

Table 1 Plants used by Kurumba tribes for gastro intestinal ailments

Sl. No.	Botanical name, Common name, Part used	Family	Medicinal uses	Mode of administration	Validation score
1	<i>Achyranthes aspera</i> L. <i>Nayuruvi</i> , Leaf	Amaranthaceae	Diverticulosis and diverticulitis	Leaves are cooked under low fire and are consumed, Leaves are also grinded and the juice is diluted in water and consumed	4A
2	<i>Alternanthera sessilis</i> (L.) R.Br. ex DC. <i>Nilakirai</i> , Leaf	Amaranthaceae	Diarrhoea	Leaves are cooked and consumed during the disease	4A
3	<i>Amaranthus gangeticus</i> L. <i>Mulai kkirai</i> , Entire plant	Amaranthaceae	Good digestion, constipation,	The leaves along with the stem is cooked over low flame for 15 minutes and consumed along with the food	4A
4	<i>Berberis Tinctoria</i> Lesch. <i>Jakkala</i> , Leaf and stem	Berberidaceae	Dysentery, bloating of stomach	Juice of the bark or dried bark is powdered and drunk	4A
5	<i>Carica papaya</i> L. <i>Poppilli mara</i> , Fruit	Caricaceae	Indigestion and constipation	Used for good digestion along with regular food and for diarrhoea	4A
6	<i>Chenopodium ambrosioides</i> L. <i>Jaregida</i> , Entire plant	Chenopodiaceae	Intestinal cramps	Juice is consumed by diluting the same in warm water	3B
7	<i>Citrus aurantium</i> L. <i>Eravae kai</i> , Fruit	Rutaceae	Good digestion, hemorrhoids	Juice of the fruit is consumed 1 glass of water for good digestion along with salt	4A
8	<i>Cymbopogon citratus</i> (DC.) Stapf <i>Karppura pul</i> , Leaf	Poaceae	Used in case of acute diarrhoea due to slow digestion, stomach pain	Leaf juice is used along with various dishes to improve the digestion and also consumed directly along with water during diarrhea	4A
9	<i>Euphorbia hirta</i> L. <i>Amanpacharasi</i> , Leaf	Euphorbiaceae	Blood in stool	Leaves are crushed and the juice is mixed with water and drunk at regular intervals of time after the food	4A
10	<i>Grewia aspera</i> Roxb. <i>Dadchi maram</i> , Bark	Tiliaceae	Diarrhoea	Bark is dried , powdered and then boiled with water and consumed at regular intervals	3B
11	<i>Ipomoea staphylina</i> Roem & Schult. <i>Minigae</i> , Tuber	Convolvulaceae	Diarrhoea	Tuber is boiled and eaten along with salt and pepper	3B
12	<i>Lantana indica</i> Roxb. <i>Unnisedi</i> , Leaf	Verbenaceae	Intestinal cramp	Leaf juice is mixed along with water and drunk daily one ounce in the morning	4B

Continuing table 1

Sl. No.	Botanical name, Common name, Part used	Family	Medicinal uses	Mode of administration	Validation score
13	<i>Leucas sebaliana</i> Sunojk. <i>Thumbae</i> , Leaf	Lamiaceae	Vomiting	Leaves are crushed and 1 tea spoon of the juice is drank daily 3times	3A
14	<i>Oryza sativa</i> L. <i>Kanji</i> , Seeds	Poaceae	Oral rehydration during diarrhoea	The rice grains are boiled sufficiently and the stock is drank continuously at regular intervals along with a pinch of salt during the course of the disease	4A
15	<i>Oxalis corniculata</i> L. <i>Puli sare</i> , Leaf	Oxalidaceae	Stomach ulcers, diarrhoea	Leaves are cooked and consumed along with rice during disease period	4A
16	<i>Phyllanthus amarus</i> Schumach. & Thonn. <i>Kizhanelli</i> , Entire plant	Phyllanthaceae	Detoxification, jaundice	4-5 leaves and crushed and the juice is mixed along with goat milk and consumed daily 2 times	4A
17	<i>Phyllanthus emblica</i> L. <i>Kadu nelli</i> , Bark	Phyllanthaceae	Hepatitis	Decoction of bark is consumed orally at regular intervals	4A
18	<i>Ricinus Communis</i> L. <i>Aamanakku</i> , Seeds	Euphorbiaceae	Used in case of acute diarrhoea due to slow digestion, stomach pain	Oil from the seeds are applied around the abdomen to reduce the stomach pain, Little of the oil is mixed with hot water and consumed for acute diarrhoea	4A
19	<i>Ruta graveolens</i> L. <i>Aruvadam</i> , Leaf	Rutaceae	Stomach cramps	The leaves are crushed and the juice is applied on the abdominal region, Kept for an hour then bathe in luke warm water	4A
20	<i>Solanum verbascifolium</i> L. <i>Pithemaram</i> , Bark	Solanaceae	Diarrhoea	Juice of the bark or dried bark is powdered and drank	4A
21	<i>Trema orientalis</i> (L.) Blume. <i>Omimaram</i> , Bark	Ulmaceae	Hyperacidity, gas	Bark is dried and powdered and drank along with warm water at regular intervals	3C

Note: Refer the appendix for various plants for their respective validation score; 1, 2, 3, 4 evaluation: 4: Presumably active; 3: Likely to be active; 2: Only Ethnobotanical information validates the popular use among the Kurumba tribes of Niligiris; 1: Presumably in active; A, B, C ethnographic validity: A: Highest; B: Intermediate; C: Lowest