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# Ethnomedicine for gynaecological problems used by the tribes of Adilabad district, Andhra Pradesh

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## Abstract

The present study deals with 55 plant species distributed over 55 genera and 35 families used by the tribes of Adilabad district for curing women diseases. Poaceae is the dominant family with 6 species followed by Asclepiadaceae (5 spp.), Fabaceae (4 spp.), and others. Herbs are dominant with 26 species followed by trees (13 spp.), shrubs (12 spp.) and others. Root is used in 19 practices followed by leaf (13), whole plant, stem bark and seed (6 each) and others. Of the total 59 practices, 43 were found to be new.

**Keywords:** Abortion, Amenorrhoea, Dysmenorrhoea, Leucorrhoea, Menorrhagia, Post-partum problems

## 1. Introduction

The use of medicinal plants as herbal remedy is a part of traditional heritage among tribal communities. The indigenous knowledge of the use of plant resources for cure of women ailments, being used since time immemorial is still persisting among the tribal communities inhabiting forest areas of Adilabad district, Andhra Pradesh. The tribal people of these areas are mostly dependent on plant resources for their medicine. It is alarming that the indigenous knowledge system of herbal medicine is gradually disappearing day by day. The need for documentation of such knowledge among the tribal communities is being realized and in recent years some work has been done on women problems in different regions of India (Ratnam and Raju, 2005; Yadav *et al.*, 2006; Suneetha *et al.*, 2009; Raju *et al.*, 2011; Rajith *et al.*, 2012; Manjula *et al.*, 2015; Bhogaonkar and Saudagar, 2017; Naidu and Reddi, 2018).

## 2. Materials and Methods

### 2.1. Study area

Adilabad district is situated between 77° 47' and

80° 0' of the eastern longitudes and 18° 40' and 19° 56' of the northern latitudes. It is bounded on north by Yeotmal and Chanda districts of Maharashtra, on the east by Chanda district, on the south by Karimnagar and Nizamabad districts and on the west by Nanded district of Maharashtra state. It ranks second among all the districts in the state in forest area, occupying about 44.5 per cent (7218.86 sq km). The total tribal population of the district is 4,16,511 (16.74%) (2001 census) and the main tribes are *Gonds*, *Kolams*, *Koyas*, *Lambadas*, *Mannes*, *Naikpods*, *Pradhans*, *Thoties* and *Yerukalas*.

### 2.2. Methodology

Extensive ethnobotanical explorations were conducted in 42 tribal pockets with good forest cover in Adilabad district during 2006-2009. Knowledgeable informants including the vaidyas and elderly persons (42) of the tribal communities were interviewed and obtained information on the plants used for treating gynaecological problems. The tribal informants were accompanied in the field and along with the

collection of plants for the voucher specimens, the use of the plants as given by them were recorded. The voucher specimens were deposited in the Herbarium, Department of Botany (AUV), Andhra University, Visakhapatnam.

### 3. Results and Discussion

The present study deals with 55 species of plants covering 55 genera and 35 families used by the tribes of Adilabad district, Andhra Pradesh, for curing gynaecological problems *viz.*, abortion, amenorrhoea, anti-periodic, contraceptive, dysmenorrhoea, fertility, irregular menstruation, labour pain, leucorrhoea, menorrhagia and post-partum problems (Fig. 1). Poaceae is the dominant family with 6 species followed by Asclepiadaceae (5 spp.), Fabaceae (4 spp.), Asteraceae and Euphorbiaceae (3 spp. each), Caesalpiniaceae, Mimosaceae, Verbenaceae, Loranthaceae (2 spp. each) and others with one species each (Fig. 2). Habit-wise analysis showed

the dominance of herbs with 26 species followed by trees (13 spp.), shrubs (12 spp.), climbers (3 spp.) and a lone liane (Fig. 3). Morphological analysis showed the maximum utilization of root in 19 practices followed by leaf (13); whole plant, stem bark and seed (6 each); stem (4); root bark (3); flowers (2) and tuber, rhizome, haustoria and latex (1 each) (Fig. 4). They are administered either in the form of powder, paste, decoction, juice or pills along with either normal water, hot water, rice washed water, milk, porridge, honey, sugar candy, jaggery, turmeric, sesame, cumin, fenugreek, pepper or garlic.

#### 3.1. Enumeration

The plants are enumerated and arranged in alphabetical order with botanical name followed by family, vernacular name, locality, voucher specimen number, habit, part(s) used, method, mode and duration of treatment. Plants and practices marked with an asterisk (\*) are considered to be new or less known..

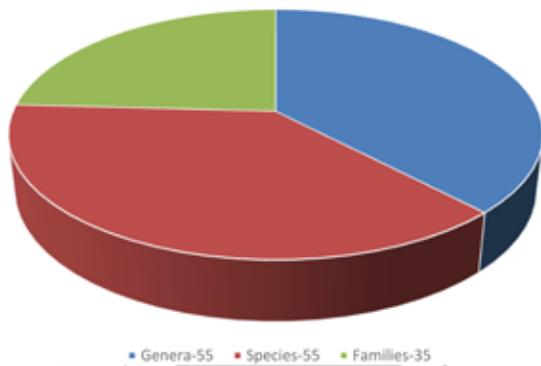


Fig. 1. Plant analysis

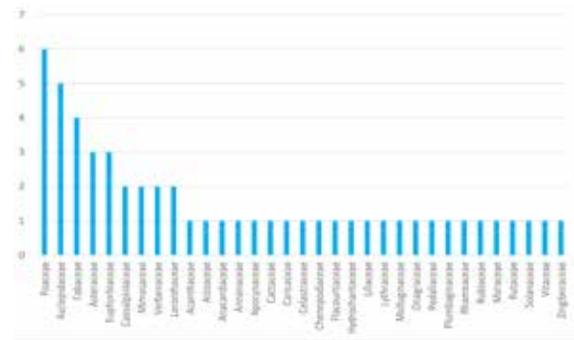


Fig. 2. Family-wise analysis

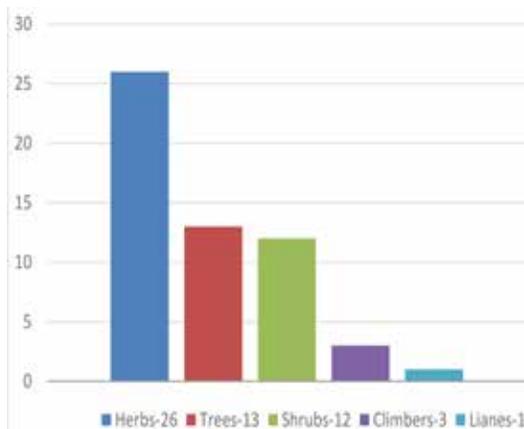


Fig. 3. Habit-wise analysis

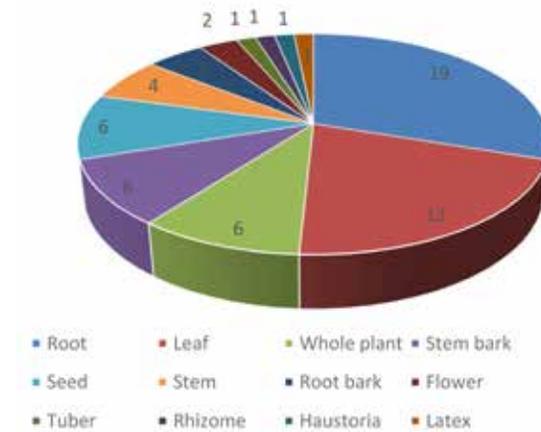


Fig. 4. Morphological part-wise analysis



**Fig. 5.** Ethnomedicinal plants: **a.** *Clerodendrum serratum*; **b.** *Gloriosa superba*; **c.** *Opuntia dillenii*; **d.** *Pergularia daemia*; **e.** *Plumbago zeylanica*; **f.** *Sarcostemma secamone*

**3.1.1. *Ailanthus excelsa*** Roxb. Simaroubaceae  
VN: *Peddamanu*, Bela, 7510, Tree, Stem bark,  
Leaf.

\**Leucorrhoea*: Stem bark with those of *Cassia fistula*, *Madhuca indica* and *Moringa oleifera* taken in equal proportions is boiled and the decoction is administered in 50 ml dose twice a day for 3-4 days.

*Post-partum problem*: Two leaves and bark are boiled with sugar candy and 1 spoonful is administered orally for debility after child birth.

**3.1.2. *Andrographis paniculata*** (Burm. f.) Nees  
Acanthaceae VN: *Nela vemu*, Jainad, 7745, Shrub,  
Whole plant.

\**Leucorrhoea*: Whole plant is ground with sugar candy and cumin seeds and the paste is administered orally for 5 days from the first day of menstruation.

**3.1.3. *Bambusa arundinacea*** Willd. Poaceae  
VN: *Veduru*, Narnnoor, 7756, Shrub, Leaf.

*Abortion*: One leaf is ground with 10 g seeds each of sesame and fenugreek and this paste mixed with honey is taken in one spoonful twice a day for 3 days to abort pregnancy upto 3 months.

**3.1.4. *Caesalpinia crista*** L. Caesalpiniaceae VN:  
*Gatchikai*, Neradigondi, 7578, Shrub, Seed.

\**Abortion*: Seeds are ground with garlic and the paste is given orally in 2 spoonful weekly once for 3-4 times to abort pregnancy upto 3 months.

**3.1.5. *Carica papaya*** L. Caricaceae VN: *Boppai*,  
Tamsi, 7294, Tree, Latex.

\**Abortion*: The milky latex and rhizomes of *Gloriosa superba* are ground and the paste is taken in 2 spoonful once in the morning for 5 days to abort pregnancy upto 3 months.

**3.1.6. *Cassia fistula*** L. Caesalpiniaceae VN: *Rela*,  
Kuntala, 7222, Tree, Leaf.

\**Amenorrhoea*: Tender leaf juice is taken in 2 spoonful once in the morning for about 10 days.

**3.1.7. *Catunaregam spinosa*** (Thunb.) Tirveng.  
Rubiaceae VN: *Manga chettu*, Dilwarpur, 7762,  
Tree, Stem bark.

\**Abortion*: 25 ml of stem bark infusion is taken in the early morning for 5 days to abort pregnancy up to 3 months.

**3.1.8. *Cayratia pedata*** (Lam.) Gangep. Vitaceae  
VN: *Erukala sani*, Kubeer, 8124, Climber, Stem.

\**Labour pain*: Dried stems are ground with dried ginger and 2 spoonful of powder with a glass of milk is given for easy and fast delivery.

**3.1.9. *Celastrus paniculatus*** Willd. Celastraceae  
VN: *Maner theega*, Bhainsa, 7984, Climber,  
Root bark.

\**Leucorrhoea*: 10 g of root bark is ground with 4 pepper grains and 10 g of the paste with a glass of hot water is taken once in the morning for about 10 days.

**3.1.10. *Chenopodium album*** L. Chenopodiaceae  
VN: *Taraka mokka*, Tanbor, 7276, Herb, Root.

\**Abortion*: Two spoonful of root paste dissolved in a glass of warm water is taken in the morning for 5 days to terminate pregnancy upto 3 months.

**3.1.11. *Clerodendrum serratum*** (L.) Moon Verbenaceae  
VN: *Bommala marri*, Mudhole, 7934, Shrub, Root (Fig.  
5a).

\**Post-partum problem*: 5 g of roots are boiled with 5 pepper grains and 1 glassful of decoction is given, twice a day till cure to relieve post-partum pain.

**3.1.12. *Croton bonplandianum*** Bail. Euphorbiaceae  
VN: *Galivana mokka*, Tandra, 7914, Herb, Stem  
bark.

\**Contraceptive*: 5 g of stem bark is ground with 5 grains of black pepper and the extract is administered in 2 spoonful twice a day from the first day of menstruation for 15 days.

**3.1.13. *Cynodon dactylon*** (L.) Pers. Poaceae  
VN: *Gariki gaddi*, Puliadugu, 7442, Herb,  
Whole plant.

\**Dysmenorrhoea*: Whole plant decoction mixed with seed powder of sesame and jaggery is administered in ½ glass twice a day for about 15 days.

**3.1.14. *Dactyloctenium aegyptium*** (L.) Willd.  
Poaceae VN: *Nela ragi*, Laxmanchanda, 8332,  
Herb, Seed.

\**Post-partum problem*: 10 grains are parched and given once a day for belly ache after child birth.

**3.1.15. *Datura metel*** L. Solanaceae VN: *Erri  
ummetta*, Kerimeri, 8116, Herb, Root.

\**Contraceptive*: Dried roots are made into

powder and a spoonful of the powder orally on alternate days from the first day of menstruation in 7-8 doses upto 15<sup>th</sup> day.

**3.1.16. *Dendrocalamus strictus*** (Roxb.) Nees Poaceae VN: *Sanna veduru*, Jainoor, 7938, Tree, Leaf.

\**Abortion*: 2 tender leaves are crushed with 1 g of seeds of *Hibiscus micranthus* and 3 spoonful extract is taken orally in twice a day for about 7 days for termination of pregnancy upto 3 months.

**3.1.17. *Dendrophthoe falcata*** (L.f.) Ettingsh. Loranthaceae VN: *Wajinika*, Peddur, 7854, Shrub, Root, Whole plant.

\**Contraceptive*: The extract of haustorial roots is administered orally in 2 spoonful twice a day after menstruation from 3<sup>rd</sup> to 7<sup>th</sup> day.

\**Leucorrhoea*: Whole plant extract is taken orally in 2 spoonful twice a day for about a week.

**3.1.18. *Digitaria ciliaris*** (Retz.) Koel. Poaceae VN: *Ooduka gaddi*, Sirpur, 7858, Herb, Seed.

\**Oligomenorrhagia*: 5 grains are ground with 5 g each seeds of sesame and jaggery and the paste is given in 10 g dose once in the morning for about 15 days.

**3.1.19. *Ficus benghalensis*** L. Moraceae VN: *Marri chettu*, Vemanapalli, 8148, Tree, Root.

\**Dysmenorrhoea*: 10 g of root decoction is administered in 2 spoonful with a glass of rice washed water once in the morning for 5 days.

**3.1.20. *Flacourtia indica*** (Burm.f.) Merr. Flacourtiaceae VN: *Kan-regu*, Jaipur, 8176, Shrub, Stem bark.

\**Leucorrhoea*: Stem bark decoction is taken in 2 spoonful with a glass of milk for about 20 days.

**3.1.21. *Gloriosa superba*** L. Liliaceae VN: *Agnisika*, Koutala, 7558, Herb, Tuber (Fig. 5b).

\**Abortion*: Tuber extract is taken orally in 1 spoonful dose twice a day for 5 days to terminate pregnancy upto 3 months.

**3.1.22. *Hemidesmus indicus*** (L.) R. Br. ex Schult. Asclepiadaceae VN: *Sugandha pala*, Bejjur, 7960, Herb, Root.

\**Oligomenorrhagia*: 5 g of root ground with onion and the extract is given in 2 spoonful dose twice a day for 5 days.

**3.1.23. *Ipomoea pes-tigridis*** L. Convolvulaceae VN: *Moka maduga*, Bheemini, 7206, Herb, Whole plant.

\**Fertility*: Whole plant extract is taken in 2 spoonful dose twice a day from 5<sup>th</sup> day of menstruation for 3 days.

**3.1.24. *Leptadenia reticulata*** (Retz.) Wt. & Arn. Asclepiadaceae VN: *Guttipala theega*, Tiriyani, 7402, Shrub, Root.

\**Abortion*: Two spoonful of root paste with a glass of hot water is taken once in the early morning for 5 days to abort pregnancy upto 2 months.

**3.1.25. *Ludwigia perennis*** L. Onagraceae VN: *Lavankaya*, Bheemini, 7702, Herb, Root.

\**Leucorrhoea*: 5 g root juice is taken in 2 spoonful with a glass of milk once in the early morning for about 7 days.

**3.1.26. *Mangifera indica*** L. Anacardiaceae VN: *Mamidi*, Dahegaon, 8192, Tree, Seed.

\**Menorrhagia*: 2 g of kernel powder mixed with honey is administered in 1 spoonful twice a day for about 10 days.

**3.1.27. *Mimosa pudica*** L. Mimosaceae VN: *Atti patti*, Nennel, 8220, Herb, Root.

\**Contraceptive*: 5 g of shade dried roots are made into powder and mixed with sugar candy and taken in 1 spoonful from 3<sup>rd</sup> - 7<sup>th</sup> days of menstruation.

**3.1.28. *Mollugo pentaphylla*** L. Molluginaceae VN: *Verri chatarasi*, Tandur, 8088, Herb, Leaf.

\**Anti-periodic*: 5 g of leaf juice mixed with turmeric powder and honey is administered in 2 spoonful dose twice a day based on days required but not for more than a week.

**3.1.29. *Mucuna pruriens*** (L.) DC. Fabaceae VN: *Dal damma*, Kothapalli, 7850, Herb, Seed.

\**Leucorrhoea*: One spoonful of seed powder is taken with a glass of hot water once early in the morning for about 2 weeks.

**3.1.30. *Opuntia dillenii*** (Ker Gawl.) Haw. Cactaceae VN: *Naga phanni*, Laxithipet, 7590, Shrub, Stem (Fig. 5c).

\**Contraceptive*: 10 g of stem after removing spines (phylloclade) are dried and ground with

sugar candy into powder, 2 spoonful of powder is taken early in the morning from the first day of menstruation for 21 days.

**3.1.31. *Ottelia alismoides*** (L.) Pers. Hydrocharitaceae VN: *Edakula thamara*, Mandamarri, 7534, Herb, Leaf.

\**Menorrhagia*: 5 g of leaf extract mixed with turmeric powder is administered in 2 spoonful dose twice a day for 15 days.

**3.1.32. *Pergularia daemia*** (Forssk.) Chiov. Asclepiadaceae VN: *Dustapu theega*, Kosipet, 7846, Climber, Leaf (Fig. 5d).

\**Amenorrhoea*: 5 g of leaves are ground with 5 g seeds of sesame and the extract is taken in 2 spoonful dose twice a day for 15 days.

\**Dysmenorrhoea*: 5 g of leaves are ground with seeds of sesame and the extract is taken in 2 spoonful twice a day for 10 days.

**3.1.33. *Phyllanthus amarus*** Schum. & Thonn. Euphorbiaceae VN: *Nela usiri*, Rebbena, 8140, Herb, Root.

\**Menorrhagia*: Roots are ground with rice washed water and the paste is taken in 5 g dose twice a day for 5-6 days.

**3.1.34. *Plumbago zeylanica*** L. Plumbaginaceae VN: *Chitra moolam*, Wankidi, 7210, Herb, Root (Fig. 5e)

\**Abortion*: Root paste is made into pills of 2 g and 2 pills are taken twice a day for 5 days to abort pregnancy upto 3 months.

**3.1.35. *Polyalthia longifolia*** (Sonn.) Thw. Annonaceae VN: *Asoka chettu*, Kosipet, 7140, Tree, Leaf.

\**Leucorrhoea*: 3 spoonful of leaf juice mixed with sugar candy and rice washed water is taken early in the morning in one glassful during the first 5 days of the menstruation.

**3.1.36. *Pongamia pinnata*** (L.) Pierre Fabaceae VN: *Kanuga*, Bheemini, Tanbor, 7230, Tree, Stem bark.

\**Leucorrhoea*: 5 g each of stem bark is ground with those of *Syzygium cumini* and *Terminalia arjuna* and the extract with sugar candy is taken in 2-3 spoonful twice a day for 10 days.

**3.1.37. *Prosopis cineraria*** (L.) Druce Mimosaceae VN: *Jammi*, Narasapur, 7430, Tree, Root bark.

\**Leucorrhoea*: 5 g of root bark decoction is taken in 2 spoonful dose twice a day for about 10 days.

**3.1.38. *Pterocarpus marsupium*** Roxb. Fabaceae VN: *Pedda egg*, Tandra, 8280, Tree, Stem bark.

\**Fertility*: 5 g of stem bark is ground with that of *Mitragyna parviflora* and the paste is made into pills and administered in 4 pills dose twice a day for 5 days after menstruation for 3 consecutive menstrual cycles.

**3.1.39. *Rauvolfia serpentina*** (L.) Benth. ex Kurz Apocynaceae VN: *Patala garidi*, Jainoor, 7862, Shrub, Root.

\**Oligomenorrhagia*: 5 g of root ground with those of *Clerodendrum serratum* and the extract is given in 2 spoonful twice a day for about 7 days.

**3.1.40. *Rhynchosia minima*** (L.) DC. Fabaceae VN: *Adavi kandi*, Tamsi, 7830, Herb, Leaf.

\**Abortion*: 2 leaves are ground with 2 seeds of *Hibiscus cannabinus* and the extract is taken in ½ glass early in the morning for about 5 days to abort pregnancy upto 3 months.

**3.1.41. *Sarcostemma secamone*** (L.) Bennett Asclepiadaceae VN: *Tella doodipaala*, Bela, 7514, Herb, Root (Fig. 5f).

\**Menorrhagia*: 5 g root paste is taken in 2 spoonful twice a day for 5-7 days.

**3.1.42. *Sesamum orientale*** L. Pedaliaceae VN: *Nuvvulu*, Jainoor, 8470, Herb, Seed.

\**Oligomenorrhagia*: 5 seeds are mixed with jaggery and the paste is taken in 20 g dose twice a day for about 20 days.

**3.1.43. *Sphaeranthus indicus*** L. Asteraceae VN: *Bodasewamu*, Keshalapur, 8450, Herb, Whole plant.

\**Labour pain*: Whole plant is dried and made into powder and 2 spoonful of powder with a glass of rice porridge is given for easy and fast delivery.

**3.1.44. *Tagetes erecta*** L. Asteraceae VN: *Banti*, Peddur, 7442, Shrub, Leaf.

\**Post-partum bleeding*: Leaf juice with sugar candy is administered in ½ glass dose once a day for 3-4 days to check bleeding problems after delivery.

**3.1.45. *Toddalia asiatica* (L.) Lam.** Rutaceae  
VN: *Konda kasinda*, Sarangapur, 8624, Liane,  
Root bark.

\**Anti-periodic*: Root bark extract is taken in 3 spoonful once at night for postponement of menstruation for not more than 3 days.

**3.1.46. *Tragia involucrata* L.** Euphorbiaceae  
VN: *Durada gondi*, Talamadugu, 7078, Herb,  
Leaf.

\**Contraceptive*: 5 g of leaf paste mixed in rice washed water is taken in 2-3 spoonful once in the morning for 5 days from the 5<sup>th</sup> day of menstruation.

**3.1.47. *Trianthema portulacastrum* L.** Aizoaceae  
VN: *Ambali madu*, Bazarhatnoor, 8620, Herb,  
Root.

\**Abortion*: 5 g of root ground with 2 g of cumin seeds and jaggery and the paste is taken in 10 g dose once in the morning for 5 consecutive days to terminate pregnancy upto 3 months.

\**Amenorrhoea*: Root ground with cumin seeds and jaggery and made into paste. It is given in 2 spoonful dose twice a day for 7 days.

**3.1.48. *Tylophora fasciculata* Buch.-Ham.** ex Wight Asclepiadaceae VN: *Verripala theega*, Sarangapur, 8512, Herb, Stem.

\**Dysmenorrhoea*: Tender stem extract with sugar candy is administered in 2 spoonful dose twice a day for about 5 days.

**3.1.49. *Vetiveria zizanioides* (L.) Nash** Poaceae  
VN: *Vatti veru*, Tanbor, 8608, Herb, Root.

\**Amenorrhoea*: 5 g of root ground with whole plant of *Achyranthes aspera* and 10 g of paste is taken with a glass of water for 3-5 days.

**3.1.50. *Viscum orientale* Willd.** Loranthaceae  
VN: *Kada badanika*, Pandepalli, 8256, Shrub,  
Stem and Haustoria.

\**Abortion*: Haustoria and stems are ground with seeds of sesame and the paste is taken in 10 g dose twice a day for 5 days to abort pregnancy upto 3 months.

**3.1.51. *Vitex negundo* L.** Verbenaceae VN: *Vavili*, Tiriyani, 7570, Small tree, Leaf.

\**Post-partum problems*: Fresh leaves are crushed and boiled in water, the medicated water is used

for curing post-partum problems like debility, headache and body pain.

**3.1.52. *Woodfordia fruticosa* (L.) Kurz** Lythraceae  
VN: *Jeguru*, Wankidi, 7596, Shrub, Flower, Root.

\**Menorrhoea*: Flowers and roots are boiled together and the decoction is administered in 50 ml dose twice a day for about 30 days.

**3.1.53. *Xanthium strumarium* L.** Asteraceae  
VN: *Marula matangi*, Rebenna, 7592, Shrub,  
Whole plant.

\**Leucorrhoea*: Whole plant juice is taken in 2 spoonful twice a day till cure.

**3.1.54. *Zingiber officinale* Roscoe** Zingiberaceae  
VN: *Allam*, Bejjur, 8584, Herb, Rhizome.

\**Labour pain*: 2 spoonful of dried rhizome (*shunti*) powder is administered with a glass of hot water for easy delivery.

**3.1.55. *Ziziphus xylopyrus* (Retz.) Willd.** Rhamnaceae VN: *Gotti chettu*, Jaipur, 8556, Tree, Flower.

\**Menorrhagia*: Flowers with an equal quantity of petiole of betel leaf, half as much lime are mixed to make small pills and 4 pills are administered once in the morning from the first day of menstruation for about a week.

## 3.2. Discussion

Of the 59 practices, 51 involve single plant followed by 6 with two plants, 1 each with three and four plants. 43 practices were found to be new or less known (Jain, 1991; Kirtikar and Basu, 2003). Plants used for similar ailments in different parts of India are *Prosopis cineraria*, *Xanthium strumarium* by the *Chenchus* and non-tribal women in the Eastern Ghats of Andhra Pradesh (Ratnam and Raju, 2005); *Plumbago zeylanica*, *Cynodon dactylon*, *Sesamum orientale* by rural population of Haryana (Yadav et al., 2006); *Carica papaya* by the Mongoloid (*Thai-Ahom*, *Sonowal Kacharies*, *Maran*, *Motok*, *Mishing*) and *Indo-Aerian (Nepalese)* ethnic groups of Assam (Purkayastha et al., 2007); *Carica papaya*, *Gloriosa superba*, *Cassia fistula*, *Celastrus paniculatus*, *Rauwolfia serpentina* by the *Kandha*, *Ganda*, *Sabara* tribes and the resident non-tribes in Kalahandi district of Orissa (Panda and Padhy, 2008); *Andrographis paniculata*, *Prosopis cineraria* by the *Konda reddy*, *Konda dora*, *Koya dora*, *Konda kammara*, *Konda kapu*,

*Manne dora*, *Valmiki* tribes of East Godavari district, Andhra Pradesh (Suneetha *et al.*, 2009); *Carica papaya*, *Gloriosa superba* by the *Konda Reddi* tribe of Andhra Pradesh (Raju *et al.*, 2011); *Phyllanthus amarus*, *Sesamum orientale* in Kerala (Rajith *et al.*, 2012); *Phyllanthus amarus* by the *Koya*, *Lambada*, *Gond/Naikpod*, *Yerukula*, *Nayak* and *Konda Reddi* tribes of Khammam district, Andhra Pradesh (Manjula *et al.*, 2015); and *Carica papaya* and *Woodfordia fruticosa* by the *Gond*, *Madia*, *Pardhan* and *Kawar* tribes of Gadchiroli district of Maharashtra (Bhogaonkar and Saudagar, 2017) and *Carica papaya*, *Cassia fistula*, *Celastrus paniculatus*, *Dendrocalamus strictus*, *Dendrophthoe falcata*, *Flacourtia indica*, *Gloriosa superba*, *Hemidesmus indicus*, *Mimosa pudica*, *Opuntia dillenii*, *Pongamia pinnata*, *Sphaeranthus indicus*, *Xanthium strumarium*, *Zingiber officinale* by the *Savara*, *Jatapu*, *Konda dora*, *Gadaba*, *Kuttiya* and *Yerukula* tribes of Srikakulam district, Andhra Pradesh (Naidu and Reddi, 2018) and *Flacourtia indica* by the *Lodha* tribe of West Bengal (Chaudhury *et al.*, 2018).

#### 4. Conclusion

The indigenous knowledge system of herbal practices is still very rich and available among the tribal communities of Adilabad district. The establishment of modern healthcare centres may gradually change the existing pattern of the indigenous knowledge system of healthcare. Hence, it is necessary to document the indigenous knowledge of useful plants and their therapeutic uses before being lost forever from the tribal communities. The herbal recipes recorded may lead to the discovery of new bioactive compounds with therapeutic potential for the development of new drugs and their intermediates. A detailed chemical and pharmaceutical investigations are necessary to verify ethnomedicinal claims of promising plants.

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