

**Ethno-Medicinal Plants Used For The Psychological (Mental) Disorders
In Barahali Village Of Nanded District (Maharashtra)****L. R. Rathod¹P. D. Parit²**¹Dept. of Botany, Mahatma Phule A. S. C. College, Panvel.²Dept. of Psychology, Mahatma Phule A. S. C. College, Panvel.**Abstract**

An ethno-botanical survey of Barahali village for the Psychological (Mental) Disorders people. The main purpose of this survey was to the traditional use of medicinal plants for mental health in Barahali village people. Medicinal were found to be used to treat some psychological disorder. The medicinal plants like Annona squamosa L., Brassica oleraceae L. Var. Capitata (L.) Alef., Catharanthus roseus (L.) G. Don., Ziziphus mauritiana L and Withania somnifera (L.) Dunal.

Keywords: *Ethano medicinal plants, ethno-botanist, psychological & Mental disorders, Barahali, Maharashtra, India*

Introduction

India is a major center of origin and diversity of medicinal plants. Traditional knowledge of herbal remedy to treat human diseases is fast declining in many parts of the India. Schizophrenia is an elusive disorder of brain development and plasticity. It distresses the most basic human performs of perception, emotion, and judgment. Schizophrenia is a psychological disorder characterized by psychotic symptoms: hallucinations and delusions that definitely affect emotions, behavior, and, most notably, mental processes and mental contents. The world over, from China or Finland to the United States or New Guinea, about 1% of the population will develop schizophrenia at some point in their lives [Perälä et al. 2007, Firoz et al. (2006) and Freeman H. (1994)]. Schizophrenia is one of the top five causes of disability among adults in developed nations, ranking with heart disease, arthritis, drug use, and HIV [Murray et al. 1994]. In India, about 2500 species belonging to more than 1000 genera and about 158 families are used in indigenous system of medicine [Tiwari 1999].

In Psychology, stress is a sensation of strain & pressure. Insomnia or wakefulness is a sleep disorder in which there is an inability to fall asleep or to break asleep as long as desired. Depression is a low attitude and dislike to activity that can affect a person's thoughts. Schizophrenia is a mental disorder generally measured by abnormal social behaviour and failure to know whatever is real.

Materials and Methods

Ethno-botanical survey during January 2015 carried out in Barahali village of Nanded District. For this, frequent field trips were made to 3 selected villages (Sanmukhwadi, Bapshetwadi, Saknur) of the Barahali. Collected data and information include, Botanical name, Local name, Habit, family name and traditionally used medicinal

plants, part used, method of preparation and dosage. Plant specimens were identified consulting with experts, by referring Flora of Marathwada and Flora of Presidency of Madras and Flora of Osmanabad [Gamble and Fischer (1984). and Naik et. al. (1979, 1998)]. The collected specimens were stored at the herbarium centre, Department of Post graduate and Research in Botany, Shivaji College, Udgir.

Experimental Results -

Table 1: Medicinal plants used to treat some psychological (mental) disorders by traditional practitioners of Barahali village.

Sr. No.	Scientific name	Family	Local/ Vern Name	Habit	Mental disorder
1	<i>Annona squamosa</i> L.	Annonaceae	Seethaphala	Shrub/Tree	Depression
2	<i>Brassica oleraceae</i>	Brassicaceae	Wild cabbage	Herb	Insomnia (sleeping habits/ not feeling well)
3	<i>Catharanthus roseus</i>	Apocynaceae	Pink periwinkle	Evergreen shrub of herbs	Bipolar disorder (mood episodes)
4	<i>Sida cordifolia</i> L.	Malvaceae	Heart-leaf sida	Shrub	Schizophrenia
5	<i>Withania somnifera</i>	Solanaceae	Ashwagandha	Shrub	Mental stress.
6	<i>Ziziphus mauritiana</i> L.	Rhamnaceae	Ber or Indian jujube	Tree	Obsessive compulsive (repetitive behaviors') disorder & Schizophrenia

In the present account, 6 Medicinal plants are reported (Table 1). The predominant family is Annonaceae, Brassicaceae, Apocynaceae, Solanaceae, Malvaceae and Rhamnaceae. Data obtained from the survey is compiled in Table 1. All plant species scientific name, family, local name, Habit and mental disorder and mode of administration are provided. *Annona squamosa* L., (Pulp of fruit is administered to eat early in the morning for one month). *Brassica oleraceae* L. Var. Capitata (L.) Alef., (10-20 fresh leaves are taken & make its juice. It is administered to drink with buttermilk till recovery). *Catharanthu roseus* (L.) G. Don., *Ziziphus mauritiana* L, *Sida cordifolia* L. and *Withania somnifera* (L.) Dunal. (20gm of dried & powdered leaves & roots is advised to drink with goat milk twice a day, for 45 days.) are most effective medicinal plants to treat psychological disorder. Most of the people dependent on traditional herbal medicine because availability of effective drug plants. By this analysis researcher documented six plants can be

used to treat various psychological disorders such as mental stress, Schizophrenia, Depression, Bipolar disorder and Insomnia.

Discussion

Naik (1979) observed the Flora of Osmanabad. Gamble et al. (1984) study the Flora of the Presidency of Madras. Gottesman (1991). Observed the Schizophrenia Genesis in USA people. Hodgins (1992) reported the "Mental disorder, intellectual deficiency, and crime: evidence from a birth cohort." Freeman (1994). Observed Schizophrenia disease in city residence. Murray and Lopez (1996) studied the Global Burden of Disease in Harvard School of Public Health, Cambridge, USA. Naik et. al. (1998). studied the Flora of Marathwada, Aurangabad. Tiwari (1999) studied the Medicinal plants for healthcare. Seetharam et al. (2000) observed the Flora of Gulbarga district. Department of Health (2001) studied the Policy Implementation Guide for Mental Health in London. Harsha et al. (2003) studied Ethnomedico botany in Uttar Kannada district of Karnataka. Gilani and Rahman (2005) studied Trends in ethno pharmacology. Firoz, et al. (2006). Observed the mental illness with focus on prevalence, medical care, awareness and attitude towards mental illness in Bangladesh. Perälä et al. (2007) prevalence of psychotic and bipolar I disorders in a general population. Ghatapanadi et al. (2010) screened medicinal plants are used in treatment of kidney stones and urinary tract infections. Rajkumar and Shivanna (2010) study the Traditional Herbal medicinal Knowledge in Sagartaluk of Shimoga District, Karnataka. Ghatapanadi et al. (2012) documented of folk knowledge on medicinal plants of Gulbarga district, Karnataka. Vidyasagar and Murthysiddalinga (2012) studied the Ethno medicinal plants to treat menstrual disorders in tribal people of Bellary district.

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