



Plants used for Piles Treatment in Shivamogga District, Karnataka

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ABSTRACT

The present study deals with the documentation of plants used for piles treatment in Shivamogga district of Karnataka. The peoples of this area have a very good knowledge about the treatment of various diseases and piles. Piles are commonly occurring ailment and the peoples treat piles successfully with the help of different plant species found within their area. Every elder peoples of this area have common knowledge and easy cure for many common ailments and prepare different types of medicines from different plant parts. A total of 56 plant species belonging to 54 genera and distributed over 36 families were found to be used by the peoples in the treatment of piles.

KEYWORDS: Plant diversity, Shivamogga district, Piles, Traditional Knowledge

I. INTRODUCTION

The information of medicinal plants has been accumulated in the course of many centuries based on different medicinal systems such as Ayurveda, Unani and Siddha. In India it is reported that conventional healers use 2500 plant species and 100 species of plants serve as regular sources of medicine (Pei, 2001). In recent years, there has been a remarkable range of interest in the medicinal plants especially those used in traditional systems of medicines. Medicines obtained from the plant are believed to be much safer and exhibit a remarkable efficacy in the treatment of various ailments (Siddiqui, et.al. 1995). The folk medicinal traditions play a reflecting and prominent role in human and environment interaction (Chopra, et.al.1956). It is estimated that 70 to 80% of the people

worldwide depends chiefly on traditional health care system and largely on herbal medicines (Farnsworth et.al. 1985, 1991, Shengii 2002, Shanley, et.al. 2003; Hiremath et al.,2010). The aim of the present study is to know the variety of plants used for piles treatment in Shivamogga district of Karnataka.

II. MATERIALS AND METHODS

Shivamogga district is a district in the Karnataka state of India (Figure 1). A major part of Shivamogga district lies in the Malnad region of the Western Ghats. Shivamogga city is its administrative centre. Shivamogga district is a part of the malnad region of Karnataka and is also known as the 'Gateway to Malnad' or 'MalenaadaHebbagilu' in Kannada. The district ranks 9th in terms of the total area among the districts of Karnataka. It is

spread over an area of 8465 km² (National Informatics Centre,2007). Shivamogga lies between the latitudes 13°27' and 14°39' N and between the longitudes 74°38' and 76°04' E at a mean altitude of 640 metres above sea level (National Informatics Centre,2007). The peak Kodachadri hill at an altitude of 1343 metres above sea level is the highest point in this district.

The present study is an attempt to know the documentation of plants used for piles treatment in Shivamogga district of Karnataka. Local traditional healers for treating piles were often visiting the areas of the district to collect plant species. Periodic field survey were carried out during July 2017 to December 2017. Data were collected through local herbal practitioner, village elders and native medicine men residing around Shivamogga areas through personal communication. Standard methods were followed for the collection of plant materials and preservation of plant species. Voucher specimens were collected, identified, by referring standard flora (Hooker,1884; Gamble ,1936; and Saldhana,1984).

III. RESULTS AND DISCUSSION

A total of 56 plant species used especially for the treatment of Piles by the communities of Shivamogga District, Karnataka. These plants belongings to 54 genera comprising of 36 families. The different parts of the plants used for piles treatment is shown in Table 1. They had been cross checked by literature previously reported for Piles.

Among the different plant parts, the fruits, bulb, seed, rhizome, leaf, whole plant parts, root/ bark etc are used for piles treatment. The methods of preparation fall into 4 categories viz., plant parts used as a paste, juice from the fresh plant parts, powder from fresh or dried plant parts and in the form of decoction. External applications and the internal consumption of the preparations involved in the treatment of piles. The conventional knowledge about utilization of local plant species is vital in alternate healthcare system as well as for the self sustenance of local population. High costs coupled with numerous side effects of synthetic drugs are forcing people to depend on the locally available herbal medicine for their healthcare needs. Methods of medical treatment used by knowledgeable elder people and local herbal healers in Shivamoggataluk were totally traditional, very effective and acquired through their ancestors orally. It is high time that these herbal species are scientifically evaluated and conserved for the well being of mankind. These

traditional herbal formulations need further pharmacological investigations to prove their efficacy and also develop new drugs for the effective treatment of chronic diseases (Shivanna& Rajakumar, 2010).

IV. CONCLUSION

The present study documented the plants used in the treatment of piles by the people of Shivamogga district, Karnataka. This study can serve as baseline information on the medicinal plants prosperity of this area. Further study will throw more light about the vast wealth of ethnobotanical information. Further pharmacological and clinical studies on these plants will provide effective natural medicines for piles treatment and it will also be useful to determine in the bio-prospecting potential of these plants.

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Table 1: List of plants used for piles treatment in Shivamogga district, Karnataka

Sl.No	Scientific name	Family	Parts used
1.	<i>Azadirachthaindica</i>	Meliaceae	Leaf, seed
2.	<i>Allium cepa</i>	Amaryllidaceae	Bulb
3.	<i>Aloe vera</i>	Asphodelaceae	Root
4.	<i>Abutilon indicum</i>	Malvaceae	Leaf, Root
5.	<i>Achyranthusaspera</i>	Amaranthaceae	Whole plant
6.	<i>Aeglemarmelos</i>	Rutaceae	Whole plant
7.	<i>Buteamonosperma</i>	Fabaceae	Bark
8.	<i>Carica papaya</i>	Caricaceae	Fruit
9.	<i>Citrus limonum</i>	Rutaceae	Fruit
10.	<i>Centellaasiatica</i>	Apiaceae	Leaf
11.	<i>Coriandrumsativum</i>	Apiaceae	Leaf, Seed
12.	<i>Calotropisprocera</i>	Apocynaceae	Root
13.	<i>Cocosnucifera</i>	Arecaceae	Fruit
14.	<i>Cyperusrotundus</i>	Cyperaceae	Root
15.	<i>Cynodondactylon</i>	Poaceae	Whole plant
16.	<i>Cassia fistula</i>	Fabaceae	Bark
17.	<i>Euphorbia hirta</i>	Euphorbiaceae	Whole plant
18.	<i>Eucalyptus globulus</i>	Myrtaceae	Leaf
19.	<i>Eclipta alba</i>	Asteraceae	Leaf
20.	<i>Ficusbenghalensis</i>	Moraceae	Bark
21.	<i>Ficusreligiosa</i>	Moraceae	Bark
22.	<i>Gloriosasuperba</i>	Colchicaceae	Tuber
23.	<i>Hemidesmusindicus</i>	Apocynaceae	Leaf
24.	<i>Hibiscus rosasinensis</i>	Malvaceae	Leaf
25.	<i>Ipomea sp.</i>	Convolvulaceae	Whole plant
26.	<i>Jatropha curcus</i>	Euphorbiaceae	Leaf
27.	<i>Jasminummultiflorum</i>	Oleaceae	Flower
28.	<i>Leucasaspera</i>	Lamiaceae	Leaf
29.	<i>Lantana camara</i>	Verbenaceae	Leaf, Shoot
30.	<i>Mimosa pudica</i>	Fabaceae	Whole plant
31.	<i>Mangifera indica</i>	Anacardiaceae	Seed, Bark
32.	<i>Momordica charantia</i>	Cucurbitaceae	Fruit
33.	<i>Moringaoleifera</i>	Moringaceae	Leaf, Root
34.	<i>Musa sp.</i>	Musaceae	Fruit
35.	<i>Millettiapinnata</i>	Fabaceae	Leaf
36.	<i>Nelumbonucifera</i>	Nelumbonaceae	Whole plant
37.	<i>Nerium indicum</i>	Apocynaceae	Flower
38.	<i>Ocimumbassilicum</i>	Lamiaceae	Leaf
39.	<i>Oxalis corniculata</i>	Oxalidaceae	Whole plant
40.	<i>Phyllanthusemblica</i>	Phyllanthaceae	Fruit
41.	<i>Psidiumguajava</i>	Myrtaceae	Fruit
42.	<i>Piper nigrum</i>	Piperaceae	Fruit
43.	<i>Punicagranatum</i>	Lythraceae	Fruit
44.	<i>Raphanus sativus</i>	Brassicaceae	Whole plant
45.	<i>Solanum nigrum</i>	Solanaceae	Fruit
46.	<i>Saraca indica</i>	Fabaceae	Bark
47.	<i>Syzygiumcumini</i>	Myrtaceae	Fruit
48.	<i>Terminalia chebula</i>	Combretaceae	Leaf
49.	<i>Terminalia bellerica</i>	Combretaceae	Leaf
50.	<i>Tinospora cordifolia</i>	Menispermaceae	Root
51.	<i>Tagetes sp.</i>	Asteraceae	Bud
52.	<i>Tamarindus indica</i>	Fabaceae	Root