

## Ethnomedicinal Plants Used by Tribes of Durg, Chhattisgarh

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**ABSTRACT:** The tribal communities of Durg district in Chhattisgarh possess a rich heritage of traditional knowledge, particularly in the use of ethnomedicinal plants for healthcare and healing practices. This study explores the various medicinal plants employed by these tribes to treat a range of ailments, including fever, skin diseases, digestive disorders, and respiratory issues. Field surveys, interviews with local healers, and participatory observations revealed that a diverse range of plant species, primarily sourced from local forests and farmlands, are used in traditional remedies. The knowledge passed down through generations, highlights the sustainable and holistic approach of indigenous communities toward healthcare. However, increasing modernization and loss of natural habitats threaten this traditional wisdom. Documenting and preserving this ethnomedicinal knowledge not only help in cultural conservation but also offers potential leads for the development of novel drugs in modern medicine.

**KEYWORDS:** Ethnomedicine, Medicinal Plants, Tribal, Traditional, Herbal Remedies, Biodiversity.

### INTRODUCTION

India's history of herbal medicine spans millennia, with systems like Ayurveda, Siddha, and Unani integrating local plant-based remedies. Ethnomedicinal research often highlights the role of traditional healers in sustaining this knowledge. For example, Jain and DeFilipps (1991) documented a wide array of plant species used across various communities, revealing a significant reservoir of underexplored traditional treatments. As one of India's most flora-rich states, Chhattisgarh relies heavily on forests for traditional healthcare, especially among its sizable tribal population. Previous surveys such as those by Oommachan (1998) and Bhagat & Tiwari (2004) have cataloged ethnomedicinal species across central and southern regions. Yet, the Durg district remains underrepresented in literature, and existing records often omit crucial details like dosage, preparation methods, and firsthand usage. Tribal knowledge is primarily oral, built on experiential learning and passed down through practice rather than written documentation. As noted by Maheshwari et al. (2006), this knowledge is intricately linked to the community's cultural and spiritual practices. Comparative studies in states like Odisha and Madhya Pradesh show both overlaps and unique approaches in plant usage, reinforcing the need for localized documentation. The cultural dimension of ethnomedicine is also emphasized by authors like Berkes (1999), who argue that ethnobotanical knowledge is not merely technical but is also embedded in ritual, identity, and ecological understanding. Several plants covered in this research such as *Tridax procumbens* and *Psidium guajava* are already noted in broader ethnobotanical literature. Unlike, local applications in Durg, such as using guava leaves to raise platelet count.

Although extensive ethnobotanical research has been conducted in India, including Chhattisgarh, detailed plant specific documentation for the Durg district remains limited. Many existing studies lack precise information on preparation methods, dosage and frequency of administration, the multiple uses of individual plant species, and data collected directly from rural, practicing tribal communities. The present study seeks to address these gaps by engaging directly with tribal populations in Durg district and documenting their lived knowledge of plant use. While the literature establishes a strong foundation of ethnobotanical knowledge at the national and state levels, the distinctive traditional practices of tribal communities in Durg are still underexplored. This work therefore contributes to the field by providing a detailed, plant-wise, usage-specific ethnomedicinal profile based on primary information obtained from indigenous people of the region.

### MATERIAL AND METHOD

This study is qualitative, exploratory, and descriptive. The objective was to gather information on ethnomedicinal plants used by tribal communities of Durg district, Chhattisgarh. The research was conducted through fieldwork involving direct interaction with tribal informants, with emphasis on oral histories, interviews and medicinal plant uses.



Figure 1 (a) Durg District and (b) Selected study sites

The study was conducted in selected tribal villages of Durg district (at 20°54' and 21°32' N latitude & 81°10' and 81°36' E longitude) a region known for its biodiversity and traditional practices. The villages were chosen based on:

1. High tribal population density
2. Accessibility to forested areas
3. Availability of experienced local healers or elderly informants
4. The geographical location of Durg, its climatic conditions, and vegetation types support a rich variety of medicinal flora, which the tribal communities have used for generations.
5. A purposive sampling technique was used to identify knowledgeable individuals in the community. Criteria included:
  - i. Age (preferably 40 years and above)
  - ii. Experience in using or preparing medicinal plants
  - iii. Recognition in the community as a traditional healer or elder
  - iv. Both male and female informants were included to ensure diversity in knowledge. In total, 15 informants from 6 villages participated in the study.

Data Collection Tools and Techniques

Tool/Technique	Purpose	Details/Implementation
Semi-Structured Interviews	Together in-depth qualitative data from informants	Open-ended questions on plant names, ailments treated, plant parts used.
Field Visits & Plant Walks	To identify plants in their natural habitat and validate local knowledge	Guided walks with informants for plant identification, harvesting observation, and specimen collection
Documentation	To collect information on use of medicinal plants	The preparation and dosage of the plants used by informants during disease treatment.
Purposive Sampling	To select knowledgeable participants for data collection	Informants aged 40+, recognized as traditional healers or experienced users, both genders
Voucher Specimen Collection	For scientific authentication of plants	Collected during field walks; authenticated with local herbalists, floras, and herbarium samples
Cross-Verification	To ensure scientific accuracy of plant species	Use of botanical references and databases like The Plant List and Tropicos



## Semi-Structured Interviews

Interviews were conducted using open-ended questions to gather data on:

1. Local names of plants
2. Ailments treated
3. Plant parts used
4. These interviews allowed informants to narrate their experiences freely, ensuring the richness of data.

## Field Visits and Plant Walks

Informants guided the researcher through forests and fields, identifying medicinal plants in their natural habitat. This allowed for:

1. Accurate plant identification
2. Collection of voucher specimens
3. Observation of harvesting methods

## Documentation

Information was obtained on the preparation methods of the used plants part for the disease treatment and the amount of dosage consumed.

## Plant Identification

Plant samples were authenticated with the assistance of experts:

1. Local herbalists
2. Floras such as 'the Flora of Madhya Pradesh and the Flora of Chhattisgarh'
3. Cross-verification with herbarium samples from recognized botanical institutions
4. Scientific names were authenticated through standard botanical references and databases like The Plant List.

## Data Analysis

Qualitative data were organized thematically by:

1. Plant species
2. Type of ailment
3. Preparation method
4. Dosage and intake frequency
5. Data were tabulated for easy cross-reference to identify multiple purpose of plant uses, and commonly treated ailments.

## Ethical Considerations

The research was conducted in alignment with ethical standards established for ethnobotanical studies. Informed consent: All participants were informed about the purpose of the study and gave verbal consent. Confidentiality: The personal identities of informants were anonymized. Benefit-sharing: Findings were shared with the communities involved, and efforts will be made to include their knowledge in local awareness or healthcare initiatives.

## Limitations of the Study

Seasonal limitations restricted the availability of certain plants. Language and dialect differences required the use of interpreters in some areas. The oral nature of traditional knowledge sometimes made it difficult to obtain consistent data across informants. The methodology employed in this study was designed to be participatory, respectful, and context-sensitive. Through a combination of interviews, field visits, and direct observation, the research documented authentic, firsthand knowledge of ethnomedicinal plant usage in Durg tribal communities.

## RESULTS AND DISCUSSION

This paper presents the ethnomedicinal data collected from tribal communities in the Durg district of Chhattisgarh. The findings are based on interviews, field observations, and guided plant walks with knowledgeable informants. Each plant is discussed in terms of the plant part used, ailments treated, preparation method, dosage, and cultural context. The data reflects the holistic and experiential knowledge passed down through generations among tribal families.

**Ethnomedicinal Plants Documented**

S.No	Botanical Name	Family	Local/Com mon Name	Part Used	Preparation & Dosage	Ailments / Traditional Uses
1	<i>Azadirachta indica</i>	Meliaceae	Neem	Leaves, Bark	Leaf paste; bark decoction (50 ml twice daily)	Skin diseases, fever
2	<i>Terminalia chebula</i>	Combretaceae	Harra	Fruit	Fruit powder (1–2 g) with honey	Digestive disorders, constipation
3	<i>Ocimum sanctum</i>	Lamiaceae	Tulsi	Leaves	Leaf juice (5–10 ml)	Cough, cold, respiratory infections
4	<i>Cassia fistula</i>	Fabaceae	Amaltas	Fruit pulp	10–15 g with lukewarm water (empty stomach)	Constipation, skin disorders, swelling, fever
5	<i>Tinospora cordifolia</i>	Menispermaceae	Giloy	Stem	Decoction (20 ml twice daily)	Fever, immunity booster
6	<i>Curcuma longa</i>	Zingiberaceae	Haldi	Rhizome	Paste for wounds; powder with milk	Wounds, inflammation
7	<i>Emblica officinalis</i>	Phyllanthaceae	Amla	Fruit	Juice (10 ml) or raw fruit	Vitamin C deficiency, digestion
8	<i>Calotropis procera</i>	Apocynaceae	Akua	Leaves, Latex	Warm leaves tied; latex applied	Joint pain, skin diseases
9	<i>Moringa oleifera</i>	Moringaceae	Sahjan	Leaves, Pods	Leaf juice; cooked pods	Weakness, malnutrition
10	<i>Aloe vera</i>	Asphodelaceae	Gwarpatha	Leaf pulp	Gel or juice (10 ml)	Burns, digestion, skin issues
11	<i>Solanum nigrum</i>	Solanaceae	Makoi	Leaves, Fruits	Cooked or paste	Liver problems, ulcers
12	<i>Ziziphus mauritiana</i>	Rhamnaceae	Ber	Bark, Fruit	Bark decoction; fruit eaten	Diarrhea, constipation
13	<i>Cissus quadrangularis</i>	Vitaceae	Hadjod	Stem	Paste or stem juice (10 ml)	Bone fractures, inflammation
14	<i>Ficus religiosa</i>	Moraceae	Peepal	Bark, Leaves	Bark decoction; leaf paste	Asthma, heart diseases
15	<i>Pongamia pinnata</i>	Fabaceae	Karanj	Seeds, Leaves	Seed oil; leaf juice	Skin infections, wounds
16	<i>Syzygium cumini</i>	Myrtaceae	Jamun	Bark, Seeds	Bark decoction; seed powder	Diabetes, diarrhea
17	<i>Argemone mexicana</i>	Papaveraceae	Satyanashi	Latex, Seeds	Latex applied externally	Skin infections, wounds
18	<i>Centella asiatica</i>	Apiaceae	Brahmi booti	Whole plant	Juice or paste	Memory, ulcers
19	<i>Lawsonia inermis</i>	Lythraceae	Mehndi	Leaves	Leaf paste or juice	Skin diseases, headache

20	Aegle marmelos	Rutaceae	Bael	Leaves, Fruit	Leaf juice; ripe fruit pulp	Diabetes, diarrhea
21	Datura metel	Solanaceae	Dhatura	Leaves, Seeds	Smoked leaves; used cautiously	Asthma, toothache
22	Trachyspermum ammi	Apiaceae	Ajwain	Leaves	Juice or soaked water twice daily	Acidity, indigestion, bruising
23	Tridax procumbens	Asteraceae	Coat buttons	Leaves	Leaf extract in water	Respiratory issues, circulation
24	Psidium guajava	Myrtaceae	Guava	Leaves	Chewed raw or crushed in water	Skin infections, diarrhea, blood sugar
25	Annona squamosa	Annonaceae	Custard apple	Leaves, Seeds	Crushed/boiled; seed powder external	Mouth ulcers, diabetes, skin
26	Jatropha curcas	Euphorbiaceae	Physic nut	Leaves	Crushed for arthritis; juice (traditional)	Skin diseases, arthritis
27	Carica papaya	Caricaceae	Papaya	Leaves	Leaf juice	Platelet increase
28	Trigonella foenum-graecum	Fabaceae	Methi	Seeds, Leaves	Roasted seeds; leaf vegetable	Diabetes, digestive problems
29	Piper betle	Piperaceae	Paan	Leaves	Chewed; juice	Mouth ulcers, digestion
30	Jasminum sambac	Oleaceae	Mogra	Flowers, Leaves	Flower tea; leaf paste	Headache, skin diseases
31	Abelmoschus esculentus	Malvaceae	Bhindi	Pods, Seeds	Cooked pods; seed paste	Kidney ailments, inflammation
32	Murraya koenigii	Rutaceae	Curry Patta	Leaves	Fresh or juice	Diabetes, vomiting
33	Cinnamomum tamala	Lauraceae	Tejpatta	Leaves	Used in food; decoction	Respiratory, digestive issues
34	Clitoria ternatea	Fabaceae	Aprajita	Flower, Root	Paste or decoction	Snake bites, memory loss, fever
35	Zingiber officinale	Zingiberaceae	Adrak	Rhizome	Crushed/boiled	Indigestion, throat infection, nausea
36	Hibiscus rosa-sinensis	Malvaceae	Hibiscus	Flower	Used traditionally	Hair fall, menstrual problems, rashes
37	Bauhinia variegata	Fabaceae	Kachnar	Flower, Bark	Cooked flowers; bark prep	Goiter, ulcers, skin eruptions
38	Cynodon dactylon	Poaceae	Doob grass	Whole plant	Fresh juice	Wounds, fever, cuts
39	Withania somnifera	Solanaceae	Ashwagandha	Root	Powder with warm milk	Fatigue, insomnia, stress
40	Cymbopogon citratus	Poaceae	Lemon grass	Leaves	Tea	Cough, fever, anxiety

41	Asparagus racemosus	Asparagaceae	Shatavari	Root	Powder with milk (postpartum)	Hormonal imbalance, lactation
42	Piper nigrum	Piperaceae	Kali mirch	Fruit	With honey/jaggery	Cold, cough, throat pain
43	Mangifera indica	Anacardiaceae	Aam	Leaves, Fruit	Raw fruit; young leaves	Diabetes, sunstroke, diarrhea
44	Nerium indicum	Apocynaceae	Kaner	Leaves, Bark	External paste only (toxic)	Skin diseases, swellings
45	Saraca asoca	Fabaceae	Ashoka	Bark	Decoction before menstruation	Irregular menstruation, pain
46	Madhuca indica	Sapotaceae	Mahua	Flower, Seed	Oil/decoction	Joint pain, skin ailments
47	Eclipta prostrata	Asteraceae	Bhringraj	Leaves	With oil for scalp; juice	Hair loss, liver ailments
48	Musa paradisiaca	Musaceae	Kela	Fruit, Leaf	Fruit eaten; leaf dressing	Wounds, constipation, diarrhea
49	Paspalum conjugatum	Poaceae	Carabao grass	Leaves	Extract preparation	Antimicrobial use
50	Euphorbia hirta	Euphorbiaceae	Dudhi	Whole plant	Decoction/external use	Respiratory, GI disorders
51	Coriandrum sativum	Apiaceae	Dhaniya	Seeds, Leaves	Seed powder (1–3 g); leaf decoction	Indigestion, diarrhea, fever, postpartum issues
52	Catharanthus roseus	Apocynaceae	Sadabahar	Leaves, Flowers	Decoction	Diabetes, cancer (traditional), wound healing
53	Dalbergia sissoo	Fabaceae	Shisham	Leaves, Bark	Leaf decoction; bark powder	Gonorrhea, diarrhea, skin diseases
54	Ixora coccinea	Rubiaceae	Flame of Woods	Flowers, Bark, Leaves	Decoction/lotion	Eye troubles, ulcers, diarrhea
55	Lantana camara	Verbenaceae	Lantana	Leaves	Leaf juice mixture	Snake/insect bites
56	Mentha spicata	Lamiaceae	Pudina	Leaves	Decoction or raw	Cold, cough, digestive issues
57	Portulaca oleracea	Portulacaceae	Noniabhaji	Leaves	Various preparations	Burns, liver issues, arthritis
58	Pennisetum glaucum	Poaceae	Pearl Millet	Inflorescence	Staple food	Constipation, NCDs
59	Ficus elastica	Moraceae	Gular	Latex, Leaves	External application	Skin disease, wounds
60	Bougainvillea spectabilis	Nyctaginaceae	Paper flower	Leaves, Flowers	Leaf decoction (10–15 ml)	Diabetes, cough



61	Momordica charantia	Cucurbitaceae	Karela	Fruits, Leaves	Fruit juice (10–20 ml)	Diabetes, skin infections
62	Alstonia scholaris	Apocynaceae	Saptaparni	Bark	Decoction (15–25 ml)	Malaria, fever, respiratory issues
63	Artocarpus heterophyllus	Moraceae	Jackfruit	Leaves, Bark, Seeds	Decoctions; seeds eaten	Diarrhea, anemia, asthma
64	Phyllanthus urinaria	Phyllanthaceae	Chamber Bitter	Whole plant	Decoction	Jaundice, liver disease
65	Echinochloa colona	Poaceae	Jungle rice	Seeds	Boiled/ground	Diabetes, cardiovascular disorders
66	Leucaena leucocephala	Fabaceae	River tamarind	Leaves, Seeds	Decoction/paste	Diabetes, worms
67	Nelumbo nucifera	Nelumbonaceae	Kamal	Flowers, Seeds	Mixed in water	Skin, liver disorders
68	Tamarindus indica	Fabaceae	Imli	Fruit pulp	Decoction (15–20 ml)	Digestive, jaundice
69	Butea monosperma	Fabaceae	Palash	Flowers, Gum	Decoction; gum paste	Diarrhea, wounds
70	Parthenium hysterophorus	Asteraceae	Gajarghaas	Leaves	External paste	Skin disorders, swelling
71	Manilkara zapota	Sapotaceae	Chikoo	Fruit, Bark	Bark decoction (30–50 ml)	Diarrhea, inflammation



*Parthenium hysterophorus*



*Manilkara zapota*



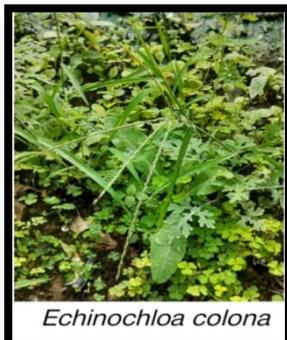
*Butea monosperma*



*Nelumbo nucifera*



*Tamarindus indica*



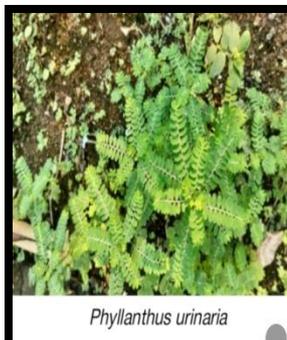
*Echinochloa colona*



*Leucaena leucocephala*



*Artocarpus heterophyllus*



*Phyllanthus urinaria*



*Pennisetum glaucum*



*Ficus elastica*



*Mentha spicata*



*Portulaca oleracea*



*Catharanthus roseus*



*Dalbergia sissoo*



*Euphorbia hirta*



*Coriandrum sativum*



*Eclipta prostrata*



*Madhuca indica*



*Musa paradisiaca*



*Asparagus racemosus*



*Saraca asoca*



*Piper nigrum*



*Bauhinia variegata*



*Cymbopogon citratus*



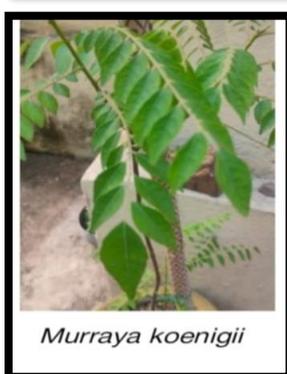
*Clitoria ternatea*



*Zingiber officinale*



*Piper betle*



*Murraya koenigii*



*Jatropa curcas*



*Tridax procumbens*



*Trachyspermum ammi*



*Annona squamosa*



*Syzygium cumini*



*Centella asiatica*



*Ficus religiosa*



*Solanum nigrum*



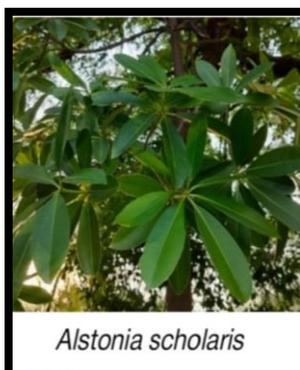
*Pongamia pinnata*



*Aloe vera*



*Momordica charantia*



*Alstonia scholaris*



*Lantana camara*



*Bouganvillea spectabilis*



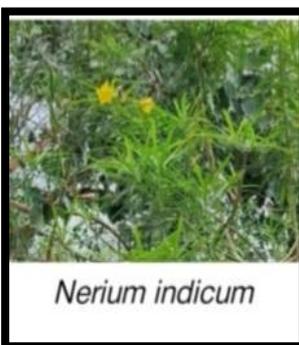
*Paspalum conjugatum*



*Ixora coccinea*



*Mangifera indica*



*Nerium indicum*



*Withania somnifera*



*Cynodon dactylon*



*Cinnamomum tamala*



*Hibiscus rosa-sinensis*



*Jasminium sambac*



*Abelmoschus esculentus*



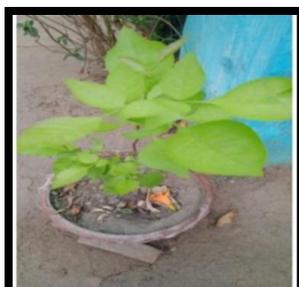
*Carica papaya*



*Psidium guajava*



*Trigonella foenum-graecum*



*Aegle marmelos*



*Datura metel*



*Agremone mexicana*



*Lawsonia inermis*



**Common Ailments and Plant Usage Trends**

S. No.	Common Ailment Condition	Botanical Names
1	Asthma	Datura metel, Ficus religiosa, Artocarpus heterophyllus, Mentha spicata
2	Burns	Aloe vera, Portulaca oleracea
3	Cold	Mentha spicata, Ocimum sanctum, Piper nigrum, Manilkara zapota
4	Constipation	Cassia fistula, Musa paradisiaca, Pennisetum glaucum, Terminalia chebula, Ziziphus mauritiana

5	Cough	Bougainvillea spectabilis, Cymbopogon citratus, Dalbergia sissoo, Mentha spicata, Ocimum sanctum, Piper nigrum, Portulaca oleracea
6	Diabetes	Aegle marmelos, Annona squamosa, Bougainvillea spectabilis, Echinochloa colona, Mangifera indica, Momordica charantia, Murraya koenigii, Phyllanthus urinaria, Catharanthus roseus, Syzygium cumini, Trigonella foenum-graecum, Nelumbo nucifera
7	Diarrhea	Aegle marmelos, Alstonia scholaris, Coriandrum sativum, Dalbergia sissoo, Artocarpus heterophyllus, Musa paradisiaca, Psidium guajava, Syzygium cumini, Ziziphus mauritiana, Butea monosperma, Manilkara zapota
8	Digestion	Aloe vera, Emblica officinalis, Piper betle
9	Digestive Problems	Momordica charantia, Trigonella foenum-graecum
10	Fever	Alstonia scholaris, Azadirachta indica, Cassia fistula, Clitoria ternatea, Coriandrum sativum, Cymbopogon citratus, Cynodon dactylon, Mentha spicata, Tinospora cordifolia, Tamarindus indica, Manilkara zapota
11	Headache	Jasminum sambac, Lawsonia inermis, Portulaca oleracea
12	Indigestion	Coriandrum sativum, Trachyspermum ammi, Zingiber officinale
13	Inflammation	Abelmoschus esculentus, Cissus quadrangularis, Curcuma longa, Ficus elastica, Manilkara zapota, Parthenium hysterophorus
14	Jaundice	Mentha spicata, Phyllanthus urinaria
15	Joint Pain	Calotropis procera, Madhuca indica
16	Liver Diseases	Phyllanthus urinaria, Portulaca oleracea, Tamarindus indica
17	Malaria	Alstonia scholaris, Phyllanthus urinaria
18	Mouth Ulcers	Annona squamosa, Piper betle
19	Skin Diseases	Azadirachta indica, Calotropis procera, Dalbergia sissoo, Ficus elastica, Jasminum sambac, Lawsonia inermis, Nerium indicum, Tamarindus indica, Parthenium hysterophorus
20	Skin Infections	Argemone mexicana, Momordica charantia, Pongamia pinnata, Psidium guajava
21	Ulcers	Centella asiatica, Ixora coccinea, Solanum nigrum
22	Wounds	Argemone mexicana, Curcuma longa, Musa paradisiaca, Pongamia pinnata, Parthenium hysterophorus

The methods of preparation are generally simple, involving boiling, crushing, and soaking, which reflect both the easy availability of materials and the intuitive knowledge systems developed within the communities. Some remedies are also shaped by seasonal availability and ritual practices, such as applying plant pastes on specific days or during fasting periods. The tribal communities of Durg exhibit a complex and refined system of plant-based healthcare rooted in local ecology and traditional wisdom. These practices address not only physical ailments but are also deeply integrated into cultural and spiritual life. Many of the plants used locally possess recognized pharmacological properties, supporting their continued importance in primary healthcare. Notably, the use of *Psidium guajava* and *Carica papaya* for increasing platelet count offers promising leads for anti-thrombocytopenia research.

Incorporating such traditional knowledge into India’s AYUSH system and primary healthcare policies could significantly improve healthcare access in tribal regions.

**CONCLUSION**

This study explored the rich and diverse ethnomedicinal traditions preserved by tribal communities in the Durg district of Chhattisgarh. Through field surveys, interviews, and participatory observation, a total of 71 plant species commonly used in traditional healing practices were documented, with attention to plant parts utilized, preparation techniques, dosage, and the ailments treated. The findings demonstrate that tribal communities possess profound, experience-based knowledge of local flora, transmitted orally across generations. Leaves were the most frequently used plant part, followed by seeds, bark, fruits, and flowers. The range of treated ailments included common conditions such as indigestion, fever, and joint pain, as well as chronic disorders like diabetes, hypertension, skin diseases, and kidney stones. Preparation methods were simple and non-industrial, typically involving crushing, boiling, soaking, or direct consumption. Certain plants, including *Psidium guajava* and *Carica papaya*, were reported for managing low platelet counts, reflecting an intersection between traditional practices and emerging biomedical interest. The study underscores the urgent need to document such traditional knowledge in the face of modernization and habitat degradation, which threaten both biodiversity and associated cultural practices. Furthermore, many of these medicinal plants remain insufficiently explored in modern pharmacology, highlighting significant potential for future research and drug development.

**Future of Ethnomedicinal Plants**

Future research on ethnomedicinal plants should prioritize pharmacological validation through rigorous laboratory and clinical studies to evaluate the efficacy and safety of traditional plant-based remedies. At the same time, growing environmental pressures make the conservation of medicinal plant species and associated traditional knowledge systems essential, with community-based conservation initiatives involving tribal populations playing a key role. Systematic documentation and digitization of region-specific ethnomedicinal knowledge, particularly for areas such as Durg, would create valuable resources for researchers, students, and policymakers. Integrating validated tribal knowledge into state and national health policies could strengthen primary healthcare delivery, especially in remote and underserved regions. Capacity building among tribal youth through training in ethnobotanical documentation and plant conservation is equally important to ensure the continuity of traditional knowledge. Furthermore, any commercialization of plant-based remedies must follow ethical frameworks, including fair benefit-sharing mechanisms that recognize and compensate local communities. Ethnomedicinal knowledge represents not merely a system of healthcare but a way of life that embodies harmony with nature, practical wisdom, and sustainable living. Documenting this knowledge in Durg is therefore a crucial step toward preserving a valuable cultural and biological heritage, which, with appropriate scientific, ethical, and policy support, holds significant promise for future advancements in medicine and community health.

**Statistical visualizations**

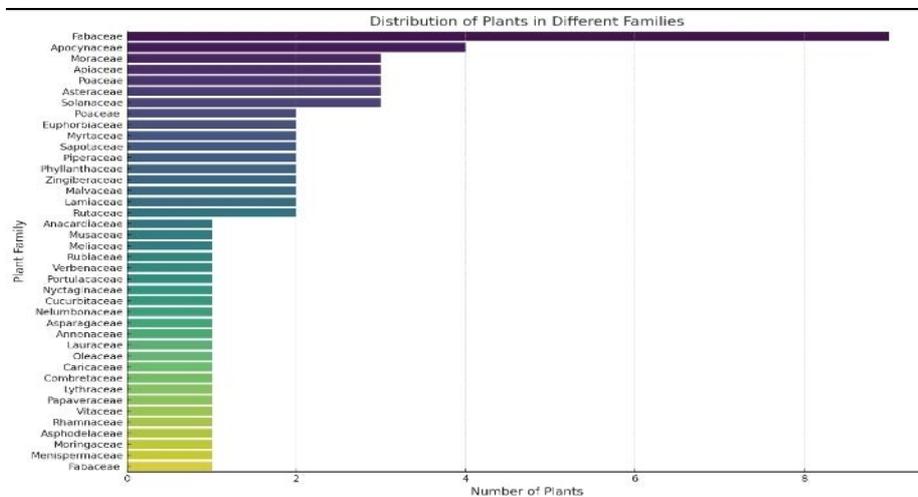
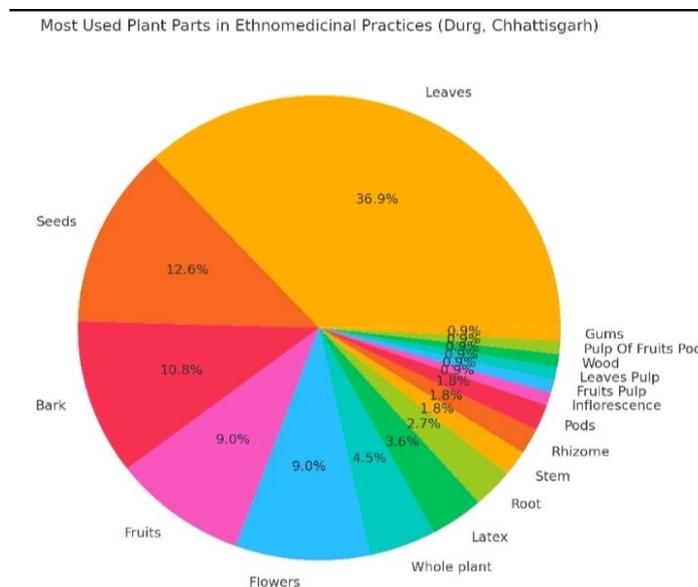


Figure 3 The bar chart represents the distribution of plants according to the families



**Figure 4** The pie chart represents the most used plants part in Ethnomedicinal practices by tribal communities in Durg, Chhattisgarh.

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