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Traditional use of medicinal plants: First record of Ethno- medical plants of Azmatabad village, Thannamandi, District Rajouri (J&K)

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ABSTRACT

The present study was conducted to document the ethno–medicinal plants and their usage by the Pahari community of Azmatabad village, Thannamandi of District Rajouri in J&K. Documentation is the first step in achieving conservation and sustainable use of medicinal plants on a local, regional, and global scale. The checklist of medical plants acts as baseline data for use by the researchers, policy makers, land managers and common people interested in documentation, conservation, and sustainable use. The altitude is 1982 m above the sea level supporting sub-tropical to temperate vegetation and offering congenial climatic condition favorable for the growth of medical plants. A total of 65 medicinal plant species belonging to 44 (Table-1) families were identified which are used by the local Pahari inhabitants as medicine, they need to be documented for the preservation and conservation.

Figure : 01 References : 11 Table : 01
KEY WORDS : Azmatabad village, Checklist, Documentation, Medicinal plant, Pahari community.

Introduction

Ethnobotany means relationship between people and plants[2]. Pahari and tribal people obtain a variety of plant products from the wild to fullfill their own needs. Pahari community refers to the people inhabiting mountain area of the Himalayas and speaking an Indo-European dialect called Pahari[4]. Eighty percent of the world's people depend on traditional medicine for their primary healthcare needs. There are considerable economic benefits in the development of indigenous medicines and the use of medicinal plants for the treatment of various diseases[11]. Due to fewer communication means, poverty, ignorance, and unavailability of modern health facilities, most people especially rural people are still forced to practice traditional medicines for their common day ailments. Most of these people form the poorest link in the trade of medicinal plants[8].

Material and Method

Hotspots of Pahari-speaking people were identified and confirmed in the study area. An extensive field survey was carried out between March to July 2021 in these hotspots. Information on the use of plants and plant parts as medicine by the Pahari community of Azmatabad village was obtained through interviews with the villagers, Hakeems and elders in the Pahari language. Detailed names of plants and use of plants, parts used, method of preparation and mode of use were noted in the notebook.

Result and Discussion

A total of 65 medicinal plants belonging to 44 families (Table-1) were identified in the area and were used for various purposes[1-3,5-10]. A vast knowledge among the old people and Hakeems of the Pahari community of Azmaabad village about the usage of plants needs to be Documented.

Nowadays changing agricultural parts, over-exploitation of the forest, and grassland soil and changing attitude of people towards the environment has resulted in tremendous decrease in medical health in the area.

Therefore, there is an urgent need to preserve and document this indigenous knowledge that prevails among the elders of the Pahari community so that our depleting plant's wealth could be saved.

Conclusion

These plant species cover an altitudinal gradient of 1680 -1982 m and are known by different local names. The plant species explored during the present survey have dual significance. Some of them are promising future food, while others carry immense medicinal importance and can have active constituents for future phytochemical analysis. These plants also represent an inexpensive source of locally available quality nutrition for the locals. Detailed research on these plants can further provide us better understanding of their medicinal and nutritional values.

TABLE-1:- List of Ethno -medicinal plants in study area and their uses

Botanical Name	Local Name (in pahari language)	Family	Ethno-medicinal uses
Acacia nilotica	Kikar	Mimosaceae	Leaves and bark extract is used to cure sore throat and dysentry.
Aesculus indica	San (Bankhori)	Hippocastenaceae	Leaves are used to cure chest disease of Donkey and horses.
Allium sativum	Thoom	Liliaceae	Acts as carminative and gastric stimulant, cure hypertension.
Amaranthus viridis	Ghanar	Amaranthaceae	Leaves are used aganist obesity, snake bite.
Amaranthus spiriosus	Chaleri	Amaranthaceae	Mixture of leaves are used aganist pile and wounds.
Berberis lyceum	Simlu	Berberidaceae	Leaves are used to treat diabetes, scabies, pimple, jaundice and fever.
Acorus calamus	Bach	Araceae	Leaves and bark extract is used to cure sore throat and heal wounds.
Leagues parvifolia	Kankoli	Elaegnaceae	Twig extract is used as anticancer, fruit used against cough and pulmonary infection.
Euphorbia helioscopia	Dodal	Euphorbiaceae	Root extract is used as antihelminthic.
Cryptolepis dubia	Tarnari	Asclepidaceae	Leaves are used against skin diseases.
Cryptolepis dubia	Tarnari	Asclepidaceae	Leaves are used against skin diseases.
Ficus palmata	Phagwari	Moraceae	Fruits are used in lung and gall bladder infection.
Debregeasia salicifolia	Sanduri	Utricaceae	Grainded fruits are used against bloody diarrhoea.
Diospyros lotus	Malook	Ebenaceae	Fruits are used as purgative and laxative agents.
Euphorbia hirta	Dodali	Euphorbiaceae	Plant juice is used against dysentery, cough *etc.*
Cyperus rotudants	Muthur	Cyperaceae	Stem and leaves are used against irregular menstruation and vomiting.
Euphorbia royaleana	Thor	Euphorbiaceae	Stem is used against joint pain.

Canabis sativa	Phang	Cannabinaceae	Whole plant is used as intoxicant, antiseptic, sedative and analgesic.
Ficus auriculata	Tussi	Moraceae	Fruits are used against constipation ,lungs *etc.*
Bergenia ciliata	Bud paow	Saxifragaceae	Leaves and roots are used in curing fever, asthama, diarrhoea, urinary disorder and for healing wounds.
Cynodon dactylon	Khabal	Poaceae	Whole plant with root extract is used as blood purifier, antiseptic and dressing wounds.
Dioscorea bulbifera	Kala ganda	Dioscoreaceae	Extract of tuber is used against diabetes.
Arisaema tortulosum	Sap mak	Araceae	Tuber is antidote used aganist the snake bite,also used in stomach pain.
Dodonea viscosa	Sanatha	Sapindaceae	Leaves are used in gout and rheumatic pain.
Allium cepa	Piaz	Liliaceae	Acts as stimulant, diuretic and expectorant.
Desmodim triflorum	Jangli methi	Fabaceae	Leaves are used against breast pain and spleen disorder.
Morchella vulgaris	Gucchi	Ascomycetes	Plant juice extract is used aganist headache and fever.
Nasturtium officinalis	Cho	crucifereae	Cooked leaves are used aganist cold, cough, and blood purifier.
Aloe vera	Kamalgandhal	Liliaceae	Leaves are used as antihelmintic, it is also used in pile and jaundices.
Arisaema flavum	Hathbis	Araceae	Mixture of seed and rhizome is given to cattle for increasing milk.
Butea monosperma	Dhak	Fabacceae	Leaves are used as tonic against irregular menstruation.
Calenddula officinalis	Satbarga	Asteraceae	Young branches extract is used to relieve kidney pain and stone.
Calotropis procera	Aak	Ascleppiadacae	Leaves, flowers and seeds are used against fever, cold cough and asthma *etc.*
Carissa caranata	Granda	Apocynaceae	Fruits extract is used to cure jaundice

Chenopodium album	Bathua	Chenopodiaceae	Whole plants extract is used against anaemia.
Cissampelos pareira	Batbel	Menispermaceae	Leaves extract is used against cough, diarrhoea, dropsy and stomach pain.
Ficus auriculata	Tussi	Moraceae	Fruits are used against constipation.
Grewia optiva	Thaman	Malvaceae	Leaves are given to young animals to induce puberty and to cattle for the quick discharge of after brith.
Indigofera heterantha	Khanthi	Fabaceae	Leaves are used against toothache.
Justica adhatoda	Baykar	Acanthaceae	Leaves are tied around the joints to get rid of inflammation.
Lepedium sativum	Heleon	Brassicaceae	Seeds are used as eye cleaner.
Lycopersicum esculentum	Desi tamater	Solanacceae	Fruits are claimed as anticancer.
Melia azadrach	Darek	Meliaceae	Leaves are used as insecticides, diuretic.
Mentha longifola	Jungli pudna	Lamiaceae	Leaves and twigs are used against stomach-ache ,asthma, cough and fever.
Morus alba	Toot	Moraceae	Used against sore throat, dyspepsia, acts as a purgative agent.
Rubus fructicocus	Akhra	Rosaceae	Fruits are used against diarrhoea.
Rumex nepalensis	Hand	Polygonaceae	Extracted leaves are used against wounds and skin problems.
Olea cuspidata	Khu	Oleaceae	Leaves extract is used against gonorrhoea and whooping
Pinus roxburghi	Chir	Pinaceae	Used against diarrhoea and tuberculosis, patients are advised to sit under the shade for quick recovery.
Pistacia chinensis	Kanghar	Anaracrdiaceae	The exudate secreted from plants stem is used as a therapy for treatment of burns and stomach ulcers.
Plantago major	Jungli isogolal	Plantaginaceae	Seeds are used in gastric problems and burning sensation of stomach, against dysentery.

Pyrus persica	Dandalle	Rosaceae	Antipyretic.
Punica granatum	Dharunna	Punicaeae	Fruits juice is used against diarrhoea,dysentery.
Quercus oblongata	Rein	Fagaceae	Corn and bark is used against indigestion, diarrhoea, gonorrhoea especially in children.
Ranunculus sceleratus	Khand baria	Ranunculaceae	Leaves are applied for gout, fever and asthma.
Rhododendron arborium	Hardali	Eriaceae	Flowers are used against dysentery and diarrhoea.
Ricinus communis	Haroni	Euphorbiaceae	Leaves are used against stomach pain.
Rosa macrophylla	Jungli gulab	Rosaceae	Juice is used for fever.
Rosa moschata	Phalwari	Rosaceae	Flowers are used against internal fever.
Salix alba	Bessa	Solanaceae	Bark acts as astringent and tonic is used in chronic skin infection like psoriasis.
Salix babylonica	Kashmiri besa	Solanaceae	Leaves and bark are used against fever ,skin diseases.
Salix denticulata	Panjali besa	Solanaceae	Skin and bark are boiled in water and used in fever.
Solanaum pseudocapsicum	Kach mach	Solanaceae	Leaves extract is used against weakness, fever ,and intestinal worm.
Viola adorata	Banafsha	Violaceae	Powdered leaves and flowers are used against cold and cough.
Viburnum grandiflorum	Kuch	Caprifoliaceae	Leaves are given to cattle for constipation, stomachache.

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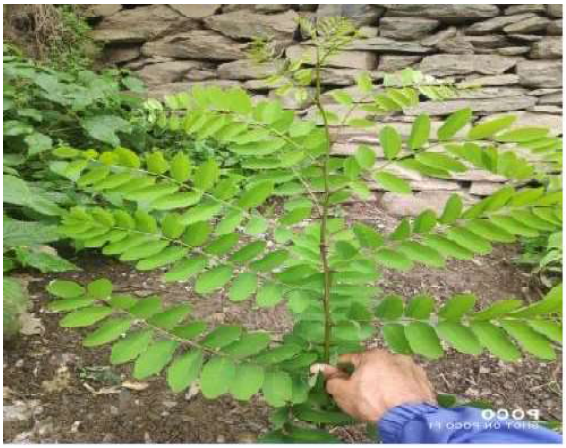
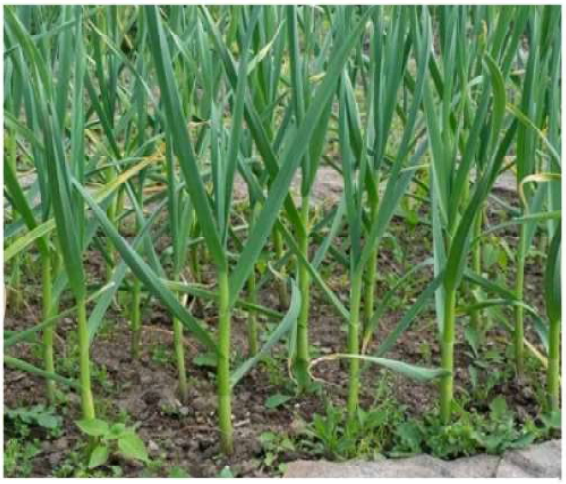
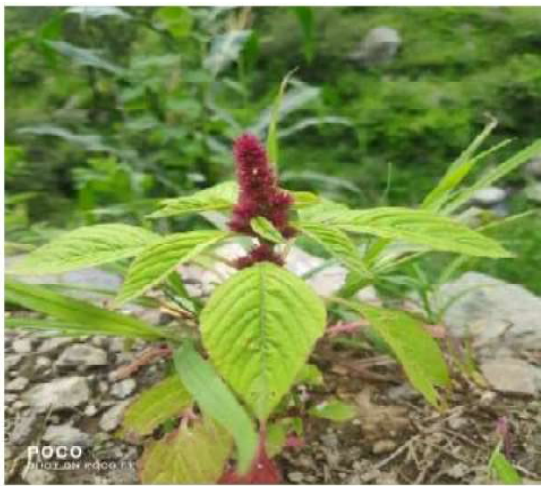


Acacia nilotica **(Kikar)**

Aesculus indica **(San)**

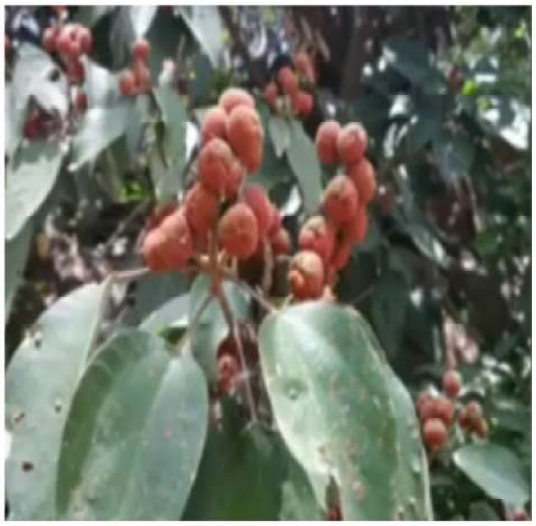


Allium sativum **(Thoom)**



Amaranthus viridis **(Ghanar)**

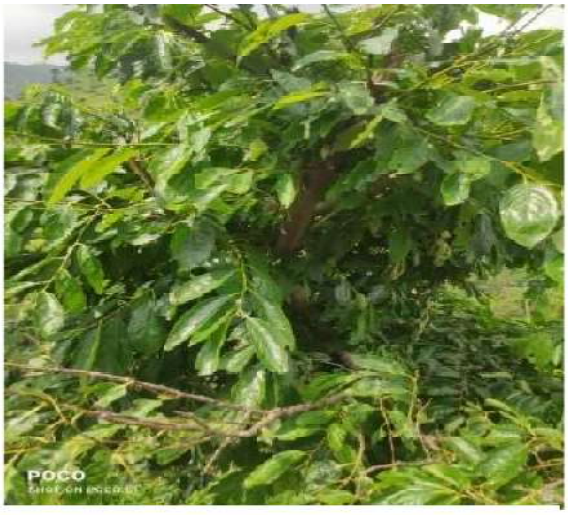
Berberis lyceum **(Simlu)**



Elaeagus parvifolia **(Kankoli)**

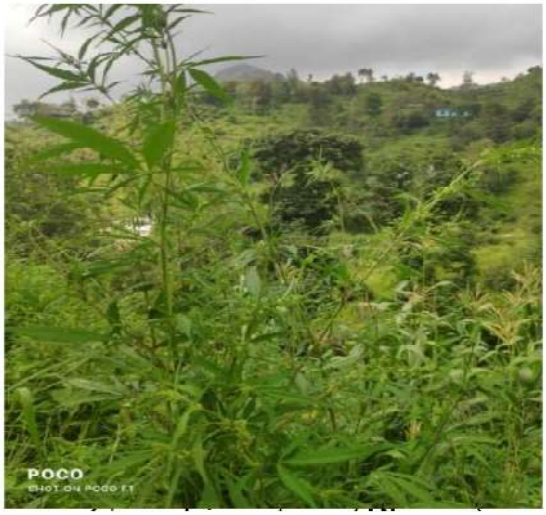
Fig. 1 : Ethnomedicinal plants of Azmatabad village, Thanna Mandi Rajouri J&K, India.

Ficus palmata (Phagwari)



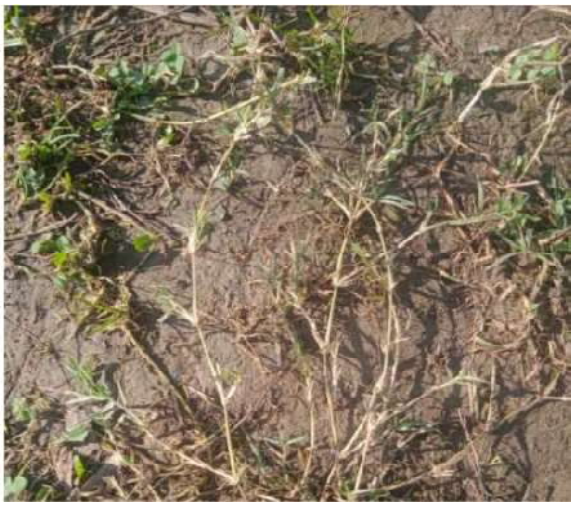
Diospyros lotus (Malook)

Cyperus rotudants(Mathur)



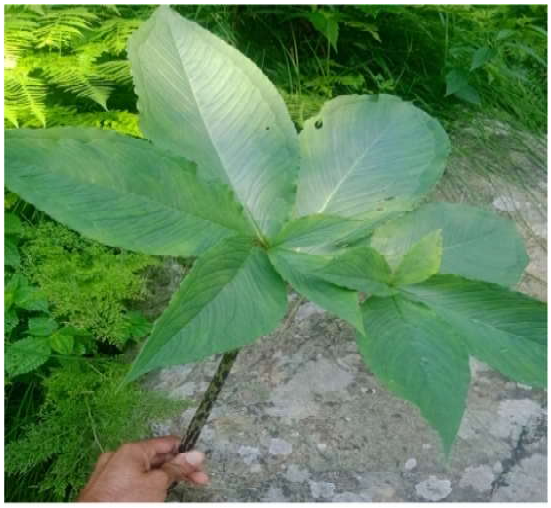
Canabis sativa (Phang)

Bergenia ciliata (Bud paow)

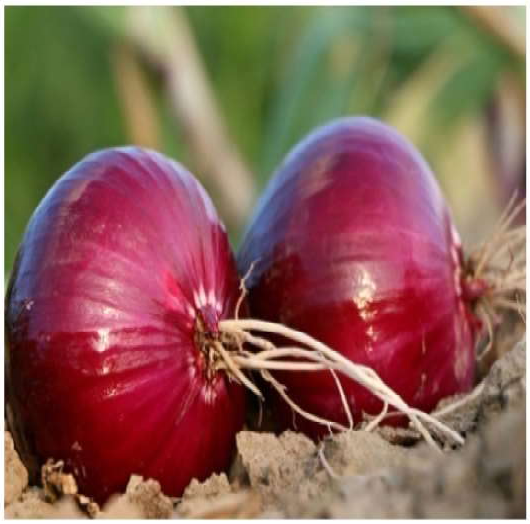


Cynodon dactylon (Khabal)

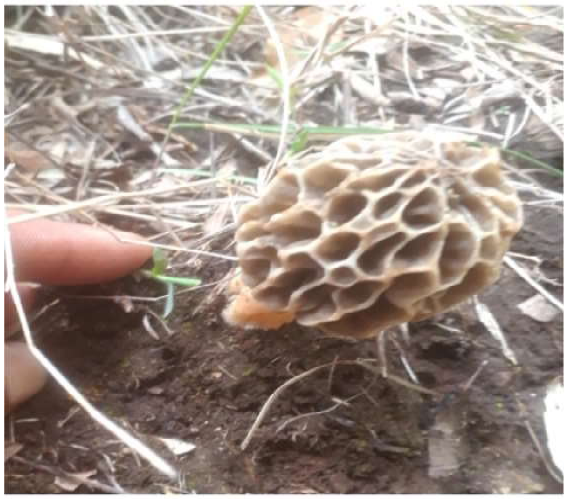
Fig. 1 (Contd.)



***Arisaema tortulosum* (Sap mak)**



***Allium cepa* (Piaz)**



Morchella vulgaris

***Nasturtium officinalis* (cho)**

Fig. (1) Contd. Ethnomedicinal plants of Azmatabad village, Thanna Mandi Rajouri (J&K) India.

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