

# Traditional Knowledge of Medicinal Herbs of Gondia District for Beauty Care: An Ethno-Botanical Survey

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## Abstract

Traditionnal herbal drugs have recently been receiving all over the world. The forest region of Gondia district is harbours plenty of medicinal plants along with other flora and fauna. The ethnic communities mostly depend upon herbal medicines for healing their ailments. The study was done through structural questionnaires in consultation with the tribal practitioners. Herbs and spices have been used in maintaining and enhancing human beauty since time immemorial. Indian women have long used herbs for skin care and natural oils to perfume their bodies. Not too long ago, elaborate herbal beauty treatments were carried out in the royal places of India to heighten sensual appeal and maintain general hygiene.

**Keywords:** Traditionnal Gondia Ethno-Botanical.

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## INTRODUCTION

Biodiversity is the basis of human survival and economic well-being and constitutes the resources upon which families, communities and future generation depends. Gondia district in maharashtra is extremely rich in medicinal plant diversity distributed in different geographical and environmental conditions and associated tribal and folk knowledge systems. In

Ayurvedic literature there are records of number of herbs, which promote growth of hair, keep them soft and silky and do not allow them to turn grey at an early stage. Below is a partial list of herbs with cosmetic applications and their availability in tribal area of Gondia district. These selected Herbs are based on experiences rather than experimental investigation.

Botanical name	Common name	Part used	Uses
<i>Acacia concinna</i> DC. (Mimosaceae)	Shikakai	Pods	Cleansing agent, Detergent, Promote hair growth and prevent hair splitting, falling and dandruff
<i>Acacia nilotica</i> (L.) Del. Leguminosae	Babhul	Bark	Teeth disorders
<i>Allium cepa</i> (L.) Liliaceae	Kanda	Bulb Juice	Raw bulb juice. Antimicrobial due to flavonoid content
<i>Acorus calamus</i> L. Araceae	Vekhand	Rhizomes	Paste is applied on the cuts and wounds, dusting powder & lotions
<i>Allium sativum</i> (L.) Liliaceae	Lahsun	Bulb	Skin healing & antibacterial
<i>Aloe vera</i> (L.) Liliaceae	Kumari	Leaf	Burns, cuts, Hair falling, emollient & sunburn.
<i>Alpinia galangal</i> Zingiberaceae	Kulanjan	Rhizomes	Aromatic & Dusting powder
<i>Apis mellifica</i> Apidae	Madh	Honey	Diluent & glowing of skin
<i>Arachis hypogea</i> Leguminosae	Moong Phalli	Seed	Emollient & Skin dryness
<i>Azadirachta indica</i> A. Juss Meliaceae	Kadu Neem	Leaf	Antiseptic, reduces dark spots, antibacterial & blood purifier
<i>Bacopa monnieri</i> (L.) Scrophularaceae	Bramhi	Whole Plant	Hair growth, good for sleep & shampoos
<i>Beta vulgaris</i> Amaranthaceae	Beet	Roots	Colour dye for hairs

<i>Brassica cumoetris</i>	Brassicaceae	Sarso	Seed Oil	Applied on face & whole body massage. Cleansing & Calming effect
<i>Centella asiatica</i> (L.)	Apiaceae	Mandukparni	Whole Plant	Wound healing & in stretch marks cream
<i>Cicer arietinum</i>	Fabaceae	Besan	Seed	Paste of seed, haldi, sandal powder & rose extracts scrubbed on face
<i>Citrullus vulgaris</i>	Cucurbitaceae	Tarbuj	Fruit	Sebum secretion
<i>Citrus aurantium</i> L.	Rutaceae	Santra	Fruit Peel	Skin cream, anti acne & Antibacterial
<i>Citrus lemon</i> L.	Rutaceae	Nimbu	Fruit Peel	Prevent hair loss
<i>Cucumis sativa</i>	Cucurbitaceae.	Kakdi	Fruit	Externally to treat burns, redness of eyes & cooling effect
<i>Cucurbita pepo</i>	Cucurbitaceae	Pumpkin	Fruit	Seed oil & dried leaves used for acne treatment
<i>Curcuma longa</i> L.	Zingiberaceae	Haldi	Rhizomes	Antibacterial, antimicrobial, skin cream, hair dye, astringent
<i>Cyperus rotundus</i>	Cyperaceae	Nagarmotha	Roots	Sun-tanning, astringent & anti-inflammatory.
<i>Datura innoxia</i>	Solanaceae	Dhotra	Leaf	Fresh leaves fried in oil applied on skin sores for fast healing & for headache
<i>Daucus carota</i>	Apiaceae	Carrot	Roots	Natural source of Vit. A, anti-aging, revitalizing & rejuvenating in reducing wrinkles
<i>Emblica officinalis</i>	Phyllanthaceae	Amla	Fruit	Hair care, prevent grayness, antistress and high content of Vit. C
<i>Ficus bengalensis</i>	Moraceae	Vad	Fruit	Wound healing & foot crack cream
<i>Foeniculum vulgare</i>	Umbelleferae	Sounf	Fruit	Decoction poured in eyes for cooling & effective eye sight
<i>Glycyrrhiza glabra</i>	Leguminosae	Muleti	Roots	Anti-inflammatory & decreases pigmented marks
<i>Helianthus annuus</i>	Compositae	Sunflower	Seeds	Oil has smoothing properties for dry skin
<i>Hibiscus rosasinensis</i>	Malvaceae	Jaswand	Flower	Improves hair growth & prevents premature grayness of hair
<i>Loswenia alba</i>	Lythraceae	Mehandi	Leaf	Hair growth, natural dye & conditioner
<i>Lycopersicon esculentum</i>	Solanaceae	Tomato	Fruit	Glowing of skin & for wrinkles
<i>Martcuria chamomilla</i>	Asteraceae	Chameli	Flower	Skin cleanser & hair tonic
<i>Mentha piperata</i>	Lamiaceae	Pudina	Leaf	Cools, refreshes, stimulate, revitalizers & elasticity of skin, toning to tissues, closes pores & reduces swelling
<i>Moringa oleifera</i>	Moringaceae	Mungana	Seed	Sun-tann lotions & in hair oils
<i>Ocimum basilicum</i>	Labiatae	Tulsi	Entire Herb	Antibacterial, reduces dark spots clean the skin of any infection
<i>Papaya carica</i>	Caricaceae	Papita	Fruit	Fruit paste, rose extract & egg white is applied externally for skin disorders
<i>Plumbago zeylanica</i>	Plumbaginaceae	Chitrak	Roots	Decreases dark spots & cleans the of any infections
<i>Pongania glabra</i>	Leguminosae	Karanj	Seeds	Externally for skin disorders
<i>Prunus amagdalus</i>	Rosaceae	A, Lmond	Seeds	Facial mask prepared seed powder, gram powder, rose extract & honey is effective against skin freckles
<i>Punica granatum</i> (L.)	Punicaceae	Anar	Fruit	Burnt stamens are used in stopping of bleeding from nose
<i>Ricinus communis</i> (L.)	Euphorbiaceae	Erand	Seeds	Oil applied on eye lashes to enlarge
<i>Rosa centifolia</i>	Rosaceae	Gulab	Seeds	Coolant, Antifatigue & perfumary
<i>Sesamum indicum</i> L.	Pedaliaceae	Tilli	Seeds	Hair tonic, check hairfall & relieves headache
<i>Terminalia bellerica</i> Roxb.	Combretaceae	Behda	Fruit	Hair tonic & for graying of hairs
<i>Terminalia chebula</i> Retz.	Combretaceae	Hirda	Fruit	Astringent
<i>Trigonella foenumgraecum</i> L.	Leguminosae	Methi	Leaf	Hair washed with seed decoction gives shining
<i>Triticum sativum</i>	Graminae	Wheat Germ	Germ	Removes face freckles with rose extract
<i>Zizyphus jujube</i>	Rhamnaceae	Bor	Fruit	Natural source of Vit. E

## CONCLUSION

The knowledge gathered from the study can thus be exploited in arousing the general masses to conserve the natural wealth of bio-resources in the region before they fall prey to large scale deforestation activities that are in progress in the Gondia district of Maharashtra. The collected information not only shows

that many preparations are made from single plant but rarely mixture of several plants is used. Majority of the preparation are taken orally and applied on the skin. In the studied area, many people still have faith in the herbal remedy which plays an important role in the life of their communities. These traditional herbal formulations need further pharmacological

investigation to prove their efficacy and also develop new drugs for the effective treatment of skin diseases. Phytocompounds such as alkaloids, tannins, saponins, phenols, flavonoids & terpenoids are present in the plants in variable proportion produces the therapeutic activities. In the age of speeding up medical costs and their side effects, people are turning to herbs, the natural medicines in their regular diet.

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