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### Survey Study

## LOCAL HEALTH TRADITIONAL PRACTICES OF REPRODUCTIVE SYSTEM PROBLEMS: A SURVEY STUDY OF ARAVALLI HILLS OF GURUGRAM DISTRICT (HARYANA)

**Dr. Udesk Kumar\*<sup>1</sup>, Dr. Shashi Bala<sup>2</sup>**

1. Assistant Professor, Murari Lal Rasiwasia Ayurvedic College and hospital, Charkhi Dadri, Haryana.
2. PG Scholar, Prasuti evam Stri Roga Department, National institute of Ayurveda, Jaipur.

#### Address for correspondence:

**Dr. Udesk Kumar**, Assistant Professor, Murari Lal Rasiwasia Ayurvedic College and hospital, Charkhi Dadri, Haryana.

E-mail- [drudeshyadav@gmail.com](mailto:drudeshyadav@gmail.com)

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### ABSTRACT

**Introduction:** Traditional practices are considered as complementary Alternative medicine, consists of a wide range of health care practices, products, and therapies. Alternative medicine practices are diverse in their foundations and methodologies; alternative medicine practices may be classified by their cultural origins or by the types of beliefs upon which they are based. **Material and method:** Field visits were carried out at Gurugram district, Haryana State at regular intervals from September 2019 to July 2021. Surveys were conducted in the villages of the study area for collection of data regarding the drugs in local health traditions with informants. The sources were identified and interviewed in deep verbally through the inquiry. The local healers, elderly men and women mostly aged between 50-75 years were consulted and collected information was also counter checked with different people having knowledge of traditional healthcare. All the mounted herbarium specimens were labelled and preserved in Herbarium file in *Dravyaguna* Department of Lalit Hari State Post Graduate Ayurveda College and Hospital, Pilibhit (Uttar Pradesh). **Result:** The survey concluded the use of around 31 different formulations in 17 known reproductive system health. **Conclusion:** Traditional medicine when studied in detail opens up avenues for many untreated disorders. There are various herbal medicinal plants around us that can be useful in treating

major and minor illnesses. Such traditional knowledge survey can be helpful for exploring of the ecosystem for the benefits of the mankind.

**Keywords:** Tradition practices, Gurugram, Reproductive system, Survey

## Introduction

Traditional practices are considered as complementary Alternative medicine, consists of a wide range of health care practices, products, and therapies. Alternative medicine practices are diverse in their foundations and methodologies, alternative medicine practices may be classified by their cultural origins or by the types of beliefs upon which they are based<sup>i</sup>. Alternative medicine has grown in popularity and is used by a significant percentage of the population in many countries. While it has extensively rebranded itself: from quackery to complementary or integrative medicine—it promotes essentially the same practices. Newer proponents often suggest alternative medicine can be used together with functional medical treatment, in a belief that it "complements" (improves the effect of, or mitigates the side effects of) the treatment<sup>ii</sup>

Types of traditional practices are to relieve reproductive system complaints. This field includes the more mainstream and accepted forms of therapy, such as yoga, diet and herbs. Dietary and herbal approaches may include: dietary supplements and herbal medicine<sup>iii</sup>

Due to change in lifestyle and inclusion of various causative factors, there is a deterioration in women's health and wellness. Conventional medicine has very limited choices to manage these diseases. Traditional medicine knowledge has a huge treasure of herbal drugs which has been used successfully since ages in management of women's health. In this survey study, an attempt is made to throw some light on methods of traditional practices being used in India.

Gurugram district comprises of both hills on one hand and depressions on the other, forming irregular and diverse nature of topography. Two ridges (i) the Firozpur-Jhirka Delhi ridge forms the western boundary and (ii) the Delhi ridge forms the eastern boundary of the district. The district comprises of sand dunes, sandy plains, alluvial plains, open forests, scrublands, salt affected areas, low lands, lakes, hills and pediments. These hills are northern continuation of Aravalli hills. The north-western part of the district is covered with sand dunes lying in the westerly direction due to southwestern winds. The extension of the Aravalli hills and the presence of sand dunes collectively form the diverse physiography of the district. Area of proposed study covers entire area of Aravalli hills in district Gurugram, starting from Aravalli hill ranges of Gwal Pahari, Aravalli biodiversity park, Ghata, Bandhwari and adjacent Manger Forest along with Delhi-Faridabad border, area of study extends up to hills of Kasan village. Total area of study is 450 km<sup>2</sup> including around 60 villages within 3 km range of Aravalli hills.

Area includes two naturally formed lakes of Dumdama and Ghata and one manmade lake of Pannikot. Area is rich in flora and fauna. Forest is formed of open northern tropical dry deciduous flora mainly comprising of *Anogeissus pendula* Edgew., *Acacia Senegal* L., *Butea monosperma* (Lam.) Taub., *Boswellia serrata* Roxb., *Capparis decidua* (Forssk.) Edgew., *Ficus recemosa* Linn., *Silvedora persica* Linn., *Silvedora oleoids* Decne, *Capparis sepiara* L., *Prosopis cineraria* (L.) Druce, *Acacia leucophloea* (Roxb.) Willd. etc. Fauna mainly comprises of leopards, striped hyena, jackal, nilgai, porcupine, palm civet, sambhar etc. Area is a part of important biodiversity and wildlife corridor connecting Sariska Tiger Reserve in Rajasthan to Delhi ridge. This corridor is an important habitat for the Indian leopards and jackals of Aravalli.

### **Material and method:**

#### **Field Survey Method:**

Field visits were undertaken in and around the proposed study area. Systematic and frequent visits were carried out to the study area at regular intervals from September 2019 to July 2021. Surveys were conducted in the villages of the study area for collection of data regarding the drugs in local health traditions with informants. All the villages in study area were covered in accordance with route plans to cover the study area systematically but many time revisits were also done to first familiarize with the informants. Many time revisits were planned to cover availability of many season-specific herbs based on the leads got in previous visits.

The sources were identified and interviewed in deep verbally through the inquiry. The local healers, elderly men and women mostly aged between 50-75 years were consulted and collected information was also counter checked with different people having knowledge of traditional healthcare. Selected informants were asked to name medicinal plants, local names, habitat, mode of administration, route of administration, medicinal uses in human being and livestock at the time of collection.

In order to rule out dubious outcomes, the plant specimens from fresh plant species were collected in flowering and fruiting stage in different places in different seasons, covering almost all the important vegetational areas of study field.

#### **Plant Identification:**

All plants specimens were photographed with geotagging and collected by the scholar. The local people were also requested to accompany the scholar for confirming local names and on-the-spot identification of plants in the forest and the collected plant specimens were poisoned, pressed, dried and mounted on standard herbarium sheets of 28 x 42 cm according to the methodology described by Santapau (1955) 1 and Jain and Rao (1977) 2. The specimens were collected carefully in thick polythene bags with airtight sealed opening. mercuric chloride and absolute ethanol were used for poisoning of specimens later and then kept in between

the blotting papers. The blotters containing poisoned specimens were subjected to pressing in a proper way. The blotting papers were changed every day and the specimens were spread and placed in between the fresh blotters. The dried specimens were mounted on the herbarium sheets with glue and were stitched. The labels containing the detailed information were affixed on the bottom on the right-hand corner of the sheets. All the mounted herbarium specimens were arranged alphabetically based on their Latin names and were submitted in Herbarium file in *Dravyaguna* Department of Lalit Hari State Post Graduate Ayurveda College and Hospital, Pilibhit (Uttar Pradesh). Collected plant specimens were identified with the help of Supervisor, Co-supervisors and taxonomist. All the information regarding human or veterinary use of herbs in LHTs were analyzed through a Literary review based on Ayurveda classic texts and Modern therapeutic indication including ethnobotanical studies with reference to leading journals and research papers available on PubMed, Google Scholar, Science direct and other leading websites to be able to build more detailed report findings on their data; and gain more powerful and informative insights as a result. All the indications in LHTs of each plant was Individually compared whether the species is extra-pharmacopeial or not, whether it is authenticated or not in accordance to the mentioned texts, whether further elaboration is needed or not. As most of the traditional healers were illiterate, structural in-depth interviews were conducted using a series of predetermined semi structured and close ended questionnaire (Annexed). About 50 local informers were interviewed. (List annexed).

**Result: The result of the survey study is as follows:**

Disease	Drug Name	Formulation used
1. Aphrodisiac	<i>a. Acacia Senegal</i>	Gum 20-30 gm fried with cow Ghī mixed with lac of <i>Pipala</i> 10 gm is mixed in warm milk and given daily for one month to cure infertility as aphrodisiac and in spermatorrhoea in men.
	<i>b. Asparagus racemosus</i>	Tuber powder 3-5 gm mixed with equal amount of <i>Asvagañdhā</i> root powder is used with milk as nourishing and aphrodisiac.
	<i>c. Ficus religiosa</i>	Lac of <i>Pipala</i> 10 gm mixed with Gum arabic 20-30 gm

		fried with cow Ghī is mixed in warm milk and given daily for one month to cure infertility as aphrodisiac and in spermatorrhoea in men.
2. Dysmenorrhea	<i>a. Leptadenia pyrotechnica</i>	Hot infusion of leaves and tender sprouts of stems 80-100 ml is used to cure dysmenorrhea.
	<i>b. Cardiospermum helicacebum</i>	Root decoction 80-120 ml is given once daily for three days to cure dysmenorrhea.
3. Erectile Dysfunction	<i>a. Pedalium murex</i>	Fruit powder 3-4 gm with root powder of <i>Asparagus racemosus</i> 4-6 gm daily is used twice daily with cow milk to cure erectile disfunction for 1 month.
4. Galactagogue	<i>a. Asparagus racemosus</i>	Tuber powder 3gm mixed with equal amount of <i>Jīra</i> powder is used for 1 month in lactating mother as galactagogue.
5. Gonorrhoea	<i>a. Ocimum Americanum</i>	Flowers paste 20-30 mixed with lemon juice is used once daily empty stomach in morning for 15 days to cure gonorrhoea.
6. Habitual Abortion	<i>a. Butea monosperma</i>	Leaf paste 15-20 gm is boiled with 250 ml milk, that milk is used to twice daily for one month to nurture uterus and to

		stop habitual abortions.
7. Infertility	<i>a. Corchorus depressus</i>	Water extract of whole plant with <i>Śilajita</i> and <i>Khāndsari</i> sugar is used in female infertility. If green plant is not available water infusion of dry whole plant is used.
	<i>b. Ficus religiosa</i>	Dry fruit powder 3-5 gm mixed with honey is taken twice daily for 10 days to treat general debility and male infertility.
	<i>c. Tecomella undulata</i>	Hot water infusion of flowers 100-150 ml once daily for 5 days is used during menses period to cure infertility in females.
8. Impotence	<i>a. Convolvulus arvensis</i>	Whole plant Juice 40-50 ml with root powder 3-5 gm of <i>Uṣtrakaṅṭaka</i> ( <i>Echinops echinatus</i> Roxb.) and <i>Kuñjā-miśri</i> is used daily for 1 months for treating impotence in male.
	<i>b. Martynia annua</i>	Leaf 15- 20 gm is cooked with milk, this milk is taken for 15 days to cure Impotence in males.
	<i>c. Pedalium <u>murex</u></i>	Water extract of whole plant 50-80 ml is used twice daily for 21 days with <i>Gōṅḍ Katīrā</i> or alone to cure

		spermatorrhoea and impotence.
	<i>d. Tribulus terrestris</i>	Fruit powder 3-4 gm mixed with <i>Ghī</i> is used twice daily for one month to treat impotence.
	<i>e. Echinops echinata</i>	Root powder 3-5 gm of <i>Uṣtrakaṅṭaka</i> ( <i>Echinops echinatus</i> Roxb.) with whole plant Juice <i>Convolvulus arvensis</i> 40-50 ml and <i>Kuñjā-miśri</i> is used daily for 1 months for treating impotence in male.
9. Labor Pain	<i>a. Echinops echinatus</i>	Piece of root is tied as Garland to waist or hairs of pregnant lady to have easy labour.
10. Leucorrhoea	<i>a. Carrisa spinarum</i>	Root decoction 80-120 ml mixed with sugar is used in leucorrhoea.
	<i>b. Grewia flavescens</i>	Root bark's cold infusion 100-150 ml twice daily for 1 month is used for curing leucorrhoea
	<i>c. prosopis cineraria</i>	Bark decoction 100-150 ml is used thrice daily for one week to cure leucorrhoea and vaginitis in females.
	<i>d. Sida cordata</i>	Seeds crushed and mixed with <i>Ghī</i> and <i>Khaṅdsāri</i> bind in <i>Modaka (Laddū)</i> of 40-50 gm

		are used daily with milk in leucorrhoea in females.
11. Nightfall (Wet dreams)	<i>a. Ficus religiosa</i>	Paste of 4-5 buds mixed with honey taken daily empty stomach in morning for 1wk. cures night fall.
12. Post-Partum Recovery	<i>a. Acasia Senegal</i>	Gum powder, fried with cow <i>Ghī</i> mixed with <i>Ajavāyana</i> , <i>Śunthī</i> , wheat flour and <i>Khāndsari</i> sugar is used 50-80 gm daily for 2 months for postpartum recovery.
13. Premature Ejaculation	<i>a. Ficus religiosa</i>	<i>Lakh</i> (Lac) from <i>Ficus religiosa</i> 5-7gm roasted with <i>Ghrit</i> mixed in one glass milk is taken for 1 month to cure premature ejaculation.
14. Spermatorrhoea	<i>a. Acacia Senegal</i>	Gum 20-30 gm fried with cow <i>Ghī</i> mixed with lac of <i>Pipala</i> 10 gm is mixed in warm milk and given daily for one month to cure infertility as aphrodisiac and in spermatorrhoea in men.
	<i>b. Ficus religiosa</i>	Lac of <i>Pipala</i> 10 gm mixed with Gum arabic 20-30 gm fried with cow <i>Ghī</i> is mixed in warm milk and given daily for one month to cure infertility as aphrodisiac and in spermatorrhoea in men.
15. Spermaturia	<i>a. Withania somnifera</i>	Root powder 3-4 gm with



		equal amount of root powder of <i>Śtāvarī</i> is used in the treatment of spermaturia.
16. Uterine Prolapse	<i>a. Acacia senegal</i>	Gum coarse powder, 15-20 gm fried with cow <i>Ghī</i> mixed with dry <i>Plāśa</i> flower powder 10 gm and jaggary 30 gm are given daily for 10 days to avoid postpartum Uterine prolapse
	<i>b. Butea monosperma</i>	Dry flower powder 10 gm mixed with Gum Arabic 15-20 gm fried with cow <i>Ghī</i> and jaggary 30 gm is given daily for 10 days to avoid postpartum Uterine prolapse
17. Vaginitis	<i>a. Prosopis cineraria</i>	Bark decoction 100-150 ml is used thrice daily for one week to cure leucorrhoea and vaginitis in females

### Conclusion:

There are multiple causes of illness and disease and that there are multiple routes of healing. A successful clinician must adopt an integrative approach while dealing with any ailments. Traditional medicine when studied in detail opens up avenues for many untreated disorders. There are various herbal medicinal plants around us that can be useful in treating major and minor illnesses. Such traditional knowledge survey can be helpful for exploring of the ecosystem for the benefits of the mankind.

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