IJPPR
INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH
An official Publication of Human Journals
ISSN 2349-7203
HUMAN

Human Journals
Research Article
July 2016 Vol.:6, Issue:4

Some Aphrodisiac Plants Used by Gond and Baiga Tribe of Balaghat District, Madhya Pradesh (India)

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Submission: 5 July 2016
Accepted: 10 July 2016
Published: 25 July 2016

Keywords: Ethnobotanical, Balaghat, Aphrodisiac, Gunia, Tribals, Medicinal Plant

ABSTRACT

The forest of the Balaghat provide a large number of plants whose fruits, seeds, tubers shoots, leaves etc. make important contribution to the diet of tribals. These plants not only provide inexpensive food but several other useful products like medicine, fiber, fodder, dyes etc. They also provide useful genus for crop improvement. The study of medicinal plants is important not only to identify the potential sources which could be utilized as alternative herbal medicines or in time of scarcity but to select promising types for domestication. Recently the role of ethnobotanical studies in trapping the old traditional folk knowledge as well as in searching new plant sources of food, drug etc. The study indicated the presence of a large number of wild plants in the district; however the paper enumerates only those species which are used as aphrodisiac agent by the people of this region.

INTRODUCTION

According to WHO (World Health Organization, 2001) about 80% of the world's population, especially in the rural areas depends on herbal medicine for their healthcare needs. The ethnic people residing in different geographical belts of India depend on wild plants to meet their basic requirements and all the ethnic communities have their own pool of secret ethnomedicinal and ethnopharmacological knowledge about the plants available in their surroundings.

The local plant resources are the principal source of medicine and are used by the traditional herbal healers. Hundreds of plants growing in forests are used as source of medicines throughout the world. Some of the plants have pharmacological properties while the others are used in indigenous medicine. Most of these plants has occupied an important place in traditional as well as in modern medicine system. Ayurveda is the basis and foundation of ancient medicinal system of drugs derived from plant species the system like Ayurveda, Unani, Siddha, and homeopathy have been utilizing about more than 200 plant species for medicinal purposes. These medicinal systems have attained a great importance these days, owing to side effects caused by synthetic drugs. In Indian Materia-Medica, 2000 drugs have been extracted from 1800 plants forest origin.

Aphrodisiac is the word derived from Aphrodite, the Greek goddess of sexual, love and beauty. An aphrodisiac is defined as an agent (food or drug) that arouses sexual desire. From time immemorial man's endeavor have been to increase his sexual powers. When man did not know metals and used only stones he exhibited his sexual powers by ritual dances accompanied by hunting. This lead early man was motivated by his quest for food, sex and self-preservation. The possibility of bioactive aphrodisiacs which may be derived from plants, animals or minerals, has been attractive throughout recorded history.

The active principles found in aphrodisiac plants are alkaloids, glycosides and other complex compounds. The active ingredients are found in varying proportions. It may be found in root, bark, stem, leaf, fruit, flower and seeds. In Madhya Pradesh, tribes and forest dwellers from a considerable part of the population. The state is strategically located and occupies a place almost in the heart of the country. A large number of tribal communities live in remote and inaccessible part of the forest. Most of these tribal communities are largely dependent on plant species for cutting their elements.

STUDY SITE

Balaghat district occupies the southeastern region of the Satpuras and the upper Wainganga valley. It is one of the Southern District of Jabalpur Commissioner's divisions in Madhya Pradesh state. The District spans in a rough quadrangle extending over a degree from $20^0$19' to $22^0$24' North and measuring in length, about 170 km from South –West to North-East. Longitudinally the district lies between $79^0$31' and $81^0$3' East. The total area is 9,245 sq. km., which is a little less than the average area of the District in Madhya Pradesh.

Balaghat is situated at the middle India. It is situated in the South of M. P. and North of Jabalpur, Karvadha district is situated at the middle of the district, which is a new district of new Chhattisgarh state. Seoni at west mandla at north and Bhandara at south in District (Maharashtra), the length of District from North-East to South. It is 178 km and width from North to South is 123 km. The total Geographical area of the district is 9245 sq. km. According to populating census of 2011, population is 1701698. The height of sea-level is 303 m. The average annual rainfall is 1447.4 m.m.

MATERIALS AND METHODS

The study was carried out in the district of Balaghat of Madhya Pradesh state of India. The survey was conducted to collect the information regarding tribal pockets of Balaghat district from Tribal Welfare office and Divisional Forest office. Special attention was paid to record information from local traditional heeler (Vaidya). The information on home remedies using the preventive and curative values of different plants species documented involving the ethical guidelines adopted by the International Society of Ethnobiology.

Laboratory work includes the processing, study of morphological features, dissection, identification, matching, mounting and preservation of plants. All the above processes were completed in laboratories of Department of Botany Government P. G. College Balaghat (M.P). After the laboratory work, herbariums of the specimens were prepared.

RESULT AND DISCUSSION

Identification, analysis and presentation of data are major part of work. The plant species have been arranged with their family in a table given below.

We study total 41 plants out of 25 different families.

Table heading missing

S NO.	Botanical Name	Vernacular Name	Family	Part used
1.	*Allium sativum* L.	Lahsun	Liliaceae	Bulb
2.	*Allium cepa*	Pyaj	Liliaceae	Bulb
3.	*Aloe vera* L**.**	Dhritkumari	Liliaceae	Gel extracted from leaves
4.	*Amaranthus spinosus* L.	Chaulai	Amaranthaceae	Leaves, Whole plant
5.	*Asparagus racemosus* Willd.	Satawar	Liliaceae	Root
6.	*Argyreia nervosa*	Samudra bel	Convolvulaceae	Root
7.	*Aristolochia indica* L.	Iswaramul	Aristolochiaceae	Whole plant
8.	*Bacopa monnieri* L.	Brahmi	Scrophulariaceae	Whole plant
9.	*Boerhavia diffusa* L.	Punarnava	Nyctaginaceae	Whole plant
10.	*Bombax ceiba* Linn.	Semal	Bombacaceae	Tubers root of young plant
11.	*Bryonia laciniosa* Linn.	Shivlingi	Cucurbitaceae	Seed
12.	*Butea*	Palash	Papilionaceae	Root

	monosperma Roxb.			
13.	*Carica papaya* L.	Papita	Caricaceae	Fruit
14.	*Cassia occidentalis* Linn.	Kasondhi	Caesalpiniaceae	Leaf
15.	*Cassia tora* Linn.	Chirotha	Caesalpiniaceae	Leaf
16.	*Chlorophytum tuberosum* Baker.	Safed musli	Liliaceae	Whole plant
17.	C*urcuma angustifolia* Roxb.	Tikhur	Zingiberaceae	Rhizome
18.	*Cocculus cordifolius* Linn.	Guduchi	Menispermaceae	leaf
19.	*Dioscorea bulbifera* Linn	Mataru	Dioscoreaceae	Whole plant
20.	*Desmodium gangeticum* Linn.	Desmodium	Papilionaceae	Root
21.	*Evolvulus alsinoides L.*	Shankhahuli	Convolvulaceae	Whole plant
22.	*Euphorbia hirta* L.	Dudhi	Euphorbiaceae	Leaves
23.	*Ficus arnottiana* Miq.	Paras Pipal	Moraceae	Bark
24.	*Grewia asiatica* L.	Phalsa	Tiliaceae	Fruit
25.	*Ipomoea batata* Jacq.	Shakarkand	Convolvulaceae	Root
26.	*Linum usitatissimum* L.	Alsi	Linaceae	Seed
27.	*Mucuna pruriens* Linn. DC.	Kimach	Papilionaceae	Seed
28.	*Phyllanthus emblica* L.	Aonla	Euphorbiaceae	Fruit
29.	*Piper betle* Linn.	Pan	Piperaceae	Leaf

30.	*Ricinus communis* L.	Arand	Euphorbiaceae	Seed
31.	*Sida acuta* Burn.F.	Bala	Malvaceae	Root
32.	*Solanum nigrum* Linn.	Makoi	Solanaceae	Berries
33.	*Sphaeranthus indicus* Linn.	Mundi	Asteraceae	Seeds
34.	*Terminalia arjuna* Roxb	Arjuna	Combretaceae	Bark
35.	*Tinospora cordifolia* (Willd) Miers Hk.	Gurbel	Menispermaceae	Whole plant
36.	*Tribulus terrestris* L.	Gokhru	Zygophyllaceae	Fruit, seed
38.	*Trichopus zeylanicus*	Senna	Trichopodaceae	Leaves
39.	*Withania somnifera* Linn.	Ashwagandha	Solanaceae	Leaf, Root
40.	*Wrightia tinctoria* (Roxb.) R.Br.	Dudhi	Apocynaceae	Seed, Leaf, bark
41.	*Zingiber officinale* Roscoe	Adrakh	Zingeberaceae	Rhizome

CONCLUSION

The present study recorded 41 medicinal plants which are used by local people. During present observations and interaction with medical practitioners (vaidya), and tribal people enumerated with their medicinal use from the survey conducted, it is observed that the people are utilizing the resource in a sustainable manner by maintaining them as a renewable resource. The people by their natural instinct have perfected this technique without compromising the welfare of future generations. Most of the natural plants in this review are those with aphrodisiac potentials. In this review some medicinal plants are used in ayurvedic formulations as aphrodisiac potentials to enhance performance as well as to increase vigor and vitality. Herbals drugs have a potential

to treat the various types of body ailments. The demand of herbal drugs is increasing day by day in developed as well as developing countries because they are safer and well tolerated as compared to those of allopathic drugs. The information is recorded includes plant's scientific name, common name of plant, family, part used for the aphrodisiac activity and reference. Scientists from divergent fields are investigating new plants with an eye to their aphrodisiac usefulness. Further investigation on the plants can increase the isolation of the newer molecules which will be helpful for the treatment of Sexual dysfunction. These plants should be subjected to animal and human studies to determine their effectiveness.

Acknowledgement:

The author is indebted to Dr. S. K. Chile, Principal Govt. P. G. College Seoni, and my colleagues for their supervision and valuable suggestion throughout the course of the study. Author is also thankful to Colleagues, College staff, medical practitioners, local peoples and forest authorities for their cooperation and sharing their knowledge during study period.

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