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TRIBES OF GUJARAT AND KNOWLEDGE OF HERBS: A STUDY

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ABSTRACT

Sages and Saints abound all throughout the Indian subcontinent. India is home to a large number of religious figures. The ancient monasteries that were established by intelligent and devout individuals were often located in forested regions at the time of their founding. These righteous men and women were putting themselves through harrowing experiences of self-denial or self-denial in the form of penance in order to broaden their understanding of a wide range of topics. A significant number of their followers sought them out with the intention of receiving guidance from them on a wide range of topics. These pupils were being taught by saints in a variety of fields, including metallurgy, chemistry, and archery, to name just a few of the topics they were being educated in. A significant proportion of the people who hold religious positions are also highly trained medical experts who have a wealth of experience and expertise. There is a widespread and persistent school of thought that holds that Charak and Sushrut, two well-known saints, were the original founders of these systems. In the book that bears his name, "Charak Sanhita," Maharshi Charak discusses the properties of more than 2,000 unique plant species that are used in traditional medical practise. In a way fairly dissimilar to this, Maharshi Sushrut detailed over one hundred twenty-seven different pieces of equipment that may be used during surgical procedures. One of these pieces of equipment has the capability of separating a single strand of human hair into two distinct strands of hair at once.

KEY WORDS: Herbs, Charak, Sushrut, Species, Medical.

INTRODUCTION

"The Indian Vedic scriptures, Vedic Science cover all the segments which describe and include the body construction, limbs, muscles, veins and fibbers etc."

- **William Hunter**

There are entries in Hindu medical literature for a broad range of treatments, including those that are derived from minerals, plants, animals, and even birds. The vast majority of its pharmaceuticals are already being used routinely in conventional treatment.

These publications not only offer a categorization system and instructions for usage, but they also provide an in-depth overview of the procedure that is used to manufacture pharmaceutical goods. Ancient medicine had the ability to do operations on the abdomen, the bladder, the eyes, the kidneys, and piles. In addition, it could mend fractures, remove foreign objects from the body, and perform cosmetic surgery on the ears and nose. During the process, the blood flow was halted, which allowed for all of this to be completed. The specialists were in the process of putting together their very sophisticated gear in preparation for performing surgeries.

In addition to this, they were instructing future surgeons by having them exercise their craft on wax models and cadavers throughout this time period. The ancients had a sophisticated medical infrastructure, which included drugs for delivery and other components of the birthing process, as well as therapies for common paediatric disorders. This infrastructure allowed the ancients to treat common paediatric conditions. Animal medicine was also created during this period, and the resulting 'Ashwa Sastra' (Scriptures for the Treatment of Horses and Other Animals) is still regarded in very high respect today. Vag Bhatt, a well-known medical expert who lived at the same time period as the texts he penned, such as the Astanghraday, is credited with their creation. As a consequence of his writing, he made substantial contributions to the area of medicine. Although India is home to more than 5,000 distinct plant species, economists estimate that only around 450 of those plants have any form of significant economic value at all. In addition to the 6% of the world's flowering plants that are native to India, the country is also home to 15,000 distinct species of blooming plants. In addition, India is home to a huge variety of other plant life forms that do not produce flowers, such as ferns, algae, and fungus. India is home to a plethora of plants that are rich in medicinal properties and may be obtained with relative ease. There are around 2,000 distinct kinds of medicinal plants and trees that have been documented in Ayurveda.

In the midst of the battle between Ram and Ravan, as Laxman begins to lose consciousness, the wise man Ved Vyas proposes that they journey to the Himalayas in order to harvest some medical herbs. He suggests that they do this so that they can treat Laxman. They act in this manner in order to provide medical care for Laxman. When Hanumanji's legs made contact with the Himalaya, regardless of the Vaidya's promises that the 'Sanjivani Butti' would be self-illuminating, all of the plants become lighted. Hanumanji, who is now in a state of tremendous confusion, transports the entire mountain to Lanka. There, the vaidya searches for the appropriate plant and employs it to revive Laxmanji. Even in this day and age, indigenous people in tribal regions continue to cure a broad variety of ailments with the abundance of plants that can be found growing naturally within the limitations of the tribal zone. These plants can be found growing naturally inside the boundaries of the tribal area. On the other hand, due to the fact that urbanisation results in the disappearance of forests, these plants are on the edge of extinction. As a consequence of this, it is of the highest significance that they be maintained for the sake of future generations.

In addition to this, it is of the utmost importance that the information concerning these plants be handed down from one generation to the next. Traditional treatments, such as herbal medicines, are still relied on by many indigenous tribes even though there have been significant advancements achieved in medical facilities and infrastructure over the course of the previous number of years. In some of these therapies, the use of medicinal plants is included. One of the most major advantages of using herbs such as these is that their use is not related with any unfavourable side effects. As a result of this, they form an alternative that is superior, more cost-effective, and more realistically relevant. Consequently, this makes them an option. The fact that these plants are found in such a large distribution across the forest is an extra benefit for the creatures that make their home there. Not only are these therapies used to cure snakebites, but they are also utilised to treat snakebites, which saves

lives in remote places by tribal people because there are no options for speedy transportation in these situations.

WHY THE HERBS ARE SO IMPORTANT

The existence of humanity is intricately intertwined with the history of many herbs. It is vital to have a diverse selection of herbs and plant extracts on hand in order to treat a wide range of wounds and illnesses. Even if there are Vaidya who are able to treat disease by utilising the proper plants, it is essential for the average person to have a fundamental grasp of what each plant is used for and how it operates in order to be able to make informed decisions about their own health. Vaidyas have been treating patients with the right medications to heal a wide variety of conditions ever since ancient times. When required, they have even been performing surgery on patients. There are a large number of plants just like this one, and due to the fact that they are able to treat illnesses that would ordinarily end in death, these plants have been responsible for saving the lives of a large number of individuals. As a consequence of this, these plants have to be handled with the exact same degree of care as human life. In the ancient scriptures, the Vaidya was assigned the same degree of devotion as God when it came to the responsibility of averting the loss of life. This was because the Vaidya was believed to have the ability to heal.

HERB INFORMATION & IDENTIFICATION

In times past, these individuals were referred to as Vaidya, and they possessed an in-depth knowledge of not just the herbal treatments that were accessible but also the Vaidya medical system as a whole. Vaidya was the term that was used to refer to practitioners of medicine in ancient times. They were able to heal people as a result of their extensive knowledge of medicinal plants as well as their acquaintance with the natural environment. Saints who committed a substantial amount of their lives to a state of profound concentration were also interested in learning about and making use of the curative characteristics provided by the plants. They did this by conducting research and developing medicinal preparations. They were teaching the people who followed them about the therapeutic advantages of these plants as well as the ways that might be used to make use of them. These people followed them because they were educated about the benefits of these plants. Because this knowledge and these practises have been passed down from one generation to the next for thousands of years, our understanding of these medicinal plants and the practises that are associated with them has remained across time. Now, in the 21st century, things are progressively changing as a result of humanity's ignorance-driven destruction of specific flora. This destruction of some flora has been going on for quite some time. This eradication of some types of vegetation has been going on for a considerable amount of time. It is of the utmost importance, in light of the present rate of deforestation, that we gather information about medicinal plants such as these and put it away in a safe area for the benefit of future generations.

DESTROYING HERBS & EFFORTS TO SAVE THEM

At this point of time, mankind are harming themselves by cutting down forests and other sorts of plant life in order to gain more money and create more complicated forms of habitation. This is done in the name of expanding their economic opportunities. In addition, there are those people who wish that all knowledge of herbs and the purposes for which they are employed might be obliterated completely and for all time. As a consequence of this, it is very necessary in our day and age to collect such priceless information and to maintain the originality of the really rare plants. The government has also demonstrated an interest in the protection of this region, and the Department of Forests is actively participating in the endeavour in a number of different ways. These ways include the planting of trees, the

building of research institutions and herb forests, as well as forest development and expansion.

TYPES & SAMPLES OF COMMON HERBS

1.	Gujarati Name: Aavar / English Name: TANNERS CASSIA Cure Diseases: Physical Injury, limping, Swelling, Diabetes, Stomach pain.	
	ABOUT PLANT / TREE	USAGE
	<p>The "Aavar" plant can be found in wooded or mountainous regions. Aavar may grow to a maximum height of 3 to 6 feet. The Aavar plant has tamarind-flavoured leaves. This shrub produces blue-hued fruit. There are ten to twelve seeds in every fruit. Aavar is a plant with yellow blooms. Each Aavar branch typically has between 10 and 12 leaves.</p>	<p>Aavar can be prepared by boiling its crushed leaves. Wrap a cotton cloth around the area of the body that has been injured, is limping, or is swollen. After three or four days of treatment, the discomfort should subside and the damage should heal. Diabetics can benefit from both the Aavar flower soup and the Aavar seed powder soup. If you're experiencing stomach ache, try boiling some Aavar leaves and wrapping them in cotton fabric to apply externally.</p>
2.	Gujarati Name: Bahedo / English Name: Bedda Nuts Cure Diseases: To heal the tumour on women breasts.	
	<p>Bahedo is mostly a mountainous region species. This tree typically reaches a height of 30–35 feet. The arrangement of its leaves is two pairs to a single leaf. This tree has thorns on its branches. The form of leaves is often elongated and tapered.</p>	<p>The leaves should be smashed and boiled. Every day, until the tumour is dissolved or the patient is relieved of discomfort, apply the paste to the breasts and cover it with the cotton towel.</p>
3.	Gujarati Name: More Vel / English Name: More Vel Creeper Cure Diseases: Over Bleeding during pregnancy.	
	<p>This creeper may be found in the rugged countryside. This creeper has dry roots in the ground, thus it naturally flourishes during the monsoon season. The leaves of this creeper are similar in shape and size to those of the 'Nagarvel' plant. The green, juicy twigs of this creeper are a sight to behold. It may attain a length of 20–25 feet. The leaves and stems of this vine are distinctive.</p>	<p>The water containing the crushed leaves of this creeper should be given to pregnant mothers. Pregnant ladies will no longer have excessive bleeding, and their acid reflux will be cured as a side effect. This creeper was shown to have no adverse effects.</p>
4.	Gujarati Name: Kankoda / English Name: HORRE GRAM Cure Diseases: The herb to apply on the Snake Bite. There are two types of Horre Gram (Kankoda) available, which are known as (1) Vanjani Kankodi (2) Farvari Kankodi.	
	<p>The "Vanjani Kankodi" variety produces solely male flowers that do not develop into fruit, whereas the "Farvari Kankodi" variety yields the edible "Kankoda" fruits. Kankodi is a creeper that thrives during the monsoons; its two distinct fruit varieties are the medicinally-relevant bitter</p>	<p>Take the "Vanjani Kankodi" roots, smash them, and mix them with water to provide to a sufferer of snake venom. Use the paste to treat the bite. If you've been poisoned by a snake, this will help.</p> <p>The effects of lizard poison can be reversed by crushing the roots of the</p>

	<p>Kankoda and the culinary-relevant regular Kankoda. The maximum height of a Kankoda creeper is between 10 and 15 feet. The berries are tiny and appear like they're covered with thorns. When fully mature, both the fruits and their seeds change to a bright yellow.</p>	<p>"Vanjani Kankodi" plant and administering them to the sufferer in a water solution.</p> <p>You may induce vomiting and flush out any remaining snake venom by mixing crushed Neem leaves and tobacco in water and administering the resulting concoction to a snake bite sufferer.</p> <p>The term "Aaushadhi" refers to a certain plant. The victim of any form of snake venom can be cured by crushing the leaves of this plant and administering them to them in water.</p>
	<p>Gujarati Name: Koru / English Name: PUMPKIN Gujarati Name: Fatakadi / English Name: ALUM Cure Diseases: The herb to apply on the Scorpion Bite.</p>	
5.	<p>Take a branch of pumpkin, smash it, and apply the liquid to the injury; next, burn the dried dung of a cow or buffalo close to the victim. This is called "Koru" (Pumpkin). The victim's perspiration will eventually wash away the poison.</p>	<p>"Fatakadi" (Alum): A scorpion's sting is extremely painful. Put some Alum in a dish, heat it over a fire, and apply it to the bite to alleviate the pain and toxicity. When heated, it changes from a solid to a liquid. Allow the liquid to cool to a gel state, and then apply it to the afflicted region. The person will feel less discomfort and will be cured of the toxin.</p>
	<p>Gujarati Name: Satavari / English Name: ASPARAGUS Cure Diseases: The herb to apply to the patients of stone, Kidney, Urine inflammation and bladder related diseases.</p>	
6.	<p>This creeper prefers the moist, riverside environment and is most visible during the rain. There are no flowers or fruit on it, although it may be mistaken for moss. This creeper may grow up to 20–25 feet in length.</p>	<p>Make a powder by drying and grinding the plant. Every day, take two table spoons of the powder with eight ounces of water. Diseases of the kidney, bladder, and urinary tract will be remedied. This creeper is also referred to as the rabbit skin in the local tribal language.</p>
	<p>Gujarati Name: Bedo / English Name: BED Cure Diseases: The herb to apply to the human & goats having problem of constipation, Diarrhea or indigestion.</p>	
7.	<p>The "Simara" family is responsible for this tree's existence. This tree is common in mountainous regions, where it may to heights of 20–30 feet and have a trunk as thick as a man's shoulder. The leaves resemble the "Mahuda" leaves in appearance.</p>	<p>You may produce a remedy by combining the powdered bark of a Bedo trunk with water and letting the mixture sit for around 2 hours. Dose the goats with the water to treat their diarrhoea and stomach ailments. Similarly, cocks can benefit from using this plant in the same way.</p> <p>Similarly, the powdered bark and seeds of this tree, when mixed with water, heal gastrointestinal disorders in humans.</p>
8.	<p>Gujarati Name: Chhetari / English Name: BED</p>	

	Cure Diseases: The herb to apply to the human for relieving from molar pain.	
	The rough, mountainous terrain is home to this tree. This tree has tiny leaves with slits in between each one. These fruits resemble those of the tamarind tree. The tree's bark has a slimy texture. There are no thorns on the tree, and it can be bitter or delicious.	The leaves of this tree need to be gathered, crushed, and mixed with water, then let to sit for two hours. The dewdrops are all set. Put the drops in the ear on the side where the tooth isn't hurting. If poured on the affected area twice a day for a week, the molar discomfort should subside.
9.	Gujarati Name: Arjun Tree (Sadad) / English Name: ARJUNA Cure Diseases: The herb to apply to cure heart diseases, stop bleeding & Acne.	
	This tree prefers the rocky soil of the hills. This tree usually grows to be between 35 and 45 feet tall. Its leaves are similar to those of the guava tree. The typical leaf length is between 3 and 6 inches. The blossoms have a pure white hue. The springtime is when the leaves renew.	You may prepare a powder from the ground-up bark of this tree. To treat heart problems, combine the powder with honey, ghee, and milk and give it to the patient. Heart conditions are cured by daily use. Applying a paste made from Arjun powder and Red Sandalwood powder mixed with rice water to the bleeding area can halt the bleeding. Acne can also be cured by using this mixture topically.
10.	Gujarati Name: Kuvar Pathu / English Name: INDIAN ALOE VERA Cure Diseases: The herb to apply to cure pain, cough and burnt.	
	This plant may attain a maximum height of 1-2 feet. It may thrive on almost every soil type. It has long, pointed leaves that are as thick as your palm and brimming with juice; its skin is pale and shiny yellow; and on either side of each leaf is a row of tiny thrones. The sticky white and yellow liquid contained within the leaf has several applications. Without water, this plant may survive for a very long time.	If you combine turmeric with Indian Aloe Vera juice and give it to someone with spinal discomfort, they will feel instant relief. If you combine Honey with Indian Aloe Vera juice and give it to someone who has a cough, it will go away. If you apply the juice of Indian Aloe Vera to the affected area, you should see a speedy recovery.

As we have seen above, these are the few examples of the trees / plants useful for recovery in various types of diseases. There are a large numbers of such medicines available mentioned and described in our ancient books. Even today the tribes residing in various forest areas of Gujarat are mainly using such herbs in the above described manner and are curing their diseases.

CONCLUSION

Herbs provide a multitude of benefits on everything that is living, from humans to animals to plants. Herbs are necessary to any and all forms of life because of their medicinal value, which enables them to treat a wide variety of conditions. This is having the effect of directly leading to the growing substitution of Ayurvedic medicines with their synthetic counterparts within the community of synthetic medical practitioners. Therapies that are generated chemically tend to have a variety of unfavourable repercussions, which can subsequently lead to a wide range of additional health issues; in contrast, the Ayurvedic equivalents of these treatments do not carry the same level of risk as the chemically generated

versions of these treatments. The researcher will make a concerted effort, as a direct result of these results, to encourage their patients to participate in Ayurvedic treatment.

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