

Ethnomedical Plants are used by Tribal Women in the Nuapada District to Treat Menstrual Problems

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ABSTRACT

The menstrual cycle refers to the monthly series of changes a woman's body undergoes to prepare for the potential of conception. The monthly release of an egg from one of the ovaries is known as ovulation. The uterus is also getting ready for pregnancy at the same time as hormonal changes. If the egg is not fertilised, the uterus' lining sheds through the vagina following ovulation. It's now menstruation. There may, however, be additional, more serious menstruation problems. There may be additional issues causing the irregular menstrual cycle if there is excessive or insufficient bleeding, complete lack of a period, or any combination of these. These problems need to be handled properly because they seriously affect female health and fertility. The traditional remedies indigenous women employed to relieve their menstrual discomfort were the focus of this investigation. Unrecognized tribes of the Nuapada District of Odisha are widely known for having a thorough understanding of medicinal plants. A survey was conducted in the Nuapada district's tribal territory from January to February 2021 to learn more about the medicinal plants utilised by tribal women to manage menstrual issues. In their trial to treat abnormal menstrual cycles, they used 10 animals from 8 different groups.

Keywords- Menstruation, Women health, Health, Reproduction, Ethnomedical Plants

I. INTRODUCTION

The monthly series of adjustments a woman's body makes to get ready for the possibility of pregnancy is known as the menstrual cycle. Ovulation is the term for the monthly release of an egg from one of the ovaries. Hormonal changes also prepare the uterus for pregnancy at the same time. The lining of the uterus sheds through the vagina after ovulation if the egg is not fertilised. It's menstruation right now. But there can also be other, more severe menstrual issues. Too much or too little bleeding, or the entire lack of a cycle, may indicate that there are additional problems causing the irregular menstrual cycle. These issues should be appropriately managed because they have a serious impact on female health and fertility.

Begum et.al (2016) reported Medicinal plants play an important role in management of menstrual disorder like as dysmenorrhea or Amenorrhea [1]. Vidyasagar et.al (2012) reported Twenty six species of folk drug plants belonging to 24 genera and 21 families were found to be used as a remedy for menstrual problem by the tribal and rural women [2]. De Souza et.al (2013) reported Eight plants used for relieve menstrual cramps [3]. Flores et.al (2014) indicated about complications provides evidence for the expectations of actions and effectiveness of locally culturally salient medicinal plants [4].

This study focused on the traditional treatments that indigenous women used to alleviate menstrual issues. In the Nuapada District of Odisha, unrecognized tribes are well known for their extensive knowledge of medicinal herbs.

II. METHODOLOGY

Study Area

Nuapada District is situated in the state of Odisha in India. It is located in the western part of Odisha. Between latitudes 20° and 21° 5' and longitude 82° 40' E, it is situated. Nuapada is bordered to the east by the districts of Bargarh, Bolangir, and Kalahandi in Odisha, and to the north, west, and south by the districts of Raipur in Chhattisgarh. 3,852 square kilometres make up the entire area of this region. Currently, there are five Tahsils, five Blocks, and one subdivision (Nuapada) that make up the Nuapada District. These are Nuapada, Khariar, Komna, Boden, and Sinapali (Khariar, Sinapalli, Boden, Nuapada and Komna). There are 1,44,299 rural households in the District as a whole, according to the 2011 Census.

III. DATA COLLECTION

Between January and February of 2021, data for the study were collected. A strong bond was built

with the older tribal members who used herbal medicine during routine excursions to the research location. The fieldwork included conducting interviews with local locals. The botanist "VAIDYAS," the old woman known as Kabiraj, and the plant traders. Plant specimens were collected, and their identities were determined using the flora of the area and some of the more knowledgeable experts (Saxena and Brahaman, 1996) [5]. They learned about their most prevalent disorders and potential treatments through indirect means because these drugs made it difficult to get at the truth directly. Throughout this survey,

IV. RESULT

In the present of course of investigation, tribal women of Nuapada district, Odisha had been used 10 species of herbs belonging to 8 families for treatment of mensrual anomaly which is represented in table no. 01.

Table no: 01 Medicinal plants used by tribal woman of Nuapada district of Odisha for treatment of menstrual problem.

Sl. No.	Local Name	Scientific Name	Family	Part Used	Application
1	Tentuli	<i>Tamarindus indica</i>	Fabaceae	Seed	Check Menstrual Bleeding
2	Aphamarga	<i>Achyranthes aspera</i>	Amarenthaceae	Root	Used in Menstrual problem
3	Ashoka	<i>Saraca asoca</i>	Fabaceae	Leaf	Used to treat menstrual problem
4	Ada	<i>Gingibera Oficinale</i>	Gingiberaceae	Rhizome	Used to reduce menstrual pain
5	Sounf	<i>Foeniculum vulgare</i>	Umbelliferaceae	Seed	Used to treat menstrual problem
6	Ghee kuanri	<i>Aloe vera</i>	Asphodelaceae	Leaf	To treat scanty menstruation
7	Neem	<i>Azadirachta indica</i>	Meliaceae	Leaf	To treat irregular menstruation
8	Haldi	<i>Curcuma longa</i>	Gingiberaceae	Rhizome	Used to reduce menstrual discomfort
9	Lajkuli Lata	<i>Mimosa pudica</i>	Mimosaseae	Root	To treat menstrual discomfort
10	Duba Ghasa	<i>Cynodon Dactylon</i>	Poaceae	Whole Plant	Used to stop excess bleeding

V. CONCLUSION

In order to learn about the medicinal plants used by tribal women to treat menstrual problems, a survey was carried out in the tribal territory of the Nuapada district from January to February of 2021. They employed 10 species from 8 groups in their experiment to treat menstrual irregularities. Knowing about plant medicine gives them a cheap, effective treatment option for their menstrual irregularities. Women's health and fertility are enhanced by regular menstruation.

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