

Journal of Traditional and Folk Practices

Ethnomedicine for cold and cough by the tribes of Srikakulam district, Andhra Pradesh

B V A Ramarao Naidu and T V V Seetharami Reddi*

Department of Botany, Andhra University, Visakhapatnam - 530003, Andhra Pradesh, India *Email: reddytvvs@rediffmail.com

Received: 23 Apr 2018 Accepted: 30 May 2018

Abstract

Ethnomedicinal survey of plants used for the treatment of cold and cough by the tribes of Srikakulam district, Andhra Pradesh, yielded 41 species covering 39 genera and 29 families. Lamiaceae and Euphorbiaceae with 3 species each are the dominant families followed by others. Herbs are dominant with 17 species followed by shrubs (9 spp) and others. Leaf is used in a maximum of 12 practices followed by fruits (6), and others. All the interesting as well as less known ethnic uses must be seriously taken-up by the researchers for scientific validation.

Keywords: Ethnomedicine, Cold and Cough, Tribes, Srikakulam district, Andhra Pradesh

1. Introduction

Nature has created plants in the world for every ailment and there is cure for every disease. World Health Organization estimates over 80% of the people in developing countries depend on traditional medicine for their primary health care. Srikakulam district is the northern most part of Andhra Pradesh state, located within 18°5' -19°12'N and 83°32' - 84°47'E and bounded by Orissa state on the north and Bay of Bengal in the east and south-east and the Vizianagaram district in the west and south-west. Though ranking very low both in area (5837 sq km) and in density of population among the districts of Andhra Pradesh, possess considerably high density of tribal population in hilly and forest areas. The geographical area of the district is 5837 sq km and the forest area covers 70864.13 hectares. It is inhabited by 133, 239 tribal people comprising of 5.74 per cent of the total population (Census 2001). The tribal communities included in the present study are Savara, Jatapu, Konda dora, Gadaba, Kuttiya and Yerukala. Though there are publications on cold and cough in different regions of India by different tribes (Punjani and Kumar, 2002; Suneetha *et al.*, 2009; Manjula and Reddi, 2016; Swamy and Reddi, 2017) yet exclusive studies on the tribes of Srikakulam district were not available thus necessitating the present study.

2. Materials and Methods

The ethnomedicinal data presented here is the outcome of a series of intensive field studies conducted over a period of five years (1997-2001) in 74 interior tribal pockets involving all tribal communities with good forest cover. In addition to the randomly selected informants in the field, tribal villages and shandies, 41 vaidhyas/medicine men have contributed their ethnomedicinal knowledge to the present study. The approaches and methodologies for ethnobotanical work suggested by Jones (1941) and Jain (1987, 1989) were followed. Each medicinal practice was cross checked with at least 4-5 informants. Every attempt was made to locate the medicinal plants and voucher specimens were collected in

both flowering and fruiting stages and herbarium specimens were prepared and deposited in the Herbarium of Botany Department (BDH) of Andhra University, Visakhapatnam.

2.1. Ethnology of the tribes

Savaras, one of the most primitive tribes largely depends on plant resources for their food, medicine and material culture. The name Savara is derived from a Sanskrit word. Their origin can be traced from Aithreya Brahamana of Rigveda, which mentions Savaras as sons of Viswamithra, the ancient Kshatriya sage. The facial profile is broad type and the language of Savaras belongs to Kol-mundo family of Austro-asiatic linguistic group.

Jatapu community is a civilized section of the Khonds. Jatapus live in symbiosis with Savaras, members of both the tribes either dwelling in adjoining villages or sharing the same village site. Their mother tongue is Kuvi, belongs to the Dravidian family of languages, but most of the Jatapus have adopted Telugu as their mother tongue.

Konda dora believe that they are the descendants of the Pandavas of Mahabharata and call themselves as Pandava rajas or Pandava doras. Their language is Konda, which belongs to the Dravidian family of languages. Most of them have forgotten their dialect and have adopted Telugu as their mother tongue.

Gadabas derive their community name either from river Godavari or from "Goda", an Oriya word meaning a brook. Gadabas are of two linguistic groups, those who speak Gadaba belonging to the Dravidian family and those who speak "Gutob", belong to Austro-asiatic family of languages.

Kuttiyas claim themselves to be descendants of Janaka, a mythological king of Ramayana. They are divided into a number of clans. The Kuvi language is spoken by them at home, while Telugu is used for inter-group communication.

Yerukalas derive their name from Eruku knowledge or acquaintance. The origin of the tribe tells how 'Renuka', who came to life with male head and came to be known as 'Ellamma',

the patron deity of the tribe. Some people depend on basket making while women wander from village to village as fortune tellers and as tattooists. They speak a mongrel dialect, which appears to be a mixture of Tamil, Telugu and Konkani. Yerukala is a patriarchal society and father is the head of the family.

The language among the tribes is traditionally passed on without a written document. On the basis of the structure of language the tribal dialects have been divided into groups namely Dravidian and Austric.

2.2. Organisation and leadership

The family is considered as the basic unit, and also give importance to larger kinship units like lineage. The people belonging to same lineage co-operate with each other in agricultural activities, socio-religious ceremonies and house construction etc. The tribal society is also patriarchal. The rule of residence of women after marriage is patrilocal. The status of woman in the society is elevated in many respects, she is responsible for quest for food, maintaining the offspring, etc. Savara woman does not change their lineage ever after marriage. Both men and women equally participate in collection of forest produce and in agricultural activities. Among the tribal groups of the district, village headman (Vejjodu) is the chief and he is assisted by the priest called Jannodu and Purohit called Disari. The property is transferred according to rules of inheritance prevailing in the respective tribes. In Jatapus, the eldest son inherits the parental properties where as in Savaras, all the sons inherit the properties in equal proportions. The tribes have their own Panchayats and Councils to solve their problems.

2.3. Occupation

The main occupation of these tribes is agriculture. Almost all tribal groups practice *podu* cultivation on the hill slopes and plough cultivation in plains. Apart from the cultivation of crops, they collect minor forest produce including honey for domestic use and for sale to support their family economy. Fishing is a leisure-time occupation and the tribes still use

the age-old tools like nets, hooks, fish-baits and also use piscicides of plant origin. Each tribe usually carries with him a knife and some times bow and arrows since his childhood, not only for hunting but also for self-protection. Hunting is a seasonal practice and they catch animals using a variety of traps, snares etc. The tribes rear pigs, cows, goats, fowl, etc., which play an important role in their economy. They make baskets, mealplates, granaries, mats, brooms, ropes, firewood, etc., for their domestic use and to sell in shandies.

2.4. Food

The main source of food is rice, millets, pulses and wild edible plants. The produce of cultivated fields is insufficient and the tribes gather edible tubers, rhizomes, leaves, fruits, seeds, etc. from nearby forests in different seasons to supplement their food requirements. During summer, wild mangoes are collected in large quantities. The tribes make a kind of porridge called Java or Ambali from the processed kernels and use as a food substitute. They also prepare gruel from the powdered pith of Caryota urens and seeds of Tamarindus indica. Drinking toddy, arrack and smoking are common among the tribes irrespective of sex and age, especially during festivals, ceremonies and marriage celebrations. The *Ippasara* (alcoholic drink prepared from the flowers of Madhuca longifolia) is a much prized one. Toddy tapped from Borassus flabellifer. Caryota urens and Phoenix sylvestris is commonly taken as food drink. Bamboo sprouts are a popular food for the tribes during rainy season. The Savaras and Khonds eat snakes, except python which they believe to be their deity.

2.5. Customs

Culturally all tribes are not at the same level of development. Each tribal community has a separate entity maintaining its social distance from other tribes on grounds of traditional degree of social prestige. Every tribe celebrates a festival with a series of ceremonies and sacrifices at the beginning of an economic activity and also before harvesting the agricultural produce. They offer sacrifice to their Gods and Goddesses for

better yield of crops and protection from diseases and calamities. The religion of tribal communities is a mixture of Animism and Hinduism and includes numerous deities and devils.

The tribal marriages are marked by feast and dance. The bride's price known as Oli, is usually paid to the bride's parents by bridegroom is common among all tribes. The amount varies from one tribe to another, on the basis of their economic status. Polygamy and child marriages are observed among the tribes but rather Divorce is sanctioned only after uncommon. the payment of compensation, the remarriage to widows and widowers is allowed. Mates are acquired by various means through negotiations, mutual consent, service and capture. marriage within the same lineage is prohibited. One peculiar aspect found among the tribes is that the bride is usually elder to the bridegroom. All tribes participate in community dances during festivals, marriages and cultural activities and also during full moon days. Usual form of dance they perform is called *Dhimsa* and it is a visual feast to watch. Playing musical instruments is one of their chief activities of amusement. Every tribe has its own type of music prescribed for different seasons and occasions. The Savara wall paintings are done in white on the red-ochre washed clay walls of tribal huts. The Savara artist is magician-priest (Kuranmaran), who draws Ittal a ritual fertility diagram. The dead are generally cremated, whereas in Jatapus, adults are cremated and children are buried and the death rites are held on any day after the third day of death. Limma, a death rite is observed on the fourth day and another mortuary rite Guar, is observed later by Savaras. Gadaba bury the dead and a pollution period is observed for nine days followed by ancestral worship on tenth day.

2.6. Beliefs and treatment of diseases

The aborigines believe that death, disease and natural calamities are caused by Gods and malevolent action of evil spirits, due to breach of some taboo. They worship deities with neem leaves and turmeric water and offer goats, buffaloes and fowl as sacrifice. They generally depend on priests, sorcerers and herbalists for curing their ailments or diseases. Plants play an important role in their medical-lore. According to priests and herbalists, the time of collection, mode of preparation of the drug etc. are very important. The dosage varies depending upon the intensity of the disease as well as the age of the person. Most of the drug preparations are either single or in combination of plant products and occasionally with animal products and minerals.

3. Results and Discussion

3. 1. Enumeration

The plants are enumerated alphabetically with valid botanical name followed by family and vernacular (VN) and English names, locality, voucher number, part(s) used. Each ethnomedicinal practice is provided with the method of preparation of drug and mode of administration and dosage. Plants and practices marked with an asterisk (*) are considered to be new or less known.

Abrus precatorius L. Fabaceae VN: Gulivinda E: Indian liquorice, Kadangandi, 1465, Leaf

Cough: Leaves are chewed for curing cough and other throat troubles in the morning.

Acacia sinuata (Lour.) Merr. Mimosaceae VN: Seekaya E: Soapnut acacia, Kuppili, 1449, Leaf

*Cough: 1 spoonful of leaf extract is taken orally twice a day in the morning and evening.

Acalypha indica L. Euphorbiaceae VN: Muripindi E: Indian acalypha, Donubai, 1016, Whole plant

Cough: Whole plant extract is administered in 1 teaspoonful twice a day for 3 days.

Acorus calamus L. Araceae N: Vasa E: Sweet flag, Polla, 1079, Rhizome

*Cold: A pinch of roasted powder of rhizome with honey is given in the morning for 3 days.

Aegle marmelos (L.) Correa Rutaceae VN: Maredu E: Bael tree, Tankidi, 1174, Leaf

Cold: Leaf juice is poured into nostrils.

Allium cepa L. Alliaceae VN: Vulli E: Onion, Chekkapuram, 1247, Bulb

Cough: 5 ml of onion juice mixed with equal amount of honey is taken orally 3-4 times a day for 2-3 days to get relief from cough and sore throat.

Aloe vera (L.) Burm.f. Agavaceae VN: Kalabanda E: Indian aloe, Siripuram, 1304, Leaf

*Cough and cold: 2 teaspoonful leaf pulp fried with little ghee is eaten with jaggery thrice a day for 3 days.

Anogeissus latifolia (Roxb. ex DC.) Wall. ex Guill. & Perr. Combretaceae VN: Chiru manu E: Axle wood, Gummada, 1456, Stem bark

Cough: Stem bark extract is administered in 3 spoonful twice a day for 3 days.

Artemisia vulgaris L. Asteraceae VN: Machapatri E: Indian worm wood, Mekhawa, 1118, Leaf

*Whooping cough: Few drops of the leaf juice is given orally.

Carissa spinarum L. Apocynaceae VN: Vaka E: Bush plum, Goidi, 1229, Fruits, Flowers

Cough: Immature fruits and flowers are consumed in the morning on empty stomach for about 9 days.

Cassia occidentalis L. Caesalpiniaceae VN: Kasinda E: Stinking weed, Jayapuram, 1562, Seed

*Cough: Seeds are boiled with water and strained. The extract is taken in 4 teaspoonful thrice a day for 2 days.

Celastrus paniculatus Willd. Celastraceae VN: Palleru tivva E: Black oil tree, Gujji, 1109, Seed

Cough and **cold:** Aqueous extract of the powdered seed mixed with jaggery and red chillies are taken twice a day for 5 days.

Cochlospermum religiosum (L.) Alston Cochlospermaceae VN: Kondagogu E: Karaya gum, Velagawada, 1695, Gum

Cough: 10 g of gum extracted from stem is dissolved in half glass of water and taken once a day for 5 days.

Crinum asiaticum L. Amaryllidaceae VN: Chengalva E: Poison bulb, Chandramma ghat, 1504, Leaf

Cough: 1 teaspoonful warm leaf juice is administered once a day for 3 days.

Curcuma longa L. Zingiberaceae VN: Pasupu E: Turmeric, Vennelavalasa, 1232, Rhizome

Cough and **cold:** Half a teaspoonful of fresh turmeric powder mixed in 30 ml of warm milk is given for effective cure.

Dioscorea bulbifera L. Dioscoreaceae VN: Nallagadda E: Air potato, Samarelli, 1403 Rhizome

Cough and **cold:** About 10 g of fresh rhizome is chewed twice a day for 3 days.

Diospyros melanoxylon Roxb. Ebenaceae VN: Tumiki chettu E: Coromandel ebony, Malli, 1674, Stem bark

Cough and **cold:** Extract of stem bark mixed with jaggery is administered in 1 teaspoonful twice a day till cure.

Eclipta prostrata L. Asteraceae VN: Guntakalavaraku E: Trailing eclipta, Sarubujjili, 1193, Whole plant

Cough: Whole plant is crushed into an extract. 2 teaspoonful of this extract with equal quantity of honey is administered twice a day for 4-6 days.

Euphorbia tirucalli L. Euphorbiaceae VN: Kadajamudu E: Round milk hedge, Veeraghattam, 1888, Stem

Cough and **cold:** 3-5 drops of stem juice is administered with milk once a day before bed time for 3 days.

Glycosmis pentaphylla (Retz.) DC. Rutaceae VN: Gulimi E: Orange berry, Mahadeva valasa, 1900, Root bark

Cough and **cold:** Root bark extract mixed with a spoonful of honey is taken once a day for 3 days.

Helicteres isora L. Sterculiaceae VN: Chamalanara E: Bastard cedar, Kotada, 1954, Fruit

Cough: 1 spoonful of fruit decoction is administered once a day till cure.

Justicia adhatoda L. Acanthaceae VN: Addasara E: Malabar nut tree, Kotturu, 2118, Leaf

*Cough and cold: Leaves with roots of *Solanum surattense* and fruits of *Piper longum* taken in equal proportions are made into powder and taken with honey in 1 spoonful dose twice a day for about a week, to get relief.

Kalanchoe pinnata (Lam.) Pers. Crassulaceae VN: Gurrelamasalakura E: Life plant, Budumuru, 1610, Leaf

Cough: A single raw leaf is taken per day on empty stomach in the morning for about 7 days to get relief.

Leptadenia reticulata (Retz.) Wight & Arn. Asclepiadaceae VN: Tummudutheega E: Jivanti, Jaganna dhapuram, 1734, Latex

Cold: Latex is inhaled.

Leucas cephalotes (Roth) Spreng. Lamiaceae VN: Tumbikura E: Spider wort, Sastrulu peta, 2139, Flower

Cough and **cold:** Flower juice and jaggery are made into syrup and administered in doses of 2 spoonful thrice a day for 3 days.

Ocimum tenuiflorum L. Lamiaceae VN: Tulsi E: Holy basil, Devarakonda, 1090, Leaf

*Cough: About 5 ml of leaf juice with 1 ml juice of ginger is administered in doses of 2 spoonful with honey twice a day for 4 days as an expectorant.

Phyla nodiflora (L.) Greene Verbenaceae VN: Mosalipappu E: Frog fruit, Sankili, 1537, Whole plant

*Cough and cold: Squeezed whole plant juice is inhaled.

Phyllanthus emblica L. Euphorbiaceae VN: Boddamla E: Indian gooseberry, Dibbaguda, 1722, Fruit

Cough and **cold:** Decoction prepared from the fresh fruit along with roots of *Cyperus rotundus* and stem of *Tinospora cordifolia* mixed with honey is given frequently.

Pimpinella heyneana (DC.) Benth. Apiaceae VN: Adivi jeelakarra E: Chir pine, Anetipeta, 1634, Seed

Cough: Decoction of seeds in doses of 5 spoonful twice a day is given for 5 days.

Piper longum L. Piperaceae VN: Pippali E: Long pepper, Sorilingam, 1096, Seed

Cough: 2 to 3 spoonful of decoction made from the long pepper and *Justicia adhatoda* is given thrice a day for 3 days.

Piper nigrum L. Piperaceae VN: Bonpippal E: Black pepper, Jadupalli, 1631, Leaf

Cough and **cold:** The leaf juice is given in doses of 2 spoonful twice a day for 5 days.

Plectranthus amboinicus (Lour.) Spreng. Lamiaceae VN: Vamu aaku E: Country borage, Antharaba, 1474, Leaf

Cough: Leaf juice mixed with honey is given in doses of 2 spoonful twice a day for 10 days.

Pterolobium hexapetalum (Roth) Sant.& Wagh Caesalpiniaceae VN: Korindakampa E: Indian redwing, Altiv, 1755, Stem bark

*Cough: 1 spoonful of stem bark decoction is administered twice a day for 5 days to treat whooping cough in case of infants.

Solanum nigrum L. Solanaceae VN: Kamanchi E: Black night shade, Rugada, 2117, Fruit

Cough: 6 ripe fruits are chewed and given 2-4 times a day with an interval of 3-4 h for 2 days for children suffering from severe cough as an expectorant.

Solanum torvum Sw. Solanaceae VN: Vusti E: Devil's fig, Pedalogidi, 2127, Fruit, Leaf

*Cough: The decoction of the fruit and leaves are given in doses of 2 spoonful twice a day for 3 days.

Syzygium cumini (L.) Skeels Myrtaceae VN: Jinna E: Indian cherry, Baleru, 1994, Stem bark

Cough: Stem bark extract is given in doses of 2 spoonful twice a day for 5 days.

Terminalia chebula Retz. Combretaceae VN: Karaka chettu E: Black myrobalan, Marripadu, 2381, Stem bark

*Cough: 20 g of stem bark paste is taken with 1 glassful of hot water and administered once a day for 3 days.

Tinospora cordifolia (Willd.) Miers Menispermaceae VN: Minaptheega E: Gulancha tinospora, Tivvakonda, 2330, Root

Cough: 1 spoonful of crushed root with milk is given in the morning to children till cure.

Trichosanthes tricuspidata Lour. Cucurbitaceae VN: Aguda E: Bitter snake-gourd, Kannayyapeta, 2411, Fruit

Cough: Epicarp of fruit mixed with breast milk and honey, made into paste given orally to infants twice a day for 3 days.

Zingiber officinale Roscoe Zingiberaceae VN: Allamu E: Ginger, Devupuram, 2172, Rhizome

Cough: About 1 spoonful of rhizome juice mixed with an equal quantity of cow butter, is warmed and massaged on the chest and throat for 4 days before bed time for relief.

Zornia gibbosa Span. Fabaceae VN: Dummakoloth E: Grasslike zornia, Savaragovindapuram, 1936, Whole plant

*Cold: Whole plant is dried and powdered. Half spoonful of this powder in a cup of water is administered twice a day for 5 days.

The present study deals with 41 species of plants covering 39 genera and 29 families used by the tribes of Srikakulam district for curing cold and cough. Lamiaceae and Euphorbiaceae are the dominant families with 3 species each followed by Fabaceae, Caesalpiniaceae, Rutaceae, Combretaceae, Asteraceae, Solanaceae, Piperaceae, Zingiberaceae (2 each) and others with one species each. Habit-wise analysis showed the dominance of herbs with 17 (41.46%) species followed by shrubs (9 spp, 21.95%), trees (8 spp, 19.51%) and climbers (7 spp, 17.07%). Morphological analysis showed the maximum utilization of leaf in 12 practices followed by fruits (6), stem bark (5), whole plant, rhizome, seed (4 each), flower (2), bulb, root, root bark, stem, latex and gum in one practice each. They are administered either in the form of powder,

paste, juice, extract, decoction or syrup, along with either water, hot water, milk, honey, jaggery, chillies or ginger. 12 practices were found to be new or less known (Jain, 1991; Kirtikar and Basu, 2003). Plants used for similar purpose in different parts of India, Nepal, Bangladesh, Pakistan and Nigeria are Kalanchoe pinnata by Katkari, Kokana, Mahadeo koli, Thakar and Warli tribes of Western Maharashtra (Upadhye et al., 1994); Allium cepa, Solanum torvum by the Bini people of Nigeria (Gill et al., 1997); Curcuma longa, Eclipta prostrata, Euphorbia Leptadenia reticulata. tenuiflorum, Phyllanthus emblica, Piper longum, Solanum nigrum, S. torvum, Tinospora cordifolia by the Yanadi, Nakkala, Irula, Yerukula, Sugali/ Lambadi and Chenchu tribes of Chittoor district, Andhra Pradesh (Vedavathy et al., 1997); Aloe vera in Kachchh region of Gujarat (Chandra-Shekhar and Rana, 2000); Anogeissus latifolia, Curcuma longa, Leucas cephalotes, Zingiber officinale by Bhil, Garasia, Nayaka, Dhanka tribes of Aravalli ranges in North Gujarat (Punjani and Kumar, 2002); Justicia adhatoda, Terminalia chebula, Zingiber officinale by the people of Arghakhanchi district, Nepal (Panthi and Chaudhary, 2003); Justicia adhatoda by Kandha tribe of Kandhamal district, Orissa (Behera et al., 2006); Eclipta prostrata, Phyllanthus emblica, Solanum nigrum by Bhar tribe of Gonda district, Uttar Pradesh (Upadhyay and Singh, 2007); Cassia occidentalis, Helicteres isora, Ocimum tenuiflorum, Piper nigrum, Zingiber officinale by the Mullu kuruma tribe of Wayanad district, Kerala (Silja et al., 2008); Acalypha indica, Cochlospermum religiosum, Euphorbia tirucalli, Glycosmis pentaphylla, Justicia adhatoda, Leucas cephalotes, Ocimum tenuiflorum, Piper longum, Terminalia chebula, Tinospora cordifolia by Konda reddi, Konda dora, Konda kammara, Konda kapu, Manne dora and Valmiki tribes of East Godavari district, Andhra Pradesh (Suneetha et al., 2009); Acalypha indica by the Chakma, Marma, Tripura tribes of Chittagong Hill tracts of Bangladesh (Biswas et al., 2010); Acalypha indica, Cassia occidentalis, Phyllanthus emblica, Piper longum, P. nigrum,

Solanum torvum, Syzygium cumini, Terminalia Tinospora cordifolia, Zingiber officinale by the people in 10 districts of southern region and one district of northern region of Karnataka (Shiddamallayya et al., 2010); Terminalia chebula by Gond tribe of Bhandara district (Gupta et al., 2010); Pawara, Bhil and Pardhi tribes of Dhule and Jalgaon districts (Jain et al., 2010); Eclipta prostrata by Bhilla tribe (Kamble et al., 2010) of Maharashtra; Tinospora cordifolia by Santhal, Kolha, Bathudi, Kharia, Mankidia, Gond, Ho tribes of Mayurbhani district. Orissa (Rout and Panda, 2010): Dioscorea bulbifera by the rural communities of Shahjahanpur district, Uttar Pradesh (Sharma et al., 2010); Acorus calamus by the Malasar tribe of Western Ghats, Tamil Nadu (Murugesan et al., 2011); Zingiber officinale by the Tangkhul-Naga tribe in Ukhrul district, Manipur (Salam et al., 2011); Terminalia chebula by Jaunsari tribes of Tons Valley, Uttarakhand (Bartwal et al., 2011); Abrus precatorius by the local people of Garhwal Himalaya (Jagwan et al., 2011); Aegle marmelos, Aloe vera, Curcuma longa, Zingiber officinale by Bhil tribe of Ratlam district, Madhya Pradesh (Jadhav, 2012); Aegle marmelos, Terminalia chebula by the rural people of Bangladesh (Baul and Mohiuddin, 2012); Cassia occidentalis, Celastrus paniculatus, Solanum nigrum, Terminalia chebula by the local people of Mandi district, Himachal Pradesh (Sen and Samant, 2013); Justicia adhatoda by the Kondh, Gond, Saura, Mirdhas, Munda, Kharia, Kora, Kolha tribes of Boudh (Sahu et al., 2013) and Sahanra, Binjhal, Kondh, Gond tribes of Bargarh districts (Sen and Behera, 2016) of Odisha; Phyla nodiflora by Gond tribe of Korba district, Chhattisgarh (Gond et al., 2014); Pterolobium hexapetalum by Chenchu, Sugali tribes of Nallamalais, Andhra Pradesh (Saheb, 2014); Solanum nigrum by the people of Koont research farm, Rawalpindi, Pakistan (Qureshi et al., 2014); Justicia adhatoda, Piper longum by Gond, Madia, Pardhan and Kanwar tribes of Gadchiroli district, Maharashtra (Bhogaonkar and Saudagar, 2015); Cassia occidentalis by the Agaria, Baiga, Basor, Bharia, Bhil, Gond,

Halba, Kanjar, Khaiwar Kol, Kondar, Korku, Pao, Madia, Mawasi, Mobasi, Oroan, Sahariya and Sor tribes of Madhya Pradesh (Jadhav, Euphorbia tirucalli, Piper nigrum, Solanum torvum, Tinospora cordifolia, Zingiber officinale by the Koya, Lambada, Gond/Naikpod, Yerukula, Nayak and Konda reddi tribes of Khammam district, Andhra Pradesh (Manjula and Reddi, 2016)); Leucas cephalotes by the rural folk of Bhagalpur district, Bihar (Singh, 2016) and Justicia adhatoda, Abrus precatorius, Acacia sinuata, Cassia occidentalis, Leucas cephalotes. Phyla nodiflora. Terminalia chebula. Zornia gibbosa by the Gond, Kolam, Koya, Lambada, Manne, Naikpod, Pradhan, Thoti and Yerukala tribes of Adilabad district, Andhra Pradesh (Swamy and Reddi, 2017); Ocimum tenuiflorum, Piper nigrum, Zingiber officinale by Kutia-Kandha tribe of Odisha (Sajan et al., 2017).

4. Conclusion

Indian subcontinent is very rich in the tribal population as well as in the vegetation cover making it a hotspot for ethnobotanical studies. The rich heritage, traditions and Traditional Knowledge (TK) and ancient culture have provided it an added advantage for the bioprospection. From the above study it has been observed that all the new, interesting as well as less known ethnic uses must be seriously takenup by the researchers for the scientific validation and in case new leads are found, should be pursued further for the value addition.

Acknowledgements

The authors are highly thankful to all the tribal informants and practitioners of medicinal plants for their cooperation and help during field work by providing information on cold and cough and company in the forest areas.

References

Bartwal M, Chandra V and Rajwar G S 2011. Ethnomedicinal plant diversity among the Jaunsaries in Tons Valley, Uttarakhand. J. Non-Timber Forest Products. 18: 231-236.

Baul T K and Mohiuddin M 2012. Medicinal tree species in the plantation of Chittagong University Campus

in Bangladesh, J. Trop. Med. Plants. 13: 93-97.

Behera S K, Panda A, Behera S K and Misra M K 2006. Medicinal plants used by the *Kandhas* of Kandhamal district of Orissa. Indian J. Trad. Knowl. 5: 519-528.

Bhogaonkar P Y and Saudagar P N 2015. Credibility assessment of some ethnic medico-botanical claims from Gadchiroli district, Maharashtra, Ethnobotany, 27: 26-35.

Biswas A, Bari M A, Roy M and Bhadra S K 2010. Inherited pharmaceutical knowledge of tribal people in the Chittagong Hill tracts, Bangladesh. Indian J. Trad. Knowl. 9: 77-89.

Chandra- Shekhar S and Rana A R 2000. Indigenous knowledge on medicinal plants and their use in Narayan Sarovar Sanctuary, Kachchh. Ethnobotany. 12: 1-7.

Gill L S, Idu M and Ogbor D N 1997. Folk medicinal plants: Practices and beliefs of the Bini people in Nigeria. Ethnobotany. 9: 1-5.

Gond D K, Tripathi S, Srivastava M N and Saini D C 2014. Ethno-botanical study of some medicinal plants used by Gond tribe of Korba district, (Chhattisgarh) India. Ethnobotany. 26: 90-95.

Gupta R, Vairale M G, Deshmukh R R, Chaudhary P R and Wate S R 2010. Ethnomedicinal uses of some plants used by *Gond* tribe of Bhandara district, Maharashtra. Indian J. Trad. Knowl. 9: 713-717.

Jadhav D 2012. Ethnobotanical plants used in the treatment of the various respiratory disorders prevalent in the Bhil tribe of Ratlam district, Madhya Pradesh. J. Non-Timber Forest Products. 19: 219-222.

Jadhav D 2015. Ethnomedicinal potential of exotic plants of Madhya Pradesh. J. Non-Timber Forest Products. 22: 239-242.

Jagwan S S, Singh N and Zargar K A 2011. Medicinal plants of Kedar Valley, Garhwal Himalaya (Uttarakhand). J. Non-Timber Forest Products. 18: 245-252.

Jain D L, Baheti A M, Jain S R and Khandelwal K R 2010. Use of medicinal plants among tribes in Satpuda region of Dhule and Jalgaon districts of Maharashtra - An ethnobotanicl survey, Indian J. Trad. Knowl. 9: 152-157.

Jain S K (ed) 1987. A manual of Ethnobotany. Scientific Publishers, Jodhpur.

Jain S K (ed) 1989. Methods and approaches in Ethnobotany. Society of Ethnobotanists, Lucknow.

Jain S K 1991. Dictionary of Indian Folk Medicine and Ethnobotany, Deep Publications, New Delhi.

Kamble S Y, Patil S R, Sawant P S, Sawant S, Pawar S G and Singh E A 2010. Studies on plants used in traditional medicine by *Bhilla* tribe of Maharashtra. Indian J. Trad. Knowl. 9: 591-598.

Kirtikar K R and Basu B D 2003 (Reprinted). Indian Medicinal Plants, Oriental Enterprises, Dehra Dun, Uttaranchal.

Manjula R R and Reddi T V V S 2016. Ethnomedicine

for cold and cough by the tribals of Khammam district, Andhra Pradesh. J. Non-Timber Forest Products. 23: 29-33.

Murugesan M, Balasubramaniam V and Arumugasamy K 2011. Ethnomedicinal diversity of Malasars in Velliangiri hills, Western Ghats, Tamil Nadu. Ethnobotany. 23: 89-99.

Panthi M P and Chaudhary R P 2003. Ethnomedicinal plant resources of Arghakhanchi district, West Nepal. Ethnobotany. 15: 71-86.

Punjani B L and Kumar V 2002. Traditional medicinal plant remedies to treat cough and asthmatic disorders in the Aravalli ranges in North Gujarat. J. Natural Remedies. 2: 173-178.

Qureshi R, Khanum M, Shaheen H and Munir M 2014. Medicinal plants of Koont research farm, Pir Mehr Ali Shah Arid Agriculture University Rawalpindi, Pakistan. Indian J. Nat. Prod. Resour. 5: 273-277.

Rout S D and Panda S K 2010. Ethnomedicinal plant resources of Mayurbhanj district, Orissa. Indian J. Trad. Knowl. 9: 68-72.

Saheb T S 2014. Study of medicinal climbers of Nallamalais, Andhra Pradesh. Ethnobotany. 26: 16-21.

Sahu C R, Nayak R K and Dhal N K 2013. Ethnomedicinal plants used against various diseases in Boudh district of Odisha, India. Ethnobotany. 25: 153-159.

Sajan S K, Mohapatra P P, Tripathy B and Rout S D 2017. Ethnobiological knowledge and socio-biodiversity value among Kutia-Kandha tribe of Odisha, India. J. Trad. Folk Pract. 5: 50-62.

Salam S, Jamir N S and Singh P K 2011. Ethnomedicinal studies on *Tangkhul-Naga* tribe in Ukhrul district, Manipur. Ethnobotany. 23: 129-134.

Sen S K and Behera L M 2016. Therapeutic usage of wild flowers by the tribals of Bargarh district, Odisha. *Ethnobotany.* 28: 45-48.

Sen T and Samant S S 2013. Diversity, distribution and indigenous uses of medicinal plants in Rissa Khad, Watershed of district Mandi, Himachal Pradesh. J. Non-Timber Forest Products. 20: 199-214.

Sharma J, Painuli R M and Gaur R D 2010. Plants used by the rural communities of district Shahjahanpur, Uttar Pradesh. Indian J. Trad. Knowl. 9: 798-803.

Shiddamallayya N, AzraYasmeen and Gopakumar K 2010. Hundred common forest medicinal plants of Karnataka in primary healthcare. Indian J. Trad. Knowl. 9: 90-95.

Silja V P, Varma K S and Mohanan K V 2008. Ethnomedicinal plant knowledge of the *Mullu kuruma* tribe of Wayanad district, Kerala. Indian J. Trad. Knowl. 7: 604-612

Singh C B 2016. Ethnomedicinal uses of wild herbs in Bhagalpur district, Bihar. Ethnobotany. 28: 35-39.

Suneetha J, Reddi T V V S and Prasanthi S 2009. Herbal therapy for cold and cough from East Godavari district of Andhra Pradesh. J. Non-Timber Forest Products. 16: 135-138.

Swamy N S and Reddi T V V S 2017. Ethnomedicine for cold and cough by the tribals of Adilabad district, Andhra Pradesh. J. Non-Timber Forest Products. 24: 235-238.

Upadhyay R and Sing J 2007. Ethno-medicinal plants of Tikri forest in Gonda district of Uttar Pradesh. J. Non-Timber Forest Products. 14: 147-153.

Upadhye A S, Vartak V D and Kumbhojkar M S 1994. Ethdico-botanical studies in Western Maharashtra, India. Ethnobotany. 6: 25-31.

Vedavathy S, Sudhakar A and Mrdula V 1997. Tribal medicinal plants of Chittoor. Ancient Sci. Life. XVI: 307-331.