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Research Article

TRADITIONAL LOCAL HEALTH PRACTICES OF HAVERI, KARNATAKA

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ABSTRACT

Extensive survey work has been conducted in Haveri district, Karnataka during 2012-13 to collect the information on Local Health Traditional healing practices of Tribes, age old people of villages and traditional healers. The Haveri is known as gateway district of Northern districts of Karnataka and is situated in the central part of Karnataka state located between 15° 30' - 15° 50' N and 75° 07' - 75° 38' E with covering total area of 485156 hectares and well known for the cultivation of Chilly, Jowar, Maize, Wheat, Ragi, Paddy, Horse gram, Red gram, Sunflower, Groundnut, Soybean, Bengal gram, Spices, Cotton and Sugar cane. The entire district enclosed by open landmasses, hilly ranges with Northern semi rain fed and semi-malnad type of vegetation. Rural populations are dependent on agriculture for their sustenance and depend on local traditional healers for their health issues. Survey team collected the information on traditional healing practices by interviewing tribes, practitioners and elder persons of the family.

Detailed traditional healing information of common lifestyle ailments like digestive system, ano-rectal, renal calculus, gynecology problems, bones and joints, skin and other diseases have been collected with 61 plants used in the treatment. The collected 50 traditional local health practicing data has been represented systematically in tabular form as name of the disease, key-ingredients (Sanskrit name, botanical name, family), parts used, method of preparation and mode of administration. Photographs of medicinal plants and traditional healers have been presented in this paper.

Keywords: Traditional, Local health practice, Folklore, Healthcare, Medicinal plants.

INTRODUCTION

In India more than 70% of population is dependent on rainfed agriculture for their sustenance and staying in remote villages. Most of the rural people are not aware of modern facilities and not in position to afford the expenditure. Many people are still working as daily labour basis to earn their bread and butter. For simple health related issues these people will never visit any Private health care centers instead they prepare their own simple herbal formulation, if any serious health disorders family head will consult the local traditional healers ¹.

In urban area, educated people started thinking in different way due to symptomatic treatment therapy and having side effects by modern medicines. In the present day, people are expecting permanent cure for the disease by using traditional system of medicine with less side effects, even though this system may need long time to heal the ailment. Traditional healers will collect the raw drugs for the treatment from the surroundings and nearest forest and preserved for the future use. Traditional knowledge is transmitting from generation to generation like elder to younger.

Karnataka is known for the practice of traditional system of medicine. Districts like, Bidar, Gulbarga, Bagalkot, Dharwad, Udupi, Mangalore, Chamarajnagar and dwelling places of Western and Eastern Ghats of Karnataka holds tribal population and traditional health practices by using medicinal plants available in their surroundings and even people are mainly relied on the traditional belief and practice of using herbal medicines to cure several diseases.

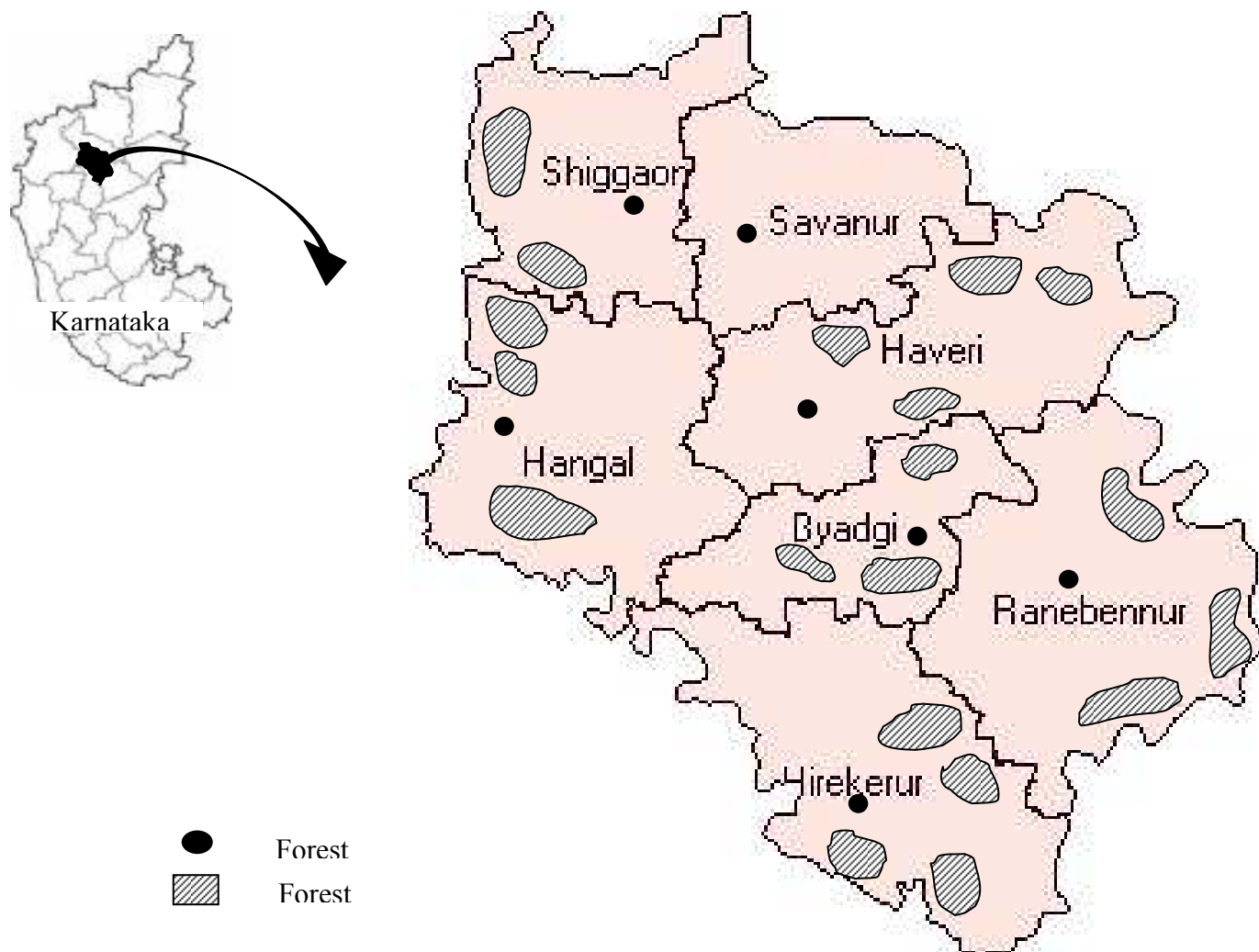
In Haveri district, recent and a limited work on the Local Health Traditional Healing practices has been documented. To mention, documentation of the use of spices and condiments from the kitchen and backyard for the treatment of common ailments in 14 villages ²; enlisting of 39 medicinal plants used by traditional healers in Hanagal taluk ³; recording and enlisted Koraga tribal population ⁴; conducting ethno-medico botanical study at bank of Varada river and recorded 33 folklores with 68 medicinal plants ⁵; reviewing of traditional practices used to control respiratory disorders ⁶; enlisting of plants used for septic conditions and further conducted lab tests for antibacterial activities ⁷. The present generation is not much interested in the practice of traditional healing systems

due to low income, more laborious and time consuming. Therefore survey has been conducted in tribal and rural pockets of Haveri district, Karnataka to document the Local Health Traditional Healing practices to document for future generation and for further research requires scientific validation for the benefit of mankind.

Study area:

The Haveri district is known as gateway district of Northern districts of Karnataka and is found between 15° 30' - 15° 50' N and 75° 07' - 75° 38' E by having 485156 hectares of geographical area. It is enclosed by Dharwad in North, Gadag in North-East, Bellary in East, Davanagere in South, Shimoga in South-East and Uttara Kannada in West-North-West position. It had 07 taluks such as Byadagi, Hangal, Haveri, Hirekerur, Ranebennur, Savanur and Shiggaon (Map No. 1). Of total population of the district highest population is found in rural area. The study area experience high temperature 38°C in April and May and lowest is 22.93 °C in the month of

December. Rain fall varies from 620 mm to 1300 mm, 780 mm is mean annual rainfall and the highest annual rainfall monitored in the month of July. The domestic and other water requirements is mainly fulfilled by the rivers such as Varada, Tungabhadra, Kumudavati and Dharma by having plenty of inland fishery resources. This complete area is situated in Northern semi rain fed and semi malnad type with 47,454 hectares of forest zone. The total agricultural land is bifurcated into cultivable barren land (2989) and non- agriculture land (33037) hectares. This region contains mainly red sandy soil, medium black soil, deep black soil in southern part of the area is consist of red loamy soil and laterite soil. Main crops of this area are groundnut, chillies, pulses, sugarcane, tobacco and cotton; jowar, rice, maize, wheat and other many other minor millets are all grown under rainfed conditions. This district is second largest contributor at the state level of irrigated sugarcane.



Map 1: Diagrammatic map of Haveri district, Karnataka indicating the forest areas visited

METHODOLOGY

Extensive survey of Local Health Traditional Healing practices has been carried out in the district of Haveri, Karnataka to collect information pertaining to use of local

medicinal plants usage by traditional healing practitioners. Interviews with tribes, age old people of villages and traditional healers of the area to fill the format for documentation of local health traditions as provided by

CCRAS, AYUSH followed by visit to forest areas along with knowledge provider for the identification, photography and collection of the medicinal plants used in the traditional healing practices.

Plant specimens collected as shown by Local Health Traditional Healing practitioners along with vernacular names were confirmed with the help of floras⁸⁻²⁷ and similarly local name and Sanskrit names²⁸. Collected plant species were cross verified with the help of preserved authentic herbarium specimens of RRCBI, Survey of Medicinal Plants Unit, NADRI, Jayanagar 1st Block, Bengaluru. The Nomenclature of each species has been updated as per the principles and rules of ICBN²⁹. The Collected Local Health Traditional Healing practices information is indexed in a uniform system as name of the disease, key-ingredients (Sanskrit name, botanical name, family), parts used, method of preparation and mode of administration. This survey of Local Health Traditional Healing practices information will build the traditional healing knowledge and also provides scientific

support for further research in different aspects on medicinal plants and formulation.

RESULTS AND DISCUSSION

A detailed information of 56 Local Health Traditional Healing practices were collected from Haveri district on diseases related to digestive system (13), ano-rectal (5), bone and joints (4), calculus (2), gynecology (9), skin (4) and others (13) health related problems data with 61 plants species usage for the treatment. The collected data has been presented systematically as name of the disease, key-ingredients (Sanskrit name, botanical name, family), parts used, method of preparation and mode of administration; photographs of Medicinal plants of Local Health Traditional Healing practices and interviews with Local Health Traditional Healing practitioners and also collection of plant specimens in the forest of Haveri district, Karnataka (Table No. 1 and Plate No. 1-4).

Table No. 1. Local Health Traditional Healing practices of Haveri district, Karnataka.

Sl. No	Name of the disease	Ingredients	Part used	Method of Preparation	Mode of administration
DIGESTIVE SYSTEM					
1.	Abdominal Ulcers	Snuhi: <i>Euphorbia nivulia</i> Buch.-Ham. - Euphorbiaceae	Stem Juice	Collect the stem parts, semi burn and extract juice	Oral administration of 1 tsp juice + 1 tsp honey for 7 days
2.	Constipation	Danthi: <i>Baliospermum montanum</i> (Willd) Muell.-Arg. – Euphorbiaceae	Seeds	Seeds are powdered and mixed with jaggery and made into tablet	1 tablet given early morning empty stomach
3.	Constipation	Balaharitaki: <i>Terminalia chebula</i> Retz.- Combretaceae Markandika: <i>Cassia senna</i> L. – Caesalpiniaceae	Fruit Pulp Leaves	Both are mixed in equal quantity and powdered	1 tsp taken with hot water at night
4.	Gastric Ulcer	Guduchi: <i>Tinospora cordifolia</i> L. – Menispermaceae	Stem	One and half inch of stem	Taken twice a day
5.	Gastritis	Garjara: <i>Daucus carota</i> L. – Apiaceae Amalakki: <i>Emblica officinalis</i> Gaertner. – Euphorbiaceae	Tap root Fruit	Carrot juice mixed with gooseberry fruit pulp powder in equal quantity	Taken orally 2 tsp with honey
6.	Jaundice	Avarthaki: <i>Cassia auriculata</i> L – Caesalpiniaceae	Leaves	Fresh leaves are crushed and juice extracted	Oral administration of 200 ml juice with lemon juice 2 times a week on Sunday & Thursday
7.	Jaundice	Aragwadha: <i>Cassia fistula</i> L – Caesalpiniaceae Ela: <i>Elettaria cardamomum</i> (L.) Maton. – Zingiberaceae Vacha: <i>Acorus calamus</i> L. - Acoraceae	Bark Seeds Root	Bark powdered and added with sugar candy, cardamomum and sweet flag root	5 grams taken daily with hot water twice a day
8.	Jaundice	Eranda: <i>Ricinus communis</i> L.- Euphorbiaceae	Leaves	Collect 30 g of tender leaves, crush it, extract 50 ml of juice	Oral administration of 50 ml juice with 1 cup goat's milk for one time
9.	Jaundice	Avarthani: <i>Helicteres isora</i> L. - Sterculiaceae	Fruits	Rub the fruit in one cup of goats milk	Oral administration of 2 tsp of fresh fruit rubbed with goat milk for 7 days
10.	Poor appetite and indigestion (animal)	Dhatthoora: <i>Datura metel</i> L. - Solanaceae	Leaves	Prepare leaves juice	Oral administration of 50 ml once daily for 03 days
11.	Stomach pain	Palaandu: <i>Allium cepa</i> L. - Liliaceae Ajamoda: <i>Trachyspermum ammi</i>	Bulb Seed	Prepare paste with salt	Oral administration of 100 ml in morning time with empty stomach for 01 day

		(L.) Sprague - Apiaceae Nagavalli: <i>Piper betel</i> Blanco. - Piperaceae	Leaves		
12.	Stomach pain	Bhoori phala: <i>Securinega virosa</i> (Roxb. ex. Willd.) Baill. - Euphorbiaceae	Leaves	Collect fresh leaves, crush it, extract the juice	Oral administration of 100 ml 'OD' for 3 days with 1 cup butter milk
13.	Stomach pain	Patha: <i>Cissampelos pareira</i> L. - Menispermaceae	Leaves	Crush 50 g of fresh leaves and squeeze to extract juice	Oral administration of 10 ml juice with 100 ml buttermilk for 3 days
ANO - RECTAL					
14.	Haemorrhoids	Asana: <i>Pterocarpus marsupium</i> Roxb. - Fabaceae	Stem Bark	50 g Asana bark, 1 pinch jeera, 3 Cloves mixed with 100 ml cow's milk	Oral administration of 1 cup with empty stomach for 7 days
15.	Haemorrhoids	Lajjaluka: <i>Biophytum sensitivum</i> (L.) DC. - Oxalidaceae Lajjalu: <i>Mimosa pudica</i> L.- Mimosaceae	Leaves Leaves	Leaves made into paste	Oral administration of 5-10g till pain subsides with 20 ml of cow's milk
16.	Haemorrhoids	Nadihingru: <i>Gardenia gummifera</i> L.f. - Rubiaceae Bhrungaraja: <i>Eclipta prostrata</i> (L.) L. - Asteraceae	Resin Leaves	1:3 of Nadihingru resin and Brungaraja patra svarasa mixed	Oral administration of ½tsp juice of above formulation for 7 days with banana
17.	Haemorrhoids	Matsyakshi: <i>Alternanthera sessilis</i> (L.) R.Br.ex DC.- Amaranthaceae Tvak: <i>Cinnamomum zeylanica</i> Blume - Lauraceae Hareetaki: <i>Terminalia chebula</i> Retz.- Combretaceae Madhurika: <i>Foeniculum vulgare</i> Mill.- Apiaceae	Aerial parts Bark Tender fruits Fruits	Equal quantity of all ingredients are mixed and made into powder	Oral administration of 1 tsp powder daily morning for 10 days with milk
18.	Haemorrhoids	Chithraka: <i>Plumbago zeylanica</i> L. - Plumbaginaceae	Root	Prepare powder with Potash alum	Oral administration of 1- 2 grams, twice daily till relieved
BONE AND JOINTS					
19.	Joint Pain	Lashuna: <i>Allium sativum</i> L. - Liliaceae Lavanga: <i>Syzygium aromaticum</i> (L.) Merr. & L.M.Perry - Myrtaceae Maricha: <i>Piper nigrum</i> L. - Piperaceae	Bulb Flower buds Fruits	7 flakes of garlic + 7 clove + 7 pepper – crushed and prepare the vati	Oral administration of 500mg – 1g Tab twice daily for 7 days with hot water
20.	Arthritis	Avarthani: <i>Helicteres isora</i> L. - Sterculiaceae	Fruit	50g Avarthani fruit dried, powdered and mixed with 5g of baking soda	Local application of QS for 10 days with coconut oil
21.	Bone Fracture	Gambhari: <i>Gmelina arborea</i> Roxb. - Verbenaceae	Leaves	Gambhari leaves powder+ milk+ black gram flour made into paste & applied over fractured parts	Local administration of QS of paste of above formulation one time – plaster with milk
22.	Bone fracture (animal)	Gambhari: <i>Gmelina arborea</i> Roxb. - Verbenaceae	Leaves	Prepare leaves juice	Local application of 20 ml and wrap with cloth once in a week and 02 times only
CALCULUS					
23.	Calculus	Paashaana bedha: <i>Aerva lanata</i> (L) Juss. ex Schultes - Amaranthaceae	Whole plant	Prepare powder for Kasaya at 1:8 ratio	Oral administration of 50 ml 02 times daily till pain subsides
24.	Renal calculus	Kaidarya: <i>Murraya koengii</i> (L.) Spreng. - Rutaceae	Leaves	Curry leaves dried in shade - powdered	Oral administration of 1-2 g leaves powder with jeera for 10 days with luke warm water
GYNAECOLOGICAL PROBLEMS					
25.	Abortion	Eranda: <i>Ricinus communis</i> L. - Euphorbiaceae	Leaves	Prepare paste	Oral administration of 05-10 grams with men's urine for 07 days
26.	Dys-menorrhoea	Sandhya kali: <i>Mirabilis jalapa</i> L. - Nyctanginaceae	Root	5 g root powder mixed with 1 pinch each of cumin and poppy seeds	Oral administration of 5 g churna at morning for 7 days with goats milk / cow's milk

27.	Menorrhagia	Japa pushpa: <i>Hibiscus rosa-sinensis</i> L. - Malvaceae Ahifena: <i>Papaver somniferum</i> L.- Papaveraceae Jeeraka: <i>Cuminum cyminum</i> L. - Apiaceae Lavanga: <i>Syzygium aromaticum</i> (L.) Merr. & L.M. Perry - Myrtaceae	Flower Seeds Seeds Flower buds	Prepare the tablet with white japapushpa with sugar candy, Poppy seeds and cumin seeds + clove	Oral administration of 1 tab (500mg) in the morning for 7 days with tender coconut water
28.	White discharge	Eranda: <i>Ricinus communis</i> L.- Euphorbiaceae	Root	Crush the roots kept in water for whole night-extract juice for internal use	Oral administration of 2 tsp juice once in morning for 3 days with butter milk
29.	White discharge	Guduchi: <i>Tinospora cordifolia</i> L. – Menispermaceae	Stem	Stem is powdered	5-10 grams given orally 7-21 days with hot water
30.	White discharge	Kumari: <i>Aloe vera</i> (L.) Burm.f. - Liliaceae Japa: <i>Hibiscus rosa-sinensis</i> L. - Malvaceae Jeeraka: <i>Cuminum cyminum</i> L. - Apiaceae Ela: <i>Elettaria cardamomum</i> (L.) Maton - Zingiberaceae	Leaves Flower Seeds Seeds	All the ingredients are mixed in equal quantity	Oral administration of 1 cup (75 ml) in the morning for 7 days
31.	White discharge	Aakhukarni: <i>Merremia gangetica</i> (L.) Cuf. - Convolvulaceae Ahifena: <i>Papaver somniferum</i> L.- Papavaraceae	Leaves Seed	Prepare juice	Oral administration of 10-20 ml with tender coconut / butter milk in the morning with empty stomach for 15 days
32.	White discharge	Latha karanja: <i>Caesalpinia bonduc</i> (L.) Roxb. - Caesalpiniaceae Ingudee: <i>Balanites aegyptiaca</i> (L.) Delie - Simaroubaceae	Seed Leaves	Prepare powder using rock salt	Oral administration of 1-2 grams in early morning with empty stomach with milk for 21 days
33.	White discharge	Madhurika: <i>Foeniculum vulgare</i> Miller - Apiaceae Ela: <i>Elettaria cardamomum</i> (L.) Maton - Zingiberaceae Ahifena: <i>Papaver somniferum</i> L. - Papavaraceae	Seed Seed Seed	Prepare powder along with rock salt and sugar candy	Oral administration of 02 tea spoons 02 times daily for 08 days
SKIN					
34.	Cracks of heel	Harita manjari: <i>Acalypha indica</i> L. - Euphorbiaceae Nimba: <i>Azadirachta indica</i> A. Juss - Meliaceae	Leaves Leaves	100 g each of both leaves taken and crushed. Add 1 L water for boiling + add 1 Kg Coconut oil and then add 2 candles + 100 g Honey wax – prepare ointment	Local administration of ointment (QS) daily twice for 10 days
35.	Itching & rashes	Sitaphala: <i>Annona squamosa</i> L. - Annonaceae	Fresh leaves	Fresh leaves crushed and made into paste	Local application over the affected area
36.	Wound	Avarthaki: <i>Cassia auriculata</i> L.- Caesalpiniaceae	Flower	Burn the flower for ash	Local application of ash with water for 07 days
37.	Wound (animal)	Bilva: <i>Aegle marmelos</i> (L.) Correa - Rutaceae Kalanja: <i>Nicotiana tabacum</i> L. - Solanaceae	Leaves Leaves	Prepare paste along with calcium carbonate	Local application of 20-30 grams 02 times for 03 days.
OTHERS					
38.	Body tumours	Langali: <i>Gloriosa superba</i> L.- Liliaceae	Tuber	Fresh tuber to be rubbed in lemon juice and made into paste	Local administration of QS of paste of langali mixed with lemon juice
39.	Diabetes	Haridra: <i>Curcuma longa</i> L. - Zingiberaceae	Rhizome	Powder the dried rhizome and keep in container	Oral administration of 2g powder daily once in the morning for 6 months with cow's milk
40.	Dog bite	Apamarga: <i>Achyranthes aspera</i> L. – Amaranthaceae Lashuna: <i>Allium sativum</i> L. - Liliaceae	Leaves Bulb	All three taken in equal quantity and crushed	Given orally twice a day for three days




		Maricha: <i>Piper nigrum</i> L. - Piperaceae	Seeds		
41.	Enhancing Tissue Health	Kapikacchu: <i>Mucuna pruriens</i> (L.) DC. – Fabaceae Teekshnagra: <i>Echinops echinatus</i> Roxb. - Asteraceae Dronapushpi: <i>Leucas aspera</i> L. – Lamiaceae Shalmali: <i>Bombax ceiba</i> L. - Bombacaceae	Root Root Leaves Inner Bark	All four taken in equal quantity and mixed with equal quantity of dry fruits like walnut, cashews, almond and raisins	Taken with honey for 40 days with one glass of milk
42.	Fever	Dhanyaka: <i>Coriandrum sativum</i> L. - Apiaceae	Seed	Prepare powder	Oral administration of 1 tea spoon (5 grams) with cold water 2 times for a day
43.	Fever (animal)	Eshwari: <i>Aristolochia indica</i> L.- Aristolochiaceae	Root	Prepare root decoction	Oral administration of 50 ml one time
44.	Migraine	Brungaraja: <i>Eclipta prostrata</i> (L.) L - Asteraceae	Leaves	2 g fresh leaves are crushed and juice extracted	2 drops juice instilled in opposite nostril for 3 days with 2 drops of goat's milk
45.	Migraine	Karanja: <i>Pongamia pinnata</i> (L.) Pierre. – Fabaceae	Seeds	Seed pulp is crushed with water; supernatant mixed with jaggery and warmed	2-3 drops instilled into opposite nostril and same number of drops to be taken orally
46.	Nausea	Ingudi: <i>Balanites aegyptiaca</i> (L.) Delie - Simaroubaceae	Leaves	Leaves dried, ground and tablets prepared with cow's milk	Oral administration of 1 tab (1g) at morning for 7 days with cow's milk
47.	Snake bite	Chakramuni: <i>Sauropus androgynus</i> (L.) Merr. - Euphorbiaceae	Root	Root to be rubbed in lemon juice and the paste may be applied over bite area and also given orally	Oral (as per surface area) and local (1 tsp juice with honey) administrations for one day
48.	Toothache	Dravanthi: <i>Jatropha curcus</i> L. - Euphorbiaceae	Latex	10 mg jatropha latex mixed with 1 g each of spatika powder and clove powder to prepare a tablet	Local application of 1 tab to be kept over affected tooth for S.O.S
49.	Ulcers on Tongue	Ashwattha: <i>Ficus religiosa</i> L. – Moraceae	Bark & Leaves	Bark powder mixed with leaf juice and added with honey	Half tsp taken orally
50.	Bronchial asthma	Manduka parni: <i>Centella asiatica</i> (L.) Urb.- Apiaceae Lashuna: <i>Allium sativum</i> L. - Liliaceae Ela: <i>Elettaria cardamomum</i> (L.) Maton - Zingiberaceae Naagavalli: <i>Piper betel</i> Blanco - Piperaceae Upodika: <i>Basella alba</i> L.- Basellaceae	Leaves Bulb Seeds Leaves Leaves	Manduka parni, Lasuna (7 flakes), ela seeds (2), Betel leaf (25), Basale (2 leaves) crushed and juice extracted	Oral administration of 2 tsp with empty stomach for 8 days

Plate No-1. Medicinal plants of Local Health Traditional Healing practices of Haveri district, Karnataka.



		
<i>Aerva lanata</i> (L.) Juss. ex Schultes	<i>Aloe vera</i> (L.) Burm.f.	<i>Alternanthera sessilis</i> (L.) R.Br.ex DC.
		
<i>Annona squamosa</i> L.	<i>Aristolochia indica</i> L.	<i>Azadirachta indica</i> A. Juss
		
<i>Balanites aegyptiaca</i> (L.) Delie	<i>Basella alba</i> L.	<i>Biophytum sensitivum</i> (L.) DC.

Plate No-2. Medicinal plants of Local Health Traditional Healing practices of Haveri district, Karnataka.

		
<i>Bombax ceiba</i> L.	<i>Caespinia bonduc</i> (L.) Roxb.	<i>Cassia auriculata</i> L.
		
<i>Cassia fistula</i> L.	<i>Centella asiatica</i> (L.) Urb.	<i>Cissampelos pareira</i> L.

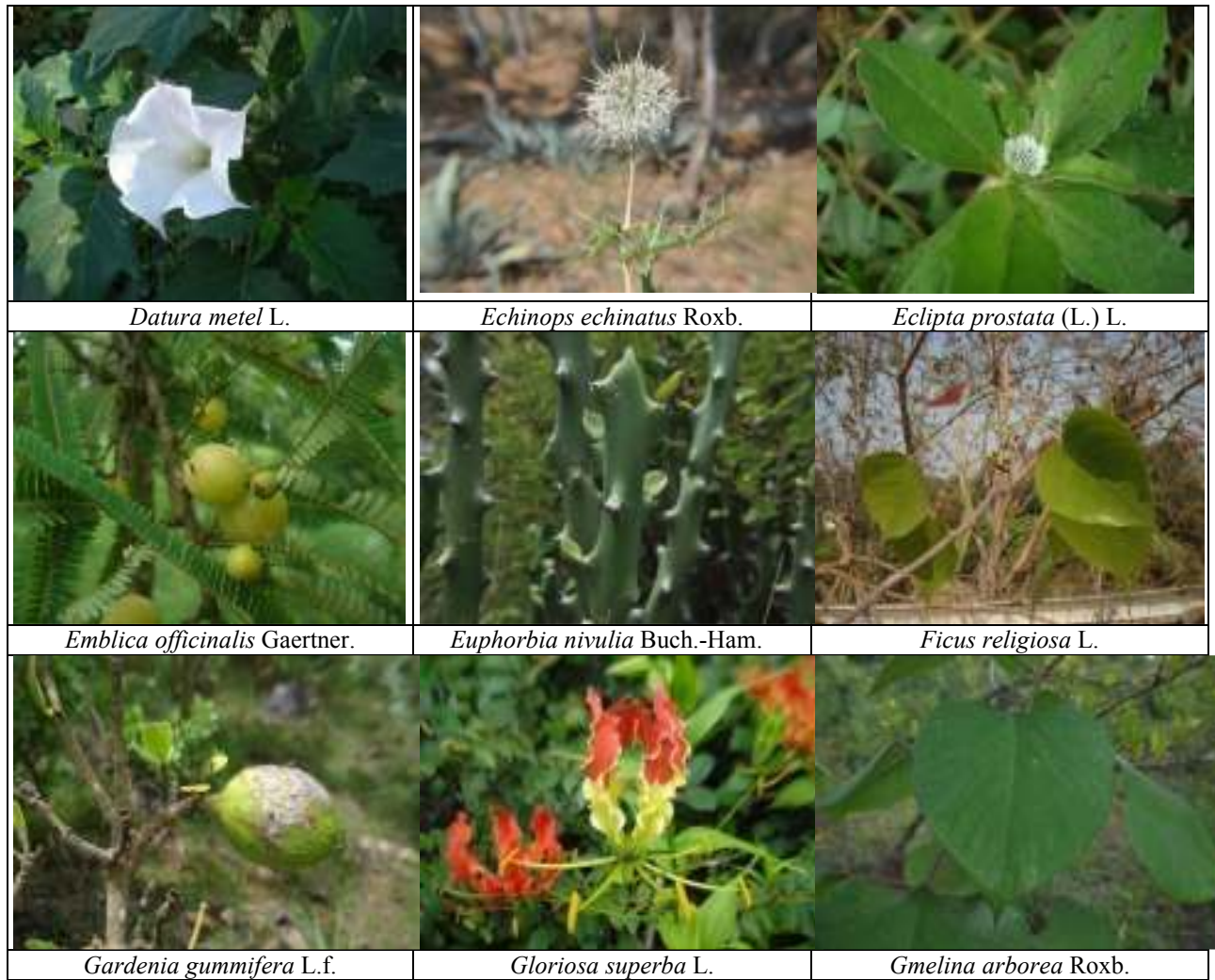
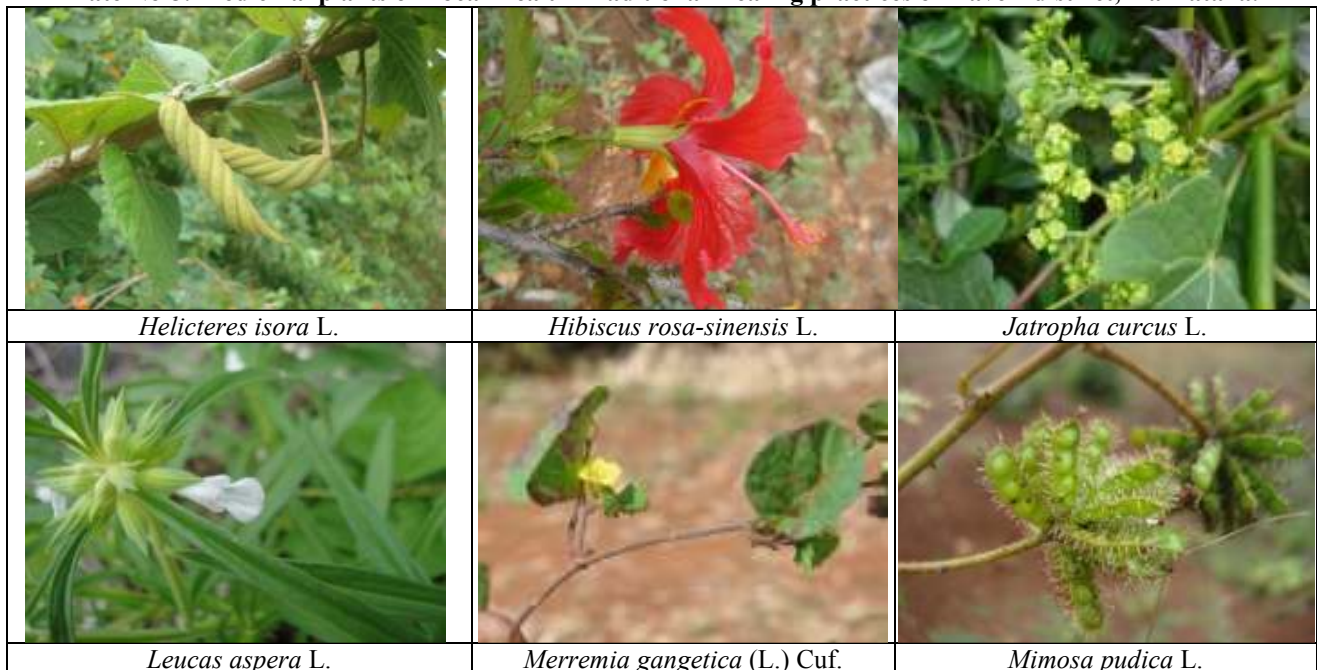


Plate No-3. Medicinal plants of Local Health Traditional Healing practices of Haveri district, Karnataka.



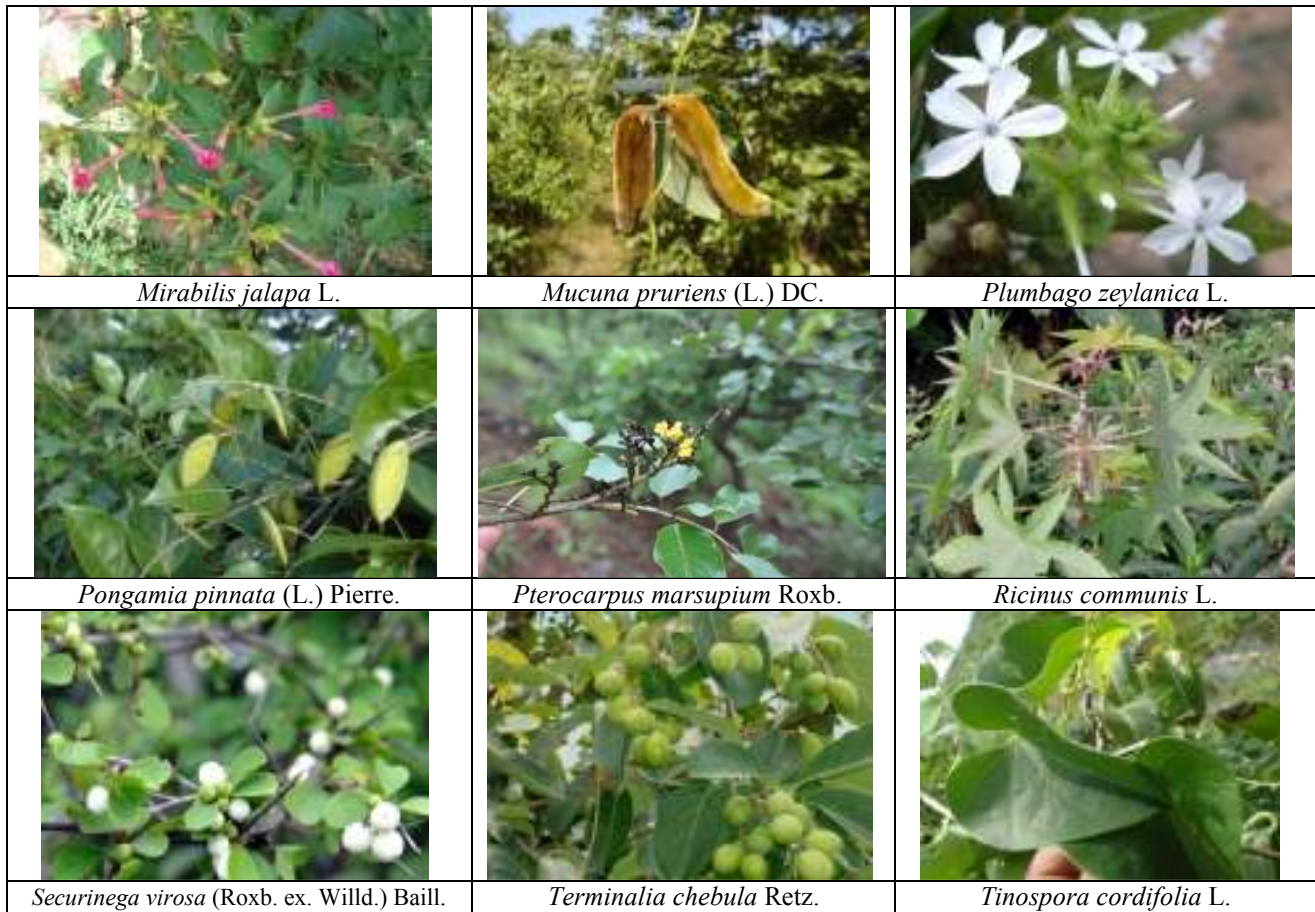


Plate No. 4: Interviews with Local Health Traditional Healing practitioners and collection of plant specimens in the forest of Haveri district, Karnataka.





Local Health Traditional Healing practitioners are dependent on plants available in the surroundings of village and in the nearest forest areas. The healing formulations are economic and are highly potent to cure and management of various general and lethal health disorders. Present generation believes as plant based medicines are safe compare to allopathic medicine with no side effect. Profusely available natural resource can be used for the benefit if present and future generation to promote good health by practicing traditional healing methods.

CONCLUSION

Documentation of 50 Local Health Traditional Healing practices with 61 medicinal plants information of Haveri district is the base for traditional knowledge on medicinal plant research in the mid Eastern part of Karnataka. Most of the formulations are prepared by using plants available in the surrounding and in nearest forest. This is the time for scientific validation of traditional healing formulation and identification of bio- active compound responsible for the cure of common and lethal diseases. This knowledge can also be used for the growth of small scale pharmaceutical industry for the benefit mankind.

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