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ABSTRACTS

KEYNOTE LECTURES, COMMUNICATIONS, POSTERS

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5 = Ethnobotanical investigation on the traditional uses of wild plants in the Kavre district, Kathmandu valley (Eastern Nepal)

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This study aims to document the traditional uses of plants from the Kavre District of the eastern part of Nepal, particularly among Tamang communities living in the rural villages of the hills (1000-2000 m) around Kathmandu Valley. Until now, only very few studies have been carried out on the Traditional Ethnobotanical Knowledge (TEK) of this district (1,2). The research seeks to understand which are the most important plants from the therapeutic point of view, with an antioxidant, antibacterial and antifungal value, as well as plants used in the care of farm animals. Such heritage of lore and natural resource must be preserved in the prospect of a sustainable economic development. The first step of the field research was conducted in hilly rural areas of Kavre District (Patar and Timal areas) among Tamang people (October 2016 and November 2017). According to the testimony of the elderly, in these rural areas no ethnobotanical research had been conducted before. We have collected data through informal and semi-structured interviews with shamans, local healers, plant traders and knowledgeable villagers, regarding local plant names and their traditional uses. Voucher specimens of plants were deposited at Tribhuvan University, Kirtipur, Kathmandu. Data showed the traditional uses of 55 plant species, belonging to 40 families. Of these, 36 plant species are used for medicinal purposes to treat 24 ailments (Fig. 1). The most represented families are Asteraceae and Lamiaceae. We have verified that some plant species are poorly documented by current literature on traditional medicine in Nepal. The indication for use, mode of preparation, dose, and administration of medicine are described for each species. Most common portions, used in these practices, were whole plants and leaves, followed by roots. The remedies were generally prepared by cold pressing with stone mortars, using hot or cold water as solvent. The different types of preparation included paste, decoction, infusion, while the routes of administration were mainly oral, topical, and nasal. The results reveal that a wealth of ethnobotanical knowledge still persists in rural areas of the Kavre District. However, due to land use change and migration, this ethnobotanical knowledge needs to be preserved for the future.



A



B



C

Fig 1. Some species of medicinal plants used in Kavre District. (A) *Raphidophora hookeri* Schott (Araceae), used for female fertility; (B) *Belamcandachinensis* (L.) DC. (Iridaceae), used for gastric disorders; (C) *Colebrookea oppositifolia* Sm. (Lamiaceae), used for treatment of wounds and fractures (leaves) and for gastric problems (inflorescences).

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- 2) Malla B. and Chhetri R.B. (2009) Kathmandu University Journal of Science, Engineering and Technology, Vol. 5 (2) 96-109