

# Medicinal Plants and Traditional Practices of Baiga Tribe in Amarkantak Region of Eastern Madhya Pradesh

*Ramesh Kumar Ahirwar*

## Abstract

The present ethnobotanical study was carried out in Amarkantak region eastern part of Madhya Pradesh during January 2018 to January 2019 to document the medicinal plants used by the Baiga tribes. Traditional medicinal plants used by the Baiga tribes of 37 plant species belonging to 35 genera and 28 families used to menstrual disorder, piles, sore throat, respiratory disorder, haematuria, miscarriage, jaundice, fever, insanity, leucorrhoea, bleeding during pregnancy, spermatorrhea, infertility in women, motiabind, scorpion bite, wounds of animals, stomach disorder, intestinal worms, diabetes, leukoderma, rheumatism, scabies, wart and easy delivery etc. and other various unreported medicinal plants are reported here.

**Keywords:** Ethnomedicine, Baiga tribe, Madhya Pradesh

## 1. Introduction

The district Anuppur in Madhya Pradesh located between 23°15' to 24°N Latitude and 81°0' to 81°45'E Longitude, covering an area of 3701 sq. km. The district is surrounded by Korea district (Chhattisgarh) in the East, Dindori district in the West, Shahdol district in North and Northwest district in Umaria (**Figure 1**). This region is popularly known as the Plateau of Beghel-Khand for its rich and diverse flora. The Pushprajgarh block of Anuppur district mostly inhabited by Gond, Baiga, Panika, Kol, Agaria tribes in sporadic remote hill tracts. The total population of the study site is 194,574. The maximum temperature goes up to 45°C in the month of May and minimum recorded is 20°C in the month of January. The area has been categorised as Central India sub-tropical forest endowed with various forest as natural resources. The holy river 'Narmada' origin in Amarkantak in 'Mai ki Bagiya' passes through the district Anuppur, Madhya Pradesh. The *Baigas* are one of the oldest aboriginal tribes and classified as one of the primitive tribes of Madhya Pradesh based on pre-agricultural technology, low literacy and stagnant and diminishing population [1]. The area has been categorised as Central India sub-tropical forest endowed with various forest as natural resources. The *Baiga* tribes still practice on herbal medicines. Hence, the use of herbs to treatment of various health disorders is being done at a very low cost. A number of valuable research papers on ethno-medicinal plants of the Amarkantak region have been published by various