



## MEDICINAL PLANTS USED BY THE ANDH, BHIL, PARDHI, THAKAR COMMUNITIES FOR TREATING THE HAIR PROBLEMS / DISORDERS IN MARATHWADAREGION OF MAHARASHTRA.

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### Abstract:

*The present work deals with traditional medicines used on treating the hair problems i.e. hair fall, dandruff, discoloration of hair etc from Marathwada region of Maharashtra.*

*Authors have collected the traditional knowledge from villagers, took the interviews noted on paper and recorded their knowledge For this authors visited the villages of different talukas in Marathwada such as Kannad, Sillod, Soygaon, Vaijapur, of Aurangabad districts which are dominated by few tribal inhabitants like Bhil, Pardhi, Andh, Thakar Vaidu and other while Kalamnuri, Sengaon, Umri, Sonpeth, Hadgaon, Talukas of Hingoli, Nanded and Parbhani districts of Marathwada region were dominated by Andh Tribes. Products from natural sources are an integral part of human health care system because there are major concern about synthetic drugs owing to their side effects and toxicity . The present study is an attempt to investigate the medicinal plants used for hair disorders / problems by tribal communities based in Marathwada region of Maharashtra.*

*20 Plant species belonging to 18 families of ethnomedical interest are recorded after survey and screening.*

### KEYWORDS :

Traditional medicines, Marathwada, Ethnomedicine, Vaidus

### INTRODUCTION

Indian medical system advocates the use of medicinal plants as drug source. Drugs obtained from plant origin occupy important position in different pharmacopias. Products from natural sources are an integral part of human health care system because of major concern about synthetic drugs and their side effects and toxicity. Many of the life saving drugs in present day of allopathic system are obtained from plant origin.

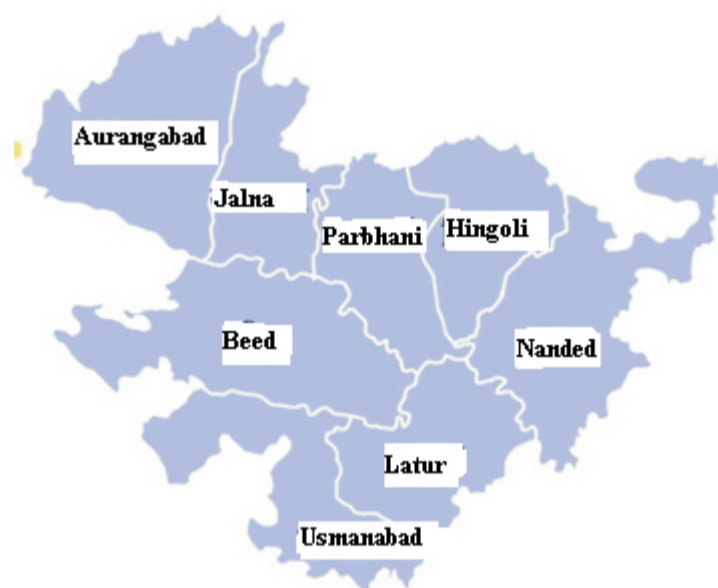
Data on the plant used including the medicinal ones have been systematically gathered and compiled by many workers. V.N. Naik [1998] and associates have been recorded a large number of medicinal plants for human diseases while some of them are used for animal health care [ Naser and Vaikos 2002, 2004]. Recently a research paper is published by Rafiuddin Naser and N.P.Vaikos on plants used in teeth care in Rural Areas of Aurangabad districts. S.A. Survase and S.D. Raut published their investigation on study of some tree medicinal plants in Marathwada, Maharashtra in Journal of Ecobiotechnology 2011. Chute and Tiwari (1999) have reported an indigenous ethnomedicinal plants from tribal region of Bhandara and Gadchiroli district of Maharashtra state.

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Hairloss, dandruff, discolouration of hairs etc, are common hair problems which may occur due to heredity, Older age, lack of nutrition use of Chemotherapeutic drugs, infections (Such as worms, lice, scabies and eczema) and use of synthetic products (Soups, Shampoos and hair oils). The present study is an attempt to investigate the medicinal plants used by tribal communities for hair problems in the Marathwada region of Maharashtra.

**STUDY AREA :**

Marathwada region of the state of Maharashtra Comprises of eight districts viz Aurangabad, Beed, Hingoli, Jalna, Latur, Nanded, Osmanabad and Parbhani. The region falls between 17°35' N and 20°40' N latitude and 74°01' E and 78°15' E longitude Marathwada region forms the part of the vast Deccan plateau of India and is one of the geographical division of Maharashtra state.



**Map Showing Marathwada Region of Maharashtra**

**ETHNOMEDICINAL SURVEY :**

An extensive ethnomedicinal survey was conducted in the rural and tribal pockets of Marathwada wild forest area which include places, like Shibghat, Ghatshendra, Chiwli, Vasadi, Bhildara, Chambharwadi, Kannadgaon, Dongargaon, Adgaon, Tandulwadi, all these villages from Kannad taluka mostly are the parts of Gautala forest in Marathwada region, similarly the survey was also carried in Aakatwada, Thakarwadi, Galleborgaon all these villages in Khultabad taluka mostly forms the forest of Mhaismal region. The survey was also conducted in Hadgaon, Kalamnuri, pathri, Sonpeth, Umri, Shengaon, Jintur, Kinwat, talukaks of Hingoli, Parbhani and Nanded District which were dominated by Andh tribes.

The roadside localities were visited by vehicle to study the plants places. The data presented are based on first hand information collected during 2010-2011. The information was collected by holding a group discussion with tribal medicinal practitioners, Knowledgeable women's senior citizens Shamans, Vaidus, Bhagats, Punjaros, The collected plant specimens have been authenticated by the literature of Ayurveda the collected plants species are alphabetically arranged according to their Botanical name, Local name, Family. The plants specimens has given the herbarium specimen number and deposited in Botany Department of Maulana Azad College, Roza Baugh, Aurangabad.

**ENUMERATION OF PLANTS :**

**1)Acacia sinuata (Lour) Merr. Trans. Amer. Philos. (Shikekai)**

**Family :- Mimosaceae**

An extensive, scandent, Shrubs, armed with numerous Small, hooked prickles, pinnae 4-8 pairs leaflets subsessile, 15-25 pairs, Flowers in globose head, on fascicled peduncles, arranged in terminal panicles corolla dull white pods flat, thick rugose depressed between the seeds.

\* 40-50 fruits are boiled in 250 ml of water for half an hours and foam obtained which is applied on scalp to wash hairs.

**2)Acorus calamus L.Sp.Pi. (Wekhand)**

**Family : Araceae**

Perennial rhizomatious herbs rhizomes stout, creeping, leaves equitant, lineua, lanceolates or linear ensiform, Flowers bisexual 3-merous, seeds few, pendulous.

\* Rhizome powder is used to eliminate dandruff.

**3)Aloe vera (L) Burm. F. FI. Ind. [Korphad]**

**Family :- Liliaceae**

Perennial, scapigerous herbs or undershrubs leaves Thick, Fleshy, radical, eansiform in rosette, flowers numerous in racemose on 1-3, simple or branched shapes. Perianth orange red Filaments shortly exerted

\* Pulp of leaves is applied on hairs for 2 to 3 hours to make hair silky.

**4)Annona squamosa :- L.Sp.PI.(Sitaphal)**

**Family Annonaceae.**

Shrubs or small trees leaves elliptic oblong. Flowers axillary solitary or few leaf opposed. Stamens numerous, carpels numerous, pubescent, 1 ovuled, style oblong, stigma entire, Fruits globose tuberculate with rounded tips seeds many black, shiny, arillate.

\*Paste of the seed should apply on the scalp of hairs in the morning and keep for 3-4 hours to remove dandruff and kill lice.

**5)Azadirachta indica juss. in Mem. Hist. Nat. (Neem/ Kadunimb)**

**Family :- Meliaceae**

Trees, bark cracked, leaves simply pinnate crowded at the ends of branches, leaflets 9-12 flowers in axillary panicles stamens 10. united ovary glabrous, 3 celled, cells opposite to petals, ovules 2 in each cell, stigma 3 toothed, drupes, yellow, 1 seeded.

\*Seeds are crushed, mixed in sesame (Til) oil and boiled for one hour. It is then applied on scalp to remove dandruff and kill lice, Juice of the leaves is also applied on scalp to remove dandruff.

**6)Bacopa monnieri (L.) Penn. in proc. Acad. Nat. Sci. (Brahmi)**

**Family: - Schrophulariaceae**

Glabrous, succulent creeping herbs, rooting at stamens 4, anthers in pairs, capsules opening by pores below the apex, Seeds numerous ovoid, black

\* Leaves are soaked in til/sesame oil for 2-3 days and then boiled for ½ half an hour. This paste. is then massaged on scalp to prevent hair fall.

**7) Cuscuta reflexa Roxb (Amarvel)**

**Family :- Convolvulaceae**

Stems very long rather stout, closely twinning, branched glabrous, flowers in umbellate clusters of 2-4 or in short racemes corolla white capsule depressed globose, glabrous, seeds 2-4 large, black, glabrous.

The plant extract is applied on the scalp of hairs early in the morning to get rid of dandruff.

**8) Emblica officinalis Gaerth. Syn. (Amla)**

**Family :- Euphorbiaceae**

Middle size, deciduous trees, leaves distichous flowers in axillary fascicles male flower numerous. Perianth segments 6 distinct Anthers 3 Female flowers few, subsessile, fruits fleshy globose with 6, seeds 6 trigonous.

\* Fruit powder soaked in til oil and then boiled at 80-90°C prepared oil is applied on scalp and massaged well to prevent hair loss.

**9) Eucalyptus globulus Labill, Rel. Voy. Rech. (Nilgiri)**

**Family :- Myrtaceae**

Tree, bark flakes off into long stripes, Leaves lanceolate flowers large 1-3 together on a short peduncle calyx tube hard bluish white, lid of calyx and corolla conical.

\* Nilgiri oil is mixed with Kapoor tablets. The mixture is then applied to the scalp for eight days before sleeping in the night for killing the lice.

**10) Hibiscus rosa sinensis L. Sp. Pl. (Jaswand)**

**Family : Malvaceae**

Shrubs, stem woody, lenticillate, flowers axillary, solitary, pedicels longer than petioles, corolla infundibular blood red, staminal column antheriferous at tip

\* About 20-25 fresh flowers are crushed and boiled in 200 ml of sesame / til oil for one hour. The oil is applied on scalp to prevent hair fall and to blacken the hairs.

**11) Lagenaria siceraria (Molina) J. Standl. Publ. Field Mos. Nat. Hist.**

**(Dudhi Bhopla)**

**Family :- Cucurbitaceae.**

Large, Climbing annual herbs, tendrils bifid leaves 5, lobed, male flowers in small fascicles of 3-6 peduncle, female flowers 1 many, axillary, Fruits subsessile globose, bluish red when ripe seeds yellowish brown

\* Fruits are crushed and soaked in til oil for 12 hrs. boiled for half an hour then applied on scalp to prevent hair fall and to cool the head.

**12) Linum usitatissimum L. Sp. Pl. (Jawas)**

**Family – Linaceae**

Annual erect, branched herbs, Flowers 2-3 cm across in axillary cymes sepals 3, nerved petals blue or purple, style free capsule globose, mucronate.

\* Seed oil is applied on scalp to remove dandruff and kill lice.

**13) Lawsonia inermis L.Sp. PI (Mehandi)**

**Family : Lythraceae**

Shrubs, branches thorny, Leaves broadly elliptic lanceolate, Flowers 10-12 mm across, in axillary panicles petals pale yellow or creamy white stamens 8. inserted in pairs on calyx tube capsule globose.

\* Powder of leaves is soaked in buttermilk overnight along with a pinch of tea powder in pot . The paste obtained is applied on scalp to blacken the hair The Henna dye is kept on scalp for 3-4 hours then washed with water.

**14) Mangifera indica Linn. (Amba)**

**Family :- Anacardiaceae.**

Trees, evergreen trees, leaves crowded at the ends of branches, oblong, lanceolate cariceous, flowers polygamous in large, terminal panicles, petals 4-5 free or adnate to disk, drupes obliquely reniform, black stone hard 2 valved.

\* 50 gm of dried seed powder and 100 gm dried Henna powder are added in 500 ml of water (in iron pot) and boiled for half an hour the paste formed is applied to the hairs for three hours to provide dyeing effect.

**15) Melia azedarach L.Sp.PI. (Bakan Nimb)**

**Family :- Meliaceae.**

Trees, Leaves alternate 2-3 pinnate, pinnae opposite or alternate, leaflets 3-11 opposite flowers in long peduncle axillary panicles petals 5 stamen 10, ovary 5 celled, drupe subfleshy. seeds pendulous, elliptic.

\* 30-35 seeds are crushed and boiled in 250 ml of water and applied on scalp to remove dandruff and kill lice.

**16) Nicotiana tobacum L. Sp. PI. (Tambaku)**

**Family : Solanaceae.**

Erect, glandular, pubescent, much branched herbs leaves sessile, narrowed and semi amplexiculate at base. Flowers in terminal panicles calyx copular, slightly enlarging in fruit corolla greenish white, capsule 2-4 valved seeds globose, black.

\* 10-12 leaves of nicotiana tobacco are soaked in water for overnight. The hairs are then washed with this mixture for killing the lice.

**17) Ricinus communis Linn (Erand)**

**Family : Euphorbiaceae.**

Erect, small trees, stem terete hollow swollen at nodes, Leaves spirally arranged, peltate palmately 5-11 lobed flowers in narrow terminal panicles consisting of subsessile cymes of lower males and upper female flowers, fruits, covered with soft prickles seeds carunculate at base, mottled with grey brown.

\* Seed oil is applied on scalp and massaged to prevent hair loss.

**18) Sapindus trifoliatus auct. non.L.(Ritha)**

**Family : Sapindaceae.**

Trees, leaves alternate, abruptly pinnate, leaflets opposite 2-3 pairs, lanceolate or elliptic oblong flowers polygamous regular in terminate or axillary rusty tomentose panicles males numerous and bisexual flowers few, disk concave with fleshy hirsute margin fruits fleshy, seeds blackish.

\* About 20-30 fruits are boiled in 200 ml of water and applied on scalp to wash hairs.

**19. Sesamum indicum Linn (Til)**

**Family : Pedaliaceae**

Erect annual herbs leaves very variable often deeply 3 lobed flowers forming a false raceme at the ends of branches corolla white with yellow palate seeds compressed yellow or white

\* Seed oil is applied regularly on scalp and massaged well to prevent hair fall and for long life of hairs.

**20) Vitex negundo L. Var. incisa (Lam). C.L. in. Hook.(Nirgudi)**

**Family : Verbanaceae**

Large shrubs or small trees. Leaves 3-5 foliolate flowers in a large terminal after compound pyramidal panicles calyx. white tomentose corolla bluish purple drupes black when ripe

\* 100 gm of leaves are soaked in til for 12 hrs and then boiled for half an hours prepared oil is used for massaging scalp to prevent the hair fall.

**CONCLUSION**

Perusal of literature indicates that Marathwada region in the Maharashtra state is botanically underexplored and specially in Bhil and Andh communities. The peculiar geographical position and physical features of the region gives idea to a large extent the extreme isolation of tribes people in the area are dependent on limited agriculture land and local plant products.

Their immediate contact and dependence on nature has led to the development of curious knowledge, which ultimately is reflected in traditional culture, Folklore, local belief and religion. It was observed that among 16 species included in the paper some species of plants like *Acacia sinuata*, *Hibiscus rosasinensis* linn, *Azadirachta indica* A. Juss, *Aloe barbadensis* mill are used extensively for hair disorders by tribal peoples living in a Marathwada region of Maharashtra.

The ancient Indian system of medicine needs verification on modern scientific basis. An attempt to blend ancient and modern science as well as art could be fruitful and such attempts must be carried out on sound scientific basis. It is very necessary that researchers and the professionals look seriously at complementary and alternative modalities of herbal remedies for the hair disorders available from plants origin used by the tribes in Marathwada region. Hopefully some of the new uses and substitutes will be fully studied through experimental and scientific research which may led to the development of commercial products.

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