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MEDICINAL IMPORTANCE OF MAHUA AMONG GOND, HALBA AND DORLA TRIBES OF BIJAPUR DISTRICT OF CHHATTISGARH

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ABSTRACT

The Mahua is considered as a Kalpa tree in the tribal community. It is found in abundance in India - Andhra Pradesh, Gujarat, Madhya Pradesh, Odisha, Chhattisgarh, Bihar, Uttar Pradesh, Jharkhand on the dense forests and plains. The Mahua use for medicinal purpose and in many socio-cultural activities. In India many communities and particularly tribal communities are use Mahua flower as main source of food and as well as source of exchange economy. In traditional medicine it is consider for its medicinal properties and it is helpful in the treatments of skin diseases, arthritis, headaches, constipation, hemorrhoids, fever, itching, diarrhea, cough, and sometimes used as milk-booster supplements among lactating mothers and among lactating pets. Native communities of many tribal region will also cook their food from Mahua oil. The drinks and beverage of Mahua's are liked by communities and these drinking also have traditional and socio-cultural important. The sustainable forest and essential economically rich products also are getting from the Mahua tree, which will continuously reduce and collapse due to deforestation and minimal effort of state and national governments for plantation of medicinally and traditionally important plants like Mahua. There is urgently required to aware the native community and local/national stake holder to conserve these kinds of plants and make sustainable medicinal and economically benefited to societies. To find out the medicinal and economically importance of Mahua among Gond, Halba and Dorla tribes of Chhattisgarh an anthropological study was conducted. Compilation of facts personal interview and semi-interactive observation using another qualitative research method has been used. It was found that among these studied tribal communities, Mahua is used as medicine to treat and cure stomach, teeth, eyes and protect from snake, scorpion, insects, and mites etc. The different segments of Mahua used for different purpose like-flower is used as food source and nutritional supplements, seeds of mahua use as increasing milk production among obstetric women, similarly mahua beverages and drinks help in treatment and prevention of stomach related diseases, fatigue, prevention of body pain. Although, fruits of Mahua used form the acute disorder and bark of mahua with its antidiabetic properties help in treatments of diabetes and others. Among these tribal communities the Mahua also uses as ethno-medicine, foods source for their livestock and source of exchange economy.

Key words –Kalpa tree, Torah, Medicinal properties, Koya, Bevergae and Mahua

Introduction

The tribal communities are living in forest region since ancient time, and they depend on the forest resources. The native forest and natural resources have significant important into their cultural and rituals and have important for their economic and daily life. Mahua tree is one of the important forest resources since long periods due to its nutritional and medicinal properties it also used as the food source, oil, alcohol, and beverages. Mahua is an also respectable tree among the native tribes and communities (एलविन, 2014). The products of Mahua like food products, vegetables ghee, traditional beverages and nutritional drinks have economic and cultural important among communities and majority of tribal groups in Central India are use Mahua as necessary products with its ritual important on several occasion like birth and death. Although Mahua has a special contribution and Importance in indigenous food, medicine, economy and social life. These peoples are called Mahua flower as Koya flower, which is use as food and used in preparation of traditional beverages and alcoholic drinks (कोयावंशी, 2014). Mahua drinks/beverages are used to secure nutritional supplements among individuals during several traditional occasions like birth, marriage, and death among tribal communities. In the tribal way of life, Mahua drinks/beverages server in the form of honor the guests and to present their pasts to various festivals / festivals.

Torah is derived from Mahua fruit, from which they obtain edible oil. This oil also used in preparation of food. The

edible oil extract from Mahua also known as natural ghee among communities. Simultaneously, indigenous peoples use Mahua in the form of palatable dish with nutritionally rich like laddus, pickles, pakodas, halwa, pudi, parathas. It is also used by community in the form of currency for the purchase and sale of various items according to the need.

Every year the collection of Mahua done in the month of March-April and preserve it via dried in the sun light for the long term with their traditional processes. They preserve it with double rounded dry it in strong sunlight and close it completely by pressing with the feet in a bamboo vessel called Dhonggi. While storing it, care is taken that it does not meet air because it gets moisture quickly and increases the chances of spoilage.

The tribal populations of studied district (Bijapur district of Chhattisgarh) are well known for their unique culture, distinct dialect and traditional lifestyle which are significantly different with closed districts and native communities. The tribal community residing in the forest area, they have knowledge of various herbs. All societies have found some form of medical system that contains clear instructions about the principles of the cause of the disease, methods of diagnosis and methods of treatment and behavior of the tribes. Knowledge of herbs related to Mahua is passed down from generation to generation since ancient times (Rawat, 2016,).

The present study conducts to find out the medicinal importance of Mahua among the tribal population of Bijapur district of Chhattisgarh and the findings of present study will be help in many

academicians/researcher/ food & medicinal supplementing policies and programmes. Simultaneously these kinds of research will also be helpful in developing in economic empowerment among tribal communities and native populations.

Area and People

For the present study the individuals of three major tribal groups of Bijapur district of Chhattisgarh were interviewed and the information was gathering on the medicinal important of Mahua among them. These studied tribal groups have their specific cultural and a rituals practice with their way of life is different, their language, lifestyle, celebrations, and rituals are also different. The Gond tribes recognized as Kotorias / Kotorias Live predominantly in forests. Their main dialect is Gondi, according to some experts; they are the oldest tribal community in the world. Due to the Gotul practice of their marriage, they are particularly known in the country. Similarly, the Halba tribe - They are mainly traditional farmers, their dialect is Halbi. It is spread across Madhya Pradesh, Odisha, and Maharashtra along with Bastar. The origin of the word halba is believed to be from the word plow, hence they are known as halba. Dorla Tribe - People of this tribe live in Bhopalpatnam area of Bijapur. The Dorla dance is the main dance of this tribe, and they were named Dorla by the name of this dance. This dance is performed by the Dorla tribes in their various festivals, births, marriages, weddings. These all-cited tribe also used the Mahua as medicine in treatment of several kinds of disorders and also used as nutritional supplements. The Baiga people of the Gond tribe community believe that

a tree of Mahua is capable of curing diseases.

Results and discussion:

The present study reveals that Mahua based natural medicine used in treatment of diseases related to stomach, teeth, eyes and protect from snake, scorpion, insects and mites etc. The Mahua flowers, seeds, drinks, fruits, leaves, bark, roots, gum, cake, oil are used as traditional medicines as well as home remedies and found significantly useful among tribal communities.

It is found that the segments of Mahua use for several treatments which are:

(1) Mahua flower

The tribal communities here use Mahua flower as food. From this flower, they make nutritious laddus which are called Iroom Ladu in Gond tribe community and Lata in Halba community. Which plays an important role in eliminating the malnutrition of pregnant women and children. If jaggery and corn are added to its flower, it is helpful in removing nutritional as well as strength and blood loss and rheumatism. Cooked by eating Mahua flower with Sarai (shawl) seeds and Kewanha seeds, it plays an essential role in reducing stomach related diseases, gastric, indigestion, stomach fat, and cures diarrhea. "Eye diseases, impotence can be cured with the use of Mahua flowers. Flowers are good analgesic, diuretic, aphrodisiac, decadent, astringent and cold. Mahua flower juice is a good cure for skin diseases" (Khare, Kishore & Sharma, 2018). Empty stomach, after

taking a tooth in the morning, regular intake of mahua flower soaked at night, it reduces body fat, improves face, improves intestinal intestines Increases digestive juices and decreases the amount of sugar from the body rapidly. Eating pickle made from its flower increases the light of the eyes and it helps in creating new blood and healing wounds quickly.

(2) Mahua seeds

Use of raw seeds of mahua to increase milk in obstetric women, cure skin diseases, arthritis, cure headaches and clean the digestive system by removing waste materials from the body. Along with this, we increase the absorption capacity of the body and get rid of Pills.

(3) Mahua drink

It is used in treatment of stomach related diseases, to cure headaches and prevention of body or skinny diarrhea, abdominal pain, fatigue, and air-borne disease or epidemic and prevention of body pain, cooked ear. The people of the tribal community used the mahua drink as a medical method for healing, hemorrhoids and hypnosis, cleaning animal wounds, removing snake venom and stones, malaria, white ringworm, pimples and opening of closed veins.

(4) Mahua fruit

It is used in management of remove malnutrition, cure dry cough and eliminate pneumonia, increase blood, prevent asthma, pulmonary tuberculosis, ulcer, acute and chronic glaucoma and swelling of throat. The people of the tribal communities use it as a disease-removing medicine.

(5) Mahua bark

Used as a decoction in the treatment of mucus cough, diabetes, arthritis, as a medicine for bleeding gums, "In antidiabetic activity." (Sunita & Sarojini, 2013). The bark is used in the treatment of itching, swelling, bones joining and snake bites. "Bark is recommended for phlegm and in arthritis. Bark flakes are lightly heated and fastened on joints. Bark is a good remedy for itching, swelling, fracture and snake bite poison (Akshatha, Murthy & Lakshmiddevi, 2013).

(6) Mahua leaf

Mahua leaf is used as medicine and the individuals firstly crush the fresh and young leaves and once their active ingredient is applied this juice cum on their wounds, and after regular intervals the application of extracts, they a Get good results and the wound heals thus mahua's activity as an anti-microbial Came to light. (Patel, Janghel, Chandel & Jyoti Sahu, 2019). Wound healing, protecting kidneys and liver, stimulants, keeping the body cool, arthritis, hemorrhoids and nutrition, vomiting, diarrhea, stubbornness Cough, Tuberculosis, any skin disease, arthritis, headaches and hemorrhoids, thick mucus cough, anti-diabetic activity, healing pet wounds, "wound healing activity" (Sunita & Sarojini, 2013)

(7) Mahua root

People of tribal community use root as medicine to heal wounds, remove snake venom, snake bite.

(8) Mahua cake

The people of tribal communities use the cake as medicine to remove tooth worms, ringworm, and itching.

(9) Mahua oil

It is used in the treatment of piles, hair loss and black for a long time and to keep the skin soft. It is commonly applied as a massage oil in many parts of the country, as it is great for moisturizing the skin. In addition to food and medicinal uses, mahua has industrial applications because it is used in laundry soaps. And can be used in the manufacture of lubricants (Bisht, Neeraj, Solanki and Dalal, 2018).

(10) Mahua gum

To cure boils, to add bones, to strengthen teeth, mahua glue is used.

II. Use of Mahua locally as ethno-medicine

In the Gond, Halba and Dorla tribal communities, the diagnosis of diseases locally is called "Baiga". It cannot give nor give medicine to each person. According to him, he gives medicine to those people who need it and makes it available to those people who are his disciples or sons, that is, those who have the curiosity to know the subject. The methods of diagnosing them are also different and unique. They believe that diseases occur naturally. Therefore, their treatment is also possible in nature itself. They have deep knowledge about the diagnosis of different diseases of different parts of different plants and plants. The person who must be treated has to come every morning or evening at a certain time. "Baiga" first takes him to the ancestors of his home and by giving them Mahua drink, he gets permission to give medicine to that person. He does this for the honor of the ancestors, he believes that it is only through the ancestors that he has received information about diagnosing diseases. Then he feeds him medicine in front of ancestors. He treats a

variety of diseases from Mahua. When that person's illness is completely cured, then he can give some gifts to the ancestors according to his wish. But it is not even necessary. "Baiga" do not ask for any item or money from them. They believe that if they ask for money or other things under the greed, the ancestors will get angry with them, and their other medicine will be useless in any treatments or their medicine will stop working in treatment. They treat all the people of the tribal community without money and the people of the community also provide them food grains equivalent to a farmer after paddy minnow. They depend on each other's mutual support and harmony. This tradition still exists in tribal areas but almost on verge of ending in the towns.

The people of the Gond tribe community take a decoction of mahua bark twice a day in case of diarrhea, which gives them a lot of relief. Cooked dried flowers of Mahua with goat milk and eating on an empty stomach provides relief in knee pain. Grind its dried flowers and mix it with buttermilk and drink, it cures piles. People of Halba community drink a pinch of incense along with a pure drink of mahua in case of intestinal diarrhea, which relieves them. To remove stains and spots on the face, the juice of its bark is consumed on an empty stomach in the morning and evening.

The people of the Dorla community bake mahua leaves by applying oil on swelling on the body, so that they are completely cured. After biting a scorpion, grinding its bark and applying it on it reduces pain rapidly. To remove tooth worms in the Gond tribe community, burn

its cake on a pan and then put it in Tory oil and foment it with smoke. By which the tooth worm comes out and the pain is cured. In the Dorla community, its glue is used to suppress boils. To cure piles in Halba community, eat a spoonful of its oil after meals, by doing so, this disease is cured in one week. The Gond tribe uses its twig as a datun to strengthen teeth. The people of Halba community dry and grind its root bark and use them to heal deep wounds. The bite of the snake is applied to its seeds by grinding it, which reduces its effect. In case of a severe cough, roast its fruit and eat it, which cures it. Eating five flowers daily in the morning enhances the beauty of the face. In the Gond community, the root of the small plant of Mahua is used to remove the venom on the bite of the snake. Its cake is used to drive away mosquitoes. Its flowers and cake are used as food for the growth of milk of animals. The Dorla community grinds its seeds to remove stains on the body. Its oil is used to prevent hair fall. Its drinks are used to eliminate all stomach diseases from root. Its bark and gum are used to connect bones. To get rid of the problem of bleeding from the gums, grind its bark and extract a cup of juice and rinse this juice in a glass of water and rinse it regularly. Grind the bark of Mahua and take one cup of its juice and consume it to cure fever and body pain. To eliminate the stomach worms from root, take half a cup of pure drink of mahua. Eating its dried flowers mixed with gram removes weakness. Make a decoction of its bark and drink it thrice a day to get relief in arthritis. Making a pulp of its dried flowers and tying them on the painful and inflamed areas gives a lot of relief within a day. In the case of fever, decoction of its

dried flowers is prepared by taking it thrice a day. Grind its bark and apply it there for one month on the face, it ends the stains from the root. If you have chronic cough, making a decoction of dried mahua flowers and taking it in the morning and evening, it cures it.

III. Common use of Mahua among tribes

Mahua and its products also used for some common uses like as food source, economy source etc. It's leaves also used as diet supplements for goat. Mahua flower longifolia is used as a flavoring agent in dishes and rice. Pickles are also made from mahua flower. It is also used for cattle feed. (Khare, Kishore & Sharma, 2018). Its flowers and cake are used in the food of cattle used for farming purposes, such as buffalo, oxen. Cattle are also fed with a seed cake." (Sunita & Sarojini, 2013) Its chick is red, brown, strong, hard and durable. It is therefore used in agricultural equipment and house construction. The Mahua tree is a large spreading surface root system that binds the soil; hence it is planted in the tribal community on the rams of the fields. In summer, the animals rest under the Mahua tree. Which provides them relief from sunlight. Its cakes and leaves are used as organic manure in the tribal community. In the community, trees are planted there to determine the boundaries of the farm. Birds and red ants build their nests on mahua trees. Cows, bulls, buffaloes, bears, birds, and ants also feed on the fall of Mahua flowers. Its fruits are used in the community to extract the seeds and make them vegetables. The leaves are made from its leaves, which are used collectively in food at birth, marriage, and death. Its oil is used to

make food and light the house in the dark.

Conclusion

Mahua is known as Kalpa tree because of its importance in Gond, Halba and Dorla tribal communities. Mahua has socio-cultural, economic, religious, and medicinal importance in the tribal community. In the community, it is collected by women, children, youth in the months of March-April. It is used as food - nutritious laddu, sara lata, rasa kutka, pickle, pakoda, halwa, puri paratha and natural sugar. Mahua drinks are used to carry out various traditions of birth, marriage and death of the tribal community. Its drinks are used to honor guests in the community and to present ancestors at various festival festivals. The living, dialect, lifestyle, celebrations and rituals of the Gond, Halba, Dorla tribes inhabiting the study area are completely different from each other. In the tribal community, the Baigas have knowledge of various medicines and also treat people in traditional ways. All parts of the Mahua tree - flowers, seeds, drinks, fruits, leaves, bark root, gum, cake, oil are used by the community members as medicine. Its flowers are used as nutritious laddus, blood loss, rheumatic diseases and strength enhancement, to relieve stomach problems, to remove malnutrition of pregnant women and children. Its seeds are used to treat milk growth, dermatitis, arthritis, headache and hemorrhoids in obstetric women. In the tribal community, the treatment of diseases at the local level is called "Baiga". The Baiga recognize and treat the symptoms of the disease. Gond tribes consume the decoction of its bark when

there is diarrhea in the community. In the Dorla community, Mahua's milk is used to cure boils and pimples. In the Halba community, oil is used to cure hemorrhoids. Its flowers are used in the diet of animals doing agricultural work. Mahua is also going to be very beneficial for the coming generation because it is easily available in nature, low cost and devoid of toxicity.

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