

## **An Ethnobotanical Study of Selected Tribal Plants at Vidisha District M.P**

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**Abstract:** This study is based on to show the value of selected wild plants like (*Vanda tessellata* , *Selaginella bryopter*, *Opuntia dillenii*, *convolvulus prostratus* , *Tricosanthes bracteata*- fruit, *Martynia annua*-fruit, *Diospyros melanoxyton*), are in vidisha district at M.P. which are rich in there medicinal value

**Keywords:** tribal, wild fruit, medicinal value vidisha district (M.P.)

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### **1. INTRODUCTION**

Medicinal plant takes a important role in providing health care to humans, since down to civilization. the current study area is Vidisha district present in M.P., we known that Ayurveda gives so many idea to use plant as medicine the ethnobotanically important plants are the treasure for Vidisha district, now a day tribal change their technique to live ,but some natural techniques used by them for health care are beneficial. They used plant, trees and different plants products as per there experience ad overview of forefathers .Vidisha is rich to use of tribal plants as medicine for the treatment of many diseases

An ethnobotanical study was under keen to collect information proposed to be used full for research on medicinal plant of the Vidisha district of m.p. ,comprises of a large population of tribal communities .belonging to various ethnic group, they tribal possess vast knowledge on various aspects of plants, Vidisha district of M.P., extents between latitude 230,21' and 240,20' north and longitude 770,15'30'' and 780,18' east .the district is situated in eastern part of the fertile malwa region . The tropic of cancer passes through the southern stretch of the district about 2 KM south of the district head quarter. it is bound in the north by Guna district ,in south by Raisen district and in the east by Sagar district .

Bheel , Sehariya and Mongiya are the common tribes in Vidisha district the actual population of Vidisha district (from census 2011 data )is 1,458,875 .in which 76.72% population of Vidisha district lives in rural area of villages. 261,816 Sehariya are in Vidisha and its surrounding (AS PER POPULATION CENSUS 1981)

### **2. MATERIAL AND METHODS**

As per survey of Vidisha region .some tribal species is collected and as per the discussion with those tribal and belongings of vidisha range gives idea on uses of tribal plants as medicine, there are some information is public by survey is

| S.NO. | BOTANICAL NAME OF PLANT | COMMON NAME OF PLANT | MEDICINAL USES   |
|-------|-------------------------|----------------------|--|
| 1     | Vanda tessellata        | orchid               | Useful in dyspepsia, bronchitis, inflammations, piles and hiccup. Externally the root is used in rheumatism and allied disorders and diseases of the |

|   |                                   |                |  |
|---|-----------------------------------|----------------|--|
|   |                                   |                | nervous system   |
| 2 | Selaginella bryopteris<br>-leaves | sanjivini      | antioxidants, antiinflammatory, anti-cancer, anti-allergic, antimicrobial, antifungal, antibacterial, antiviral, protective against UV irradiation, vasorelaxant, heart boosters, antihypertensive, anti-clotting, and affect the metabolism enzymes   |
| 3 | Opuntia dillenii-roots            | cactus         | Helpful in the treatment of type 2 diabetes<br>Helps in the treatment of hyperlipidemias (increased or abnormal level of lipids in the blood)<br>Contains anti-inflammatory properties<br>Helps manage conditions of overweight and obesity<br>Prevents cancer<br>Heals wounds<br>Helps treat BPH (Benign Prostatic Hyperplasia) symptoms  |
| 4 | convolvulus prostratus            | Shankh -pushpi | Paste of Shankhapushpi improves memory and intelligence anti aging, improves life expectancy, longevity<br>useful in cough, cold<br>useful in toxic conditions, natural detoxifier<br>useful in epilepsy<br>useful in psychiatric disorders<br>useful in vomiting<br>promotes movement of liquids in natural path,<br>useful in constipation   |
| 5 | Tricosanthes bracteata- fruit     | kachri         | the fruits are used in the treatment of asthma, earache and ozoena (intranasal crusting, atrophy and fetid odor). In the Unani system of medicine, the fruits are used as a carminative (an agent that relieves flatulence), a purgative, and an abortifacient, to lessen inflammation, cure migraines, and reduce heat of the brain, as a treatment for ophthalmia (inflammation of the eye), leprosy (infectious disease caused by <i>Mycobacterium leprae</i> ), epilepsy (episodic impairment or loss of consciousness, abnormal motor phenomenon) and rheumatism, (painful local inflammation of joints and muscles) as well as other uses. The seeds are emetic and a good purgative. In the Thai traditional system of medicine, the plant is used as an anti-fever remedy, a laxative, an anthelmintic as well as in migraine treatments |
| 6 | Martynia annua-fruit              | Hata jori      | Juice of leaf for epilepsy, tuberculosis and sorethroat. <sup>[4]</sup> Besides these, the stem of the plant is used by Tantriks   |
| 7 | <i>Diospyros melanoxylon</i>      | Tendu-fruit    | like Cough, Diarrhea, Dysentery, Wound healing, Diabetes, Jaundice, Sunstroke, Fever, Vomiting, Skin diseases, Fatigue, Blood purifier,  |



*Vanda tessellata*, species of orchid



*Selaginella bryopteris* –leaves



*Opuntia dillenii*-roots



*convolvulus prostratus*-Whole plant



*Tricosanthes bracteata*- fruit



*Martynia annua-fruit*



*Tendu-fruit*

### 3. CONCLUSION

As per the study we can conclude that there are so many plants available in tribal area in our surrounding which are too much beneficial for health purpose and can provide easy source for phonological studies .with the help of tribal experience we can made generic medicine for its wide use of natural products.

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