PART II

HERBAL PRACTICES & PRODUCTS

This section contains details of herbal preparations used traditionally for various ailments and products based on such traditional knowledge.
Uses of *Achyranthes aspera* L. (Apamari)

**NIF Database**

Uses from Orissa

**Toothache**
Rub fresh leaves on the teeth  
- Apsari Sahoo, Dhenkanal, Orissa

**Scabies**
Apply root powder along with a pinch of salt on the affected part  
- Jagdish Dash, Bargarh, Orissa

Uses from other states

**Toothache**
Brush the teeth with freshly plucked roots  
- Bhagvat Prasad Yadav, Nawada, Bihar

**Itching**
Take the powdered roots (5g) orally with water twice a day for seven days  
- Indira Kumari, East Champaran, Bihar

**Fever**
Grind roots (5g) with half black pepper into a fine powder. Take the powder orally  
- Rajkishor Prasad, Sheohar, Bihar

**Hemorrhoids**
Take a spoonful of dried root powder on an empty stomach till the ailment cures  
- Vishwanath Mahato, East Champaran, Bihar

**Intestinal worms**
Extract juice from the inflorescence, boil it with milk till it becomes thick. Take it orally with a little amount of asafetida  
- Sarasamma Rajappan, Idukki, Kerala

**Poisonous bite**
Take the fresh juice of the branch  
- Hemlata Balutia, Nainital, Uttarakhand

**Abscess**
Apply the root paste topically  
- Ravi Uraav, Hazaribag, Jharkhand

**Uses in Classical Codified Literature**

Dried aerial parts are taken orally in the case of diabetes\(^1\); powder made from the dried plant is given orally to treat whooping cough\(^2\); decoction of the plant is used as a laxative\(^3\) and is also applied externally on boils and pimples\(^4\).

Product ‘Cystone’\(^4\) is made from this plant, which inhibits calculogenesis by reducing stone-forming substances like oxalic acid, calcium hydroxyproline and prevents urinary tract infections. Thirty five patents have been found on the medicinal applications of *Achyranthes* mainly for curing laryngopharyngitis\(^5\), and bronchial asthma\(^6\).
Uses of *Adhatoda vasica* (L.) Nees (Basanga)

**NIF Database**

**Uses from Orissa**

- **Cold**
  - Take the leaf juice orally along with honey
    - *Sunita Mohanty, Dhenkanal, Orissa*

- **Sprain**
  - Ferment the leaf decoction and take it orally
    - *Gopinath Pradhan, Nabarangpur, Orissa*

**Uses from other states**

- **Asthma**
  - Take the leaf juice orally
    - *Jyothi Bhatta, Chikmagalur, Karnataka*
  - Inhale the smoke of dried leaves
    - *Susanta Kumar Manjhi, Birbhum, West Bengal*

- **Tuberculosis**
  - Take the leaf juice orally with a little honey
    - *Mahesh Bijarania, Nagor, Rajasthan*
  - Take the leaf decoction orally with jaggery
    - *Mahesh Kumar Khangar Purohit, Sirohi, Rajasthan*

- **Cough**
  - Take the leaf juice orally with a little sugar
    - *Jyothi Bhatta, Chikmagalur, Karnataka*

- **Malaria**
  - Take the leaf decoction orally with jaggery
    - *Mahesh Kumar Khangar Purohit, Sirohi, Rajasthan*

- **Constipation**
  - Take the leaf decoction orally with honey
    - *Pradip Kumar, Bulandshahar, Uttar Pradesh*

**Uses in Classical Codified Literature**

Decoction of the plant is taken orally to cure asthma; leaves (500g) are decocted in 5 litres of water until a dark brown mass is obtained and two spoonfuls are taken with honey thrice a day for 2-4 days to cure fever; rheumatic patients should warm the leaves and apply on the body. Product ‘Menstri Care’ prepared from the plant is an effective medicine for women's health problems. ‘Diakof’ a herbal medicine uses *Adhatoda* along with other plants for treating cough. Ten patents have been found on its medicinal applications mainly for cough and asthma.

Source: NIF database
Uses of *Aegle marmelos* (L.) Corr. (Bela)

NIF Database

**Uses from Orissa**

**Gastritis**
Take the leaf paste orally with a pinch of camphor
- Bagarti Sahoo, Jagatsinghpur, Orissa

**Constipation**
Take the leaf paste orally along with black pepper
- Tulasi Sahoo, Dhenkanal, Orissa

**Uses from other states**

**Diabetes**
Take the root juice (150ml) orally
- Maibum Lolito Meitei, Bishempur, Manipur

**Vomiting**
Take the decoction of root orally
- Alice Kunjachan, Idukki, Kerala

**Stomachache**
Grind the fresh roots along with one black pepper. Take two spoonfuls of the paste twice a day for two days
- Chhoti Devi, Udham Singh Nagar, Uttarakhand

**Jaundice**
Take the leaf or fruit juice orally
- Ngairangbam Santosh Singh, Imphal East, Manipur

**Headache**
Grind equal amounts of root of bel and leaves of *Leucas aspera* L. into a paste and apply
- Bhadi Ram Bharali, Guwahati, Assam

**Nasal bleeding**
Apply the leaf paste on the nose
- Puran Chand, Kangra, Himachal Pradesh

**Eye diseases**
Put two drops of the green leaf juice in the eye
- Kumari Nigar Pravin, Hazaribag, Jharkhand

**Intestinal worms**
Take the green leaf juice orally
- Jagjit Bahadur, Sitapur, Uttar Pradesh

**Uses in Classical Codified Literature**

Burnt fruit pulp is applied for rheumatic arthritis; 10g fruit pulp is given before sleep to overcome morning sickness; and fruit rind is applied externally on hair to kill head lice.

Sweet fruit slices of ‘Bael’, prepared from *Aegle* are used in diarrhoea, dysentery and gastro-intestinal disorders. It has digestive and carminative properties. Lukol’s tonic is made from this plant along with other plants. It improves uterine circulation, and its antimicrobial and astringent actions on the mucous membrane of the genital system also help control leucorrhoea. ‘Bilwa’, a product of *Aegle* is used as a medicine to cure a number of diseases. Fifty three patents have been found on the medicinal applications of *Aegle* mainly for curing diabetes, gastric ulcer besides novel uses as herbal catalytic composition (US 6012417) for pollution control in automobiles.
Uses of *Annona squamosa* L. (Atha)

**NIF Database**

**Use from Orissa**

**Dandruff**
Apply the leaf paste on the scalp
- Jitendriya Panigrahi, Balugaon, Orissa

**Uses from other states**

**Hair care**
Apply the leaf paste on the hair
- Sana Parvin, Mandu, Jharkhand

**Head lice**
Apply the seed powder on the scalp
- Madhav Rao Shankar Rao Patil, Jalgaon, Maharashtra

**Cough**
Smoulder the powder of annona and date palm seeds to inhale the smoke for relief
- Ramdas Ghanshyamdas Patel, Nasik, Maharashtra

**Diabetes**
Take four tea spoonsfuls of the fruit powder orally every morning on an empty stomach
- Shantanu Gupta, Kota, Rajasthan

**Abscess/boils**
Apply the fruit paste over the affected part
- Naganath Durga Chogule, Sholapur, Maharashtra

**Uses in Classical & Codified Literature**

Ripe fruit is considered as an anthelmintic\(^1\); extract from leaves and fruit is administered orally to get rid of rheumatic pain\(^1\) and the paste of leaves is applied on the head to kill head lice\(^2\).

Product ‘LICEX Headlice Expeller’\(^2\) is a multi-herb formulation that removes headlice and nits. Nine patents have been found on its various medicinal uses such as an antiretroviral\(^2\) and for scalp care\(^2\).
Uses of *Balanites aegyptiaca* (L.) Delile (Hingu)

**NIF Database**

**Use from Orissa**

**Neurological disorder**
Take the fruit powder (5g) orally on an empty stomach till the ailment cures
- Sanatan Bisoi, Nabarangapur, Orissa

**Uses from other states**

**Respiratory disorder**
Prepare tablets from the mixture of the fruit powder and jaggery. Take one tablet orally every morning on an empty stomach for 40 days
- Ramabandhu Mahajan, Jalgaon, Maharashtra

**Diarrhoea**
Take the seed decoction orally
- Chandra Devi, Nagor, Rajasthan

**Swelling**
Apply the leaf paste over the affected part
- P.D. Walikar, Bagalakot, Karnataka

**Poisonous bites**
Apply the root paste topically
- Ramabandhu Mahajan, Jalgaon, Maharashtra

**Uses in Classical & Codified Literature**

Bark powder mixed with salt is given to treat cough; fruit is used as an anthelmintic; and extract of root bark is given orally to cure asthma. Product ‘Diosgenin’ is made from this plant along with other plants and acts as an antinflammatory agent. Three patents have been found on its medicinal applications mainly for treating HIV/AIDS, leukemia and jaundice.

**Source:** http://www.css.cornell.edu/ecf3/Web/new/AF/pics/alanitesFruit.jpg
Uses of *Carica papaya* L. (Papita)

**NIF Database**

**Uses from Orissa**

**Lactogogue**
- Eat the ripe fruit
  - Kalia Behera, Bargarh, Orissa

**Piles**
- Take the leaf juice orally
  - Mama Sahu, Dhenkanal, Orissa

**Uses from other states**

**Cuts & wounds**
- Apply the leaf paste topically
  - Jongam Ngemu, Papum Pare, Arunachal Pradesh

**Jaundice**
- Take the root decoction thrice a day along with some other herbs
  - Yanueg Jamoh Lego, East Siang, Arunachal Pradesh

**Toothache**
- Keep cotton dipped in the latex of the stem on the aching tooth
  - Mangeram Jani, Hisar, Haryana

**Intestinal worms**
- Take fresh latex mixed with honey orally
  - Prabhakar Pandey, East Champaran, Bihar

**Ringworm**
- Apply the milky latex on the affected area
  - Mukesh Kumar, East Champaran, Bihar

**Kidney stone**
- Take the root juice orally
  - Sandhya Suman, Sitamarhi, Bihar

**Toothache**
- Keep cotton dipped in the latex of the stem on the aching tooth
  - Mangeram Jani, Hisar, Haryana

**Hydrocele**
- Make a paste of latex and tender fruit. Give one teaspoon thrice a day till the ailment cures.
  - Dimbeswar Gogoi, Sibsagar, Assam

**Veterinary practice**

**Lactogogue**
- Feed fruits daily to enhance milk production
  - Manoj Kumar, Madhubani, Bihar

**Uses in Classical Codified Literature**

Decoction of the flower is used as cardiotonic\(^{29}\); bark powder is applied externally on wounds\(^{30}\); decoction of the bark is given orally to get rid of intestinal worms\(^{31}\); beverage of the fruit is taken orally to cure diarrhoea\(^{32}\). Natural moisturizers and creams\(^{33}\) are prepared from *Carica* in combination with other plants. Thirty patents were found on its medicinal uses as an antiallergic\(^{34}\) and for prevention of cancer\(^{35}\).
Uses of *Kalanchoe pinnata* (Lam.) Pers. (Hemakedar)

**NIF Database**

**Use from Orissa**

**Diarrhoea**
Grind the leaves and black pepper (7 each). Take the paste orally along with water.
- Gadadhar Mohapatra, Puri, Orissa

**Uses from other states**

**Injury**
Put warmed leaves on the affected body part.
- Onom T. Doming, East Siang, Arunachal Pradesh

**Eye pain**
Put two drops of the leaf juice in the eyes.
- Susanta Kumar Manjhi, Birbhum, West Bengal

**Stomach disorder**
Take two spoonfuls of the leaf juice orally.
- Susanta Kumar Manjhi, Birbhum, West Bengal

**Diarrhoea**
Take the leaf juice orally along with some sugar.
- Bikesh Kumar, Sitamarhi, Bihar

**Cuts & wounds**
Apply the leaf paste topically.
- Arun Ghosh, Bankura, West Bengal

**Pain**
Apply the leaf paste topically.
- Priyanka Pramanik, Purulia, West Bengal

**Jaundice**
Take the leaf juice along with black pepper orally.
- Arun Kumar Pandey, Fatehpur, Uttar Pradesh

**Kidney stone**
Grind the leaves of the plant with a piece of turmeric and extract the juice. Add some jaggery and take the preparation for ten days.
- Dimbeswar Gogoi, Sibasagar, Assam

**Uses in Classical Codified Literature**

Plant paste is applied on forehead to alleviate headache; leaf paste is applied externally to cure cuts and wounds; fresh sap of plant is used for eye diseases. Product ‘Regenerating Day Cream’, a multitherbal medicine enhances skin’s tone and elasticity, helps to smooth wrinkles and fine lines. Five patents were found on the medicinal applications of *Kalanchoe* mainly as an antiobesity medication.
Uses of *Leucas aspera* Spr. (Goisi)

**NIF Database**

**Use from Orissa**

**Stomachache**
Take the leaf decoction orally
- *Kuni Naik, Dhenkanal, Orissa*

**Uses from other states**

**Migraine**
Put two drops of the juice extracted from freshly plucked leaves in the nose
- *Ramji Chink Badaik, Gumla, Jharkhand*

**Eczema**
Mix plant ash and coconut oil to make a paste. Apply the paste on the infected body part
- *Gokul Singh, East Champaran, Bihar*

**Jaundice**
Extract the juice of leaves and mix in it a little quantity of goat's urine. Take this mixture twice a day for 4 days
- *Shalini Shrivastava, Balia, Uttar Pradesh*

**Stomachache**
Take curry made from the plant
- *Usha Rani, Darbhanga, Bihar*

**Sinus**
Put few drops of leaf juice in the nose.
- *Onom T. Doming, East Siang, Arunachal Pradesh*

**Uses in Classical Codified Literature**

Dried plant powder is applied in case of scabies; the plant is used as an anthelmintic; a handful of flowers (5g) roasted in ghee is given once a day to cure cough. 'Herbal Steam Bath' is used to clean dirt and bad odour in the body, stop burning sensation in eyes, prevent watery eyes, headache, nausea, migraine etc. 'Herbex Cough Syrup' is very effective for all kinds of cough and cold, asthma, bronchitis, wheezing cold and upper respiratory tract infections.
Uses of *Moringa oleifera* Lam. (Sajana)

**NIF Database**

**Uses from Orissa**

**Arthritis**
Take the stem decoction orally
- Sanatan Mahanta, Keonjhar, Orissa

**Scabies**
Grind the bark (100g) in cow’s urine (100ml). Apply the paste topically
- Maheshwar Swain, Jagatsinghpur, Orissa

**Sprain**
Apply the leaf paste topically and cover with a wet cloth
- Dhanmantari, Sundargarh, Orissa

**Uses from other states**

**Asthma**
Take 30g of the root juice orally along with an equal amount of ginger juice
- Sanjay Singh Uplana, Nagda, Madhya Pradesh

**Diabetes**
Take the leaf juice orally
- Rahul Kumar Mahato, Gopalganj, Bihar

**Poisonous bite**
Pound seeds with equal amounts of ginger, black pepper and lindi pepper and add cold water. Take the mixture orally
- Ganesh Madhukar Shanbhag, Sholapur, Maharashtra

**Joint pain**
Take the bud curry to reduce the pain
- Sanjay Singh Uplana, Nagda, Madhya Pradesh

**Ulcer**
Make pills from the leaf paste. Take one pill for three days early in the morning after light breakfast
- Sukumar Nath, North Tripura, Tripura

**Leucoderma**
Take the curry of the leaves of moringa, pumpkin and spinach
- Rama Radhakrishnan, Idukki, Kerala

**Uses in Classical Codified Literature**

Juice of bark is given orally along with a pinch of asafetida and salt; dried fruit is eaten to combat diabetes; powder of the plant is administered orally to cure asthma.

Product ‘Sugan Nutrimix’ is a ready mix preparation where *Moringa* is mixed with pulses, spices and other natural ingredients to make it rich in nutrients, minerals, protein etc., and to enhance its taste. This powder can be consumed in it is natural form or can be mixed with staple food. ‘Pain Massage Oil’ is a herbal oil, which provides relief from neuromuscular pain. Twelve patents have been found on its medicinal uses such as for anticancer and antidiabetic properties.
Uses of *Phyllanthus emblica* L. (Amlaki)

**NIF Database**

**Use from Orissa**

**Pimples**
Apply the leaf paste topically
- Ratnaprabha Barik, Kendrapada, Orissa

**Uses from other states**

**Gray hair**
Wash the hair regularly with the fruit decoction
- Sulekha Jabbar, Idukki, Kerala

**Headache**
Make bark paste using the water in which rice has been washed. Apply the paste on the forehead
- Sulekha Jabbar, Idukki, Kerala

**Diarrhoea**
Take the juice of amla with an equal quantity of lemon juice orally
- Bina Chaudhry, Kamrup, Assam

**Gynaecological disorder**
Take one spoonful of the powder of amlaki, tapioca and cumin (in equal proportions) orally to cure the disorder
- Guna Ram Kanikar, Golaghat, Assam

**Diabetes**
Take two spoonfuls of the powder of amlaki, *Terminalia chebula* Retz., *Terminalia bellirica* Roxb. (in equal proportions) orally
- Pritam Chand, Kangra, Himachal Pradesh

**Jaundice**
Take one spoonful of the powder of amlaki fruit, ginger, black pepper and turmeric (in equal proportions) orally along with honey
- Nagarmal Bagaria, Nagor, Rajasthan

**Wounds**
Apply the pounded leaves topically
- Sevaram Bhaskar, Dhamtari, Chhattisgarh

**Poisonous bite**
Chew 3-4 root pieces along with a leaf of *Areca catechu* L. to get relief from the effect of poisonous bites
- Anna Gangavam, Osmanabad, Maharashtra

**Uses in Classical Codified Literature**

Bark and fruits are used in diarrhoea and dysentery; fresh juice of the fruit, mixed with pure cow's butter and honey, is administered to cure obstinate hiccough; juice relieves pain in urine trouble; pulp (2-3g) is eaten with warm milk to get rid of headache; powder of seeds after mixing with ghee is applied on the head to stop nasal bleeding; fruits are taken orally to reduce acidity; decoction of the fruit is taken to increase blood count.

*Phyllanthus* is one of the main ingredients of well known medicines 'Triphala, Chavanprash and Amla hair oil'. Seventy six patents have been found on its medicinal uses such as for diabetes, liver disorders and immune deficiencies.
Uses of *Plumbago zeylanica* L. (Dalachit)

**NIF Database**

**Use from Orissa**

**Scabies**
Apply the paste of leaves and bark, after adding a spoonful of turmeric, over the infected part
- *Pratap Chandra Pradhan, Laxmipur, Orissa*

**Uses from other states**

**Eyesight**
Take two spoonfuls of root powder with water to improve eyesight
- *Ramabandhu Mahajan, Jalgaon, Maharashtra*

**Stomach disorder**
Pound the roots and prepare tablets. Take three tablets orally with ripe banana
- *Rani B. Bhagat, Pune, Maharashtra*

**Arthritis**
Boil roots of *Plumbago* and *Rauvolfia serpentina* (L.) Benth. ex Kurz in mustard oil. Massage lukewarm oil over the aching part
- *Sukhal Manjhi, West Champaran, Bihar*

**Uses in Classical & Codified Literature**

The paste of the whole plant is applied externally on any kind of skin diseases; extract of leaves and root is administered orally to alleviate arthritic pain; and the plant acts as a good digestive. Product ‘Muscle & Joint Rub’ is highly effective for backaches, muscular sprains and joint pains. ‘Citrakadi gutika’ is used to cure diarrhoea associated with abdominal pain and chronic colitis. Four patents have been found on its medicinal uses mainly for skin diseases and gastrointestinal disorders.

Source: http://www.plantoftheweek.org/image/plumbago1.jpg
Uses of *Shorea robusta* Gaertn. f. (Sal)

**NIF Database**

**Use from Orissa**

**Lumbago**
Soak parboiled rice (100g) in water overnight. Make a paste, spread it on a sal leaf and burn the leaf. Take a spoonful of ash along with water on an empty stomach.
- *Mukta Naik, Keonjhar, Orissa*

**Uses in Classical & Codified Literature**
Bark juice is given orally to combat diarrhoea; gum is externally applied to get relief from cuts and wounds, and the plant acts as an antipyretic agent. Product 'Foot Care Cream' is useful for elimination of cracks in the skin of the heels. 'Drops for Gum', made from *Sal* along with other herbs, acts as an oral antiseptic and astringent. Fourteen patents have been found on its various uses mainly for the treatment of asthma and hypertension.

**Use from other states**

**Skin disease**
Apply the bark powder over the affected part
- *Sneha Suman, Hazaribag, Jharkhand*

**Burn**
Apply the dried bark powder topically
- *Sneha Suman, Hazaribag, Jharkhand*

**Wound**
Grind gum (50g) and cook in cow's ghee (250g). Apply the mixture topically
- *Satyanarayan Sain, Sikar, Rajasthan*
Uses of *Solanum xanthocarpum* Schrad. & Wendl. (Bheji Baigana)

### NIF Database

**Use from Orissa**

- **Dysentery**
  Burn the fruit wrapped in a castor leaf. Collect the roasted seeds and take orally with a pinch of cow ghee.
  - *Sabita Panda, Dhenkanal, Orissa*

### Uses from other states

**Eye pain**
Put a couple of drops of the fruit juice in the eye to get rid of pain.
- *Kamlesh Patil, Jalgaon, Maharashtra*

**Toothache**
Inhale the fumes of the seeds burnt in coconut shell.
- *Ramathayu, Idukki, Kerala*

**Mouth ulcer**
Take the fruit juice orally with a little salt.
- *O. Ibobi Devi, Bishnupur, Manipur*

**Throat pain**
Take the root decoction orally along with honey.
- *Sanjay Singh Uplana, Nagda, Madhya Pradesh*

**Fever**
Take the root powder orally to cure fever.
- *Kamlesh Patil, Jalgaon, Maharashtra*

Take the fruit juice orally along with honey.
- *Shijagurumayum Sandhyarani Devi, Bishnupur, Manipur*

**Ear pain**
Put 2-3 drops of the root decoction in the ear.
- *Kamlesh Patil, Jalgaon, Maharashtra*

**Vomiting**
Take the root juice orally with some honey.
- *Sanjay Singh Uplana, Nagda, Madhya Pradesh*

### Uses in Classical & Codified Literature

Extract of dried flowers is administered orally to cure fever; extract of fruit and seed is taken orally to combat cold; the plant acts as a gastric stimulant. Product ‘Diakof’ and ‘Koflet’ made from *Solanum* is beneficial for both dry and productive cough. Five patents have been found on its various medicinal uses such as bronchial asthma and cancer etc.
Uses of *Vitex negundo* L. (Begunia)

**NIF Database**

**Use from Orissa**

**Oral care**
Chew the fresh leaves
- *Raktanjaya Nayak, Balasore, Orissa*

**Uses from other states**

**Rheumatism**
Put some lukewarm leaves on the aching joints
- *Naganath Durga Chogule, Sholapur, Maharashtra*

**Ear pain**
Boil the leaves in mustard oil, filter and use as an ear drop
- *Bhagat Ram, Kangra, Himachal Pradesh*

**Stomachache**
Mix the leaf powders of *Vitex negundo*, *Cocculus hirsutus* (L.) Diels. and *Bombax ceiba* L. in equal proportion and consume orally
- *Yusuf Khan, East Champaran, Bihar*

**Muscular pain**
Apply some lukewarm leaves smeared with mustard oil on the affected part
- *Savita Kumari, Gopalganj, Bihar*

**Ulcer**
Take the leaf juice orally
- *P. D. Walikar, Bagalkot, Karnataka*

**Skin disease**
Apply the paste of leaves, bark and cow’s urine on the infected part
- *K. Lakshmana Shetty, Dakshin Kannada, Karnataka*

**Veterinary practice**

**Wound**
Apply the leaf paste topically
- *Nageshwari Devi, Hazaribag, Jharkhand*

**Uses in Classical Codified Literature**

Smoke of the leaves is inhaled to get rid of cough; in case of diarrhoea flowers are used; extract of the plant is taken as a diuretic. ‘Muscle & joint rub’ is a highly effective medicine for backache, muscular sprain and joint pain. ‘Dental Cream’ is specially formulated toothpaste that tightens and reduces swelling of gums, stops gum bleeding, prevents toothache, decay and controls bad breath. ‘Atharva Nirgundi Siddha Tail’ is useful in arthritis, joint pain, relieves oedema. Thirty-five patents have been found on its medicinal applications like for rheumatic arthritis.

*Source: SRISTI Database ORISSA INNOVATES ORISSA INNOVATES | 45*
Uses of *Ziziphus mauritiana* Lamk. (Barakoli)

**NIF Database**

**Uses from Orissa**

**Acne**
Apply the leaf paste topically
- Ajay Kumar Jena, Balasore, Orissa

**Indigestion**
Take the root paste orally
- Madhusudan Munda, Keonjhar, Orissa

**Uses from other states**

**Indigestion**
Mix the fruit pulp of *Ziziphus* with one year old vinegar and add some black salt to it. Take the formulation for fifteen days on an empty stomach
- Jivan Nath Bichchunath, Udham Singh Nagar, Uttarakhand

**Hair care**
Boil the fresh leaves (100-150g) in one litre of water. Wash the hair with cooled decoction.
- Baba Anantanand, Hisar, Haryana

**Acne**
Apply the leaf paste topically
- Ajay Kumar Jena, Balasore, Orissa

**Indigestion**
Take one spoonful of the root paste orally
- Madhusuda Munda, Keonjhar, Orissa

**Rheumatism**
Apply the leaf and root paste (along with the roots of *Cassia auriculata* L.) on the aching part
- Jivanbhai Bhanjibhai Jagarana, Bhabnagar, Gujarat

**Veterinary practice**

**Lactagouge**
Feed the cattle with dry leaf powder mixed in fodder
- Baba Anantanand, Hisar, Haryana

**Uses in Classical Codified Literature**

Pounded leaves are applied on boils; powdered leaves are taken to reduce blood sugar; decoction of the plant is administered orally as a diuretic; and powder of dried fruit is given orally with water to cure diarrhoea.

‘Dhanwantharam oil’ is prepared from *Ziziphus* along with other plants used for rejuvenating body and skin care. More than ten patents have been found on its medicinal applications mainly for treating cancer and tumorous growth.
Promotion of knowledge based enterprises and lateral markets

National Innovation Foundation in association with regional collaborator Peermade Development Society, Idukki, Kerala initiated a massive campaign through women self help groups to mobilize knowledge, innovations and practices among women. In this exercise more than ten thousand traditional knowledge practices were documented (many were quite common) from the field of cosmetics, nutraceuticals, health care, cooking etc., from just one block of a district in Kerala. This exercise has indicated the immense potential of knowledge at the grassroots, which can be converted into products and viable enterprises for augmenting livelihood options for rural women.

Initially four products having commercial potential were taken up for enterprise development. All knowledge holders of the four products were constituted as a single SHG named Amala and SSI registration was done. Nutrient supplement, baby massage oil and incense stick are the products selected for the initial intervention. The products were tested and standardized. All products were made available in the market under the brand name SAHYA.

The products were formally launched on August 11, 2007 in an auspicious function, attended by large number of women including the innovators. Amala enterprise was supported through the Micro Venture Innovation Fund scheme of NIF.
Herbal Formulations for Healthy Crops

SRISTI SHASTRA
Arkhiben Vankar, Ranabhai Kamaliya, Banidan Gadhvi, Gemal Rana, Rajnikant Patel, Ahmadbhai Kadivala, Gujarat.
It flourishes the growth of the plant by increasing flowering as well as fruiting. Besides overall vegetative growth, it is not harmful to nature and human beings. It also controls sucking pests like white fly, heliothis, aphid etc.

SRISTI KRUSHAK
Popatbhai Rupabhai Jambucha, Gujarat
It is an excellent remedy for leaf curl disease. Besides controlling the disease it increases the vigor of the plants by increasing overall growth.

SRISTI SURAKSHA
Community Knowledge, Gujarat
It is a very efficient treatment for termite and acts as a vitaliser to the affected crops. To control termites the herbal formulation is mixed with sand and spread in the field. Some times it is released in the field along with the flow of irrigation water. In some cases, it is also drenched in the affected part of the plant and sprayed on the vegetation to repel termites.

SRISTI PRAYAS
Community Knowledge, Gujarat
It is a highly effective formulation to act as a herbal growth promoter, which stops shedding of flowers as well as increases the overall growth of the plant. This formulation strengthens the plants internally and enables them to withstand extreme weather conditions. Constant use of this formulation increases the yield and reduces the toxic content in our daily diet.

SRISTI SHAKTI
Community Knowledge, Gujarat
A herbal growth promoter, which helps in production of excellent quality organic food grain. Constant use of this formulation not only increases the yield but also reduces the toxic contamination in our food and environment.
Herbal Formulations for Livestocks and Poultry

**Coccicure**  
*Sudakarbhai K. Gauli & Jeevalbhai M. Gauli, Dang, Gujarat*  
It is a unique herbal medication for prevention and curing of Coccidiosis (*Eimeria* sp infections) in Poultry. The primary function of the medication is to reduce the oocytes maturation and affects the life cycle of various *Eimeria* species.

**Poultmax**  
*Community knowledge, Valsad, Dang, Gujarat*  
It is a unique herbal medication for promoting poultry immunity. It cures symptoms like greenish diarrhoea, conjunctivitis, nasal sputum, drop in egg production and respiratory distress in poultry. About 30g/100 birds for 0-4 weeks & 60g/100 birds for 4-8 weeks may be administered for seven days in stress or for three days before and three days after expected stress.

**Mastiherb**  
*Ukhardiyabhai S. Raot, Dang, Gujarat*  
Mastiherb is a unique intramammary herbal medication for curing mastitis in animals. Clinical trials indicated efficacy of the medication over subclinical mastitis; clinical mastitis and chronic mastitis. It was also validated in case of mastitis due to *Staphylococcus aureus*. The dose rate was found to be single intra mammary infusion for minimum three days after adequate standardization.

*These formulations are based on traditional knowledge of farmers and developed by Sadbhav-SRISTI Sanshodhan Laboratory (www.sristi.org). These products are licensed to Matrix Biosciences Pvt. Ltd, Hyderabad, Andhra Pradesh. The benefits are shared with the knowledge providers, communities, nature, those who add value and other stakeholders in the knowledge and value chain.*
Extending its arms, exploring the time, when will creativity at grassroots reach its prime
Knowledge Network for Healing Life in Ganjam District

An illustrative example of local biodiversity and knowledge network for human health (All the species are found in Ganjam district)