

Canadian Journal of Applied Sciences. 2 (4): 51-65; 2014
ISSN 1925-7430; Available online <http://www.cjasci.com>

Review Article

METHODS FOR THE PREPARATION OF RECIPES AND ITS USES FOR CURING DIFFERENT DISEASES REPORTED FROM DISTRICT BANNU

Rehman Ullah Khan, Sultan Mehmood Wazir, Saad Ullah Khan, Rafi Ullah

Department of Botany, University of Science & Technology Bannu

ABSTRACT

In the present study 47 recopies belonging to 44 genera, and 34 families were studied. Plant name, constituents, preparation method, frequency distribution and recipes multifunctional nature were given in methodical manner. The local population had good knowledge about the medicinal plant and appropriate time of collection. Younger generation is disregard about indigenous uses of different medicinal plants, but the old inhabitants still acquires knowledge about how to use the wild resources. The plants use for abdominal pain were *Aloe vera*, *Chenopodium murale*, *Foeniculum vulgare*, *Lepidium sativaum*, *Portulaca oleraceae*, *Mentha longifolia*, *Menthe viridis*, *Papaver someniferum*, *Punica protopunica*, *Rumex hestatus*, *Thymus sarphylum* and *Verbescum thapsus*. Some were used as tonic like *Acacia modesta*, *Calotropis proceera*, *Olea ferruginea*, *Zathoxylum armatum*, *Melia azedarach*, *Tribulus terrestris*, *Vitex negundo*, and *Teucrium stocksianum*, while other were used against diarrhoea i.e *Punica protopunica*, *Verbascum thapsus*, *Quercus incana*, *Plantago lanceolata*, *Pinus roxurghii*, *Papver somniferum*, *Myrtus cummunis* and *Mentha longifolia* were commonly used plants. For body cooling *Adiantum capallis veneris*, *Ajuga breteosa*, *Cichorium intybus*, *Portulaca oleraceae*, *Nasturtium officinale*, *Pistacia integerrima* and *Tribulus terrestris* were frequently used. Similarly plants used as expectorant were *Justacia adhatoda*, *Calotropis procera*, *Pinus roxburghii*, and *Zyziphus sativa*, while plants used as antispasmodic were *Justacia adhatoda*, *Berberis lycium* and *Datura stramonium*, the plants used as jaundice were *Berberis lycium*, *Cichorium intybus*, *Nasturtium officinale*, *Pistacia integerrima*, and *Teurium stocksianum*, while *Verbascum thapsus*, *Zizphus sativa*, and *Salvia moorcrotiana* were used as emollient. The vegetation of the area was found to be under high biotic pressure such as deforestation and overgrazing. Ruthless collection of medicinal plants had threatened their existence and more plants are becoming vulnerable due to the destruction of their habitat.

Keywords: Preparation, Recipes, Curing, Diseases, Bannu.

Corresponding Address: Rehman Ullah Khan, Ph.D Scholar (Botany), Department of Botany, University of Science & Technology Bannu, KPK Pakistan. T.: +92332-2247248; E.: rehman_q4u@yahoo.com

INTRODUCTION

Life and diseases go together: where there is life, diseases are bound to exist. The traditional use of natural plants remedies provides potential indicators for biological activity [1]. Medicinal plants are used to cure various ailments such as gum of *Accacia modesta* is used as tonic, stimulant and demulcent. Root of *Cichorium intybus* is used in jaundice, leaves are used against typhoid. Decoction of leaves of *Ajuga bracteosa* is used in Jaundice, hypertension and sore throat. The fruit of *Ficus palmata* is used in urinary bladder problems, constipation and piles [2]. Evaluation of the effect of plant preparation on the electrical activity of the organs to the digestive system in Rabbits suffering from sever hepatitis. Tea prescribed for treating jaundice and tea with antihepatotoxic effect was prepared according to Tibetan

recipes. After the administration of the tea, electrical activity of the stomach, liver and gall bladder returned to normal more rapidly than it did in control animals [3]. Some recently collected traditional recipes and pharmaceutical potential of medicinal plants in Nigeria were investigated. That showed medicinal plants as sources of anti-diabetic agents, anti-hypertensive drugs and anti-fertility agents etc. [4]. An approach in China towards the treatment of Bovin mastitis by using the decoction of herbs, *Radix spp*, Suckle flower, Honey and Dandelion was also made [5]. Worked was done on the decoction of 12 herbs used against Kidney disease in animals and humans in Thailand [6]. [7] Used herbal tea for the treatment of Colic. This was given for 1 week, 33 healthy infants. 2 to 8 weeks old with colic, this was given along with extract of Charmomile, Liquorice, and Fennel. The colic improvement was significant in Israel. Unani herbal medicinal recipe preparation, Sharbat-e-Bezoori moatadil and Safoof-e-Khash Khash has been practiced for antihypertension in India Aligarh University [8]. The present study includes information about the usage of important medicinal plants as recipes locally by peoples of District Bannu.

MATERIAL AND METHOD:

In the present study local inhabitants were interviewed to know about the indigenous knowledge of medicinal plants used for different diseases. Regular field survey was conducted to the different fields of research area. The Methodology used comprises of the following steps.

1. Collection of plants.
2. Identification of plants.
3. Preservation of plants.
4. Collection of information or data of these plants.
5. Mode of preparation of recipes. 6. Compression.

The investigative visits were made during September 2013. In case of herbs the whole plants, while in case of shrubs and trees shoot tips were collected, preserved and identified according to the flora of Pakistan [9,10,11,12]. For the preparation of recipes (Traditional use) and their utilization the locale people (particularly aged people) were interviewed according to the designed data collection form.

RESULTS AND DISCUSSION

In the present study 47 recipes were study, botanical name, family name, local name, part used, flowering season and local uses for each recipes (plant) were given in tabulated form. The recipes were classified on the bases of there uses given in the Tables 1-8. Frequency distribution of common diseases cured by recipes and Frequency distribution of diseases cured by recipes is given in table 9 and 10. Belford (1994) studied Chinese herbal medicine treatment of chronic hepatitis [13]. Similar type of research in Australia was conducted by Mckeeon (1994) on a diabetic man of 66 years, who had an ulcer on his foot, not cured by Orthodox treatment, was successfully treated with herbal preparation containing *Tilia europiea*, *Ichinacea angustifolia* and *Trifolium pretense* etc [14]. A survey was made by Rao and Arshad (1996), interviewed the local inhabitants for herbal remedies of worm infestation in Kashmir Himalaya, and found 12 plants used to treat worm infection [15].

Detail of methods for the preparation of recipes and its uses

Recipe # 1

Plant: *Acacia modesta* Wall

Constituents: *Acacia* Gum + wheat Flour + Ghee + Sugar
Acacia Gum + Egg yolk

Method of preparation:

1. The gum of *Acacia* is collected from the stem, dried, cursed and mixed with flour. It roasted in the ghee; added a small amount of sugar and then eaten. 2. Several inhabitants used it as a bandage for fracture of bones, by crushing the dried gum of the plant and then mix it with egg yolk.

Recipe # 2

Plant: *Adiantum capallisveneris*
 Constituent: *Adiantum* +Rice +Carrot +Sugar

Method of preparation:

1.The whole *Adiantum* plant is boiled in water, kept cool down and then this water is use for toothache, headache, eye wash and cough at night. 2. Some community boil *Adiantum* plant in water, add one tea spoon of sugar, one two pieces of carrot, and rice (which is separately boiled) and then is eaten two or three times a day, which is considered to be a useful recipe for curing disease like measles.

Recipe # 3

Plant: *Ajuga bracteosa* wall
 Constituents: *Ajuga* plant

Method of preparation:

First the leaves are clean by removal of dust particles and other impurities. Then these leaves are boiled in water to prepare a decoction, which is placed exposed throughout the night and take orally at morning before breakfast. This recipe is used for the removal of abdominal pain, fever, body cooling, as a blood purifier and tonic. It is also useful in diabetes, hepatitis and wound of chest.

Recipe # 4

Plant: *Allium cepa*
 Constituents: *Allium* Juice + Honey

Method of preparation:

1.A piece of *Allium cepa* bulb is kept upon the body part to cure stinging by wasp. The onion bulb is smelled to avoid vomiting, eaten fresh or cooked as tonic.
 2. Juice is extracted from fresh plant of *Allium cepa* by grinded, which is mixed up with three tea spoon of honey. The mixture is then heated till the whole water of the mixture evaporates and only the honey remains. This recipe is very successful for diabetes, cholera and flue.

Recipe # 5

Plant: *Allium sativum*
 Constituents: *Allium* Fruits +Dalda Ghee

Method of preparation:

1.The fresh raw fruit is eaten before breakfast at morning along with simple water to diminish the high BP (blood pressure). 2. Juice is extracted by grinding the fruit of Allium and used for earache, body pain, and to reduce high BP. Similarly the fruit of the plant is fried in Dalda Ghee and applying on body or drinking is useful for reliving the body pain.

Recipe # 6

Plant: *Aloe vera* Mill
 Constituents: *Aloe* Leaf + Salt

Method of preparation:

The leaf of *Aloe* is washed with water, longitudinally sectioned and then placed on pussy wounds, which are cured efficiently. Similarly its leaf is taken then both epidermises are separately, small amount of salt is placed on this gummy substance and eaten .it is very useful for abdominal pane and other diseases of abdominal. This recipe is also useful for all diseases of liver, abdominal pain and diseases of liver.

Recipe # 7

Plant: *Berberis lyceum* Royl
 Constituents: *Berberis* Root + Sugar
Berberis Fruit + Sugar

Method of preparation:

The root is grind into powder. Then this powder is placed on wound which cured very soon. Similarly the fruit is placed in water and small amount of sugar is added to it and shacked well. Then the solution is filtered and the filtrate is eaten which is very useful for blood purification. The root is grand after drying to form powder which is put into the water along with a small amount of sugar and drink before sleeping which is effective for jaundice, sore throat and body pain.

Recipe # 8

Plant: *Calotropis procera wild*
 Constituents *Calotropis Flower* + Black Peppermint
Calotropis Seed + Red Chilli + Opium

Method of preparation:

The leaves of *Calotropis* are heated and make its bandage upon ulcer, which is very useful. The flowers of *Calotropis* are dried and then grind along with black peppermint this powder which is locally called 'Talay' is eaten in small amount daily which is useful for paralysis. Its latex is used as purgative. In small amount its seeds along with red chilli and opium are also used for cholera.

Recipes # 9

Plant: *Cannabis sativa*
 Constituents: *Cannabis sativa* + *Vitis venifera* + *Elataria cradamomum Juglans Fruit* + *Prunus amygdalus Fruit* + *Papaver Seeds* + Milk

Method of preparation:

The *Cannabis* leaves and branches are boiled in water, then the boiled specimen is placed in a fine cloth remaining juice is extracted finally a decoction is formed. Other constituents like *Vitis venifera* + *Elataria cradamomum Juglans Fruit* + *Prunus amygdalus Fruit* + *Papaver Seeds* are grind, mix up with the decoction and then milk is also added. Now the local recipe is ready to drink which is a narcotic recipe.

Recipe # 10

Plant: *Cichorium intybus L.*
 Constituents: *Cichorium Roots*

Method of preparation:

Cichorium intybus L. roots are cleaned and boiled in water. The solution is filtered with fine cloth. The filtrate is kept for the whole night and is drink before breakfast early in the morning. It is useful to control gas trouble, jaundice, body cooling, body refreshing, and stomach disorders.

Recipe # 11

Plant: *Chenopodium murale*
 Constituents: *Chenopodium whole Plant*
Chenopodium Seeds + Honey

Method of preparation:

After cleaning the whole Plant of *Chenopodium* is dried and grinded into fine powder. This powder is liquefied in water and given to children to drink, to relive the abdominal pain. Some people mix the seed with honey and use before taking any type of food which is considered to be very successful against removal of worms.

Recipe # 12

Plant: *Clematis graveolens*
 Constituents: *Clematis Leaves and Flower*

Method of preparation:

Locally in villages of the area, the fresh flowers and leaves are grind into fine powder which is used as bandages on any part of the body for discharging internal pus, curing the internal wound and curing body pain. It swells the spot, which bursts and release the pus. We have done it practically in our home, which is useful for internal wound and curing body pain.

Recipe # 13

Plant: *Datura stramonium*

Constituents: *Datura* Flower
Datura Seeds

Method of preparation:

The flower are collected, dried and then grinded into powder which is taken with water before breakfast for asthma. Juice of the fruit is useful for curing falling of hair and dandruff. Similarly two seeds of *Datura's* are eaten daily for epilepsy (MERGII). Their

Recipe # 14

Plant: *Dodonea viscosa* L.Tacq.
Constituents: *Dodonea* Leaves + Brassica Oil

Method of preparation:

1. The leaves of *Dodonea* are burnt and then it's ash is mixed with *Brassica* oil to form a poultice which is useful for animal's mouth infection and for external wound. 2. Sometime ash of *Dodonia* is mixed with grind leaves of *Nicotiana tubacum* and water is added to it, a resinous substance is prepared called snuff or "NASWAR", which is used as narcotic. The recipes also used for external wound.

Recipe # 15

Plant: *Eucalyptus lanceolatus*
Constituents: *Eucalyptus* Leaves and Bark

Method of preparation:

The leaves and bark of *Eucalyptus* are collected and boiled in water. This is filter and the decoction is used for wound of chest and toothache. The fruits are boiled in green tea and are taken which is useful as anti-vomiting.

Recipe # 16

Plant *Ficus carica*
Constituents: *Ficus* Latex
Ficus Latex + Milk

Method of preparation:

1.Latex is collected from young branch or leaf which is placed on the body parts having hidden prickle; that easily drawn out from the body. 2. Some people manufacture crude mixture by adding the latex and fruits into the milk then cooled it and used for constipation.

Recipe # 17

Plant: *Foeniculum vulgare* Mill
Constituents: *Foeniculum* Fruits + Sugar + *Thymus*

Method of preparation:

1.The dried fruit is grind and sugar is mixed with it. This recipe is eaten after foods for indigestion and expulsion of gases. 2. Similarly the dried fruit of *Foeniculum* and *Thymus* are grind into powder and then eaten with water after eating food which useful for abdominal pain.

Recipe # 18

Plant: *Indigofera gerardiana*
Constituents: *Indigofera* Roots

Method of preparation:

The cleaned and dried roots are boiled in water and cooled down, filtered and this filtrate is used against the abdominal pain.

Recipe # 19

Plant: *Justicia adhatoda* Ness
Constituents: *Justicia* Leaves

Method of preparation:

The leave are collected, cleaned and then boiled in water. It is filtered then the decoction is drunk early in the morning before breakfast. Some people also drink it before dinner. It is very effective in stomachache, controlling sugar level in the body.

Recipe # 20

Plant: *Juglan regia* Linn

Constituents: *Juglan* Bark

Method of preparation:

The bark of the stem is collected dried and then moistened in water and used for lips cracks and toothache from time to time. Water from the boiled bark is used as gargle by some peoples of the area which is very effective for sore throat. Several peoples boil the unripe fruit pericarp in water, allowed to cools down and used as wormicide at night before sleeping.

Recipe # 21

Plants: *Lepidium sativum* Linn

Constituents: *Lepidium* Fruits + Milk + Desi Ghee

Method of preparation:

The fruits of *lepidium* are put into the milk then dasi ghee is added to it. Now it is boiled, partially cooled and is drunk for curing abdominal pain and cholera.

Recipe #22

Plant: *Marrubium anisodon* C.Koch Salimgaya

Constituents: *Marrubium* Leaves+ Wheat Flour+ Salt

Method of preparation:

The leaves of *Marrubium* are collected, cleaned from dust and other impurities, grinded and mixed with wheat flour. Then water and small amount of salt is added and heated till to become partly cooked. Then it is banded on pussy wound in partly warm conditions. It is very useful to relieve the pain of wound and to release pus from it.

Recipe # 23

Plant: *Melia azedarach* L.

Constituents: *Melia* Juice+ *Brassica* Oil

Melia Juice + Sugar

Melia Fruits + Wheat Flour

Method of preparation:

The leaves *Melia* are grind to obtain its juice. This juice is mixed with *Brassica* oil and used as antilice. Similarly this is mixed with water and sugar and then is used to expel the worms. This is eaten before meal. The fruit is grind and mix in wheat flour which is given to cattle as tonic.

Recipe # 24

Plant: *Mentha longifolia* L

Constituents: *Mentha* Leaves + Fennel

Mentha Roots

Method of preparation:

1. Clean and dry leaves of *Mentha* are grinded into powders and are used for curing abdominal pain. 2. Grinded powder of *Mentha* leaves along with fennel and orange peel are boiled in water. After cooling down one to two teaspoon of the decoction is given to children mostly three times a day to cure fever, abdominal pain, dysentery and diarrhea, body cooling and good vision of eyes. Roots of *Mentha* plant are boiled in water to form a decoction which is used to increase milk of cattle and also to cure fever.

Recipe # 25

Plant: *Mentha viridis* Syn

Constituents: *Mentha* Leaves

Method of preparation:

Clean and dry leaves of *Mentha* are boiled in water to form decoction which is allowed to cools down and then drunk for stomach trouble, diarrhea, headache and also used as anti-vomiting. Its extraction in hot water is given to a woman who reduces dysmenorrheal. Its leaves are also chewed.

Recipe # 26

Plant: *Myratus communis*

Constituents: *Myratus* Leaves + Gur

Myratus Seeds + Sugar

Method of preparation:

The leaves of *Myratus* are collected, boiled in water along with "Gur". This decoction is then filtered through a thinner cloth and is drunk. It is useful for stomachache. The seed of *Myratus* are grind with sugar and the locally called "THALAY" is given to children with for curing diarrhea.

Recipe # 27

Plant: *Nasturtium officinale*

Constituents: *Nasturtium* whole Plant + Salt

Method of preparation:

The whole collected plant of *Nasturtium* is washed and cooked in water add small quantity of salt, allowed to cool then eaten for medicinal purposes like curing gas trouble, hepatitis and body cooling. The plant is also dried and grinded into powder then roasted, which is used for chest pain, stomachache and as vermifuge.

Recipe # 28

Plant: *Olea ferruginea* Royle

Constituents: *Olea* leaves and *Olea* oil

Method of preparation:

The freshly flocked leaves of *Olea* are grind with the help of teeth in mouth and the extracted juice is drunk for sore throat. I have used it several times myself, and found it effective. The oil of *Olea* is used as analgesic in arthritis and other pain of body parts.

Recipe # 29

Plant: *Portulaca oleracea* L

Constituents: *Portulaca* Juice

Method of preparation:

Green colour juice is extracted by grinding fresh branches and leaves of *Portulaca* and is given to children for curing their abdominal pain. According to my grandmother it had been given to me several times during my childhood. Leaves poultice and seeds decoction are used respectively for external inflammation and cooling demulcent.

Recipe #30

Plant: *Papaver somniferum* Linn

Constituents: *Papaver* + *Mentha* + Zafran + Peppermint Seeds

Method of preparation:

Locally *Papaver* fruit is boiled in tea and is drink at night time for severe cough. Opium along with other constituents such as *Mentha* + Zafran + Peppermint Seeds re used against diarrhoea, dysentery, cough and flu.

Recipe #31

Plant: *Pinus roxburghii* Sarg.

Constituents: Leaves and Bark + Honey

Method of preparation:

Juice extracted from grinding fresh bark and leaves which is used early in the morning and at night to cure toothache, sore throat and lungs infection. The juice along with honey is used for liver disease. Dried powder of bark and leaves are dissolved in cold water and drink for constipation, ulcer and diarrhea. To releases pus from wounds its resin is applied externally as bandage.

Recipe #32

Plant : *Pinus wallichina* A.B.jacks

Constituents: *Pinus* Resin + Butter

Pinus Branch + Butter

Method of preparation:

The resin is collected from direct cuttings of stem and branches or from heating of cuttings of stem and branches. Resin mixed with butter is used before meal as wermifuge are applied externally for itching.

Recipe #33

Plant: *Pistacia integerrima* J.
 Constituents: *Pistacia* leaves + water
Pistacia Fruits + Mustared Oil

Method of preparation:

After washing the leaves are boiled in water to form decoction which is drunk before breakfast for hepatitis and body cooling. Fruits roasted in mustered oil are used as expectorant.

Recipe #34

Plant: *Plantago lanceolata* L.
 Constituents: *Plantago* Leaves and Seeds

Method of preparation:

1. Wash and clean the leaves from any type of impurities, make it sun dry then crushed it into fine powder and apply externally three times a day on wounds. 2. Similarly after washing, the seeds are taken with water three times a day for diarrhea and dysentery.

Recipe #35

Plant: *Plectranthus regosus* Wall.ex. Bth.
 Constituents: *Plectranthus* Leaves

Method of preparation:

1. Leaves are cleaned and boiled in water, allowed to cools down and then filtered. After keeping the filtrate for the whole night it is used before breakfast for sore throat. 2. Some people extract juice from its leaves, mix with water, shake well and given to children for cough.

Recipe #36

Plant: *Prunus persica* Batch.
 Constituents: *Prunus* fruit + Ginger +Honey

Method of preparation:

1. The fruit is dried then crushed into powder which is mixed with powdered ginger and honey and are used for diabetes and body cooling. 2. Similarly its resin is boiled, cooled down and used for deafness and earache.

Recipe #37

Plant: *Punica protopunica* L.
 Constituents: *Punica* Seeds and Roots

Method of preparation:

The peel of *Punica* is dried, crushed into powder, added milk and small amount of sugar and then a cup of tea is taken before breakfast for avoid urinary tract infection, burning of urine, controlling of extraction of urine in children during sleeping, Decoction of seeds are used for abdominal pain, flu, cold, headache and for body cooling while that of roots is used for dysentery, diarrhea and abdominal pain.

Recipe #38

Plant: *Quercus incana* Roxb
 Constituents: *Quercus* Bark + Wheat flour
Quercus Fruit + Wheat flour

Method of preparation:

The bark is dried, grind, mix, with flour and water is placed externally on wound. The bark is also kept in water then this water then this used as hair color to hairs. Similarly its fruits posses endosperm, which is grind, mix with flour and water and then eaten for dysentery and diarrhea.

Recipe #39

Plant: *Rosa mochata* Hook.f.
 Constituents: *Rosa* Flower and Leaves

Method of preparation:

After boiling the leaves and flowers an extract is prepared which is used before eating the meal for curing skin diseases and blood purification.

Recipe # 40

Plant: *Rumix hastatus* D. don
 Constituents: *Rumix* Leaves + Wheat flour
Rumix Roots + Gur

Method of preparation:

Collected leaves are grinded into powder, mix with flour, and slightly heated then the mixture is used as bandage on pussy wounds. Fresh leaves juice is used for cooling purposes. After cleaning the roots of *Rumix*, add Gur to the filtrate and is given for abdominal pain to both human and cattle.

Recipe # 41

Plant: *Salvia moorcroftia* Wall
 Constituents: *Salvia* Seeds + Milk
Salvia Leaves

Method of preparation:

Fully ripen seeds were collected, then dried, grind and the powder is used with water or milk to relieve abdominal pain especially in children. The seeds are also eaten with water, about half tea spoon early in the morning before breakfast which reduces the burning of urine. The whole leaves are heated and to relive pain it is used as bandage on painful parts of the body.

Recipe # 42

Plant: *Solenum suratenes* Brum
 Constituents: *Solenum* Fruits and Leaves
Solenum Root + Water

Method of preparation:

The dried yellow ripe fruit are grinded into powder which is taken with water before breakfast for Diabetes. After cleaning the roots are boiled, filtered and drunk before breakfast for kidney stone killer.

Recipe # 43

Plant: *Thymus serphyllum*
 Constituents: *Thymus* Seed + Gur
Thymus Seed + Sugar

Method of preparation:

The seed are dried, grind then eaten with Gur for curing the abdominal pain. The seed are little hidden in the ground surface and cooked by making fire above it, then grind and eaten with water is useful not only for abdominal pain but also for curing internal wounds. A decoction is formed from boiling the seeds small amount of sugar is added then it is used for curing abdominal pain and raising body temperature particularly in Females.

Recipe # 44

Plant: *Terbulus terrestris* Linn.
 Constituents: *Terbulus* Fruits

Method of preparation:

Grinded powder of dry fruit is mixed with water and used as a tonic, for body cooling and dorsal pain twice or three times a day. It is very useful in case of. It is also used and as tonic.

Recipe # 45

Plant: *Teucrium stocksianum*
 Constituents: Whole plant except Roots

Method of preparation:

The branches are flocked, made clean from dust particle and other impurities and kept expose to sky for the whole night, the decoction is filtered and then used as a tonic, body cooling and for Hepatitis.

Recipe # 46

Plant: *Viola serpens* Wall ex roxb.

Constituents: *Viola* the Whole plant + Sugar

Method of preparation:

The collected plant is cleaned from dust; decoction is prepared by boiling it in water. After filtration it is poured into a clean bottle then one cup is drunk befog breakfast for asthma, cough and fever.

Recipe # 47

Plant: *Vitex negundo*

Constituents: *Vitex* Leaves and Roots

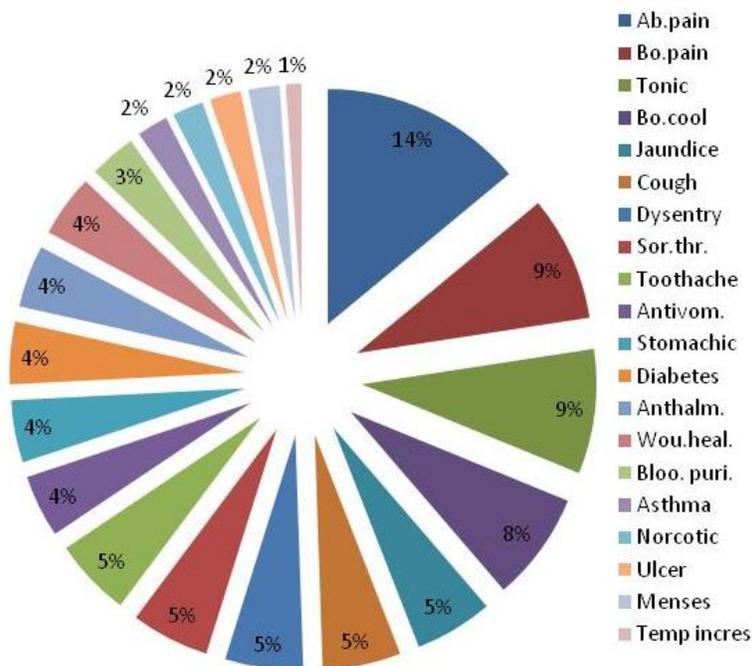


Fig: 1 Frequency distribution of common diseases cured by recipes

Table # 1 TTHE PLANTS USE FOR ABDOMINAL PAIN

Botanical Name	Family Name	part used	Flowering Season	Local uses
<i>Ajuga bracteosa</i> Wall	Lamiaceae	Leave	March-April	Abdominal pain, fever, body cooling, blood purification and tonic.
<i>Aloe vera</i>	Liliaceae	Leave	April. may	Diseases of abdomen & liver.
<i>Chenopodium murale</i>	Chenopodiaceae	Whole-plant	July-Aug	Abdominal pain, worm expulsion.
<i>Foeniculum vulgare</i>	Apeaceae	Fruit	May-June	Expulsion of gases, indigestion, abdominal pain.
<i>Lepidium sativaum</i> L.	Brassicaceae	Fruit	March-April	Abdominal pain.
<i>Portulaca oleraceae</i> L.	Portulacaceae	Whole-plant	April-May	Abdominal pain, external inflammation, cooling demulcent.
<i>Mentha longifolia</i>	Lamiaceae	Whole-plant	May-June	Fever, diarrhea, dysentery, abdominal pain, anti vomiting.
<i>Menthe viridis</i>	Lamiaceae	Leave	May-June	Abdominal pain, regulation of monthly bleeding in women, anti vomiting.
<i>Papaver someniferum</i>	Papaveraceae	Latex-Seed	May-June	Cough, flu, abdominal pain, diarrhoea, dysentery.

<i>Punica protopunica</i> L.	Punicaceae	Seed	April-May	Urinary tracts infection, headache, abdominal pain, cold.
<i>Rumex hestatus</i> D.	Polygonaceae	Whole-Plant	August-September	Healing of wounds and abdominal pain.
<i>Thymus sarphyllum</i>	Thymeleaceae	Fruit	Late Spring - Early Fall	Abdominal pain, raising body temperature.
<i>Verbescum thapsus</i> L.	Scrophulariaceae	Leaves, seeds	June-August	Abdominal pain

Table # 2 PLANTS USED AS TONIC

Botanical Name	Family Name	P Part use	Flowering Season	Local uses
<i>Acacia modesta</i> Wall	Mimosaceae	Gum	April-May	External warts, as tonic
<i>Calotropis proceera</i> L.	Asclepidaceae	Latex-Leave-Root	May-June	Ulcer, cholera.
<i>Olea ferruginea</i> Royle	Oleaceae	Leave-Fruit	August-Sep.	Sore throat.
<i>Zathoxylum armatum</i>	Rutaceae	Leave-Fruit	August-Sep.	as tonic
<i>Melia azedarachal</i>	Meliaceae	Bark-leave-Fruit-Flower	Many-June	Anti-lice, tonic and as vermifuge.
<i>Tribulus terrestris</i>	Zygophyllaceae	Fruit	January-Feb	Dorsal pain, body cooling and tonic.
<i>Vitex negundo</i>	Verbenaceae	Leaves-Root	April-May	Toothache, discharging of pus, tonic.
<i>Teucrium stocksianum</i>	Lamiaceae	Whole Plant Except Root	April-May	Body cooling, hepatitis and as tonic.

Table # 3 THE PLANTS USED FOR DIARRHOEA

Botanical Name	Family Name	Part use	Flowering Season	Local uses
<i>Punica protopunica</i> L.	Punicaceae	Fruit-Seed bark of Root & Stem	April-May.	Diarrhoea, dysentery, urinary diseases.
<i>Verbascum thapsus</i> L.	Scrophulariaceae	Leaves, seeds	June-August	Diarrhoea. asthma, seeds are fish poisonous
<i>Quercus incana</i> Roxb	Fagaceae		April-May	Diarrhoea, dysentery, wound and as hair colour.
<i>Plantago lanceolata</i>	Plantaginaceae	Leave-Seed	April-May	Stopping bleeding, dysentery and diarrhoea.
<i>Pinus roxurghii</i>	Pinaceae	Resin-Tips Branch	January-Feb	Lungs infections, diarrhea, constipation and wounds.
<i>Papver somniferum</i>	Papveraceae	Latex-Seed	May-June	Diarrhea
<i>Myrtus cummunis</i>	Myrtaceae	Leaves-Seed	Sep.-Oct.	Stomach pain and diarrhea.
<i>Mentha longifolia</i>	Laminaceae	Whole plant	May-June	Diarrhea

Table # 4 THE PLANTS USED FOR BODY COOLING

Botanical Name	Family	Part Use	Fl. Season	Local uses
<i>Adiantum capallis veneris</i>	Pteridaceae	Whole plant	January-Feb	Sexual debility, fever, backache, purification of blood and body cooling.
<i>Ajuga breteosa</i> Wall	Lamiaceae	Leave	March-April	Body cooling
<i>Cichorium intybus</i> L.	Asteraceae	Seed-Whole plant	March-April	Jaundice and body cooling.
<i>Portulaca oleraceae</i> L.	Portulacaceae	Whole Plant	April-May	Body cooling
<i>Nasturtium officinale</i>	Brassicaceae	Whole Plant	May-June	Body cooling and jaundice.
<i>Pistacia integerrima</i> J.	Anacardiaceae	Barke-Fruit-Leave	January-Feb	Body cooling, jaundice and expectorant
<i>Tribulus terrestris</i> L.	Zygophylacea	Fruit	January-Feb	Body cooling

Table # 5 THE PLANTS USED AS EXPECTORANT

Botanical Name	Family	Part use	Flowering Season	Local uses
<i>Justicia adhatoda</i> Ness	Acanthaceae	Leaves	March-April	Stomach pain and regulate sugar level.
<i>Calotropis procera</i> L.	Asclepiadaceae	Latex-leave-Root	May-June	good tonic, expectorant, anthelmintic
<i>Pinus roxburghii</i> Sarg	Pinaceae	Bark-resin-leave-seed	January-Feb	stomachic, burning of body, ulceration, constipation
<i>Zyziphus sativa</i> Gaertn	Rhamnacea	Barriers	April-May	Diabetes, digestive

Table # 6 THE PLANTS USED AS ANTISPASMODIC

Botanical Name	Family	Part use	Flowering Season	Local uses
<i>Justicia adhatoda</i> Ness	Acanthaceae	leaves	March-April	Antispasmodic
<i>Berberis lycium</i> Royle	Berberidaceae	Whole parts	May-June	Blood purification, sore throat and jaundice.
<i>Datura stramonium</i> L.	Solanaceae	Leaves-seeds & Flower	July-Aug.	Asthma, dandruff and falling of hair.

Table # 7 THE PLANTS USED AS EMOLLIENT

Botanical Name	Family	Part use	Flowering Season	Local uses
<i>Verbascum thapsus</i> L.	Scropholariacea	Leaves, seeds	June-August	asthma, Diarrhoea seeds are fish poisonous
<i>Zizphus sativa</i>	Rhamaceae	Barriers	April-May	Diabetes, digestive
<i>Salvia moorcrotiana</i> wall	Lamiaceae	Leaves-Seed	January-Feb	Abdominal pain, body pain, burning of urine.

Table # 8 THE PLANTS USED AS JAUNDICE

Botanical Name	Family	Part use	Flowering Season
<i>Berberis lycium</i> Royle	Berberidaceae	Whole parts	May-June
<i>Cichorium intybus</i> L.	Asteraceae	Whole plants	March-June
<i>Nasturtium officinale</i>	Brassicaceae	Whole plant	May-June
<i>Pistacia integerrima</i> J.	Anacardiaceae	Barke-Fruit-Leave	March-April
<i>Teurium stocksianum</i>	Lamiaceae	Whole plant except Root	January-Feb

Table: 9 Frequency distribution of total Diseases cured by recipes

Abbreviation	Frequency	%age	Total	Abbreviation	Frequency	%age	Total
Ab. pain	13	9.56	136	Menses	2	1.47	137
Bo. pain	8	5.88	136	Ulcer	2	1.47	137
Tonic	8	5.88	136	Antilice	1	0.74	137
Bo .cool	7	5.15	136	Temp increas	1	0.74	137
Cough	5	3.68	136	Uri.Bur.	1	0.74	137
Dysentery	5	3.68	136	Urin.sleep.	1	0.74	137
Jaundice.	5	3.68	136	Constip.	1	0.74	137
Sor.thro.	5	3.68	136	Chestsor.	1	0.74	137
Tooth.	5	3.68	136	Clotting	1	0.74	137
Anti vomatic	4	2.94	136	Dandruff	1	0.74	137
Stomachic	4	2.94	137	Diarrhoea	1	0.74	137
Diabetes	4	2.94	137	Deafness	1	0.74	137
Anthalm.	4	2.94	137	Expul.gass	1	0.74	137
Wou. heal.	4	2.94	137	Expacto.	1	0.74	137
Cholera	3	2.21	137	Epilepsy	1	0.74	137
Fever	3	2.21	137	Bandages	1	0.74	137
Headache	3	2.21	137	Fall.hair	1	0.74	137
Measles	3	2.21	137	Hair color	1	0.74	137
Blood puri.	3	2.21	137	Digestion	1	0.74	137
Asthma	2	1.47	137	Kidnystone	1	0.74	137
Blood pre.	2	1.47	137	Lever	1	0.74	137
Earache	2	1.47	137	Lung infic.	1	0.74	137
Flue	2	1.47	137	Paralysis	1	0.74	137
Inter.pain	2	1.47	137	Purgative	1	0.74	137
Norcotic	2	1.47	137	Prick.rem.	1	0.74	137
Ch.Woun.	1	0.74	137	Swelling	1	0.74	137

Abbreviations: Ab.pain –Abdominol pain, Bo.pain- Body pain, Bo. Cool-Body cool, Sor.thro.-Sorethroat, Tooth.-Toothache, Anthalm.-Anthalmentic, Wou.heal.-Woundhealing, Blood puri.-Bloodpurification, Bloodpre-Bloodpressure, Inter.pain-Internalpain, Ch.Woun.-Chestwound,Uri.Bur.- Urine Burning, Urin.sleep.-Urinesleeping, Constip.-Constipation, Ches.sor- Chestsore, Expl.gass.-Expulsion of gass, Expacto.-Expactorent, Lung inf.-Lung infectio, Prick.rem.-Prickle removal.

Table: 10 Frequency distribution of common diseases cured by recipes

Abbreviation	Frequency	%age	Total	Abbreviation	Frequency	%age	Total
Ab.pain	13	13.98	93	Stomachic	4	4.30	93
Bo.pain	8	8.60	93	Diabetes	4	4.30	93
Tonic	8	8.60	93	Anthalm.	4	4.30	93

Bo.cool	7	7.53	93	Wou.heal.	4	4.30	93
Jaundice	5	5.38	93	Bloo. puri.	3	3.23	93
Cough	5	5.38	93	Asthma	2	2.15	93
Dysentery	5	5.38	93	Norcotic	2	2.15	93
Sor.thr.	5	5.38	93	Ulcer	2	2.15	93
Toothache	5	5.38	93	Menses	2	2.15	93
Antivom.	4	4.30	93	Temp incre	1	1.08	93

Abbreviations: A. pain abdominal pain, Bo. Pain Body pain, Bo. cool Body cool, Sor.thr.-Sorethroat, Antivom.-Antivomating, Anthalm.-Anthalentic, Wou.heal.-Woundhealing, Bloo.puri.-Bloodpurification.

Method of preparation

The leaves are boiled in water; the hot water is kept in mouth till cooling which is considered to be very effective for toothache. Similarly the leaves are boiled in water and then filtrated water is used as gargle locally called "GHAR GHARA" which is used as anti-tonsil. Their leaves are grind, the extract are then used for the discharging of pus from Ulcer. Their roots are also used as tonic.

REFERENCES

1. Almeida SP, Ribeivo JF, Almeida SPDe and Silva JA Da. (1990). Dietary use of Cerrado species: Araticum, Baru, Cagaita and Jatoba. Document Centro de Pesquisa Agropecuaria dose Cerrdos. 26, 83.
2. Frooq S. (1990). A Review of Medicinal Plants of Pakistan. Sci. Khyber, 3(1) p. 123-131
3. Silva KT. (1991). Ayurveda, malaria and the Medicine.33.(2), p. 153-160.
4. Gbile ZO, Adeyemi FA, Odewo TK and Ihlenfeldt HD. (1990). Nigerian flora and its Pharmaceutical potential. Proceeding of the twelfth plenary meeting of AETFAT Hamburg, 1033-1038.
5. Fang WH., Liu HR and Gu XG (1990). The non antibiotic approach to the treatment of bovine mastitis. Healthy animals, safe food, healthy man world Association of veterinary food Hygienists Xth (jubilee). International Symposium in Stockholm, 2-7 July 1989. Proceeding, 281-284.
6. Sugimoto K, Sakurai N, Shirasawa H, Kanneko M, Fujise Y, Shibata K, Komori Y, Nikai T, Sugihara H and Fkuda Y (1991). A Pathologic study on there inhibitory effects of a herbal medicine against glomerular lesion induced by Agkistrodon venom in mice. Journal of Veterinary Medical Science,.53 (2) ; 255-262.
7. Weizman Z, Alkarinawi D, Golfarb and Bitran C. (1993). Efficacy of herbal tea preparation infantile colic. Journal of pediatrics. 112 (4); 650-652.
8. Alam M, Asharaf M, and Hakim MH. (1994). Antihypertensive effect of sofoof khashkhash and sharabat Bazoori Moatodil in essential hyoertension, A clinical study. *Hamdard Medicus*. 37(3); 130-133.
9. Stewart RR. (1972). An Annotated catalogue of vascular plants of West Pakistan and Kashmir, Karachi.
10. Nasir E and Ali SI. 1971-95. Flora of West Pakistan Department of Botany, University of Karachi, Karachi.

11. Shabbir G, Bahadur S and Choudhry MR. (2003) Botanical Description, Significance and Production Technology of Some Important Medicinal Herbs. *Hamdard Medicus* Vol. XLVI, No. 1; 23-26
12. Qureshi R. and Bhatti GR. (2009). Folklore uses Amaranthaceae family of Nara Desert, Sindh, Pakistan. *Pak.J.Bot.*, 41(4): 1565-1572.
13. Belford R. (1994). Cheese herbal medicinal treatment of chronic hepatitis. *Australian Journal of Medicine Herbalism*. 6(4); 94-98.
14. Mckeeon K. (1994). Herbal management of diabetic leg ulcers. *Australian journal of medicinal herbalism*. 6 (4); 99.
15. Rao P and Arshad S. (1996). Utilization of the foliage from some wild tropical plants in Bay islands. *J. Economic and Taxonomic Bot.*, 20(2); 337-340.