

Herbal healing practices



Name :

Annakutty Joseph

Address:

Smt. Annakutty Joseph
D/o. Sowriya Perinjankutty
Post-685604
Murickassery Via
Chempakappara
Idukki District
Kerala

Contact No: 9447982450

Email: vivekseva@gmail.com

Website: www.sevango.in



Akasha Vellari



Neikumla

Mrs. Annakutty Joseph (71) is a herbal healer who has developed several medicines to treat human and animal diseases. These include skin diseases, worms, intestinal disorders, lean calves, mastitis, foot and mouth disease, inflammation, jaundice, piles and some others. She has also made efforts to conserve certain rare varieties of ash gourd, giant granadilla, wild chilly, wild onion, dioscoreasp.

At the ripe age of 71 years, when most people retire from active life, Mrs Annakutty Joseph defies age to work relentlessly so that she can alleviate pain and suffering by putting to good use her wisdom of herbal practices. She has learnt herbal healing practices from her uncle Mr. Thomas who initially learned this from a traditional healer (Lada Vaithiyar - Transhumant healer).

Mrs Joseph who is a store house of herbal practices has planted 250 medicinal plants in and around 70 cents of her garden. These include rare plants like Orilai, Moovilai, Anaisuvadi, Vellaikundy, Iruveli, Karpooora Thulasi, Peppermint Thulasi, Unga, Ponnarathagara etc. She prepares herbal oils to treat various disorders using different medicinal plants. She has made efforts to conserve traditional vegetable varieties such as *Akasa Vellari* and *Neikumla* which possess medicinal properties. Mrs Joseph's work has been recognized by the state of Kerela as she has been awarded with state bio-diversity 2008 and 2016 award. Some of her work is as follows:

Conservation of Akasha Vellari (*Giant Granadilla*): Mrs Joseph has planted *Akasha Vellari* brought from Kandhalur forest area. This vegetable belongs to cucumber family and is known to prevent diabetes, blood pressure and cholesterol. Tender fruits are cooked as vegetable (added in *Sambar*). Fruits can be harvested during summer.

Conservation of Neikumla (wild ash gourd): Mrs Joseph is conserving wild ash gourd which is very small in size. It is effective to reduce weight and also for diabetes.

Conservation of Valli Kilangu (*Valli Kizhangu*): She has cultivated Valli Kilangu (*Dioscorea* sp.). The tubers of this plant are used for increasing milk yield in human and cows.

Conservation of Kaattu Ulli (wild onion) : This plant is used for treating tonsils in throat region.

Some of Mrs Joseph's herbal practices are as mentioned below:

1. Veterinary Skin diseases

For skin lesions, apply the paste made from bark of drumstick tree with leaves of bitter gourd on lesion. If it is not cured arrow root powder is administered in toddy.

For general skin diseases, ingredients like Karunjeeragam (*Nigella sativa*) seeds, Garlic, Thippili (*Piper longum*) fruit, underground tuber of wild bitter gourd (*Momordica subangulata*) and mixed with fried and powdered husked rice of winter crop (Mudakan) are effective. All the ingredients are to be taken in equal amount and mixed with basil leaf juice to form balls of gooseberry size. Feed it with juice of Thanrikkai (*Terminalia bellarica*), with blood of poultry and with country liquor alternatively.

Also *Karimthakara* (*Albezia odoratissima*) leaves ground with garlic can be applied on infected areas to provide relief from skin problems.

2. For Intestinal worms

Mayakku (*Quercus infectoria*), Nutmeg, *Kadugurohini* (*Picrorhiza kurroa*), Tender leaves of native mango tree, Paalkayam (a Preparation with asafetida), husk of *Terminalia chebula* fruit. add 1gm of each ingredient to 1 *Idangazhy* (about 1-1.5 lit) of water. Cook this mixture until it becomes 4 *thudam* (approx 0.25 lit.) and feed thrice a day with $\frac{1}{2}$ *thudam* at a time.

3. Cough

Grind 5 gm of *Piper longum* fruits and mix it with 60ml of *arrak* (country liquor).

4. To deliver placenta

Give grinded *Kadugurohini* (*Picrorhiza kurroa*) either in pineapple juice or in juice from palm toddy (*Borassus flabellifer*).

5. For lean calves

Boil 16 gm of *Piper longum* in 1 *Idangazhy* (About 1-1.5 Ltr) of water. Boil this till it becomes 4 *thudam*. Take 1 *thudam* from it and mix it with an egg and one spoon of sugar. Feed this mixture for 7 days in mornings.

6. Umbilical cord infection in calves

Make fumigation with *Ayamodagam* (*Ajwain*), peels of garlic, neem cake, thumbai (*Leucas aspera*) and expose this smoke to the infected region.

For external application :

Take 1 gm of Carpooram (Camphor) 1gm, 10 gm each of garlic and turmeric powder. Boil it in velichena (coconut oil) and apply externally

External application of teak oil is also good.

Prepare Valsaladhi capsule and administer

For cow - 2 capsules thrice a day

Calves – 1 capsule twice

Buffalo - 2 capsules thrice a day

For pig - 1 capsule twice a day

Pork – 1/2 capsule twice a day

Goat - 1/2 capsule twice a day

7. For fever

Kadugurohini (*Picrorhiza kurroa*), *Asuranakam*, Kannaram (*Aspidopterys canarensis*). When the animal is suffering from fever, feed 2 pieces with basil leaf juice thrice a day.

8. Vathsanadhi capsule

It is prepared from Chayilyam (red dye used in facial makeup of temple art), Tippali (*Piper longum*) and other medicines. It is best for indigestion, diarrhoea and other gastric disorders in cow. Administer this capsule with juice of *malai inchi* or wild ginger (*Zingiber wightianum*) (2 capsules thrice a day and for calves 1 capsule twice a day and for goat ½ capsule).

For faeces with blood and smell (locally known as stomach itching) *Kottagathila* (*Grewia microcos*) leaf juice is mixed with capsules and 2 capsules are given twice a day.

9. For worms

Kacholam (*Kaempferia galangal*) 5gm, chuvannulli (*Allium cepa*) one each and 10 grams of inchi (ginger) are crushed together. One teaspoon of this mixture is to be fed to the patient.

10. Mastitis

a. 100 gms Ayappana (*Eupatorium triplinerve*) and 5 gm rock salt is mixed with Kaadivellam (rice soup remaining water after cooking boiled rice) and applied on the affected cow's udder often.

b. Take 100 gms each of Sarpagandhi (*Rauwolfia serpentine*), Pazhuthaarachedi (*Homalocladium platycladum*), pacha manjal (turmeric), 20 gms rock salt. Mix everything with rice soup and apply on affected area frequently.

c. Take 200 gms of Kattar vazha (*Aloe vera*) leaf, a small piece of turmeric, 5 gms rock salt and mix all with rice soup. Apply this mixture on affected area often.

d. Juice of 7 lemons, 7 spoon sugar, and 7 egg white of native hen are ground together and the paste is applied on udder every now and then.

- e. Take 41 leaves of Garuda Kodi (*Aristolochia indica*), turmeric, 5 gms rock salt and mix in rice soup, add one egg white of native poultry. This is to be applied on udder frequently.
- f. Take 11 fruits of Kadukkai (*Terminalia chebula*). Cut them into two equal halves, remove seed and fill one half with black colour gingelly/Karellu(*Sesamum indicum*) and the other half with sandal powder. Cover them with leaf of Amirtha Ilai (*Tinospora cordifolia*) and tie with grass Karuka (*Cynodon dactylon*) and then cook them in cow's milk. Grind it with stone, mix it with remaining milk that was used for boiling and apply on udder frequently.
- g. Ellu (*Gingelly seeds*), turmeric, leaves of Amirtha valli (*Tinospora cordifolia*), leaves of Pannivalli (*Derris scandens*), Chandanam (sandal wood), Thottavadi (*Mimosa pudica*) leaves, Kizhar Nelli (*Phyllanthus nirurui*), Nilamthodamannu (*Siol*) and Karukapullu (*Cynodon dactylon*) 50 gms each are boiled in cow's milk, adding 5 gm rock salt and 5 gm chunnambu (slaked lime). This mixture is applied externally on udder frequently.
- h. Take whole base portion of Sahdavari (*Asparagus racemosus*) including root, wash well and grind. Take 50 gms of this paste and mix with rock salt, rice soup make a fine paste to be applied on udder frequently.
- i. Grind 50 gms Nilakanjeeram (*Lindernia crustacean*), 10 gms garlic, 5gms rock salt and basil leaves with rice soup and apply frequently.
- j. Grind Nilanarakam (*Naregamia alata*) leaves along with turmeric and apply over affected region.
- k. Take a whole plant of Aanachuvadi (*Elephantopus scaber*) and grind it along with fresh turmeric. Mix this paste with butter and apply on affected part.
- l. Take Aryaveppu (Neem) leaves, (Pachamanjal) turmeric, (Klluppu) rock salt and grind with rice soup and apply on affected region.

11. Foot and Mouth disease

Symptoms of this disease include wounds on toe, mouth and udder, leathery saliva from mouth, fever and loss of appetite. If toe wounds have become infectious, for treatment grind manjal (turmeric), karpooram (camphor), veluthulli (garlic) and umi (rice husk). Apply this on the affected foot, followed by application of teak oil. This mixture can also be applied on mouth and udder if required. Alternatively Vathsnadi capsule or karimjeerakadhi capsule can also be given.

12. Falling cow disease

Symptoms of this problem is that the cow collapses with weak legs and inflammation. Mrs Joseph suggests a remedy whereby juice of Chaturamulla leaves (*Myxopyrum smilacifolium*) is boiled with odathu oil. This mixture is given orally to cow and also applied on legs and back.

13. Cold cow disease

The symptoms of this problem include wobbling legs and discomfort while walking. For remedy take 200 ml each of Odathu(Gneetum) oil, Karinjotta (*Samadera indica*) oil and neem oil. Take 50gm each

of Uluva (Fenugreek), garlic and *Karunjeeragam (Nigella sativa)* seeds.

Slice garlic and prepare in oil till it's cooked add Uluva (fenugreek)and *Karunjeeragam (Nigella sativa)* seeds. Give two *thudam* orally and apply on legs several times.

14. Inflammation

When there is inflammation it results in swellings on joints accompanied by fever at times. For treatment take 0.25 ltr of Punnai oil (*Calophyllum inophyllum*). Grind 2 handful of Karkolari (*Psoralea corylifolia*) and Kadukapala (*Holarrhena pubescens*) seeds. Mix it with the oil and give 2 *thudam* orally as well as apply on legs and joints.

15. Leg throwing disease

The symptoms are that when a cow stands or walks it will throw or shake legs. For treatment, take white Oommam (*Datura metel*) fruit, deseeded and sliced into two equal halves. The fruit is filled with mustard and both halves are tied up and boiled in rice soup. Grind the cooked fruit and apply on legs.

16. If cattle happens to eat poisonous grass

A simple treatment for this problem is to grind rice in coconut milk to be given orally.

17. For warts at udder

1. Grind ginger and mix with Chunnambu (slaked lime) and apply on warts.
2. Slice 10 gm Veluthulli (garlic) and cook in 100ml Velichenna (coconut oil) till it turns golden brown. Add Karpooram (camphor) 50gm and turmeric powder 50gm mix well and apply externally on warts.

18. For jaundice

The symptoms include yellowness in eye, red coloured urine and fever. For treatment, grind Vella Avanecku (castor), 3 raw fruits of *Ricinus communis* and one pinch Jeerakam (cumin). Mix these with cow's milk and give orally every morning for three days. The cow should be bathed in cold water twice a day.

19. Preparation of Thailams (Medicinal Oil)

Mrs Joseph prepares different herbal and natural oils for treatment of many diseases such as headache, ulcer, Muri Ennai, Sadha Ennai, joint pain, dandruff, suduvala, menstrual pain, kidney stone and bone setting.

a. Preparation of Muri Ennai

This oil is prepared for treating sprains, swelling (*Voomai Kayam*). Ingredients include

Voonginathala, Onion, Murukkilai, Betel vine leaves, Sadhavari, leaves of Calotrophis, all heated in coconut oil for some time and stored in a bottle.

20. For Piles :

Using wild *Senai Kilangu* (Elephant foot yam) Mrs Joseph prepares *lehium* (sweetened herbal preparation) for treatment of piles.

Source of Innovation : (Idea) Mrs Joseph has learnt herbal healing practices from her uncle Mr. Thomas who initially learned this from a traditional healer (Lada Vaithiyar - Transhumant healer).

Social / Impact / Diffusion : Mrs Joseph has conserved several rare plants. She has also treated more than 10,000 animals by using different herbal preparation against FMD and other disease of animals.

She received Nagarjuna Aswamitra 2008 state award, Bio-diversity award 2016 for the best medicinal plant farmer with Rs. 10,000 as award money given by Nagarjuna Research Foundation, Kalayamthani, Idukki district, Kerala.

