



# Documentation of Ethnomedicinal Plants used for Treating Rheumatoid Arthritis Disorder by Aboriginal Communities of Manar beat, Karamadai Range, Western Ghats, India

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**Abstract:** An ethnomedicinal survey was carried out in seven different villages of Manar beat (Melur slope RF and Nellithurai RF), Karamadai Range, Western Ghats, Tamil Nadu, India. The intend of the study was to document information regarding indigenous plant species used to treat anti-arthritis disorders. From the survey, a total of 76 plant species belonging to 69 genera and 36 families were reported with the help of standardized questionnaires among 46 tribal informants between the ages of 40-85 years. The study shows that plants belonging to the families Euphorbiaceae, Rutaceae, Capparidaceae and Asclepiadaceae are commonly used by traditional healers. The leaves form the major part of a plant for herbal preparation. In addition, 28 plants were becoming endangered, vulnerable, least concern and near threatened status. From the surveyed list 76 plants were used for rheumatism and the same species were used for other diseases. Decoction ranks first in the mode of administration. This study shows a high degree of ethnobotanical novelty in traditional folk medicine among the aboriginal people (Irular). Further pharmacological studies of these plants may provide some important drugs for the treating common rheumatoid arthritis disorders.

**Keywords:** Medicinal plants, Manar beat, Irulas, Folk medicine practitioners, Rheumatism

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