



Research Paper

Indigenous Health Practices on Jaundice by the Indigenous Health service Providers of Sagar District, Madhya Pradesh, India

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ABSTRACT:

Health can be defined as the soundness of the body or mind. The disease is a condition that abnormally affects the structure and function of different parts of the organisms. Jaundice is a morbid condition characterized by yellowness of eyes, skin and urine due to a rise in serum levels of bilirubin. The study was conducted to assess the indigenous health practices on jaundice among 105 Indigenous health service providers of Sagar District M.P. Sagar is a District of Madhya Pradesh in central India which consist of 11 blocks. The interview method and snowball sampling method were followed to conduct the study. Out of 105 folk healers, approximately 42% provided indigenous health services for the cure of jaundice. These folk healers used various medicinal herbs including roots, leaves, barks, stems and fruits to cure jaundice. The study reveals that the traditional method of treatment using medicinal herbs is quite effective, affordable and easily accessible to the locals. Further research can be done on these indigenous health practices to strive for healthy and happy society.

KEYWORDS: Indigenous Health Practices, Folk Healer, Jaundice, Herb

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I. INTRODUCTION:

Health related knowledge is the gift of human's civilized condition. Health and civilization is a universal process. According to the World Health Organization (W.H.O.), the human body must be completely healthy physically, mentally and socially. Today, according to the World Health Organization (WHO), about 80% of the world's people rely on traditional medicine for their primary health care needs. There is a lot of benefit in the development of indigenous medicines and the use of medicinal plants for the treatment of various diseases.

Medical Anthropology According to L.A.D Williams, "Traditional medicine is the study of practice that is concerned with the cultural interpretation of health, disease, and illness, and also the process and healing properties of health care." The practice of traditional medicine is a complex multi-disciplinary system that deals with the use of plants. Current medical anthropology has its origins in the work done in the 1920s and in the decades that followed. "Some scholars of the early development of the anthropology of illness such as Rivers (1924) – (1926), clements 1932; Ackecknecht 1942-1945; Paul 1955; Alland 1966 etc. have made an important contribution. If seen in the order of time, it will be known that the branch of medical anthropology has been dependent on the development of anthropology. There has been a change in the principles of medical anthropology as well.

Jaundice is a morbid condition characterized by yellowness of eyes, skin and urine due to a rise in serum levels of bilirubin, Jaundice can be the result of various diseases or conditions affecting the liver, such as hepatitis A, hepatitis B, hepatitis C, hepatitis D, hepatitis E, autoimmune hepatitis, liver cirrhosis, liver cancer, hemolytic anemia and malaria. No systematic ethnographic studies have been conducted to evaluate conventional treatment of jaundice, many trees and plants are used in Ayurveda for Jaundice disease, but by some traditional healers this knowledge was kept limited to their generation and some said not to tell anyone, due to which this knowledge gradually disappeared. It has come to the verge of being done, the benefit of this study will be that there will be documentation of herbs related to curing jaundice of Sagar District and people

and society will get its benefits. The present investigation was aimed at producing an inventory of plants used by traditional healers to document ethnographic information on medicinal plants potentially valuable for the development of new pharmaceuticals.

According to Kapoor (2010) his study, giving powder of Gumma (Drona Pushpi) plant in an earthen pot continuously for 5-7 days cures the patient. Sharma et al. (2012) According to their study in Uttarakhand, the Himalayan region of India, known to the Gujjar community, to cure jaundice, a decoction of certain fruits orally 2/3 times a day was administered to the patient for 3 weeks. The patient gets relief by taking it. Raghubanshi, Puri et al. (2021) according to their study in the Western Himalayas in Himachal Pradesh. Thousands of medicinal plant species are used here to treat various diseases including jaundice. Mohamed et al. (2022) According to their *study in Mashhad city, northeastern Iran, jaundice is the most common disease affecting citizens of both developed and poor Asian countries, including Iran. The herb is more commonly used in the form of a decoction for the treatment of jaundice.

Traditional medicines are still in practice in Indian villages and have been developed through the experience of many generations. The present study directly collected information on 29 plant species traditionally used for the treatment of jaundice from the Sagar district of Madhya Pradesh. Valuable information has been obtained through personal interviews about the medicinal uses of certain plants against jaundice.

II. OBJECTIVE OF THE STUDY:

The Study of Indigenous Health Practice on Jaundice by Folk Healers of Sagar District, Madhya Pradesh Using various types of Herbs to Cure Jaundice.

III. MATERIAL AND MATHODS:

The study was conducted to assess the indigenous health practices on jaundice among 105 folk healers of Sagar District M.P. Sagar are a District of Madhya Pradesh state of central India. Area of Sagar District is 10,252 square kilometers. According to the 2011 census, the total population is 2,378,458, out of which 1,256,257 males and 1,122,201 are females. Sagar is a District of Madhya Pradesh in central India which consists of 11 blocks in which Bina, Sagar, Jaisinagar, Gadakota, Rehli, Khurai, Malthon, Banda, Keshli, Deovri, Rahatgad blocks are included. Sagar is rich forests and environmentally beautiful District. The language here is Hindi, while Bundelkhandi is a local dialog.

Indigenous healthcare providers in Sagar District that have been studied include herbalists, traditional healers, and shopkeepers. In which both men and women are involved, indigenous health care providers have been interviewed from each block of the district, in which there is a lot of traditional medicine specialist and the knowledge of traditional medicine from their generations is being passed on from one generation to another.

The interview method and snowball sampling method were followed to conduct the study. Out of 105 folk healers, approximately 36% provided indigenous health services for the cure of jaundice. These folk healers used various medicinal herbs including roots, leaves, barks, stems and fruits and various formulas to cure of jaundice.

Several extensive and intensive fields were undertaken in all-weather between 2020 and 2021 for collection of information related to study from 11 blocks of Sagar District. These indigenous health service providers distributed in all the blocks of Sagar District have been included in the study area. The study of indigenous health service provider information on plants useful on jaundice was collected through interviews with local traditional healers. Local informants include traditional healers giving medicines to generations, herbal shopkeepers men and women working in the field, priests, and traditional healers aged 20 to over 90 years of age were taken in this study. In order to determine the authenticity of the information collected during the field work, the data from various informers has been repeatedly verified.

IV. RESULT AND DISCUSSION:

Table: Indigenous health Practices used for the cure of Jaundice.

S.No	Local name/ Vernacular (Common Name)	Botanical name (Family)	Plants Habit	Plant Parts used	Amount used (Approx)	Method of preparation	Dosage form	Route of drug administration	Probable dosage	Duration	Socio / Magico Religious act
1	Gudbel (Gilo)	<i>Tinospora Coridifolia</i> (Menispermaceae)	Climber	Stem (Fresh)	10 inch	1. Cut 10 pieces of the stem (one piece of 1 inch) the bead garland is made of white cotton thread and wear a tie form around the neck. 2. Grind 2 inch stem and mix it in 50 ml water	Bead garland To wear around the neck. Liquid	By wearing it the neck, the garland remains in the touch of the body. Orally	Only once 50 ml Once a day	The bead garland has to be worn for 15 days or up to cure. In the morning and continue for 15 days 3 days	Bead garland is to be disposed of in running water Offered holy coconut for hanuman ji
2	Andau (Arandi)	<i>Ricinus Communis</i> (Euphorbiaceae)	Shrub	Leaf / leaf (Fresh)	4 leaves/ root	After crushing the leaves and root with your hands, extract the juice mix 5 grams of sugar in it and eat it.	Liquid	Orally	1 tea spoon Once a day	Once a day and continue for 3 days	Offer coconut and sweets to Hanuman ji (a deity) on Saturday
3	Choti kareli (Karela)	<i>Momordica charantia</i> (Cucurbitaceae)	Climber	Whole climber	1 inch	Grind the whole climber with a little water on a stone dissolve it in water and take it early in the morning.	Liquid	Orally	10 ml	Once a day and continuously for 3 days.	Nothing
4	Safed Aakaosa (Madar)	<i>Calotropis Gigantea</i> (Apocynaceae)	Shrub	Lactic + root (Fresh)	2 Drops Lactic	Remove lactic from the stem and then cut a banana put two drops in the banana and then feed that banana to the patient.	Solid form	Orally	2 drops put in one banana	Only once	Nothing
5	Pathar chata (Pumarnava)	<i>Boerhavia Diffusa</i> (Nyctagynaceae)	Herb	Root (Fresh)	3 inch Root	The root is to be ground on stone and added 20 ml water + added 5 gm sugar and mix well then filter in the cotton cloth then drink in the morning before eating.	Semi liquid	Orally	20 ml	Once a day and continuously for 3 days	The patient should offer coconut in any temple
6	Bhui amla (Bhum)	<i>Phyllanthus Niruri</i> (Phyllanthaceae)	Grass	Fruit (Dry)	2gm	Grind dry fruits of both with water and drink them before eating anything in the morning.	Semi liquid	Orally	10 ml have to drink	Once a day and continue	After recovery, the patient offered coconut in any temple.
7	Bhumi Amla + Tendu	<i>Phyllanthus Niruri</i> (Phyllanthaceae) <i>Dispyros melanoxylon</i> (Ebinaceae)	Grass Small Tree	Fruit Fruit	20gm 2 fruit	Grinding the both fruits on a stone mix some water then drink it.	Semi liquid	Orally	1 tsp	Once a day and continuously for 3 days.	Should offer coconut and sweets to Hanuman Ji on Tuesday.
8	Suleta (Jal Jamni /Patalgarudi)	<i>Coccolus hirsutus liv.</i> (Menispermaceae)	Climber	Leaf (Fresh)	2 ½ leaves	Make paste by grinding the leaves on a stone with a little water and then feed it to the patient by placing it in the middle of the banana.	Liquid	Orally	The paste is to be given to the patient by placing it in banana.	Only once	After cured, coconut is to be offered in a temple.
9	Souf	<i>Foeniculum vulgare</i> (Apiaceae)	Herb	Seed	10 gm	Put fennel seeds in water overnight and then filter the same water in the morning and drink it.	liquid	Orally	1 cup water	Once a day and continuously for 3 days.	Nothing
10	Basal	<i>Aegle marmelos</i> (Rutaceae)	Tree	Wood (Dry)	25gm	Make the powder by grinding wood and eat one spoon every morning.	Powder	Orally	1 tsp	Once a day and continuously for 3 days.	The patients Sweets and coconut given to the folk healer.
11	Karsi tumrai (Gilki)	<i>Luffa amara Roxb.</i> (Cucurbitaceae)	Climber	Juice	2 ml	By injection, extract the juice and put it in the patient's nose.	Liquid	Nasal Drop	2 drops only once	Only once	The patient is cured, coconut should be offered to any god.
12	Satarav (Jad musli)	<i>Asparagus racemosus</i> (Asparagaceae)	Climber	Root	3 gm	Grind the root dissolve it in 20 ml water and give it to the patient.	Liquid	Orally	20 ml	Only once	Whatever the patient wants to give to the folk healers.
13	Atibala	<i>Ailanthus Excelsa</i> (Simaroubaceae)	Plant Shrub	Leaf (Fresh)	5 leaves	Grind the leaves mix them 100 ml in milk and give it to the patient in the morning.	Solid	Orally	100 ml	Once a day and continuously for 7 days.	Whatever the patient wants to give to the folk healers.
14	Badineem (Mahaneem)	<i>Abutilon indicum</i> (Malvaceae)	Tree	leaf (Fresh)	2 leaves	The patient has to be fed by keeping the leaves in the betel.	Tablet	Orally	Once with a betel	Only once	Sweets and coconut given to the folk healer by the patient.
15	A-andaou (Arandi)	<i>Ricinus communis</i> (Euphorbiaceae)	Small tree and shrub	Leaf	5 leaves	Mash the leaves by hand and mix it with 10 gm jaggery and make 3 tablets and give it to the patient.	Tablet	Orally	Take One tablet In a one time.	Take One tablet in the morning before eat and consecutive 3 days.	Offered coconut for the hanuman ji
16	Shank pushpi	<i>Convolvulus Prostratus</i> (Convolvulaceae)	Herb	Root (Dry)	5 gm	Grind dry root mix it in 50 ml cow's milk and drink it in the morning.	Liquid	Orally	50 ml	Once a day and continue for 5 days.	Nothing
17	Papita	<i>Carica papaya</i> (Caricaceae)	Small tree	Leaf	4 leaves	Crushing the leaves by hand, mixing 10 grams of jaggery and making 3 tablets, given to the patient take one tablet	Tablet	Orally	One tablet is to be taken in the morning	Once a day and continuously for 7 days.	Coconut given to the folk healer by patient.

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						daily.			before eat.		
18	Rusa (Arusha)	<i>Jurjicia adhatoda</i> (Acanthaceae)	Plant	Fresh leaf	2 ½ leaves	Grind the leaves mix it in 50 ml milk and give it to the patient every morning before eating food.	Liquid	Orally	50 ml Have to drink before anything eats in the morning.	Once a day and continuously for 7 days.	Nothing
19	Ambla (Amla) + Harr (Harad) + Bahera	<i>Phyllanthus emblica</i> (Phyllanthaceae) <i>Terminalia chebula</i> (Combretaceae) <i>Terminalia bellirica</i> (Combretaceae)	Tree Tree Tree	Fruit Fruit Fruit	100gm 100gm 100gm	After burning all the fruits in the fire, make ash give it to the patient mix 1 teaspoon in 50 ml buttermilk and drink it daily.	Powder	Orally	1 spoon dissolve in 50 ml buttermilk drink it	Once a day and continuously for one month	Sweets, coconut and etc given to the folk healer by the patient.
20	Neem + Naha + Gudbel (Gilo)	<i>Azadirachta indica</i> (Meliaceae) <i>Satureja hortensis</i> (Lamiaceae) <i>Tinospora Cordifolia</i> (menispermaceae)	Tree Grass Climber	Root Root Stem	25gm 25g,m 25gm	Make a powder by grinding all the parts of the plant after drying, and give one spoon every morning and evening to the patient without eating anything.	Powder	Orally	1 tsp	Twice a day and continuously 7 days.	Offered coconut and etc given to the folk healer by the patient after cured.
21	Bhumi amla + Makoi + Gudbel Gilo + Chirsyata + Ganimar	<i>Phyllanthus Niruri</i> (Phyllanthaceae) <i>Solanum nigrum</i> (Solanaceae) <i>Tinospora Cordifolia</i> (menispermaceae) <i>Swertia</i> (Gentianaceae) <i>Gonemema cyivestre</i> (Apocynaceae)	Herb Herb Climber Herb	Full herb Leaf Stem Root	10 gm 10 leaves 2 inch 10 gm	Put all the plant parts in 200 ml of water and boil it till it becomes half, till half is left, then it has to be cooled and drunk.	Decoction	Orally	100 ml	Once a day and continuously for 5 days.	After the patient is cured, coconut should be offered to any god.
	(Gudmar)		Plant	Baric	20 gm						
22	Katarra (Satanashi)	<i>Argemone Mexicana</i> (Papaveraceae)	Shrub	Root	2 ml	Grind the fresh root with some water and give it to the patient in the morning, before eating food every morning.	Semi Liquid	Orally	1 tsp	Once a day and continuously for one month.	Nothing
23	Kahira	<i>Sechium Tacaco</i> (Cucurbitaceae)	Climber	Fruit	20 gm	Make the powder of dry fruit mix 10 grams of sugar and 5 grams of ghee in it and store in a tie container, give it 1 tsp to the patient in the morning for three consecutive days.	Paste	Orally	1 tsp	Once a day and continuously for 3 weeks	The patient is cured, coconut should be offered to any god.

The current study showed that traditional folk healers used 29 species of ethnomedicinal plants (distributed in 29 species belonging to 22 families) to cure jaundice. From a taxonomy point of view, there are 22 different methods of drug preparation, related to the plant being used for therapeutic purposes in this area. According to the table, the maximum number of medicinal plant species belong to the family Menispermaceae (3 species), followed by Cucurbitaceae (3 species), Apiceae (2 sp), Apocynaceae (2 sp) and Combretaceae (2 sp). The remaining families are represented by different plants. The data obtained from the survey has been compiled in a table and the local names of these plants, botanical name (family), plant habit, parts of plants used, quantity used, method of preparation, dosage form, administration, possible dosage, duration, social/magic religious act etc. are also shown. Various parts of the plant were used to cure jaundice, and the root and stem are the parts most commonly used.

In all cases the mode of communication was oral. In relation to the patient's condition, the medicine climber is cut into 11 pieces of about 1 - 1 inch each and tied in a cotton thread and made a bead garland and wears it around the patient's neck for 15 days. This study determined that the most common form of jaundice treatment is plant local name (Gilo, (Gurbel)) and Botanical name *Tinospora cordifolia* (Menispermaceae). This method is used by 80% of traditional healers of Sagar District. During this treatment, some abstinent food is also eaten like radish, sugarcane, green vegetables; some things are not used at all during jaundice like oil, sour, turmeric, etc.

Local name Andaou, Hindi name Arandi (castor), Botanical name *Ricinus communis* (Euphorbiaceae) which is a small tree, the juice of its fresh leaves is used in jaundice. This method is used by 25% of traditional healers of Sagar District.

Local name Safed Akoua and Hindi name Madar, Botanical name *Calotropis gigantea* (Apocynaceae) It is a shrub tree, extracting the juice of its fresh root and keeping it in 1/2 inch banana is fed to the jaundice patient in one go. This type of method has been used by about 30% of the traditional healers of Sagar district in this study.

More about Local name is Pathar Chata and Hindi name Punarnava, botanical name *Boerhavia Diffusa* (Nyctaginaceae) is a type of herb plant whose fresh root is ground on a stone and filtered and given to the

jaundice patient in the morning is beneficial. It is used by various indigenous health service providers of the Sagar district.

Local name is Karai Tumrai and Hindi name Gilki, botanical name is *luffa amara Roxb.* (Cucurbitaceae) a type of creeper in which bitter gilki grows, the juice of its stem is injected by injection and put in the nose of the jaundice patient, due to which the patient starts getting cured.

Bhoomi Amla is local name a type of herb, the botanical name is *Phyllanthus Niruri* (Phyllanthaceae), mixed with (makoi) Botanical name is *Solanum nigrum* (Solanaceae) leaves + Whole herb boiling it in water, making a decoction, filtering it and drinking it continuously for 5 days, it cures jaundice, in this study this method is used by traditional healers and according to patients this medicine benefit.

Various types of plants and formulas are made from it, which help in curing jaundice, this formula is used in Ayurvedic treatment, but its use is not recorded in allopathic and others. In this, the local name of (kahira), and family name is (Cucurbitaceae) is such a climber, its botanical name is not known, it is used by the traditional doctors of Sagar District in the disease of jaundice, a new type of plant was discovered through this study. This study, which is rarely found and little known, can be used for jaundice through this study, providing a new plant ethnographic data related to pharmacology and pharmacognosy. This could be part of the great interest in the development of new drugs in the future.

More about various during the study on this subject in the Sagar district, a lot of information has been received by the Indigenous Health Service Providers in which traditional medicine is done from the traditional culture of the Sagar district, such as before using any herb, that herb is awakened. It is by the person who gives medicine to the patients, whether it is being given from his previous generations, after this every year on Diwali Dooj, Gyaras and Holi Dooj, is worshipped in the name of God who gives medicine to the patients. They are worshipped these days, on the day when the medicine is to be distributed among the patients, a healer early in the morning, takes a bath and wear traditional clothes and go to the forest and take fresh herb any herb cannot be seen by anyone there should not be any shadow, First paying obeisance to the tree and asking for forgiveness if any mistake is made, the healer carefully brings only as much part of the plants as he needs, then goes home and prepares the medicine by traditional medicine and gives it to the patients.

V. CONCLUSION:

The present study revealed that the study area in Sagar district has a variety of medicinal plants that traditional healers used ethno medicinal plant species to cure jaundice. Of these, 29 species are indigenous to the Sagar district. Comparison of these plant species recorded for the treatment of jaundice in the available medicinal literature reported from other regions of the world, it appears that the area has many medicinal plant species that are different from other species. Locations were not reported and if done, they are useful for other diseases rather than being reported on jaundice disease. To the best of our knowledge, *Tinospora cordifolia* (Menispermaceae), which is a plant habit, is climber to cure jaundice, it is used for jaundice than just wearing a bead garland and wearing it around the neck, this part is used by 80% of traditional healers. It is used only 20% in food, whereas on reviewing literature, this type of method is not seen anywhere other than Madhya Pradesh and apart from this, *Sechium Tacaco* (Cucurbitaceae) local name is (kahira) is such a climber which is not used much yet has gone in jaundice and other diseases too. The ethnographic data through this study can provide a baseline to start discovering new plant related to pharmacology and Pharmacognosy. This could be part of the great interest in the development of new drugs in the future.

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