

Warli Medicine Tribes of Jawahar Taluka-Thane District

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1. Introduction

Ever since the dependence of human race on the earth, plants have been used in many ways by man. Plants suffice various human needs such as food, housing, medicine etc. It's quite evident from history that plants has always played a vital role for curing sickness and maintaining good health and this can be traced to any civilization or culture. In India, *Ayurveda*, *Unani*, Naturopathy and *Sidha-Yoga* are the four well known system of medicine of which *Ayurveda* is probably 5000 years old. Also '*Charak Samhita*' is the oldest literature which covers hundreds of herbs that can treat various diseases. This system of medicine fulfils various needs of almost 70% of rural Indians.

With sixteen agro climatic zones India is rich in Medicinal Plants occurring in diverse ecosystem. World Health Organisation has listed over 21000 plant species used around the world for medicinal purposes (National Bureau of Plant Genetic Resources (NGPGR) Booklet , 1996). It has been estimated that India has 47000 species of plant and is ranked number 8th in the world biodiversity. Out of these, Medicinal plant comprises of 8000 species. Indian system of medicine use around 2500 plants and species belonging to more than 1000 genera. About 800 species are used by industry of which approximately 25% are cultivated and remaining is wild. When we consider Maharashtra, Thane is a major tribal zone comprising communities like *Warli*, *Thakur*, *Duodia* , *Dhoukoli* and *Dubla* .With illiteracy, poverty and dependence on forest wealth for satisfying their basic medical care tribal people use different plant species for various ailments which has led to emergence of medicinal knowledge about these plants amongst the tribes.

2. Data Collection and Analysis

During the period 29th March 2015 to 31st March 2015, witnessed several trips to Thane district particularly Jawhar Taluka and village settlements like *Ambadi, Musarne, Met, Ghonsai, Dakiwali* and *Kelthan* with the purpose of documenting the ethno-medicinal plants in the area. The information was collected by the means of personal interviews *Baban Buwa*, a traditional *vaidya*, healers and old knowledgeable person of the society.

With the data collected like names of ailment, plant used for cure, its botanical name, common name, family, method of preparation of medicine is arranged in tabular form. According to McIntyre 80% of all contemporary pharmaceuticals in Europe are derived directly or indirectly from plant sources (As per figures from Smithk line Beecham). With the limited reach of synthetic drugs in the world the ailments are cured with traditional herbs and medicines in the deprived areas. Instead of doctors these people depend on traditional healers. They have knowledge not only to cure common ailments but also complex diseases like asthma, piles, epilepsy, paralysis etc. There are about 36 ailments that can be cured by using 62 plant species unlike the typical process of making medicines and storing them. Here simple medicines are created using fresh herbs. All these plants are common and are easily available to people.

Plants like *Ficus bengalensis*, *Ricinus communis* *Achyranthus aspera*, *Butea monosperma* and *Moringa oleifera* are commonly used for curing various diseases. Treatment may include use of numerous herbs for single ailment or a single herb for many ailments. In this urbanized world indigenous traditional medicine practice is something that is disappearing alarming which creates a necessity to document them.

Sr.No	Ailments	Common name, Botanical name (if traced)	Preparation of medicine	Administration Methods.
1.	Asthama	Aghada, Cuptodi	About 10 gms grind in water	1 cup of root extract should be taken orally everyday for 15 days.
2.	Conjuntivitis	Kanda	Juice of the bulb	2-3 drop 2-3 times a day.
3.	Intestinal worms	Dalimb Khurasani	Fresh bark of Dalimb is crushed along with Khurasani seeds and mixed with equal quantity of honey	2 tablespoons for every day administered orally for 3 days.

4.	Jaundice	Erand	Leaves are crushed into juice, filter the juice for intake	Half cup of juice to be taken every morning and evening for 7 days.
5.	Kidney Stone	Kurdu	Roots or seeds are grind to get extract	2 tablespoon of the mixture to be taken twice a day.
6.	Body heat	Jamun	Grind the seeds and make paste using water	Apply the paste on the skin after taking bath.
7.	Tumor	Nag champa	Roots to be grind using stone to get a fine paste	Apply the paste on the tumor affected hard area. Gradually the tumor softens and gradually gets clear.
8.	Lump in Stomach	Javaan	Roots to be grind using stone to get a fine paste	2 tablespoon of the mixture to be taken twice a day.
9.	Blood clot and circulation	Cutmaal	Roots to be grind using stone to get a fine paste	2 tablespoon of the mixture to be taken twice a day.
10.	Fever Piles Nagin	Nagdavan (Root) Ranekhand	Crush the root of the herb and squeeze out the liquid.	Consume the liquid squeezed out with milk for 7 days
11.	Malaria Typhoid	Nagdavan (Leaf)	Clean the leaf properly	Consume the 3 leaves with water for 7 days
12.	Diabetics	Davna	Clean the leaf properly	Consume the 1 leaf with water for 3 days
13.	Digestion Appetite	Nehari	Crush the seed into powder, soak it overnight in water	Drink the over-night soaked water in the morning for 7 days.
14.	Osteoarthritis Back pain Swelling in kidney	Vayvarna (Root)	Crush the roots on the stone and make it a paste.	Consume 1 teaspoon of the paste for 7 days.
15.	Vision	Vishnukanti	Crush the stem of the herb and squeeze the liquid out of it	Use the liquid as eye – drop for 15 days.
16.	Gap in lumber	Vaynarna (root) Ranekhand (root)	Crush the root of the herb and squeeze out the liquid.	Consume the liquid squeezed out with milk for 30 days
17.	Nerve problem	Ranekhand (root)	Crush the root of the herb and squeeze out the liquid.	Consume the liquid squeezed out with milk for 30 days
18.	Body pain	Ekhand (leaf) Vayvarna (leaf)	Grind the fresh leaves of the herb	Apply on the area of pain.