

Ethnomedicinal Therapeutic Uses for Diabetes from Dharampur Area, Gujarat

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Abstract: The survey was conducted to document the ethnomedicinal plants used for curing diabetes by the tribal of Dharampur area, Gujarat. Around 17 medicinal plants are reported during extensive field trips. This documentation record can play an important role in preserving the therapeutically uses of this areas.

Keywords: Ethnomedicinal, Diabetes, Dharampur

I. INTRODUCTION

India is a rich heritage of medicinal plants which were native's gift to man-kind. Since the human race is started on the earth, it needs on the plants for the requirements have become essential in his life. As our country is rich in medicinal diversity of plants and ethnobotanical culture in which 400 different tribal and other ethnic groups are settled from ancient times. As the plants are safest natural resources, the traditional systems and the traditional healers plays a significant role in spreading the knowledge of medicinal and magical herbs which can treat various diseases according to tribal people of particular region.

The traditional medicinal plants have increased a demand amongst the poor people which live in isolated and intense area. As the herbal medicines are easily available and are also exploited due to deforestation as well as destruction of natural habitats for agriculture and other purposes. The spread of traditional valuable knowledge requires a proper records so that it will be used as valid and quantified. By this aims, the present study has been carried out to highlight therapeutic values of plants used in curing diabetes from different areas of Dharampur region as it is referred to as 'Kashmir of Gujarat'.

II. METHODOLOGY

Field trips were conducted in the remote areas of Dharampur area, Gujarat. The ethnomedicinal plants were recorded from knowledgeable sources such as Vaidus, Old practitioners, Hakims, etc. The individual plant samples were collected and photographs taken by arranging regular visits of the area during the 2019-2021. Later on, these samples were identified with the help of Cooke's flora. The data regarding names of the plant parts used and their mode of preparation were also noted down. The medicinal plants were arranged in the form of: a) Botanical name, b) Family, c) Local name, d) Habit e) Parts used

III. OBSERVATION AND RESULTS

Among 17 medicinal plant species belongs to 15 different families were found to be used by the inhabitant of the Dharampur area surveyed for the treatment of diabetes. Almost all the plant/ plant-extracts were found to be prepared in aqueous solution and were consumed during the early hours of the day in empty stomach. Plant parts used more frequently such as bark, leaves, tuber, fruits, seed, stem, roots etc. used for the treatment of diabetes with their Local name, botanical name and family used to cure diabetes are discussed below (Table 1).

Table 1: Plants used to cure Diabetes

Sr. No.	Botanical name	Local Name	Family	Habit	Part used	Wild/ Cultivated
1	<i>Cassia fistula</i> L.	Garmalo	Caesalpiniaceae	Tree	Seed	Wild
2	<i>Catharanthus roseus</i> (L.) G. Don	Barmasi	Apocynaceae	Herb	Leaves	Cultivated
3	<i>Cocos nucifera</i> L	Nariel	Arecaceae	Tree	Flower	Cultivated
4	<i>Cyperus rotundus</i> L.	Chido	Cyperaceae	Herb	Leaves	Wild
5	<i>Ficus benghalensis</i> L.	Vad	Moraceae	Tree	Fruit, Bark and Root	Wild
6	<i>Ficus racemosa</i> L.	Umbaro	Moraceae	Tree	Stem bark	Wild
7	<i>Gmelina arborea</i> Roxb.	Shivan	Verbenaceae	Tree	Leaves	Wild
8	<i>Grewia tiliifolia</i> Vahl.	Gadhamni	Tiliaceae	Tree	Leaves	Wild
9	<i>Lagerstroemia speciosa</i> (L.) Pers.		Lythraceae	Tree	Leaves	Wild
10	<i>Mimosa pudica</i> L.	Lajavanti	Mimosaceae	Herb	Root and Leaves	Wild
11	<i>Mirabilis jalapa</i> L.	Gulbas	Nyctaginaceae	Herb	Leaves	Cultivated
12	<i>Momordica dioica</i> Roxb. ex Willd.	Kantola	Cucurbitaceae	Climber	Fruit	Wild
13	<i>Murrayakoениgi</i> (L.) Spreng.	Kadipatti	Rutaceae	Tree	Leaves	Cultivated
14	<i>Syzygium cumini</i> (L.) Skeels.	Jambu	Myrtaceae	Tree	Seed	Cultivated
15	<i>Tamarindus indica</i> L.	Khati amli	Caesalpiniaceae	Tree	Seed	Wild
16	<i>Tridax procumbens</i> L.	Pardesi bhangro	Asteraceae	Herb	Leaves	Wild
17	<i>Ziziphus mauritiana</i> Lam.	Bor	Rhamnaceae	Tree	Fruit	Wild

IV. CONCLUSION

The current survey on ethnomedicinal knowledge of plants in Dharampur region, 17 species of medicinal plants had been identified to be used in the treatment of diabetes. The information showed that the local tribal have highly depended on medicinal plants for curing various diseases and disorders among the tribe. It is seen that the documentation plays an important role in preserving the cultural identity and explore their values of plants and its properties as it might create an awareness among the people which can lead to the welfare of further generation.

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