MEDICINAL PLANTS USED IN THREE SELECTED DISTRICT SECRETARIAT DIVISIONS IN THE AMPARA DISTRICT, SRI LANKA, AND SITES OF COLLECTION

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ABSTRACT

With the long term objective of conserving medicinal plants, a survey was carried out in three selected District Secretariat Divisions in the Ampara District of Sri Lanka. All the 45 registered herbal practitioners were interviewed by administering a questionnaire to inventor the medicinal plants used, methods of obtaining and to identify any important sites of medicinal plants in the area. Eighty percent of them are general practitioners and 84% of them provide their own formulations. Only 50% of them cultivate at least part of their requirement and the major problem is lack of land or water or both and also lack of knowledge of propagation. Seventy five percent obtain at least part of their plant requirements from wild mostly from open lands and small forest patches in the vicinity and very few from protected areas in and around the district. Plants were identified using literature since none of the doctors provided specimens for systematic identification. Out of the 239 vernacular names provided 34 were not found in any of the literature used for identification, 19 were synonyms and 186 species belonging to 68 families were identified. The plant needs of the practitioners are very specific i.e. 70 species had a single user (not the same person) and 28 species only 2 users, indicating the use of different plant species for same treatment by different practitioners. Urbanization, overexploitation and cattle grazing could be possible threats on plant availability in the surrounding environments. Measures to provide their plant requirements would prevent them from exploiting natural habitats in future.

Key words: Medicinal plants, Ampara district

INTRODUCTION

Seventyfive percent of the world's population (Simpson and Ogorzaly, 1995) and more than 20% of the Sri Lankan population depend upon the traditional herbal systems of medicine(Sumithraarachchi, 1991). Medicinal plants are a local heritage with global importance. Even with the sophisticated methods of modern biotechnology, like drug design and genetic engineering, the biodiversity of nature herself is still the best source of therapeutics since she is still the best drug designer (Comer and Debus, 1996). The use of synthetic chemicals in many cases produces allergies and side effects which decrease either their effectivenessor their credibility (Adjanohoun, 1996). Plant-derived drugs offer an interesting potential as resources for local industry and a substitute for costlypharmaceutical imports particularly in developing countries (Sasson, 1996). Presently these are becoming popular through out the developed world as people strive to stay healthy in the face of chronic stress and pollution and to treat illness with medicines that work in concert with the body's own defenses (Prajapat et al, 2003).

The market and public demand has been so great that there is a great risk that many medicinal plants today,

face either extinction or loss of genetic diversity (Hoareau and DaSilva, 1999). Reasonsfor unsustainable levels of harvesting include open access in the wild, lack of sufficient data on wild plant populations, marketing, trading, inadequate regulations and poor access to appropriate technology for sound harvesting and plantation development (Prajapat et al, 2003). Traditional medicine is in practice in the Ampara district for a long time and is becoming popular. This district and around are rich of different natural vegetations which may harbour a large number of medicinal plants. The practitioners may have their specific prescriptions and thus may be using specific plants. They may be accessing natural vegetations in the district and outside to obtain their plant needs. Deforestation, changes in land use, the war situation prevailed during the last two and half decade all may have causing hardships for the practitioners in collecting their plant needs.

The aims of this study were to inventor medicinal plants of three selected DS Divisions in the Ampara district, to study the ways of obtaining their medicinal

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plant requirements and to identify any important sites of medicinal plants with the long term objective of sustainable utilization and management of medicinal plants and natural vegetations.

MATERIALSAND METHODS

Three District Secretariat Divisions namely Sammanthurai, Sainthamaruthu, and Karaitheevu of the Ampara district were selected as the initial study area. All 45 registered herbal practitioners in the area were interviewed with a structured questionnaire. Most of them are general practitioners and only few of them practice in special fields (Table 1). Plant identification was limited to a literature study using checklists of W.M. Bandaranyake et al. (1974) and Senaratna (2001) (a latest checklist of flowering plants of Sri Lanka, based primarily on the Revised Handbook to the Flora of Ceylon, vol. I-XIV) and a flora on medicinal plants (Jayaweera, 1981) since none of the practitioners provided specimens.

 Table 1: Details of herbal practitioners surveyed

Disease treated	Number of practitioners	Percentage (%
General	36	80
Snake Bite	04	8.9
Fractures	04	8.9
Others	01	2.2
Total	45	100

RESULTS

Most of the practitioners administer medicines which are prepared by them selves (Table 2).

Table 2: Methodsof treatment	ntemp	loyed by	thepractitioners.

Treatment method	Number of practitioners	Percentage (%)
Prescribing ready made medicine	07	15.6
Give prepared medicine	38	84.4
Instructing patient to prepare medicine	09	20.0

A total of 239 vernacular names were provided by the practitioners. Thirty four vemacular names (Tamil) provided by them were not found in any of the literature used for identification. The listof 186 species belong to 68 families identified according to the literature is given inAnnexure 1. The plant needs of the practitioners are very specific. Only 19 species out of the 220 are used by more than 15 practitioners and surprisingly 70 species have only a singleuser (Table 3). In other words, different practitioners use different plant species apparently for treatment of the same sickness.

Table 3:	Usage	of Plants
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Number of users	Number of plant species
01	70
02	28
03 - 05	59
06-10	32
11-15	12
>15	19
Total	220

able 4:	Difficulties i	n plant	collection
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Problems	Number of practitioners	Percentage (%)
Identification	06	13.3
Not available in the village	18	40.0
Not available in the region	26	57.8
Not available in the market	0.74 ^b	1.11ª

Almost 60% of the practitioners face difficulties in finding some of their plant requirements not available in the region (Table 4). Seventy five percent of the practitionersfor common plants and almost 50% percentfor rare

plants depend on the market. Still, a majority of practitioners also access forests for collection of both rare as well as common plants (Table 5).

The sites of collection too are diverse and 36 of these are in close proximity to the study area most

of which are vegetations close to villages and thus the locations could be disturbed for ests, home gardens or abandoned paddy lands.

Table 5: Places of medicinal plant collection.

	Common species		Rare s	pœies
Places	Number of	Percentage	Number of	Percentage
	practitioners	(%)	practitioners	(%)
Forest	34	75.6	29	64.4
Home Garden	22	48.9	13	28.9
Market	34	75.6	21	46.7
Other Places	04	8.9	03	6.7

Only 11 sites are forests at distant destinations (more than 50 km away from the study area). However, the number of practitioners accessing each forest site is very few only 1 or 2. Eight sites in close proximity are visited by about 7 to 12 practitioners (Annexure 2).

DISCUSSION

Nineteen of the vernacular names were synonyms and thus the total number of different plants they use is about 220. Although some of the unreported vernacular names could be synonyms of already reported plants there is a great possibility of at least some of these to be medicinal plants which are not recorded so far. Further study on this is underway.

Most of the physicians are general practitioners and probably would be treating mostly common ailments. A majority use their own formulations for treatment (Table 2). However, high specificity in plant usage indicates that the species combination they use for a same ailment may be different and thus the efficacy could be different. If this can be investigated properly there is the possibility of identifying few, effective, commonly available plant species for a particular ailment. This would help to reduce to a great extent the burden on rare genetic resources. Further studies on these are needed and the great difficulty here is the non-c ooperation of the practitioners in providing information and hence educating them too is important.

Fifty percent of practitioners collect plants for more than their requirements could be on commercial scale and about 20% collect plants in excess for future use. About 60% of practitioners depend on others to collect at least part of their plant needs, 13% face difficulty in identifying plants (data not shown) and about 20% of practitioners instruct their patients to prepare medicine (Table 2). These factors may lead to misidentification of plants which may lead to destruction of other valuable and rare genetic resources and also loose the efficacy of prescribed medicine. They may extract whole plants instead of only the necessary part for treatment. These could lead to a threat on biodiversity particularly in the case of rare plants because it reduces the opportunities of that plant reaching propagation stage.

Cultivated plants are considered qualitatively inferior when compared with wild gathered specimens. Active ingredient levels can be much lower in fast growing cultivated stocks, whereas wild populations can have higher levels of active ingredients due to slow growth rates (Schippmann et al., 2002). Lack of land, water and knowledge of propagation are problems practitioners face in cultivation of medicinal plants. Still 50% cultivate at least part of their requirements (data not shown). A majority depend on the market (Table 5). These indicate that practitioners are not concerned about the origin of plants i.e. wild or cultivated. Thus if a mechanism to cultivate and make available the plants which in the practitioners view are rare, would prevent them from accessing natural vegetation for collection. However, cultivation of medicinal plants can also have conservation impacts, for example, it can reduce the extent to which wild populations are harvested, but it also may lead to environmental degradation and loss of genetic diversity as well as loss of incentives to conserve wild population (Anon, 2002). Thus awareness raising should be a major component of any conservation or management measure.

Most of the vegetations visited by practitioners may also be accessed by villages for their various needs and thus could pose a threat on medicinal plants available there. The 7 sites visited by many practitioners could be comparatively rich in medicinal plants. A proper study of these sites could lead to identification of one or two medicinal plant rich locations which can be set aside for in-situ conservation or to develop as herbal gardens. This would also help to reduce some negative conservation impacts discussed above. Many species may be difficult to cultivate because of certain biological features or ecological requirements (slow growth rate, special soil requirements, low germination rates, susceptibility to pest, etc.) (Schippmann et al., 2002). However, the knowledge on cultivation and propagation techniques used by the practitioners who already cultivate can be utilized and shared in this regard.

Since the number of practitioners accessing each site is very few, the impact of collection could be very low. However, since the quantities collected are not known, it is not possible to conclude about the impact. Habitat alteration and specificity, narrow range of distribution, overstocking and over-grazing by domestic animals are some of the threats endangering the existing populations of medicinal plants (Dhyani and Kala, 2005). Habitat alteration due to the security situation and various development activities and over-grazing due to the practice of open grazing of cattle in this region could be two possible major threats for the survival of at least some medicinal plants.

CONCLUSION

As at present the collection of plants by the practitioners in the study area for their treatment does not seem to pose a threat on natural vegetation in and around the district. Awareness raising among practitioners and a mechanism to cultivate and provide the plants which in the practitioners view are rare, would prevent them from accessing natural vegetation for collection. A further study on the 7 sites accessed by many practitioners could lead to identification of one or two medicinal plant rich sites to be used for conservation measures.

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	Plant	Family	Tamilname
01	Abarema bigemina	Fabaceae	Karunai
02	Abrus precatorius	Fabaceae	Singili
03	Allium sativum	Alliaceae	Vellaipoodu
04	Abutilon indicum	Malvaceae	Thuthi,
05	Acalypha indica	Euphorbiaceae	Kuppaimeni
06	Achyranthes aspera	Amaranthaceae	Naayuruvi
07	Acorus calamus	Acorac eae	Vesambu/Vasambu
08	Justicia adhathoda	Acanthaceae	Adhatodai
09	Aegle marmelos	Rutaceae	Vilvam
10	Aerva lanata	Amaranthaceae	Thenkaipoo keerai
11	Alangium salviifolium	Alangiaceae	Aninjil
12	Allium cepa	Alliaceae	Vengayam
13	Aloe vera	Aloaceae	Kattalai/Kariyapavalam
14	Alternanthera sessilis	Amaranthaceae	Ponnankani
15	Justicia gendarussa	Acanthaceae	Karunochchi
16	Ammania baccifera	Lythraceae	Neer mel neruppu
17	Anisochilus carnosus	Lamiaceae	Katpooravalli
18	Anisomeles indica	Lamiaceae	Peymeratti
19	Areca catechu	Arecaceae	Paakku
20	Aristolochia bracteolata	Aristolochiaceae	Aaduthinna palai
21	Aristolochia indica	Aristolochiaceae	Perumarunthu
22	Asparagus racemosus	Asparagaceae	Saathavary
23	Hygrophila schulli	Acanthaceae	Nirmulli
24	Atalantia monophylla	Rutaceae	Perunkurunthu
25	Azadirachta indica	Meliaceae	Vembu
26	Azima tetracantha	Salvadoraceae	Isanku
27	Bambusa bambos	Poaceae	Moongil
28	Benincasa hispida	Cucurbitaceae	Puchini
29	Scyphostachys hispida	Rubiaceae	Nattaichchuri
30	Brassica juncea	Brassicaceae	Kaduku
31	Caesalpinia pulcherrima	Fabaceae	Mayil kondrai
32	Calotropis gigantea	Asclepia daceae	Erukkilai/Erukkalai
34	Cannabis sativa	Cannabac eae	Kanja
35	Capparis zeylanica	Capparaceae	Kaathoddi
36	Capparis horrida	Capparaceae	Athandai
37	Capparis rotundifolia	Capparaceae	Peechuvilathi
38	Cardiospermum halicacabum	Sapindaceae	Mudakkathan
39	Cassia fistula	Fabaceae	Thirukkontrai/Kontrai
40	Cassia siamea	Fabaceae	Manjal vaahai
41	Cassia sophera	Fabaceae	Ponnavarai, Takarai
42	Centella asiatica	Apiaceae	Vallarai
43	Cinnamomum verum	Lauraceae	Karuwa/Ilavangam
44	Cipadessa baccifera	Meliaceae	Natcheeraham
45	Cissus quadrangularis	Vitaceae	Pirandai
46	Citrus aurantifolia	Rutaceae	Elumichchai

Annexure 1 The list of medicinal plants used by the practitioners

47	Citrus aurantium	Rutaceae	Pulithodai
48	Clausena indica	Rutaceae	Pannai
49	Clerodendrum infortunatum	Verbenaceae	Vellaikanni
50	Clerodendrum phlomidis	Verbenaceae	Vaathamadakki
51	Clitoria ternatae	Fabaceae	Karasani/Kakkanan
52	Coccinia grandis	Cucurbitaceae	Kovaiyilai
53	Cocos nucifera	Arecaceae	Thennai
54	Coldenia procumbens	Boraginaceae	Seruppadi
55	Combretum albidum	Combretaceae	Uluva
56	Coriandrum sativam	Apiaceae	Kottha malli
57	Coscinium fenestratum	Menispermaceae	Maramanjal
58	Crateva adansonii	Capparaceae	Navilankai
59	Ctenolepis garcinii	Cucurbitaceae	Musumusukkai
60	Curculigo orchioides	Hypoxidaceae	Nilappannai
61	Curculigo orchioides	Hypoxidaceae	Wolappanai
62	Cucurbita maxima	Cucurbitaceae	Poosani ?
63	Curcuma domestica	Zingiberaceae	Pachaimanjal
64	Curcuma longa	Zingiberaceae	Manjal
65	Cynodon dactylon	Poaceae	Aruhampul
66	Cyperus rotundus	Cyperaceae	Korai
67	Dalbergia latifolia	Fabaceae	Itthi
68	Datura metel	Solanaceae	Oomathai
69	Brugmansia candida	Solanaceae	Umattai
70	Brugmansia suaveolens	Solanaceae	Umattai
71	Delonix elata	Fabaceae	Vaathanarayanan
72	Desmodium triflorum	Fabaceae	Sirupulladi
73	Dioscorea esculenta	Dioscoreac eae	Siruvila/Siruvalli
74	Dioscorea alata	Dioscoreac eae	Kodivallai
75	Diospyros thwaitesii	Ebenaceae	Thumbai
76	Echinochloa crusgalli	Poaceae	Thaharai
77	Eclipta prostrate	Asteraceae	Karisalankanni
78	Elaeocarpus tuberculatus	Elaeocarpaceae	Mullmurungai
79	Elettaria cardamomum	Zingiberaceae	Ekm
80	Eleusine coracana	Poaceae	Kurakkan
81	Enicostema verticillare	Gentianaceae	Vellaruku
82	Enicostema axillare	Gentianaceae	Vellakuru
83	Erythrina lithosperma	Fabaceae	Murungai
84	Euphorbia hirta	Euphorbiaceae	Amman pachcharisi
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6	Euphorbia tortilis	Euphorbiaceae	Thiruhukalli
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87	Euphorbia tortilis Feronia limonia Ferula assa-foetida	Euphorbiaceae Rutaceae Apiaceae	Thiruhukalli Nilavilaa Perunkayam
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142 Piper longum Piperaceae Thippili		142	Piper longum	Piperaceae	Thippili

143	Piper nigrum	Piperaceae	Milahu
144	Plumbago indica	Plumbaginaceae	Senkodiveli
145	Pongamia pinnata	Fabaceae	Pungai
146	Portulaca oleracea	Portulacaceae	Pulichalkeerai
147	Psidium guajava	Myrtac eae	Коууа
148	Pterocarpus marsupium	Fabaceae	Uthirivaangi
149	Pterocarpus santalinus	Fabaceae	Sensanthanam
150	Punica granatum	Punicaceae	Maathulai
151	Quercus Lucitanica	Fagaceae	Machakkai
152	Rhizophora apiculata	Rhizophoracea	Kandal
153	Ricinus communis	Euphorbiaceae	Aamanakku
154	Ruta chalepnsis	Rutaceae	Paambukkalai
155	Salacia reticulata	Hippocrateac eae	Kothithalahimpattu
156	Salmalia malabarica	Bombacaceae	Parutthi/Pirami
157	Samanea saman	Fabaceae	Inal vahai
158	Santalum album	Santalaceae	Santhanam
159	Sesamum indicum	Pedaliaceae	Ellu
160	Sesbania grandiflora	Fabaceae	Ahathi
161	Sida rhombifolia	Malvaceae	Sithamatti
162	Solanum virginianum	Solanaceae	Kandankathari
163	Solanum trilobatum	Solanaceae	Thoothuvalai
164	Solanum melongena	Solanaceae	Vattu
165	Syzygium aromaticum	Myrtac eae	Karambu
166	Syzygium cumini	Myrtac eae	Naval
167	Tamarindus indica	Fabaceae	Puli
168	Terminalia bellirica	Combretaceae	Thandikkai
169	Tephrosia purpurea	Fabaceae	Kaavilai
170	Terminalia chebula	Combretaceae	Kadukkai
171	Theobroma cacao	Sterculiaceae	Соссо
172	Thespesia populnea	Malvaceae	Poovarasu
173	Toddalia asiatica	Rutaceae	Kaandai
174	Trachyspermum wightianum	Apiaceae	Omam
175	Trianthema decandra	Aizoaceae	Vellai charanai
176	Tribulus terrestris	Zygophyllaceae	Nerunji
177	Trichosanthes cucumerina	Cucurbitaceae	Paeypudel
178	Vernonia cinerea	Asteraceae	Seetheviyar
179	Vernonia zeylanica	Asteraceae	Kuppulan
180	Vetiveria zizanioides	Poaceae	Vettiver
181	Vitex trifolia	Verbenaceae	Nochi
182	Vitis vinifera.	Vitaceae	Maduram
183	Wattakaka volubilis	Asclepia daceae	Kurunja
184	Withania somnifera	Solanaceae	Amukkara
184 185	Withania somnifera Zingiber officinale	Solanaceae Zingiberaceae	Amukkara Inji

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Annexure 2 The list of medicinal plants used by the practitioners