



## Traditional Ethno-Veterinary Practices followed in the Palakkad Region of Kerala

Sri D. Dhanapalan



Sri D. Dhanapalan has over the past 17 years documented traditional ethno-veterinary practices followed by local healers in the Palakkad region of Kerala, and he has tested many of them on hundreds of animals, including goats when he was in charge of a farm in Palakkad. The 21 practices listed below are some that have been proved to be effective.

### Mastitis:

Take one or two fruits of *Datura stramonium* (Tam: Ummam, Mal: Ummath) (violet flowered Datura is better than the white flowered one). Cut one end smoothly just like removing the lid of a vessel. Remove the seeds. Fill it with black Sesame (Gingelly- *Sesamum indicum*, Tam & Mal: Ellu) seeds (with glumes). Close with the lid-like cut end of the fruit. Wrap it with *Tinospora cordifolia* (Tam & Mal: Chittamrith) leaves. Cook in milk (for treating cow, buffalo milk is better and vice versa). Crush the content (whole) with the same milk used for cooking. Make a paste. If milk is not at all available, cook the wrapped packs in steam using an idli cooker. Crush to a fine paste with fresh and pure lemon (*Citrus limon*, Tam: Elumichai, Mal: Cherunaranga) juice.

Boil two handfuls of fenugreek (*Trigonella foenum-graecum*, Tam: Venthayam, Mal: Uluva) in 3 litres of water and cool it.

Throw cold water upon the affected udder forcefully and rapidly. Strip out all the infected parts of the udder. Wash the udder with the fenugreek water (already prepared as above). Wipe the udder with a dry clean cloth. Apply the prepared paste many times a day according to the severity. Continue for a week or as long as it heals well. (The ointment prepared once should not be kept more than 24 hours).

### Physiological oedematous condition during advanced pregnancy or calving:

- ♦ Crush the *touch me not* plant as whole (*Mimosa pudica*, Tam: Thotta sinungi, Mal: Thottavadi) to a fine paste and apply on the oedematous area.
- ♦ Apply dry extract of Aloe vera (Mal: Channinayakam, Tam: Rattappakalam) in glycerine.

Sri D. Dhanapalan  
Kulirama, Ayyapangavu  
Kadamkode,  
Karingarappully PO,  
Palakkad - 678551  
Kerala  
Cell: 09400600589  
E-Mail:  
[d.dhanapalan@gmail.com](mailto:d.dhanapalan@gmail.com)  
Livestock Inspector,  
Kerala Animal Husbandry  
Department  
Age: 43  
Education: MA, MPhil  
Public Administration  
Specialist - Herbal  
medicine for animals

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**To rejuvenate the damaged cells and tissues in connection with mastitis:**

- 100g each of *Boerhavia diffusa* (Mal:Thazhuthama, Sanskrit: Punarnava) and *Aerva lanata* (Mal: Cherua, Tam: Siru puly, Hindi:Gorakhbuti or Kapuri jadi) are boiled in 3 litres of water, reduced to one litre. Administer this decoction two times daily orally.

**For Tympanitis:**

- 100 ml each of castor oil (*Ricinus communis*, Tam: Vilakkennai, Mal: Avanakkenna) and lukewarm water are shaken well and briskly, and administered orally at intervals of 4-6 hrs.
- 200 gm of pongmia (*Pongamia pinnatta*, Tam: Pungamaram, Mal: Ungu) is boiled in 1 litre water and reduced to 500 ml. The juice of two lemons and 5 gm of baking soda are mixed with the above decoction and administered orally at intervals of 6 hrs.
- 50-100 ml each of ground nut oil (*Arachis hypogaea*, Tam & Mal: Kadala enna) and turpentine oil, shaken well to form a frothy appearance and administer orally at intervals of 2-4 hours.

**For digestive disorders:**

- Partially ripened fruit of papaya (*Carica papaya*, Tam: Pappali) can be administered orally.
- Equal quantity of garlic (*Allium sativum*, Tam: Vellai poondu, Mal: Veluthulli), ginger (*Zingiber officinale*, Tam & Mal: Inji), asafetida (*Ferrula asafetida*, Tam & Mal: Perumkayam), pepper (*Piper nigrum*, Tam & Mal: Kurumulaku) and betel leaf (*Piper betel*, Tam: Vettilai, Mal: Vettila) are ground to a paste and administer orally. (Quantity is based on the severity and physical condition of the animal. 25 g each can be taken for average cattle).
- Pure ginger juice 50 ml is mixed with 50 gm of baking soda (Sodium bicarbonate). Mix it with lukewarm water and administer orally.
- 100 g ajowan (*Trachyspermum ammi*) (Tam: Omam, Mal: Ayamodhakam) is boiled in 1 litre water and reduced to one third and administer orally at 3 hour intervals.

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- Dried ginger 25gm, Ajowan 25 gm, garlic 25 gm, cumin (*Cuminum cyminum*, Tam & Mal: Jeerakam) 25 g, pepper 10 nos, cardamom (*Elettaria cardamomum*, Tam & Mal: Elam) 10 nos, are ground well and administered in lukewarm water orally at an intervals of 6 hrs.
- Onion 200 gm, Ajowan and supporting roots (*Adventitious prop roots*) of Banyan tree (*Ficus benghalensis*, Tam: Alamaram, Mal: Peral) 100 gm each are ground well and administered orally.

Equal quantity of garlic and baking soda are ground in ginger juice and administered orally.

### For Helminthiasis:

- Take half tumbler each of curd and butter milk, keep them in a copper vessel for 24 hrs. Add 5-6 tumblers of water to dilute and administer 2-6 tumblers early mornings for 3-5 days.
- Grind one handful of *Asparagus racemosus* (Tam: Sathavelli, Mal: Sathavary) tubers in water and administer 2-6 tumblers early mornings for 3-5 days.
- Grind 25-100 g of dried papaya seeds in 250 ml water and administer early mornings for 3-5 days.
- 25-100 gram each of papaya seeds and cane sugar are ground well and administered early mornings for 3-5 days.
- Administer the raw juice of Agathi leaf (*Sesbania grandiflora*) 50 to 200 ml early mornings for 5-7 days.
- Take 100 g each of Neem (*Azadirachta indica*, Tam: Veppu, Mal: Aryaveppu) barks and castor root. Boil in 1 litre water, reduce to 1/3 rd. Administer 50 - 350 ml of this decoction early mornings for 3 days.
- Grind 10 g each of garlic and pepper, boil in 100 ml of neem oil. Administer 10-30 ml orally for 3 days every month.
- Add the raw extract of one lemon with 25 ml of gingelly oil (sesame oil) and administer orally for 3 days every month
- Grind 2 handfuls of bittergourd (*Momordica charantia*, Tam: Pkaikkai, Mal: Kaipakka or pavakka) in water and administer 3 days each every month early morning. (It should not be administered to animals in early pregnancy up to 3 months).

Administer 50 - 150 ml of mustard oil (*Brassica nigra*, Tam & Mal: Kaduku) early morning for one week every month.

**Diarrhoea:**

- Grind *Aerva lanata* (Cherula) in rice wash and administer 2 to 3 times daily.
- Grind one handful each of tender leaves of pomegranate (*Punica malus*, Tam; Mathulai, Mal:Mathalam) and barks of Jambolan (*Syzygium cumini*, Tam:Nakaimaram, Mal:Njaval) tree in tender coconut water and administer 3 times daily until diarrhea is cured.
- Grind curry leaf (*Murraya koenigi*, Tam:Kariveppilai, Mal:Kariveppila) 50-100 gram and administer 2 to 3 times daily until diarrhea is cured.
- Grind one handful of bamboo leaves (*Bambusa* spp., Tam: Moonkil, Mal:Illu/Mula) in butter and administer 3 times daily until diarrhea is cured.

**For enteritis:**

- One handful each of tender leaves of Indian laburnum (*Casia fistula*, Tam:Konnai, Mal:Kanikkonna) and betel leave are boiled in 1 litre water reduce to 1/3<sup>rd</sup>. Administer 50-100 ml of this decoction 2 times daily.

**For Ectoparasites:**

- Mix common salt in castor oil and apply.
- Whole plant extract of Lantana (*Lantana camara*, Tam:Unnichedi, Mal:Arippoochedi/Konginihedi) should be diluted with the urine of cattle and apply externally.
- Mix rock salt (Potassium chloride) with neem oil and apply.

**Dermatitis:**

- Root barks of *Pongamia pinnatta* should be ground in the oil of pongamia seeds and apply externally.
- Grind 10 g turmeric powder with 50 g touch me not (*Mimosa pudica*) and boil in 100 ml of neem oil. Apply it externally.
- Apply the latex of Calotropis (*Calotropis gigantean*, Tam&Mal:Erikku) externally.
- Put 1 kg of the leaf of Dandappala (*Wrightia tinctoria*, Tam:Veppalai, Mai:Dhandhappala/Ayappala) in a wide necked glass jar having sufficient capacity with lid. Pour 1 ltr pure coconut oil in the jar containing dandappala leaf. Close the jar with the lid tightly. Keep it in clear and hot sunlight during day time and keep inside home at night for 7 days. The oil colour will become dark bluish

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violet and the leaf will become deep fried structure. Then pour out the oil from the jar carefully. (Don't crush or squeeze the leaf). This oil can be applied for any dermatitis or psoriasis condition.

### Warts:

- ♦ Apply a fine paste of copper sulphate (Tam: Thutham, Mal: Thurisu) in water and apply carefully on the warts 3 to 4 time a day. Care should be taken that it should not be applied on normal body parts because it is very caustic.
- ♦ Take common salt in a cloth and rub it many times daily.

### Respiratory Tract Infections:

- ♦ Take Ocimum (*Ocimum sanctum*, Tam & Mal: Thulasi) 100 gm, dried ginger 50 gm, pepper 10 nos, betel leaf and clove (*Syzgium aromaticum*, Tam& Mal: Grampoo) 5 each. Grind these with 100 g of jaggery and boil in 250 ml water. Administer 100 - 250 ml of the decoction 2-3 times daily
- ♦ Coriander (*Coriandrum sativum*, Tam&Mal:Malli) 250 gm, ocimum 50 gm, jaggery 50 gm, garlic 25 gm, camphor (*Cinnamonum camphora*, Tam&Mal:Karpooram) 5 gm and 10 nos of pepper are ground together well and administer orally 2 times daily.

### Foot and Mouth Disease:

- ♦ Grind papaya fruits well with honey and apply on mouth, tongue and lips. Boil camphor with neem oil and apply externally on affected hooves etc.
- ♦ Warm plantain (*Musa spp.*, Tam:Vazhai, Mal:Vazha) leaf. Spread pig fat oil (old) over it and administer orally.
- ♦ Crush pig fat oil with robust plantain fruit and feed internally.
- ♦ Apply teak oil on wounds.

### Cracks and Wound on Udder:

- ♦ Burn coconut fibre (*Cocos nucifera*, Coir, Tam: Thenkai maanji, Mal: Thenga Chakiri), mix its ash with castor oil and apply.

**Pyrexia:**

- Dried ginger, pepper, garlic, betel leaf and Tulsi are boiled in horsegram (*Macrotyloma uniforum*, Tam: Kollu, Mal:Muthira) decoction with a piece of neem bark and administer 3 times daily.

**Avulsion / Breaks of horn:**

- Bandage with the sap of banyan tree. (Should not wet with water) .
- Bandage with onion juice. (If wet with water, no problem).

**Maggot wound:**

- Grind tender fruit or tender leaf of sugar apple (*Anona squamosa*, Tam:Seatha, Mal:Aatha) and pack the wound.

**New wound:**

- Dress with the juice of onion.

**Warts:**

- Mix lime with the fresh juice of ginger as a paste and apply on warts
- Make a paste of copper sulphate with water and apply

**General disease of poultry including RD:**

- Equal quantities of the juices of fresh turmeric(*Curcuma longa*, Tam &Mal:Manjal), garlic and onion are mixed and administered 2-10 drops orally 4 times daily.
- For prevention: equal quantities of turmeric, garlic and onion are chopped and fedwith other poultry feed occasionally.

**Lice infestation of poultry:**

- Spread crushed leaves of *Annona squamosa* inside poultry nest.
- Spread the leaves of *calotropis* inside the nest.

Date : 4 August 2014

Documented and  
English version  
typed by SEVA