

Indigenous Herbal Medicines

Tribal Formulations and Traditional Herbal Practices



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About the book

Indigenous knowledge behind traditional practice of herbs is like crude diamond, hardest but without shine and not acknowledged and accepted as “Diamond” by the people. Today an artificial shining stone, well packed, aggressively marketed and supported by strategic advertisement is the biggest threat to the existence of real Diamond. If this continues then this phenomenon of endangered indigenous knowledge of tribals will become extinct and needless to discuss, we the human being will be deprived of the real essence and hence the biggest loser. It is important to know that it requires \$ 1.5 billion and 10-15 years to develop a new drug, whereas, the development of new drug through traditional herbal knowledge and tribal healers could be much shorter and needless to discuss “cost effective”. In order to fully convert the potential of medicinal plants into economic wealth, a very active R & D programme is essential.

Ethno botanical research on medicinal plants is getting much importance and it is included among the advanced research in India during the recent years. Plants have much relevance on Socio-economic, Socio-religious aspects of human life in India. The World Health Organisation (WHO) estimated that 80% of the population of developing countries relies on traditional medicines, mostly plant drugs, for their primary health care needs. Transition from synthetic drugs and microbially produced antibiotics to plant based drugs is rapidly gaining acceptance.

The whole book moves around the fulcrum of traditional herbal knowledge of Indian tribesmen. It is one of its kinds where the traditional tribal knowledge has taken the front seat and is comprehensively prosecuted by taking different perspectives into account. It is the finest attempt to explain the traditional herbal knowledge of Indian tribal regions which are very different in terms of forest, vegetation, cultures, and beliefs. Nevertheless, equally competitive so far age old medicinal practices are concerned. Over 90% of tribal population in two tribal pocket of India i.e. Patalkot, Dangs & Sawai Madhopur depends on traditional medical practices for day to day health care. Dang and Patalkot are two remote areas in India where traditional herbal practices are performed on a large scale. The herbal practitioners are called as Bhagats (in Dang) and Bhumkas (in Patalkot). These healers are expert in curing range of human health disorders with the help of medicinal plants growing in their respective regions. This knowledge of herbs and their uses has been passed from generation to generations. Young generations from these tribal groups are merely interested in knowing the secrets of medicinal plants. They are now influenced by the modern world and they think that they can earn more money by doing labour work at farms or working as a waiter in any hotel. Indeed, it is true that herbal healers are not paid enough for the creative and curative services they do for the society. The new generation doesn't know the potential of knowledge of their elderly. Healers too are also not much interested in sharing their knowledge with the new generation. They want to transfer this knowledge to safe hands so that the knowledge is safeguarded and should be used for the welfare of the society.

We must consider seriously the importance of medicinal plants in the developing countries. In many cases, these countries simply cannot afford to spend millions of

dollars on imported medicines which they could produce or extract from their tropical forest plants. Indigenous medicines are relatively inexpensive; they are locally available and are usually readily accepted by the people. The ideal situation would be the establishment of local pharmaceutical firms that would create jobs, reduce unemployment, reduce import expenditures, generate foreign exchange, encourage documentation of traditional ethnomedicinal lore, and be based on the conservation and sustainable use of the tropical forests. Dang District Ayurvedic Pharmacy is a better example for the same.

Parallel to this, is the urgent need to document and conserve ethnomedical plant lore, since indigenous knowledge is essential for use, identification and cataloguing of the (tropical) biota. As tribal groups disappear, their knowledge vanishes with them. Thus, the preservation of these groups is not a luxury, but a significant economic opportunity for the developing countries. Failure to document, this lore would represent a tremendous economic and scientific loss to humanity.

The book entitled “*Indigenous Herbal Medicines: Tribal Formulations and Traditional Herbal Practices*” is unique and fantastic in many senses. This possess to be a guiding tool for a house wife for her home remedy, and research scholar for new drug development as well. The whole book moves around the fulcrum of traditional knowledge. It is one of its kinds where the traditional tribal knowledge has taken the front seat and is comprehensively prosecuted by taking different perspectives into account. It is the finest attempt to explain the traditional herbal knowledge of three tribal regions which are very different in terms of forest, vegetation, cultures, and beliefs. Nevertheless, equally competitive so far age old medicinal practices are concerned. The book gives a very good idea about the geographic and socio-economic condition of the tribals of three distinct regions in India. The tribals of Patalkot, Dangs and Savai Madhopur are blessed by Mother Nature and are well protected by Satpuda, Sahyadri and Aravalli ranges respectively. This book contains 210 medicinal plants and 2200 medicinal practices as per the different disorders, methodology of preparation, and procedure of intake. Given vernacular names of every medicinal plant mentioned here makes this book more reader friendly. Easy language, fine colorful photographs and systematic presentation of medicinal plants, its properties, its usage generate temptation to read it again. Importantly, the Foreword of this book is written by Dr Sandra Goodman who is Editor and Director, Positive Health Publications Ltd, United Kingdom.

This book was launched by Dr SK Nanda, Principal Secretary, Environment and Forest, Gujarat Government on 22nd September at Hotel Le Meridien, Ahmedabad. This 440 pages book is published by Aavishkar Publishers Distributors- Jaipur.

Main features of book -

- More than 2200 herbal formulation for curing range of human health ailments
- Detailed profiles of 210 medicinally important plants
- Most updated botanical names based in ICBN and also vernacular names in all Indian local languages.
- Ethnobotanical studies of 3 remote tribal pockets (Dangs, Patalkot and Aravallis) in India
- Foreword- written by **Dr Sandra Goodman**, Editor- Positive Health Magazine, UK.
- And many more information about ethnobotany, traditional knowledge, Indian tribesmen, their customs, rituals and day to day lifestyle
- Hard bound copy with 90 colorful photographs
- 400+ pages with up to date references
- ISBN 9788179102527; Price: 3000 (INR) or US \$ 150
- Publisher: **Aavishkar Publishers and Distributors- Jaipur**

Authors

Dr Deepak Acharya is a microbiologist turned ethnobotanist. He is the Director of Abhumka Herbal Pvt Ltd (www.abhumka.com) in Ahmedabad, India. He has been documenting ethnobotanical knowledge of tribals of Central and Western India for past many years. He has written more than 35 research papers in National and International journals of repute. He writes popular articles for web and magazines too. His company validates herbal practices of healers from two remote pockets in India. He has done extensive documentation of Bhumkas of Patalkot valley (www.patalkot.com) and Bhagats of Dang district (www.thedangs.in) South Gujarat and prepared a digital traditional herbal knowledge library. He has been associated with many Universities and colleges as a Member, Board of Studies. His work and dedication for the tribal welfare has been well appreciated by several print media. He is a Feature Writer/ Member-Editorial Board and Reviewer for many scientific journals and magazines.

Dr Anshu Shrivastava is having expertise in floristic and taxonomy, biodiversity conservation, ethnobotany and medicinal plants studies. He obtained degree of Master of Science (Botany) from Government Autonomous Post Graduate College, Satna (MP) and then worked in Botanical Survey of India, Arid Zone Circle, Jodhpur as a research fellow for more than 4 years. His work involved “*Floristic diversity of Protected Areas of India.*” He earned his doctorate in Botany from Jai Narain Vyas University, Jodhpur (Rajasthan) in 2006. He has written more than 12 research papers and about 36 popular articles in various magazines and web. His recent book “*Biodiversity of Ranthambhore Tiger Reserve, Rajasthan*” has received worldwide recognition. He is also actively engaged in developing various digital databases on medicinal plant. Currently, he is associated with Abhumka Herbal Pvt. Ltd., Ahmedabad. He works on identification, documentation and validation of traditional herbal practices.