

## PLANTS USED BY TRIBAL OF JHARKHAND WHICH PROMOTE AND REGULATE THE BIRTH PAIN

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The Jharkhand state is still very rich in diversity of medicinal plants. Survey was conducted in the tribal villages, information was gathered from the 'Baidyas', traditional birth attendant as well as lay population of this area. Some of the important medicinal plants used, which promote and regulate birth pain, are - *Achyranthes aspera*. Linn, *Adhatoda zeylanica*. Medic, *Ficus glomerata*. Roxb. , *Musa paradisiaca*. Linn, *Plumbago zeylanica*. Linn. The 11 species are presented in this paper.

**Keywords :** Birth pain; Medicinal plants.

Jharkhand State, full of minerals and flora, was created as 28<sup>th</sup> State of India on November 15<sup>th</sup> 2000. Total geographical area is 80,514 sq.km. Forest area is 23,605.47 sq.km. Total population is 2,28,43,961. It is Tribal dominated state. Structurally Jharkhand is one of the oldest formations of the world. Its most part is formed from Achean, Granite and Gneiss which is 2500 to 2600 million years old.

According to the report of W.H.O., over 80% of the world population rely on traditional system of medicines largely plant base to meet primary health care needs. The quality of medicinal plants depends upon the geographical origin. The tribals of this area utilize a large number of plant species as herbal remedies in various diseases and ailments. The present study has brought to light some interesting data on the potential medicinal plants, which promotes and regulates the birth pain.

Standard equipments were used for collection and storage of various plant materials. Different area of Jharkhand was surveyed time to time in different season. Interviews were conducted involving the folk herbal healers, traditional birth attendants and lay population throughout Jharkhand. Detailed information regarding the mode of preparation of drug and method of their administration along with the doses were recorded. However the constituent of medicinal preparation were not measured but estimated carefully at the site. Every prescription was considered authentic whenever three or more information verified. The allied properties of the considered plants are given as reported by information.

Enumeration of plants are arranged alphabetically followed by local names e/g. English (E), Hindi (H), Sadri (S), Munda (M), Kharia(K). Then it is followed by folk medicinal uses which promote and regulate birth pain.

1) *Achyranthes aspera* Linn.

C.N. - Apmarang or Latjira (H), Chirchiri (S), Chirchiti (M).

a. About 2 root of *Achyranthes aspera* is made into paste

and taken.

b. A paste is made from the whole plant (panchang) and applied around the naval.

c. *Achyranthes aspera* is uprooted in single breath and the root is tied by string, and then tied on the neck. After delivery it is immediately removed otherwise it can have harmful effect.

2) *Adhatoda zeylanica* Medic

C.N. - Adusa or Basak (H), Bakas (S), Here baha (M), Malabar nut (E).

About 1" root is tied by a string and tied around waist. After delivery it is immediately removed otherwise it can have harmful effect.

3) *Arthocarpus heterophyllus* Lamk.

C.N.- Kathal (H), Kathar (S), (O), Kanthar (M), Jack fruit (E).

Rachis of ripe fruit which is left hanging in the tree is taken and dried, then one inch of the dried rachis taken with the hot milk.

4) *Coccinia indica*. W & Arn.

C.N. - Kundri (H), (S), (M).

Flower is cut in single breath and set into hair. It is immediately removed after delivery.

5) *Euphorbia nerifolia* Linn.

C.N. - Sehund (H), Siddari (M).

The latex of the plant is used to accelerate labour pain. The latex is applied in the head and within 10 -15 minutes delivery occurs safely.

6) *Ficus glomerata*. Roxb.

C.N. - Gular (H), Dumbar (S), Loa (M), Clusterfig (E).

Bark is crushed and mixed with one glass of water. Little amount of Ajwain or coriander is added. Then it is boiled and taken like tea.

7) *Ficus religiosa* Linn.

C.N. - Pipal (H).

A paste is made from *Ficus religiosa* and *Acorus calamus*

and applied around the vagina. Delivery occurs safely.

8) *Musa paradisiaca* Linn.

C.N. – Kela (H), Kera (S), (O), Kadal (M), Kola (B), Banana (E).

Root is tied around the waist. It is immediately removed after delivery.

9) *Madhuca longifolia* (Koenig)

C.N. – Mahua (H), (S), Madhucam (M), Indian butter tree (E).

Bark is cut from lower to upper direction. Tied by single string and tag it with single breath. After delivery it is immediately removed with single breath.

10) *Plumbago zeylanica*. Linn.

C.N. – Chitrak, Chitra, Chitaur (H), Kitamall, Chitamuli (M), Chitamulli, Chitwar (S), Ceylon lead wart (E).

Root is crushed and a small ball is made, then it is put on hand with paper or *Shorea robusta* leaf. It is brought near to vagina and the air is blown two times passing through *Plumbago zeylanica* ball then immediately removed. Delivery occurs immediately.

Precaution – Only air should be blown into the vagina. Mixture should not enter the vagina otherwise it will have harmful effect.

11) *Ricinus communis*. Linn.

C.N. – Erand (H), Arandi (S), Bindi (M), Caster (E).

Wild castor is uprooted. Root is tied by a string and then tied around the waist. It is immediately removed after delivery.

The above observation shows that Jharkhand is still very rich in diversity of medicinal plants which promotes and regulates birth pain. The herbal medicines used by the

tribal are safe, effective, cheap, easily available even in backward areas. In India there are more than 45000 plants species of which about 15000 are of lower group. Tribal use 9500 wild plant species for their various requirements<sup>2-8</sup>.

It is necessary to identify true therapeutic properties of the medicinal plants and obtain patents of the traditional medicines by employing integrated development project and micro project located in this area.

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