

b. Local Healthcare of Rural by local treatment/Medicinal Plant in Udaipur:

Common Disease	Local treatment
Cold and cough	<ul style="list-style-type: none"> ➤ Ukaali (Kadha): it is mixture of various ingredients like Dhaniya, clove, tulsi, black pepper, misri, jaiphal and ginger. ➤ Decoction of clove ➤ Decoction of ajwain, chandali and gur ➤ It is their belief that all these things are hot in nature, hence can give relief at the time of disease ➤ Powdered mixture of sonth, black pepper peepal and jiggery is used for curing cold and cough.
Diarrhea	<ul style="list-style-type: none"> ➤ On occurrence of diarrhea, rice with the curd was given. ➤ Drink plenty of water for proper digestion and maintain water balance in the body. ➤ Isab with curd, it is the mixture of harad and jaiphal. ➤ At the time of disease take lemon water and pomegranate peel. ➤ Use afeem with water and curd with turmeric also taken by rural.
Dysentery	<ul style="list-style-type: none"> ➤ Drink mint and lemon juice for keep proper digestion ➤ Various herbs like khejadi leaves and maroda phalli are use for check the problem of dysentery immediately. ➤ Drinking buttermilk, mint and lemon juice was considered scientific by 100% experts.
Constipation	<ul style="list-style-type: none"> ➤ Avoid fried, spicy food and rice because it is the main cause of constipation. ➤ For traditional treatment pudina tikki, mixture of salt and ajwain and decoction of chandali, harad, ajwain gur was given at the time of disease. ➤ Nosadar, paneer and decoction of sanamakki leaves for treating the disease.
Skin disease	<ul style="list-style-type: none"> ➤ Take bath by boiling neem leaves in water t least once a fortnight. ➤ Use mustard oil for massaging and multani mitti was applied on skin before bath. ➤ Use of paste of neem leaves, crushed ber leaves, garlic cloves, neem and peepal bark, ajwain mixed with mustard oil and taking bath with water in which dhamasa leaves were boiled.
Malaria	<ul style="list-style-type: none"> ➤ Burnt cow dung to avoid mosquitoes. ➤ Apply mustard oil on body to prevent mosquito biting. ➤ Chew young leaves of neem and decoction of tulsi leaves and cloves. Also take decoction of modeshi root and bui and sonth black pepper and jaiphal.

	<ul style="list-style-type: none"> ➤ Kept house and environment clean and proper drainage.
Jaundice	<ul style="list-style-type: none"> ➤ Traditional practice like giving mantra wale chane and tying aak root on neck believing that as it dries, it soaks jaundice. ➤ Curd and buttermilk was given while oil and spices were restricted to the jaundice patient.
Gastroenteritis problems	<ul style="list-style-type: none"> ➤ Avoid gas forming food like potato and besan. ➤ Use powder of various ingredients like ajwain, dana methi, jeera with salt. ➤ For digestion use nosadar and pudina juice. ➤ Take paneer (traditional herb) and churan made of harad and amla to the patient.
Pneumonia	<ul style="list-style-type: none"> ➤ Take ground houseflies with water with the belief that pneumonia fever cure immediately with this practice. ➤ Use of decoction of neem leaves with black pepper, jaiphal, sugar, dhamasa and misri and chandali leaves. ➤ Massage with mustard oil in which garlic is mixed and use of nagar bel leaves were reported as scientific by majority of experts.
Fever	<ul style="list-style-type: none"> ➤ Eat onion daily in diet to prevent fever. ➤ Take ukaali made by mixing black pepper, tulsi, ajwain, chandali leaves and coriander. ➤ Use of decoctions made by tulsi leaves, black pepper, jaiphal, javitri and hara.

14. Reference: Local health wisdom of rural women using medicinal plants; Arti Verma, Asha Singhal and Dheeraj Singh; India Journal Traditional Knowledge, Vol.9 (2), April 2010.pp.289-293.