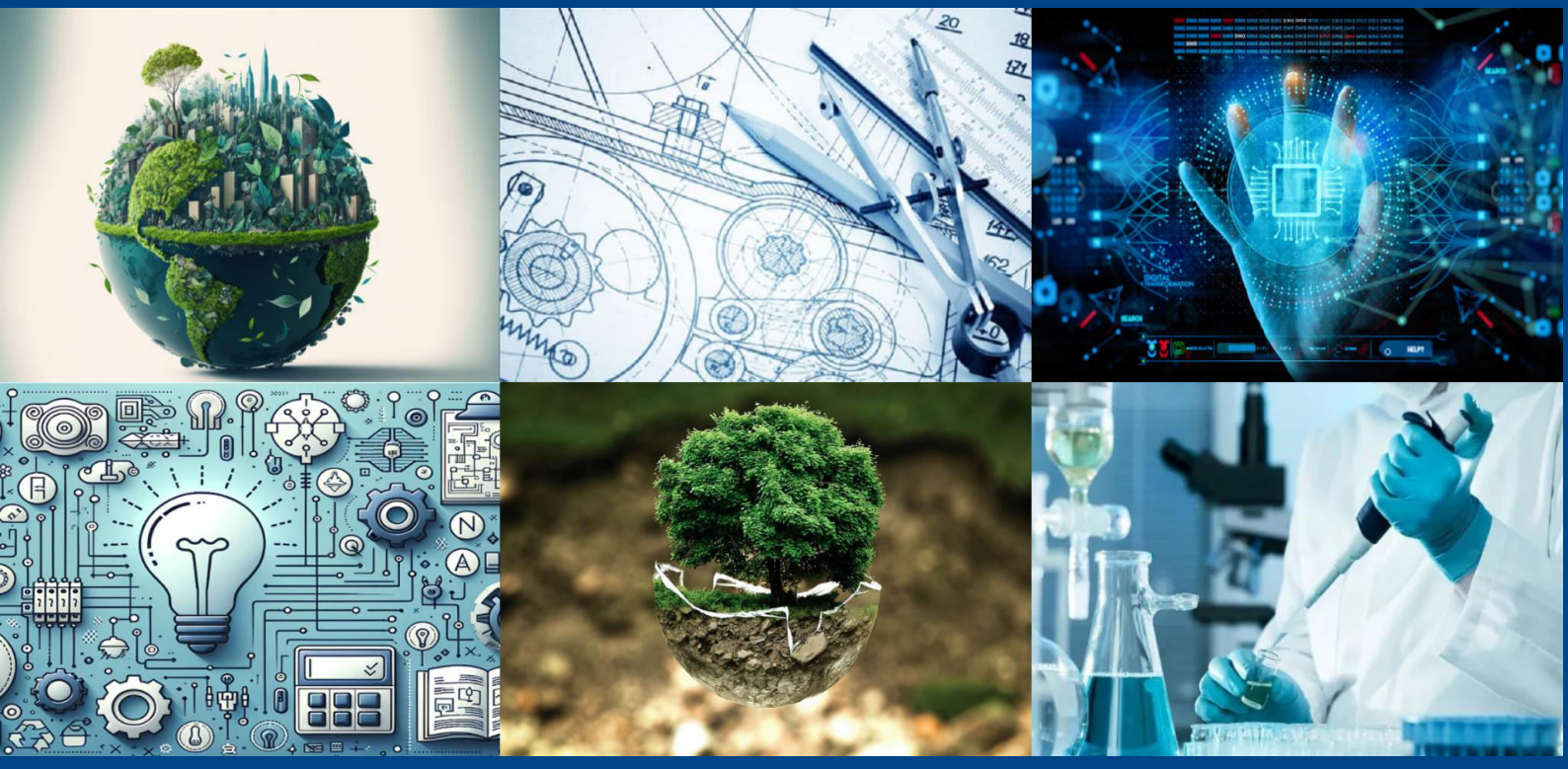
ISSN: 2582-7219

International Journal of Multidisciplinary Research in Science, Engineering and Technology

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)



Impact Factor: 8.206

Volume 9, Special Issue 1, April 2026

International Journal of Multidisciplinary Research in Science, Engineering and Technology (IJMRSET)

| ISSN: 2582-7219 | www.ijmrset.com | Impact Factor: 8.206| | Monthly Peer Reviewed & Refereed Journal |

|| Volume 9, Special Issue 1, April 2026 ||

International Seminar on Green Trends-Pioneering Environmental Sustainability (ISGTPES – 2025)

Organized by

Department of Botany, Babu Jagjivan Ram Government Degree College (Autonomous), Hyderabad, Telangana, India

|DOI:10.15680/IJMRSET.2026.0904616|

Traditional Folklore Medicinal Plants of Amrabad Tiger Reserve: A Review

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ABSTRACT: Medicinal plants have been utilized to treat human illnesses since the dawn of humanity. They've been used to cure and prevent a variety of diseases, as well as epidemics, for thousands of years. A few medical herbs are also used as tasty condiments, to flavour, colour, and preserve food, among other things. Almost every portion of the plant has therapeutic benefits of its own. Secondary metabolites found in medicinal plants have a significant function in a variety of ailments and are also employed in the production of medicines. Many of the plants have been claimed to have antioxidant, anti-inflammatory, anti-insecticidal, anti-parasitic, antibiotic, and anti-hemolytic qualities, among other things, and are commonly used by tribal people all over the world. This article examines the traditional therapeutic usage of 24 plant species from various families, as described by various experts.

KEYWORDS: Amrabad Tiger Reserve, Tribal people, Traditional medicine, Secondary metabolites.

I. INTRODUCTION

Plant products' ability to heal can be traced back to the Vedic era, as evidenced by their use in the treatment and revitalization of body systems in Indian, Egyptian, Chinese, Greek, and Roman civilizations [1]. Plants with medicinal value are widely used by all sections of the population in India, both as folk medicines in various indigenous systems of medicine such as Siddha, Ayurveda, and Unani, and as processed products of the pharmaceutical industry [2]. Only 250,000-500,000 plant species in India have been studied phytochemically for biological or pharmacological activity [3]. The bioactive constituents or plant extracts may be used for the treatment of various diseases, and these would be used as a new formulation for the discovery of novel drugs in pharmaceutical industries [4]. Herbal medicines such as Brahmi and Ashwagandha help to increase one's energy level, increase nutrients, restore body cells, and improve one's immunity [5]. Medicinal and aromatic plants can help rural people, particularly women, improve their subsistence livelihoods in an environmentally friendly way while preserving the biodiversity of these natural resources [6]. According to the World Health Organization (WHO), traditional medicine is relied upon by up to 80% of the global population as a primary healthcare resource for various treatments. The development of indigenous medicines and the use of medicinal plants for the treatment of various diseases have significant economic benefits. Due to fewer communication means, poverty, ignorance, and the lack of modern health facilities, most people, particularly in rural areas, are still forced to use traditional medicines for minor ailments [7]. Medicinal plants play a crucial role in promoting individual and community health by providing natural remedies, preventing diseases, and supporting overall well-being through traditional and modern healthcare practices. Plants have medical value due to chemical active compounds that have a defined physiological effect on the human body [8]. Plants are a rich source of bioactive compounds and could be used as a mosquito control agent in the future [9]. Plant secondary metabolites, or phytochemicals, contain a wide range of pharmacological properties, including antioxidant, anti-allergic, antibacterial, hypoglycemic, and anti-carcinogenic properties. These secondary metabolites protect cells from free radicals, which are unstable chemicals that cause cell harm [10]. Natural antibacterial chemicals, particularly those produced from plants, are becoming increasingly popular for food preservation. As a result, there is a need to look for therapeutic plants. Elder males and females between the ages of 41 and 70 years, on the other hand, have knowledge and awareness of herbal therapies. The younger generation's decreasing use of therapeutic herbs may eventually lead to their extinction.

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II. MATERIALS AND METHODS

The review of the literature is done by gathering information from searching Web of Science, PubMed, EMBASE, Scopus, directory of open access journals (DOAJ) and local literature. The following key terms and or their equivalents were used to do the search: ethnobotany, medicinal plants, antioxidant, anti-inflammatory, anti-insecticidal, anti-parasitic, antibiotic, hypertension, traditional medicine.

Discussion & Results

Nallamala Forest, a vital part of the Eastern Ghats in Telangana and Andhra Pradesh, is rich in biodiversity and ethnobotanical significance. The forest is home to indigenous tribes, particularly the Chenchus, who rely on its diverse flora for traditional medicine and sustenance. Studies highlight the medicinal properties of various plant species, some of which are endangered. Research on Nallamala's ethnobotany underscores its ecological and cultural importance, emphasizing conservation needs. Additionally, the forest supports rare wildlife, enhancing its ecological value. Efforts in documenting traditional knowledge contribute to sustainable resource management and the preservation of indigenous wisdom for future generations. [11]

The study documents the ethnomedicinal uses of plants by the Chenchu, Erukala, and Lambada tribes in the Amrabad Tiger Reserve, Telangana. It highlights several medicinal plant species across various families used for treating ailments like jaundice, diabetes, tuberculosis, and skin diseases. The research underscores the importance of preserving indigenous knowledge amidst urbanization threats. The findings provide a foundation for pharmacological studies and the conservation of traditional herbal medicine in tribal communities. [12]

***Abrus precatorius* Linn. Correa. -** deciduous climbing plant with many stems that grow from the base. The root contains the ingredient glycyrrhizin, which is sweeter than sugar and is commonly used medicinally and as a flavoring agent. Unfortunately, because the root contains poisonous and emetic chemicals, it is not recommended for use. The seeds are tough and difficult to digest. They include a variety of therapeutically active compounds, including as the highly poisonous toxin abrin, as well as indole alkaloids and anthocyanins. They're employed as an abortifacient, contraceptive, emetic, and irritant in medicine.

Capparis grandis L.f Deciduous tree with obovate leaves and creamish blooms in terminal corymbs; globose berries. Flowering and fruiting all year and shown to have antioxidant activity comparable to that of the conventional antioxidant -tocopherol. Antibacterial and antifungal properties. Fresh leaves are cooked and served like a vegetable soup. Crushed fresh leaves pulp is used to cure insect bites.

Sterculia urens Roxb. Plant that can be used to restore and reforest bare, rocky ground. Large trees that grow up to 15 metres tall, with crowded leaves at the ends of branches, yellowish green blossoms, and black seeds. From wounds in the trunk, a gum known as 'Karaya Gum' is obtained. It's used as a denture adhesive, a pulp binder, a thickening agent for printing inks, a size for fabrics, in cosmetics, as a stabilizer, thickening agent, and emulsifier in foods, The resin's major component is a phlobatannin, which has three phenolic OH groups.

***Mimosa pudica* Linn.** Mimosa pudica contains the poisonous alkaloid mimosine, which has been shown to inhibit cell proliferation and induce apoptosis. Seeds produce mucilage, which is composed of D-glucuronic acid and D-xylose. Its root is bitter, acrid, cooling, vulnerary, and alexipharmic. It's used to treat leprosy, dysentery, vaginal and uterine complaints, inflammations, burning sensations, asthma, exhaustion, leukoderma, and blood disorders, To relieve toothache, a decoction of the root is used as a gargle. It also helps to cure Diarrhoea (athisaara), amoebic dysentery (raktaatisaara), bleeding piles, and urinary infections.

***Withania somnifera* Linn. Dunal.** The plant grows in dry sections of India and sub-tropical India as an erect, branching, unarmed shrub up to 1.25 metres tall. Skin disorders, nervous disorders, intestinal affections, venereal diseases, rheumatism, emaciation of children, and as a tonic for all kinds of weakness and in geriatrics have all been treated with Withania somnifera (Linn) Dunal (Ashwagandha) in various preparations and forms, such as powder, decoction, oil, smoke, poultice, and so on. It is also an aphrodisiac and rejuvenator that improves vitality and stamina.

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Sida cordifolia The stems are yellow-green, hairy, long, and thin, and the entire plant is covered in soft white felt-like hair. The leaves are oblong-ovate and hairy. Antirheumatic, antipyretic, analgesic, antiasthmatic, laxative, diuretic, hypoglycemic, nasal anticongestant, and pain reliever in sciatica are all traditional indications. The root of S. cordifolia has lately been described as a potential drug in Parkinson's disease treatment. Other components of the plant, such as the leaves, stems, and seeds, are used in traditional medicine for a variety of medicinal uses.

Carica papaya Linn. Papaya is a tiny, sparingly branched tree with spirally arranged leaves limited tothe top of the trunk that grows from 5 to 10 metres tall. All parts of the plant show latex. Raw papaya pulp is a considerable source of vitamin C and includes 88 percent water, 11 percent carbs, little fat and protein. Fruit is used to treat a variety of human and veterinary ailments, including malaria, hypertension, diabetes, jaundice, and intestinal helminthiasis. Asthma, colic, fever, and beriberi have all been treated with the leaves.

Butea monosperma **Linn.** It is a small tree that can grow up to 15 metres tall. The leaves are trifoliolate and pinnate. The flowers are a bright orange red colour and grow in racemes. Tannins, flavonoids, and triterpenoids were found in flower extract. According to previous research, flavonoids are responsible for anti-diabetic and wound healing activity. Anti-inflammatory, antimicrobial, anthelmintic, diabetic, diuretic, analgesic, antitumor, and astringent properties. Its leaves are astringent, diuretic, and anti-ovulatory in nature. Its flowers are both tonic and nourishing. The roots of this plant are used to treat night blindness.

Cocculus hirsutus (L.) Cocculus hirsutus is a climbing shrub with up to 15-meter-long stems that are high in alkaloids. The leaves are used to make an infusion that is used to cure stomach-aches. To treat female sterility, a decoction is consumed. The sap from the leaves is used to treat nerve disorders. To alleviate night blindness, the leaves are cooked and eaten. To test spermatogenesis, a jelly made by soaking leaves in cold water is used.

Aegle marmelos **(Linn.) Correa.** Tree with slender drooping branches that grows up to 13 metres tall. The flowers are 1.5 to 2 cm long, pale green or yellowish, delicately perfumed, and bisexual, with trifoliate, alternating leaves. With a thick, rigid rind, the fruit is globose or somewhat pear-shaped. Aegle marmelos leaves are used to cure jaundice and leukorrhea, as well as conjunctivitis and defenses. Fruits provide energy as well as nourishment. It's used as a carminative and astringent, as well as a snake bite treatment.

Dalbergia paniculata Roxb Deciduous tree, foliage odd - pinnate, leaflets alternate, 5 or 6 pairs, oblong-obovate, apex obtuse, base cuneate; Flowers white in terminal and axillary panicles; pods lanceolate. Forests have a lot of them. The methanolic extracts of leaf and bark were discovered to contain flavonoids, whereas bark, stem, and root contain terpenoids, which are a therapeutically important category of chemical substances with antimicrobial, oestrogenic, and insecticidal characteristics. This plant's leaf juice is taken twice a day for one week to heal coughs, colds, and headaches.

Syzygium cumini **(Linn.) Skeels** The leaves are leathery, oblong-ovate to elliptic, with a broad and less acuminate apex, and the tree is evergreen and thickly foliaceous with greyish-brown thick bark. The panicles are produced mostly from the branchlets beneath the leaves and are frequently axillary or terminal. Flowers are fragrant and clustered in a greenish white colour. Fruits are dark-purple or practically black berries with a single enormous seed that are delicious, juicy, and tasty. The fruit has a sweet, moderately acidic, and astringent flavour that causes the tongue to turn purple. The bark is prepared into a decoction and used to wounds as an antibiotic. To cure diabetes, 50ml of fruit decoction is taken internally three times a day for 45 days.

Buchanania axillaris **(Desr.)** Deciduous tree, leaves oblong elliptic, flowers greenish white, drupes compressed, seeds gibbose. Common in forest. The fruits are edible. Seeds slightly warmed and made into powder taken daily after food for easy digestion (dyspepsia). Cures blemishes, bronchitis and burns.

Madhuca longifolia Deciduous tree with elliptic leaves clustered at the tips of the branches, pale yellow blooms, ovoid berries, and 2-4 seeds. Occasional in the forests. Tuberculosis, rheumatoid arthritis, cholera, paralysis, snakebites, debility, tonsillitis, influenza, piles, arthritic pain, helminthiasis, low semen count, headache, flatulence, infections,

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blood purifier, and antidote to poison: Fevers are treated with 3 tablespoons of stem bark juice twice a day for about a week. To treat dengue fever, a tonic of flowers and fruits is given.

Terminalia bellirica (Gaertn.) Roxb Large trees, up to 12m tall, with clustered leaves at branch tips, greenish white flowers in axillary spikes, and globose drupes. Forests have a lot of them. Fruit pulp is eaten to relieve constipation and headaches. Diabetes can be cured by eating the fruit. Fruit from Emblica officinalis and Terminalia chebula are combined and prepared into a decoction and given internally to treat leucorrhea. To alleviate dyspepsia, a 5ml decoction of fruit is taken three times a day for two days.

Prosopis cineraria (L) Druce Tree with pinnate leaves, yellow flowers on slender spikes, and flat, thick pods. In the woods, on rare occasions. To treat indigestion, two tablespoons of flower juice is administered three times a day for around two days. In the case of fever, 10ml of stem bark juice is administered twice a day for around 5 days. The stem bark is used in the treatment of anxiety, asthma, bronchitis, dyspepsia, fever, dysentery, leprosy, piles, wandering of the mind, and tremors. It is also said to have anti-abortifacient and laxative qualities. Eye irritation is treated with the smoke from burning leaves. Leaf paste is used to treat boils and blisters, as well as mouth ulcers in animals, while leaf infusion is used to treat open skin sores. Flowers are utilized as an anti-diabetic and anti-abortion medication. One of the natural cures for snake bite and scorpion sting. Wood ash can be used as a source of potash, and the ashes can be used to remove hair from the skin.

Aerva lanata *(L)* Prostrate plant grows up to 40cm tall, with elliptic ovate leaves and white axillary blooms. Forests have a lot of them. For kidney stones, the whole plant is ground into a powder and combined with milk and a tiny bit of sugar before being given orally twice a day for 20 days. Diabetes is treated with a paste made from the entire plant. Jaundice can be treated using the juice of crushed root.

Caesalpinia bonduc (L.) Roxb. Armed stragglers with pinnate leaves and yellow flowers with red dots in an axillary raceme. Oblong pods contain obovoid seeds. In the woods, on rare occasions. Antidotes for scorpion bite can be made from the powder of one or two seeds administered orally with water. Leaf juice is used as an anthelmintic and a fever reducer. To treat paralysis, oil is taken from the seed and administered externally. Externally, the leaves are used to treat hernias. Beans are also used to purify the blood and cleanse the chest of thick, sticky phlegm.

Gymnema sylvestre (Retz.) Occasional in the forests. Large climbing bushes with milky latex, elliptic-ovate leaves, yellowish flowers, and oblong, narrow-tipped follicles. The leaves' paste is used to treat diabetes, as well as a laxative and diuretic. Snake and scorpion bites are treated with leaf paste as an antidote.

Plumbago zeylanica *(L)*. Flowers white in terminal spikes, capsule oblong, glandular, straggling hispid under shrub, leaves elliptic-ovate. Common in forests. Even a three-month pregnancy can be aborted if the root paste combined with water is given orally, it also heals fevers and skin problems. To cure elephantiasis, combine the roots of *Plumbago zeylanica* with the roots of *Erythroxylum monogynum*, make a paste that may be applied topically.

Asparagus racemosus *Willd*. Branched, armed shrubs with slightly recurved spines, white flowers in axillary clusters, and globose berries. Common in forests. Vem. Pillitegalu. Paste of tuber is used to boost sexual vitality and also used to treat diabetes. Epilepsy is treated with a mixture of plant juice and milk.

Ficus hispida. Small trees with hispid branches, opposite leaves that are generally rectangular, and globose figs. Rare in forests. Vem. Brahmamedi. Boils are treated using the juice of the leaves. Hepatic hindering is achieved by boiling the fruit in goat's milk. Diabetes is treated using the fruit and root.

Strychnos nux-vomica *(L)*. Large trees up to 10m tall, with elliptic-ovate leaves, greenish-white flowers in terminal cymes, globose, orange-red berries, and 3-4 seeds. Common in forests. Dysentery, fevers, and dyspepsia are treated with stem bark paste. Cholera can be treated using the root bark mixed with lime. The seeds are extremely toxic.

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Andrographis paniculata Erect glabrous herbs up to 1 m tall, with lanceolate leaves, white with pinkish flowers, elliptic-oblong capsules and 6-8 pitted seeds. Common in forests. To treat heart problems, a fruit paste is consumed. To treat fever, 2 teaspoons of whole plant juice is given twice a day for around 3 days.

1) *Abrus precatorius*

2*) Capparis grandis*

3) *Sterculia urens*

4*) Mimosa pudica*

5) *Withania somnifera*

6*) Sida cordifolia*

7) *Carica papaya*

8) *Butea monosperma*

9*) Cocculus hirsutus*

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10) *Aegle marmelos*

11) *Dalbergia paniculata*

12) *Syzygium cumini*

13) *Buchanania axillaris*

14) *Madhuca indica*

15) *Terminalia bellirica*

16) *Prosopis cineraria*

17) *Aerva lanata*

18) *Caesalpinia bonduc*

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19) *Gymnema* sylvestre

20*) Plumbago zeylanica*

21*) Asparagus racemosus*

22) *Ficus hispida*

23) *Strychnus nux-vomica*

24) *Andrographis paniculata*

Table 1: Traditional Medicinal Plants used by the tribes of Amrabad Tiger Reserve Range

S.No	Botanical Name	Common Name	Family	Used Part	Habit	Diseases and Mode of usage
1	***Abrus precatorius Linn.***	Guriginja	Fabaceae	Leave, Roots	Shrub	Leaf juice is mixed with coconut oil and applied over the painful swellings of the body; the leaves are used for curing leprosy, used as aphrodisiac tonic, useful in eye diseases, cures leukoderma, itching, skin diseases and wounds, Roots are taken for sore throat and rheumatism
2	***Capparis grandis***	Nallauppi	Capparaceae	Leaves, Root	Tree	The paste of leaves is used in skin diseases. Crushed leaves juice is applied to treat insect bite. 5ml root extract taken internally three times a day for 2 days to cure diarrhoea and dysentery.
3	***Sterculia urens* Roxb.**	Tapsi	Sterculiaceae	Stem Latex, Bark	Tree	The gum of this plant controls constipation. It is used in treating debility, diarrhea and sore throat, Bark decoction taken orally for one

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						day relieves stomach pains.
4	***Mimosa pudica Linn.***	Attipatti	Mimosaceae	Roots and leaves	Herb	Roots have been used as an antidote to scorpion and snake bites. Roots can also be used to cure menstrual problems, toothache and loose motions. leaves are used to cure
5	***Withania somnifera* Linn.Dunal**	Ashwagandha	Solanaceae	Root,Leaves	Herb	Root is sedative, tranquilizing and nervine tonic and useful in fainting, giddiness & insomnia, Ideal remedy for muscular aches, pains, and stiffness, weakness and low body weight. The bark powder is appetizer, carminative and anthelmintic. In ear discharge the juice of leaves is used as eardrops.
6	***Sida cordifolia***	Chiru benda	Malvaceae	Root, Bark, Leaves	Herb	Antirheumatic, analgesic, antipyretic, antiasthmatic, nasal anticongestant, antiviral, laxative, diuretic, aphrodisiac, hypoglycemic
7	***Carica papaya* Linn.**	Papaya	Cariaceae	Latex of fruit	Tree	Latex of fruit is used to cure ringworm and eczema
8	***Butea monosperma Linn.***	Moduga	Fabaceae	Flower, Root,Leaf	Tree	Used to get rid of worms from the stomach due to its anthelmintic activity. Used to manage diarrhoea as it has antimicrobial and astringent properties. Leaf powder is used for diabetes. Decoction can also be used to wash pubic areas in case of vaginal infections and urinary problems Roots are used in tuberculosis
9	***Cocculus hirsutus*** (L.)	Dusarateega.	Menispermaceae	Leaf	Twining Shrub	An infusion of the leaves is used to treat stomach-ache. A decoction is drunk to remedy female sterility. The leaf sap is used to treat nervous illnesses, skin infections and itchy skin including eczema, rheumatism and gonorrhoea, the cooked leaves are eaten to treat night blindness
10	***Aegle marmelos (Linn.) Correa.***	Bilva, Maredu	Rutaceae	Fruit	Tree	Antidiarrheal, antimicrobial, antiviral, radioprotective, anticancer, antipyretic, ulcer healing, antigenotoxic, diuretic, antifertility and anti-inflammatory. Half of a ripe fruit is eaten twice a day for 3-4 days to cure constipation

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11	***Dalbergia paniculata* Roxb.**	Pachhodu chettu	Fabaceae	Leaves	Tree	50ml leaf juice of this plant is taken internally twice a day for one week to cure cough, cold and headache.
12	***Syzygium cumini(Linn.) Skeels.***	Neredu	Myrtaceae	Bark, Fruit	Tree	The bark is made into a decoction and used as an antiseptic in cleaning wounds. 50ml of decoction of fruit is taken internal thrice a day for 45 days to cure diabetes.
13	***Buchanania axillaris***	Sarapappu	Anacardiaceae	Seed	Tree	Seeds slightly warmed and made into powder taken daily after food for easy digestion (dyspepsia).
14	***Madhuca longifolia***	Yippa Chettu	Sapotaceae	Bark, Flowers	Tree	Juice of stem bark about 3 teaspoons twice a day is given for about a week to treat fevers. Liquor made from flowers and fruits is given as tonic to relieve dengue fever
15	***Terminalia bellirica* (Gaertn.) Roxb**	Tanikaya	Combretacaea	Fruit	Tree	The fruit pulp is munched, it cures loose bowels and headache. The fruit is used to cure diabetes. Fruit with fruit of Emblica officinalis and fruit of Terminalia chebula are mixed and made in to decoction, taken internally to cure leucorrhea. Decoction of fruit, about 5ml thrice a day, is given about 2 days to treat indigestion
16	***Prosopis cineraria* (L) Druce**	Jammi	Mimosaceae	Flowers, Bark	Tree	Juice of flowers about two teaspoons thrice a day is given for about 2 days to treat indigestion. Juice of stem bark, about 10ml twice a day, is given for about 5 days in case of fever.
17	***Aerva lanata* (L.)**	Konda pindi, Telaka pindi	Amaranthaceae	Whole plant, Leaves	Herb	Whole plant made into powder mixed with milk and sugar and taken orally twice a day for 20 days for kidney stones. The paste of whole plant is used to cure diabetes.
18	***Caesalpinia bonduc* (L.) Roxb.**	Gachhakaya	Caesalpiniaceae	Seed, Leaves	Liana	Powder of one or two seeds can be used as antidotes for scorpion bite when taken orally with water. Leaf juice used as anthelmintic and to relieve fever. Oil is extracted from the seed and applied externally to treat paralysis. Leaves externally used for hernia.
19	***Gymnema sylvestre* (Retz.)**	Podaparti	Asclepiadaceae	Leaves	climbing shrubs	The paste of leaves is used for curing diabetes, allergies, constipation, cough, dental caries, laxative and diuretic. Leaf paste is used as antidote in snake and scorpion bites.

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20	***Plumbago zeylanica* L**	Chitramulam	Plumbaginaceae	Root	Shrub	Root paste mixed in water is taken orally even three months pregnancy can get abortion, it cures fevers and skin diseases. Roots grind with roots of Erythroxylon monogynum made into paste and applied externally to treat elephantiasis.
21	***Asparagus racemosus Willd.***	Pillitegalu	Liliaceae	Tubers	Shrub	The paste of tubers is used for sexual energy, to cure diabetes. The juice of plant with milk is administered for epilepsy.
22	***Ficus hispida***	Brahma medi	Moraceae	Fruit, Root, Leaf	Tree	The juice of leaves is applied to treat boils. The fruit boiled in goat's milk is used in hepatic hindering. The fruit and root is used to cure diabetes.
23	***Strychnos nux-vomica L.***	Visha musti	Loganiaceae	Bark, Seeds	Tree	The paste of stem bark is used for dysentery, fevers and dyspepsia. The root bark with lime is useful in cholera. The seeds are highly poisonous.
24	***Andrographis paniculata***	Nela vemu	Acanthaceae	Whole plant	Herb	The paste of fruits is taken to cure heart diseases. The juice of whole plant about 2 teaspoons twice a day is given for about 3 days to cure fever.

III. CONCLUSION

The present minor review shows that the tribals of Amrabad Tiger Reserve are well acquaint with most of the plants with medicinal values and their usage. This review reveals that various parts of the 24 plants studied are useful for treatment of many diseases such as leprosy, leukoderma, itching, skin diseases wounds, insect bites, snakebites, dysentery, fevers, dyspepsia, diabetes, paralysis, heart diseases, rheumatism, gonorrhoea, stomach ache, head ache etc., these plant species include both wild and cultivated ones. Majority of the medicinal plants were trees than herbs, shrubs and climbers respectively. Shrubs 03, Trees 13, Herbs 05, Twining shrubs 02, Liane 01.

ACKNOWLEDGEMENTS:
We express our sincere thanks to all the online platforms.

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| ISSN: 2582-7219 | www.ijmrset.com | Impact Factor: 8.206| | Monthly Peer Reviewed & Refereed Journal |

|| Volume 9, Special Issue 1, April 2026 ||

International Seminar on Green Trends-Pioneering Environmental Sustainability (ISGTPES – 2025)

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|DOI:10.15680/IJMRSET.2026.0904616|

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