

SOME ETHNO-MEDICINAL PLANTS OF DISTRICT RAJOURI (JAMMU PROVINCE)

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ABSTRACT

The present work relates to some ethno-medicinal plants of District Rajouri of J&K used by the different tribes and other ethnic groups inhabiting different areas of the district. In this work, ethno medicinal information on 27 plant species belonging to 22 families was documented by interrogating the local Hakeems and traditional practitioners. The plant diversity of this area is quite rich in herbal wealth and most of the tribals depends on these plants for procuring house hold remedies and considered them as their Village dispensaries. Concerned scientific names along with their family, vernacular name, part used, disease cured have been discussed in this paper.

KEYWORDS: Ethno-medicinal plants, uses, Rajouri

Our country is commonly called as the 'Botanical Garden' of the world, owing to her wealth of herbal medicines. Medicinal plants constitutes a precious resources for mankind. Since times immemorial, plants have been put to medicinal use by the traditional herbalists/ Hakims, Vaidays, Ayurvedic practitioners and the common man. The health care obtained by utilizing the plants, plant parts or plant compounds has always been held in high esteem by the Indian folk.

But over the past few decades with the onslaught of industrialization, urbanization and due to dwindling medicinal resources, herbal health care has suffered a set back. Rajouri District is located in the south-western side of the state. It is surrounded in the east by Resi District, on the south by Jammu District, on the north by Poonch and on the west by the Pakistan. Being situated in the border areas in the Jammu region and having a topography of difficult and hilly terrain, the district is economically poor and industrially backward. Most of the people from this region are farmer and are inhabitants near the Peer Panjal range which lies in the north and north-west. In the present work, ethnomedicinal information on 27 plant species belonging to 22 families was documented and collected from the areas of Rajouri, Budhal, Darhal and Kalakote tehsils as they compared of numerous hills and valleys and rich in Medicinal wealth.

MATERIALS AND METHODS

Regular field trips were organized to different area

and the ethnomedicinal aspects of flora were studied. During the trips, the interviews, dialogues and discussion with rural, tribal and common elderly people, hakeems, vaid and women of different villages. Information on various plants used against different diseases were collected. Repeated queries were made to verify the data. The plants have been cited in alphabetical order along with their local names family and parts used.

RESULTS AND DISCUSSION

During investigation medicinal uses of as many as 27 plant species belonging to 13 families were documented. It is evident from the table-1 that ethno-medicinal plants seems to be one of the remedial measures for the Gujjar, Bakarwals and Pharies of this area. Ethnomedicinal plant wealth which are used by local inhabitants for various ailments including cough, joint pain, cholera, kidney stones, asthma, diabetes, fever, jaundice, syphilis, male sterility, gonorrhoea, disease of liver, skin, stomach, menstrual discharge, energy and sexual weakness etc. From time immemorial different plants are used as medicine in our country. Ahuja, 1965, Chopra et al., 1956, Joshi, 2000, Nagiyan et al., 2003; Kumar et al., 2005, Kumar et al., 2006, Singh and Tyagi 2006, Shah et al., 2009, discussed some of the plants. Study on these plants is also an indication of some useful properties of the plants. There may be direct relationship between the chemicals present in the plant and its reported use for the treatment of various diseases. Efforts should be made for their conservation and their cultivation

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Table 1:Plants studied are enumerated

S.N.	Botanical Name	Family	Local/common Name	Uses
1	<i>Abutilon indicum</i>	Malvaceae	Kangi, Atibala Peeli booti, son-patri	Used against impotency, piles, paralysis, urethritis, ulcers and gonorrhoea.
2	<i>Aconitum heterophyllum</i>	Ranunculaceae	Patees, Atees, Vatsnabh	Valuable febrifuge and a bitter tonic used against diarrhoea and dysentery. Powdered root mixed with honey is effective against cough, fever and vomiting.
3	<i>Adhotoda vasica</i>	Acanthaceae	Adusa, Basooti	Leaves used as expectorant and antispasmodic in chest diseases ad as febrifuge in malarial fever, fresh wounds, rheumatic and in inflammatory swellings.
4	<i>Adiantum capillus</i>	Adiantaceae	Hansraj, maiden hair fern.	Paste of leaves is used as demulcent, expectrant tonic. It is used to cure hard swelling and hard tumour of spleen, menstrual discharge, stomachic and diabetic.
5	<i>Aegle marmelos</i>	Rutaceae	Bill, vilva	Fruits used in chronic diarrhoea and dysentery. Also effective against jaundice, cholera, constipation diabetic, fever and Nausea.
6	<i>Aloe vera</i>	Liliaceae	Ghee-Kunwar, Kawaar-Gandal, Kumari	Leaves are used as as stomachic, aphrodisiac, cathartic, astringent, anthelmintic and hepatic stimulant. It is used to cure enlargement of liver, Spleen, gonorrhoea, constipation, piles, jaundice, and rheumatic.
7	<i>Asparagus adscendens</i>	Liliaceae	Safed-musli, chitti-mulsi	Roots are used as tonic, aphrodisiac and galactagogue.
8	<i>Asparagus racemosus</i>	Liliaceae	Sat mooli, shatavar	Used for improving functional efficiency of all organs of body. Root used as aphrodisiac.
9	<i>Azadirachta indica</i>	Meliaceae	Neem	Leaves are expectorant, anthelmintic, diuretic and insecticidal. Bark is bitter tonic, used against diabetic, skin problems and as tooth paste.
10	<i>Bergenia ciliata</i>	Saxifragaceae	Zakhme-E-Hayat.	Roots used to cure fever, diarrhea, wounds, pulmonary affection and eye-diseases. Also used to get rid of stones of urinary bladder.
11	<i>Bacopa monnieri</i>	scrophulariaceae	Jalneem, Jal Brahmi	Stem powder is used for stomach and acute liver disorder. Paste of leaves is used as laxative,anticonvulsant, anodyne. Leaves are used as anticancerous, appetizer.
12	<i>Cannabis sativa</i>	Cannabinaceae	Pang, Bhang, Charas booti.	Used as tonic, antioxidant, stomachic, antispasmodic, analgesic and narcotic sedative, antiseptic and anodyne
13	<i>Emblica officinalis</i>	Euphorbiaceae	Aamla	Fruits forms an important constituents of Triphla which is used as laxative and in treatment of piles, liver, stomach, anaemia, heart complaints and urinary troubles.
14	<i>Ficus palmata</i>	Moraceae	Fagwara, Fagara, Fig.	The fruits acts as demulcent and laxative, used in diseases of lungs and bladder Latex is applied to pullout pricks or thorn from skin
15	<i>Ipomoea hederacea</i>	convolvulaceae	Krishna-beej, Kharpowa Kaladana	Used as galactagogue, purgative and tonic.
16	<i>Mentha longifolia</i>	Lamiaceae	Junglipudina,wi ldmint	Used to cure respiratory and cardiovascular ailment, asthma, urinary tract infection useful in back pain, headache and for healing wounds.

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17	<i>Mimosa pudica</i>	Mimosaceae	Lajwanti, chhuimui	Leaves and roots used against kidney troubles, piles. Leaf juices used for treating fistular sores and abscesses.
18	<i>Mucuna prurita</i>	Fabaceae	Jajooli, Kawanch	Infusion of pods used for dropsy, ointment made of pods of hairs is a local stimulant in paralysis and rheumatism. Hairs are also employed as an anthelmintic.
19	<i>Ocimum sanctum</i>	Lamiaceae	Tulsi	Used against bronchitis, skin ailments, respiratory and urinary troubles.
20	<i>Phyllanthus urinaria</i>	Euphorbiaceae	Bhui-aamla, Hazarmani	Used against urinary troubles, gonorrhoea and sleeplessness in children.
21	<i>Podophyllum hexandrum</i>	Podophyllaceae	Bankakkari, Banwangun	Used as purgative, alterative, emetic and bitter tonic. Rhizome and roots have two active compounds podophyllotoxin and
22	<i>Rauwolfia serpentina</i>	Apocynaceae	Sappgandhi	Drug reserpine and serpentine is used for curing high blood pressure, mild anxiety, mental illness. Root is also used as anthelmintic and as antidote to snake venom.
23	<i>Rhododendron arboretum</i>	Ericaceae	Harduli, Barah ke phool	Flowers are used in diarrhea and dysentery.
24	<i>Rumex hastatus</i>	Polygonaceae	Kattimal, Khatta-meetha	Fresh tuber is chewed to relieve aches in the throat. Leaves have a pleasant acid taste and are edible.
25	<i>Withania somnifera</i>	Solanaceae	Ashwagandha	Roots used in sexual and general weakness. Forms an important ingredient of 31 energy capsules.
26	<i>Vitex negundo</i>	Verbenaceae	Bana, Nilpushpi, Simalu	Leaves are used as febrifuge, diuretic, emmenagogue and expectorant. Roots are demulcent, diuretic and expectorant
27	<i>Zanthoxylum aromaticum</i>	Rutaceae	Timru, Timar	Bark, fruits and seeds are extensively used in medicine carminative, stomachic and anthelmintic. Fruits are effective against toothache. Essential oil obtained from dried fruits is issued in tooth powder.

should be encouraged so that people may get an expensive remedy.

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