



## Traditional Medicinal Practices Of Tribal Community In Thiruvannamalai Distract, Tamil Nadu

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### Abstract:

*In India medicinal plants are valued for cultural reasons, man-monetary utilitarian purposes, (food and medicines), industrial demand and as a subset of national bio diversity wealth most people especially in rural areas depend on traditional medicines to treat many diseases. Tribal communities are mainly the forest dwellers and they acquired rich knowledge on the uses of various plant species and forest products over the centuries, moreover the majority of the tribal people are engaged in agriculture, animal husbandry, hunting, fishing technology and related activities and they often exposed to various dermatological infections such as wounds, microbial, infections, swellings, burns, from cooking and sleeping near fires, scorpion, snake and insect bites on the forest land.*

*Therefore a need was felt to document in dept information on traditional uses of plants. The medicinal plants Board has formulated some schemes for finding the projects related to development, creating awareness about the therapeutic uses of plants, markings, and cultivation of some selected medicinal plants having assured market. The operation al guidelines for funding the project proposals for many activities have been formulated by the board.*

### KEYWORDS:

Traditional medicine, Tribal communities, Medicinal Plants.

### INTRODUCTION

Traditional medicine mainly comprises of Indian Ayurveda, Arabic Unaini medicine and traditional Chinese medicine. In Asia and Latin America, populations continue to use traditional medicine as a result of historical circumstances and cultural beliefs. Traditional medicine accounts for around 40% of all health care delivered in China. Up to 80%: Of the population in Africa uses traditional medicine to help meet their health care needs; Though synthetic chemical compounds have replaced many Ayurvedic plant products, the quality, safety and efficacy of natural products could be find suitable match to health care management system, Sharma et.al, (2003). Herbal medicine has been widely practiced from time immemorial to the present day, all over much more attention then allopathic drugs because of their without side effects, adverse cost efficacies throughout the world. Herbal drugs obtained from plants are believed to be much safer in the treatment of various diseases (Ayyanar and Ignacimuthu, 2005). Traditional medicine especially the folk herbal medicines have recently been receiving heightened interests the world over. Such ageold health care systems have been developed in different corners of the world where they were living in close interaction with the nature. Information from ethic groups on indigenou traditional herbal medicines had always played a vital role in the discovery of novel chemotherapeutic agents form plants (Katewa and

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Galav, 2005). India is extremely rich in medicinal plants comprising about 8000 species (Ved et.al, 2001) and around 70% of medicinal plants are found in the tropical areas mostly in the various forest types spread across the Western Ghats, Eastern Ghats, the Vindhyas, Chhota Nagpur plateau, Aravalis, The Tarai region in the foot hills of Himalays and Northeastern region. 25th hotspot of Western Ghats is ethnomedicinally very rich having high diversity of medicinal plants. In southern India, presumably because of extraction pressures, as many as 110 species of medicinal plants are reported to have become rare, endangered and threatened (Ved et al 2001).

### STUDY AREA

The Tiruvannamalai of Elagiri Hills. Are some of most pictureare hills ranges situated mainly in the bifurcation of the east while North Arcot District in Tamil Nadu in south India. They are surrounded in the north and west by Vellore District, on the south west by Dharmapuri District, on the south by Villupuram District and on the east by Kanchipuram District. The District lies between 11° 55' and 13° 15' North. Latitude and 78° 20' to 79° 50' East longitude. System of peninsular India. Western Ghats, southern Ghts and Esastern Ghatslflfie Timvannamalai Districts Elagiri itills compriece the biggest itlls in Tamil Nadu situated in the North Arcot of Himalayas. Timvannamalai District the most popular temple of Annamlaiyar in North arcot of Tamil Nadu In India. The first Tamil speaking in North Arcot District of Timvannamalai sidha, Unani, Auyervadha Traditional Medicine uses in Tamil Nadu.)

The present work is the outcome of intensive field studies under taken in hamlet in habited by Tribal community, the field servey trips were regularly made once in a Month of the year to all Triples people to Information and gather on Medicinal plant used to treat various ailments and shirups. The folk medicinal lore was considered valid if at least three informants had expressed similar information about the medicinal properties of plants. The women medicinal practitioners were given priority because they seemed to have more knowledge about the utility of plants in curing several diseases. They knew more about remedies for children, diseases and ailments related to conception and delivery; whereas man knew more about treatment for bone fracture, cuts and wounds, insects and snake bites. The knowledge informants were taken to the field and information on medicinal plants was recorded. The informants were asked to explain therapies of the diseases and to list plants they employ.

For each plant species complete documentation of folklore medicinal information including medicinal property, the medicinal claims on the plants by the informants. Cross verification was done in different villages among the interviewers showing the same plant sample and even narrating the same to the informants on different occasions (Coehran and Cornfield, 1951; Martin, 1995). the method adopted by Schultes (1960, 1962); Jain (1989) and Martin (1995). Fieldwork is the most significant aspect in this type of study. Extensive field trips were conducted to remote rural settlements. From each village, two or three local herbal healers were interviewed to elicit first hand information in respect of the plant/plant product curing various diseases/As an outcome of present investigation, 110 plant species belonging to 56 families. The enumerated folk used mainly for ailments/diseases of the cuts and wounds, skin allergy, dysentery, fever, paralysis, diabetes, diarrhoea, jaundice, dental diseases, rheumatism, stomach ache, asthma, body swelling, fertility, veterinary, antifertility, digestion, head ache, eye ailments and single plant remedy of single disease. In a majority of cases, fresh plants are used for alleviating complaints. A concise list of wild plant resources of the region and their utilization will provide basic data for further studies aimed at conservation, cultivation, traditional medicine and economic welfare of rural and tribal population of the region.

### CONCLUSION

The unique folklore hidden among the traditional communities of other ethno pharmacologically unexplored areas of India and elsewhere, which may be utilized to the well beings of human health. In such cases laboratory investigations and clinical trials are suggested to validate the therapeutic properties of these herbal preparations for effective and safe use.

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