



AN ETHNO-MEDICAL SURVEY ON PEECHI-VILLAGE OF TRICHUR DISTRICT, KERALA, INDIA TO UNRAVEL THE WORLD OF TRADITIONAL *OTTAMOOLIS*

Alby Alphons Baby and K. Regi Raphael

Department of Botany, St. Mary's College, Thrissur (Kerala), India.

Abstract

Ethno-medical survey of Peechi-Village of Thrissur, district was carried out to gather information on the ethno-medically important plants used by the famous traditional practitioners as well known *ottamoolis*. *Ottamoolis* are important traditional practice because it prevents the *recurrents* of the disease. There are lot of myths associated with this medical application, among them the most important one is if, the medical preparation is disclose to anyone it will not effective, so the practitioners are not disclosing the method to anyone except to one of their child. But, the younger generation is ignorant about this so India's one of the traditional medical practice is diminishing now a days, so the present work was undertaken as an attempt to unravel the field of *ottamooli chikilsa*. The present paper provides preliminary evaluation of 27 ethno-medicinal plants belong to 18 families.

Key words : Ethano-medicine, traditional practitioners, local name, Peechi village.

Introduction

Folk medicine is one of the three plant based healing systems in vogue of Kerala, the other two being Tribal and Ayurvedic systems. Tribal medicine employs plants growing wild in the forests and is confined to forest dwelling tribals. In Kerala, these three methods of treatments are distinguished with three distinct names; *Gotra chikitsa* (treatment of tribal medicine); *Nattuchikitsa* (treatment of folk medicine) and *Ayurveda chikitsa* (treatment of Ayurvedic medicine) (Rasiya *et al.*, 2011).

Traditional knowledge and ethno botanical information play an important role in scientific research, when particularly the literature and field work data have been properly evaluated (Awadh *et al.*, 2004). India is one of the twelve mega-biodiversity countries of the world having rich vegetation with a wide variety of plants with medicinal value in treating many diseases including infectious diseases, hypertension etc. that they can save lives of many, particularly in the developing countries is undisputable (Patrick, 2004).

Even today many local and indigenous communities in the Asian countries meet their needs from the product they manufacture and sell based on their traditional knowledge. Herbal drugs obtained from plants are

believed to be much safer this has been proved in the treatment of various ailments (Mitalaya *et al.*, 2013).

The objective of this study was to access the richness of ethno-medicinal plants used by traditional practitioners of Peechi village, Thrissur district, Kerala. Similar works have been reported in several other parts of India to protect the traditional knowledge. Documenting the indigenous knowledge through ethno-botanical studies is important for the conservation of biological resources as well as their sustainable utilization.

Methodology

Investigations were conducted on the traditional medical practices of some prominent scheduled caste communities of Peechi village. These communities were perhaps some of the original inhabitants of Kerala, who have evolved their own peculiar cultural tradition, religious customs, myths, folklores and medicinal practices. But in recent years, these communities are being enveloped in the rising tide of civilization and their age old cultural civilization and knowledge system are fast disappearing.

Considering the great importance of conserving or preventing their knowledge system the present study was undertaken. Special attention was given to the study of their medicinal practices.

To explore the folklore frequent survey is conducted, a perfect questionnaire was prepared for dialogue with tribal people. The plants are identified by their local name, photographed, collected and then identified using Flora of Presidency of Madras by J.S. Gamble. The identified plants are arranged alphabetically, the botanical name, family, local name, disease for which, it is used and the parts used are given in table 1.

Results and Discussion

During the course of the study 27 plants species of 18 different families (table 1) were identified as most

frequently used *ottamoolis* by traditional medical practitioners of Peechi village, Thrissur. It was noted that both wild and cultivated varieties are used in medical preparations. They are using these plants to cure diseases like jaundice, mumps, migraine, cough, tonsillitis, acne, dysentery, constipation, tooth problems, post-natal care, kidney stone, psoriasis, menstrual problems, etc. Among the different plant parts used the leaves are more frequently used for the treatment of disease.

ditional *ottamoolis* of Peechi village, Kerala.

S. no.	Botanical name	Family	Local name	Disease	Parts used
1.	<i>Allium sativum</i>	Liliaceae	Ulli	Post-natal care	Bulb
2.	<i>Areca catechu</i>	Arecaceae	Adakkamaram	Migraine headache	Leaf sheath
3.	<i>Artocarpus heterophyllous</i>	Moraceae	Plavu	Cough	Petiole of shed leaf
4.	<i>Anacardium occidentale</i>	Anacardiaceae	Kasumavu	Dysentery	Tender leaves
5.	<i>Cocos nucifera</i>	Palmae	Nalikeram	Post-natal care	Inflorescence
6.	<i>Cyperus rotundus</i>	Cyperaceae	Muthanga	For worm disturbance in children	Tuber
7.	<i>Emblica officinalis</i>	Euphorbiaceae	Nelli	Burning	Leaves
8.	<i>Emelia sonchifolia</i>	Asteraceae	Muyalchevi	Tonsillitis	Whole plant
9.	<i>Garcinia cambogia</i>	Clusiaceae	Kudampuly	Menstrual problems	Fruit
10.	<i>Hemigraphis colorata</i>	Acanthaceae	Murikootty	Wound healing	Leaves
11.	<i>Homonoia riparia</i>	Euphorbiaceae	Attuvanchi	Mumps	Root
12.	<i>Ipomea muricata</i>	Convolvulaceae	Palmuthuk	For breast feeding mothers	Leaves
13.	<i>Lygodium palmata</i>	Lygodiaceae	Theepanna	Burning	Leaves
14.	<i>Mangifera indica</i>	Anacardeaceae	Maavu	Tooth problems	Petiole
15.	<i>Mentha arvensis</i>	Lamiaceae	Puthina	Headache	Leaves and stem
16.	<i>Moringa oleifera</i>	Moringaceae	Muriga	Bruise	Leaves
17.	<i>Murraya koenigii</i>	Rutaceae	Kurriveppila	Menstrual problems	Tender leaves
18.	<i>Musa paradisiaca</i> var. palayankodan	Musaceae	Palayankodan vazha	Kidney stone	Rhizome
19.	<i>Ocimum sanctum</i>	Lamiaceae	Thulasi	Eye infection	Leaves
20.	<i>Phyllanthus amarus</i>	Phyllanthaceae	Keezharnelli	Jaundice	Leaves
21.	<i>Pongamia glabra</i>	Fabaceae	Pongum	Psoriasis	Leaves
22.	<i>Pseudomussaenda (lava</i>	Rubiaceae	Ammakarumbi	Migraine headache	Entire plant
23.	<i>Ricinus commune</i>	Euphorbiaceae	Avanak	Constipation	Oil
24.	<i>Tamarindus indica</i>	Fabaceae	Valampuly	Varicocele	Leaves
25.	<i>Tragea involucrata</i>	Fabaceae	Anathumba	Piles	Entire plant
26.	<i>Tridax procumbens</i>	Asteraceae	Kandanum kuthi	Acne	Leaves and flower
27.	<i>Wrightia tinctoria</i>	Apocynaceae	Danthappala	Dandruff	Leaves

Acknowledgement

The authors are extremely thankful to the traditional practitioners of Peechi village, local people assisting us during surveys, Department of Botany, St. Mary's College, Thrissur (Kerala), India for their help during consolidating the data and identification of plants.

References

- Awadh, A., N. Ali, I. Rahwi and U. K. Lindequist (2004). Some medicinal plants used in Yemeni herbal medicine to treat Malaria. *African Journal of Traditional, Complementary and Alternative Medicines*, 1 : 72-76.
- Mitalaya, K. D., D. C. Bhatt, N. K. Patel and S. K. Didia (2003). Herbal medicines used for hair disorders by tribals and rural folk in Gujarat. *Indian Journal of Traditional Knowledge*, 389-392.
- Patrick, O. E. (2002). Herbal Medicines : Challenges (Editorial). *Tropical Journal of Pharmaceutical Research*, 1 of (2) : 53-54.
- Rasiya, Beegam and T. S. Nayar (2011.). Plants used for natal health care in folklore medicine of Kerala, India. *Indian Journal of Traditional Knowledge*, 10 (3) : 523-527.

