

**LOCAL HEALTH TRADITIONAL PRACTICES OF URINARY
PROBLEM: A CASE STUDY OF NALBARI DISTRICT (N.E INDIA)****Dr. N. Nath***

Department of botany, Gauhati University, Gauhati-781014.

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Author****Dr. N. Nath**Department of Botany,
Gauhati University,
Gauhati-781014.**ABSTRACT**

The state of Assam with diversified population is also very much rich in its traditional heritages and other traditional practices regarding health care, food preparations, food processing, food preservation, production of local beverages and many more. Here in this paper an attempt has been made to document the local health traditional practices of urinary problem like kidney stone, burning sensation during urination, urine infection and other urinary system related problems. This was done in the district of Nalbari a significant district of western part of Assam. In the study eight (8) herbal preparations are well mentioned. All these recipes are found to be very effective in controlling urinary related problems.

KEYWORDS: Traditional, health, urinary, Nalbari.**INTRODUCTION**

Traditional knowledge is a term generally applied for any knowledge generated outside the context of modern western knowledge. This traditional knowledge can be held by individuals, communities or society as a whole. A WHO report estimate that 70-80% of the populations of the developing countries such as India is dependent on traditional medicines for their primary health care needs. However traditional knowledge is at the risk of becoming extinct because of rapidly changing natural environment fast paced urbanization and invasion of technology and lack of awareness and all. Today's IPR regimes also do not have any mechanism to protect or reward the public domain foundations on which innovations may be based. For example a small change made earlier art and new use of an existing product are independently patentable. Thus traditional knowledge need to be protected in addition to preserving it. India is one of the largest TK holding countries of the world. The state of

Assam with diversified population is also very much rich in its traditional heritages and other traditional practices regarding health care, food preparations, food processing, food preservation, production of local beverages and many more. Here in this paper an attempt has been made to document the local health traditional practices of urinary problem like kidney stone, burning sensation during urination, urine infection and other urinary system related problems. These are some common problems faced by people of late. This is due to over busy lifestyle, ignorance towards health hygiene and many more. But such problems can be prevented or controlled by following certain regular routine or by the use of some simple herbal recipes. These recipes are very easy for preparation because it is seen that the herbs used in most of the recipes are very much common. Thus preserving, safe guarding such traditional knowledge is very much significant. So this type of work is bearing tremendous importance in present day context.

METHODOLOGY

Extensive survey was carried out in different villages of Nalbari district of Western Assam for primary data collection. Data were collected using a questionnaire and meeting the experienced knowledgeable persons in such traditional practices. The Plant items were collected with the help of the practitioners. These were identified following literature and confirmed by comparing them with BSI (Shillong) herbarium. The specimens were made into herbarium following standard Herbarium Techniques (Jain & Rao 1977). Ultimately data were analyzed and presented in the form of tables.

STUDY AREA

Nalbari is very significant district of western part of the state of Assam. It is having a longitudinal extension of $91^{\circ}15'8''$ E to $91^{\circ}30'52''$ E and latitudinal extension of $26^{\circ}12'$ N to $26^{\circ}45'10''$ N latitude. Nalbari district is having an area of 2257 sq. km. Nalbari town is the district head quarter of Nalbari district. This district is having two towns. Nalbari and Tihu. The population growth of the district was more during 1971-1991. This is due to the fact that during this period Nalbari Subdivision was declared as district which was before included under Kamrup district. Various villages under this district were selected as study areas based on secondary informations.

Herbal Recipe-I

Sl. No.	Botanical Name	Family	Vernacular Name	Post used	Quality
1	<i>Kalanchoe pinnata</i> (Roxb) Pers (= <i>Bryophyllum pinnatum</i> Roxb.)	Crassulaceae	Pategoja or Dupor Tenga	Leaves	2 nos

Mode of preparation: From the experience of the patients suffered from urinary problem like burning sensation during urination or even painful urination due to calculus formation this medicine is the best one. In the preparation of this herbal recipe two (2) fleshy leaves of *Kalanchoe pinnata* (Roxb) Pers. (= *Bryophyllum pinnatum* Roxb.) are crushed to get the juice. This juice is mixed with 2 (two) teaspoonful of sugar and allowed to take orally. This is prescribed so at the rate of ½ cup in the morning is empty stomach. This should be continued for 7 days. After taking the medicine the patient is allowed to drink sufficient cold normal water. The patients are not allowed to consume some items like ginger, arum, yam, fish, meat etc.

Herbal Recipe-II

Sl. No.	Botanical Name	Family	Vernacular name	Part used	Quantity
1	<i>Houttuynia cordata</i> Thunb.	Saururaceae	Mosondori	Leaves & tender shoot	5 tender leaves
2	<i>Kalanchoe pinnata</i> (Roxb) Pers. (= <i>Bryophyllum pinnatum</i> Roxb)	Crassulaceae	Pategoja	Leaves	5-6 nos

Mode of Preparation

In the preparation of this herbal medicine both the items that is the leaves of *Houttuynia cordata* Thunb and *Kalanchoe pinnata* (Roxb) Pers. are crushed very well. Then juice is extracted by crushing both the herbs. This juice is prescribed to patients suffering from unbearable pain during urination. This is given at the rate of half glass for adults and for children or teenagers three (3) table spoonful of juice is sufficient. This is followed continuously for 7 days. The patients are prohibited to take spicy food, egg, meat, arum etc.

Herbal Recipe III

Sl. No.	Botanical Name	Family	Vernacular Name	Parts used	Quantity
1	<i>Lawsonia inermis</i> L (= <i>L. alba</i> Lamk)	Lythraceae	Jetuka	Leaves	100gm
2	<i>Kalanchoe pinnata</i> (Roxb.) Pers	Crassulaceae	Pategoja	Leaves	100gm

Mode of Preparation

both the leaves are taken of which *Lawsonia inermis* L 100gm and *Kalanchoe pinnata* (Roxb) Pers. leaves also 100gm. These are mixed and grinded to get juice and mixed with ½ glass of water and a pinch of black salt. This will give 1 glass extract.

This extract is prescribed to take at the rate of 1 glass in empty stomach in the morning. This is to be consumed for 2-3 days. But for children the dose is less and it is only ½ glass once only. The patient should not take oily spicy foods.

Herbal Recipe -IV

Sl. No	Botanical Name	Family	Vernacular Name	Parts used	Uses
1.	<i>Ocimum sanctum</i> L.	Lamiaceae	Kola tulosi	Leaves	7 nos
2.	<i>Leucas plukenetii</i> (Roth.) Spreng	Lamiaceae	Drum	Flowers	9 Nos
3.	<i>Cyperus rotundus</i> L.	Cyperaceae	Moth bon	Roots	
4.	<i>Piper nigrum</i> L	Piperaceae	Jati Juluk	Fruit	2 nos

Mode of Preparation

All these ingredients are grinded finely and make into tablet. This tablets are prescribed at the rate of 1 tablet once daily for one month. This is found very much effective against painful urination or in the formation of urinary calculi or calculus in kidney.

Herbal Recipe -V

Sl. No	Botanical Name	Family	Vernacular	Part used	Quality
1.	<i>Bombax ceiba</i> L.	Bombacaceae	Simolu	Roots	little
2.	<i>Scoparia dulcis</i> L.	Scrophulariaceae	Boncheni	Leaves	50 gm
3.	<i>Asperagus racemosus</i> Wild.	Liliaceae	Satmul	Corm	50 gm

Mode of Preparation

These components- roots of *Bombax ceiba* L, leaves of *Scoparia dulcis* L. and corm of *Asperagus racemosus* Wild. are mixed well crushed. Whole crushed components are mixed with milk and 1/2 litre of water. This liquid preparation is prescribed to patients suffering from burning urination. This is advised to take in the morning once daily and continuously for 4 days.

Herbal Recipe- VI

Sl. No.	Botanical Name	Family	Vernacular Name	Parts used	Quality
1.	<i>Equisetum debile</i> Roxb. <i>ex</i> Vauch.	Equisetaceae		Stem/while plant	100 gm
2.	<i>Piper nigrum</i> L.	Piperaceae	Jaluk	Fruit	50 gm

Mode of Preparation

In this preparation 100 gm plant material of *Equisetum debile* which is a pteridophytic plant is mixed with 50 gm of piper nigrum (Black Piper) is needed. These two ingredients are grinded finely.

Herbal Recipe VII

Sl. No.	Botanical name	Family	Vernacular Name	Part used	Quantity
1	<i>Piper nigrum</i> L.	Piperaceae	Jaluk	Fruits	2-4

Mode of Preparation

2-4 Seeds of Black piper (*Piper nigrum* L) are crushed and mixed with tea. This way the patient suffering from urine infection can get rid of the problem this taking the preparation twice daily.

Herbal Recipe -VIII

Sl. No	Botanical name	Family	Vernacular name	Parts used	Quantity
1	<i>Bambusa nutans</i> Wall.	Poaceae	Jati bah	Soft part towards shoot apex	1
2	<i>Ananas comsus</i> (L.) Vent.	Bromeliaceae	Anarosh	Tender leaves	2-3
3	<i>Cynodon dactylon</i> (L.) Pers.	Cype Cynodon dactylon(L.) Pers.raceae	Duworu bon	Branch apices	9
4	<i>Saccharum officinarum</i> L.	Poaceae	Kuhiar	Vegetative buds	9

Mode of Preparation

All the four plant materials that is one Soft part towards shoot apex of *Bambusa nutans* Wall,. ; 2-3 tender leaves of *Ananus comsus*(L.) Vent., 9 branch apices of *Cynodon dactylon*(L.) Pers. And 9 vegetative buds of *Saccharum officinarum* L.are crushed finely with about 9 raw rice. This crushed is given to patient suffering from stopped urination condition.



Ocimum sanctum L.



Lawsonia inermis L (=L. *alba* Lamk)



Kalanchoe pinnata (Roxb) Pers
(=Bryophyllum *pinnatum* Roxb.)



Leucas plukenetii (Roth.) Spreng

CONCLUSION

In conclusion it can be said that preserving such knowledge is very much significant. Such practices are very useful and very easy to follow up and having little or mostly without any side effect. These are cost effective also. But due to urbanization, invasion of technology these knowledge are facing the problem of extinction. But every step should be taken for preservation and protection of this traditional knowledge.

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