

## **Traditional treatment against Lumbago disease by the tribals of Ranchi district (Jharkhand).**

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### **Abstract**

*Ranchi district is the capital of Jharkhand, which is very rich in the plant diversity and ethnic diversity. The use of plants by the general population is an old and still wide spread practice which makes studies of their traditional method of treatment is essential. Therefore, an attempt was made to explore indigenous practice using medicinal plants for treatment of Lumbago. Total 12 species belonging to 12 genera and 12 families of angiosperm are recorded with due care.*

**Key words** :- *Lumbago, Ethnomedicinal, Ranchi etc.*

### **INTRODUCTION**

Ethnobotany act as a bridge between botany and tribal knowledge regarding medical aspect of plants<sup>1</sup>. Plants have formed the basis of traditional Medicine System which has been used for thousands of years in India<sup>2</sup>. Jarkhand is one of the eastern state, where bulk of tribals live constituting about 28 % of total population<sup>3</sup>. Plant have always been inevitable part of life and culture of the tribal people of Ranchi district. Ranchi the biggest district of Jharkhand state situated at 23.23°N latitude and 85.28°E longitude. The total area is about 7.57 4.17 km and the average elevation of the city is is 2,140 with above the sea level. Tribals in Ranchi district Mainly cast 'Sarna'which subtribes are Munda Oraon, Ho, pahariya, kharia etc.

The word lumbago is derived from latin word 'lumbus'. Lumbago is a non-specific lower back pain and common symptoms of musculoskeletal disorder involving the lumbar vertebrae. It can be acute, subacute and chronic and effects young and old people. The population of Ranchi district have certain tradition to cure lumbago. The native herbs and healing properties play and invitable role in the health service of this area. In tribals family the medicine system is coming down from generation to generation by words or by practice.

### **MATERIAL AND METHODS**

Frequent feel tours were conducted to the area of Ranchi district. Plant species were collected with the help of tribal vaidyas. The tribal having a long-standing practice in ethnomedicine were interviewed to obtain the information on the use of medicinal plant. Questionnaire were prepared containing the information about the tribal vaidyas their lifestyle, source of income, education background, medicinal uses of particular plant species, method of diagnosis, dose and duration of treatment<sup>4</sup>. The plant were correctly oee identified with the help of Botany of Bihar and Orissa vol. I-VII<sup>5</sup>. Scientific techniques were used to prepare herbarium specimen<sup>6</sup>, which are maintained in the department of Botany, P.P.K. College, Bundu. Photographs of some plants that taken during the field tour. The data gathered on ethnomedicinal uses of various plant species in a particular village where repeatedly confirm in other villages.

## RESULTS AND DISCUSSION

Various parts of the plant species enumerated in the present paper are effectively used by the tribal of Jharkhand. Medicine prepared by the investigated plants are frequently used against lumbago. Few scientists work earlier in this field have been done in different part of Jharkhand<sup>6</sup>. The knowledge about uses of medicinal plants in his confined to tribal families of remote area. With the spread of education and increased access to modern medicinal facilities it is apprehended that hereditary knowledge of herbs at present treasured with tribal families will be lost forever. An early and suitable measures should be taken to conserve these natural resources.

**Table :- 1 Systematic enumeration of plants used against lumbago**

Sl.No	Plant Name	Local Name	Family	Parts Used	Preparation / Dose
1	<i>Achyranthes aspera</i> L.	Chirchiti(S), Latjeera(H) Sitirkad(M)	Amaranthaceae	Whole plant	15ml aqueous extract of whole plant is taken in the morning.
2	<i>Aloe barbadensis</i> Mill.	Murabi(Kh), Ghikuanr(M) Mosobar(S)	Liliaceae	Leaves	The leaf juice is applied externally on affected portion.
3	<i>Azadirachta indica</i> A. Juss.	Neem (H) Nim (Kh, N) Nim daru (M)	Meliaceae	Bark	The warm stem bark is applied on affected portion for 20 days.
4	<i>Boerhaavia diffusa</i> L.	Khapra sag (N) Ohoc arak (S) Punarnava (H)	Nyctaginaceae	Whole plant	15 ml decoction of whole plant is taken once a day in empty stomach.
5	<i>Cinchona officinalis</i> L.	Quinine (H)	Rubiaceae	Seed	Paste of overnight soaked seed in unboiled cow milk applied on affected portion.
6.	<i>Costus speciosus</i> Koenig.	Keu (H) Kita Muli (M) Orop (S)	Zingiberaceae	Rhizome	Paste of rhizome is applied on affected part.
7.	<i>Ficus benghalensis</i> L.	Bare (S) Bar (N) Bargad (H)	Moraceae	Latex	Latex is applied on affected portion.
8.	<i>Helianthus annuus</i> L.	Surajmukhi (H,S)	Asteraceae	Root	10ml decoction of root is taken on empty stomach once a day.
9.	<i>Lawsonia inermis</i> L.	Mehndi (H) Bind mindi	Lythraceae	Leaves	Boiled leaves are applied on the affected

		(H)			portion.
10.	<i>Michelia champaca</i> L.	Champa (H,N,S,M)	Magnoliaceae	Flower	5ml aqueous extract of overnight soaked flower is taken in the morning.
11.	<i>Moringa oleifera</i> Lamk.	Sohjan (H) Munga Sag (N) Munga Arak (S)	Moringaceae	Root	10ml decoction of root is taken in empty stomach.
12.	<i>Pongamia pinnata</i> L.	Korohjo (M) Karanj (H)	Fabaceae	Seed	Seed oil is mixed with lime juice and applied on affected portion

H- Hindi, Kh- Kharia, N- Nagpuri, M- Mundari, S- Santhali

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