

Treatment of piles through folk medicine Among Adi Tribe of Arunachal Pradesh

By Y J Lego

Treatment of piles through folk medicine Among Adi Tribe of Arunachal Pradesh

INTRODUCTION

With the pace of time the indigenous knowledge on nature and its related endeavour has been diminishing vigorously as a consequence, the present day generation does has little or no knowledge regarding traditional healing system nor about the ethno botanical bio-diversity existed or presently exist in our environment .As such there has been a vast gaps of community knowledge system ,which needs to be readdressed through hectic awareness cum training activities from place to place and time to time ,lest the ethical values in relation to the nature would readily be reduced to such an extent that there will be no way out left for recovery of traditional knowledge system as well as of ecosystem.

There are many issues to be readdressed regarding conservation, preservation of plants, forest and entire environment through various methods .As a part of study, nature's signals, through animal's sound, its movement, time of flowering, fruiting of varied plants, which are manifested as indicators of many kinds 'of omens, joy, sorrows, un-natural death of person and significant calendar etc. which were very easily understood by the forest inhabitants and who were dwelling well vicinity to the forest and nature, such as howling of Fox ,Gibbon near the village indicate omen to be occurred in the village, and the villagers take precautionary measures accordingly through various traditional system of observation and celebration of taboos etc.

Flowering of Madar plant indicates onset of spring season and breeding period of prawn, Hunting was a part of forest dwellers but they were well acquainted with the nature's calendar that the hunting and fishing were restricted during breeding period of animals, bird, and aquatic animals but contrast is the situation now. Indiscriminate hunting is also contributed to the dreaded destruction of ecosystem as such illiterate people during that time were wiser than the qualified people of present day.

Nature itself is a huge God's library, loaded with many books of open elements of knowledge and wisdom, in the form of plants, animals, man, birds, rivers, streams, mountains, stones, gravels, air, water, fire, even each inhabitants of soil and each element is a rich source of knowledge and wisdom, any one is destined to learn something from one another in lieu to the earning of wisdom for sustained joy and happiness and ecological balance in the entire ecosystem.

Man has been using many plants for curing his ailments and many health disorders since time immemorial through trial and error basis and some has been identified from the edible quality of plants as vegetable, spices, and beverages etc from which they could gained certain health tips and recorded and passed on to the next generation orally. And some has been working through instinct and intuition they possess coherently. Some wise people say that symptom and sign of each ailment is tugged up and manifested in each plant, if you can observe and see from the pure eye you can see it clearly and use them readily for curing human as well as animals. More over plants are rich source of knowledge and wisdom, hundreds of thesis can be written out from each plant viz, from leave, flower, fruit, seed, bark, root, colour and time of flowering, fruiting, ripening etc. from its healing to other chemical characteristics, As such it can give hundreds of thesis to the younger generation at large.

Abstract

Piles are varicose veins of anus or rectum which appear like little lumps or balls, piles can be both internal and external and in the form prolapse of rectum in some cases .many plants are used by the Adi tribe of East- Siang District .Since time immemorial which have been earthed out from various observations, from the food habit of the indigenous people as well as from ethno botanical knowledge of the people of the District , for the curing of piles such as calotropis gigantea,Euphorbia hirta,jatropha caracas ,Enteda spp.,Emilia spp.,gloriza superba, Typhonium trilobatum, Roots of musa sapientum ,coptis teeta, Moringa oleifera , 14. Punica granatum Linn, leaf ,root bark, seeds and root bark of Melia azadirachta ,smilax perfoliata ,and Curcuma longa Ageratum conyzoides and Tinospora cordifolia ,Benincasa hispida,carica papaya,Aegle marmelos,cuscuta reflexa ,Stephania japonica etc. Cause of piles is gastritis, acidity, and constipation, heavy intake of sweets, banana, meat,eggs, alcohol and sedentary habits.

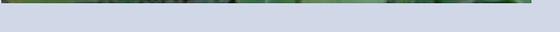
Certain food criterion has to be maintained during the course of medication and in general as follows:-

- a. Avoid intake of sweet items local beverage, Jung foods ,banana, meat, eggs
- b. Maintain timely food habit, use fruits and vegetable off and on, basically of seasonal fruit and vegetable
- c. Use Black til , cucumber, carrot, nuts, lemon ,other citrus and pine apple from time to time

Methodology

Extensive survey with observation as well as participation in the social functions of the Adi tribe especially with the older folk were used for recording & collection of data and information. Mostly, questionnaires containing open-ended questions was used to record and collect the data and information on the healing practice of piles through traditional knowledge system among the Adi tribe of three circles of East-Siang District, Arunachal Pradesh, the Circles were, Yagrung, Sille-Oyan, and Mebo

MEDICINAL PLANTS USE IN THE TREATMENT OF PILES AMONG ADI TIRBE OF EAST-SIANG DISTRICT, ARUNACHAL PRADESH

Name of plants	Scientific Name	Part use	Methods of administration	Picture of plants
Akon atang	Calotropis gigantea	Latex	Plug the leave and collect the latex ,dilute with water @ 1: 5 ratio and take after one hour of food before bed once day for three consecutive days or in case of pistula,the latex is used at affected part and in case of prolapse of rectuum ,the leave is heated and sacked at affected part	
Torgap	Jatropha carcus	Latex,stem	a. Cut the stem and collect the latex as same as above and use in the same pattern b.Cut the stem and brush the infected anal part with the stem for three days	
Korek	Euphorbia hirta	Whole plants	Collect the plants and wash in water, crush the whole plants and take glass of infusion before half an hour of food for one week to a month depend on the days of ailments of the patient	
Indel appun	Gloriza superba	Tubers	Cut the tuber in to small pieces and mix with the dubbed wheat flour and roll into small balls of tablets size and use one tablet a day in the evening after one hour of food before bed, for three to seven days a month depend on the period of ailment of the patient	
Perok meyo	Emilia spp	Whole plant	Uproot the plant and wash in the water and crush and squish out the infusion and a glass a day in the evening after one hour of food for three to seven days depend on the ailment status of the patient	

Monam Enge	Typhonium Trilobatum	Corms	Take out the corms of the plant and wash in water and cut out a small piece and roll in the dubbed wheat flour as in the cash of Gloriza suoerba and take one tablet in the evening before bed after one hour of food
Damdum	Enteda spp	Whole plants	The plant is uprooted and wash in the water, crushed ,take out the infusion ,take one glass a day for few days
Kopak	Musa sapientum	Roots	Take out the roots and properly wash in the water and crush,use the infusion ,half glass a day for three to seven days depend on the period of ailment of the patient
Mishimi Teeta	Coptis teeta	Roots/leave	Soak a little piece of root in the water and take the infusion in the morning after one hour of food,use for three to seven days in a month depend on the status of patient
Drumstick	Moringa oleifera	Bark and root bark	Take ou the bark or root bark crush and boil and take the decoction a glass or half depend on the status of patient, in the evening after one hour of food for few days a month
Bel	Aegle marmelos	Immature fruit	Crush the fruit and soak overnight in water and take the infusion a glass or a half depend on the status of patient for few days a month
Pome granate	Punica granatum Linn	Root bark and fruit	Collect the root bark and fruit crush and use the infusion half a glass for few days in a month



Turmeric	<i>Curcuma longa</i>	Rhizome	Crush the rhizome and soaked overnight and use the infusion for few days per month	
Abari(Mohaneem)	<i>Azardirecta indica</i>	Fruit	The fruit is dried and crush in to powder, and is used half a tea spoonful a day for few days per month depend on the status of patient	
Donyi riki	<i>Tinospora cordifolia</i>	Stem	Stem is cut in to pieces and crushed ,and boiled and use the decoction a glass or a half for few days	
Ash gourd/Par/Pao	<i>Benincasa hispida</i>	Pulp juice/leave	Take out the palp juice and dilute with water,and take a glass or a half for few days per month depend on the period of ailment of the patient or crush the leave and use the infusion a glass or half for three to seven days per month	
Dongal Engin/Taso maky	<i>Smilax spp.</i>	Tubers	Raw tuber is crush and use the infusion a glass or a half depend on the status of the patient three to seven days a month	
Illi/Namnying ing	<i>Ageretum conyzoides</i>	Leaves	Leaves are crush and brush the infected anal part in the evening before sleep and crush the leaves ,take the infusion with water a glass or half three to seven days per month	

Taleng rimang	<i>Cuscuta reflexa</i>	Whole	Crush the whole plant and make infusion and use a glass or half a day for three to ten days a month	
Papita/papaya	<i>Carica papaya</i>	Fruit/seeds	Take immature fruit from time to time and use matured seed 5-8 Nos and crush soak in water for few minutes and use for 2-3days a month and this is restricted for pregnant woman	
Hira Tarpa	<i>Stephania japonica</i> etc	Tubers	Cut out a piece of tuber and bites and intake it once a month or grounded the piece soak in water for few minutes and take a glass or half depend on the status of the patient	

CAUSES OF PILES

t Causes of Piles are many folds, some of them are as

There are two main types of piles which are

1. Dry piles (External and
2. Wet plies . (Internal)

1. Gastritis and acidity ,constipation, due to untimed food habits, heavy intake of Jung food ,in fact Gastritis is the Gate Way to all the ailments

2. Heavy use of meat, eggs, banana, sweets alcohol are also found to be the causes of development of piles

Prophylactic measures

Certain prophylactic measures have to be followed to avoid development of any kinds of piles

1. Use seasonal fruits and vegetables

2. Maintain timely food habit and routine

3, Take sesamum, pineapple, delinia, cucumber, ashroud, papita, carrot, radish, lemon, off and on, pomegranate, bel . And any leafy vegetables.

4. Avoid more intake of sweets, banana , local beverage, and jung & fast foods