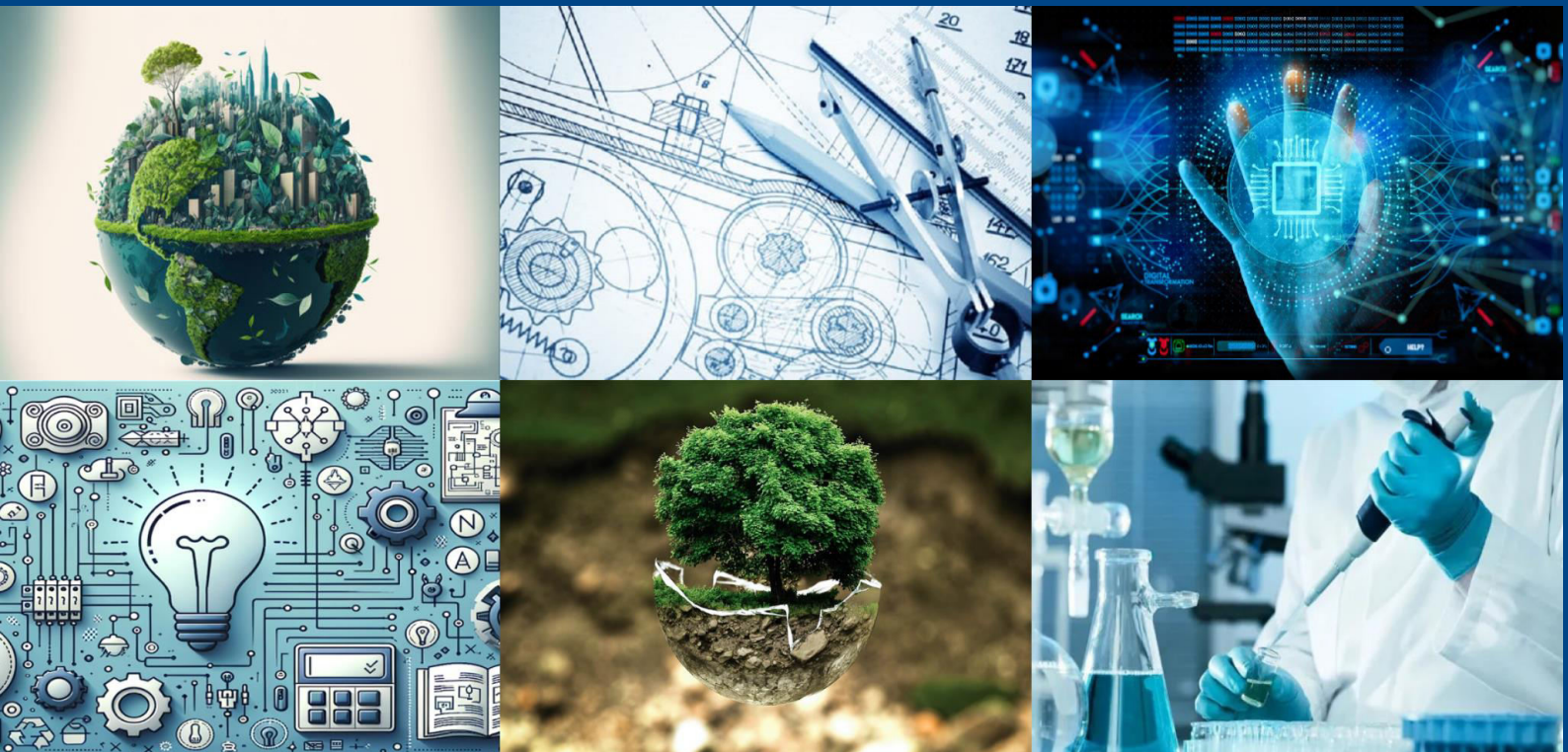




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Medicinal plants used to cure Liver disorders by the Tribes of Khammam district, Telangana State

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ABSTRACT: Medicinal plants have proved to be effective for the cure of various Liver disorders. Participatory Rural Appraisal (PRA) methods and tools were used for interacting with the tribal women who were used as the main source of information. Scientific validation helped to determine the pharmacognosy and pharmacology status of the plants. The sources used for scientific validation were mainly the view of the experts and scientific literature besides adding the social value considering the views of vaidyas. The identification validation and documentation of the plant material from the Khammam forest reveal that 17 species belonging to 17 genera and 16 families were used for Liver disorders. Most of them were herbs closely followed by trees. The common Liver problems are Abdominal pain, jaundice, cirrhosis, loss of appetite etc. The ethno medicinal practices involved plants ranging from one to two. The common dosage forms include paste, decoction, and juice. They were used for their preventive and curative properties. Most of these plants were available in the vicinity or their parts were in the form of species at the household level. These indigenous methods of treatment based on medicinal plants are still an important part of social life and culture in Khammam. The claimed therapeutic values of the reported species are to be critically examined to establish their safety and effectiveness and to preserve this flora, which may otherwise be extinct due to deforestation.

KEYWORDS: Ethno medicine, Khammam district.

I. INTRODUCTION

Khammam district came into existence on October 1, 1953. It was carved out from the taluks of Warangal and East Godavari districts and occupies an area of 16,029 km² covering 46 Mandal Praja Parishads. It lies between 16° 45' and 18° 35' North latitude and between 79° 47' and 80° 47' East longitude. The total population of the district is 25, 78, 927 of which 6, 82,617 (26.46%) are scheduled tribes as per 2001 census. The district presents a rough topography with dissected uplands and hills, which sometimes exceeds 600 m. Temperature varies from 10 to 44° C. The average rainfall of the district is 1045 mm. The main tribes of the district are Koyas, Gonds/Naikpods, Lambadas and Konda Reddis. The district has more than 52.6% forest land with 4 divisions. Dry deciduous, moist deciduous, riparian, scrub and grass land forest types are predominant.

II. METHODOLOGY

An ethnobotanical survey was conducted among the tribal communities of the district. Elder people, medicine men, tribal physicians and village old mothers were consulted to record first-hand information on ethnomedicinal uses, methods of preparation and administration of crude drugs. The information from the tribal people was compared with literature.

Enumeration

Abutilon indicum (L.) Sweet MALVACEAE

VN: Duvvena kaya S: Atibala H: Teapar E: Indian abutilon, Peruru

Jaundice: Whole plant decoction is administered in doses of 30 ml twice a day till cure.

Alternanthera sessilis (L.) R. Br. ex DC. AMARANTHACEAE

VN: Ponnaganti kooraa S: Matsyaksi H: Gudrisag E: Sessile joyweed, Ragallatanda

Abdominal pain: Whole plant decoction is administered in doses of 30 ml daily once till cure.



Asparagus racemosus Willd. LILIACEAE

VN: Pilli peechera, Pilli teegalu S: Satavari H: Shatavir E: Climbing asparagus, Chiruthapalli

Jaundice: Two spoonful of tuber decoction is administered twice a day for 6 d.

Azadirachta indica A. Juss. MELIACEAE

VN: Vepa S: Abhrak bhasma E: Powdered talk, Madupalli

Jaundice: Two spoonful of stem bark decoction is administered twice a day for 5 d.

Balanites aegyptiaca (L.) Del. BALANITACEAE

VN: Gara E: Zachun-oil tree, Yerram Padu

Jaundice: Fruit pulp ground with whole plant of *Boerhavia diffusa* is administered in one spoonful once a day till cure.

Boerhavia diffusa L. NYCTAGINACEAE

VN: Punernava, Atuku mamidi H: Biskhafra S: Rakta punarnava E: Spreading hog weed, Edugurallapalli

Cirrhosis: Take leaf curry daily for 5 d.

Citrus medica L. RUTACEAE

VN: Maadiphalam S: Jambirah H: Jamiri nimbu E: Wild lemon, Mette Gudem

Jaundice: Five g of flower or root paste mixed with one glass of rice washed water is administered once a day till cure.

Ficus carica L. MORACEAE

VN: Anjooram S: Ansira E: Common fig, Bayyaram

Jaundice: Twenty ml of leaf juice mixed with a cup of goat milk is administered early in the morning once a day for 3 d.

Liver problems: Two spoonful of stem bark decoction is administered twice a day till cure.

Lactuca runcinata DC. ASTERACEAE

VN: Kundeti chevi mokka E: Garden lettuce, Chiruthapalli

Liver problems: Thirty ml of leaf decoction mixed with a cup of water is taken twice a day for 30 d.

Lawsonia inermis L. LYTHRACEAE

VN: Gorintaku S: Kuravaka H: Mehand E: Henna, Yerram Padu

Liver problems: Five g of leaf paste mixed with half spoon of black pepper powder is administered twice a day for 30 d.

Pelargonium graveolens (L.) Her. GERANIACEAE

VN: Machipatri, Geranium E: Geranium, Vajedu

Liver problems: Two spoonful of whole plant decoction mixed with a cup of water is taken twice a day till cure.

Phyllanthus amarus Schum. & Thonn. EUPHORBIACEAE

VN: Nela usiri S: Bhummyamalaki H: Jar-amal E: Kirineli, Yetapaka.

Jaundice: Whole plant decoction mixed with cumin seed powder is administered in two spoonful twice a day till cure.

Piper nigrum L. PIPERACEAE

VN: Miriyalu S: Maricha H: Kali-mirch E: Black pepper, Lakshnipuram

Loss of appetite: Take equal quantities of seeds along with long pepper, dried ginger and cumin seeds and powdered and administered in half spoon after meals.

Ptercorpus santalinus L.f. FABACEAE

VN: Errachandhnamu E: Red sanders, Mothu Gudem

Liver problems: 30 ml of stem bark decoction is taken twice a day for 30 d.

Ruellia tuberosa L. ACANTHACEAE

VN: Teta E: Menow-weed, Kandukuru

Stones in gall bladder: Whole plant decoction is administered in 3 spoonful twice a day for 15-20 d.

Trianthema portulacastrum L. AIZOACEAE

VN: Yerra galijereu S: Punarnava H: Santhi E: Horse-purslane, Lakshnipuram

Cirrhosis: Curry prepared with leaves is eaten thrice a day for 7 d.

Jaundice: Two Spoonful of whole plant paste mixed with one spoonful of pepper powder is administered twice a day for 7 d.

Woodfordia fruticosa (L.) Kurz LYTHRACEAE



**VN: Adavidraksha, Jujuki S: Dhataki H: Dhai E: Fire flame bush , Bayyaram
Loss in appetite: Leaf juice is taken with baking soda daily once for 2-3 d.**

III. RESULTS AND DISCUSSION

The present study yielded 17 species belonging to 17 genera 16 families used for Liver disorders by the aborigines of the district. There are six herbs, four shrubs, five trees, one cladode and one climber. Malvaceae, Amaranthaceae, Liliaceae, Meliaceae, Balanitaceae, Nyctaginaceae, Rutaceae, Moraceae, Asteraceae, Lythraceae, Geraniaceae, Euphorbiaceae, Piperaceae, Fabaceae, Azoaceae are the families used for curing the liver problems. The ethno medicinal practices involved ranging from one to two. The common dosage forms include paste, decoction, juice. The forests are rich medicinal plants, many are still not known to us. Present investigation indicates the Khammam district is blessed with magnificent diversity of ethno-medicinal plants used to cure many diseases. The present study will give new incentive to the traditional system of health care. Further, this approach for the treatment of Liver disorders is a practical, cost-effective and biological safe.

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