



ETHNOMEDICINAL RECIPES FOR DIGESTIVE AILMENTS AND STOMACHIC PROBLEMS & ALLIED DISEASES FROM TRIBALS OF SRIHARIKOTA ISLAND, ANDHRA PRADESH

¹R. BHARATH KUMAR AND ²B. SURYANARAYANA

¹Associate Professor, School of Biotechnology, Vignan University, Vadlamudi, Guntur-522213.

²Associate Professor (Retd.), # 8-307, Karnakamma Street, Venkatagiri Town –524132.

ABSTRACT

Sriharikota Island in Andhra Pradesh is an elliptical land mass sandwiched between Bay of Bengal in the East and Pulicat lake in the West. Sullurpet is the nearest railway station, which is 18 Km from Sriharikota Island and it is on Chennai –Kolkata trunk line and 90 Km away from North of Chennai. An aboriginal tribe called *Yanadi* dwells in Sriharikota. It is similar to Chenchu community elsewhere in Andhra Pradesh. In spite of the community being drifted from their natural way of life due to agro-rural development activities, a few aged tribals are still able to furnish traditional ethnomedicinal data. So far no ethno medico-botanical studies are conducted in this area except for list of 50 plants reported for general ailments/ diseases by Suryanarayana et.al (1989). Therefore a detailed study on ethno medico-botanical uses of the tribals of Sriharikota Island was undertaken for the duration three years (1996-1999). During this work about 280 species are collected having a variety of ethno medico-botanical/pharmaceutical values. However the article presents the 26 plant species only having remedial effect for Digestive ailments and Stomachic problems & allied diseases (i.e. Diarrhoeal, dyspepsia, tonics, appetizer, emetic, gastritis etc.). The study analyzes the habit and plant part(s) used for ethnomedicinal practices by the tribals of Sriharikota Island.

KEYWORDS: Ethnomedicinal recipes, Digestive ailments and Stomachic problems & allied diseases, tribals, Sriharikota



R. BHARATH KUMAR

Associate Professor, School of Biotechnology, Vignan University, Vadlamudi, Guntur-522213.

INTRODUCTION

An aboriginal tribe called 'Yanadi' dwells in Sriharikota. It is similar to Chenchu community elsewhere in Andhra Pradesh. In spite of the community being drifted from the natural way of life due to agro-rural development activities a few aged tribal men are still able to furnish traditional ethno medico-botanical data. In Sriharikota Island about tribal families are living in 3 colonies viz. Penubakam, Kothachenu and Chengalpalem.

Topography

Sriharikota Island is geographically located at 80° 21" E and 13°22" N to 14° N. It is a spindle shaped landmass sandwiched between Bay of Bengal on the East and Pulicat Lake on the West. It is 18 km East of Sullurpet. The nearest railway station located on Chennai-Kolkata trunk line. Chennai is 98 km away from Sriharikota.

MATERIALS AND METHODS

An intensive medico-ethnobotanical survey of Sriharikota Island was undertaken for the duration three years (1996-1999). Regular periodical fieldwork is conducted covering all the seasons so as not to miss seasonal elements having pharmaceutical value and collected a large number of specimens in their respective phenological stages. Ample field notes recorded pertaining to frequency,

abundance, edaphic and morphological characters, which cannot be deduced from exsiccata. Local tribal men are contacted to record data related to ethno medico-botanical uses, drug preparation and mode of administration etc. After identification, samples are properly processed, mounted on herbarium sheets and deposited in Visodaya Govt. College Herbarium (VGCH) and a duplicate set at SHAR Herbarium, Sriharikota.

RESULTS AND DISCUSSION

During these studies a good number of ethnomedicinal plants are collected. However in this paper 26 species of having remedial effect on various common Digestive ailments and Stomachic problems & allied diseases (i.e. Diarrhoeal, dyspepsia, tonics, appetizer, gastritis, emetic agents etc.) are enumerated. Latest Scientific name followed by relevant synonyms if any, local name, habit flowering & fruiting season, ethnomedicinal data and their phytochemical composition are also furnished for each species. Plants marked with asterisk (*) are reported here first time for their remedial effect on various common Digestive ailments and Stomachic problems & allied diseases as above mentioned. Their other medicinal uses adopted in the Island and elsewhere also given in **Annexure**.

ANNEXURE

Other Medicinal uses for Plants of Digestive ailments and Stomachic problems & allied diseases from Tribals of Sriharikota Island, Andhra Pradesh reported first time from Sriharikota

S.No.	Scientific Name and Family	Local Name(s)	Other uses	
			In Island	Elsewhere
1.	<i>Acalypha indica</i> L. (EUPHORBIACEAE)	Muripinda, Kuppinta chettu.	--	Two to three spoons leaf extract given orally early in the morning for a week –gonorrhoea & piles and fistula
2.	<i>Alangium salvifolium</i> (L.f.) Wang. = <i>Alangium lamarckii</i> Thw. (ALANGIACEAE)	Udaga	100g leaves taken crushed and obtained juice. It is slightly warmed and applied on forehead and temples twice a day for 4-5 days regularly to get relief from headache.	Two to three spoonful of root powder is given early in the morning for about a fortnight for stomach ulcers.

3.	<i>Albizia lebeck</i> (L.) Willd. (MIMOSACEAE)	Dirisena, Birachapu.	Leaves - Ophthalmia: 100g of fresh leaves ground into fine paste. It is applied on eyes like kajal for 10-15 days to get cure from night blindness Root, stem bark - as antidote to snake bite, scorpion stings.	Antiseptic, antibacterial, antiallergic, antidermatosis, antidyenteric. Bark—used in bronchitis; bark and seeds in piles; root in hemicrania; flowers in cough, bronchitis.
4.	<i>Asparagus racemosus</i> Willd. (LILIACEAE)	Pilliteegalu, Kappagaddalu Challagaddalu	Roots as galactagogue : Fresh root tubers are made into powder. 2 spoonfuls of powder swallowed with a glass of milk, daily for 30 – 40 days for sumptuous lactation in nursing mothers.	It is used as refrigerant, demulcent, diuretic, aphrodisiac, antispasmodic, alterative, anti-diarrhoeal, antidyenteric and galactagogue. Fresh root juice mixed with honey and given in dyspepsia.
5.	<i>Aristolochia bracteolata</i> Lam. (ARISTOLOCHIACEAE)	Gadidagadapa Tella eswari.	Root paste as vulnerary agent : 100g of fresh roots taken processed and ground to paste. It is mixed with 1 spoonful of turmeric powder, warmed and applied on wounds.	Root-anthelmintic, a gastric stimulant, treatment of cancer, lung inflammation, dysentery, purgative, antipyretic, purgative, antipyretic & anti-inflammatory agents and snakebites.
6.	<i>Aristolochia indica</i> L. (ARISTOLOCHIACEAE)	Eswari, Esala	Root is made into 3-4 cm long pieces and soaked in turmeric water. Made them into a bundle. They are used as snake repellants. Root paste as antidote for poisonous bites	Roots and rhizome used as gastric stimulant and bitter tonic. Juice of leaves used in cough and seeds in inflammation and biliousness
7.	<i>Boerhavia diffusa</i> L. (NYCTAGINACEAE)	Atikimamidi, Adikamanu	Leaves used as green vegetable.	Diuretic, antidiabetic to lower blood sugar. Antibacterial and antioxidant & hepato-protective properties
8.	<i>Caesalpinia bonduc</i> (L.) Roxb. = <i>Caesalpinia crista</i> L. (CAESALPINIACEAE)	Gacchakaya.	Seed paste - antiarthritis: 200g fresh seeds taken and seed coats crushed to separate the cotyledons. The cotyledons are ground to paste. It is slightly warmed and applied on painful joint pains	The seeds are antiperiodic, antipyretic, antispasmodic, tonic, anthelmintic and febrifuge; useful in colic, malaria, fever, hydrocele and skin diseases
9.	<i>Cardiospermum helicacabum</i> L. (SAPINDACEAE)	Sandu chettu.	Leaves - antiseptic: Fresh leaves 50g taken and ground to paste, mixed with one spoonful of turmeric powder. It is applied on wounds, and boils	The whole plant is diaphoretic, diuretic, emetic, emmenagogue, laxative, refrigerant, rubefacient and stomachic
10.	<i>Ceropegia bulbosa</i> Roxb. (ASCLEPIADACEAE)	Nimmatai, Kuppiteega	Leaves and tubers cooked and eaten. It will give relief from indigestion problems	Tuberous root-used for diarrhoea and dysentery.
11.	<i>Cissampelos pariera</i> L. var. <i>hirsuta</i> (Buch. Ham ex. DC.) = <i>Cissampelos pareira</i> L. (MENISPERMACEAE)	Vishaboddi, Adavibanka teega	Leaves used as antiseptic: Fresh leaves taken and cleaned. 20g leaves boiled in a glass of water, with one spoonful of turmeric powder until Jelly like paste is obtained. It is applied on wounds & cuts.	Anti-inflammatory, and fever-reducing properties, hypotensive, antifungal, and antimicrobial actions
12.	<i>Cissus quadrangularis</i> L. (VITACEAE)	Nalleru	Tender stems -antiseptic: Fresh stems cleaned and cut into small pieces and ground to paste. It is applied on wounds and cuts	Antibacterial, antifungal, antioxidant, anthelmintic, antihemorrhoidal and analgesic activities.
13.	<i>Derris scandens</i> (Roxb.) Benth. (FABACEAE)	Minaputeega, Pachori, Konnatiteega	Root - odontalgic: 100g of fresh roots cut into small pieces and ground to paste with 1-2 garlic pieces. It is applied on teeth to get relief from tooth ache.	Osteoarthritis, Arthritis, Joint Diseases, Musculoskeletal Diseases, Rheumatic Diseases and expectorant .
14.	<i>Flacourtia indica</i> (Burm.f.) Merr.	Kanaregu, Kondaregu	Root an antidote to snake bite: 50g of fresh roots are pounded	The fruits are used for jaundice and enlarged spleens. Lf. & Rt.-for

	= <i>Flacourtia sepiaria</i> Roxb. (FLACOURTIACEAE)	Naraboruku.	to powder & mixed with equal quantities of <i>Strychnos nuxvomica</i> root (Mushti) and <i>Tiliacora acuminata</i> root (Naga mushti) powders made into paste by adding water. 1-2 spoonfuls of paste is given orally with betel leaves -after snake bite	schistosomiasis, malaria, and diarrhoea The roots are Used for hoarseness, pneumonia, intestinal worms and as an astringent, diuretic & pain reliever.
15.	* <i>Hemidesmus indicus</i> (L.) R.Br. (PERIPLOCACEAE)	Sugandhapala	Root tubers – tonic: 200g of root tubers cut into small pieces and pounded to powder. 1-2 spoonfuls of powder taken into 200 ml of water and prepared decoction-gives strength and act as tonic and blood purifier	Root-Anti-inflammatory, diuretic,vulnerary, improves fertility and treats syphilis
16.	<i>Ipomoea pes-caprae</i> (L.) R.Br. = <i>Ipomoea biloba</i> Forsk. (CONVOLVULACEAE)	Thandra, Thatikada.	--	Used to treat inflammation and gastrointestinal disorders.
17.	<i>Leptadenia reticulata</i> (Retz.) Wight & Arn. (ASCLEPIADACEAE)	Mukkupala, Mukkutum-muduteega.	Watery sap from twigs – cold, phlegm & bechic.	The plant is galactogogue, cooling, nutritive, aphrodisiac, stimulant, diuretic, and eyetonic seminal debility, general weakness, cough
18.	<i>Mangifera indica</i> L. (ANACARDIACEAE)	Mamidi	--	The bark is used in leucorrhea, menorrhagea, dysmenorrhea and other menstrual disorders & eczema.FI.-are used in dysentery,spermatorrhoea
19.	<i>Melia azedarach</i> L. (MELIACEAE)	Turakavepa	Leaf and stem bark-antidiabetic: 100g of fresh leaves along with equal quantity of St.b -are cut into small pieces and prepared decoction –is given for diabetes.	Leaves: leprosy, scrofula, anthelmintic, antilithic, diuretic, deobstruent, resolvent. Sd.rheumatism.
20.	<i>Mimusops elengi</i> L. (SAPOTACEAE)	Pogada Chettu	--	The bark, flowers, fruits and Sds.are astringent, cooling, anthelmintic, tonic & febrifuge
21.	<i>Operculina turpethum</i> (L.) Silva Manso. (CONVOLVULACEAE)	Kakku teega.	--	Roots are purgative, anthelmintic, antipyretic; useful in ascites, leucoderma , constipation, piles, bronchitis, pain in muscles, joints
S.No.	Scientific Name and Family	Local Name(s)	Other uses	
			In Island	Elsewhere
22.	* <i>Pentatropis capensis</i> (L.f.) Bullock. = <i>Pentatropis microphylla</i> (Heyne. Ex. Roth.) Wight & Arn. (ASCLEPIADACEAE)	Chekurtiteega.	Whole plant – refrigerant: Juice extracted from fresh plants applied on head and body to get relief from excess of heat and to effect cooling of body.	Leaf extract given in fever
23.	<i>Ricinus communis</i> L. (EUPHORBIACEAE)	Amudam chettu.	Leaves as analgesic: The leaves are warmed with castor oil and applied on stomach and body pains.	Roots and leaves is administered for wounds, boils, sores, galactogogue.
24.	<i>Sauropus bacciformis</i> (L.) Airy Shaw (EUPHORBIACEAE)	Nelatenkayalu.	--	Leaves are used as medicine for cough, sore throat, acute bronchitis, wounds &against cold.
25.	* <i>Secamone emetica</i> (Retz.) R.Br. ex. Schultes. (ASCLEPIADACEAE)	Chirupala	--	Used to cure diseases like leucorrhoea, fever and emetic properties
26.	<i>Vitex negundo</i> L. (Verbenaceae)	Vavili chettu	Root and leaves antiarthritic: Equal quantities of roots and leaves (100g each) are cut into small pieces and mixed them with <i>Seasenum</i> oil is prepared, is applied for joint swellings.	Roots and leaves used in eczema, ringworm, skin diseases, liver disorders, spleen enlargement, rheumatic pain, gout & backache

Enumeration

1. *Acalypha indica* L. (EUPHORBIACEAE)
Ln: Muripinda, Kuppinta chettu. Sn: Harita manjiri.

Erect herbs.

Common as a weed in waste places. Fl & Fr: June-December. Ld: Erindoddi : RBK 9386.

Leaf juice as anthelmintic: 100g of fresh leaves taken squeezed and obtained juice. 5-10 ml of juice warmed and given orally twice a day for 1-2 days to expel the intestinal worms to get relief from stomach ache.

CC: Acalyphin, Sitosterol acetate.

2. *Alangium salvifolium* (L.f.) Wang.
(ALANGIACEAE)

=*Alangium lamarckii* Thw.

Ln: Udaga, Sn: Ankola.

Tall deciduous tree (3-4 m).

Common along the margin of water bodies and low lying areas. Fl. & Fr.: June-September. Ld: Chenugaripalem: RBK 8913.

Root bark – as anthelmintic, febrifuge: 200g of root bark cut into small pieces and boiled in 1 lt of water to prepare decoction. 10-15 ml of decoction taken orally, twice a day for 2 days to get relief from stomach pain and to expel intestinal worms.

Root bark juice dyspepsia: 200g fresh root bark is cut into small pieces and crushed to obtain juice. 20-30 ml of juice administered orally twice a day to cattle to get relief from stomach ache due to indigestion.

CC : Alangine.

3. *Albizia lebbek* (L.) Willd.
(MIMOSACEAE)

Ln: Dirisena or Birachapu. Sn: Sirisha.

Large trees.

Common in forests. Fl. & Fr.: February - June. Ld: Penugaripalem: RBK 8926.

Stem bark, seeds - antidysentric and diarrhoea: Fresh stem bark and seeds in equal quantity ground into powder. It is taken 200 ml of water boiled well and prepared decoction. 10-15 ml of decoction taken orally 3 - 4 times a day to get relief from dysentery and diarrhoea.

Stem bark, seeds - piles and constipation: Stem bark powder mixed with equal quantity of seed powder, taken 1-2 spoonfuls mixed with 1 spoonful of jaggary orally twice a day to

get relief from bleeding piles and constipation. This treatment is continued for 15 - 20 days to get good relief.

CC: Tannins, Saponins.

4. *Asparagus racemosus* Willd.
(LILIACEAE)

Ln: Pilliteegalu, Kappagaddalu, Challagaddalu. Sn: Bhirupatri, Sathavari.

An armed pretty climber, roots fasciculated.

Common in forests. Fl & Fr: July – November. Ld: Beripeta: RBK 9255.

Tuberous roots as diuretic, antidysentric: Root tubers processed and ground to powder. The powder is boiled and prepared decoction. 1 – 2 table spoonfuls of decoction is taken orally 2 – 3 times a day for 4 – 5 days for free urination. It also gives relief from dysentery.

CC: Sarsapogenin.

5. *Aristolochia bracteolata* Lam.
(ARISTOLOCHIACEAE)

Ln: Gadidagadapa, Tella eswari. Sn: Dhumrapatra.

Prostrate herbs.

Occasional as a weed in fields and waste places. Fl. & Fr.: June – October. Ld: Palarevu: RBK 9383.

Root juice for dyspepsia: 100g of fresh roots squeezed and obtained juice. 10-15 ml of juice slightly warmed taken orally twice a day for 3-4 days to get relief from digestive problems.

CC: Aristolochic acid, Potassium chloride.

6. *Aristolochia indica* L.
(ARISTOLOCHIACEAE)

Ln: Eswari, Esala. Sn: Ishvari.

Profusely branched, twining herb. .

Common and gregarious on bushes and hedges. Fl & Fr : November – March. Ld:Kothachenu: RBK 9184.

Root juice as dyspepsia: 100g of fresh roots squeezed and obtained juice. 10-15 ml of juice is mixed with turmeric powder proportionately, warmed and taken orally twice a day for 3-4 days for relief from digestive problems.

CC: Aristolochin.

7. *Boerhavia diffusa* L.
(NYCTAGINACEAE)

Ln: Atikimamidi, Adikamanu. Sn: Punarnava, Rakta punarnava.

A diffuse herb. branches elongate, spreading. Common in fields and waste places. Fl & Fr: Throughout the year. Ld: Beripeta : RBK 9212.

Root in dyspepsia: 100g of roots mixed with equal quantity of *Fluggea leucopyrus* (Tella purugudu) roots ground to paste. It is mixed in 250 ml of water and boiled to prepare decoction. 10-15 ml of decoction given orally twice a day for 3-4 days to get relief from stomach disorders.

CC: Potassium nitrate, Punarnavine.

8. *Caesalpinia bonduc* (L.) Roxb.
(CAESALPINIACEAE)

=*Caesalpinia crista* L.

Ln: Gacchakaya. Sn: Putikaranja, Tingacchika.

Armed straggling shrub.

Common, forming impenetrable thickets. Fl & Fr.: September-November. Ld: Penubakam: RBK 9209.

Seed juice - as antipyretic: The cotyledons are crushed juice is extracted. 5-10 ml of juice orally taken to get relief from fever. This treatment is continued twice a day for 3-5 days to get relief from fevers.

Leaf paste - **stomach pain**: 50g of fresh leaves are ground to paste. It is slightly warmed applied on painful areas of stomach to get relief from stomach pain. It is continued for 2-3 days to get relief from stomach pain.

CC: Bonducin, Natin, Sulphur.

9. *Cardiospermum helicacabum* L.
(SAPINDACEAE)

Ln: Sandu chettu. Sn: Karavi, Parvatanghi.

Tendrillate climbing herbs.

Common on bushes and hedges. Fl. & Fr.: November- February. Ld: Beripeta: RBK 8960.

Wiry stems - bechic, dyspepsia: 2 -3 fresh stems teased into long fibres and dipped into turmeric water. These treated fibres are worn around neck or around loins for children, to get relief from cold with cough and stomach ache.

CC: Saponins, Quebrachitol.

10. *Ceropegia bulbosa* Roxb.
(ASCLEPIADACEAE)

Ln: Nimmatai, Kuppiteega.

A twinning herb.

Common and gregarious twiner on hedges and bushes. Fl. & Fr.: September-December. Ld: Kothachenu: RBK 9183.

Leaves and tubers cooked and eaten. It will give relief from indigestion problems

CC: Ceropegine.

11. *Cissampelos pariera* L. var *hirsuta*
(Buch. Ham ex. DC.) (MENISPERMACEAE)

=*Cissampelos pareira* L.

Ln: Vishaboddi, Adavibanka teega. Sn: Pootha, Vriddhakarmina.

Climbing shrubs.

Spreading on shrubs and hedges. Fl. & Fr.: July-December. Ld: Penubakam: RBK 9191.

Roots diuretic : 50g of fresh roots are washed with water and cut into small pieces and boiled in ½ litre water to prepare decoction. 1 tablespoonful (10 ml) of decoction is given orally twice a day to the patient to get relief from urinary troubles and dysentery. Recipe is continued for 20-30 days.

CC: Berberine, Saponins.

12. *Cissus quadrangularis* L.
(VITACEAE)

Ln: Nalleru. Sn: Asthisamhari, Vajravalli.

Rambling succulent herbs.

Common over hedges and among shrubs often spreading on ground. Fl. & Fr.: June-September. Ld: Penubakam: RBK 9525.

Whole plant anthelmintic: Fresh plants are cleaned and crushed to extract sap (Jelly like). 5-10 ml of sap taken orally twice a day to expel intestinal worms. The plant is prepared as chutny of the plant upon consumption helps to eliminate worms from stomach.

CC: Vitamin C, Carbohydrates, Tartaric acid.

13. *Derris scandens* (Roxb.) Benth.
(FABACEAE)

Ln: Minaputeega, Pachori, Konnatiteega.

A large climbing shrub.

Common gregarious on hedges. Fl. & Fr.: September-February. Ld: R.V. Chatram: RBK 9727.

Tender stems crushed and obtained sap. 5 ml sap warmed and given orally two- four times a day to get relief from motions.

CC: Scandenin, Nallanin, Chandnin.

14. *Flacourtia indica* (Burm.f.) Merr. (FLACOURTIACEAE)

=*Flacourtia sepiaria* Roxb.

Ln: Kanaregu, Kondaregu, Naraboruku.

Thorny shrubs.

Occasional in open scrubs. F1. & Fr.: October-January. Ld: Karlabylu: RBK 9182.

Root- antidyentric: Fresh root bark washed with water. 100g of root bark cut into small pieces, ground to fine paste, one spoonful of paste given orally twice a day for children and 2 spoonfuls of paste given orally 3 times a day for adults to get relief from blood motions. It is to be continued for a week.

CC: Phosphorus, Carbohydrates, Proteins.

15. *Hemidesmus indicus* (L) R.Br. (PERIPLOCACEAE)

Ln: Sugandhapala, Sn: Anantamula, Sariva, Gopakanya.

Twining herbs stems wiry, latex milky.

Common and gregarious on bushes and hedges also trailing on ground. Fl.& Fr.: October-April. Ld: Kothachenu: RBK 9189.

Root tubers - appetizer: 200g of root tubers taken cut into small pieces and pounded into powder. 1-2 spoonfuls powder is taken into 200 ml of water and prepared decoction. 10-15 ml of decoction is taken orally 1 hour before meals to improve appetite. It is continued for 30-40 days for proper appetite.

Root tubers – tonic: 200g of root tubers cut into small pieces and pounded to powder. 1-2 spoonfuls of powder taken into 200 ml of water and prepared decoction. 20 ml decoction mixed with 100-150 ml of milk is taken orally twice a day for 40-50 days to give strength and act as tonic and blood purifier.

CC: Coumarin, Hemidesmine, Tannin, Saponin.

16. *Ipomoea pes-caprae* (L.) R.Br. (CONVOLVULACEAE)

= *Ipomoea biloba* Forsk.

Ln: Thandra, Thatikada.

An extensive creeping herb.

Common and conspicuous on the open sandy sea-shore forming large mats. Fl. & Fr.: April-August. Ld : Keepakam: RBK 8908.

Leaf juice **purgative**: 100g of fresh leaves squeezed and obtained juice. 10-15 ml of juice given orally twice a day for 4-5 days to get relief from bowel & stomachic problems.

CC: Resin, mucilage, volatile oil, Sterol, Myristic acids.

17. *Leptadenia reticulata* (Retz.) Wight & Arn. (ASCLEPIADACEAE)

Ln: Mukkupala, Mukkuttummuduteega.

Twining herbs, latex watery.

Common on hedges or trailing on ground. F1.& Fr.: April-December. Ld: Beripeta: RBK 964.

Twigs – dyspepsia: 100g of twigs are ground to paste. 1-2 spoonfuls of paste taken orally with 10 ml of butter milk and the paste is warmed applied on stomach to get relief from stomach ache.

CC: Sterols.

18. *Mangifera indica* L. (ANACARDIACEAE)

Ln: Mamidi, Sn: Amra, Sripriya

A large ever green tree.

Planted near habitations. F1.& Fr.: March-July. Ld: Penugaripalem: RBK 8917.

Stem bark - antidyentric: Fresh stem bark is taken cut to small pieces and pounded to powder. 1-2 spoonfuls of stem bark powder is taken in 50 ml of water and prepared decoction. 10-15 ml of decoction is taken orally twice a day to get relief from blood motions.

CC: Carotene (Vitamin - A), Riboflavine and Ascorbic acid (Vitamin-C).

19. *Melia azedarach* L. (MELIACEAE)

Ln: Turakavepa. Sn: Himadruma, Parvatanimba.

Trees. bark dark-brown.

Planted near colonies. F1. & Fr.: August-October. Ld: Kotha-chenu: RBK 9555.

Leaf paste - **dyspepsia**: 100g of fresh leaves are taken and ground to fine paste along with 1 spoonful of turmeric powder and prepared into pills. 2 pills thrice a day taken orally to get relief from stomach ache due to indigestion. It is continued for 2-4 days if necessary.

CC: Light yellow, non crystalline, resinous. substance, Bakayanine, Sterol, Margosine.

20. *Mimusops elengi* L.
(SAPOTACEAE)

Ln: Pogada Chettu.

Evergreen tree, bark grey, smooth, wood hard.

Occasional along stream courses. F1. & Fr.: June-November. Ld: Palliveedi: RBK 8934.

Stem bark—antidysentric: 200g of stem bark cut into small pieces and pounded to powder. 1-2 spoonful of powder is taken in 500 ml of water boiled and prepared decoction. 10 ml of decoction is taken 3-4 times in a day to get relief from blood motions. This treatment is continued for 3-4 days until the patient gets relieved from blood motion.

CC: Saponin, Tannins.

21. *Operculina turpethum* (L.) Silva Manso. (CONVOLVULACEAE)

Ln: Kakku teega. Sn: Trivrit.

Perennial stout climber, roots fleshy, stems winged.

Rare on the coast, forming a dense mat on open sandy soils. F1. & Fr.: February-December. Kothachenu: RBK 9056.

Root decoction for dyspepsia: 100g of fresh roots taken, pounded into powder. It is taken into 500 ml of water boiled and prepared decoction. 10-15 ml of decoction administered orally twice a day for 3-4 days for relief from stomach ache due to indigestion.

CC: Resin, Glycoside, Turpethin.

22. *Pentatropis capensis* (L.f.) Bullock. (ASCLEPIADACEAE)

=*Pentatropis microphylla* (Heyne. Ex. Roth.) Wight & Arn.

Ln: Chekurtiteega.

A twining herb, latex milky.

Occasional twiner on scrubs near coast. F1. & Fr.: June-October. Ld: Chengalpalem: RBK 9750.

Plant juice – dyspepsia: 5-10 ml of plant juice is taken orally twice a day for 3-4 days to get relief from digestive problems

CC: Carbohydrate, Flavonoids, Tannins and Calcium oxalate

23. *Ricinus communis* L. (EUPHORBIACEAE)

Ln: Amudam chettu. Sn: Eranda, Gandhar – Palma christi. Vahasta.

Shrubs, branches green.

A few plants were found on the way to Chengalpalem. F1 & Fr: December – March.

Ld: Chengalpalem: RBK 9152.

Seed oil (Caster oil) purgative and refrigerant: 10-15 ml given orally as purgative and to relieve from digestive problems. It gives cooling effect to body.

CC: Ricinoleate, Ricinoleic acid, Glycolic acid, Lipase.

24. *Sauropus bacciformis* (L.) (EUPHORBIACEAE)

Ln: Nelatenkayalu.

Prostrate or erect herbs, base often woody.

Common on the bunds of fields and lowlying areas. F1 & Fr: throughout the year. Ld: Kodaledu: RBK 9890.

Leaves cooked and eaten as vegetable. It is also taken as spice to control vomiting sensations (emetic).

CC: Phenolics and Flavonoids and Ascorbic acid

25. *Secamone emetica* (Retz.) R.Br.ex. Schultes. (ASCLEPIADACEAE)

Ln: Chirupala

Profusely branched climbing shrub, stems wiry.

Occasional on hedges. F1. & Fr.: July-December. Ld: Kepakam: RBK 9478.

TM: Leaf paste – dyspepsia: 100g fresh of leaves ground to paste. 1-2 spoonfuls of paste is taken orally with 100-150 ml of butter milk twice a day for 3-4 days to get relief from stomach ache due to digestive problems.

CC: Alkaloids, Flavonoids

26. *Vitex negundo* L. (VERBENACEAE)

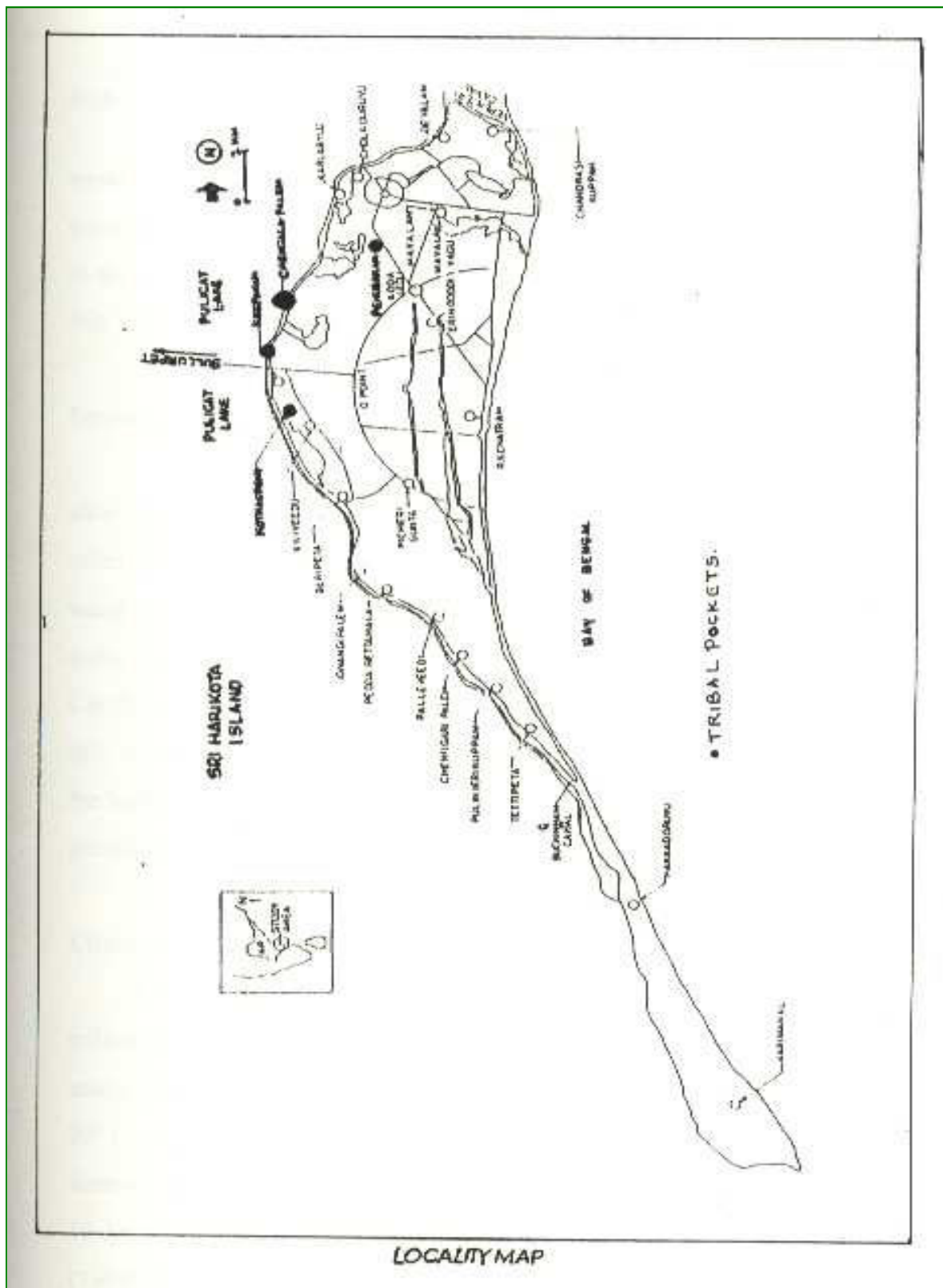
Ln: Vavili chettu. Sn: Indrani, Nila pushpa, Nirgundi.

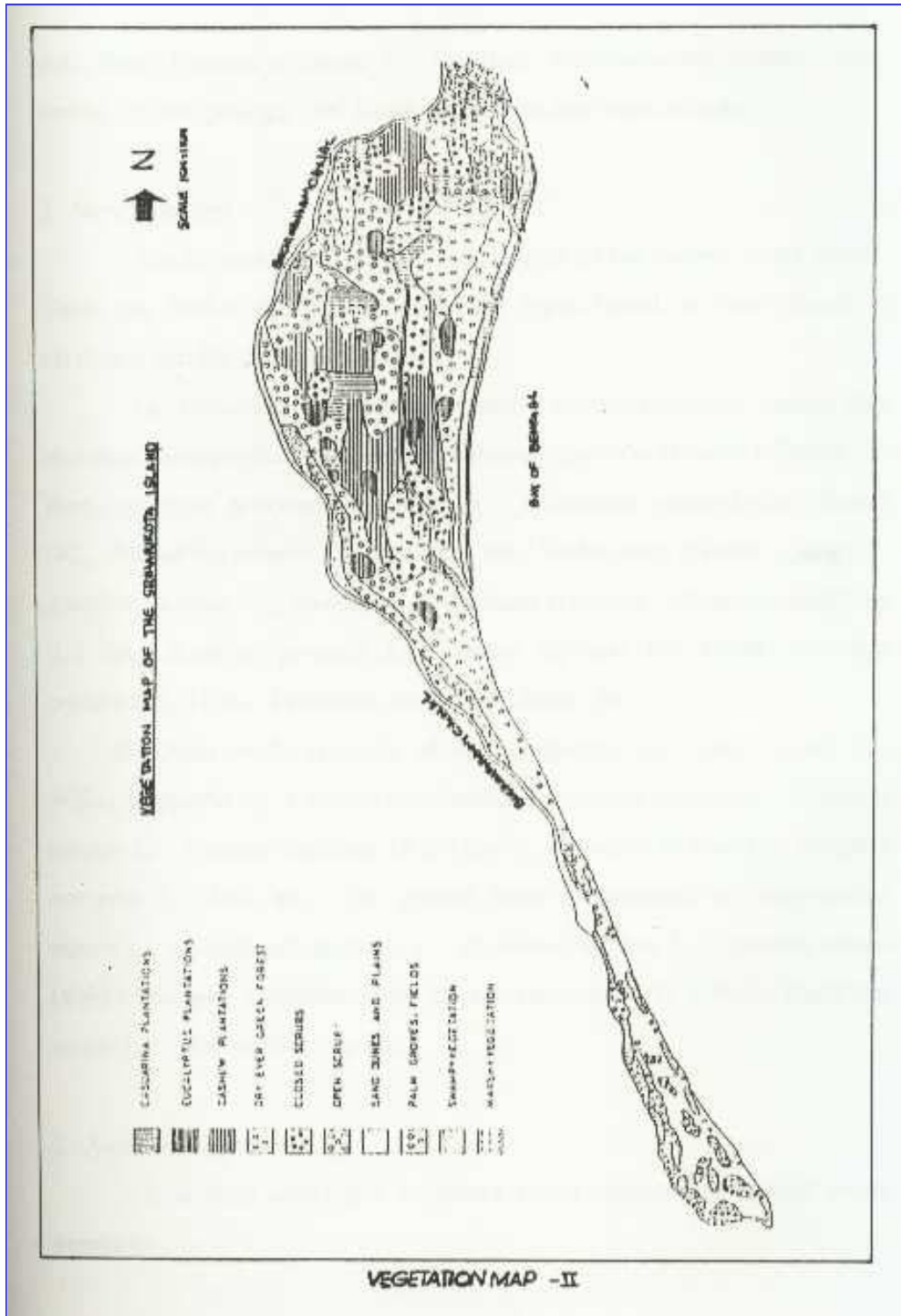
Shrubs or small tress.

Common in waste places and abundant along the banks of streams and canals F1 & Fr: throughout the year. Ld: Keepakam: RBK 9125.

TB: Twigs used as tooth brush for toothache.
 Leaf paste used for ulcers in mouth
 (stomatitis): Leaf paste applied in mouth for a
 few days to get relief from ulcerous mouth.

CC: Vitricine.

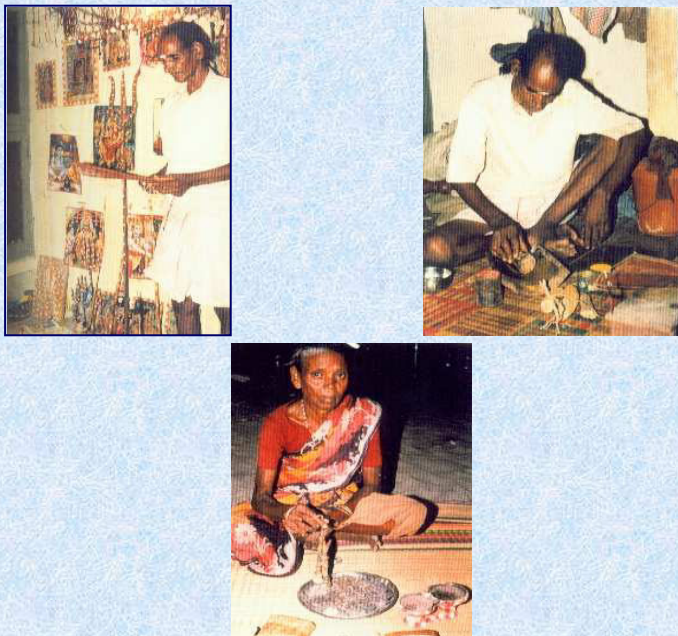












TRIBALS OF SRIHARIKOTA ISLAND

















TRIBAL DOCTORS/NATUVAIDYAS- SRIHARIKOTA



Medicinal Plant Species – Used by Tribals for Digestive ailments and Stomachic problems & allied diseases

	
<p><i>Acalypha indica</i> L.</p>	<p><i>Alangium salvifolium</i> (L.f.) Wang.</p>
	
<p><i>Albizia lebbek</i> (L.) Willd.</p>	<p><i>Asparagus racemosus</i> Willd.</p>
	
<p><i>Aristolochia bracteolata</i> Lam.</p>	<p><i>Aristolochia indica</i> L.</p>
	
<p><i>Caesalpinia bonduc</i> (L.) Roxb.</p>	<p><i>Cardiospermum helicacabum</i> L.</p>

	
<p><i>Cissampelos pariera</i> L. var. <i>hirsuta</i> (Buch.Ham ex.DC.)Forman.</p>	<p><i>Cissus quadrangularis</i> L.</p>
	
<p><i>Flacourtia indica</i> (Burm.f.) Merr.</p>	<p><i>Hemidesmus indicus</i> (L) R.Br.</p>
	
<p><i>Ipomoea pes-caprae</i> (L.) R.Br.</p>	<p><i>Leptadenia reticulata</i> (Retz.)Wight & Arn.</p>
	
<p><i>Melia azedarach</i> L.</p>	<p><i>Mimosops elangi</i> Linn.</p>

	
<i>Operculina turpethum</i> (L.) Silva Manso.	<i>Pentatropis capensis</i> (L.f.) Bullock.
	
<i>Ricinus communis</i> L	<i>Sauropus bacciformis</i> (L.) Airy Shaw
	
<i>Secamone emetica</i> (Retz.) R.Br. ex.Sch.	<i>Vitex negundo</i> L.

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