



**Review Article**

**SOME FAMOUS FOLKLORE CLAIMS OF GANDHAMARDAN HILL TRIBALS, NRUSINGHANATH, ODISHA**

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**ABSTRACT**

The use of medicinal plants is a fundamental component of Indian traditional healthcare system. It is the oldest and most used health care system among all therapeutic systems. In many parts of India and specifically here in Odisha this traditional system of healing is the mainstay healthcare system. These undocumented but locally proven system has a potential for research for the benefit of human race which is all most at end point of contemporary healthcare system. The present article deals with the database usage of nearly 14 species of medicinal plants found around Gandhamardhan hills, Nrusinghnath forest areas in odisha and its important folklore claims.

**KEYWORDS:** Nrusinghnath forest, Gandhamardhan hills, important folklore claims.

**INTRODUCTION**

India is famous for its traditional system of medicine which is mostly seen in hilly areas where urbanization has little effect. Out of all hills, the Gandhamardan in Odisha is very important from mythological point. It is said to be the site of *Mrita Sanjeevani* plant that revitalized lord Lakshmana in "The Ramayana".

*Nrusinghnath* a tiny hamlet in Bargarh district is one among the most remote areas of Odisha. Its about 113kms away from district Head Quarters, Bargarh. It is a tribal dominated area covered extensively by dense forest adjoining the famous Gandhamardhan Hills. It has significant tribal inhabitants like *Gond, Kond, Mirdha, barahia, Kharia* etc. Although a PHC (Upgraded) is providing contemporary treatment, but still many people depend on the forest and traditional Vaidyas/Babas for various health ailments such as diarrhea, menstrual disorders, fever, jaundice etc. Nrusinghanath is located at 20.55'N, 82.49'E and has an average elevation of 265 meters (869ft).

While documenting folklore claims we found few claims very astonishing. Botanical names, local names, family and usage of the drugs are enumerated and those said plants are preserved in the Department of Dravyaguna, SSN Ayurvedic College & RI, Nrusinghanath, Paikmal, Odisha.

**1.** Botanical name -*Pergularia daemia*

Family - Asclepiadeaceae

Local name- Uturulli



a) Leaf juice prepared from 5 young leaves is taken in empty stomach along with 1 cup of curd, for 3 consecutive days relieves clinical symptoms of jaundice. This is a very much practiced combination here at Nrusinghanath with proven result.

b) Root powder with milk and applied over boils for a blemish free face.

**2.** Botanical name- *Costus speciosus*

Family- Zingiberaceae

Local name- Kutha



a) 5 leaves chewed in empty stomach along with 5 black pepper said to be makes diabetes patients free from insulin injection. So locally it is also called insulin *Gachha*.

b) Its roots are used externally to treat inflammatory conditions in cows. The roots are tied around the neck or thigh area of cow to relieve local inflammation and muscle fatigue.

**3. Botanical name- *Flemingia macrophylla***

Family- Fabaceae

Local name- *Saval Bhanz*



a) One of the most effective and most importantly best alternative drugs for anti-inflammatory activity. This has potential to be used as a substitute instead of *Dashmoola* in similar conditions

b) Root bark is applied locally as a paste in local inflammation.

c) For premature ejaculation, its roots powder taken orally along with ghee.

**4. Botanical name- *Lygodium flexuosum* (Linn)<sup>[1]</sup>**

Family- Schizaeaceae

Local name- *Raktamahajal*



a) It is a fern found in the downstream of the choti ganga stream coming down from *Gandhamardhan* hills. It's used in bleeding disorders such as menorrhagia. It is taken internally as a paste or powder for 2 months.

**5. Botanical name- *Sterculia urens***

Family- Malvaceae

Local name- *Gindila*



The white powder collected from its stems is applied over cracked heels and very popular among locals. They simply rub their heels over the stem for cracked heels.

**6. Botanical name- *Symphorema polyandrum*.**

Family- Verbanaceae.

Local name- *Vadichang*



a) Its seeds are very helpful in the eczema treatment. Seed paste is applied over the area affected along with honey for 10-12 days.

b) In snake bite or Scorpion bite, 2 seeds, *Tulsi Patra* (basil leaves) 4-5 numbers along with 2 black pepper is taken every 30 minutes orally.

c) In veterinary lymphoedema, its seed paste is applied over the affected areas.

**7. Botanical name- *Acacia Farnensis***

Family- Mimosaceae

Local name- *Gandhaguhariya*



a) It is a common wild plant found in this area and can be related to *Irimeda* in Ayurveda. Its seed powder is given with rice water in chronic diarrhea.

b) Stem bark is applied over forehead after shaving for mental disorders along with *Bramhi*.

**8. Botanical name- *Cleome viscosa***

Family- Capparidacea

Local name- *Ana Sorisha*



a) Leaf juice is warmed and instilled 4-6 drops in case of Otagia

b) In intestinal worm, its seeds taken with equal amount sugar for 7 days in empty stomach.

c) 5 leaves juice with warm water is given orally in fever.

9. Botanical name- *Acorus calamus*

Family- Aracea

Local name- *Ghoda Vacha*



a) Its rhizome is crushed and applied all over body in case of fever in children.

b) In case of headache, the rhizome is applied locally to get relief.

c) In epilepsy, its rhizome it dried and crushed to make fine powder, then mixed with honey and pea shaped tablet is prepared and given in empty stomach for 3 months.

10. Botanical name- *Elephantopus Scaber*

Family- Compositae

Local name- *Mayura chulia*



a) Given in diarrhea during dentition in infants.

b) In dysuria its root is taken along with sugar.

11. Botanical name- *Basella Alba*

Family- Basellaceae

Local name- *Poie*<sup>[2]</sup>



a) In Amenorrhoea its root is given with rice water, in empty stomach for 10 days.

b) In burn cases, its leaves are pasted and applied over the burnt area to get fast healing.

12. Botanical name- *Solanum nigrum*

Family- Solanaceae.

Local name- *Luni lunika(kakamachi)*<sup>[3]</sup>



a) In *Sravan ritu*, its fresh leaves are taken as vegetables for refractive errors.

b) In general swelling, leaf juice is taken internally.

13. Botanical name- *Solanum surattense*

Family- Solanaceae

Local name- *Ankaranti*



a) In cough, leaf juice of *Solanum surattense*, *Vasa* leaves juice and black pepper powder is mixed and administered 2-4 times a day to get everlasting relief.

b) Its leaf juice 5ml slightly warmed is instilled as drops in Otagia (ear pain).

14. Botanical name- *Phyllanthus niruri*

Family- Euphorbiaceae

Local name- Badi Amla



- a) In oral thrush/stomatitis, its leaf juice is gargled 2-3 times /day
- b) In dysentery, the whole plant is boiled and added with half spoon of *Methi*. This combination is given for 4 days to get excellent result.

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