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Research Article

DOCUMENTATION OF TRADITIONAL PRACTICES REGARDING HOUSEHOLD TREATMENT OF COMMON DISEASES IN BIKANER DISTRICT OF RAJASTHAN

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ABSTRACT

Women are the store house of indigenous knowledge because they possess an enormous amount of indigenous knowledge regarding various aspect of life. They are the "faculty" keepers of the cumulative knowledge of generations; they utilize various household treatments for different diseases. There is an urgent need to identify, explore and document this unique knowledge and make efforts to trace their valuable knowledge otherwise it will be lost soon and not to be regained in future at any cost. Thus documenting the indigenous knowledge of women will be helpful in modifying, blending modern technology and conserve and passed to next generation through information and communication technology. The present investigation was under taken to know the traditional practices regarding household treatment of common diseases used by respondents. This study was conducted in four wards of Bikaner district of Rajasthan. Total 120 respondents were constituted as sample size. The results indicated that majority of the respondents were from 50 – 60 years of the age (63.33%), mostly were illiterate (44.17%) and housewives (79.17%) belonged to joint family (53.33%) and general caste (73.33%), had no membership in any organization.

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INTRODUCTION

India, the country of Rishi and Krishi, has a very rich heritage of traditional health control and several treatment systems that have been used for human beings since time immemorial. Traditional knowledge is the knowledge that people in a given community had developed over time, and continue to develop. It is based on the experience, often tested over centuries of use, adapted to local culture and local environment, dynamic and changing Traditional knowledge has several characteristics like it has minimum risk factor; heavy reliance on genetic and physical diversity; exploits optimum utility of local resources; environmentally healthy; readily available and easily understandable. It is often an undervalued and underutilized resource in the development process. Several experts point out that Traditional knowledge is in fact the key to sustainable development at the local level. It is a vital element of the social capital of the poor and constitutes their main asset in their efforts to achieve control of their own lives.

The older generations have acted as the custodians of indigenous knowledge and have passed it to the future generations through the word of mouth. But we see a steep decline in the passage and use of indigenous practices during the previous decades. This has not only led to the loss of

information but will also deprive future generations of the benefits that can be derived from the use of indigenous practices and materials.

The impact of deforestation, urbanization and modernization is shifting the rural people from their natural habitats and their knowledge particularly with respect to household treatment of common diseases are slowly disappearing. Our immediate concern is to preserve this knowledge. Whatever knowledge exists today is mostly confined to older generation. In this context some approaches needed for the preservation and development of traditional practices.

RESEARCH METHODOLOGY

For sample selection women above 50 years of age were selected for the sample as they had more experience and traditional knowledge regarding household treatment of common diseases. Hence there was a chance of getting more reliable information about their traditional knowledge.

For selection of respondents Bikaner city was selected. Bikaner was divided into two zones like East and West Zone as per Election Commission. From each zone two wards were selected randomly. Ward No. 5 and 13 from East Zone and Ward No. 15 and 16 from West Zone were included. From each ward 30 respondents were selected randomly. Thus, total 120 respondents were constituted as sample size.

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Statistical Analysis of Data

Appropriate statistical methods and tools like frequency, percentage and standard deviation.

RESULTS AND DISCUSSION**Table 1** Distribution of respondents by traditional practices regarding household treatment of common diseases

S. No.	Ailments	Household treatment	Total Respondents	
			f	%
N=120				
1.	Fever	1. Take 1 glass water, add 1 <i>Bael</i> leaf + 2-3 <i>Tulsi</i> leaves + 8-10 Coriander seeds + 2-3 <i>Mishri</i> and boiled till it reduces by half	29	24.17
		2. Take 1 glass water, add 1gm. <i>Mulathi</i> powder+ 4-5 Coriander seeds (whole) + 1small piece of <i>Mishri</i> and boiled till it reduces by half	56	46.67
		3. Take 1 glass water, add Cumin seeds + Coriander seeds + Fennel seeds (equal proportion) 1 Tsp. and boiled till it reduces by half	81	67.50
		4. Take 1 glass hot water, add 1tsp. <i>Tulsi</i> extract + 1/4 tsp. Black pepper + 1Tsp. Honey and drink	19	15.83
		5. <i>Tulsi</i> -ginger tea	30	25.00
		6. Take 1 glass water, add <i>Neem giloy</i> stem (1inch) + 2-3 <i>Tulsi</i> leaves + 8-10 Coriander seeds + Ginger (1gm) + 2-3 small <i>Mishri</i> and boiled till it reduces by half	53	44.17
2.	Common cold & Cough	1. Take 1 glass warm milk, mix 1gm Turmeric powder +100 gm Jaggery	76	63.33
		2. 4-5 <i>Khareek</i> (dried Date) boiled with 1 glass milk	52	43.33
		3. Take 1Tsp. Honey, mix 2-3 drops of Ginger extract	38	31.67
		4. Lemon tea	42	35.00
		5. Steam inhalation	30	25.00
		6. Take 1 glass water, add 10 gm Ginger + ½ Tsp. Sugar boiled & drink	27	22.50
		7. Keep a small piece of Pomegranate peel in mouth	31	25.83
3.	Vomiting	1. Keep a small Cardamom in mouth	96	80.00
		2. Keep roasted Cardamom in mouth	27	22.50
		3. Two Cardamom boiled with 1 glass of water, strained & drink	20	16.67
		4. Take 1 glass cold water mix 10 gm paste of Fennel seeds	23	19.17
		5. Lick the paste of 1 Clove + 4-5 small <i>Mishri</i>	80	66.67
		6. Ginger tea (once in a day)	58	48.33
		7. Take 1 glass cold water add 1Tsp. Mint leaves extract + 2 gm Cardamom powder + 1 tsp. Sugar & drink	40	33.33
		8. <i>Nimbu pani</i>	49	40.83
		9. Take roasted half Lemon & sprinkle a pinch of Black pepper + Salt & lick	25	20.83
4.	Diarrhea	1. For adult - mix ¼ tsp. <i>Harad</i> powder in 1Tsp. Honey	53	44.17
		2. For adults – Take equal proportion of <i>Saunth</i> powder, Sugar powder & <i>Desi Ghee</i> (4 Tsp.)	30	25.00
		3. Ripe Banana (twice in a day)	80	66.67
		4. Curd + boiled Rice	97	80.83
		5. Drink 1 glass Pomegranate juice	24	20.00
5.	Constipation	1. ¼ tsp. <i>Harad</i> powder, mix with ½ glass of lukewarm water	52	43.33
		2. One glass lukewarm water/milk drink twice in a day	36	30.00
		3. <i>Desi Ghee</i> (1Tsp.),mix in 1 glass warm milk or 1 cup of tea (twice in a day)	80	66.67
		4. Boil few Fennel seeds with water (twice in a day)	27	22.50
		5. <i>Nimbu pani</i>	28	23.33
		6. 1Tsp. <i>Trifala</i> powder (equal proportion of <i>Harad</i> , <i>Bahera</i> and <i>Amla</i>) + 200ml lukewarm water/milk at night	62	51.67
6.	Head ache	1. Apply Sandalwood paste on forehead	52	43.33
		2. Massage with Coconut oil + camphor	44	36.67
		3. Massage with warm Mustard oil	47	39.17
		4. Steam inhalation	16	13.33
7.	Ear pain	1. Heat one clove of Garlic with 1-2 Tsp. mustard oil, put few drops with help of cotton in affected ear	67	55.83
		2. Heat 1 gm. <i>Jarda</i> (tobacco leaves) with 1-2Tsp. mustard oil, put few drops with help of cotton in affected ear	39	32.50
8.	Stomach ache	1. Take equal proportion (2 Tsp.) of <i>Ajwain</i> & Salt with water	94	78.33
		2. Take equal proportion (2 Tsp.) of Fenugreek seeds & Salt with water	73	60.83
		3. Mix juice of half Lemon in 1glass warm water & drink	17	14.17
		4. Take 1 glass water add 7-8 Mint leaves and boiled	50	41.67
		5. Chew 1 Tsp. Fennel seeds	28	23.33
		6. Take 1 glass of Butter milk add 1Tsp. roasted <i>Ajwain</i> & a pinch of Salt after meal (specific for stomach/ intestinal worms)	41	34.17
		7. For children- Take 1Tsp. paste of <i>Tulsi</i> leaves + <i>Ajwain</i> + Brahma batti + Clove mix with 1Tsp. lukewarm water (twice in a day)	33	27.50
9.	Joint pain	1. Take 1 glass water, mix 1 tsp. Fennel seeds powder (twice in a day)	10	8.33
		2. One tsp. <i>Chopchini</i> (China root) powder +1Tsp. Honey (twice in a day)	8	6.67
		3. Massage with warm Mustard oil	64	53.33
		4. Take 1glass water, add 4-5 <i>Harsingar</i> (Night Jasmine) leaves and boiled till it reduces by half (at night)	32	26.67
10.	Back ache	1. Massage with warm Mustard oil	43	35.83
		2. Hot compress{ 50 gm <i>Phitkari</i> (Alum) boiled with 1 lt. water, dip a cloth in this water and then squeeze it & compress on back }	50	41.67
		3. Powder of Fenugreek seeds + Turmeric + <i>Saunth</i> in equal proportion(1Tsp.) mix with 1Tsp. hot water (take in the morning)	2	1.67

		To cure first degree burns, first dip the affected area in water then follow these treatments		
11.	Burns	1. Apply <i>Desi Ghee</i> on affected area	17	14.17
		2. Apply Coconut oil on affected area	28	23.33
		3. Apply Cow dung on affected area	11	9.17
		4. Apply Heena paste on affected area	62	51.67
		5. Apply Aloe Vera pulp	22	18.33
		6. Apply Mustard oil than apply Salt immediate after burn	27	22.50
Skin problems	I.Itching	1. <i>Neem</i> water bath	09	0.83
		2. Apply Neelgiri oil on affected area	38	31.67
		3. Few drops of Coconut oil & small piece of Camphor mix well and apply it on affected area	35	29.17
		4. Apply 1 tsp. Turmeric powder + 2 tsp. raw Milk on affected area	25	20.83
II.Dermatitis	1. <i>Neem</i> water bath	101	84.17	
	2. Apply <i>Neem</i> paste	78	65.00	
	3. Apply <i>Multani mitti</i> paste	60	50.00	
	4. Rub Ice	33	27.50	
III.Allergy	1. Take mix juice of Carrot (100 ml.) + Cucumber (50 ml.) + Beet root (50 ml.)	24	20.00	
	2. Food which causes allergy should be avoided	61	50.83	
	3. Drink few Heena green leaves paste with Milk (once in a day)	24	20.00	
12.	IV.Ringworm	1. Apply Morning saliva	50	41.67
		2. Apply Clove oil	71	59.17
		3. Rub Potato slices	44	36.67
		4. Rub slices of raw Papaya for patches only	59	49.17
		5. Apply few drops of Coconut oil + half Camphor	12	10.00
V.Acne	1. Apply paste of <i>Multani mitti</i> + <i>Gulab jal</i>	103	85.83	
	2. Apply Sandalwood paste	83	69.17	
	3. Apply mixture of half Lemon juice + few drops of <i>Gulab jal</i> +1 tsp. Glycerin	58	48.33	
	4. Apply <i>Neem</i> bark paste	53	44.17	
	5. Apply Clove paste on affected area	55	45.83	
Mouth problems	I.Bad breath	1. Keep Cardamom in mouth	114	95.00
		2. Chew 1tsp. Fennel seeds after eating food	63	52.50
		3. Chew Mint leaves	58	48.33
		4. Mouth freshner (mixture of dried <i>Amla</i> + Fennel seeds + <i>Mishri</i>)	16	13.33
13.	II.Blisters	1. Apply mixture of 1Tsp. Honey + ¼ tsp. Turmeric powder on affected area	18	15.00
		2. Apply Honey	109	90.83
		3. Drink Coconut water or eat dried Coconut	24	20.00
		4. For children- Apply Mother milk	58	48.33
		5. For children- Apply Goat milk	18	15.00
		6. Apply <i>Mishri</i> paste	13	10.83
III.Gum pain	1. Clove oil massage	88	73.33	
	2. Massage with mixture of Turmeric powder + Mustard oil + common Salt	64	53.33	
IV.Tooth ache	1. Gargle with roasted <i>Phitkari</i> (Alum) paste with 1 glass of water	47	39.17	
	2. Keep a piece of Clove between aching tooth	82	68.33	
	3. Ice pack (tied 1 piece of ice in cloth & apply it)	69	57.50	
	4. Keep <i>Jarda</i> (tobacco leaves) between aching tooth	5	4.17	
	5. Clove oil apply on aching tooth	18	15.00	
14.	Typhoid	1. Few <i>Tulsi</i> leaves boiled with 1 lt. water, strained and drink	10	8.33
		2. Boil 7-8 Clove with 1lt. water and then drink	18	15.00
		3. Drink 1 glass Carrot juice + pinch of <i>Sendha Namak</i>	7	5.83
		4. Eat roasted <i>Munakka</i> (10-12 pieces in a day)	37	30.83
		5. Boil one glass milk with 8-10 Coriander seeds + 1 tsp. Sugar and then drink	9	7.50
15.	Chicken pox	1. Tied <i>Neem</i> fronds around the bed of patient	73	60.83
		1. One glass Tomato juice mix with pinch of Salt & Black pepper powder (take early in the morning)	22	18.33
		2. One glass Sugarcane juice + half lime juice	29	24.17
16.	Jaundice	3. Rasgoola	18	15.00
		4. Boiled Rice with sugar	4	3.33
		5. 4-5 <i>Peepal</i> leaves + a small piece of <i>Mishri</i> boil with water, strain & drink	17	14.17
		1. Massage with hot Coconut oil on affected area	15	12.50
17.	Swelling	2. Hot compress {50 gm <i>Phitkari</i> (Alum) boiled with 1 lt. water, after water is slightly cold then put your feet water}	23	19.17
		1. Put 1 drop Cowdung in nostrils	3	2.50
		2. Put Guava leaves extract (2-3 drops) in nostrils	3	2.50
18.	1.Nose bleeding	3. Drink 1 Tsp. burnt Coconut hair powder with 1 glass water (empty stomach)	8	6.67
		4. Drink 1 gm over night soaked <i>Multani mitti</i> + 4-5 small <i>Mishri</i> mix with 1 glass water,	4	3.33
		1. 1Tsp. <i>Ajwain</i> + 50 gm. Jaggery boiled with 1 glass water till it reduces by half for low bleeding	57	47.50
		2. Hot compress (Boil 1 lt. water, pour it in a bottle and roll this bottle on stomach)	10	8.33
2.Menstruation	3. Take 1glass of cold water mix paste of <i>Shisham</i> leaves & 4-5 small <i>Mishri</i> for extreme bleeding	7	5.83	

The data in table 1 indicate that majority of respondents 67.50 percent were taken Cumin seeds, Coriander seeds and Fennel seeds in equal proportion boiled in water till it reduces by half when they suffer from fever, (63.33%) respondents were taken Turmeric powder and Jaggery mix with warm milk when they suffer from common cold and cough, (80%) respondents were

taken small Cardamom when they suffer from vomiting, (80.83%) respondents were taken Curd and boiled Rice to cure diarrhea, (66.67%) respondents were taken *Desi Ghee* mix in warm milk/ tea to cure constipation, (43.33%) respondents were used Sandalwood paste to treat head ache, (55.83%) respondents used Garlic and Mustard oil to treat ear pain,

(78.33%) respondents took *Ajwain* and Salt with water to cure stomach ache, (53.33%) respondents doing massage with warm Mustard oil to cure joint pain, (41.67%) respondents had taken hot compress to cure back ache, (51.67%) respondents applied Heena paste on affected area to cure I degree burns, (90.83%) respondents were used *Neem* water bath to treat itching, (84.17%) respondents were used *Neem* water bath to cure dermatitis, (50.83%) respondents were avoided food which causes allergy, (59.17%) respondents applied Clove oil to cure ringworm, (85.83%) respondents applied paste of *Multani mitti* and Gulab jal to cure acne, (95%) respondents kept Cardamom in mouth to avoid bad breath, (90.83%) respondents used Honey to treat blisters, (73.33%) respondents used Clove oil to cure gum pain, (68.33%) respondents kept a piece of Clove between aching tooth to treat tooth ache and (30.83%) respondents had eaten roasted *Munakka* when they suffer with typhoid. To cure chicken pox only one traditional practice followed by respondents i.e tied *Neem* fronds around the bed of patient (60.83%), (24.17%) respondents were taken Sugarcane juice with half lime juice when they suffer from jaundice, (19.17%) respondents doing Hot compress to treat swelling, (6.67%) respondents taken burnt Coconut hair powder with water to cure nose bleeding, (47.50%) respondents taken *Ajwain* and Jaggery boiled with one glass water till it reduces by half during pain in low bleeding and (5.83%) respondents taken paste of *Shisham* leaves and 4-5 small piece of *Mishri* mix in one glass cold water for extreme bleeding. The findings supported with the findings of Srinivasan et al. (2001), Kala et al. (2005), Shekhawat and Batra (2005), Smitherman et al. (2005), Phondani et al. (2009), Dashahre et al. (2014), Bhattacharjya et al. (2015), Gupta and Kulshrestha (2015), and Arya (2016), they reported documentation of various traditional practices related to household treatment of common diseases such as fever, common cold and cough, diarrhea, constipation, ear pain, head ache, burns and acne etc. were followed by rural and urban women.

CONCLUSION

The use of these traditional healing practices should be encouraged through the dissemination of the knowledge among masses. This will help to ensure the preservation and continuous passage of this effective knowledge on the use of various plants for prevention and cure of health related disorders. The findings of the study about traditional practices regarding household treatment of common diseases shows that majority of respondents followed household treatment to cure different common diseases. This might be due to reason that old women were aware and know the importance of these household treatment that these are "stockroom" of potential medicines and their uses. They believe on traditional practices rather than modern or other medicines because of their experience with these traditional practices.

The documentation of these practices is very necessary to conserve these time tested knowledge for next generation.

Through documentation, these practices are approachable to everyone. This type of initiative will enable the developing countries to look inward rather than continuing to rely on expensive, imported modern medicines having side effects. It is recommended that similar study can be conducted in other zones and district with large sample size and wider area for drawing more generalized conclusion. A comparative study can be conducted with different mass and area as it may vary from area to area.

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