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ETHNO MEDICINAL STUDIES ON *CITRULLUS COLOCYNTHISTHIS L.* BITTER APPLE (TROOH)

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Abstract

Citrullus colocynthis L. is a common medicinal herb used in folk medicine among the primitive and rural societies of Sindh. The present communication is based on Ethno medicinal uses and explored drugs from *Citrullus colocynthis* L. Leaf pest, Fruit Juice, Seed and Root all the parts of plants are used for the cure of many diseases. The data collected from various regions is compared with the medicinal uses. Phytochemical report and pharmacological screening from reported journals of *Citrullus colocynthis* L. is given.

Keywords: Ethno medicinal drugs *Citrullus colocynthis* L. Leaf pest, Fruit Juice, Seed Root, plants diseases

Introduction

The history of the uses of plants in medicine can be traced back to the ancient civilization of prerigvedic times (Mitra and Jains 1991). Indigenous system of medicine like Ayurveda and Unani had their roots in one way or the other in Folk medicine (Jain 1991). Unanin system of medicine was introduce in Indo Pak by Arab practitioners of unani tibb, who settled in Indo Pak and included many popular herbal remedies (Anonymous 1981). A large number of Folk medicines remained endemic to certain regions, groups due to variety of reasons, (Jain 1981). One of the aspects of Ethno medicinal survey among the rural societies, is to record either to less or unknown Folk herbal remedies from tribal groups before it is lost for ever in the race of modern civilization (R.D. Girach 1992).

Ethno medicinal survey among the tribal groups in Sindh yielded new uses of some little known plant species. In an attempt to search for new or less known herbal remedies popular among the people of region, data on the ethno medicinal survey was compiled and reported for a less known plants the *Citrullus colocynthis* L.

Citrullus colocynthis L. is a medicinal herb, belongs to family Cucurbitaceae. The morphology of the plant is described in flora of Pakistan (Ali and Nasir).

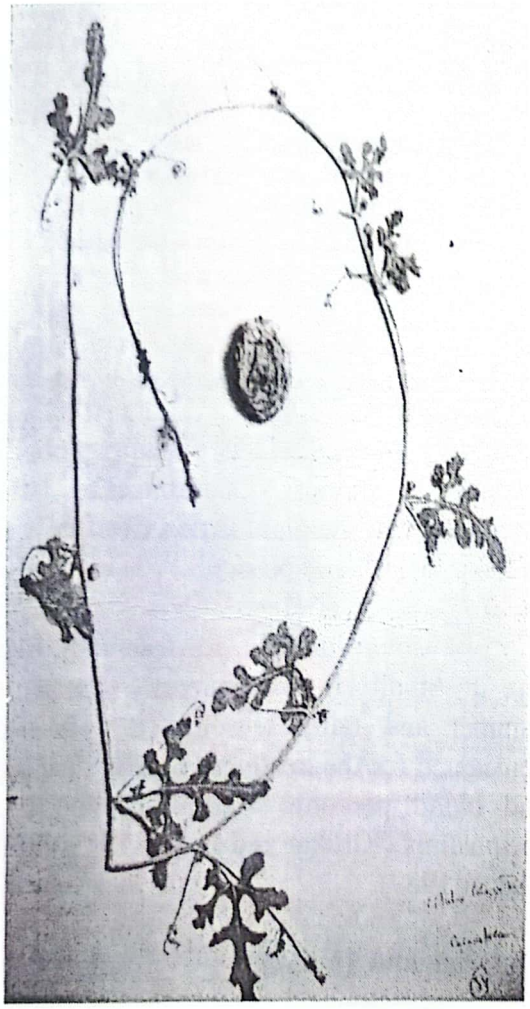
Citrullus colocynthis L. are found through out in Sindh, it is commonly found in summer and rainy season. The plant is considered for the treatment of skin diseases and blood pressure sugar, digestion and rheumatims (Kirtikar and Basu 1935), (Riaz Baquar 1989).

Material and Methods

Ethnobotanical information on *Citrullus colocynthis* L. (trooh) recorded from various ethnic groups in Thanobola Khan, Sari, Thano Ahmed Khan Kerchat, Jamshoro hills, district Dadu and got valuable information by knowledgeable person belong to Kohistan community namely (Qamar Kohistani, Sommar abdullah 2002) and Books of Hikmat (Hikmat-Ja-Moti).

Details of species, uses, plants parts, diseases mode and preparation and administration of drug, popularity and precaution if any were recorded in the field note book.

Plant species were collected and confirmed by the local inhabitants to make sure that proper plant has been collected. Voucher specimen of the plant are preserved in the herbarium Department of Botany, University of Sindh.



***Citrullus colocynthis* L.**

Family	Cucurbitaceae
Ethnic name	Trooh (Sindhi) Indrayanmakal (Hindi), Rakhalsasa, (Bengali), Kaurtumba (Punjabi) Hazal (Arab) Tumat (Tamilian), Bitterapple (English)
Soil Type	Calcarious
Flowering Period	November to January

Taxonomic Characters

Habitat	:	Kohistan (Sindh)
Habit	:	Perennial creeping herb
Stem	:	Herbacious branched
Leaves	:	Deeply disected middle segment compound pinnatified stalk 2.5cm tendril.
Flower	:	Yellow 2.5cm in diam Monoecious all solitary male flowers calyx tube bellshaped. Petals 5 ovate stamen 3 style short stigma 3 kidney shaped.
Fruit	:	Rounded green and white striped fruit rounded many seeds.

Citrullus colocynthis* L. *in Ethno medicine

Medicinal uses of *Citrullus colocynthis* L. (trooh) collected from the area survey are enumerated below with local people's name and folk uses.

1. Qamar Kohistani (2002). Decoction of Root of this plant is used for Jaundice.
2. (Soomar Abdullah 2002). Pest of leaf is used for cure of open wounds.
3. (Hakeem Saidad 2002). Fruit juice is used for purgative.
4. (Asghar Chandio 2002). Small doses of fruit is used for fever and intestinal disorder.
5. (M-Ismail 2002). Seed of the plant is used for sugar.
6. (Fakeer Naseer, 2002). The juice of the fruit is used for rheumatism.

7. (Hakeem Ali Bux 2002). Root is considering as antidote to snake poison.

8. (Hakeem Saidad 2002). The fruit is used for skin diseases.

Chemical Composition

Plant contain two bitter substances Colocynthin, Colocynthetin. Root contains elaterin and saponin seed contain fixed oil aphytosterolin and phytosterols, hydrocarbon, a saponin, alkaloids-glycoside tanin. (Baquar).

Result and Discussion

The survey shows the *Citrullus colocynthis* L. (Trooth) is the important medicinal plant in indigenous system of medicine in this area. The plant is considered as an important for skin diseases and blood pressure (Qamar Kohistani & local Hakim). Fruit and seed of this plant is used for purgative and intestinal disorder. Root is used for Jaundice (Soomar Abdullah 2002).

Citrullus colocynthis L. (Trooth) commonly available and popular herbal remedy in this region. Keeping in view the importance of regional flora Hippocratic has advised to treat common ailments of local people using medicinal plants growing in this region. It is consider more effective medicine than the drugs from other region for the cure of many diseases (Local Hakeems).

From the aforesaid facts it is suggested that *citrullus colocynthis* L. (Trooth) is not only popular as single drug remedy in local areas, but it may be taken up for scientific research and clinical trials.

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