



Research article

## Traditional herbal remedies for gynecological disorders in women of Anand District, Gujarat, India

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### Abstract

A survey of medicinal plants used by people in Anand district, Gujarat, India is reported. 15 plant species belonging to 13 families and 15 genera were included. Their botanical and vernacular names, plant part used, popular medicinal use, forms of preparation and applications of the herbal remedies are given.

**Keywords:** Herbal Remedies, women, Gynecological Disorders

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### Study area

22.57°N 72.93°E. It has an average elevation of 39 meters (127 feet). The city has an area of 22.7 square kilometers. Urban area of the Anand city is 172 square kilometers, including 25 villages around the city.

### Population

The total population of the studied district is 2,092,745 inhabitants, comprising of 1,087,224 males and 1,005,521 females.

### Aim of the study

The main scope of the present study is to review the activity of some Anand district medicinal plants used in the treatment of gynecological disorders in women.

### Previous knowledge on local folk medicine

The traditional uses of medicinal plants of this district have very meager reports in the literature.

### Methodology

The survey was conducted during the period from June to August 2015 the information was collected from 70 persons (70 women) whose age ranged from 25 to 50 years. The data was collected through direct interviews. The collected data were cross verified in order to authenticate the information [1, 2]. The interviews were registered in field notebooks survey format.

### Results

The results of the survey are presented in Table 1. The plants are arranged in alphabetical synopsis [3]. For each species, the following ethnobotanical and pharmacognostic elements are provided: botanical name, voucher specimen number, local name, parts used, preparations and ailments treated.

**Table 1. Medicinal plants of Anand district used for gynecological disorders in women**

Sr. No	Biological Source	Family	Local Name	Part use	Use	Preparation\ Administration
1	<i>Aloe vera</i>	Liliaceae	Aloe	Leaves	Dysmenorrhoea	Syrup
2	<i>Anethum sowa</i>	Umbelliferae	Satpushpa (Indian dill)	Fruit	Menopause	Powder
3	<i>Asparagus racemosus</i>	Liliaceae	Shatavari	Root	Galactagogue, itching vulva, Menopause	powder
4	<i>Cissampelos pareira</i>	Menispermaceae	Patha, kalipatha	Stem	Menorrhagia	Powder
5	<i>Commiphora weightii</i>	Burseraceae	Guggul	Bark Latex	Urinary tract infection	Powder
6	<i>Glycyrrhiza glabra</i>	Leguminosae	Liquorice	Root	Female infertility	Syrup
7	<i>Mesua ferrea</i>	Calophyllaceae	Nagkeshar	Root	Menorrhagia	Powder
8	<i>Phyllanthus emblica</i>	Phyllanthaceae	Amla	Fruit	Leucorrhoea	Powder
9	<i>Piper longum</i>	Piperaceae	Ganthoda	Fruit	Menstrual disorder	Powder
10	<i>Saraca asoca</i>	Fabaceae	Ashok	Bark	Uterine bleeding	Powder
11	<i>Symplocos racemosus</i>	Symplocaceae	Lodhra	Stem	Uterine bleeding	Powder
12	<i>Syzygium cummni</i>	Myrtaceae	Jamun seed	Seed	Menorrhagia, Leucorrhea	Powder
13	<i>Tinospora cordifolia</i>	Menispermaceae	Galo	Stem	Urinary tract infection	Powder
14	<i>Withania somnifera</i>	Solanaceae	Ashwagandha	Root	Female infertility	Powder
15	<i>Andrographis paniculata</i>	Acanthaceae	Kalmegh	Root	Menstrual disorder	Powder

### Conclusions

In our analysis, we have compared the folk phytotherapeutical data collected in our study with data present in the available ethnobotanical literature on gynecological disorders in women. However, few used plants, namely *Tinospora cordifolia* as a health tonic; *Aloe vera* for dysmenorrhoea; *Saraca asoca* for uterine bleeding. So far, in Anand district, no detailed study on ethnobotany of medicinal plants is conducted. Further scientific assessment of these medicines on phytochemistry, biological activity and clinical studies

is however greatly needed. This may provide a lead in the development of drugs to be used in a modern system of medicine.

### References

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