

Homoeopathic flora of Ratlam district of Madhya Pradesh: A preliminary survey

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ABSTRACT

An attempt has been made to prepare a detailed account of homoeopathic medicinal flora of Ratlam district of Madhya Pradesh. In the present study 62 medicinal plant species belonging to 58 genera and 35 families are covered that are extensively used homoeopathic drugs preparation.

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INTRODUCTION

The homoeopathy represents a particular form of medical stimulation therapy. The aim of this therapy is to produce a reactivation of the Autoregulatory activity in the organism and to “cure in a mild, prompt, safe and durable manner (Hahnemann). The enlighting principle of Homoeopathy is “Simila Similibus Curentur” (like diseases are to be cured by like remedies). Homoeopathy was discovered by Hahnemann. In 1805 he published a book ‘*Fragmentade Viribus*’ in Latin. This was the first Materia Medica of Homoeopathy. Homoeopathy came to India as early as 1810 when some German physicians and missionaries came to Bengal and started distributing homeopathic remedies. This system of medicines relies mainly on plants and mineral components as drug. Majority of the Homoeopathic preparations are alcohol based and potency of the

medicine is determined by dilution level of the preparation. The traditional system of medicine like Ayurveda, Unani, Siddha and tribal systems along with homoeopathy have now become quite popular among masses in India [8].

MATERIAL AND METHODS

The study area

Ratlam district lies in the western part of the Malwa Plateau in Madhya Pradesh. The mathematical limits of the district extend from 23° 05' North to 23° 55' North and from 74° 30' East to 75° 42' East. The district is bounded by Mandsaur district on the north, Jhabua and Dhar on the south, Ujjain on the east and Chittorgarh and Banswara district of Rajasthan State on the west. Shajapur district of Madhya Pradesh and Jhalawar district of Rajasthan also touch the north eastern boundary of Ratlam district. The elevation generally varies

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from 434 to 549 m above mean sea level. The district comprises an area of 4861 sq. km inhabited by 1214536 persons according to Census 2001. The forests, which occupy a total area of 499.92 sq km or 10.26 %, are of the dry deciduous Vb type (Champion & Seth, 1968). The forests are dominated by Teak (*Tectona grandis* L.f.). Other notable wood species are Sajad [*Terminalia tomentosa* (DC.) Wt. & Arn.], Mahua (*Madhuca indica* Gmel.), Tendu (*Diospyros melanoxylon* Roxb.), Palas [*Butea monosperma* (Lam.) Taub.], Kalam [*Mitragyna parviflora* (Roxb.) Korth.], Dhaora [*Anogeissus latifolia* (Roxb.) Wall. ex Bedd.], Bel [*Aegle marmelos* (L.) Corr.], Bija (*Pterocarpus marsupium* Roxb.) and Bamboo (*Dendrocalamus strictus* Nees.), which constituted a significant chunk of the middle canopy of the forests. In Ratlam district there are two important rivers, namely, the Chambal flowing north along with its tributaries and the Mahi flowing to the north-west. The climate of the State is generally sub-humid with an annual rainfall ranging from 700-1200 mm. The minimum and maximum temperatures range between 6° C and 43 ° C in the months of January and May, respectively. The black cotton soil predominates the entire district. The important aim of the present study on homoeopathic medicinal plants is the efforts to compile to collect scattered information and form a small article for researchers working in homoeopathic medicine system as well as for database of the homoeopathic medicinal plants of Ratlam district of Madhya Pradesh.

Survey Model

Taxonomical surveys were conducted in different tracks in the study areas of Ratlam district during 2004-2015 and more than 500 Angiospermic taxa were recorded by the author. These detailed floristic surveys, literature search and discussion with local healers, helped the author to select 62 total homoeopathic medicinal plant species.

Botanical name, family, local name, Homoeopathic medicine name and homoeopathic uses of medicinal plants are presented in Table-1. Herbarium specimens prepared following the standard method '(Jain and Rao 1978)' have been deposited in the herbarium of Botany department, Govt Arts & Science PG College, Ratlam (M.P.). Herbarium specimens were identified with the help of standard floras [4,7,9,10].

ENUMERATION

The enumeration is alphabetically arranged, followed by family, common name, habit and plant parts used for curing diseases.

RESULTS AND DISCUSSIONS

According to present investigation 62 homoeopathic medicinal Plant species of Ratlam district of Madhya Pradesh belongs to 58 genera and 35 families. Majority of the species of medicinal Plants are Herbaceous (32 species) followed by shrubs (14 species), trees (12 species) and climbers (4 species). Most of the species (6 species) belong to family Solanaceae. The need for the present work has been felt by the author to provide basic information to pharmaceutical industries and various other organizations working on the traditional system of medicines. The information of all potential medicinal Plants based on data recorded from literature have been incorporated so that the natural resources may be utilized as an alternative source of drugs for the welfare of mankind without affecting the natural ecosystem.

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Table 1. Homeopathic medicinal plants of Raltam district of Madhya Pradesh.

Botanical name	Family	Common name	Habit	Part used	Trade name	Uses in Homeopathy
<i>Abrus precatorius</i> L.	Fabaceae	Ratti	Climbing Shrub	-	Jequirity	Epithelioma, lupus, ulcers, granular lids.
<i>Acalypha indica</i> L.	Euphorbiaceae	Kuppi	Herb	WP	<i>Acalypha indica</i>	Dry cough, fever, diarrhea, jaundice, bronchitis, pneumonia, asthma.
<i>Achyranthes aspera</i> L.	Amaranthaceae	Lujira	Herb	Fruit juice	<i>Achyranthes aspera</i>	Diarrhoea, dysentery, diuretic, menorrhagia, astringent, bad effects of dog and snake bites and skin diseases.
<i>Adhatoda zeylanica</i> Medic.	Acanthaceae	Adusa	Shrub	WP	<i>Justica adhatoda</i>	Headache and respiratory disorders.
<i>Aegle marmelos</i> (L.) Corr. ex Roxb.	Rutaceae	Biwa Patra	Tree	Leaf	<i>Aegle folia</i>	Bleeding piles, diarrhoea, dysentery, fever with dropsy and impotency.
<i>Agave americana</i> L.	Agavaceae	-	Shrub	Leaf	<i>Agave Americana</i>	Stomachache, gonorrhea, strangury, hydrophobia, scurvy, gums swollen and bleeding, dyspepsia, constipation.
<i>Allium cepa</i> L.	Liliaceae	Pyaz	Herb	Fresh Bulb	<i>Allium Cepa</i>	Cough and cold, injury, nasal polypus, diarrhoea, influenza, throat affection.
<i>Allium sativum</i> L.	Liliaceae	Lahsun	Herb	Fresh Bulb	<i>Allium Sativum</i>	Stomach, head, respiratory affection.
<i>Aloe vera</i> L.	Liliaceae	Gwar Patha	Herb	Leaf	<i>Aloe</i>	Abdominal disorders, anal affection, colic, constipation, cough, dysentery, diarrhoea, haemorrhoids, skin affections.
<i>Alstonia scholaris</i> R. Br.	Apocynaceae	Saptarni	Tree	Stem bark	<i>Alstonia scholaris</i>	Malaria fever and fever associated with diarrhoea, dysentery, anaemia and indigestion.
<i>Andrographis paniculata</i> (Burm. f.) Wall. ex Nees	Acanthaceae	Kalnagh	Herb	WP	<i>Andrographis paniculata</i>	Dysentery, dyspepsia, enlargement of liver or in any liver troubles, infantile jaundice and continued fever and in anaemia with insomnia.
<i>Anagallis arvensis</i> L.	Primulaceae	-	Herb	WP	<i>Anagallis</i>	Itching, hydrophobia, dropsy.
<i>Argemone mexicana</i> L.	Papaveraceae	Satya-nashi	Prickly herb	-	<i>Argemone Mexicana</i>	Colicky cramp and spasm of bowels. Painful neuro-muscular conditions, preventing sleep. Rheumatic disease associated with Bright's disease

<i>Asclepias curassavica</i> L.	Asclepiaceae	-	Herb	WP	Asclepias curassavica	It is mainly used as laxative, astringent, emetic and styptic.
<i>Asparagus racemosus</i> Willd.	Liliaceae	Shataveri	Under-shrub	Root, Leaf	Asparagus racemosus	Dropsy, chronic gout, insomnia.
<i>Azadirachta indica</i> A. Juss.	Meliaceae	Neem	Tree	Fresh bark	Azadirachta indica	Skin diseases, ophthalmia, cough, asthma, chronic fever and stomachache, scabies, leprosy, helminthiasis, gonorrhoea, intestinal worms.
<i>Boerhavia diffusa</i> L.	Nyctaginaceae	Punar-nava	Herb	WP	Boerhavia diffusa	Asthma, High blood pressure, dropsy, jaundice, gonorrhoea, general heart troubles.
<i>Caesalpinia bonduc</i> (L.) Taub.	Caesalpinaceae	Kantak karanj	Armed shrub	Seed	Caesalpinia bonduc	Intermittent fevers, antipyretic, aphrodisiac, in inflammatory conditions.
<i>Calotropis gigantea</i> (L.) Ait. f.	Asclepiaceae	Sated antru	Shrub	Roots	Calotropis gigantea	Latex is used in the treatment of syphilis, asthma, cough, tuberculosis, leprosy, toothache, elephantiasis, vomiting.
<i>Capsicum annuum</i> L.	Solanaceae	Lal mirch	Herb	-	Capsicum	Burning pains and general chilliness. Older people who have exhausted their vitality, especially by mental work, and poor living. Bleary-eyed appearance; who do not react. Fear of slightest draught. Marked tendency to suppuration in every inflammatory process. Prostration and feeble digestion of alcoholics. Myalgia, aching and jerking of muscles.
<i>Cannabis sativa</i> L.	Cannabinaceae	Bhang	Herb	Flowering tops of both male and female.	Cannabis sativa	Constipation, respiratory disorders, urinary affections, gonorrhoea.
<i>Cardiospermum halicacabum</i> L.	Sapindaceae	Kanphuti	Climber	Flowering tops of the plant	Cardiospermum halicacabum	Eczema, psoriasis, rheumatism, lumbago.
<i>Carica papaya</i> L.	Caricaceae	Papita	Herbaceous tree	Green unripe fruits	Carica papaya	Dyspepsia, stomachache, conjunctivitis, enlarged liver, spleen and uterine disorders.
<i>Cassia fistula</i> L.	Caesalpinaceae	Amaltas	Tree	Fruits	Cassia fistula	Intestinal ulceration, liver diseases and as laxative.
<i>Coleus aromaticus</i> Benth.	Lamiaceae	Pathar chur	Herb	Leaf	Coleus aromaticus	Gonorrhoea, urinary troubles and vaginal discharges.

<i>Convolvulus arvensis</i> L.	Convolvulaceae	Galobi	Herb	WP	Convolvulus arvensis	Abdominal colic and diarrhoea.
<i>Coriandrum sativum</i> L.	Apiaceae	Dhania	Herb	Fruit/seeds	Coriandrum sativum	Hyper acidity and gastritis.
<i>Cucurbita pepo</i> L.	Cucurbitaceae	Kaddu	Herb	Seeds	Cucurbita pepo	It is used in intense nausea immediately after eating, vomiting during pregnancy, sea sickness.
<i>Curcuma longa</i> L.	Zingiberaceae	Haldi	Herb	Rhizome	Curcuma longa	Anti-inflammatory, antioxidant and antiseptic.
<i>Cynodon dactylon</i> (L.) Pers.	Poaceae	Ghaas	Grass	WP	Cynodon dactylon	Epistaxis, menorrhagia, chronic diarrhoea, leucorrhoea, Scabies and in retention of urine.
<i>Datura metel</i> L.	Solanaceae	Kala dhatura	Shrubby herb	Seeds	Datura metel	It is used for convulsion, epilepsy, affections of eye, mania and timidity.
<i>Desmodium gangeticum</i> (L.) DC.	Fabaceae	Sarivan	Shrub	Root	Desmodium gangeticum	Fever, headache, meningitis.
<i>Diplocyclos palmatus</i> (L.) Jeffrey	Cucurbitaceae	Shimlingi	Climber	Root	Bryonia	The Bryonia patient is irritable; has vertigo from raising the head, pressive headache; dry, parched lips, mouth; excessive thirst, bitter taste, sensitive epigastrium, and feeling of a stone in the stomach; stools large, dry, hard; dry cough; rheumatic pains and swellings; dropsical effusions into synovial and serous membranes.
<i>Euphorbia hirta</i> L.	Euphorbiaceae	Dudhi	Herb	WP	Euphorbia hirta	Bronchial asthma, bronchitis, leucorrhoea, sun-stroke, pain while urinating.
<i>Ficus benghalensis</i> L.	Moraceae	Bagad	Tree	Hanging aerial roots	Ficus Indica	Headache, respiratory disorders.
<i>Ficus religiosa</i> L.	Moraceae	Pipal	Tree	Tender leaf	Ficus religiosa	Headache, respiratory disorders, monorrhagia.
<i>Foeniculum vulgare</i> Mill.	Apiaceae	Saunf	Herb	Fruits	Foeniculum vulgare	It is reported to anodyne, aphrodisiac, cardiogenic, camminative, diuretic, expectorant.
<i>Gossypium herbaceum</i> L.	Malvaceae	Kapas	Shrub	Inner bark of root	Gossypium herbaceum	Demulcent, laxative and galactagogue.
<i>Helianthus annuus</i> L.	Asteraceae	Suraj mukhi	Herb	Matured flower heads	Helianthus annuus	Intermittent fevers, coryza, catarrh, nasal haemorrhage, rheumatic pain.

<i>Jatropha curcas</i> L.	Euphorbiaceae	Ratanjot	Shrub	-	Jatropha curcas	Of value in cholera and diarrhoea.
<i>Leucas aspera</i> Spreng.	Lamiaceae	-	Herb	WP	Leucas aspera	Antipyretic
<i>Luffa acutangula</i> (L.) Roxb. var. <i>anara</i> (Roxb.) C. B. Clarke	Cucurbitaceae	Kadvi turoi	Climber	Unripe fruit	Luffa anara	It is used in enlarged spleen, fever, hepatic congestion.
<i>Lycopersicon esculentum</i> Mill.	Solanaceae	Tamatar	Herb	-	Solanum Lycopersicum	Marked symptoms of rheumatism and influenza. Severe aching pains all over body. Pains left after influenza. Head always shows signs of acute congestion. Hay-fever, with marked aggravation from breathing the least dust. Frequent urination and profuse watery diarrhoea.
<i>Mangifera indica</i> L.	Anacardiaceae	Aam	Tree	Seed, Bark	Mangifera indica	One of the best general remedies for passive hemorrhages, uterine, renal, gastric, pulmonary and intestinal. Rhinitis, sneezing, pharyngitis, and other acute throat troubles, suffocative sensation as if throat would close.
<i>Medicago sativa</i> L.	Fabaceae	Rizka	Herb	WP	AlfaAlfa	It favourably influences nutrition, evidenced in 'toning up' the appetite and digestion resulting in greatly improved mental and physical vigour, with gain in weight. Insomnia, nervousness. It increases quality and quantity of milk in nursing mothers.
<i>Mimosa pudica</i> L.	Mimosaceae	Chui-mui	Sprawling shrub	Leaf	Mimosa pudica	Headache, sinusitis, coryza, influenza, fistula, stones and urinary troubles, haemorrhoids.
<i>Nyctanthes arborescens</i> L.	Oleaceae	Har-singhar	Shrub	Leaf	Nyctanthes arborescens	Sciatica, fever, rheumatism, constipation in children.
<i>Ocimum gratissimum</i> L.	Lamiaceae	Ram-tulasi	Shrub	WP	Ocimum gratissimum	Cough, mild stomach pain, vomiting in children due to indigestion, skin diseases.
<i>Ocimum sanctum</i> L.	Lamiaceae	Tulsi	Herb	WP	Ocimum sanctum	Intermittent fever, asthma, catarrh, tonsillitis, cold, ophthalmia, typhoid, worm affection.
<i>Papaver somniferum</i> L.	Papaveraceae	Afin	Herb	Gummy juice from fruits	Papaver somniferum	Sedative, hypnotic and sudorific.
<i>Psoralea corylifolia</i> L.	Fabaceae	Bapchi	Herb	Fruit/ seeds	Psoralea corylifolia	Leprosy, leucoderma, skin diseases, scorpion sting, snake bite.

<i>Ricinus communis</i> L.	Euphorbiaceae	Arandi	Shrub	Seed and seed oil	Ricinus communis	The digestive system is the primary focus of this remedy. Typical symptoms treated include nausea, profuse vomiting, constipation and diarrhoea.
<i>Solanum nigrum</i> L.	Solanaceae	Makoi	Herb	WP	<i>Solanum nigrum</i>	Head, eye, nose, respiratory, fever, skin and stomach.
<i>Solanum surattense</i> Bur. f.	Solanaceae	Bhuri ringdi	Prickly herb	WP	<i>Solanum xanthocarpum</i>	Gonorrhoea, retention of urine, small pox, broncho-pneumonia.
<i>Syzygium cumini</i> (L.) Steels	Myrtaceae	Jamun	Tree	Seeds	<i>Syzygium jambolanum</i>	Diabetes mellitus and ulcer.
<i>Terminalia ajuna</i> (Roxb.) Wt. & Arn.	Combretaceae	Ajun	Tree	Bark	<i>Terminalia ajuna</i>	Cardiac diseases.
<i>Tinospora cordifolia</i> (Wild.) Miers. ex Hk. f. & Th.	Menispermaceae	Gloy	Climber	Stem	<i>Tinospora cordifolia</i>	Seminal debility, fever, jaundice, splenic affections, leprosy, leucorrhoea, rheumatism, skin diseases, gonorrhoea.
<i>Tribulus terrestris</i> L.	Zygophyllaceae	Gokhru	Herb	Stem	<i>Tribulus terrestris</i>	Urinary affections, seminal weakness, prostatitis, calculous affections.
<i>Vitex nigundo</i> L.	Verbenaceae	Nirgundi	Small tree	Roots, root, flowers, leaves, bark	<i>Vitex nigundo</i>	Abscess, alcoholism, anaemia, asthma, fever, heart affection, kidney, skin affection
<i>Withania somnifera</i> (L.) Dunal	Solanaceae	Ashwa-gandha	Shrub	Roots	<i>Withania somnifera</i>	General weakness, loss of memory, menstrual disorders, sterility, leucorrhoea.
<i>Zingiber officinale</i> Rosc.	Zingiberaceae	Adrak	Herb	Rhizome	<i>Zingiber officinale</i>	State of debility in the digestive tract, and sexual system and respiratory troubles.

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