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Medicinal uses of *Setaria pumila* (Poir.) Roem & Schult: a grass species of Odisha

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ABSTRACT

Drugs from the plants are easily available less expensive, safe and efficient and rarely have side effects. In the Era of Science and Technology, people depend on traditional medicine for their healthcare. According to Ayurveda, *Setaria pumila* commonly known as yellow foxtail is a medicinal plant which is used to cure disease like in bull's neck soar and rheumatic. This study is carried out in Odisha. The aim of the present work is to study the medicinal uses of *Setaria pumila*. The study reveals that there is a very less work on this grass so, more work need to do on this plant.

INTRODUCTION

From the ancient days when there is no advancement in Science and Technology to the present days, tribal are using plants or plant parts to treat many diseases (Behera et al. 2016). Plants are also used as remedy in Homeopathy, Ayurveda and Unani. Each plant possesses their own medicinal values (Bibi et al. 2014). In developing countries about 80% of people use traditional folk medicines obtain from natural resources

(Farnsworth et al. 1985). Grasses makes natural group of plant belongs to family Poaceae. It is a wide spread flowering plant and is the fifth largest family having about 780 genera and 12,000 species all over the world (Gebashe et al. 2018). *Setaria pumila* is known as weed grows in lawns roadsides and cultivated fields (Saeed et al. 2015). It is an annual grass grows up to 20 m in height having hairless stem, colour ranges from

green to purple tinged and colour of panicle is yellow and yellow tinged. It appears from mid-November to February. It is commonly known as yellow bristle grass, pigeon grass

and yellow fox tail grass (Steinmaus et al. 2000). The aim of the study is to study the medicinal uses of *Setaria pumila* (Figure 1).



Figure 1: *Setaria pumila*

METHODOLOGY

Study area

The temple city Bhubaneswar is situated in the Khorda district of Odisha. It is about 65 km away from Bay of Bengal at an altitude 25.9 meters and Latitude of 25° 15' North and longitude of 85° 52' West (Behera et al. 2008). The plant was identified by following “Flora of Odisha” by Saxena and Brahmam (1995). Then by discussing with the local people and literature survey, the medicinal uses were noted.

RESULTS AND DISCUSSIONS

Fresh root paste is warmed gently and used in the treatment of rheumatic pain. Mixture of its grain and black pepper is applied by Lodhas (Saha et al. 2014).

CONCLUSION

The present study reveals that *Setaria pumila* is an annual grass which is used to cure disease like rheumatic pain and bull’s neck soar. There is a less work on this plant so we need to do more study on this plant.

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