

PROGRESS REPORT OCTOBER '92 TO SEPTEMBER '93

Title of Project: Women in Indigenous Health Practice -
Cultivation of Medicinal Plants

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Summary of Progress made:

1. Fortnightly meetings held 79 women in three villages. Training in the treatment of common ailments of women, children and other was given.
2. Seedlings of medicinal plants distributed.
3. Transfer of wastelands to the wife.
4. Wastelands Development in 1 acre of land.
5. Training of nucleus group of women in the forest of Akkalkuva Taluka, Maharashtra.
6. Gathering of Neem Seeds.
7. Women's Savings/Credit Co-operative started.

Date of Start: October 1, 1992

Total Cost of the Project: Rs.2,08,300/-

Date of Completion: September 30, 1995

Expenditure as on 27/09/93 Rs.54,420.70

Staff sanctioned/ : None

Staff positioned

Equipment acquired:
One Oil Ghanni

1. Objectives of the project

- i) **STRENGTHEN** Traditional Health System by involving **WOMEN** and using locally available medicinal plants.
- ii) **DOCUMENT/Evaluate** Traditional Health Practices noting the efficacy of medicinal plants in women's health/ child care/ common ailments .
- iii) **PROMOTE/cultivate/grow** medicinal plants and promote/ process herbal medicines in a small scale, towards income generation and employment.
- iv) **POPULARISE** reliable traditional health practices, thus helping towards self-reliance in the rural household.

2. **Methodology followed**

Target Area:- 9 villages (1st year - 3 villages
2nd year - 3 villages
3rd year - 3 villages)

This first year 1992 - 1993

I. **TRAINING**

- i) Intensive Programme for nucleus group - only one programme held. Second postponed to November.
- ii) Village-level meetings - 39 meetings held (13 per village) total regular attendance per month 79.
- iii) Slide-Audio Programmes - 39 held, 13 shows in each of the three villages.

II. **CULTIVATION**

- i) Backyard Herbal Garden - only a few households have a backyard, and even these had a problem of rats destroying the seedlings given. So recourse was had to plants in pots - an idea suggested by a woman. This limited the planting to species which could be grown in pots. 6 species planted in 106 pots.
- ii) Wasteland cultivation - Since the shrub varieties planned could not be grown in the backyards, these were put into the wasteland in addition to the trees.
- iii) Nursery - Two nurseries with a total of 2565 seedlings. Of these 18 species of herbs/shrubs/climbers and 14 species of trees.

III. **INCOME GENERATION**

- i) Collection of 1 species i.e. Neem fruit. These will be sold this year. From next year's collection, oil will be extracted, processed and sold. For this purpose 2 women are to be sent for training in extraction of oil. Later, oil will be extracted also from other oil-bearing seeds, eg. Karanj, mohua, beheda, etc.
- ii) Preparation of 11 remedies using simple methods, i.e. cold and hot infusions, decoctions, paste, juice, powders, one oil and kalabol.

Having learnt to prepare these medicines for women's, children's and other common ailments, the women are able to save time and money from attending clinics.

4. **The number of women, all tribals, attending the meetings in the three villages, is 79.** These women have been attending the monthly meetings regularly, and they have been given pots with seedlings from a choice of 6 species. The species are useful in treatment of common ailments of women, children and others. Whereas before the women were reluctant to speak of their ailments, they now speak of them more freely among themselves. They had not known traditional remedies earlier, this being the preserve of the vaidus, and now that they have gained some knowledge, they are very happy about it.

12 women of one village have become involved in the wasteland development aspect. One man of this village, Lahan Umaj, expressed willingness to have the barren, rocky portion of his field transferred to his wife. The women of the village agreed to dig the trenches and pits (normally done by men), plant the seedlings, hoe and weed them. The family agreed that 10% of the yield/produce would belong to the whole village, the women having the final say in the administration of this 10%.

A women's savings co-operative was started in this village, by depositing in the co-operative a part of their wages earned in the labour for wasteland development. They meet every month and deposit a minimum of Rs. 5/-. Other women have joined the group, as they are able to get loans - available only to members of the co-operative - at lower interest rates than elsewhere. To-day the membership is 25.

Of the three villages in this year's target area, the women of Lahan Umaj showed the most interest and hence it was decided to have the Oil extraction unit in this village. There are plenty of Neem trees in the taluka, and the fruit just lie wasted. As a start, the women of 30 villages were asked to gather Neem fruit, as a source of income. 40 women took up the task, while many others got their children to gather the fruit. About 2 tons of dried fruit were gathered this year, though the potential is much higher. This year the fruit is being sold to Yusuf Meherally Centre, Tara, an NGO we are collaborating with.

Once the 2 women return from their training, to take place at Tara, seeds collected in the future will be processed at Lahan Umaj.

5. Diseases prevalent in the area/symptoms ('+' = Traditional Practices)	Plant used	Part used
- Leucorrhoea (white vaginal discharge)	Asparagus racemosus	Root tuber
	Emblica officinalis	fruit
	Terminalia chebula	fruit
	Terminalia bellerica	fruit
	<i>Hibiscus rosa-sinensis</i>	flower
- Pre-menstrual/menstrual tension (pain)	Aloe barbadensis	leaf pulp
- Excessive menstrual bleeding	Cynodon dactylon	w. plant
	<i>Hibiscus rosa-sinensis</i>	
- Nausea/Vomiting in pregnancy	Punica granatum	fruit & rind
- Anaemia in pregnancy	Asparagus racemosus	root tuber
	Emblica officinalis	fruit
- Bleeding in pregnancy	Cynodon dactylon	w. plant

- Burning micturition in pregnancy		Coriandrum sativum	leaves seeds
- Delayed labour	+	Echinops echinatus	root
	+	Achyranthes aspera	root
- Post-partum bleeding		Terminalia arjuna	bark
	+	Tecomella undulata	bark
	+	Madhuca indica	flowers
- Breast abscess		Aloe barbadensis	leaf pulp
		Zizyphus vulgaris	leaves
- Diminished lactation		Asparagus racemosus	root tuber

IN INFANTS/CHILDREN

- Fever		Ocimum sanctum	leaves
- Rhinitis		Coleus aromaticus	leaves
- Cough	+	Achyranthes aspera	seeds
- Diarrhoea		Ocimum basilicum	seeds
- Constipation		Cassia fistula	pod & pulp
- Earache/pus in ears		Ocimum basilicum	leaves
- Measles/Chicken-pox		Ficus glomerulata	root latex
	+	Cyperus sp.	root tuber
	+	(Potkudya)	root
- Whooping Cough	+	Achyranthes aspera	seeds or whole plant
		Butea monosperma	seeds
		Aloe barbadensis	pulp
- Mumps	+	Aloe barbadensis	leaf
	+	(Geroo & Jaggery)	

IN ADULTS

- Fever		Cyperus rotundus	root tuber
		Tinospora cordifolia	vine
		Azadirachta indica	bark
		Ocimum sanctum	leaves
		Boswellia serrata	gum
		Cuminum cyminum	seeds
- Headache		Coleus aromaticus	leaves
		Aloe barbadensis	pulp
	+	Cleome viscosa	whole plant
- Rhinitis		Cymbopogon citratus	leaves
		Coleus aromaticus	leaves
		Ocimum sanctum	leaves
- Cough		Adhatoda vasica	leaves & flowers
- Asthma		Adhatoda vasica	leaves
- Indigestion		Terminalia belerica	fruit
		Emblica officinalis	fruit
		Zingiber officinale	root tuber
		Cuminum cyminum	seeds
- Acidity		Punica granatum	leaves
		Terminalia belerica	fruit
		Emblica officinalis	fruit

- Nausea/Vomitting		Mangifera indica	tender leaf
	✕	Syzygium. Cumini	tender leaf
- Diarrhoea		Aegle marmelos	leaves
		Ocimum basilicum	seeds
		Holarrhena anti-	root &
		dysenterica	seeds
		Bombax malabarica	bark
		Cyperus rotundus	root tuber
- Piles	+	Azadirachta indica	seed
	+	Musa paradisiaca	fruit
- Constipation		Embllica officinalis	fruit
- Jaundice		Phyllanthus niruri	whole plant
	+	Ficus religiosa	bark
	+	Morinda tinctoria	bark
	+	Prosopis spicigera	bark
	+	Ailanthus excelsa	bark
	+	Bauhinia racemosa	bark
- Burning Micturition		Asteracantha longi-	whole plant
		-folia	
- Cuts/Wounds/Burns		Aloe Barbadensis	leaf/pulp
- Scabies		Azadirachta indica	leaves &
			seeds
	+	Martynia annua	fruit
	+	Argemone mexicana	latex
	+	Cassia fistula	leaves
	+	Trichodesma indicus	whole plant
		Pongamia pinnata	seeds
- Fungal infections		Carica papaya	fruit
		Acacia catechu	bark
	+	Diospyros melan-	seeds
		-oxylon	
- Erythema (Itchy, spreading small boils)	+	Tectona grandis	bark
	+	Dalbergia sissoo	bark
- Corns		Calotropis gigantea	latex
- Joint pains		Vitex negundo	leaves
	+	Ricinus communis	leaves
	+	Calotropis gigantea	leaves
	+	Moringa oleifera	bark
	+	Boswellia serrata	bark
- Sprains	+	Boswellia serrata	bark
	+	Aloe barbadensis	pulp
	+	Bryophyllum caly-	leaves
		-cinum	
- Fractures	+	" "	leaves
- Scorpion Bite	+	Moringa oleifera	gum
	+	Allium sativum	pod
		Butea monosperma	flowers &
			leaves
- Sore Eyes		Aloe barbadensis	leaf
		Alum	
- Toothache	+	Carica papaya	latex
	+	Azadirachta indica	gum
	+	Randia dumetorum	fruit
	+	Solanum xanthocarpum	seeds

6. Total Number of Traditional Practices: 26
 Validated: None

7. None

8. Cultivated Plants	Part Used	Diseases
01 Holarrhena ^a antidysenterica	root/bark/seeds	Diarrhoea
02 Zizyphus vulgaris	seeds	Hiccough
	fruit	Nutrition
	leaves	Hair-boil
03 Vitex negundo	leaves	Fus in ears
	seeds/leaves/	Joint pains
	roots	Muscular Pains
04 Emblica officinalis	fruit	Anaemia
		Indigestion
		Heart burn
		Wounds
		Sore-eyes
		Ear-ache
		Constipation
		Pregnancy
05 Asparagus racemosus	roots	Lactation
		Leucorrhoea
		Convalescence
06 Cassia fistula	pulp of pods	Constipation
	leaves	Ringworm
07 Accia catechu	bark	Fungal inf.
08 Diospyros melanoxylon	seed	Hiccough
	fruit	Fungal inf.
	inner bark	Diarrhoea
09 Carica papaya	fruit	Nutrition
	fruit latex	Toothache
	root	Muscular pain
10 Sesbania grandiflora	seeds/flowers	Nutrition
11 Sapindus trifoliatus	fruit	Lice
		Care of hair
		Snake-bites
12 Anona squamosa	fruit	Nutrition
	seeds	Lice
13 Caesalpinia bonducella	seeds	Abdom. Colic
		Diarrhoea
14 Terminalia arjuna	bark	Muscular pain
		Diarrhoea
15 Terminalia belerica	fruit	Indigestion,
		Nausea, Wounds,
		Conjunctivitis
16 Barleria prionitis	seeds	Joint pains
		Dental care
17 ^{tavarvelp} (turvete)	root	Bld. in stools
18 Moringa oleifera	pods/flowers/ leaves	Nutrition
	bark	Hemiplagia
19 Mucuna pruriens	(spines) pods	Intest. worms

20	Tinctoria ^o cordifolia	vine tuber	Fever, Jaundice Abscess, Hair-boils
21	Pongamia pinnata	seeds	Scabies, Fungal inf.
22	Woodfordia fruticosa	flowers	Diarrhoea in Pregnancy, Menorrhagia, Leucorrhoea
		leaves	Rectal prolapse
23	Aegle marmelos	fruit	Diarrhoea
24	Aloe barbadensis	leaves/pulp	Wounds, Abscess Burns, Pimples, Pre-menstrual tension Menstrual pain Delayed menstruation
25	Ocimum sanctum	leaves seeds	Fever, Rhinitis Diarrhoea, Excessive menstruation
26	Ocimum basilicum	leaves seeds	Earache Diarrhoea in Children
27	Bryophyllum calycinum	leaves	Fractures, Sprains, Swellings, Cough, Renal stones
28	Coleus aromaticus	leaves	Rhinitis, Flatulence in children
29	Cymbopogon citratus	leaves	Rhinitis, Fever
30	Adhatoda vasica ^{vasica}	leaves flowers	Cough, Asthma Cough, Asthma in Aged
31	Commifora mukul	gum	Fever
32	Bombax malabarica	thorns bark	Pimples Diarrhoea
33	Mangifera indica	leaves fruit	Nausea, Vomiting, Nutrition

Area under Cultivation Wastelands 1 acre

Land ownership: Sakubai Rauji Valvi

34	Hibiscus rosa-sinensis	flowers	leucorrhoea excessive menstruation
35	Spilanthes ^{Spilanthes} acmella	flowers 7 whole plant whole plant	cough tooth-ache swollen gums

9. The following is the list of formulations prepared. These have been taught to the women and they have been preparing them as home-remedies. The stage for sale of these preparations has not yet been reached.

- 01. Kalaboli
- 02. Martynia annua - Oil
- 03. Cynodon dactylon - Juice
- 04. Cyperus rotundus - Hot Infusion
- 05. Coriandrum sativum - Cold Infusion
- 06. Phyllanthus niruri - Paste
- 07. Ocimum sanctum - Juice
- 08. Asparagus racemosus - Powder
- 09. Bryophyllum calycinum - Juice
- 10. Azadirachta indica - Paste
- 11. Alum - Bhasma

10. Not applicable at the present stage of the project.

11.1 **Gathering Neem Seeds/Fruit:** 40 women and many children earned a total of Rs. 3,712/-. Some women gathered seeds in their spare time while others worked for the whole day. Each woman earned from Rs. 10 - Rs. 230, over a period of 21 days.

.2 **Wastelands Development:** 15 women earned Rs. 3,117.25/- by digging trenches, pits, planting of seedlings and hoeing.

.3 Three women earned Rs. 1282.25 by raising seedlings.

12.1 Propagating medicinal ^{plants} by "pots" hung from roof.

.2 Plantation of trees through 'trenching method' on slopes.

13.1 Income generation, through the use of medicinal plants involving extraction of non-edible oils for the production of soap and other such items, require infra-structure which was not budgeted for. This was due to ignorance on our part of what was meant by small equipment.

.2 Gathering of Neem seeds is not normally done in our area, when the women were asked to collect the seeds, many sent their children who collected a very small amount.

.3 Availability of land for the cultivation of food-crops is limited and hence cannot be used for the cultivation of Medicinal Plants.

.4 Backyards are not available for raising plants.

.5 Income from trees will be available only after they mature.

.6 Out of the 4 families that accepted the idea of development in their wastelands, three defaulted. 2 families did not attend the preliminary meetings, and the third did not put in their labour.

.7. Staff needed to continue work ^{old} 3 + ^{new} 3 villeges + 3 ^{next year}

8

152	
x 3	

456	
4	

3712	
456	

23856	1078