

# Identification of Indigenous Knowledge of Herbs used by Rural Women in Dantiwada taluka.

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## Abstract

The present study was conducted in Dantiwada taluka of Banaskantha district. Sardarkrushinagar Dantiwada Agricultural University runs RKVY scheme. There are 16 villages under RKVY, out of 16 villages, 8 villages were randomly selected for the study. There are mostly five types of indigenous herbs of plant & plant materials were being used by rural women. Among which rural women gave first rank to other type of indigenous herbs material (i.e., jaggery, afim, mishri, green leafy vegetables, bajara & wheat flour, rice ,gunda & gunda fruits etc.) followed by seeds & spices (i.e., Dill seeds, Clove, Black cumin, Omum, Black pepper, Fenugreek ,Mustard (oil) & Castor etc.) & Roots & tubers (i.e., Onion, Ginger, Dry ginger, Garlic & Turmeric) for child health. Whereas, for maternal health rural women gave first rank to seeds & spices (i.e., Dill seeds, Clove, Black cumin, Omum, Black pepper, Fenugreek ,Mustard (oil) & Castor etc.).

**Key Words** : Rural women, Indigenous Knowledge, Herbs

## INTRODUCTION:

Indigenous food plants have vital role to play as staple foods, because they provide essential nutrients. They are especially important to women who are the ones to cultivate them, feed them to their children and utilize them for income earning purposes. Ayurveda, the ancient healing system from India, has steadily increased in popularity in the western world in recent years. The role of traditional medicines in the solution of health problems is invaluable on a global level. The present study was conducted in Dantiwada taluka of Banaskantha district. There are randomly selected villages of Sardarkrushinagar Dantiwada Agricultural University runs under RKVY scheme for the research study. There are mostly five types of indigenous herbs of plant & plant materials were being used by rural women. of dantiwada taluka.

The Indigenous Herbal compound as pearls of wisdom exists in our Indian traditional life style at household level. The rural communities, especially in remote areas & the ethnic communities hold the basket of wisdom of indigenous practices. These practices gain strength at local level for its sustenance in absence of organized Herbal compound system.

## METHODOLOGY:

The present study was conducted in Dantiwada taluka of Banaskantha district. Sardarkrushinagar Dantiwada Agricultural University runs RKVY scheme. Under this project university has adopted 16 villages. Out of these villages, 8 villages were randomly

selected for the study. Proportionate random sampling was done. Total 120 respondents were selected for the study. The data were collected by personal interview. The interview schedule was developed with discussion with experts, scientists and extension officers working in the university.

**FINDINGS AND DISCUSSION:**

Table: 1 Comparison & Indigenous knowledge of herbs used by rural women regarding Child health & Maternal Health (n=120)

Sr. No.	Indigenous knowledge of herbs Used	Child health		Maternal Health	
		Frequency	Rank	Frequency	Rank
<b>1.</b>	<b>Plants</b>				
(I)	Mint (Pudina)	60		60	
(ii)	Sacred basil (Tulsi)	80		80	
(III)	Neem	85		70	
(IV)	Coriander leaves	40		50	
(v)	Malabar nut	50		85	
	<b>Total</b>	<b>315</b>	<b>IV</b>	<b>345</b>	<b>IV</b>
<b>2.</b>	<b>Seeds &amp; Spices</b>	Frequency		Frequency	
(I)	Dill seeds	80		80	
(ii)	Clove	50		70	
(iii)	Black cumin	70		60	
(iv)	Omum	60		65	
(v)	Black pepper	40		50	
(vi)	Fenugreek	30		85	
(vii)	Mustard (oil)	70		65	
(viii)	Castor	75		40	
	<b>Total</b>	<b>475</b>	<b>II</b>	<b>515</b>	<b>I</b>
<b>3.</b>	<b>Roots &amp; Tubers</b>	Frequency		Frequency	
(I)	Onion	50		70	
(ii)	Ginger	70		80	
(iii)	Dry ginger	80		85	
(iv)	Garlic	60		75	
(v)	Turmeric	65		82	
	<b>Total</b>	<b>325</b>	<b>III</b>	<b>392</b>	<b>III</b>
<b>4.</b>	<b>Fruits</b>	Frequency		Frequency	
(I)	Plum (Ber)	55		00	
(ii)	Cashew nut	40		65	
(iii)	Almond	65		70	
(iv)	Lemon	60		62	
	<b>Total</b>	<b>220</b>	<b>V</b>	<b>197</b>	<b>V</b>
<b>5.</b>	<b>Others</b>	Frequency		Frequency	
(I)	Jaggery	75		60	
(ii)	Afim	65		00	
(iii)	Mishri / sakar (red mishri)	46		00	
(iv)	Milk & milk products (milk, butter milk & ghee)	48		58	
(v)	Green leafy vegetables	45		80	

(vi)	Salt	40		40	
(vii)	Bajra flour	62		70	
(Viii)	Wheat flour	60		54	
(ix)	Rice	50		50	
(x)	Gund (dry) & Gunda fruits	00		55	
	<b>Total</b>	<b>491</b>	<b>I</b>	<b>467</b>	<b>II</b>

The data depicted in Table no. 1 revealed that, mostly five types of indigenous herbs of plant & plant materials were being used by rural women. Among which rural women give first rank to other type of indigenous herbs material (i.e., jaggery, afim, mishri, green leafy vegetables, bajara & wheat flour, rice ,gunda & gunda fruits etc.) followed by seeds & spices (i.e., Dill seeds, Clove, Black cumin, Omum, Black pepper, Fenugreek, Mustard (oil) & Castor etc.) & Roots & tubers (i.e., Onion, Ginger, Dry ginger, Garlic & Turmeric) for child health. Whereas, for maternal health rural women gave first rank to seeds & spices (i.e., Dill seeds, Clove, Black cumin, Omum, Black pepper, Fenugreek Mustard (oil) & Castor etc.) followed by other types of indigenous herbs material (i.e., jaggery, afim, mishri, green leafy vegetables, bajara & wheat flour, rice, gunda & gunda fruits etc.) & Roots & tubers (i.e., Onion, Ginger, Dry ginger, Garlic & Turmeric) respectively. In nutshell it can be concluded that, for child health care Other types of indigenous herbs material were first preference. Whereas, for mother health seeds & spices were preferred.

### Conclusion :

There are mostly five types of indigenous herbs of plant & plant materials were being used by rural women. Among which rural women gave first rank to other type of indigenous herbs material i.e. (jaggery, afim, mishri, green leafy vegetables, bajara & wheat flour, rice, gunda & gunda fruits etc.) followed by roots and tubers for child health. So far as maternal health is concerned Roots and tubers was given first preference followed by other materials. It can also be concluded that we should preserve herbs, plants, seed spices having medicinal value for future generation.

### References :

Laxmi Singh and Sunita Mishra(2009) : Effect of neem (*Azadirachta indica*), methi (*Trigonella foenum*) and curry leaves (*Murraya kolnigii*) on diabetic patients. Asian Journal Home Science Vol. 4 No. 2 : 309-312