

PART II

HERBAL PRACTICES & PRODUCTS

This section contains details of herbal healers, herbal medicinal and nutraceutical preparations based on traditional wisdom



Acacia nilotica (L.) Del. (Babul)

NIF Database

Use from Punjab

Abscess

Burn the fresh wood on fire and collect the fluid oozing out while burning, apply it on affected area

- *Somesh Singala, Patiala, Punjab*

Uses from other states

Mouth sores

Take bark juice orally after adding a little sugar

- *Geeta Devi Kumavat, Jaipur, Rajasthan*

Pneumonia

Boil paste of bark with little sugar and water. After cooling, filter it and take orally

- *Chen Singh Charan, Nagor, Rajasthan*

Skin crack

Pound leaves with black pepper and cow's ghee. Apply the paste on skin cracks

- *Dansingh Laxmansingh Parihar, Junagadh, Gujarat*

Burn

Mix the bark of the plant with mustard oil and boil it in water till complete evaporation of water. Apply the preparation on affected body parts.

- *Jagadish, Hissar, Haryana*

Dental care

Gargle the decoction of the bark to strengthen teeth and eliminate other dental problems

- *Geeta Devi Kumavat, Jaipur, Rajasthan*

Diarrhoea

Extract the juice of the leaves and take orally

- *Omkarnal G Maur, Nagor, Rajasthan*

Uses in Classical Codified Literature

Paste made from fresh leaves applied on the forehead for headache¹; decoction of the bark gargled to give relief from sore throat²; decoction of the bark consumed to cure bronchitis³; dried bark powder taken orally with water for diabetes⁴. Toothpaste is prepared from *Acacia* with the brand name 'Dental cream'⁵. Thirty patents have been filed on its medicinal uses such as for dental plaque and gingivitis⁶.



Source: (<http://www.ahbg.gov.au/cpbr/ra/xcom/ny/acacia-nilotica-cu-560.jpg>)

Calotropis procera (Ait.) R. Br. (Madar)

NIF Database

Use from Punjab

Migraine

Mix few drops of latex in ash of cow dung, inhale the smoke to reduce the pain
- Pushpa Agarwal, Patiala, Punjab

Uses from other states

Ear ache

Put the latex into ear to get rid of the pain
- R C Chowdhry, Nagor, Rajasthan

Stomach ache

Smear mustard oil on a leaf and warm. Apply it on belly for immediate relief
- Chawda Chanduben Jawani, Gandhinagar, Gujarat

Arthritis

Mix latex with turmeric powder, boil with sesame oil and then apply this paste on the aching joint
- Sanjay Singh Uplana, Nagda, Madhya Pradesh

Skin disease

Grind the bark into a fine paste. Apply it on the infected area
- Muralilal, Jaipur, Rajasthan

Uses in Classical Codified Literature

Plant extract is used to cure bronchodilator⁷; flower buds of *Calotropis*, mixed with black pepper seeds and salt are crushed to make pills the size of small peas. Two pills taken twice daily for 3 days to get relief from malaria⁸; warm leaves are applied on aching part smeared with oil to alleviate rheumatic pain⁹.

'Muscle & Joint Rub'⁵, a highly effective ointment for backaches, muscular sprains and joint pains. 'Arkavaleha'¹⁰ made from this plant is given to get relief from irritation of the stomach, nausea, vomiting, diarrhea etc. Eight patents were found on medicinal plants like for anti-tumor, anti-poisonous¹¹ and bronchial asthma¹².



Citrullus colocynthis (L.) Schrad. (Indrayan)

NIF Database

Use from Punjab

Stomach ache

Put airwain seeds into one fruit and keep for 4 days. After drying, grind into fine powder. Give this powder along with water

- Shakuntala Devi Jeyni, Ferozpur, Punjab

Uses from other states

Ear ache

Boil equal amount of seeds of the plant and castor in mustard oil till the mixture turns black. Use the filtered medicated oil as ear drops

- Chaturbhuj Kumhar, Jaipur, Rajasthan

Cough

Fry small pieces of stem and bulb of onion in mustard oil, add salt and take orally.

- Ganga Devi, Chandava, Jharkhand

Constipation

Chew the roots to get rid of constipation

- Chenararam Banjara, Nagor, Rajasthan

Piles

Powder the fruit along with fenugreek, thymol and salt. Take one teaspoon of this powder orally

- Durga Jethiwal, Nagor, Rajasthan

Stomach disorder

Take baked seeds to combat the disorder

- Jagadish, Hissar, Haryana

Joint pain

Take powder of the baked seeds orally with water

- Jagadish, Hissar, Haryana

Uses in Classical Codified Literature

Fruits pounded and used to cure boils¹³, powdered roots given orally to cure jaundice²; diabetics take dried fruit powder orally with water¹⁴; decoction of the fruit used as diuretic¹⁵. Plant tincture is used in homeopathy for colic, abdominal pain and other gastric upsets¹⁶. Eight patents have been filed on medicinal applications like for dental plaques and gingivitis⁶.



Sources: (http://www.futura-sciences.com/galerie_photos/data/581/medium/Citrullus_colocynthis.jpg)

Coriandrum sativum L. (Dhania)

NIF Database

Use from Punjab

Headache

Mix the powders of *Coriandrum* leaves, mesocarp of two coconuts and roasted gram, add some ghee and jaggery to prepare laddo (bolus) of it. Take one bolus orally per day

- *Mukhi Bhaga Bania, Firozpur, Punjab*

Uses from other states

Eye pain

Put two drops of the leaf juice in the eyes
- *Shambhubhai Mangaldas Patel, Mehsana, Gujarat*

Cough

Prepare decoction by boiling the leaves of *coriandrum*, tulsi, ginger and black pepper seeds in water. Consume the preparation orally

- *Mrudula Sharma, Sikar, Rajasthan*

Piles

Extract juice of the leaves, add some sugar and take it orally

- *Kesarsinh Mathursinh Baria, Panchmahal, Gujarat*

Uses in Classical Codified Literature

Decoction of the plant is applied externally on ulcers¹⁷; juice extracted from the plant is given orally to check vomiting¹⁸; dried fruit powder is taken to combat diabetes¹⁹.

'Dhanya pancake, Dhanya catuska'¹⁰ is an effective ayurvedic medicine for curing indigestion, anorexia, dyspepsia, diarrhea, dysentery and intestinal worm infestations. 'Purehands'⁵, a multitherbs formulation possess antiseptic and antimicrobial properties, which are beneficial in eradication of harmful microorganisms; has moisturizing and deodorant actions. Thirty patents are available on its medicinal application mainly on gastric ulcer²⁰ and anti-inflammatory activity²¹, etc.



Eucalyptus globulus Labil. (Nilgiri)

NIF Database

Use from Punjab

Tooth cavity

- Gargle the decoction of leaves
- Rajdip Kaur, Patiwala, Punjab

Uses from other states

Head ache

- Apply fine paste of fruit on forehead
- Vidyasagar, Dhamtari, Chhattisgarh

Stomach disorders

Soak fruits in a glass of water overnight. In morning crush it with hands and the filtered solution is taken orally

- Maksudh Ansari, Girdin, Jharkhand

Constipation

Extract juice from soaked fruit and take orally

- Vidyasagar, Dhamtari, Chhattisgarh

Wound

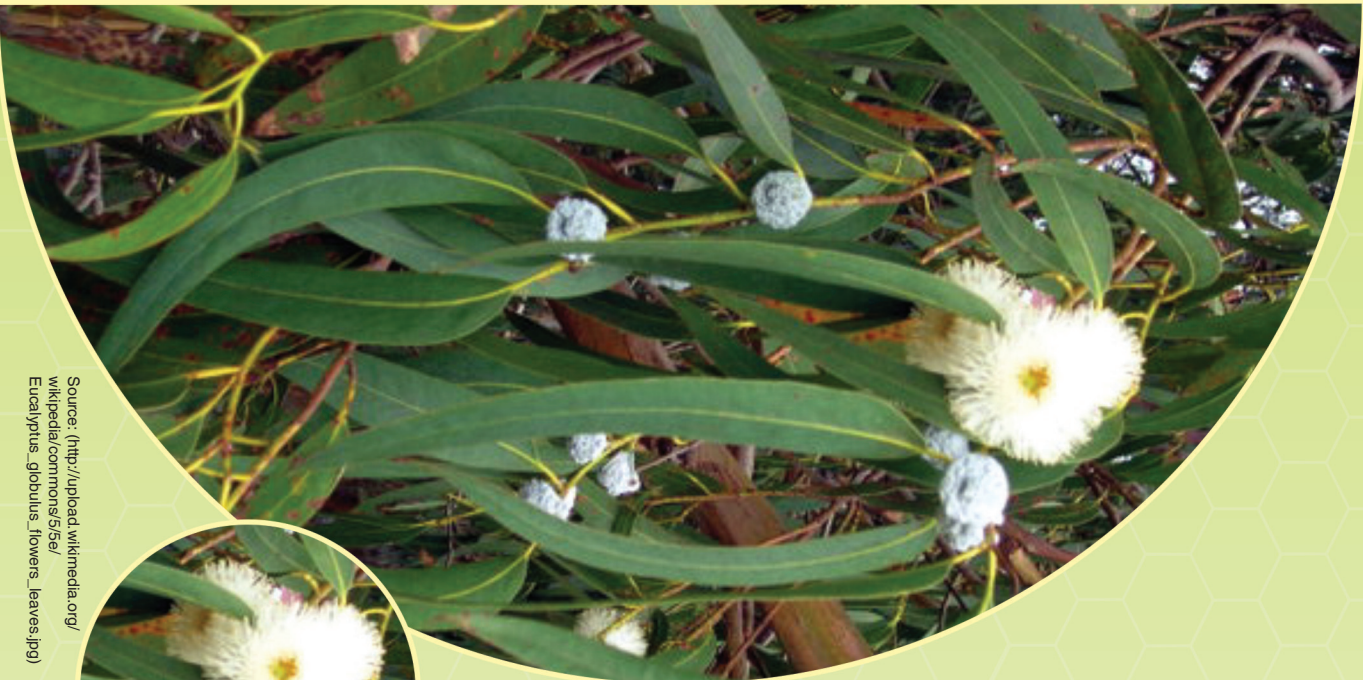
Apply oil topically

- Taiyaz Ahmad, East Champaran, Bihar

Uses in Classical Codified Literature

Apply leaves' paste on forehead to get rid from head ache²², use oil to cure skin diseases and to treat burns²²; apply leaf decoction to get rid of body ache and malaria³.

'Eucalyptus leaf aromatic water'²³ is excellent antiseptic and is used as inhalation for colds, sinusitis and general catarrh. 'Muscle and joint rub'⁵ cream is prepared in combination of other ingredients for relieving pain in muscle and joints. Herbal Trim Skin Treatment²⁴ provides essential moisture benefits to smooth and soften chafed, chapped, and dry skin. Forty patents are available on its medicinal properties like for ointment for burn²⁵, anti-inflammatory properties²⁶, etc.



Source: (http://upload.wikimedia.org/wikipedia/commons/5/5e/Eucalyptus_globulus_flowers_leaves.jpg)

Phoenix dactylifera L. (Khajur)

NIF Database

Use from Punjab

Head ache

Boil fruits with milk and take orally before going to bed
- Mukhi Bhaga Banla, Firozpur, Punjab

Uses from other states

Tooth ache

Boil leaves in water till the decoction turns red in colour, gargle with this gives immediate relief
- Rashmi Kumari Poddar, Sitamari, Bihar

Asthma

Grind fruit (500 gm) along with black pepper seed (100 gm) into a paste and prepare tablets. One tablet is administered orally twice a day till cure
- Vinati Kumari, Sitamari, Bihar

Cough/cold

Boil fruits with milk and take orally to get rid of cough
- Sohanlal Chhipa, Jhalor, Rajasthan

Intestinal worms

Take four spoonful of warm leaf juice orally along with honey
- Susanta Kumar Manjhi, Birbhum, West Bengal

Uses in Classical Codified Literature

Infusion or syrup or paste of dates administered for sore throat, colds, bronchial catarrh and fever; Gum exudates is given orally for treating diarrhoea and genito-urinary ailments; Roots are used against toothache²⁷.

'Khajriura mantha'¹⁰ is simplest preparation, where the fruits are crushed and churned with water. This is extremely beneficial to athletes for quick energy regain. 'Khajurasava'¹⁰ is a commonly used preparation in the treatment of anemia, tuberculosis, piles, hepatitis and diabetes. 'Geriforte-aqua'⁵ is commonly given for enhancing the immunity. Seven patents are available on the medicinal uses of *Phoenix* such as for reducing intoxication²⁸.



Herbal Formulations for Healthy Crops~

SRISTI SHASTRA

Arkhiben Vankar, Ranabhai Kamaliya, Banidan Gadhvi, Gemal Rana, Rajnikant Patel, Ahmadbhai Kadivala, Gujarat. It flourishes the growth of the plant by increasing flowering as well as fruiting. Besides overall vegetative growth, it is not harmful to nature and human beings. It also controls sucking pests like white fly, heliothis, aphid etc.

SRISTI KRUSHAK

Popatthai Rupabhai Jambucha, Gujarat
It is an excellent remedy for leaf curl disease. Besides controlling the disease it increases the vigor of the plants by increasing overall growth.

SRISTI SUPRAKSHA

Community Knowledge, Gujarat
It is a very efficient treatment for termite and acts as a vitaliser to the affected crops. To control termites the herbal formulation is mixed with sand and spread in the field. Some times it is released in the field along with the flow of irrigation water. In some cases, it is also drenched in the affected part of the plant and sprayed on the vegetation to repel termites.

SRISTI PRAVAS

Community Knowledge, Gujarat
It is a highly effective formulation to act as a herbal growth promoter, which stops shedding of flowers as well as increases the overall growth of the plant. This formulation strengthens the plants internally and enables them to withstand extreme weather conditions. Constant use of this formulation increases the yield and reduces the toxic content in our daily diet.

SRISTI SHAKTI

Community Knowledge, Gujarat
A herbal growth promoter, which helps in production of excellent quality organic food grain. Constant use of this formulation not only increases the yield but also reduces the toxic contamination in our food and environment.

-These formulations are based on traditional knowledge of farmers and developed by Sadbhav-SRISTI Sanshodhan Laboratory (www.sristi.org). These products are licensed to Matrix Biosciences Pvt. Ltd, Hyderabad, Andhra Pradesh. The benefits are shared with the knowledge providers, communities, nature, those who add value and other stakeholders in the knowledge and value chain.



Herbal Formulations for Livestocks and Poultry

Coccicure

Sudakarbhai K. Gauri & Jeevalbhai M. Gauri, Dang, Gujarat

It is a unique herbal medication for prevention and curing of Coccidiosis (*Eimeria* sp infections) in Poultry. The primary function of the medication is to reduce the oocytes maturation and affects the life cycle of various *Eimeria* species.

Poultmax

Community knowledge, Valsad, Dang, Gujarat

It is a unique herbal medication for promoting poultry immunity. It cures symptoms like greenish diarrhoea, conjunctivitis, nasal sputum, drop in egg production and respiratory distress in poultry. About 30g/100 birds for 0-4 weeks & 60g/100 birds for 4-8 weeks may be administered for seven days in stress or for three days before and three days after expected stress.

Mastitherb

Ukhardiyabhai S. Raot, Dang, Gujarat

Mastitherb is a unique intramammary herbal medication for curing mastitis in animals. Clinical trials indicated efficacy of the medication over subclinical mastitis; clinical mastitis and chronic mastitis. It was also validated in case of mastitis due to *Staphylococcus aureus*. The dose rate was found to be single intra mammary infusion for minimum three days after adequate standardization.



-These formulations are based on traditional knowledge of farmers and developed by Sadbhav-SRISTI Sanshodhan Laboratory (www.sristi.org). These products are licensed to Matrix Biosciences Pvt. Ltd, Hyderabad, Andhra Pradesh. The benefits are shared with the knowledge providers, communities, nature, those who add value and other stakeholders in the knowledge and value chain.

