

## **Research Documents with New Comments 2**

### **Introductory Note**

This series is an effort to present the updated research documents with information collected through recent Ethnobotanical surveys (December 2010 onwards).

### **Medicinal Herbs of Chhattisgarh, India having less known traditional uses XXXV. Jaljamini (Cocculus hirsutus, family: Menispermaceae).**

#### **Research Note - Pankaj Oudhia**

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As Homoeopath, I am aware about the use of Cocculus in nausea or vomiting from riding in carriage, boat or railroad car, or even looking at a boat in motion, sea-sickness, car sickness etc. It is one of the frequently used Homoeopathic drugs.

#### **New Comments added on December 7, 2010**

The Traditional Healers of Chhattisgarh informed that when Cocculus is taken in excess it results in nausea and vomiting. They use over 90 herbs in order to nullify the harmful effects of Cocculus. The use of Cow ghee is one of the common home remedies senior natives are aware of. The Healers confirmed about use of Cow Ghee but added that it is not always effective. The Healers of Jharkhand use Airi like herbs for this purpose. Online interactions with African herb experts revealed that African Healers use this herb as emetic. They were not sure about the herbs used to nullify the harmful effects of Cocculus taken in excess.

I tried Homeo drug Cocculus in my Agrohomoepathic experiments with much success. It gives promising results in organic cultivation of Safed Musli (*Chlorophytum borivilianum*). With the help of Traditional Healers I blended it with Traditional Allelopathic Knowledge. Many of these experiments are still in progress in Mother Nature's experimental fields.

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Cocculus or Jaljamini is a climbing shrub occurring throughout tropical and sub-tropical tracts of India. In Chhattisgarh, it is a common roadside and wasteland herb. Leaf extract mixed with water, coagulates into a green jelly-like substance in very less time. Due to this unique property it is known as Jaljamini (Jal-water, Jamini-to freeze) in Chhattisgarh. The natives and traditional healers of Chhattisgarh are well aware of its medicinal properties and uses. It is used both internally and externally.

### **Common names of Jaljamini around the world.**

S.No. Language/Region/Country Names

1	Arabic	Haddal, Herrije, Luah, Schirwal
2	Baluchistan	Afaband, Zamur
3	Bengal	Huyer
4	Canarese	Dagadiballi, Dusariballi, Sugadiballi, Yadaniballi
5	English	Broom Creeper, Ink Berry
6	Gujarati	Vevati, Vevdi
7	Hindi	Chireta, Diev, Jamitikibel, Jaljamini
8	Marathi	Parvel, Tana, Vasanvel
9	Sanskrit	Patalgarudi, Dirghakanda, Dirghavalli, Dridhakanda, Garudi, Mahamula, Sauparni, Somavalli, Tiktanga, Vasandi, Vatsadani
10	Sind	Kursan, Zamir
11	Tamil	Kattukodi
12	Telugu	Chipurtige, Dusaritige, Katlatige
13	Urdu	Faridbuti

Botanically, Jaljamini (*Cocculus hirsutus* syn. *C. villosus* syn. *Menispermum hirsutum*) is a straggling scandent shrub with densely villous young parts; Leaves 3-5 nerved, ovate, ovate-oblong, sub-deltoid to sub-hastate, villous; Flowers dioecious, male in small axillary cymose panicles, females in axillary clusters, 2-8 together; Fruits drupe, size of a small pea, keeled rugose, Flowering time November to February in Chhattisgarh conditions. The roots and leaves have been described as valuable medicinal parts in reference literatures but the traditional healers of Chhattisgarh use all parts as medicine. According to Ayurveda, Jaljamini roots smell sweetish and pungent, lessen bile and burning sensation, enrich blood and useful in diseases of urinary system. According to Unani system of medicine, Jaljamini is antipyretic, tonic, lessens thirst, good for fractures, and useful in tubercular glands related troubles. The natives living in Jaljamini rich areas use the fresh herb as styptic. It is well known herb used as first aid remedy in minor injuries.

The herb collectors always keep it with them during forest visit. My Guru, Late Shri Vishal Bharat was using the aqueous paste of Jaljamini leaves to heal the old wounds. He was also using it in treatment of cancer. The traditional healers of Chhattisgarh informed me that this herb have unique medicinal properties to heal all types of wounds and boils in very less time and also in less pain.

#### **New Comments added on December 7, 2010**

In Complex Herbal Formulations used in treatment of different types of Cancer the Traditional Healers use 300 plus herbs. While writing about these formulations in my cancer report I found name of *Cocculus* in many formulations.

I receive many messages from young cancer researchers interested in indigenous herbs. Many of them have complained that *Cocculus* phytochemicals are not giving promising results in laboratory. They are not wrong. *Cocculus* as single herb rarely gives significant results in case of cancer but when it is used in form of combination with other herbs it gives very good results. The Traditional Healers having expertise in treatment of different types of cancer confirm it. It is unique information.

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In southern parts of Chhattisgarh, the female natives use it as first aid remedy in treatment of burns, like Aloe gel. The healers further informed that their fore fathers were using this herb since time immemorial. In early days, it was considered as best herb to treat the soldiers having the injuries from sword and arrows. The traditional healers of Bagbahera region recommend this

herb, internally to increase the concentration of semen. It is also added in popular herbal combinations useful as sex tonic.

### **New Comments added on December 7, 2010**

Through recent Ethnobotanical surveys I collected information on over 180 Traditional Formulations from seven Indian states in which Cocculus is added as important ingredient. These Formulations are used for sexual health. I have written a lot on this aspect in my report on Extraordinary sexual performances.

From the Healers of Orissa I got information about Traditional Formulations in which Cocculus is used with medicinal mite Trombidium. Although most of the Healers use these Formulations round the year but its use in rainy season is considered best. In this season freshly collected Trombidium is used with Cocculus plant parts. The Healers added that these Formulations are not only beneficial for sexual health but also protects the patients from diseases common in rainy season.

I received a sample of Herbal Oil from the Healers of North India for external application. This oil is prepared by mixing ten herbs. Cocculus is one of these herbs. I presented it to my friends and also to Traditional Healers. I received positive response from friends but the Healers added more herbs in it in order to make it more useful. I collected strong oil from them and sent back to Healers of North India for their comments.

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The traditional healers of Chhattisgarh specialized in use of diabetes; use this herb in special cases with Kali Mirch (Black Pepper).

### **New Comments added on December 7, 2010**

Through recent Ethnobotanical surveys I collected much information on Traditional Formulations on Diabetes in which this herb is added. Cocculus is an important part of report on Treatment of Type II Diabetes through Traditional Healing Methods. It is used in different forms. Before using Cocculus as medicine for Diabetes plants are treated with Herbal Solutions up to long time. Different Healers use different solutions but their purpose of practicing Traditional Allelopathic Knowledge is one i.e. to make the herb rich in medicinal properties. They rarely purchase it from local herb shops or Herb Vendors as they know that herbs available with them are untreated and hence, far less effective. When they use such herbs in urgency they add specific herbs in Formulations to increase the effect of base herb.

I have collected information of over 35 types of Herbal Solutions used to enrich Cocculus from the Traditional Healers of Chhattisgarh. The Traditional Healers of Orissa also practice this knowledge but they use other herbs and herbal combination. During visit to Narsinghnath and Gaudhas I interacted with the senior Traditional Healers and learnt about the ways through which they practice this knowledge. I prepared a small film on it. The Healers of Niyamgiri shared very less on this aspect. The Healers of Jharkhand use wild Curcuma based solutions for this purpose. I have noted again that the Healers of young generation are less interested in practicing this knowledge. During guest lectures and interactions with young Healers at different forums I always motivate them to respect the Traditional Allelopathic Knowledge as to great extent it is integral part of Traditional Healing.

The new research on use of Cocculus in treatment of Type II Diabetes has resulted in increasing demand. The greedy herb traders have discovered herbs with similar looking plant parts and now the problem of adulteration is becoming severe. The Herbs added as adulterants are not very toxic but no one knows about its effects on human health when unevenly mixed herb lot with adulterants reaches to drug companies.

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The natives of forest areas of Rajnandgaon region use the Jaljamini leaves internally as home remedy to stop the diarrhoea. As mentioned earlier, the leaf extract mixed with water, coagulates into a green jelly like substances, this substance is used internally as body tonic. According to the traditional healers its judicious use removes the extra heat from human body. It is specially useful for the patients having troubles of urinary system. According to the traditional healer of Mudpar village Shri Hanumat Prasad Verma it is a boon for the patients of gonorrhoea.

#### **New Comments added on December 7, 2010**

From the senior Traditional Healers of Chhattisgarh Plains I got information on unique formulation in which more than 30 species of wild grasses are added with Cocculus. The roots are used in the formulation. These grasses include *Dactyloctenium aegyptium*, *Cynodon dactylon*, *Saccharum spontaneum*, *Brachiaria* sp., *Dichanthium annulatum*, *Alloteropsis cimicina*, *Echinochloa* sp., *Paspalum* sp., *Eragrostis* sp., *Arundinella* sp. etc.. This formulation is of multiple uses. In form of internal medicine it is used in treatment of three diseases whereas as external remedy it is used in treatment of more than 10 diseases. And in form of smoke it is used in treatment respiratory diseases. The Healers informed that grasses are useless without Cocculus and vice-versa.

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Jaljamini is not under cultivation as medicinal crop in Chhattisgarh. It is one of the non-wood forest produces of Chhattisgarh having regular demand. Unfortunately, the herb collectors and traders of the state are not aware of its end uses. Many leading Homoeopathic as well as Ayurvedic pharmaceutical companies in India are dependent on Chhattisgarh forests for their regular supply of Jaljamini. Possibly, the state government officials are not aware of this bare fact. There is a tremendous scope of establish Jaljamini based drug industry in Chhattisgarh with the help of traditional healers and their in depth knowledge about this herb.

### **New Comments added on December 7, 2010**

After documenting much knowledge about Traditional Medicinal uses of Cocculus I feel that it is not correct to put its name in series of “Medicinal herbs of Chhattisgarh, India having less known Traditional uses.”

I am expecting much from on-going surveys. I will share with you very soon.

During surveys I observed that many herbs are known as Jal Jamni including Cochlospermum religiosum other than Cocculus. The Traditional Healers of Chhattisgarh know this herb from atleast 15 local names. Jal Jamni name is commonly used by Herb shop owners. The Healers of Orissa identify Cocculus by 13 different names whereas the Healers of Jharkhand have named Cocculus by 20 different names. These local names tell much about characteristics and medicinal properties of Cocculus and standard reference literatures say less about it.

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Thank you very much for reading the article.

### **Citation**

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