



Study of some Ethno-medicinal plants used by tribals of Jhabua, Madhya Pradesh, India

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Abstract

Jhabua is one of the predominantly tribal district lies in the western part of Madhya Pradesh where majority's population belongs to Bhils, Bhilalas, and Patelias. Tribal communities hold a sacred forest in each village, maintained by them for environmental and ritualistic purposes. They utilize a large number of medicinal plant species occurring wild in the district as herbal remedies in various diseases and ailments. An Ethno botanical surveys had been carried out in the Jhabua district of Madhya Pradesh from 2022-Aug 2025. The investigation deals about 23 plant species which is used by tribal communities of this area. A record of 23 medicinal plant species which is belong to 16 Family and 23 Genera used by tribals to cure various ailments among human beings are systematically described. Ethnobotanical information was provided by indigenous and local tribal communities who have accumulated extensive indigenous knowledge about their local medicinal plants for curing of diseases through generations of observation and interaction. The present investigation deals with the ethno botanical study of Jhabua region for the preparation of an inventory. Details of medicinal plants are described alphabetically, botanical names followed by family, local names, plants part used, and the ethno medicinal uses has been provided.

INTRODUCTION

Ethnobotany deals with the study of the interrelationships between plants and humans in particular environment, encompassing the listing of useful plant species and the interpretation of their relationships with human societies. In last couples of decades, ethno botanist are very fascinated about the discovery of novel medicinal plants and its uses by tribal communities as a part of bioprospecting for new drugs which shows classically has been based on ethnobotanical information. The herbal drugs are initially evaluated on the basis of phytochemical and pharmacological approach. WHO has prepared list of medicinal plants that used globally (Srivastav *et al.*, 2011). Present ethnobotanical investigation is conducted in the Jhabua region of Madhya Pradesh. The area of Jhabua district selected for study is a treasure of

traditional medicines. Indigenous medicinal herbs have been used for different ailments and also for wound healing by people and tribes in the Jhabua region. Most of the village inhabitants of Jhabua district belong to tribal communities. Major part of district is covered by dense forest are in which various tribes like Bheel, Bhilala and Patalia are living in majorities (Wagh and Jain, 2014). The Bhils have developed a comprehensive traditional healthcare system based on their deep-rooted understanding of local flora and natural remedies. Despite the rapid expansion of modern healthcare facilities, traditional medicine continues to be a crucial part of the Bhil tribe's healthcare system. Many rural and remote areas of Jhabua district still depend on herbal treatments and indigenous healing methods due to limited access to formal medical institutions.

The tribal communities rely on traditional healers, known as 'Badwa,' who pass down medicinal knowledge through generations (Kushwah and Roy, 2025). Earlier floristic and ethnobotanical works of Jhabua district were carried out by (Maheshwari *et al.*, 1986; Kadel and Jain, 2006; Wagh and Jain, 2010; Wagh and Jain, 2010b; Jain *et al.*, 2011; Wagh and Jain, 2013; Wagh and Jain, 2013b; Wagh and Jain, 2014; Wagh and Jain, 2019; Kushwah and Roy, 2025). Despite the vast and varied flora of Western Madhya Pradesh floristic diversity of the Jhabua district has not been explored sufficiently.

MATERIALS AND METHODS

For ethnobotanical study, intensive floristic survey was conducted in different tribal inhabited areas of Jhabua district during 2022-Aug 2025. Extensive field trips were organized for collecting the plant species and data from various villages and forest areas of Jhabua district division in the manner so that each locality could be studied in each season of the year. Periodic collection of plants was made from each locality. The method adopted for collection of data was about medicinal uses of plants in the treatment of various diseases. Ethnobotanical information's were collected by standard method of Jain and Rao, (1977). A questionnaire Form was prepared to gather data for this purpose, the collected plant specimens were identified by using various floras, authentic published literature and others standard literature (Wagh and Jain, 2013; Wagh and Jain, 2013b; Wagh and Jain, 2019; Jain and Rao, 1977). Information on plants used for other than medicinal purpose is also given. Information on ailments,

plant part used, formulation along with dose and duration etc. gathered from tribals have been enumerated.

RESULTS AND DISCUSSION

The plant species studied were arranged alphabetically along with their botanical name, family, habitat, local name, plant part used and ethnomedicinal uses are mentioned in Table no 1. During the ethnobotanical field survey study, plant and plant parts are used for medicine in Jhabua district to treat different diseases have been systematically explored and documented. During the survey carried out it was found that this knowledge is restricted to traditional healers, folk healers and elderly people. Analysis of the data revealed that leaves and fruits are mostly used for various disease followed by whole plant, root, bark, seeds, flower buds and stem. The number of plant species used by the tribe for curing some of the important and common diseases are toothache, diarrhea, joint pain, jaundice, swelling, viral infection, menstrual bleeding in women, skin acne, body pain, fever, abortion, vomiting, white discharge, antidote, blood clotting in veins, mouth ulcer, urolithiasis, testicles abnormalities and protect against evil eye. The present communication documents 23 plants species belonging to 16 Families 23 genera that are traditionally valued. Different plants part is used in different diseases. Most of the plants used in the form of decoction, paste and juice. The plants used are found growing and are available in the vicinity and in many cases are immediately available as therapeutic.

Sr. No.	Botanical Name	Family name	Habitat	Local Name	Part used	Ethnomedicinal uses
1.	<i>Achyranthes aspera</i> L.	Amaranthaceae	Herb	Sarsedoo	Root	Chewing the fresh roots relieves from toothache
2.	<i>Annona squamosa</i> Linn.	Annonaceae	Tree	Sitafal	Flower and bud	Paste of flowers and buds are given in diarrhea.
3.	<i>Calotropis gigantea</i> (L.) Dryand.	Apocynaceae	Shrub	Safed aakda	Leaves	Applying warm leaves to reduce joint pain. Take one fourth of juvenile leaf for three days with sugar to treat jaundice. (Pregnant women caused abortion) Latex from leaves used against scorpion bite.
4.	<i>Catharanthus roseus</i> (L.) G. Don	Apocynaceae	Herb	Barmasi	Leaves	Bandaged warm leaves to reduce swelling.
5.	<i>Cassia tora</i> Linn	Caesalpiniaceae	Herb	Puvadiya	Leaves	Leaves extract apply on honey bees bite area to relief from swelling and pain.

6.	<i>Crataeva nurvala</i> Buch. Ham.	Capparidaceae	Tree	Barna/ Vavren	Leaves & stem bark	Leaves and stem bark are boiled in water and used as a decoction in the morning and evening against corona virus infection, diarrhea, preventing excessive bleeding during pregnancy. Bark paste useful for children to avoid skin acne.
7.	<i>Argyrea nervosa</i> (Burm. f.)	Convolvulaceae	Climber	Tambasariya	Leaves	Warm leaves apply on swollen parts of body to relief from swelling and pain. Drink water with one third of the leaves gives relief from fever.
8.	<i>Cuscuta reflexa</i> Roxb.	Convolvulaceae	Climber	Dodder/ Amarbel	Whole climber	Decoction of half glass amarbel given in jaundice. Boiled juice also use for bath in jaundice causing reddish eyes curing for small children.
9.	<i>Jatropha curcas</i> L.	Euphorbiaceae	Shrub	Ratanjyot	Seed	Ground seeds used for abortion.
10.	<i>Ricinus communis</i> L.	Euphorbiaceae	Tree	Arandi	Root	Decoction of root extract used against vomiting.
11.	<i>Acacia leucophloea</i> (Roxb.) Willd.	Fabaceae	Tree	Safed babul	Stem bark	Stem bark decoction is given in diarrhea.
12.	<i>Butea monosperma</i> (Lam.) Taub.	Fabaceae	Tree	Safed Palash/ khakhara	Stem bark	Bark juice used in the form of decoction to cure white discharge in women.
13.	<i>Caesalpinia bonduc</i> (L.) Roxb.	Fabaceae	Tree	Gattar	Fruit	Fruit powder is used to stops vomiting, fever and diarrhea.
14.	<i>Indigofera linifolia</i> (L.f.) Retz.	Fabaceae	Herb	Bhangra	Whole plant	Decoction of whole plant extract in small amount with empty stomach (one time in a day) relief from joint of bones pain.
15.	<i>Abutilon indicum</i> (L.)	Malvaceae	Shrub	Ukadandi	Leaves	Leaves decoction is given as antidote against snakebite and also applied on the bitten area.
16.	<i>Corchorus aestuans</i> L.	Malvaceae	Herb	Rajan ki bajii	Seed	Seed powder is given in the fever.
17.	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook. f. and Thoms	Menispermaceae	Climber	Giloy	Stem	Stem powder used to cure blood clotting. Dried powder along with neem leaves consumes daily to treat corona infection till recovery.
18.	<i>Ficus glomerata</i> L.	Moraceae	Tree	Umari	Leaves	Use milky latex with pure cow ghee to treat ulcers.
19.	<i>Cynodon dactylon</i> (L.) Pers	Poaceae	Grass	Darodi	Grass	Keep grass in pocket to protects from evil eye/ tantra mantra doesn't work.
20.	<i>Ziziphus mauritiana</i> Lam.	Rhamnaceae	Shurb	Jali boor	Root	Root juice used to stop excessive menstrual bleeding in women.
21.	<i>Citrus limon</i> (L.) Burm (Ponderosa lemon)	Rutaceae	Tree	Godra nimbu	Fruit	Peel of the fruit given in stone disease (every day in small amount).
22.	<i>Madhuca indica</i> J.F. Gmel.	Sapotaceae	Tree	Mahua	Fruit oil	Fruit oil used for massage to relief from varicose veins. Paste of flowers applied on biting site of scorpion's as an antidote.
23.	<i>Physalis minima</i> L.	Solanaceae	Herb	Popta charmoli	Fruit	Crushed fruits eat or applied on enlarge testicle to restore testicle size.

CONCLUSION

Our studies shows that tribal of Jhabua district are dependent upon the various plant biodiversity resources for medicine and other purposes. Ethnobotanical data evaluation proved a baseline to search new herbal drug prospective in future. Ethnomedicinal information also helpful to Pharmaceutical Company to discover a new drug.

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