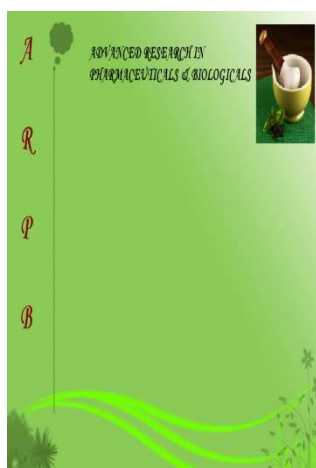




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## PRACTICES OF CONTACT THERAPY IN JALGAON DISTRICT (MAHARASHTRA), INDIA

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### ABSTRACT:

The main objective of this research is to communicate information on plant species generally employed during contact therapy in Jalgaon District. Data is gathered for 17 angiospermic species belonging to 14 families. Parts such as bulbs, bulblets, stem, leaves, flowers and fruits of locally available species are used to cure the ailments. The medicine men, tribal and rural inhabitants treat diseases like asthma, sciatica, arthritis, leprosy, body tumor, fever, cold and cough, mums, etc.

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**Keywords:** Contact therapy, Jalgaon District, Medicine men,  
Angiosperm, Sciatica.

## INTRODUCTION

Jalgaon district is located on the northern part of the state of Maharashtra, India. It lies between 20<sup>0</sup> and 21<sup>0</sup> north latitudes and 74<sup>0</sup>55' and 76<sup>0</sup>28' east latitudes<sup>1</sup>. The Satpuda ranges and rural part are the abodes of many ethnic communities like Pawara, Bhil, Kokni, Tadvi and Vanjari. Being remote area from civilized zone the tribals have to depend on the forest for their every need, especially for healthcare. They sometimes use contact therapy to cure ailments. These are being presented in this paper.

## METHODOLOGY

The ethnobotanical exploration was extended over rural and tribal parts of Jalgaon district. Information was obtained through interviews with traditional healers medicinemen, headmen and elder women in the study area. The data was crosschecked in different visits. Voucher plant specimens were collected and deciphered consulting various floras<sup>2-7</sup>. These have been housed in Department of Botany, Pratap College, Amalner (M.S.) there are some plant species listed in table no. 1 which are used for contact therapy.

**Table 1: Plant Species Used In Contact Therapy**

S. No	Plant Name, family & Local Name	Part used	Indications	Administration
1	<i>Achyranthe aspera</i> L. Amaranthaceae Aghada, Chirchira	Leaves	To remove thorn/spine	Leaves are tied on body part to remove easily thorn/spine.
2	<i>Allium sativa</i> L. Liliaceae Lasun	a) Bulblets	Asthma	Fresh piece of bulblets is kept under the sole of child. A pair of socks and shoes is worn.
		b) Bulblets	Cold and Cough	Necklace of 6 to 7 bulblets is tied around the neck of a baby
		c) Bulblets	Fever	Necklace of 6 to 7 bulblets is tied around the neck of a baby
3	<i>Argemone mexicana</i> L. Papaveraceae, Piwla Dhotra	Leaves	Body pain	Leaves are applied locally to relieve pain
4	<i>Azadirachta indica</i> A.Juss Meliaceae Neem	Leaves	fever	A bed of leaves is prepared and patient sleeps on it till cure from fever
5	<i>Cassia auriculata</i> L. Caesalpiniaceae Awali	Leaves	Swelling of knees	Leaves and black soil are boiled in water and applied on swelling as a poultice.
6	<i>Datura innoxia</i> Mill. Solanaceae Dhotra	Leaves	Mumps	Fresh leaves are fried and tied over mumps

S. No	Plant Name, family & Local Name	Part used	Indications	Administration
7	<i>Datura metel</i> L. Solanaceae Kaladothra	Leaves	Arthritis	Tender leaves are warmed and tied on knees
8	<i>Dendrocalamus strictus</i> Nees Poaceae Velu	Culms	Injury	Peeling of outer young culms tied on injury.
9	<i>Ficus religiosa</i> L Moraceae Pimple	Roots	Eye burning or pain	Roots are tied on wrist
10	<i>Gloriosa superba</i> L Liliceae Kallawi	Stem	Delivery	Stem piece is tied along the waist to facilitate delivery
11	<i>Mitragyana paravifolia</i> (Roxb.) Korth. Rubiaceae Kalam	Leaves	Rheumatism	Leaves, are tied on rheumatic swelling
12	<i>Ricinus communis</i> L. Euphorbiaceae Arandi, Diwji	Seed Oil	Swelling	Seed oil is applied on single entire leaf and wrapped on mother's chest for chest swelling
13	<i>Semecarpus anacardium</i> L.f. Anacardiaceae Bhilava	Seed	Leprosy	Seeds are tied along the waist to cure leprosy
14	<i>Spermocoe hispida</i> L. Rubiaceae Phanjoda	Flower	Body tumor	Fresh flowers are collected and made into a garland. It is placed around the neck of patients by maternal uncle
15	<i>Typha domingensis</i> Pers. Typhaceae Deodanda	Flowers	Injury	Flowers tied on injury
16	<i>Cassia obtusifolia</i> L. Caesepiniaceae Tarota	Leaves	Arthritis	Leaves are tied around knees
17	<i>Vernonia cinerea</i> Less Asteraceae Sahdevi	Roots	Fever	Roots are wrapped in black cloth and tied on wrist for seven days
18	<i>Vitex negundo</i> L. Verbenaceae Nirgudi	Leaves	Pain in heal	Leaves are placed on hot brick and heal is kept over it.

## DISCUSSION

The study revealed that contact therapy is commonly practiced especially amongst the tribal and some rural communities. This therapy cures the ailments of a sufferer. Worships of god/s, goddess and mauttering of some hymn

are also sometime associated with them. This may cause psychotherapeutic effects on the patients. The authors recorded and sometimes observed about 18 plant species used in contact therapy. The therapy applies for chronic complaints as

many as types of ailments. These are curable using various parts of the species. It may reveal some potential chemical constituents in plant parts beneficial to the patients. This, however, need to be critically evaluated on scientific basis.

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