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ETHNOMEDICINAL PLANTS RECORDED FROM RAJOURI-POONCH DISTRICTS OF J&K STATE

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ABSTRACT

The present work relates to the ethnomedicinal study of 29 plant species belonging to 25 families as used by tribals and local inhabitants of twin border District of J&K state (i.e Rajouri-Poonch). These species are mostly used as medicines. These Districts are comparised of numerous hills and valleys and area of some tehsils are rather plan and a descending slope. In the present exploration, ethnomedicinal information on plant species collected were presented in a precise manner. The plants with botanical name, family, local/common name and part used were discussed in this paper.

KEYWORDS : Ethnomedicinal plants, Rajouri-Poonch uses

Right from the dawn of the civilization plants has been the versatile helpers of the human being. Besides cattering to the basic needs of man, viz., food, shelter and clothing, they provide necessary drugs and medicines for curing his ailments. The curative properties of the plants have been discovered gradually over many centuries and knowledge accumulated was passed on from generation to generation by oral tradition as well as herbal preparations (Maheshwari, 2000).

Throughout the world demand for the plant based medicines is increasing due to their safety, quality and effectiveness. According to the report of World Health Organization (1978) over 80% of the world's population rely on traditional system of medicines, based largely on plants to meet the primary health care needs. WHO estimated that the present demands of medicinal plants is approximately US $ 14 billion per year (Kala, 2006).

India is also a major exporter of medicinal plant raw materials and their extracts. The country exported a total of 42000 tonnes of medicinal plant raw materials to other countries during the year 2000-2001 (Sarin, 2003). India has been known for one of the richest ethnobotanical traditions in the world. India has rightly been called as the "Botanical Garden" of the world.

An attempt has been made to documents the traditional knowledge of ethnomedicinal plants used by the local, rural people and different tribes like Gujjar, Bakerwals, Gaddis and Paharis, particularly living in remote hilly areas and foot hills of Pir Panjal of Rajouri-Poonch District depends upon plant based medicine, to avoid from the side effects and toxicity associated with the long term use of synthetic drugs.

MATERIALS AND METHODS

Regular field trips were organized to different area of Districts and the ethnomedicinal aspects of flora were studied. During the trips, the interviews, dialogues and discussion with rural, tribal, hakeems, eldermen, shepherds and womens of different villages were held to document the ethnomedicinal informations. Repeated queries were made to verify the data. The plants have been cited in alphabetical order along with their local names, family and part used.

RESULTS AND DISCUSSION

Phytotherapy seems to be one of the remedial measures for the tribals like Gujjar, Bakerwals, Paharis and Gaddis inhabiting the remote and farflung area of twin border District. Total 29 plants species belonging to 25 families were recorded from these areas in table,1. The people of these two Districts found it feasible to rely upon local herbal medicines for treatment of different ailments rather than going to hospitals or health care centres. Additionaly, very few local medicinal practitioners like Hakeems, vaids, elderwomen and heads of tribes are left who know about the miraculous use and properties of medicinal plants. There are no written documentary records. At the same time, the traditional indigenous knowledge is not being disseminated further. As a result of

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Table 1: Medicinal Plants Recorded From The Different Area's of Rajouri-Poonch Districts

S.No	Botanical Name	Family	Local/Common Name	Part Used	Uses
1	*Acacia nilotica*	Mimosaceae	Kikar, Babul	Pods, Leaves bark	Dysentry, Sore, Throat
2	*Adhotoda vasica*	Acanthaceae	Adhotoda	Whole plant	Bronchitis & Asthma
3	*Aloe vera*	Liliaceae	Kanwaar-Gandal	Whole plant	Skin diseases
4	*Andrographis paniculata*	Acanthaceae	Kaalmegh, Kiryata	Whole plant	Kidney Disorder
5	*Azadirachta indica*	Meliaceae	Neem	Flower, oil leaves, Bark,	Malarial fever
6	*Achyranthus aspera*	Amaranthaceae	Puthkanda	Leaf, root, seeds	Cough & Diarrhoea
7	*Adiantum capillus*	Adiantaceae	Hansraj, Maiden hair fern	Leaf	Swelling & Tumour of spleen
8	*Arisaema tortulosum*	Araceae	Saap di khumb, maakh	Bulb, seed	Stomachache, antidote snake poison
9	*Boerhaavia diffusa*	Nyctaginaceae	Purarnava	Whole plant	Jaundice
10	*Bacopa monnieri*	Scrophulariaceae	Jal bramhi, jal neem	Whole plant	Nervous disorder, constipation
11	*Bergenia ciliata*	Saxifragaceae	Sapdotri, zakhme-e-hayat	Root, leaves	Skin & wounds
12	*Cassia fistula*	Caesalpiniaceae	Amaltas	Whole plant	Fever
13	*Cynodon dactylon*	Poaceae	Doob, dub	Whole plant	Leprosy
14	*Cannabis sativa*	Cannabinaceae,	Bhang	Leaf	Piles
15	*Centella asiatica*	Umbelliferae	Brahmi Booti	Leaf	Rheumatism, dysentery
16	*Chenopodium album*	Chenopodiaceae	Bathua	Whole plant	Anaemia & Constipation
17	*Desmodium triflorum*	Fabaceae	Jangli methi	Leaves	Eye , Spleen disorder, breast pain
18	*Dalbergia sissoo*	Fabaceae	Shisham	Bark, root	Leprosy & skin diseases
19	*Euphorbia hirta*	Euphorbiaceae	Doodul	Aerial parts	asthma
20	*Ficus palmata*	Moraceaea	Fagwara, khemri	Fruits	Lungs & skin
21	*Mimosa pudica*	Mimosaceae	Chu-mui, lajwanti	Whole plant	Fever
22	*Mucuna prurita*	Fabaceae	Jajooli	Root, leaf	Paralysis, nerve tonic & fever, rheutmatism
23	*Mentha longifolia*	Lamiaceae	Jungle pudina	Leaf	Asthma, cough, diarrhoea
24	*Nasturtium officinale*	Cruciferae	Chho, watercress	Leaf	Blood purifier, cold&cough
25	*Punica granatum*	Punicaceae	Darooni, anar	Fruit, flower, seed	Liver & kidney, enrich blood
26	*Rhododendron arboreum*	Ericaceae	Harduli	Leaf, flower	Diarrhoea & dysentery
27	*Rumex hastatus*	Polygonaceae	Khattimal	Leaves	Dysentery
28	*Solanum nigrum*	Solanaceae	Makoi	Fruit, root	Cough, piles & Jaundice
29	*Vitex negundo*	Verbenaceae	Bana, nilpushpi	Whole plant	Arthrithis, cold & cough

this, there is continuous erosion in the traditional knowledge of many valuable plants being used for ethnomedicines. Singh and Tyagi, 2006; Shah et al., 2009, Gupta et al., 2005; Kaul, 1997; Kumar, 2003 and Mehmood, 2007 also reported earlier that there is urgent need to explore the herbal wealth and their documentation so that the future progenies may comes to know about indigenous plant species of the area.

So there is an urgent need to inventorise and record all the ethnomedicinal information being practised and to conserve the rich herbal wealth of the area.

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