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Research Paper

**GYNAECOLOGICAL USES OF PLANTS IN PALGHAR DISTRICT,
MAHARASHTRA, INDIA**

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Abstract

The aim of this study was to gather indigenous knowledge on the treatment of various gynecological illnesses and how indigenous people in Palghar area dealt with them. Interviews, group discussions, and close interaction with local informants were used to collect data from 2016 to 2022. The indigenous people place a high value on reproductive health. The current study provides information on the various components of plants like leaves, fruits, roots and bark that are utilised by residents in Palghar District as gynaecological medicine.

Key words: Gynecological disorders, medicinal plant, menstrual disorders.

INTRODUCTION

In ancient Indian medical systems such as Ayurveda, Unani, and Siddha, herbal remedies have been used to treat and cure a variety of illnesses and physiological problems. Even though allopathic treatment is available, it is believed that over 80% of the population of the underdeveloped countries still rely on their surrounding vegetation/forests and pastures for their main health care requirements under the traditional health care system. The majority of them rely on medicinal plants due to their effectiveness and lack of contemporary health-care options, and cultural preferences. These ethnic groups have a rich history of herbal treatments. Varied groups in Palghar have different beliefs, customs, and treatments for various ailments, which helps us understand the human-nature interaction in the past. Natural treatment has recently gained popularity as a means of overcoming the negative effects of allopathic medication. Therapy today is shifting to a more natural approach and ayurvedic medicines as allopathic practitioners re prescribe herbal medicine. For eg: Ashokarishta

which is used for menstrual disorders has *Saraca asoca* flowers as main ingredient. Ethnobotany has discovered/provided a number of essential modern medications since its inception, with a specific emphasis on the documenting of traditional medicinal knowledge of plants.

STUDY AREA

Vasai-Virar, Palghar, Dahanu, Talasari, Jawhar, Mokhada, Wada, and Vikramgad are the eight talukas that make up Palghar district, Maharashtra-India. According to the 2011 census, the district has a population of 2,990,116 people. Warli, Thakur, Katkari, Mahadev Koli,

MalharKoli, Dhodia, and Dubla are the major tribal groups in the district. This area has a hot and humid environment. The average temperature is 27.3°C, ranging from 17.1°C to 36.4°C, with an average rainfall of 2293 mm and a relative humidity of 70.4 %, ranging from 26.9% to 97.1 %.

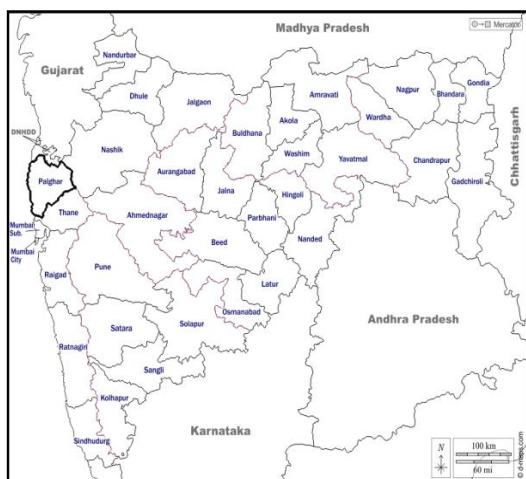


Fig: 1 - Map of Maharashtra

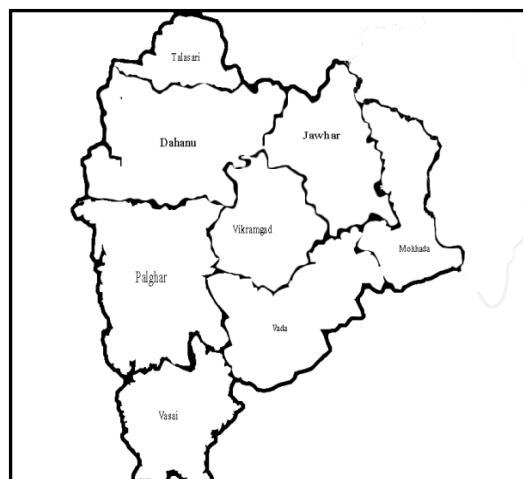


Fig: 2- Map of Palghar District (Study Area)

MATERIALS AND METHODS

Ethnobotanical research was conducted to record information on plant parts utilized by the local tribal people of Palghar area that have gynecological therapeutic potential. Several indigenous communities' daily practices were observed throughout the field survey. It has been reported that plant components are utilized as treatments for a variety of gynecological illnesses. Elderly people, tribal leaders, local medical practitioners known as *Vaidyas* or *Vaidus*, and other herbal medicine experts were contacted, interviewed, and data was recorded.

Several field studies were conducted in various seasons to cover various communities. Plant specimens of herbs, shrubs, and trees were collected and identified with the assistance of tribal people, and were authenticated using accessible literature and herbarium specimens at Blatter Herbarium, St. Xavier's College's (Autonomous), Mumbai.

Table 1: Details of plants used for gynecological treatment (a few andrological uses included) (Families are arranged in alphabetical order)

Sr. No.	Accepted name: www.plantsoftheworldonline.org	Habit	Family	Marathi/Local name in the study area	Gynaecological use (a few andrological)
1	<i>Hygrophila auriculata</i> (Schumach.) Heine	H	Acanthaceae	<i>Likhara, Vikhra Talimkhana, Kolsunda, Ekhara,</i>	The powder of the seeds is given for fertility for men to increase sperm count.
2	<i>Justicia adhatoda</i> L.	S	Acanthaceae	<i>Adulsa</i>	The decoction of leaves promotes menstrual flow. Leaves, roots and flowers are antispasmodic. Thus, used to reduce menstrual pain. Root extract is used for easy delivery and to reduce pain during child birth.
3	<i>Thunbergia grandiflora</i> Roxb.	C	Acanthaceae	<i>Konsunda</i>	Apply the root paste in the vagina overnight to abort the foetus.
4	<i>Barleria prionitoides</i> Engl.	S	Acanthaceae	<i>Pivali Koranti, Kate-koranti</i>	Decoction of the flowers is used to treat menstrual disorders.
5	<i>Eranthemum roseum</i> (Vahl) R.Br. ex Roem. &Schult.	S	Acanthaceae	<i>Dashamali, Thandikarav, Dasmuli, JangaliAboli</i>	Decoction of the flowers are used to treat menstrual disorders
6	<i>Amaranthus cruentus</i> L.	H	Amaranthaceae	<i>Mat baji, Choulee, Tanduliya, Tandulga, Rajgira</i>	Seeds and leaves are used to reduce excessive menstruation.
7	<i>Amaranthus tricolor</i> L.	H	Amaranthaceae	<i>Lal mat, Chaulee, Tandulga,</i>	The root is used for abdominal pains and abnormal stoppage of menstruation and for

					any disorder in urethra and vagina. Decoction of root is given to lactating mothers to increase the flow of milk.
8	<i>Achyranthes aspera</i> L.	H	Amarantheceae	<i>Ageda, Aghadha, Kutri, Chirchita, Aghadha, Apamarga, Pandhara-aghada</i>	Leaf/root extract is given for easy delivery and less pain during delivery. To treat absence of menstrual period.
9	<i>Allium cepa</i> L.	H	Amaryllidaceae	<i>Kanda</i>	It is used to promote menstrual flow.
10	<i>Anacardium occidentale</i> L.	T	Anacardiaceae	<i>Kaju</i>	Bark extract is given orally to stop excessive bleeding during menstruation.
11	<i>Annona reticulata</i> L.	T	Annonaceae	<i>Ramphal</i>	The ripe fruits are very important for expectant mothers as it is believed to give proper skin, eyes, hair and body tissues to the foetus and is also used against the common morning sickness. Eating the fruit treats nausea, numbness, mood swings and food cravings during pregnancy.
12	<i>Annona squamosa</i> L.	T	Annonaceae	<i>Sitaphal</i>	Root extract is used to treat irregular menstruation.
13	<i>Foeniculum vulgare</i> Mill.	H	Apiaceae	<i>Badishep, Souf, Variali</i>	Eating the seeds or extract reduces gripping stomach pain during menstruation. It increases milk for nursing mothers. The decoction of the seed in tea helps to regulate menstrual problems. This also promotes menstruation.
14	<i>Cynanchum annularium</i> (Roxb.) Liede	T1	Apocynaceae	<i>Shirivel, Shirali, Shirishidodi, Dudurli</i>	Root and leaf extract together or alone is used to increase milk

	& Khanum				for feeding mothers.
15	<i>Holarrhena pubescens</i> Wall. ex G.Don	S	Apocynaceae	<i>Kalakuda, Kurchi, Kuda, Kodaga, Pandhararkuda, Dola -kuda</i>	Leaf extract is given to feeding mothers to increase milk. Leaf extract or seed extract strengthens body health and to regulate menstruation. The decoction of seeds is given to regulate menstruation. Bark extract of this plant with <i>kalam</i> bark extract and <i>khandol</i> gum mixed in an entire glass of water taken orally regulates menstruation.
16	<i>Alstonia scholaris</i> (L.) R.Br.	T	Apocynaceae	<i>Sapthaparn, Satvin</i>	The decoction of the young leaves increases milk in feeding mothers
17	<i>Carissa carandas</i> L.	S	Apocynaceae	<i>Karavand, Shobhechekarv and, Boranda</i>	Root extract regularises menstruation and sustains pregnancy.
18	<i>Wrightia antidysenterica</i> (L.) R.Br.	T	Apocynaceae	<i>Pandharakuda</i>	Consumption of inner bark extracts increases milk in feeding mothers.
19	<i>Hemidesmus indicus</i> (L.) R.Br.	T1	Apocynaceae	<i>Ananthamul, Upalasari Ananathavel, Bhutmali</i>	The decoction of the root is given to reduce white discharge.
20	<i>Cryptolepis buchananii</i> R.Br. ex Roem. &Schant.	C	Apocynaceae	<i>Mendhvel, Kao-vel, Kawala Kava -vel, Kavali, Karamta, Kanti, Dudh-vel</i>	The flower extract is used to induce menstruation
21	<i>Phoenix dactylifera</i> L.	T	Arecaceae	<i>Khajari, Sindhi, Khajur, Khajuri</i>	Dry root powder is given to lactating mothers to increase milk.
22	<i>Borassus flabellifer</i> L.	T	Arecaceae	<i>Tadi, Tad, Tar,</i>	The flowers and roots are used to prevent pregnancy and to prolong menstrual cycle.
23	<i>Aristolochia indica</i> L.	T1	Aristolochiaceae	<i>Nagdaman, Ishwari Sapsan, Sapsin,</i>	Root extract is used for menstrual disorders such as irregular

				<i>Sapasun</i>	menstruation and excessive flow of blood during menstrual periods.
24	<i>Asparagus racemosus</i> Willd.	H	Asparagaceae	<i>Shatavar, Satavari</i>	Tuber, root and stem extract is used for better lactation during breast feeding, to cure hormonal imbalance and irregular menstrual disorders. To control excessive bleeding during menstruation .It increases fertility in men and women. Root extract mixed with milk and sugar/jaggery given to lactating mothers to increase milk and also for general nutritional value. 5cm.fresh root is made into paste and given with milk for leucorrhoea.
25	<i>Heterophragma quadriloculare</i> (Roxb.) K.Schum.	T	Bignoaceae	<i>Varsa, Varas, Murus, Panlag</i>	The leaves and fruits are used for any gynaecological disorders especially for leucorrhoea and menstrual disorders.
26	<i>Bombax ceiba</i> L.	T	Bombacaceae	<i>Kate savar, Kapok, Semul, Auri, Shaalmali, Saanvar, Saanvari, Saura</i>	Juice of the flowers is taken to regulate menstrual disorders. Seeds are sometimes used as abortive. Dry fruit powder is used for sexual disorders in males and females.
27	<i>Opuntia elatior</i> Mill.	S	Cactaceae	<i>Nagphani, Nagphana, Phadyanivadung</i>	The pulp is a medicine for vaginitis.
28	<i>Capparis zeylanica</i> L.	S	Capparaceae	<i>Kaduvaghanti, Govindi, Vaghanti</i>	The dry plant powder is used for any type of male sexual disorders.
29	<i>Carica papaya</i> L.	T	Caricaceae	<i>Papai, Papeeta</i>	Seeds and fruits promote menstrual flow. Seeds are

					abortive. Leaf extract in water is a treatment for white discharge.
30	<i>Celastrus paniculatus</i> Willd.	S	Celastraceae	<i>Karkangul, Mal-kangoni, Kangani</i>	The leaf decoction helps in menstrual flow. The bark decoction induces abortion.
31	<i>Gloriosa superba</i> L.	H	Colchicaceae	<i>Gauri, Iday, Indovi, Kalava, Karkari, Kal-Lavi, Wagh-chapke, Wat nakhi, Bachnag</i>	Tuber is used as a laxative and to induce labour pain. It is also used to induce abortion. The root paste with black pepper and goat milk or in ghee is given to induce abortion.
32	<i>Terminalia catappa</i> L.	T	Combretaceae	<i>Jangali Bada, Badam</i>	The kernel of the fruit mixed with bee-wax is recommended as a mild laxative and increases milk in lactating mothers.
33	<i>Getonia floribunda</i> Roxb.	S	Combretaceae	<i>Ugsi, Uksi, Jhaal, Ukshi</i>	The flower juice is used for menstrual disorders.
34	<i>Cucumis maderaspatanus</i> L.	C1	Cucurbitaceae	<i>Gomet, Gometi, Gaiyoghir, Chirati, Pangori, Bilavi</i>	The whole plant with the fruits boiled in water is given orally to feeding mothers in the morning and evening to increase milk.
35	<i>Momordica charantia</i> L.	C	Cucurbitaceae	<i>Karle</i>	The leaf decoction or extract is used to help with pregnancy.
36	<i>Luffa acutangula</i> (L.) Roxb.	C1	Cucurbitaceae	<i>Dodka, Turai, Shirol</i>	The decoction of the stem and leaves are used to stop menstrual flow or to delay menstruation or to restore abnormal stoppage of menses or to restore absent menstrual periods and also to prevent anaemia. Nursing mothers use it to increase milk flow.
37	<i>Mucuna monosperma</i> Roxb. ex Wight	T1	Fabaceae	<i>Kuili, Khajkuhiri, Moti-kuilli</i>	Seed powder is given orally for leucorrhoea, to increase sperm count

				<i>Kavacha</i>	and for menstrual disorders.
38	<i>Pithecellobium dulce</i> (Roxb.) Benth	T	Fabaceae	<i>Vilayathichinc, Junglijilebi, Ingraji chinch</i>	Fruits and seeds are good for pregnant women. The leaves together with salt in larger doses can induce abortion.
39	<i>Teramnus labialis</i> (L.f.) Spreng.	T1	Fabaceae	<i>Vanori, Bhutkudivel, Khadakpayra, Makali, Ran-Udid</i>	Fruits and seeds strengthen male fertility.
40	<i>Lablab purpureus</i> (L.) Sweet	T1	Fabaceae	<i>Sem, Val-papadi, Pavta, Popat</i>	Infusion of the leaves and consumption of the cooked seeds checks excessive bleeding during menstruation and reduces acute abdominal pain.
41	<i>Smithia sensitiva</i> Aiton	H	Fabaceae	<i>Kaval, Kawala, Lajal, Kaula, Chimurli</i>	Drinking the leaf decoction stimulates flow of milk in feeding mothers.
42	<i>Caesalpinia pulcherrima</i> (L.) Sw.	S	Fabaceae	<i>Sankasur,</i>	The infusion of the leaves or the bark is used for abortion. The leaf infusion is used to promote menstrual flow. Decoction of the flowers is used for irregular menstruation.
43	<i>Lathyrus oleraceus</i> Lam.	C	Fabaceae	<i>Mattar, Watana,</i>	The seeds are contraceptive and spermicidal.
44	<i>Trigonella foenum-graecum</i> L.	H	Fabaceae	<i>Methi</i>	Women who are breast-feeding use fenugreek to promote milk flow. It is used to increase fertility. Boil fenugreek seeds in water, cool and drink to reduce white discharge in women or soak fenugreek seeds in water overnight, strain and drink in the morning in empty stomach to reduce white discharge.

45	<i>Delonix regia</i> (Bojer ex Hook.) Raf.	T	Fabaceae	<i>Gul-muhar</i>	The red coloured dye of the flower is used for leucorrhoea.
46	<i>Abrus precatorius</i> L.	T1	Fabaceae	<i>Gunj, Gunja,</i>	The seeds are used to reduce painful bleeding during menstruation.
47	<i>Saraca asoca</i> (Roxb.) W.J.de Wilde	T	Fabaceae	<i>Ashoka, Jasondi, Asupala, Seethacha, Ashok</i>	Extract of the flowers is given orally for menstrual disorders or to avoid excess blood flow.
48	<i>Senegalia catechu</i> (L.f.) P.J.H.Hurter & Mabb.	T	Fabaceae	<i>Khair, Kaka khair, Kutch Khair- babul</i>	Eating dry gum or stem without the bark or with betel leaf or with gum (katha) in laddu to increase milk in lactating mothers.
49	<i>Butea monosperma</i> (Lam.) Kuntze	T	Fabaceae	<i>Palash, Palas, Dhak, Kakria,</i>	Bark extract is orally taken to regulate menstruation (two spoons in the morning and evening).
50	<i>Curculigo orchoides</i> Gaertn.	H	Hypoxidaceae	<i>Kali- musali</i>	Rhizomes are used for menstrual disorders.
51	<i>Ocimum basilicum</i> L.	H	Lamiaceae	<i>Ram Tulas, Sabja, Kamakasturi</i>	The decoction of crushed seeds or leaves is applied on the breasts to activate the mammary gland to increase the milk flow. Grind tulsi leaves with water and add some honey or milk to it and drink it twice every day to treat white discharge.
52	<i>Mentha arvensis</i> L.	H	Lamiaceae	<i>Pudina</i>	Eating the leaves or leaf extract eases painful menstruation. Taking mint tea increases flow of milk for lactating mothers.
53	<i>Vitex negundo</i> L.	S	Lamiaceae	<i>Nirgudi, Vanay</i>	Leaves are used to reduce white discharge.
54	<i>Ocimum basilicum</i> var. <i>thyrsiflorum</i> (L.) Benth.	H	Lamiaceae	<i>Ram Tulas, Sabja, Kamakasturi</i>	The decoction of leaves or crushed seeds applied on the breasts to activate the mammary gland to

					increase the milk flow.
55	<i>Careya arborea</i> Roxb.	T	Lecythidaceae	<i>Kumbhi</i>	The flower juice is given for menstrual disorders.
56	<i>Dendrophthoe falcata</i> (L.f.) Ettingsh.	S	Loranthaceae	<i>Bhadgul, Banda, Betungli, Menda, Kawarak,</i>	Flowers are used for irregular menstruation.
57	<i>Woodfordia fruticosa</i> (L.) Kurz	S	Lythraceae	<i>Dhayti, Lalzilbuli</i>	Flower decoction is used to reduce menstrual pain and for leucorrhoea.
58	<i>Punica granatum</i> L.	S	Lythraceae	<i>Anar, Dalimba</i>	The decoction of the bark used for white discharge.
59	<i>Abelmoschus manihot</i> (L.) Medik.	H	Malvaceae	<i>Ran bhendi</i>	The root decoction is taken for inflamed mucous membrane of urethra and vagina and for any genital problems.
60	<i>Gossypium hirsutum</i> L.	H	Malvaceae	<i>Kapas, Kapasi, Kapus</i>	Seed infusion reduces excessive bleeding during menstruation and eases painful menstruation
61	<i>Firmiana colorata</i> (Roxb.) R.Br.	T	Malvaceae	<i>Kavish, Kaushi</i>	Bark extract is used to reduce white discharge.
62	<i>Hibiscus rosa-sinensis</i> L.	S	Malvaceae	<i>Jasvand, Gurhal</i>	Eat two flowers or extract of flowers (white or red) to reduce white discharge in women.
63	<i>Hibiscus hirtus</i> L.	S	Malvaceae	<i>Naroda</i>	Drink root extract to regularise the irregular menstruation.
64	<i>Sida rhombifolia</i> L.	H	Malvaceae	<i>Chikanol, Lepti, Shahadebi,</i>	Decoction of bark helps in regulating menstruation.
65	<i>Sida cordifolia</i> L.	H	Malvaceae	<i>Chikana</i>	Infusion of the roots used to treat leucorrhoea.
66	<i>Abelmoschus esculentus</i> (L.) Moench	H	Malvaceae	<i>Bhindi</i>	Boil ladyfinger in water and eat and drink the whole content or soak ladyfinger in yoghurt

					and then consume the whole content to treat white discharge.
67	<i>Abutilon indicum</i> (L.) Sweet	H	Malvaceae	<i>Petari,</i> <i>Shikuli,</i> <i>Karinga</i>	Seeds are used to treat absence of menstrual period.
68	<i>Hibiscus sabdariffa</i> L.	S	Malvaceae	<i>Ambaadi,</i> <i>Lal ambaadi</i>	Leaf extract or flower extract is used to reduce menstrual cramps. It also induces and increases menstrual flow.
69	<i>Azadirachta indica</i> A.Juss.	T	Meliaceae	<i>Kadunimbara,</i> <i>Limba,</i> <i>Kadu-Neem</i>	Fruit rind is used to regularise irregular menstrual cycle. It is also used to treat leucorrhoea.
70	<i>Senegalia rugata</i> (Lam.) Britton & Rose	C	Mimosaceae	<i>Shikakai</i>	An infusion of seeds or fruits or leaves or bark or all of them together is used as a natural form of contraception as its seeds and bark naturally contains a chemical compound called "saponin" that can be very aggressive against semen.
71	<i>Ficus racemosa</i> L.	T	Moraceae	<i>Umber,</i> <i>Umberphale,</i>	The ripe fruit, root or bark extract is used to check excessive bleeding during menstruation.
72	<i>Ficus religiosa</i> L.	T	Moraceae	<i>Pipal,</i> <i>Pimpal,</i> <i>Pimpala,</i> <i>Ashvata</i>	Leaf with bark extract is used in leucorrhoea, impotency, and as an expectorant. Before a week of the menstruation, the receptacles are eaten for few days as a contraceptive.
73	<i>Ficus benghalensis</i> L.	T	Moraceae	<i>Vat, Bad,</i> <i>Bargad,</i>	Fruit latex or plant latex is used to cure leucorrhoea.
74	<i>Morus alba</i> L.	T	Moraceae	<i>White thooth,</i> <i>Saitush</i>	Leaf extract is used to reduce white discharge in women. Fruits and

					leaves are used to help conceive.
75	<i>Morus nigra</i> L.	T	Moraceae	<i>Black thooth</i>	Leaf extract is used to reduce white discharge in women.
76	<i>Moringa oleifera</i> Lam.	T	Moringaceae	<i>Shevaga, Shekat, Shevgi, Achajhada</i>	Fruit is a good source of Calcium, vitamin C, potassium and iron. Thus it has high nutritional value and highly recommended for expectant mothers and increases fertility and milk flow.
77	<i>Musa × paradisiaca</i> L.	H	Musaceae	<i>Kela</i>	The extract of the flowers is a good treatment for menstrual disorders.
78	<i>Syzygium cumini</i> (L.) Skeels	T	Myrtaceae	<i>Jambala, Jambhul, Jambhal</i>	The bark of the tree or tender leaf extract is used to treat white discharge.
79	<i>Psidium guajava</i> L.	T	Myrtaceae	<i>Peru</i>	Boil guava leaves in water and drink twice a day to treat white discharge with itching.
80	<i>Boerhavia diffusa</i> L.	H	Nyctaginaceae	<i>Tambadivasu, Punarnava, Raktapunernava, Ghetuli, Kaparkuti</i>	The whole plant or the root in particular is used to treat white discharge in women. Fruits improve fertility in men.
81	<i>Boerhavia repens</i> L.	H	Nyctaginaceae	<i>Tambadivasu, Punarnava, Raktapunernava, Ghetuli, Kaparkuti</i>	The whole plant or the root in particular is used to treat white discharge in women. Fruits improve fertility in men.
82	<i>Aeginetia indica</i> L.	H	Orobanchaceae	<i>Duthkandri, Duthkandha, Jangalibhutach ephul</i>	Crush the whole plant in water and give orally to feeding mothers to increase milk. The decoction of the plant is used for leucorrhoea.
83	<i>Flueggea leucopyrus</i> Willd.	S	Phyllanthaceae	<i>Pittori, Panderphali</i>	Women are said to eat the fruit in order to promote fertility.

84	<i>Phyllanthus niruri</i> L.	H	Phyllanthaceae	<i>BhuiAwala</i>	The decoction of the stem and leaves are used for abnormal stoppage of menstruation and as treatment for anaemia.
85	<i>Phyllanthus emblica</i> L.	T	Phyllanthaceae	<i>Awala, Amala</i>	The seed decoction is used for leucorrhoea. Consuming the fruit regularly will also treat white discharge.
86	<i>Bacopa monnieri</i> (L.) Wettst.	H	Plantaginaceae	<i>Neer Brahmi</i>	Leaf extract with honey is given to lactating mothers to produce more milk.
87	<i>Oryza sativa</i> L.	H	Poaceae	<i>Dhan, Bhat</i>	Drinking rice starch water is a good treatment for white discharge.
88	<i>Portulaca oleracea</i> L.	H	Portulacaceae	<i>Ghol bhaji, Bhuigholi, Kurfah, Mhotighol</i>	Seeds as powder or extract are given to enhance the menstrual flow.
89	<i>Clematis hedyarifolia</i> DC.	C	Ranunculaceae	<i>Vajada, Bendrichi - vel</i>	Plant extract given orally to prevent pregnancy in women.
90	<i>Mitragyna parvifolia</i> (Roxb.) Korth.	T	Rubiaceae	<i>Kalam</i>	Bark extract fresh or dry with <i>kuda</i> bark extract dry or fresh and <i>kandol</i> gum is mixed in a glass of water and drunk to regulate menstruation.
91	<i>Morinda coreia</i> Buch.-Ham.	T	Rubiaceae	<i>Ashi, Alay, Atay, Aal, Barthondi</i>	Fruit extract is used for menstrual disorders and for leucorrhoea.
92	<i>Pavetta crassicaulis</i> Bremek.	S	Rubiaceae	<i>Papat, Papdil</i>	Flowers are used in menstrual disorders
93	<i>Cardiospermum halicacabum</i> L.	H	Sapindaceae	<i>Kapal- Phodi, Kanphutti,</i>	Leaf extract is given for irregular menstruation or for scanty bleeding during periods.
94	<i>Schleichera oleosa</i> (Lour.) Oken	T	Sapindaceae	<i>Koshimb, Kusumb, Kusum, Koshim</i>	Bark extract is used to stop menstrual excessive bleeding.
95	<i>Physalis angulata</i> L.	H	Solanaceae	<i>Chirbot, Chirbotali, Dolari,</i>	Root of this plant alone or with <i>allen</i> root is tied on the pregnant

				<i>Ran- popti , Kamini</i>	women as a good omen for safe pregnancy and safe delivery (a myth)
96	<i>Typha domingensis</i> Pers.	H	Typhaceae	<i>Eraka</i>	The decoction of the rhizome with few leaves is used for increasing breast milk.
97	<i>Holoptelea integrifolia</i> (Roxb.) Planch.	T	Ulmaceae	<i>Vavli,</i>	The fruit pulp mixed with black salt is used for menstrual pain and disorders.
98	<i>Ampelocissus latifolia</i> (Roxb.) Planch.	C	Vitaceae	<i>Kolanth , Kadavath</i>	Flowers are used to treat female sexual disorders.
99	<i>Cissus quadrangularis</i> L.	C	Vitaceae	<i>Hadsandhi</i>	The stem is used for leucorrhoea.
100	<i>Aloe vera</i> (L.) Burm.f.	H	Asphodelaceae	<i>Karpod, Korphad , Kumari</i>	The juice from the pulp is given orally twice a day 1 teaspoon full to promote menstrual flow. The leaf pulp is good to control excessive bleeding after delivery. It is also good for irregular periods and excessive pain during menstrual periods.

H =Herb, S=Shrub, T= Tree, T1= Twiner, C= Climber, C1= Creeper

Table 2: Number of medicinal species per family

Family	Number of species	Family	Number of species
Acanthaceae	5	Loranthaceae	1
Amarantheceae	3	Lythraceae	2
Amaryllidaceae	1	Malvaceae	10
Anacardiaceae	1	Meliaceae	1
Annonaceae	2	Mimosaceae	1
Apiaceae	1	Moraceae	5
Apocynaceae	7	Moringaceae	1
Arecaceae	2	Musaceae	1
Aristolochiaceae	1	Myrtaceae	2
Asparagaceae	1	Nicotianaceae	2
Bignoaceae	1	Orobanchaceae	1
Bombacaceae	1	Phyllanthaceae	3

Cactaceae	1
Capparaceae	1
Caricaceae	1
Celastraceae	1
Colchicaceae	1
Combretaceae	2
Cucurbitaceae	3
Fabaceae	13
Hypoxidaceae	1
Lamiaceae	4
Lecythidaceae	1

Plantaginaceae	1
Poaceae	1
Portulacaceae	1
Ranunculaceae	1
Rubiaceae	3
Sapindaceae	2
Solanaceae	1
Typhaceae	1
Ulmaceae	1
Vitaceae	2
Asphodelaceae	1

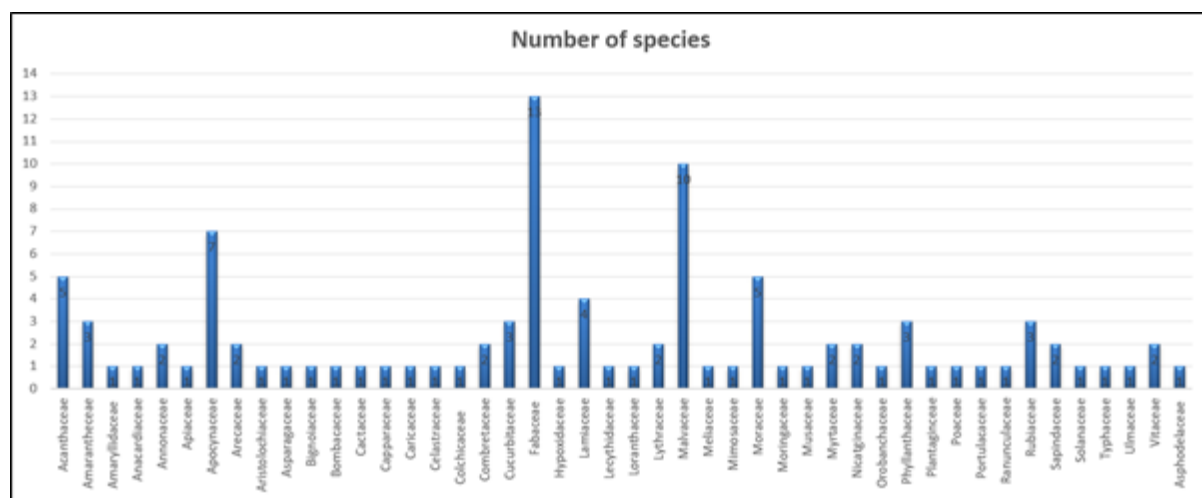


Fig:1

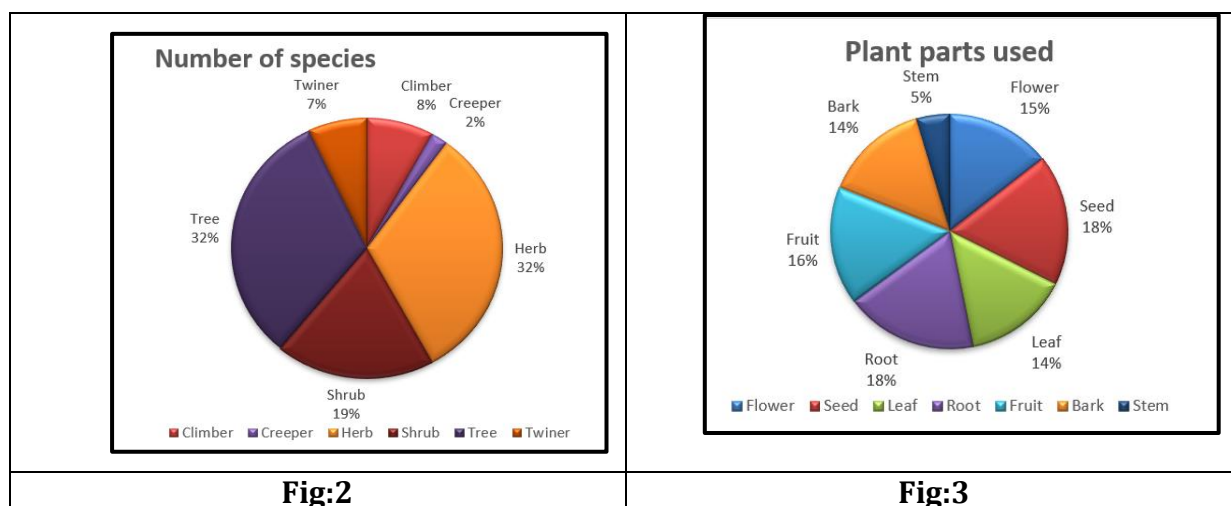


Fig:2

Fig:3

RESULTS AND DISCUSSIONS

The current study provides information on 100 plants from 46 families that have been studied for their gynecological therapeutic properties. These plants were vital to the

existence of the indigenous people who lived in the forest. Because there was no structured or therapeutic organization to guide them, people utilized the plants at random. As the economy of the village is poor, people prefer herbal care to allopathic treatment, and also, they do not get adequate treatment for even common ailments. To treat ailments, people rely on their traditional knowledge of readily available herbal remedies. Fig. 1 refers Fabaceae, with 13 species, Malvaceae, with 10 species, Apocynaceae, with 7 species, Acanthaceae, and Moraceae, each with 5 species, are the most common families utilized by ethnic groups in this area for gynecological therapy. Fig. 2 refers herbs, trees, and shrubs were also identified as significant plant habit types. According to the research data collection conducted, Fig. 3 refers the indigenous people use all portions of the plants for gynecological remedies. The majority of them are accessible as seasonal plants particularly in rainy season while people are beginning to cultivate some. It was evident that the traditional knowledge is dwindling owing to a lack of interest among younger generations and their tendency to migrate to cities in search of work. There is a chance that this treasure of information will be lost in the future. Therefore, it is necessary to document the gynecological use of plant parts. Ethno-medicinal research is important for the identification of novel crude medicines from indigenous medicinal plants that have been described.

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