

# Ethnobotanical study of some medicinal plants from tehsil Budhal, District Rajouri, (Jammu and Kashmir)

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## Abstract

An ethno-botanical survey was carried out in Tehsil Budhal of District Rajouri for documentation and information from local tribal communities (Gujjar and Bakerwals) about the ethno-medicines uses of plants. The indigenous knowledge of local uses of plants by these tribal communities was collected through personal interviews during field of this hilly and far flung Tehsil of Jammu and Kashmir. Most of the ethno-medicinal knowledge about the local uses of the plants was poorly known by the locals of this hilly area because of the elders of this region died along the traditional knowledge of the plants as they failed to document or communicate the same to their offspring due to lack of education and writing skill. I made extensive survey and trips to reach the head men and oldest persons of these communities in the different villages of this Tehsil for gathering the long-hidden indigenous knowledge. This study is one of its kinds in this hilly and remotest Tehsil of Jammu and Kashmir State. While interviewing the tribal, they got delighted in expressing their indigenous knowledge about the local uses of plants in this area.

**Keywords:** Ethno-botany, indigenous knowledge, uses, Hilly Tehsil, Rajouri (Jammu and Kashmir)

## INTRODUCTION

Man has been using various plant species since the time immemorial for wellbeing. The plants used for curing various diseases in human have been mentioned in ancient literatures like the Rig-Veda, Bible and Quran. The utilization of plants by the primitive man and the tribal has been studied under the new branch of science known as "Ethno botany". It has been estimated that 80% of the world population under developed countries depends upon traditional medicine obtained from plant for primary health care. The world health organization (WHO) estimated that world trade in medicinal plants amounting to 500 million US dollars and the demand is likely to increase more than 5 trillion US dollars. Though it is believed that after the advent of synthetic drug, the plant drugs lost their significance for some time. However, the ethno-medicine has gained considerable importance in the recent past, because of being safe and with no side effects. In this century medicinal plants are the backbone of the traditional medicine being used over the world wide. In Jammu and Kashmir State, the north-western Himalayan part shows rich repository of medicinal plant species. A lot of work has been done to explore the medicinal plants of this region from time to time by various workers [1, 2 and 3]. Gujjar and Bakerwals are the local tribal communities of Tehsil Budhal, (District Rajouri). Gujjar comprised 23% population of the district and Bakerwals comprised 12% of the population. They mostly rear Cattle, buffaloes, sheep,

Goats and horses. In search of green pastures for their herds and flocks, they travel from one place to another with their baggage and luggage. They are living nomadic life and remain wondering in the Jungle with their cattle, sheep and goats. Due to their direct relationship with the trees of the forest and jungle, they are locally known as King of the Jungle.

The objective of the present study was to document the knowledge of ethno medicinal plants species used by the tribal communities (Gujjar and Bakerwal) of Tehsil Budhal (Jammu and Kashmir).

## MATERIALS AND METHODS

Field trips were carried out in whole areas of Tehsil Budhal (Jammu and Kashmir) in different seasons of 2010-11. The information regarding the ethno-medicine uses of plant was collected from local tribes (Gujjar and Bakerwal) through personal interviews and discussions etc. The indigenous knowledge includes local name of the plant sample, part used, mode of preparation and administration. After the interviews, the specimens placed before them for identification of local name and their ethno-medicinal uses. The identification of the scientific names of the plants was made with the help of flora of different authors. The plant samples have been housed in the herbarium of the Department of Botany, Jamia Hamdard University New Delhi.

## RESULTS AND DISCUSSION

In the present study thirteen medicinal plants are used for the treatment of various diseases. The utility lies through their roots, leaves, fruits, seeds and even whole plants. These are taken orally or applied locally in the form of infusion, decoction, paste or powder (Table 1). The information generated from the present study regarding the medicinal plants used by Gujjar and Bakerwals of this

Received: April 10, 2012; Revised: May 15, 2012; Accepted: June 02, 2012.

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region needs a thorough phyto investigation and promote scientific cultivation which will protect and conserve wild flora of this hilly

Tehsil of Jammu and Kashmir state, India.

Table 1. Study of some medicinal plants and their local names and uses.

Botanical Name	Family	Local name	Disease	Ethno-botanical uses
<i>Aquilegia pubiflora</i> wallich ex Royle	Ranunculaceae	Jora	Snake bite	Root paste is applied on the wound caused by snake bite
<i>Berberis lyceum</i> Royle	Berberidaceae	Simloo/Kurmal	Jaundice	Leaf juice
<i>Bistarta amplexicaulis</i> Greene.	Polygonaceae	Masloon	Rheumatism	Root decoction
<i>Corydalis goviniiana</i> wallich.	Fumariaceae	But kesi	Pain in lower abdomen	Leaves decoction
<i>Gentiana carinata</i> Griseb.	Gentianaceae	Neela phool	Appetizer	Roots are used as tonic
<i>Geranium wallichianum</i> D.Don ex sweet	Geraniaceae	Lal jari/Ang jari	Backache	Halwa is made from the roots and is taken twice a day
<i>Inula royleana</i> C.B Clarke	Asteraceae	Chaki phool	Inflammation	Root powder is mixed with Dalchani and wheat flour and is taken orally
<i>Meconopsis aculeate</i> Royle	Papaveraceae	Neel kanth	Wound healing	Extract of whole plant is applied on the wounds
<i>Morina longifolia</i> wallich.	Dipsacaceae	Kandayri	Boils/Allergy	Root paste is applied on the skin
<i>Pedicularis pectinata</i> wallich ex Benth	Scrophulariaceae	Singi phool	Dysentry	Leaf powder is taken orally with water
<i>Rheum australe</i> wallich.	Polygonaceae	Pamb-e-chari	Ulcer	Root powder is sprinkle over ulcer, cut and wound.
<i>Rhodiola imbricate</i> Edgew	Crassulaceae	Dhodlli	Farigue	Roots are chewed orally for removing the fatigue
<i>Rhododendron arboretum</i> smith.	Ericaceae	Harduly	Headache	Leaf paste is applied externally on the forehead

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