

Traditional Medicinal Plants and Healers of Nalamalla Forest

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ABSTRACT: Since the ages plant has been playing a major role in the field of science. Especially the believes of tribes on some plants proved scientifically. These tribes got this medicinal knowledge of plants as a tradition. This study has made in Nalla mala forest, there are more than 6 tribal people living in different parts of the forest like palutla, Nekkanti Nadathadika, Chinthala gudams etc. I met the so called Dora, (Doctor) and collected 80% of medicinal plants. I also met another tribe chenchu leader who gave me another 20% of medicinal plants and their use I collated nearly 25 plants and 30 of their families. These, medicinal plants are very popular in near by towns. Most of the town people visit these gudams for medicines.

KEYWORDS: Traditional Medicinal Plants, and healers' in Nalamala Forest

INTRODUCTION

Guntur district, an area of 430 sq. km is situated in the North coast of Andhra Pradesh, bounded on the south prakasham district and Kadapa district. Nalamala forest consists of 6 tribal clusters split into different parts of the forest, gudam names palutla village, Nekkanti Nadathadika, Chinthala gudams. The tribal live in these villages, with all own socio-culture. The main occupation of the tribes is gathering food and hunting, besides they grow some plants in their backyards.

Early some people worked on this project, and have been carried several researches on medicinal plants. But my research is purely based on the collection of flowers, plants herbs seeds and nuts which are very important part of the tribal healers.

Traditional medical practices are an important of the health care system .It is attracting the international scientist, to vast study of the medicinal plants. It is also drawing the attention of medicinal practitioners around the world. The present study reveals the folklorie use of 25 plant species belonging to 30 families of the plants. The plant species are used to cure one or two diseases. The dosage is prescribed based on age and type of severity of illness.

MAP OF NALLAMALLA FOREST



MATERIALS AND METHODS

Study: Nalamala is a dense forest which spreads in three district of Andhra Pradesh the collected data includes plant, herb, seed, flowers, with local names, parts of the plant flower, seed, and nuts are used for different diseases. The herbs and plants are collected with the help of Gudam leader who is said to be the herbs doctor. This man got this usage of this plants from his parents as a tradition. The scientific name of these plants and herbs were identified. The present study is on 25 numbers of plants species belong to 30 families. These plants are given under with their local name, dieses dosages and part which is used and their uses.



Abrus Precatorius (Guruvinde Ginjal)



Azadirachta Indica (neem)



Datura metal



Ocimum Tenui Florum(Tulasi)



Centella Asiatica (sarswati plant)



Ricinus communis(Amudam)



Anona squamosa (sita phalam)



Tamarindus Indica (chinta chetu)



Tribulus Terrestris (palleru)

MEDICINAL PLANTS TABLE

S.No	Scientific Name	Local Name	Use of the Part	Medicinal Use
1	Ocimumtenifloram	Tulasi	Leaves, Juice of Leaves	Cough and Cold
2	Ricinus communis	Amudam	Leaves	Control Body pain
3	Datura Metal	Umetta	Leaf and Bark	Skin Allergy
4	Centella aciatica	Saraswthi	Leaves mixed with honey	Improve memory power
5	Nona squmosa	Seetapalam	Leaves. Grained the leaf and applied to the tumor	Tumours cane be controlled
6	Lowsina	Gorinta	Leaves	Jaundice
7	Bombox ceiba	Burugu chekka	Bark, grind the bark and mixed with water	Body heat regulations
8	Casifistula	Ralakya	Fruit	Fids legs scrams
9	Lleucasaspera	Thumikuru	Root	Asthmatic problem
10	Bryophyllum	Ranapala	Leaves	Wounds healing
11	Sphaeranthus indicus Linn	Bodsaram	Leaf	Sexual stimulation, Body pains and Diabetes
12	Litseasebifera	Narre mamedi	Bark	Abdominal pain
13	Tectonegrandis	Teaku	Flower	Urine flow
14	Holoptaliaintegricelia	Namelinara	Bark	Abdominal pain
15	Dolichas biflorous	Balackuluvu	Seed	Piles

16	Myristica fragarans houtt	Japathri	Nutmeg	Sleeping disorders
17	Euphorbia hirta Linn	Dhugdika	Leaves	Asthma cough
18	Phyllanthus amarus schum	Nelausiri	Leaves,fruits,roots	Jaundice
19	Abrus precatorius linn	Guruvindha	Leaves,seeds,root	Leaves and root is given orally for cold and cough; seed powder is used to induce abortion.
20	Azartica Indicia	Veepa chettu	Bark, leaf	Bark to kill worms, leaf use to measles.
21	Tamarindus Indica	Chenta chettu	Pulp, fruit	vomiting
22	Mangifera Indica	Mamedi chettu	Leaf	Burn leaf ash applied on burns
23	Syzygium cumini	Neredu chettu	Fruit,seed,leaf,bark	Reduce cough, healing, improve digestion
24	Argemone Mexicana linn	pechikusuma	Whole plant	Skin diseases, external wounds ulcers
25	Tribulus Terrestris	palleru	Whole plant	Reproductive support, enhanced fertility, and regular menstrual cycles.

CONCLUSION

The present study has been conducted to understand the medicinal plant resource in the Nalamala forest of Andhra Pradesh, as well it explores the traditional knowledge of conventions and old believes of chenchu people of this forest area. This medicinal plant information is to be taken in to large scale cultivation and to conserve these medicinal plants which provide a lot of use for the coming generations.

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