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An Ethnobotanical Study in the Pudukkottai District, South India

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Abstract:

An attempt has been made to identify folklore medically important plants frequently used by rural communities of sacred groves and its environments of Pudukkottai district, Tamil Nadu. A total of 200 medicinal plants from 166 genera under 61 families were enumerated. Most of the plants are used for skin diseases, fever, snake bites, diabetes, headache, cold, ulcer and urinary tract disorder etc. Plants of Rubiaceae (13 species) was largely represented followed by Papilionoideae (12 species).

Keywords: Ethnomedicine, Folkmedicine, Pudukkottai, Medicinal plants, Biodiversity

1. Introduction

Ethnobotany is the scientific study of the relationships that exists between people and plants. Since the beginning of civilization, people have used plants as medicine. Perhaps since Stone Age, plants are believed to have healing powers on man. Ancient Vedas dating back between 3500 BC and 800 BC reveal many references on medicinal plants. One of the remotest works in traditional herbal medicine is “*Virikshayurveda*”, compiled even before the beginning of Christian era. Even the “*Rig Veda*”, one of the oldest Indian works written around 2000 BC highlights the use of Cinnamon (*Cinnamomum verum* Prel.), Ginger (*Zingiber officinale* Rose.), and Sandalwood (*Santalum album* L.) not only in religious ceremonies but also in medical preparations (Bentley and Trimen, 1980).

The World Health Organization (WHO) has estimated that 80% of the populations of developing countries still rely on traditional medicines, mostly plant drugs, for their primary health care needs. Demand for medicinal plant is increasingly felt, in both developing and developed countries due to growing needs of natural products being non-toxic and bereft of side-effects, apart from availability at affordable prices. The medicinal plant sector has traditionally occupied a pivotal position in the socio cultural, spiritual and medicinal areas of rural and tribal families (WHO, 2002- 2005). In view of this fact, the work was carried out to provide a comprehensive account of folklore medicinal plants of Pudukkottai district, Tamil Nadu. During the study, an extensive field survey of the medicinal plants was done and the species used as folklore medicines were enumerated.

2. Materials and Methods

2.1. Study Area

Pudukkottai District was carved out of Tiruchirappalli and Thanjavur districts in January 1974. The district has an area of 4663 Sq. Km. with a coast line of 39 Kms. The district lies between 78.25' and 79.15' of the Eastern Longitude and between 9.50' and 10.40' of the Northern Latitude. It is bounded by Tiruchirappalli district in the North and West, Sivaganga district in the South, Bay of Bengal in the East and Thanjavur district in the North East. The mean annual rainfall was 1033 mm and the dry season lasts for six months (January to June), and receives less than 60 mm rainfall on monthly average.

The folklore medicinal plants enumerated, and the information about their uses, were collected during the field trips to various places of Pudukkottai district during 2009 – 2010. Information regarding medicinal aspect was gathered from persons (Mr. Chellakannu) having familiarity and knowledge with herbal medicines. The medicinal use of species was cross checked through the literature available. Plant specimens were identified with the standard floras (Matthew 1982 & 1983). Voucher specimens were prepared and are housed in the Botany department, National College, Trichy District, Tamil Nadu.

3. Results and Discussion

During the study, 200 plant species from 166 genera belong to 61 families were enumerated. Twenty two plants belonging to 19 families under 20 genera are traditional folklore medicinal species. For each species botanical name, family, local name, parts used, methods of preparation, administration and ailments treated are furnished. The most dominant families in the study were Papilionoideae (12 species), Euphorbiaceae (11 species), Rubiaceae (13 species), Cesalpinoideae (10 species), Mimosoideae (9 species), Cucurbitaceae (9 species), Acanthaceae (9 species), Malvaceae (8 species), Solanaceae (7 species), Rutaceae (6 species), Asclepiadaceae (6 species), Amaranthaceae (6 species each), Verbenaceae (5 species), Labiatae (5 species), Capparaceae (5 species), Aizoaceae (5 species), Apocyanaceae (5 species), Moraceae (5 species each), Sapindaceae (3 species), Convolvulaceae (3 species) and Palmae (4 species). Other families with low numbers are listed below: Annonaceae, Menispermaceae, Nymphaeaceae, Bombacaceae, Meliaceae, Vitaceae, Anacardiaceae, Liliaceae, Araceae, Sapotaceae, Boraginaceae and Aristolochiaceae (2 species each); Papaveraceae, Fumariaceae, Guttiferae, Sterculiaceae, Zygophyllaceae, Rhamnaceae, Moringaceae, Lythraceae, Punicaceae, Caricaceae, Cactaceae, Umbelliferae, Alangiaceae, Plumbaginaceae, Salvadoraceae, Loganiaceae, Gentianaceae, Cordiaceae, Scrophulariaceae, Pedaliaceae, Nyctaginaceae, Lauraceae, Zingiberaceae, Musaceae, Hypoxidaceae, Agavaceae, Commelinaceae and Cyperaceae (1 species each).

The study shows a high degree of ethnobotanical novelty and the use of plant sources for medicine by the rural communities reflects the revival of interest in traditional folk medicine, besides bringing to the fore their esoteric knowledge. Many species of the family Fabaceae and Asclepiadaceae are frequently used (12 remedies from 11 species); the Caesalpiniaceae and Mimosaceae contribute to 4 remedies from 8 species (Ignacimuthu *et al.*, 2006). As seen in Table 1, common health ailments in the study area were skin problems such as wounds, cuts, burns and skin diseases and the largest number of the remedies (16 remedies from 26 species) were observed to be used to treat these ailments. Kani tribals in Tirunelveli hills of Tamil Nadu use 14 plants for the treatment of skin problems (Ayyanar & Ignacimuthu, 2005). Fifty two herbal preparations from 31 plants are employed for skin diseases by tribals of Uttar Kannada district (Harsha *et al.*, 2003) and people of Eastern Cape Province, South Africa utilize 38 plant species for the treatment of wounds (Grierson & Afolayan, 1999).

Even today many local and indigenous communities in the Asian countries meet their basic needs from the products they manufacture and sell based on their traditional knowledge. Herbal drugs obtained from plants are believed to be much safer and this has been proved in the treatment of various ailments, and especially rural communities, depend on plant resources mainly for herbal medicine, food, forage, construction of dwellings, making household implements, sleeping mats, and for fire and shade. Rural people not only depend on wild plants as sources of food, medicine, fodder and fuel, but have also developed methods of resource management, which may be fundamental to the conservation of some of the world's important habitats (Gemedo-Dalle *et al.*, 2005).

Sl. No.	Plant Name	Family	Medicinal Properties
01	<i>Annona squamosa</i>	Annonaceae	Intestinal worms
02	<i>Polyalthia longifolia</i>		Fever, gonorrhoea, uterine ailment, leucorrhoea, mouth ulcer heart problem, blood pressure and stimulated respiration
03	<i>Cocculus hirsutus</i>	Menispermaceae	Cool the body
04	<i>Tinospora cordifolia</i>		Treat piles
05	<i>Nelumbo nucifera</i>	Nymphaeaceae	snake bites
06	<i>Nymphaea nouchali</i>		Cooling, sweet, bitter tonic, diarrhoea, dysentery, astringent cardiotoxic, aphrodisiac, stomachic and restorative
07	<i>Argemone mexicana</i>	Papaveraceae	Yellow plant juice is applied on eyelids cautiously in eye problem
08	<i>Fumaria indica</i>	Fumariaceae	Fever, antipyretic, diabetes, blood purifier, cooling agent and used for eruption
09	<i>Crateva adansonii</i>	Capparaceae	Fever, acrid, cough
10	<i>Cleome viscosa</i>		Acrid, thermogenic, antiscorbutic, anthelmintic and sudorific. The roots are stimulant, and vermifuge
11	<i>Cleome gynandra</i>		Toothache.
12	<i>Capparis zeylanica</i>		Boils, swelling, appetite
13	<i>Cadaba fruticosa</i>		Snake bite
14	<i>Calophyllum inophyllum</i>	Guttiferae	Cough, dysentery
15	<i>Pavonia odorata</i>	Malvaceae	Skin diseases, fever
16	<i>Thespesia populnea</i>		Skin disease
17	<i>Pavonia procumbens</i>		Ulcer
18	<i>Abutilon indicum</i>		Fever
19	<i>Hibiscus rosasinensis</i>		Hair growth and Cooling effect.
20	<i>Pavonia zeylanica</i>		Arthritis, piles, Anti-rheumatic, Cardiac tonic
21	<i>Hibiscus cannabinus</i>		Antihypertensive
22	<i>Sida cardifolia</i>		Boils
23	<i>Ceiba pentandra</i>		Diuretic, antipyretic, tonic, gonorrhoea, dysuria, acrid, bitter, thermogenic febrifuge, emetic and tonic and tumours

24	<i>Bombax ceiba</i>	Bombacaceae	Sweet, cooling, stimulant, tonic and demulcent and dysentery
25	<i>Melochia corchorifolia</i>	Sterculiaceae	Fruit powder is applied to treat earache.
26	<i>Tribulus terrestris</i>	Zygophyllaceae	Chest pain
27	<i>Ruta graveolens</i>	Rutaceae	Antiparasite, Abortifacient, Analgesic, Antispasmodic, Rubefacient, Emmenagogue, Nervine, Aromatic
28	<i>Citrus medica</i>		Foul breath, scurvy, nausea and vomiting
29	<i>Murraya koenigii</i>		Dysentery, blood purifier, tuberculosis and burning pain.
30	<i>Toddalia asiatica</i>		Acrid, astringent, bitter, sweet, aromatic, antiperiodic, antipyretic digestive, antibacterial vulnerary and tonic
31	<i>Aegle marmelos</i>		Ripened fruit pulp paste is applied on head to get cooling effect to eyes
32	<i>Limonia acidissim</i>		Diarrhoea and dysentery
33	<i>Azadirachta indica</i>	Meliaceae	Small pox and Skin disease.
34	<i>Melia azedarach</i>		Leprosy skin diseases, wounds, ulcers, cough, asthma and intermittent fevers
35	<i>Ziziphus mauritiana</i>	Rhamnaceae	Treat piles
36	<i>Cissus setosa</i>	Vitaceae	Stomach upset and dysentery
37	<i>Cissus quadrangularis</i>		Heart diseases, diabetes, metabolic syndrome
38	<i>Cardiospermum halicacabum</i>	Sapindaceae	Rheumatism
39	<i>Dodonaea angustifolia</i>		Boils
40	<i>Sapindus emarginata</i>		Anti-inflammatory and antipruritic
41	<i>Lannea coromandelica</i>	Anacardiaceae	Wounds, bruises, ulcer, ophthalmia, odontalgia, diarrhoea and dysentery
42	<i>Mangifera indica</i>		Dysentery and diarrhoea
43	<i>Moringa oleifera</i>	Moringaceae	Powdered stem bark is taken orally as an antidote to poisonous bites
44	<i>Sesbania grandiflora</i>	Papilionoideae	Cooked leaves are taken to get cooling effect to infected eyes.
45	<i>Lablab purpureus</i>		Alexipharmic, Emmenagogue, Astringen, diuretic, anaphrodisiac, stomachic and anti-spasmodic
46	<i>Vigna mungo</i>		Rheumatism, Nervous diseases, Liver diseases, Diuretic, Dropsy, Cephalalgia
47	<i>Enythrina suberosa</i>	Papilionoideae	Wounds of the cattle for healing.
48	<i>Clitoria ternatea</i>		Cathartic and diuretic.
49	<i>Indigofera tinctoria</i>		Bitter, Thermogenic, laxative, trichogenous expectorant, anthelmintic, and diuretic
50	<i>Abrus precatorius</i>		Leaves are chewed to get relief from toothache.
51	<i>Sesbania sesban</i>		Antiseptic, anti-inflammatory and antimicrobial properties
52	<i>Indigofera aspalathoides</i>		Skin diseases and toothache.
53	<i>Tephrosia purpurea</i>		Fresh root is chewed in stomach pain and poisonous bites
54	<i>Pongamia pinnata</i>		Bark and leaf powder is given orally to cattle for better digestion.
55	<i>Pterocarpus marsupium</i>		Astringent, bitter, acrid, cooling, anti-inflammatory union-promoter, depurative, urinary astringent, alterant, rejuvenating. leprosy, fractures, skin diseases, diabetes cough, asthma and graying hair
56	<i>Cassia auriculata</i>		Cesalpinoideae
57	<i>Cassia tora</i>	Malaria, ring worm, chronic inflammation of the skin and other skin diseases	
58	<i>Caesalpinia bonduc</i>	Cesalpinoideae	Fever, cough, worms, flatulence, dyspepsia, jaundice, arthritis, splenomegaly and diabetes.
59	<i>Cassia fistula</i>		Bark decoction mixed with garlic and powdered pepper is given to cattle as purgative
60	<i>Cassia alata</i>		Ringworm patches, cough and eczema
61	<i>Cassia roxburghii</i>		Hepatoprotective activity
62	<i>Cassia obtusa</i>		Antimicrobial activity
63	<i>Tamarindus indica</i>		Fresh fruit pulp paste mixed with lime is applied on the painful muscle swelling
64	<i>Cassia senna</i>		Abdominal disorders, leprosy, skin disease, jaundice Leucaoderma, cough, bronchitis, typhoid fever, anaemia and

			tumours
65	<i>Delonix elata</i>		Antimicrobial and antioxidant properties
66	<i>Acacia pennata</i>		Antimicrobial and antioxidant properties
67	<i>Albizia amara</i>		Stem bark paste is applied externally for healing wounds.
68	<i>Acacia nilotica</i>	Mimosoideae	Astringent, acrid, cooling, stypic, aphrodisiac, vulnerary, Anthelmintic, constipating, depurgative, diuretic, expectorant, alexeteric and nutritive
69	<i>Ammannia baccifera</i>		Treat muscular pain
70	<i>Mimosa pudica</i>		Liver disease, constipation, dysentery and kidney problems
71	<i>Prosopis spicigera</i>		Antimicrobial properties, fever
72	<i>Albizia lebbeck</i>	Mimosoideae	Rheumatic joints pain
73	<i>Dichrostachys cinerea</i>		Diarrhoea, vesical calculi, nephropathy, vaginopathy, Metropathy
74	<i>Syzygium cumini</i>		Diabetes
75	<i>Lawsonia inermis</i>	Lythraceae	Hair tonic and Cooling effect
76	<i>Punica granatum</i>	Punicaceae	Elimination of kidney stones from expectant mothers
77	<i>Carica papaya</i>	Caricaceae	Tuberculosis and promotes menstus flow
78	<i>Corallocarpus epigaeus</i>		Wounds, obesity, skin disease, tumours, cough, bronchitis
79	<i>Coccinia grandis</i>		Eye diseases
80	<i>Lablab purpureus</i>		Inflammation, colic, and urinary retention
81	<i>Lagenaria siceraria</i>		Cough, bronchitis, asthma, fever, inflammations, Leprosy, skin diseases, jaundice, decaying teeth, flatulence and baldness
82	<i>Momordica charantia</i>	Cucurbitaceae	Helminthiasis, intermittent fever, burning sensation of sole, nyctalopia. diabetes, asthma, cough, impurity of breast milk, fever and debility
83	<i>Cucurbita moschata</i>		Burns, scalds, inflammations, abscesses, boils, migraine and neuralgia
84	<i>Citrullus colocynthis</i>		Tumours, leucoderma, ulcers, asthma, bronchitis, jaundice, dlephantiasis, tubercular glands of the neck and splenomegaly.
85	<i>Cucumis sativus</i>		Fever Insomnia, bronchitis, jaundice, haemorrhages Strangury and general debility.
86	<i>Mukia maderaspatana</i>		Burning sensation, dipsia, flatulence, colic Consumption, ulcers, cough, asthma, neuralgia, notalgia, odontalgia and vertigo
87	<i>Opuntia dillenii</i>	Cactaceae	Chest pain, prevents or cures of asthma, whooping cough, pains Swelling and skin diseases.
88	<i>Trianthem adecandra</i>		For poisonous bite of leaves mixed with Beetle wine and made in to paste, to apply externally
89	<i>Trianthema portulacastrum</i>	Aizoaceae	Antioxidant and hepatoprotective activities
90	<i>Gilinus lotoides</i>		antispasmodic and ecboic properties
91	<i>Mollugo nudicaulis</i>		Treat fever
92	<i>Gisekia pharnaceoides</i>		Antibacterial properties
93	<i>Centella asiatica</i>	Umbelliferae	Dysentery and improve memory power
94	<i>Alangium salvifolium</i>	Alangiaceae	Antioxidant and antimicrobial activities
95	<i>Canthium parviflorum</i>		hermogenic, diuretic, febrifuge, constipating, anthelmintic and tonic.
96	<i>Spermacoce hispida</i>		Dyspepsia, colic, flatulence and general debility
97	<i>Pavetta indica</i>		Anti-inflammatory, antimicrobial
98	<i>Morinda coreia</i>	Rubiaceae	Antibacterial properties
99	<i>Oldenlandia umbellate</i>		Root paste is taken internally with milk to treat mental disorders
100	<i>Randia dumetorum</i>		cough, skin diseases, ulcers, asthma, flatulence, colic
101	<i>Ixora coccinea</i>		Cough, fever, conorrhoea, diarrhoea, dysentery, sores, ulcers and skin diseases
102	<i>Launaea sarmentosa</i>		Antibacterial properties
103	<i>Eclipta rostrata</i>		Swelling, hair tonic
104	<i>Tridax procumbens</i>		Leaf juice is applied externally for healing wounds
105	<i>Sphaeranthus indicus</i>	Rubiaceae	Skin diseases, dysentery
106	<i>Sphaeranthus zeylanicus</i>		Skin diseases, dysentery
107	<i>Vernonia cinera</i>		Diarrhoea, stomachalgia, cough, skin disease Leprosy, renal, vesical calculi, chronic, intermittent fevers, eczema, ringworm and elephantiasis

108	<i>Plumbago zeylanica</i>	Plumbaginaceae	Juice with milk is prescribed for three days to treat ulcer
109	<i>Madhuca longifolia</i>	Sapotaceae	Laxative properties, chronic constipation
110	<i>Mimusops elengi</i>		Urethrorrhoea, cystorrhoea and dysentery
111	<i>Azima tetracantha</i>	Salvadoraceae	Bronchitis, cough, asthma, and is a good expectorant. It is also used in diabetes, diarrhea and arthritis
112	<i>Plumeria rubra</i>	Apocynaceae	Ulcers, pruritus, leprosy, and vitiated conditions of Vata and kapha
113	<i>Carissa spinarum</i>		Snake bites, rheumatism, worms
114	<i>Halorrhena antidysenterica</i>		Hypoglycemic and anti-protozoal activities
115	<i>Ervatamia divaricata</i>		Antibacterial, antifungal properties
116	<i>Catharanthus roseus</i>		Dry park powder is used for cancer therapy
117	<i>Strychnos potatorum</i>	Loganiaceae	Gonorrhoea, leucorrhoea, gastropathy, bronchitis, chronic diarrhea, dysentery, diabetes, burning sensation, ulcers and other eye diseases
118	<i>Pentatropis capensis</i>	Asclepiadaceae	Constipation, colic, and diarrhea
119	<i>Calotropis gigantean</i>		Cure rheumatic Joints pain and swellings
120	<i>Gymnema sylvestre</i>		Diabetes
121	<i>Tylophora indica</i>		Asthma, bronchitis, whooping cough, dysentery, diarrhoea, wounds, ulcers
122	<i>Hemidesmus indicus</i>		Fever, Skin diseases
123	<i>Pergularia daemia</i>		Bath with leaf decoction is taken to cure body pain
124	<i>Enicostema axillare</i>		Relieve Joint Pain
125	<i>Heliotropium indicum</i>		Boraginaceae
126	<i>Tricodesma indicum</i>	Cordiaceae	Wounds
127	<i>Cordia obliquea</i>		Cough, chest pain, Chronic fever
128	<i>Merremia emarginata</i>	Convolvulaceae	Nephropathy, uropathy, pneumonosis, cardiac diseases, fever, anaemia, and rat bite
129	<i>Ipomoea obscura</i>		Leaf past mixed with castor oil is applied on wound
130	<i>Evolvulus alsinoides</i>		Powder of whole plant is taken internally to increase memory power
131	<i>Withania somnifera</i>	Solanaceae	Root paste is applied for ulcers, inflammatory conditions and scabies
132	<i>Solanum virginianum</i>		Antimicrobial activity
133	<i>Datura metel</i>		Leaf juice boiled with coconut oil is applied externally to heal wounds
134	<i>Solanum surrattense</i>		Dental caries, flatulence, colic, leprosy, skin disease and cardiac disorders
135	<i>Solanum torvum</i>		Skin diseases, inflammations, colic, flatulence, rheumatoid arthritis, cough, fever, asthma, bronchitis, urinary retention and kidney stones
136	<i>Solanum trilobatum</i>		Leaf extract is taken orally to cure cough
137	<i>Solanum nigrum</i>		Inhibits growth of cervical carcinoma
138	<i>Bacopa monnieri</i>	Scrophulariaceae	Tumours, ulcers, asthma, bronchitis, skin diseases, leprosy and fever
139	<i>Pedaliium murex</i>	Pedaliaceae	The leaves juice is taken internally to reduce body heat
140	<i>Adhatoda vasica</i>	Acanthaceae	Bronchitis, leprosy, heart troubles, asthma, sore eyes and gonorrhea
141	<i>Dipteracanthus patulus</i>		Eye sore
142	<i>Indoneesiella echioides</i>		Leaf juice boiled with coconut oil is applied on head to prevent falling and graying hair
143	<i>Adhatoda zeylanica</i>		Leaf extract is taken internally to relieve cough and cure asthma
144	<i>Justicia tranquebariensis</i>		Swelling, snake bites
145	<i>Rhinacanthus nasutus</i>		Leaves boiled with gingelly oil are applied to treat toothache
146	<i>Andrographis paniculata</i>		Snake bites
147	<i>Hygrophila auriculata</i>		Cough
148	<i>Blepharis maderaspatensis</i>		Dropsy, swellings, oedema
149	<i>Gmelina asiatica</i>		Verbenaceae
150	<i>Clerodendrum phlomidis</i>	Verbenaceae	Rheumatism, anti-microbial
151	<i>Premna corymbosa</i>		Cardiac disorders, skin diseases, leprosy, bronchitis, asthma, fever and diabetes

152	<i>Vitex negundo</i>		Headache, sinus problem
153	<i>Clerodendrum inerme</i>		Kapha type of disorders
154	<i>Phylla nodiflora</i>		Tender leaf decoction is given orally for children to treat diarrhoea
155	<i>Ocimum basilicum</i>	Labiatae	Leaf juice is used as drops in ear pain
156	<i>Leucas aspera</i>		Leaf juice is given with honey to treat bronchitis in children
157	<i>Ocimum tenuiflorum</i>		Leaf juice is mixed with cumin is given to cure the dry cough
158	<i>Ocimum canum</i>		Colds, fevers, parasitic infestations
159	<i>Plectranthus amboinicus</i>		Leaf is taken orally to cure whooping cough
160	<i>Anisomeles malabarica</i>		The plant is useful halitosis, amentia, intestinal worms, fever arising from teething in children
161	<i>Boerhavia diffusa</i>		Nyctaginaceae
162	<i>Amaranthus tristis</i>	Amaranthaceae	Antimicrobial activity
163	<i>Amaranthus graecizans</i>		Antimicrobial activity
164	<i>Aerva lanata</i>	Amaranthaceae	Leaf juice applied externally on bitten area and applied externally to cure chronic wounds
165	<i>Achyranthes aspera</i>		Wounds
166	<i>Alternanthera sessilis</i>		Burning sensation, diarrhoea, leprosy, skin diseases and fever
167	<i>Amaranthus spinosus</i>		Leprosy, eczema, uausea, fever and anaemia
168	<i>Aristolochia indica</i>		Aristolochiaceae
169	<i>Aristolochia bracteolate</i>	Leaf paste applied over the scalp to relieve Dandruff and fungal infection	
170	<i>Cassitha filiformis</i>	Lauraceae	Gonorrhoea, kidney ailments and as diuretic
171	<i>Euphorbia hirta</i>	Euphorbiaceae	Entire plant paste in goat milk taken internally for stomach upset
172	<i>Ricinus communis</i>		Seed oil is used for cooling the body during fever
173	<i>Euphorbia nivulia</i>		Intestinal worms
174	<i>Tragia involucrata</i>		Puritic skin eruptions, venereal diseases, dibetes, guinea worms, vomiting and control pitta
175	<i>Jatropha gossypifolia</i>		Toothache and angular stomatitis, plant latex is used to cure headache
176	<i>Phyllanthus amarus</i>		Plant extract is used to cure jaundice
177	<i>Acalypha indica</i>		Leaf juice is applied externally for curing body itching
178	<i>Acalypha fruticosa</i>		Stomach pain, Dysentery
179	<i>Phyllanthus emblica</i>		Decoction of fruits along with green gram is given to treat blood Pressure
180	<i>Euphorbia heterophylla</i>		Intestinal worms
181	<i>Croton bonplandianus</i>	Plant latex is used to cure wounds	
182	<i>Ficus racemosa</i>	Moraceae	Dysentery
183	<i>Ficus religiosa</i>		Antibacterial activity
184	<i>Ficus benghalensis</i>		Latex is given to children in fever and dullness
185	<i>Ficus virens</i>		Antimicrobial activity
186	<i>Streblus asper</i>		Ulcers, cough, bronchitis, dysentery, and fever
187	<i>Curcuma longa</i>		Zingiberaceae
188	<i>Musa paradisiaca</i>	Musaceae	Juice is obtained from central trunk is taken orally to dissolve the Kidney stone
189	<i>Curculigo orchoides</i>	Hypoxidaceae	leucorrhoea
190	<i>Furcraea foetida</i>	Agavaceae	Anti-inflammatory, wound healing
191	<i>Aloe vera</i>	Liliaceae	Promotes menstrual flow, heals wounds and fresh cuts, eye diseases, asthma, leprosy, jaundice.
192	<i>Asparagus recemosus</i>		Nervous disorders, diarrhoea, dysentery, tumours, and control vata and pitta, cough throat infections and scalding of urine
193	<i>Commelina benghalensis</i>	Commelinaceae	Rabies
194	<i>Areca catechu</i>	Palmae	Urinary disorders
195	<i>Cocos nucifera</i>		Fresh toddy is taken orally as cooling beverage
196	<i>Phoenix slvestris</i>		Leprosy, asthma, fevers, sexual debility, cough and throat disorder
197	<i>Phoenix loureirii</i>		Antibacterial activity
198	<i>Pistia stragiotetes</i>	Araceae	Bladder complaints, kidney afflictions, diabetes, hematuria, dysentery, and anemia
199	<i>Typhonium trilobatum</i>		Antibacterial activity

200	Cyperus rotundus	Cyperaceae	Wounds, fevers, digestive system disorders
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Table 1: Survey of Medicinal plants in Pudukkottai district

4. References

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