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Herbal Therapy of Sexual Disorders and Debilities Practiced by Oraon Tribals of Palamu Division, Jharkhand, India

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Abstract

Sexual disorders and debilities are on the increase worldwide because of modern food habits, lifestyle and increasing etiological factors. Several modern treatments are employed which are not only expensive but are also often associated with some side effects. This has intensified the search for noble therapy with the medicinal plants. The herbal therapy is readily available in the rural areas at reduced costs and with reduced side effects. These treatments range from sexual dysfunctions to pregnancy, delivery and breast feeding the infants. This paper deals with the herbal formulations of the Oraon tribals of Palamu division for the treatment of sexual disorders and debilities such as vigor, vitality, impotency, erectile dysfunction, premature ejaculation, weak semen, hydrocele, spermatorrhoea, leucorrhoea, menstrual disorders, barrenness, lactation and delivery related issues.

Keywords: Herbal therapy, Sexual disorders, Debilities, Oraon tribals, Palamu division

1. Introduction

Since time immemorial, plants have been used for food, fodder, clothing and medicine. The Indian tribals have great love and knowledge of medicinal plants. They use them for wide range of health related problems. The Oraons are one of such tribal groups who dwell in the hill tracks and foothills of Palamu division of Jharkhand. They largely depend on agricultural and forest products such as leafy vegetables, flowers and fruits ^[1]. After a day's hard work, they drink *handia* (locally brewed drink) every day. There cannot be any celebrations or ceremonies without *handia*. The boys are ushered into drinking at childhood itself by their grandparents. By the age of adulthood, several Oraon youths become chronic alcoholics resulting in them neurologic diseases and sexual dysfunctions or debilities ^[2]. Since ancient times, humans have searched for aphrodisiacs and potent drugs of plant origin to overcome various sexual disorders and disabilities and to achieve mental satisfaction ^[3]. The types of sexual disorders in men are sexual dysfunctions (reduced libido, erectile dysfunction, and premature ejaculation), impotency, weak semen, spermatorrhoea and hydrocele while in women are menstrual disorders, barrenness, lack of lactation, delivery related issues and leucorrhoea ^[4, 5]. Hence, this study is an effort to document the crude knowledge of the rural herbalists regarding herbal formulations used for the treatment of sexual disorders and debilities, which are caused by excessive drinking and other addictions in the study area (Fig. 1). This study has also documented herbal remedies for sexually transmitted diseases.

2. Materials and Methods

2.1. Study Area

Palamu Division lies between 23° 18'36" and 24° 38'6" North latitude and 83° 19'48" and 84° 28'12" East longitude in the state of Jharkhand, India. It has an area of 12,747 sqkm consisting of three districts - Garhwa, Latehar and Palamu (Fig. 1). Palamu is a forested division with the total population of 44,84,379 (Census 2011). The Oraons are one of major tribal groups in all the three districts, namely, Garhwa, Latehar and Palamu. They are mainly agricultural labourers and also depend on the forest products for their living which has enriched them with a good traditional knowledge on healthcare practices ^[6]

Fig. 1: Location Map of the Study Area in Jharkhand



2.2. Methodology

An ethnobotanical survey was carried out during the year 2013-2015 in the Oraon villages of all the three districts of Palamu division: Garhwa, Latehar and Palamu. The reputed tribal healers were identified and selected with the help village elders, forest officers and local health workers. The semi-structured questionnaires and personal interviews used for the collection of data. The medicinal plants were photographed with a digital camera and the voucher specimens were prepared with the help of the tribal healers. The voucher specimens were deposited in the Rapinat Herbarium, Tiruchirappalli, India. The botanical names were also crosschecked with the earlier published literatures.

3. Results and Discussions

3.1. Results

The ethnobotanical formulations used against various sexual disorders and debilities are given in **Table 1**. They are arranged according to the type of diseases and number of formulations. For every formulation, the botanical names of the medicinal plants are given followed by local names in *Kurukh* and *Sadari* and the family in parenthesis. The method of preparation and the mode of administration are given under herbal formulations which consist of one of the local names of medicinal plant and the amount of plant parts required.

Table 1: Enumeration of Herbal Therapy of Sexual Disorders among Oraon Tribals

Sexual Disorders	Botanical Name, Local Name (Family)	Herbal Formulations
Vitality & Virility	<i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae) <i>Asparagus adscendens</i> Roxb., <i>Pandru musli</i> , <i>Safed musali</i> (Liliaceae) <i>Curculigo orchoides</i> Gaertn., <i>Dinda kita</i> , <i>Karia musali</i> (Hypoxidaceae) <i>Tinospora cordifolia</i> Willd., <i>Guduchi</i> , <i>Giloy</i> (Menispermaceae)	20g roots of <i>Safed musali</i> , <i>Kali musali</i> and <i>Satavar</i> are powdered and mixed well. It is mixed with 2g dried and powdered latex of <i>Guduchi</i> . 5mg of the preparation is taken with a spoonful of honey for 30 days
	<i>Buttneria herbacea</i> Roxb., <i>Kamraj</i> (Apiaceae) <i>Peucedanum dhana</i> Ham., <i>Bhojraj</i> (Apiaceae) <i>Peucedanum nagpurens</i> Clarke, <i>Tejraj</i> (Apiaceae)	2g each of roots of <i>Bhojraj</i> , <i>Kamraj</i> and <i>Tejraj</i> are ground into paste and taken with a spoonful of honey once a day for 30 days.
	<i>Abrus precatorius</i> Linn., <i>Gunj</i> , <i>Ghunj</i> (Fabaceae) <i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae) <i>Asparagus Adscendens</i> Roxb., <i>Pandru musli</i> , <i>Safed musali</i> (Liliaceae) <i>Curculigo orchoides</i> Gaertn., <i>Dinda kita</i> , <i>Karia musali</i> (Hypoxidaceae) <i>Holostemma rheedii</i> Wall., <i>Chint</i> , <i>Chirvel</i> (Asclepiadaceae) <i>Mucuna pruriens</i> Linn., <i>Alkusi</i> , <i>Alkusa</i> (Fabaceae) <i>Pueraria tuberosa</i> Roxb., <i>Pakhna kohonda</i> , <i>Patal kumda</i> (Fabaceae)	20g dried roots of <i>Kaisago</i> , <i>Safed musali</i> , <i>Karia musali</i> , <i>Chint</i> and tuber of <i>Patal kohonda</i> are powdered. 10g dried roots of <i>Gunj</i> and 10g seeds of <i>Alkusi</i> are powdered separately. Both the powders are mixed well. 10mg of this powder is taken twice a day with honey for 40-60 days.
Oligospermia / Weak Semen	<i>Pueraria tuberosa</i> Roxb., <i>Pakhna kohonda</i> , <i>Patal kumda</i> (Fabaceae)	2mg of the powder of <i>Patal kohonda</i> tuber is consumed with <i>mishri</i> and a cup of cold milk for 30 days.
	<i>Dalbergia sissoo</i> Roxb., <i>Shisham</i> , <i>Sisu</i> (Fabaceae)	The paste of 5g of tender leaves of <i>shisham</i> is taken with a cup of milk for 15-30 days.
	<i>Ficus racemosa</i> Linn., <i>Dumbari</i> , <i>Dumri</i> (Moraceae) <i>Ficus benghalensis</i> Linn., <i>Bada</i> , <i>Bar</i> (Moraceae)	Equal amount of dry fruits of <i>Dumbari</i> and <i>Bada</i> , and <i>Mishri</i> are powdered, and mixed well. 4mg of the powder is taken with a cup of cold milk for 30 days.
	<i>Tinospora cordifolia</i> Willd., <i>Guduchi</i> , <i>Giloy</i> (Menispermaceae)	4mg of powdered latex is taken with a spoonful of honey for 30 days.
	<i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae) <i>Curculigo orchoides</i> Gaertn., <i>Dinda kita</i> , <i>Karia musali</i> (Hypoxidaceae)	Equal amount of roots of <i>Kaisago</i> <i>Dinda kita</i> and <i>Mishri</i> are powdered and mixed well. 4mg of the powder is taken with a cup of cold milk for 30 days.
	<i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae) <i>Mucuna pruriens</i> Linn., <i>Alkusi</i> , <i>Alkusa</i> (Fabaceae)	2mg of the powder of <i>Kaisago</i> roots and the seeds of <i>Alkusi</i> are taken with a cup of cold milk for 30 days.
Azoospermia (Impotency)	<i>Ficus benghalensis</i> L., <i>Bada</i> , <i>Bar</i> (Moraceae)	6-7 drops of latex is consumed with sugar candy for 3 months.
	<i>Smilax macrophylla</i> Roxb., <i>Rampaun</i> , <i>Ramdatun</i> (Smilacaceae)	The twig of <i>Rampaun</i> is used as a toothbrush for 3 months.
Spermatorrhoea	<i>Pueraria tuberosa</i> Roxb., <i>Pakhna kohonda</i> , <i>Patal kumda</i> (Fabaceae)	20mg of the tuber powder is taken with <i>mishri</i> for 15-20 days.
	<i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae) <i>Centella asiatica</i> Linn., <i>Muxa arxa</i> , <i>Beng sag</i> (Apiaceae) <i>Pterospermum acerifolium</i> Linn., <i>Makchund</i> , <i>Kanakchampa</i> (Sterculiaceae) <i>Vitex penduncularis</i> Wall., <i>Charaigorh</i> , (Verbenaceae)	The decoction is prepared from 100g <i>Kaisago</i> roots, 50g <i>Beng sag</i> leaves and 100g each of the barks of <i>Makchund</i> and <i>Charaigorh</i> . One cup of the decoction is taken twice a day for 15-20 days.
Barrenness (Male & Female Infertility)	<i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae) <i>Asparagus Adscendens</i> Roxb., <i>Pandru musli</i> , <i>Safed musali</i> (Liliaceae)	2g each of fresh roots of <i>Kaisago</i> and <i>Safed musali</i> are ground and dissolved in a cup of water. The filtrate is given to couples for 30-40 days.
	<i>Diplocyclos palmatus</i> Linn., <i>Edakhan</i> , <i>Shivlingi</i> (Cucurbitaceae)	After the period, 6-9 seeds are given to the woman for 5 days.
	<i>Flemingia strobilifera</i> Linn., <i>Bhui galphuli</i> (Fabaceae)	5g roots of <i>Bhui galphuli</i> , 10g roots of <i>Kaisago</i> and 20g roots of <i>Minjur chundi</i> are ground and dissolved in a litre

Absent Menstruation	<i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae) <i>Elephantopus scaber</i> Linn., <i>Minjur chundi</i> (Asteraceae)	of water. One cup of the filtrate is taken once a day for 5 days.
	<i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae) <i>Curculigo orchoides</i> Gaertn., <i>Dinda kita</i> , <i>Karia musali</i> (Hypoxidaceae) <i>Hemidesmus indicus</i> (L.) R.Br., <i>Choti dudhia</i> , <i>Anantmul</i> (Asclepiadaceae)	3g fresh roots of <i>Kaisago</i> and <i>Anantmul</i> , 1g fresh root of <i>Karia musali</i> are ground and dissolved in cup of water. The filtrate is given for 8 days.
Menorrhagia (Excess Menstruation)	<i>Hemidesmus indicus</i> (L.) R.Br., <i>Choti dudhia</i> , <i>Anantmul</i> (Asclepiadaceae) <i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae) <i>Curculigo orchoides</i> Gaertn., <i>Dinda kita</i> , <i>Karia musali</i> (Hypoxidaceae)	Decoction is prepared from 3g fresh roots of <i>Anantmul</i> , <i>Satavar</i> and 1g fresh root of <i>Karia musali</i> . One cup of the decoction is taken once a day for 5 days.
	<i>Madhuca indica</i> Gmel., <i>Madgi</i> , <i>Mahua</i> (Sapotaceae)	7 dried flowers are soaked in a cup of water overnight. Flowers and water are consumed for 15-30 days.
	<i>Soymida febrifuga</i> A.Juss., <i>Rohna</i> , <i>Ruhen</i> (Meliaceae)	20mg power of <i>Rohan</i> bark is taken with jaggery for 15-21 days.
Black Menstrual Discharge	<i>Soymida febrifuga</i> A.Juss., <i>Rohna</i> , <i>Ruhen</i> (Meliaceae) <i>Syzygium operculatum</i> Roxb., <i>Kat Jambu</i> , <i>Katjamun</i> (Myrtaceae) <i>Terminalia arjuna</i> Roxb., <i>Kahwa</i> , <i>Kahu</i> (Combretaceae)	Equal amounts of dried barks of <i>Rohna</i> , <i>Kat Jambu</i> and <i>Kahu</i> are powdered and mixed well. 10mg of the powder is taken with half a cup of jaggery twice a day for 15-21 days.
	<i>Celastrus paniculatus</i> Willd., <i>Munjni</i> , <i>Kujur</i> (Celastraceae)	200g of <i>Munjni</i> oil is added with 200g of honey. A spoonful is taken twice a day for 15 days.
Metrorrhagia (Irregular Periods)	<i>Aloe vera</i> Tourn., <i>Gheekuanr</i> (Asphodelaceae)	500g of pulp of <i>Gheekuanr</i> is added with 500g of <i>Mishri</i> . One spoonful is taken twice a day for 21 days.
Dysmenorrhea (Painful Periods)	<i>Aloe vera</i> Tourn., <i>Gheekuanr</i> (Asphodelaceae)	500g of pulp of <i>Gheekuanr</i> is added with 500g of jaggery. One spoonful is taken twice a day for 21 days.
Labour & Delivery	<i>Solanum lycopersicum</i> Linn., <i>Bilaichi</i> , <i>Tamater</i> (Solanaceae) <i>Capsicum frutescens</i> Linn., <i>Mircha</i> , <i>Maricha</i> (Solanaceae)	2 inches roots of <i>Tamater</i> and <i>Mircha</i> are tied around the neck the mother.
	<i>Achyranthes aspera</i> Linn., <i>Chirchiti</i> , <i>Latjira</i> (Amaranthaceae) <i>Coccinia indica</i> W.&A., <i>Kundru</i> , <i>Kundri</i> (Cucurbitaceae)	The root of <i>Chirchiti</i> or <i>Kundru</i> is tied around the waist or neck or inserted into the hair bun of the mother.
	<i>Musa paradisiaca</i> Linn., <i>Kera</i> , <i>Kela</i> (Musaceae) <i>Curcuma longa</i> Linn., <i>Balka</i> , <i>Haladu</i> (Zingiberaceae)	The flowers of <i>Kera</i> and rhizome of <i>Haladu</i> are ground and dissolved in a cup of water
Haemorrhage after childbirth	<i>Soymida febrifuga</i> A.Juss., <i>Rohna</i> , <i>Ruhen</i> (Meliaceae) <i>Vitex penduncularis</i> Wall., <i>Charaigorch</i> , (Verbenaceae)	A cup of decoction of <i>Rohna</i> and <i>Charaigorch</i> bark is given twice a day for 3-5 days.
Pelvic pain after childbirth	<i>Soymida febrifuga</i> A.Juss., <i>Rohna</i> , <i>Ruhen</i> (Meliaceae) <i>Symplocos racemosa</i> Roxb.	A cup of decoction of <i>Rohna</i> and <i>Lodh</i> bark is given twice a day for 3-5 days.
Retained Placenta	<i>Medicago polymorpha</i> Linn., <i>Bindo arxa</i> , <i>Netho sag</i> (Fabaceae) <i>Oxalis latifolia</i> Kunth, <i>Tinpatia</i> (Oxalidaceae) <i>Oxalis corniculata</i> Linn., <i>Amboti sag</i> (Oxalidaceae)	Leaf paste of <i>Netho sag</i> , <i>Tinpatia</i> and <i>Amboti sag</i> is dissolved in a cup of water and given twice a day till placenta is out.
	<i>Soymida febrifuga</i> A.Juss., <i>Rohna</i> , <i>Ruhen</i> (Meliaceae) <i>Vitex penduncularis</i> Wall., <i>Charaigorch</i> , (Verbenaceae)	A cup of decoction of <i>Rohna</i> and <i>Charaigorch</i> bark is given twice a day for 2 days.
Leucorrhoea	<i>Hibiscus rosa-sinensis</i> Linn., <i>Orhul</i> (Malvaceae)	A bud is taken with jaggery for 30 days.
	<i>Madhuca indica</i> Gmel., <i>Madgi</i> , <i>Mahua</i> (Sapotaceae) <i>Terminalia arjuna</i> Roxb., <i>Kahwa</i> , <i>Kahu</i> (Combretaceae) <i>Ziziphus jujuba</i> Mill., <i>Paan</i> , <i>Ber</i> (Rhamnaceae)	Decoction of 50g <i>Kahua</i> bark, 25g of <i>Madgi</i> bark and 10g of <i>Paan</i> bark is prepared in 1 litre of water. A half cup of the decoction is given twice a day for 15 days.
	<i>Soymida febrifuga</i> A.Juss., <i>Rohna</i> , <i>Ruhen</i> (Meliaceae) <i>Syzygium operculatum</i> Roxb., <i>Kat Jambu</i> ,	Equal amounts of dried barks of <i>Rohna</i> , <i>Kat Jambu</i> and <i>Kahu</i> are powdered and mixed well. 10mg of the powder is taken with boiled rice water twice a day for 20-30 days.

	<i>Katjamun</i> (Myrtaceae) <i>Terminalia arjuna</i> Roxb., Kahwa, Kahu (Combretaceae)	
	<i>Pterospermum acerifolium</i> Linn., <i>Makchund</i> , <i>Kanakchampa</i> (Sterculiaceae) <i>Phyllanthus emblica</i> Linn., <i>Aonra</i> , <i>Aonla</i> (Euphorbiaceae) <i>Woodfordia fruticosa</i> Kurz., <i>Chidhri</i> , <i>Dhawai</i> (Lythraceae)	Decoction is prepared with 100g of <i>Makchund</i> petals, 250g of <i>Aonla</i> root bark, 250g of <i>Chidhri</i> root bark and 250g of Jaggery in 2 litres of water. Half cup of the decoction is given twice a day for 20 days.
Lactation	<i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae)	5g of root paste is given with <i>mishri</i> or honey for 3 days.
	<i>Allium sativum</i> Linn., <i>Rasri</i> , <i>Rasun</i> (Amaryllidaceae) <i>Cynodon dactylon</i> Pers., <i>Dub</i> , <i>Dubla ghans</i> (Poaceae) <i>Asparagus racemosus</i> Willd., <i>Kaisago</i> , <i>Satavar</i> (Asparagaceae)	Decoction is prepared with 5g of <i>Dubla ghans</i> , 5g of <i>Kaisago</i> roots and 5 pcs of <i>Rasun</i> . One cup of the decoction is given with jaggery twice a day for 3-5 days.
Erectile Dysfunction	<i>Abrus precatorius</i> Linn., <i>Gunj</i> , <i>Ghunj</i> (Fabaceae)	20mg of the root powder of <i>Gunj</i> (bearing white fruits) is chewed with a betel leaf for 30 days.
	<i>Tinospora cordifolia</i> Willd., <i>Guduchi</i> , <i>Giloy</i> (Menispermaceae)	20mg of the dry latex of <i>Giloy</i> and 10 drops of honey are chewed with a betel leaf for 30 days.
	<i>Abelmoschus esculentus</i> Linn., <i>Bhendi</i> , <i>Bherwa</i> (Malvaceae)	20mg of the root powder is consumed with <i>Mishri</i> and a cup of cold milk.
	<i>Musa paradisiaca</i> Linn., <i>Keda</i> , <i>Kela</i> (Musaceae)	Juice of 1kg <i>Keda</i> corm is added with 500g of honey. Half a cup is taken twice a day for 30 days.
Premature Ejaculation	<i>Abelmoschus crinitus</i> Wall., <i>Ban bhendi</i> (Malvaceae)	Fresh root is chewed and consumed 2 hours before the intercourse.
	<i>Butea monosperma</i> Lam., <i>Murka</i> , <i>Parsa</i> (Fabaceae)	2g latex is taken with <i>mishri</i> or jaggery for 20-30 days.
	<i>Ficus benghalensis</i> L., <i>Bada</i> , <i>Bar</i> (Moraceae)	5g of tender aerial roots are chewed for 15-20 days.
Hydrocele	<i>Ricinus communis</i> L., <i>Erandi</i> , <i>Digherendi</i> (Euphorbiaceae) <i>Celastrus paniculatus</i> Willd., <i>Munjni</i> , <i>Kujur</i> (Celastraceae)	<i>Celastrus paniculatus</i> oil is applied on the fresh leaf of <i>Erandi</i> and warmed in the fire. The leaf is tied around the scrotum.
	<i>Argemone maxicana</i> Linn., <i>Ghakul kanta</i> (Papaveraceae) <i>Celastrus paniculatus</i> Willd., <i>Munjni</i> , <i>Kujur</i> (Celastraceae)	The paste of the whole is applied on the scrotum and bandaged overnight. After washing in the morning, <i>Celastrus</i> oil is applied.
	<i>Nicotiana tabacum</i> L., <i>Tamku</i> , <i>Khaini</i> (Solanaceae)	Dried leaf of <i>Tamku</i> is moistened and tied around the scrotum for overnight for 5-7 days.
	<i>Plumbago zeylanica</i> L., <i>Chitavar</i> , <i>Chitavari</i> (Plumbaginaceae)	One fresh root is tied around the ankle of the leg with swollen scrotum.
	<i>Solanum xanthocarpum</i> S.&W., <i>Rangain</i> (Solanaceae) <i>Piper nigrum</i> L., <i>Golki</i> (Piperaceae)	Decoction of 15g fresh roots of <i>Rangain</i> and 5 pcs of <i>Golki</i> is taken twice a day for 10 days.

3.2. Discussions

The herbal therapy of sexual disorders and debilities consisting of simple methods of treatment developed by several trial-and-error methods over a long period still hold an important place in several tribal societies [7]. The *Vaidhyas* of the Oraon tribals have developed unique formulations for specific sexual disorders. The common methods of preparation of the formulations are decoction, extract, infusion, powder and juice which are often added with *mishri* or jaggery or honey. Some of the precious ethnomedicinal plants are shown in Fig. 2. Some of the formulations consist of a single plant therapy like menorrhagia with the flowers of *Madhuca indica*, erectile dysfunction with the corm of *Musa paradisiaca* and the root of *Abelmoschus esculentus* etc. Other formulations consist of multiple plants therapy. The synergetic uses of the plant species promote hormonal activity in the body and improve the quality and quantity of semen [8]. The herbal medicine improves emotional stability and hormonal activity [9]. They are also powerful remedies of disorders such as spermatorrhoea, leucorrhoea, azoospermia, oligospermia and various types of menstrual disorders which are often the barriers to procreation. The inability to reproduce projects the

married couples as social stigma in several Indian societies, and have to bear painful taunts.

The survey revealed that several cases of sexual disorders and debilities have been successfully treated by the given formulations. Some of the reputed tribal healers have treated the cases of sexual disorders as follows – Leons Tirkey (2000), Praful Xalxo (100), Nandkishor Oraon (50), Ramnandan Minj (25), Theodor Panna (20), Khushdil Tirkey (40), Pauru Nagesia (20), Dayawanti Minj (500), Gabriel Kujur (1000), Joseph Tirkey (1000), Joseph Kujur (1500), John Tirkey (200) and Pushpa Minj (600).

The tabulated data reveal that the roots of *Asparagus racemosus*, *Curculigo orchoides*, *Pueraria tuberosa*, the barks of *Soymida febrifuga*, *Symplocos racemosa*, the stem of *Tinospora cordifolia* and the seeds of *Abrus precatorius* and *Mucuna pruriens* are common ingredients in several formulations which have also been reported by earlier researchers [10, 11, 12]. *Butea monosperma* and *Ficus racemosa* have been reported as aphrodisiac by a few researchers [13, 14]. The study revealed that the Oraon tribals use *Soymida febrifuga*, *Symplocos racemosa*, *Hemidesmus indicus* and *Vitex penduncularis* mostly for gynecological disorders.

Fig. 2: Important Ethnomedicinal Plants of Palamu Division, Jharkhand



Butea monosperma in Full Bloom
(Dubiakhar, Palamu)



Pueraria tuberosa - Processing for Powder
(Balumath, Latehar)



Vaidhya showing roots of *Buttneria herbacea*
(Nagar Untari, Garhwa)



Vaidhya Collecting Barks of *Soymida febrifuga*
(Ranka, Garhwa)



Vaidhya Collecting Roots of *Asparagus racemosus*
(Mahuadanr, Latehar)



Author - Data Collection from Vaidhyas
Herhanj, Latehar

The Ancient Indian medicinal system of Ayurveda has given a great importance to sexuality in human life and has devoted to it under the title virilization which includes aphrodisiacs for erectile dysfunction, causes of infertility, spermatogenesis, semenogenesis, reproduction, methods of correcting defective semen and sexual satisfaction [15, 16]. In modern medication of erectile dysfunction through popular Viagra is effective, but in some men it is not compatible and works in less than 70% of men and also gives certain side effects [17]. It is the same case with the medication of gynaecological disorders. In this regard, the herbal remedies are the better alternatives with lesser or no side effects. Moreover, enhancing healthy sexuality is possible with the use of natural plants and nutrients [18].

4. Conclusion

The findings of the study are supportive of the herbal formulations for sexual disorders and debilities which adversely affect the mood, wellbeing, and interpersonal functioning and relationship. Successful treatment of sexual disorders may improve not only sexual relationships, but also the overall quality of life. These formulations have potent capabilities of treating sexual dysfunctions and diseases. However, the important issues such as efficacy, quality, safety and standardisation of doses are needed to be addressed. Moreover, the reckless exploitation of precious medicinal plants by the traders has threatened many of them in the study area, such as *Asparagus adscendens*, *Asparagus racemosus*, *Curculigo orchoides*, *Phyllanthus emblica*, *Pterospermum acerifolium*, *Pueraria tuberosa*, *Soymida febrifuga*, *Symplocos racemosa*, and *Tinospora cordifolia*. Afforestation, protection and cultivation of the wild medicinal plants are the

need of the hour for long time use.

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