</i> , <i>Capparis zeylanica</i> , <i>Ricinus communis</i> , <i>Cassia fistula</i> and <i>Albizia amara</i> boil in 1 liter of water for 15 minutes. 5 ml of decoction is given internally twice daily for 3- 4 days.
29.	<i>Balanites aegyptiaca</i> (L.) Del	Balanitaceae	Gara chettu	Fever	Crushed fruit is given internally through water once daily for three days
				Immunity	Leaf chutney is prepared and eaten once in week by locals during first rains (as on set of monsoon) to enhance immunity in their body to fight with the water borne disease.
				Joint pains	The pulp of dried fruit is used to cure joint pains in old people
30.	<i>Barleria prionitis</i> L.	Acanthaceae	Mulla gorinta	Toothache	Chew the fresh stem piece for 5 min daily for 2 days
				Arthritis	Roust fresh leaves and put them on affected part when they are slightly warm once daily till cured.
31.	<i>Basella alba</i> L	<i>Basellaceae</i>	Bachali kura	Anemia	<i>Make chutney with leaves of Basella alba, Moringa oleifera. Eat this chutney twice a week for 3 weeks to enhance their hemoglobin percentage</i>
32.	<i>Bauhinia racemosa</i> Lamk	Caesalpiniaceae	Aare chettu	Arthritis	Make decoction with stem barks of <i>Bauhinia racemosa</i> , <i>Semecarpus anacardium</i> and 30 ml is given internally once a day for two days
33.	<i>Biophytum sensitivum</i> (L.)DC	<i>Oxalidaceae</i>	<i>Muduchu thamara</i>	Cut and wounds	Leaf paste is applied externally once daily till cured.
				<i>Gonorrhea</i>	10 ml of root decoction is given internally once daily in the morning for 4 weeks.
34.	<i>Boerhaavia diffusa</i> L	<i>Nyctaginaceae</i>	Atikamamidi	Anemia	10ml leaf juice is given through honey daily once for 15 days.
				Diarrhoea	Make decoction with leaves and take 10ml orally twice daily till cured
35.	<i>Boswellia serrata</i> Roxb.	Burseraceae	Andugu	Arthritis	One tea spoon full of gum powder is given through a

					glass of goat milk daily once till cured.
36.	<i>Brassica juncea</i> (L.) Czern	Brassicaceae	Avalu	Fever	Apply seed oil on whole body mainly on chest part to control high fever particularly to the children.
				Skin infection	Semi roasts the seeds and makes a powder. Apply this powder along with coconut oil externally once a day for 4-5 days.
37.	<i>Bridelia montana</i> Willd	Euphorbiaceae	Panchothkam	Dysentery	One tea spoonful of stem bark powder is given internally along with one glass of warm water twice daily for 3 days
38.	<i>Bridelia retusa</i> (L.) Spreng	Euphorbiaceae	Mulumaddi	Arthritis	50 g crushed stem bark is decocted in 100 ml sesame oil for 15 minutes and it is applied externally on affected part of the body once daily till cured.
39.	<i>Bryonopsis laciniosa</i> (L.)	Cucurbitaceae	Ningi donda	Stomach pain	Ground 10 g seeds along with 5 g of black pepper to make powder. 10 g of powder is given internally as single dose.
				Arthritis	Leaves are decocted with sesame oil and applied topically twice daily for 15 days.
40.	<i>Buchanania lanzan</i> Spreng	Anacardiaceae	Morlichettu	Infertility	15 g seed powder is given with goat or cow milk internally during bed time after fifth day of menstruation
41.	<i>Butea monosperma</i> (Lamk.)	Fabaceae	Moduga	Fever	Make powder by the dry flowers of <i>Butea monosperma</i> , <i>Trachyspermum ammi</i> , <i>Cuminum cyminum</i> , <i>Piper nigrum</i> , <i>Zingiber officinalis</i> . Table spoon powder is given orally daily in the morning and evening till cured.
				Intestinal worms	50 ml flower decoction is given orally for one time.
				Infertility	50 ml of stem bark extract is given internally for three days to check conception.
42.	<i>Caesalpinia bonduc</i> (L.) Roxb	Caesalpiniaaceae	Gacha	Intestinal worm	5 g of seed pulp powder is mixed into one glass of water and given, twice daily till cured.
43.	<i>Calotropis gigantea</i> (L.) R.Br	Asclepiadaceae	Jilledu	Arthritis	Milk sap is applied externally on the affected part twice daily for three days

				Scorpion sting	Milk sap is mixed into equal quantity of mango resin and applied externally at the place of sting for two times a day.
				Burning sole	Heat leaves on fire and put them on the ground and ask patient to step on these leaves for 15 minutes. Apply Sesame oil to sole before stand on leaves.
44.	<i>Canavalia virosa</i> (Roxb.) Wt.&Arn	Fabaceae	Thamma kaya.	Ring worm	Leaves extract is applied on the affected part once daily for three days.
45.	<i>Canthium parvilorum</i> Lam	Rubiaceae	China balusu	Intestinal worms in children	3 ml of root extract is given internally once in the morning as a sing dose.
46.	<i>Capparis zeylanica</i> L	Capparidaceae	Adonda	Stomach pain	10 ml of stem bark extract is given orally twice daily till cured.
				Fever	Collect 5 g stem barks each of <i>Capparis zeylanica</i> , <i>Azadirachta indica</i> , <i>Zizyphus oenoplia</i> , <i>Ricinus communis</i> , <i>Cassia fistula</i> , <i>Albizia amara</i> to make decoction in one liter of water. 20 ml of this decoction is given internally twice a day for two days.
				Diabetics	<i>Ripe fruits are eaten twice in a day to control sugar level</i>
47.	<i>Capsicum annum</i> L.	Solanaceae	Mirpakaya	BP control	It regulate blood pressure to normal in low blood pressure patients (many rural folks)
48.	<i>Cardiospermum halicacabum</i> L	Sapindaceae	Buddakaakara teega	Wounds	Grind 50 g leaves along with 5 g <i>Cuminum cyminum</i> to make paste and it is applied externally on affected part once a day for three days.
				Arthritis	50 g leaves are decocted in 100 ml sesame oil and applied on affected part once daily till cured.
49.	<i>Careya arborea</i> Roxb	Barringtoniaceae	Dudippa	Stomach pain	10 ml of stem bark extract is given internally twice daily for 2 days to cure stomach pain due to intestinal worms or indigestion.
				Stomach pain	10ml of leaf and stem bark decoction is given internally twice daily for 2 days.

50.	<i>Carica papaya</i> L	Caricaceae	Bappayi	Scabies	Apply latex on the affected part once daily till cured. (Many women in the district)
51.	<i>Carum copticum</i> Benth.&Hook.	Apiaceae	Oma	Stomach pain	Chew 5g of <i>Carum copticum</i> for two times.
				Fever	Ground 5 g each of <i>Carum copticum</i> , <i>Cuminum cyminum</i> , <i>Piper nigrum</i> and <i>Zingiber officinalis</i> to make juice and 2 tea spoons are given daily in the morning and evening for two days.
52.	<i>Cassia auriculata</i> L	Caesalpiniaceae	Tangedu	Diabetic	20 g of matured stem powder is given along with one glass of water once a day for a month.
				Leucorrhoea	Decoction of flowers (20 ml) is given internally to control white discharge during menstrual time in women. (Many rural women)
53.	<i>Cassia fistula</i> L	Caesalpiniaceae	Rela	Arthritis	Apply paste with made up of leaves externally during bedtime for 3-4 days.
				Stomach pain	Fruits pulp is eaten once to reduce pain
				Fever	Collect 5g each stem barks of <i>Cassia fistula</i> , <i>Capparis zeylanica</i> , <i>Albizia amara</i> , <i>Azadirachta indica</i> , <i>Zizyphus oenoplia</i> and <i>Ricinus communis</i> . Dry them and make powder mix one tea spoonful of powder into 1 glass of water and boil it for 10minutes. Administer this decoction orally twice a daily for two days
				Throat infection	Decoction of fruit pulp is used to gargle to control throat infection.
54.	<i>Cassia occidentalis</i> L.	Caesalpiniaceae	Kasinha	Stomach pain	50 ml root extract is mixed into 1 g powder of <i>Carum copticum</i> and it is given orally once daily till cured.
55.	<i>Cassia tora</i> L	Caesalpiniaceae	Thydanta	Wounds	Leaf paste is applied locally once daily for 3-4 days.
56.	<i>Ceiba pentandra</i> (Linn) Gaertn	Malvaceae	Tella buruga	Impotency	10 ml of stem bark juice is given with goat milk every day during bed time for a period of month.

57.	<i>Celastrus paniculatus</i> Willd	Celastraceae	Jyothismathi	Arthritis	10 g seeds are crushed and boil it in 100 ml of sesame oil for 15 minutes and it is applied externally on the affected part once daily during bed time till cured.
58.	<i>Celosia argentea</i> L	Amaranthaceae	Bathukamma puvvu	Scabies:	Leaf paste is applied locally twice daily till cured.
				Night blindness	Make chutney with fresh leaves and eaten twice in a week for two months
59.	<i>Centella asiatica</i> (Linn.)	Apiaceae	Saraswathi aku	Sun allergy	Applied leaf juice externally on the affected part once daily for two days.
				Jaundice	20 ml of leaf juice is given internally early in the morning once a day for 4-5 days
60.	<i>Cicer arietinum</i> L.	Fabaceae	Chanagalu	Immunity	Sprouts are fried them with ghee and given to the patients along with roti thrice a week for a month.
61.	<i>Cissus vitiginea</i> L	Vitaceae	Dididi aku	Wounds	Apply stem bark paste externally on affected part once daily till cured.
62.	<i>Cissus quadrangularis</i> Linn	Vitaceae	Nalleru	Cold and Cough	10 ml tender shoots extract is given orally as a single dose.
				Bone fracture	Ground the fresh stem and mix with ghee and it is given orally a week to quick recover from fractured patient.
63.	<i>Citrullus colocynthis</i> (L.) Schrad	Cucurbitaceae	Eetiputcha	Jaundice	5 g of root powder is mixed into 100 ml cow milk and it is given internally once a week for 3 weeks. Avoid eating chicken, mutton and fish etc.
64.	<i>Citrus aurantifolia</i> (Christm. & Panz.) Swingle	Rutaceae	Nimma	Dandruf	5 ml fruit juice is mixed into 20 g curd and it is applied externally twice a week for a month.
				Vomiting	Inhales the smell of ripen fruit.
65.	<i>Cleistanthus collinus</i> (Roxb.) Bth. ex Hook. f.	Euphorbiaceae	Billa godisa	Fungus in fingers	Leaves paste is applied externally by adding little turmeric powder once daily for three days.
66.	<i>Cleome gynandra</i> Linn	Capparidaceae	Vamiti	Ear ache	Pour 2 -3 drop of leaf extract into the affected ear once daily for 2 days.
67.	<i>Cleome viscosa</i> Linn	Capparidaceae	Vaviti	Headache	Crushed leaves (which have removed juice) should be placed on head and tie with cloth for an hour, repeat it after 4 hours if necessary

68.	<i>Clerodendrum multiflorum</i> (Burm. f.) O. Ktze.	Verbenaceae	Thakkali chettu	Stomach pain	Grind handful leaves along with 5g of <i>Trachyspermum ammi</i> to make pills, 10g size pill is given internally twice a day for one day.
				Arthriti	Leaf paste is applied externally on the affected part once a day for two days
69.	<i>Clerodendrum serratum</i> (Linn.) Moon	Verbenaceae	Gantubharangi	Fever	Make decoction with 50 g roots along with 20 g of <i>Andrographis paniculata</i> , and 3 black pepper. 20ml decoction is given internally twice daily for 3 days.
70.	<i>Clitoria ternatea</i> Linn	Fabaceae	Shankhapus hpi	Psoriasis	Make root paste and applied along with leaf pulp of <i>Aloe vera</i> externally once daily for 3-4 weeks.
71.	<i>Coccinia grandis</i> (L.) Voigt	Cucurbitaceae	Adavi donda	Diabetics	10 ml fruit juice is given internally once a week
72.	<i>Cocculus hirsutus</i> (L.) Diels	Menispermaceae	Dusara teega	Venereal disease	20 ml leaf juice is given orally once a day for a month
				Leucorrhoea	Leaf juice is given by adding sugar internally once daily for 15 days
				Red discharge	Grind handful leaves along with 10g of crystalline suger (misri) and it is given internally once a day for 15 days.
73.	<i>Cochlospermum religiosum</i> (Linn.)	Cochlosperma ceae	Konda gogu	Cough	Make powder with stem barks of <i>Cochlospermum religiosum</i> and <i>Terminalia chebula</i> . Mix 2g powder into 100ml hot water. 100ml medicine is given internally once in the early morning for a week
74.	<i>Cocos nucifera</i> L.	Arecaceae	Tenkai	Dehydration	500 ml of coconut water given twice daily for 2-3 days along with salt water.
75.	<i>Cordia dichotoma</i> Forst	Boraginaceae	Chinnakker	Diarrhoea	Semi burnt fruits are given internally for three times a day.
76.	<i>Coriandrum sativum</i> L	Apiaceae	Kothmeera	Stomach pain	Make chuntney with leaves and eaten twice a day for easy digestion.
77.	<i>Croton bonplandianum</i> Baill.	Euphorbiaceae	Galivana alam	Stomach pain	Apply milk sap on the affected part once daily for 3-4 days.
78.	<i>Cryptolepis buchananii</i> Roem.&Schult	Asclepiadaceae	Adavi pala teega	Arthritis	Make chutney with leaves of <i>Cryptolepis buchanani</i> and <i>Cissus quadrangularis</i> and

					given to eat like chutney twice a week for 3-4 weeks.
79.	<i>Cuminum cyminum</i> L	Apiaceae	Jeelakarra	Fever	Grind 5g each of <i>Cuminum cyminum</i> , <i>Carum copticum</i> , <i>Piper nigrum</i> and <i>Zingiber officinalis</i> altogether to make juice. Two tea spoons are given daily in the morning and evening for two days.
80.	<i>Curculigo orchioides</i> Gaertn	Hypoxidaceae	Nela thadi	Impotency	5 g roots powder is given internally along with 100ml goat milk once daily during bed time for 15 days.
81.	<i>Curcuma longa</i> L	Zingiberaceae	Pasupu	Cold	Rhizome paste is applied on the top of the head of childred through mixing castor oil twice a day for 3 days.
				Cuts and wounds	Rhizome paste is applied immediately on the place of cut to control bleeding.
82.	<i>Cymbopogon martini</i> (Roxb.) Wets	Poaceae	Nimma gaddi	Lice on head	Grind the leaves of <i>Cymbopogon martini</i> and <i>Annona squamosa</i> together to make paste and it is applied to the hair once daily for 2-3 days
83.	<i>Dalbergia paniculata</i> Roxb	Fabaceae	Pacharugu	Hair fall and dundraf	Stem bark paste is applied to the hair once in a week to control hair fall due to dundruf.
84.	<i>Datura metel</i> L	Solanaceae	Nalla ummetha	Arthritis	Leaves paste is applied on the affected part once a day for 2 days
85.	<i>Desmodium gangeticum</i> (L.) DC	Fabaceae	<i>Deyyam jada</i>	Feve	Decocted 50g fresh roots along with 3 pepper in 200ml of water and 10ml of this decoction is given internally twice daily for 3- 4 days.
86.	<i>Dioscorea bulbifera</i> L	Dioscoreaceae	Nela dumpa	Tumors	Tuber paste is applied externally once daily for 3-4 days.
87.	<i>Dioscorea pentaphylla</i> L	Dioscoreaceae	Genusugaddalu	Indigestion	20ml tuber juice is given internally twice daily for 2 days.
88.	<i>Dodonaea angustifolia</i> L.f., Suppal	Sapindaceae		Sprains	Rousted fresh tender leaves are placed on the affected part of the body once daily for 3-4 days.
89.	<i>Dolichos lablab</i> L	Fabaceae	Chikkudu	Ringworm	Fresh leaf juice is applied externally on the affected part once daily for 3-4 days.
90.	<i>Eclipta prostrata</i> (L.)	Asteraceae	Gunta kalagaraaku	Stress relief	Leaf paste is applied to the hair for one time only.

				Anaemi	Make chutney with leaves and eaten along with rice once a week for 3-4 weeks
				Hair fall and white hair	leaf paste is applied once a week to control white hair and hair fall.
91.	<i>Eleusine coracana</i> (L.)	Poaceae	Thydalu	Tooth pain in children	100ml of grain flour is given internally daily for a month.
92.	<i>Emblica officinalis</i> Gaertn	Euphorbiaceae	Usiri	Indigestion	5g fruit powder is given internally after food for 2-3 times a day.
				Burning sensation while urination	10g fruit powder is given with sugar internally morning and night until cured.
93.	<i>Enicostemma axillare</i> (Lam.)	Gentianaceae	Resika	Stomach pain	5ml plant extract is given along with 2 g of black pepper powder internally as a single dose.
94.	<i>Euphorbia hirta</i> L	Euphorbiaceae	Pacha botla	Conjunctivitis	One or two drop of milk sap is applied on the affected eye once a day for three days.
				Menstrual pains	20ml leaf juice is given internally once daily during menstrual period
				Scabies	Leaf juice is applied by mixing 1g of sulphur externally on the affected part of the body once daily 3-4 days.
95.	<i>Euphorbia tirucalli</i> L	Euphorbiaceae	Manchi jemudu	Piles	Milk sap is mixed with turmeric powder and applied on the affected part once a day for a week to complete cure of pile in children.
96.	<i>Feronia elephantum Correa</i>	Rutaceae	Velaga	Diarrhoea	Young fruit pulp is given internally for one time only.
97.	<i>Ficus bengalensis</i> L	Moraceae	Marri	Impotency	Handful of young leaf buds are shade dried and make powder and it is mixed into cow ghee.,
98.	<i>Ficus hispida</i> L. f.	Moraceae	Brahma medi,	Mad dog bite	20ml fruit juice is given internally once daily for two days.
99.	<i>Ficus religiosa</i> L	Moraceae	Ravi chettu	Impotency	5g fruits powder is given along with cow milk daily once for a month.
				Skin diseases	Stem bark paste is applied on the affected part once daily till cured.
100	<i>Gardenia gummifera</i> L	Rubiaceae	Chit-mit	Stomach pain	5ml of stembark juice is given orally once to cure stomachpain.

101	<i>Gloriosa superba</i> L	Liliaceae	Nabhi pulu	Swelling	Corm paste is applied externally on the affected part once a day for three days.
102	<i>Gmelina arborea</i> Roxb	Verbenaceae	Pedda ummudu.	Back pain	10 ml root extract is given internally once a day for a week.
103	<i>Gymnema sylvestre</i> (Retz.)	Asclepiadaceae	Podapathri	Diabetic	10ml leaf decoction is given internally early in the morning for 30 days.
104	<i>Haldinia cordifolia</i> (Roxb.)	Rubiaceae	Bandaru	Dysentery	20ml stem bark juice is given internally twice daily till cured
105	<i>Helicteres isora</i> L	Sterculiaceae	Nuli thada	Scabie	Sun dry the fruits to make powder. Apply powder by mixing coconut oil externally on the affected part once daily till cured
106	<i>Heliotropium indicum</i> Linn	Boraginaceae	Naga danthi	Scorpion sting	Leaf juice is applied externally on the affected part once daily for 3 days.
107	<i>Hemidesmus indicus</i> (L.) Schult	Periplocaceae	Sugandi pala	Weakness	One tea spoonful of power is mixed in a acup of tea and it is given to drink daily for a month.
108	<i>Hibiscus rosa-sinensis</i> L	Malvaceae	Mandara	Control Hair fall	Fry handful petals and soak them in 100ml coconut oil and it is applied to the hair every day.
				Dandruff	Flowers are boiled in coconut oil for 15 minutes and cooled, apply this oil to the hair once daily to control dandruff.
109	<i>Holarrhena pubescens</i> (Buch.-Ham.) Wall. Ex G. Don	Apocyanaceae	Nallapalagodisa	Cuts and wounds	Milk sap is applied externally on the portion of the cut or wound to control bleeding and apply fresh turmeric paste incase of small cuts.
110	<i>Holoptelea integrifolia</i> (Roxb.) Planch	Ulmaceae	Nemalichettu	Arthritis	Make stem bark paste and boil with sesame oil for 30 min and apply externally when it is lukewarm once daily till cured.
111				Sprains:	Applied latex externally on affected part, once daily till cured
				Wounds	Applied leaf paste externally on wounds once daily till cured
112	<i>Jatropha curcas</i> L	Euphorbiaceae	Nepalam	Cuts	Make leaf paste and applied externally on cuts to control bleeding

113	<i>Jatropha gossypifolia</i> L	<i>Euphorbiaceae</i>	Chitti nepalam	Scabies	Leaf paste is applied externally on the affected part once daily till cured
114	<i>Justicia adathoda</i> L.	Acanthaceae	Addasaram	Coug	100ml leaf decoction is given along with honey internally morning and evening to get relief from cough.
115	<i>Justicia procumbens</i> L	Acanthaceae	Papadaku	Arthritis	20 g of whole plant is ground and boil it in 100ml of coconut oil for five minutes and apply externally on the affected part till cured
116	<i>Lagerstroemia parviflora</i> Roxb	Acanthaceae	Chennangi	Cracked sole	Apply leaf paste on the affected part once in night before sleep till cured
117	<i>Lannea coromandelica</i> (Houtt.) Merr	Anacardiaceae	Gumphena	Dysentery	10ml stem bark juice is given internally once daily for 2-3 days
118	<i>Lantana camara</i> L	Verbenaceae		Dysentery	10ml stem bark juice is given internally once daily for 2-3 days
119	<i>Lantana camara</i> L	Verbenaceae	Murikimalle	Cuts and wounds	Grind handful leaves with turmeri and it is applied externally twice daily 2-3 days.
120	<i>Lawsonia inermis</i> L	Verbenaceae		Cuts and wounds	Grind handful leaves with turmeri and it is applied externally twice daily 2-3 days.
121	<i>Lawsonia inermis</i> L.	Lythraceae	Gorintaku	Arthritis	Make paste out of stem bark and apply this paste externally once daily for two weeks.
122	<i>Leonotis nepetiifolia</i> (L.)	Lamiaceae	Rana bheri	Skin allergy	Apply root paste on affected part once a day for three days.
123	<i>Leucas aspera</i> (Willd.) Link	Lamiaceae	Thummi	Abdominal pain	Whole plant is boiled into 500ml water for 5 minutes. 20ml of this filtered decoction is given for one time
				Psoriasis	Leaf juice is boiled in coconut oil and it is applied externally on the affected part once daily till cured.
124	<i>Tamarindus indica</i> L	Caesalpiniaceae	Chintha chettu	Cracked sole	Fruit pulp is applied externally on affected part once daily till cured.
125	<i>Terminalia arjuna</i> (Roxb. ex D. C.) Wt. & Arn	Combretaceae	Tella maddi.	Anaemic:	1 tea spoon powder is given with one glass of water or cow/goat milk for three months.

				Cardiac tonic	Stem bark extract is given daily to strengthening the hart functions as a cardiac tonic.
126	<i>Terminalia bellerica</i> (Gaertn)Roxb	Combretaceae	Tandra	Stomach pain	One tea spoonful seed powder is given with sugar or honey thrice a day for two days.
127	<i>Terminalia chebula</i> Retz	Combretaceae	Karaka chettu,	Dry cough	One tea spoonful fruit powder of <i>Terminalia chebula</i> is given twice daily for three days.
128	<i>Tribulus terrestris</i> L.,	<i>Zygophyllaceae</i>	Palleru	Impotency	Ground 10gseeds with 10g dry roots of <i>Withania somnifera</i> to make powder. One tea spoonful powder is given internally daily with milk during bed time for 30 days.
129	<i>Tridax procumbens</i> L.	Compositae	Nalla alam	Fresh cuts	Leaves paste is applied along with turmeric powder twice daily for 3-4 days.
130	<i>Trigonella foenum-graecum</i> L.	Fabaceae		Diarrhoea	5g Seeds are chewed to cure diarrhoea twice daily for two days.
131	<i>Tylophora indica</i> (Burm.f.) Merrill	Asclepiadaceae	Meka meyani teega	Venereal disease	Ground 7 leaves along with 7 fruits of black pepper to make pill. 5 g size of pill is given orally once a day for 5 days.
132	<i>Vitex negundo</i> L.	Verbenaceae	Vayilaku	Paralysis	Ground 50g leaves along with 2g of <i>Piper nigrum</i> , one fruit of <i>Woodfordia fruticosa</i> , and 7leaves of <i>Piper betle</i> and make a bolus. 20 g bolus is given in the morning of every alternative day. Avoid eating fish during medication
				Arthritis	Leaves paste is applied externally once daily till cured.
133	<i>Wattakaka volubilis</i> (L. f.) Stapf	Asclepiadaceae	Bandi gurija	Swelling	Leaves are decocted with water and applied externally on the affected part when it is slightly warm.
				Arthritis	50 ml leaves decoction is given orally once daily for 30 days.
134	<i>Withania somnifera</i> (L.) Dunal	Solanaceae	Aswagandha	Impotency	20g root powder is given with one glass of cow milk before sleep at night daily for 30 days.
				Back ache and muscular pains	10 g root powder is given with honey once daily for 15 days
				Fitness	10 g root powder is given with honey once daily for 15 days

				Tumours	Apply castor oil to the green leaves and heat them on fire and placed them on the affected part once daily for 3-4 days
				Obesity	roots are fried with ghee and given to the patient for 30 days.
135	<i>Woodfordia fruticosa</i> (L.)	Lythraceae	Jaji vayila	Gas trouble	10 ml of flower juice is given internally once daily for two days.
				Paralysis	: Ground 1 fruit along with 50g leaves of Vitex negundo, 2g of Piper nigrum, and 7 leaves of Piper betle to make a bolus. 20 g bolus is given in the morning of every alternative day for a month. Fish meat is avoided during the course of treatment
136	<i>Wrightia tinctoria</i> Br	Apocynaceae	Tellapala	Psoriasis	Leaves are decocted with coconut oil and applied externally once daily till cured
137	<i>Zingiber officinalis</i> Rosc	Zingiberaceae	Allamu	Cough	5ml extract of fresh rhizome is given internally in the early morning for 3 days.
				Sexually transmitted disease	1 g rhizome is decocted along with 2 g of Piper nigrum 10g root bark of Plumbago zeylanica, 1 seed of Semecarpus anacardium in half litre water, 20 ml decoction is given internally by adding tea spoonful of cow ghee once daily for 3 days.
138	<i>Zizyphus oenoplia</i> (Linn.)	Rhamnaceae	Pariki	Fever	Crush 5 g stem bark with equal quantity stem barks of Albizia amara, Azadirachta indica, Capparis zeylanica, Ricinus communis, and Cassia fistula and boiled in 100ml water for 15 minutes. 20 ml is given orally twice daily for two days.

DISCUSSION:

The present study deals with the documentation and evaluation of medicinal plants used by the tribal people in the primary health care in and around Vikarabad and Dharur mandals of Ranga reddy Dist, T.S. About 40 villages have been chosen for the study and yielded a valuable knowledge of plant medicine of the locals. The herbal remedies mentioned are of certain general and specific ailments, such as snake bite, cough, and scorpion sting, head ache, back pain body pains, cold, dandruff, dog bite, fever, hair loss, jaundice, inflammation, joint pains, lice killer, skin ailments, ear pains, eye problems, red and white discharge in women, loss of semen in urine in men, tooth ache and gum

problems, stomach ache, bone fractures, conception and menstrual problems and wound healing. The resource persons are mostly lambadas, chenchus and some elderly people of local villages. The people practice and cure almost all ailments or diseases or wounds very effectively with simple locally available plants with out involving much financial commitment, in majority of the cases they treat freely. The study started in the month of May, 2012 and went on up to May, 2014. It revealed valuable information about the ethno medicine of the local tribals of this Dist. It is invaluable and having immense potential for the primary health care of the people in this area. About **138 plant species of 36 families** have been documented in this study and an itinerary is prepared according to alphabetical order of the diseases, families along with the vernacular names, botanical; names, drug formulation of drug formulation and methods of drug administration as told by the herbal practitioners. The Practitioners also felt that of late their practice is dwindling due to non availability of plants which were plenty till recently, due to loss of habitat and forest cover in this area. The method of herbal practice is also decreasing as the practitioners are not passing the knowledge to the next generations before their death and also due to lack of proper written documentation. They fell that proper documentation of the knowledge of herbal practitioners should be taken up immediately in all the areas of the Dist before it disappears and conservation of medicinal plants in the area is very much in need. The present study elicits the importance of local herbal practices and availability of medicinal plants in the area, which will help in self sufficiency for their primary health care practices. Though this is a small inventory which helped in identifying the gravity of the situation of loss of medicinal biodiversity of the area and subsequently non availability of the treatment by the herbal practitioners to the local poor people of the area, unless other wise the conservation and afforestation practices are taken. The present type of survey documentation must be continued involving many more villages and traditional practitioners so that we can have a concrete picture of the richness of the medicinal flora and as well as the availability of folklore medicinal treatment to the local people.

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