

Ethnomedinal use of Herbs in District Rajouri of Peer Panjal Region of Himalaya Jammu and Kashmir

Mushtaq Ahmed and Manjul Dhiman

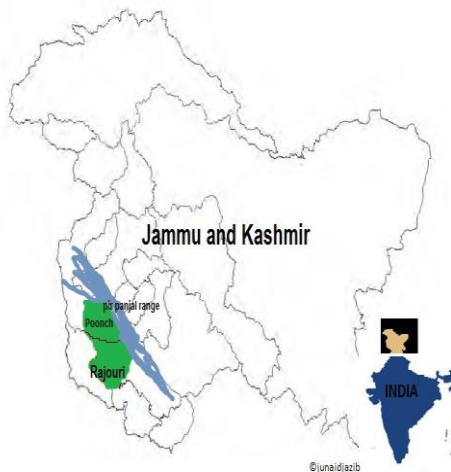
Department of Botany, KL DAV PG College, Roorkee, Haridwar
HNBGU, Srinagar Garhwal, Uttarakhand

Abstract :- The ethnomedicinal survey was carried out in Rajouri District and its adjoining areas of Peer Panjal Himalaya for documentation and information from local tribal communities (Gujjar and Bakerwals) about the ethno-medicines uses of herbs. The indigenous knowledge of local uses of herbs by these tribal communities was collected through personal interviews during field study. A total of 25 plants herbs belonging to 20 families were recorded used to treat different categories of ailments by different parts of plants, mostly used part is root followed by leaves. Traditional knowledge increases with age and it's higher in elders' then young people due to modernization.

Introduction :- Traditional knowledge of ethno medicinal use of herbs to cure diseases is in practice from time immemorial i.e. at the time of Vedas and Upanishads and other historical holy books such as Holy Quran and Holy Gita. Especially the present study were carried out in Jammu and Kashmir Himalaya where tribal peoples used to live mainly Gujjar and Bakerwal are the true tribal having good knowledge of indigenous uses of herbs and herbal products to cure disorders. The Himalayas are rich repositories of biodiversity. The Jammu and Kashmir region, which is a part of the western Himalayas, has about 2000 species of angiosperms, 12 species of gymnosperms and 90 species of pteridophytes. The physiographic features of Peer Panjal region is mostly hilly terrains and these tribals are poor peoples and spend most the time in forest and hills where there is no dispensary or hospitals available in such conditions these tribal's relay on herbs as their medicine to cure their ailments. The ethnobotanical knowledge and practices are also in danger in this region as in many others. The loss of traditional knowledge in a culture that is undergoing a rapid change is as reversible as the loss of plant species 3. Therefore efforts should be made to document the ethnobotanical knowledge and practices before much of it is lost forever. During the study it was noticed that the traditional knowledge is higher in elder peoples as compared to new young generation factors

are many such as change in lifestyle from nomads to settlers also shift in belief system due to modernization etc timely care about this concern is necessary. As per World Health Organization (WHO), nearly 80% of the world inhabitants, especially living in the rural areas of developing countries, rely mainly on traditional medicines for their primary health care (WHO, 2003). There are several areas world over where a vast knowledge on the use of plants against different illnesses exists. In fact, medicinal plants and their traditional uses have been an integral part of social, Cultural, religious aspect of ancient civilization (Folke, 2004). A variety of herbal products have been used by the herbal doctors for the treatments of various diseases common in the area. Traditional phototherapy for the treatment of various diseases is still prevalent amongst the Gujjar-Bakerwal tribe of Peer Panjal regions.

Materials and methods :- The present study were carried out in Rajouri District and its vicinity areas of Peer Panjal region of Jammu and Kashmir Himalaya Rajouri district is bounded by Poonch district in the north side, Jammu district in the south side, Udhampur district in the east side and Pak occupied Kashmir (Mirpur area) in the west side. Rajouri district with an area of 2,630 Sq. Kms. It is located on the Southerly foothills of Pir Panjal Himalaya in the State (J&K) with an altitudinal ranges from 450-4500m above mean sea level(msl). 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. Study includes extensive field trips and interviews with local tribals (nomads) including semi structured questionnaires personal talks with elder peoples of the community.



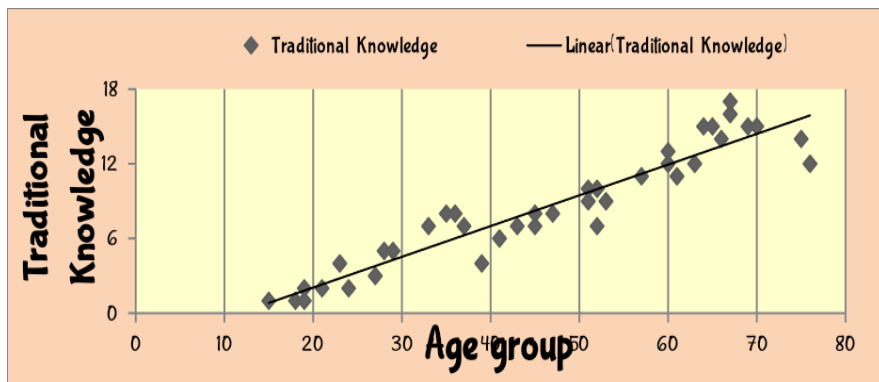
Results :- During this period 25 ethno-medicinal herbs belonging to 20 families has been reported used on different ailments mentioned in the table. It is also analyzed that the traditional knowledge decreased in new generations due to few factors like modernization and shift in belief system shown in graph.

SN.	Herb name	Vernacular name	Family	Part used	Used against	Method of preparation
1	Abrus precatorius	Ratti	Fabaceae	Leaves, Roots and seeds	Skin diseases and stomach pains	Leaves are ground with lime and applied on affected area. Paste of root is administered to cure stomach pain.
2	Achillea millefolium	Madro	Asteraceae	Leaves	Toothache	Leaves are chewed to get rid of toothache and gum problems.
3	Achyranthes aspera	Phut Kanda	Amaranthaceae	Root, Leaves	Paralysis, Abdominal pain	Root powder taken with glass of milk, Extract leaf juice and taken with glass of water
4	Aconitum heterophyllum	Patrees	Ranunculaceae	Root	Arthritis	Root powder is used with mustard oil and applied on arthritis. Also taken with water to cure abdominal pain fever and headache.
5	Angelica glauca	Choro	Apiaceae	Root	Fever	Tea prepared from the root is given to the patient.
6	Asparagus racemosus	Sanspai	Asparagaceae	Root	Intermittent fever and weakness	One cup of juice made from crushed tuberous roots is given on empty stomach once in a day.
7	Bergenia ciliata	Zakhme Hayat	Saxifragaceae	Leaves, Roots	Diarrhoea, Earache	The juice of the leaves is used as drops to relieve earaches. The root is used as a tonic in the treatment of diarrhea.
8	Cichorium intybus	Kasni	Asteraceae	Roots, Leaves	Anti-inflammatory,	Roots and leaves are dried and powdered also juice is prepared to cure

					rheumatism	rheumatism and inflammation.
9	Curcuma aromatic a	Akal-mach	Zingiberaceae	Rhizome	Injury, wound	A spoon ful fine powder of rhizome is given with Ghee (milk and fat)
10	Cyperus rotundus	Deela	Cyperaceae	Rhizome	Malarial fever	Decoction of rhizome with stem bits of Tinospora cardifolia and dried ginger is given to treat malarial fever.
11	Dioscorea bulbifera	Kala ganda	Dioscoreaceae	Tuber	Diabetes	The slices of the tuber are cooked and given with meal once in a day for one week.
12	Duchesnea chrysantha	Mavo	Rosaceae	Whole plant	Hypertension	50ml of infusion from whole plant is given twice or thrice in a day.
13	Erigeron bonariensis	Asthma weed	Asteraceae	Leaves	Heart burn sensation	Leaves are powdered and taken to cure of said disorders.
14	Euphorbia hirta	Jatli dodal	Euphorbiaceae	Latex, Stem leaves	Cough Asthma Bronchial infections	Juice/latex of the plant is given in cough (in small quantity); decoction of the plant is given in bronchial infections and asthma
15	Euphorbia royaleana	Thor	Euphorbiaceae	Latex	Anthelmintic and cathartic	Milky latex is anthelmintic and cathartic.
16	Habenaria intermedia	Singi-buti	Orchidaceae	Root	Diabetes	Roots are crushed and taken to cure diabetes.

17	Hedychiu n coronari um	Jungle haldi	Zingiber aceae	Rhizome	Abdominal Pain	Powder of dried rhizome mixed with vegetable and cooked and then given along with food
18	Nasturtiu m officinale	Chho	Brassica ceae	Leaves	Cold,Cough Blood purifier	Leaves are cooked as vegetable to cure cold cough and fever.
19	Oxalis cornicula ta	Peeli Khati bhuti	Oxalida ceae	Whole plant	antiscorbuti c, scurvy, stomacdhic ;	Herb is used as cure for scurvy, leaves refrigerant, antiscorbutic and stomacdhic; fresh juice of plant given in dyspepsia, piles and anemia; infusion of leaves used to cure opacity of the cornea.
20	Polygona tu m multiflor um	Chario	Asparag aceae	Leaves	Headache, Fever, Piles	Cup of tea made fromleaves of this herb is useful against headache and fever. The powdered roots are used against piles.
21	Ranuncul us sceleratu s	Khand Barian	Ranunc ulaceae	Leaves and seeds	Leaves and seeds	Fresh leaves extract and seed extract is used as tonic
22	Rheum emodi	Pambechar i	Polygon aceae	Rhizome	Fracture wound	Rhizome is powserd and applied on wound and fracture to heal up.
23	Sida cordata	Bhiunli	Malvac eae	Leaves	Cuts Diarrhea	Poultice of leaves applied to cuts and bruises, leaves given to pregnant women to treat diarrhea.

24	Sonchus arvensis	Sonchus	Asteraceae	Roots, Leaves	Cough, asthma, bronchitis and whooping cough	Roots are crushed and taken to get relief from all these complications.
25	Viola odorata	Banksha	Violaceae	Leaves	Cold Fever and throat infections.	Decoction of the leaves is used in cold, fever and throat infection in winters



The graph showing traditional knowledge is higher in elders’ peoples than younger people. Traditional knowledge increases with age.

Discussion :- In the present study conducted in the Rajouri district and adjacent rural area. It was observed that herbs and herbal products are the backbone of remedial for all tribals and hilly areas people, but traditional knowledge as well as important medicinal herbs such as *Aconitum heterophyllum*, *Asparagus racemosus*, *Angelica glauca*, *Hedychium coronarium*, *Bergania ciliata*, etc. and many more are also decreasing continuously. There must be awareness programs to save these threatened herbs and also traditional knowledge. Root is the highly used part, followed by leaves and then other parts on a smaller scale.

Conclusion :- This present survey reported that the indigenous use of herbs as medicines is still in practice among the local communities, especially Gujjar and

Bakerwal tribe other such as Paharies also use herbs as medicine. Although its knowledge is higher among elders and reduced in new generations or we can say traditional knowledge increases with age.

Acknowledgment :- The Author wish to thank a special word of remembrance and gratitude to the people of study area particularly to the Gujjar and Bakerwal tribal peoples of Rajouri district, J & K for providing me support in the field and sharing important ethno-botanical knowledge. Author would also like to thank a special word of remembrance and gratitude to the cordially grateful to UGC MOT A for financial assistance.

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