

## Ethno Medicinal Plants used in Health Disorders by Locals of Udhampur District

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### Abstract

With human evolution, the medicine and surgery also comes into existence, in prehistoric times. There was no mode of recording data in ancient times. In India the identity of the several plants have been documented in Rigveda and Atharbaveda. Later the works of charak and susruta focused on plants and their ethno medicinal uses. With passing of time, more and more plants found entrance into native medicine. The district Udhampur have ahilly topography and the district is divided into subtropical and temperate regions. The ethno medicinal values and plants usage has been transferred from generation to generation through oral transmission. Many health disorders are treated by the locals, tribal of this district by themselves. The present work focused on the medicinal value of 22 plants belonging to 20 different families. The plants are used for cure of wounds, gonorrhoea, dysentery, anti-allergic, bronchitis and nervous debility. The plants belonging to rosaceae, liliaceae, rutaceae, cucurbitaceae, asteraceae, commelinaceae, solanaceae, apocynaceae, apiaceae, araceae, juglandaceae, euphorbiaceae, oleaceae, lythraceae, fabaceae, cuscutateae, pinaceae, arecaceae, combretaceae and berberidaceae have been included in present work

**KEYWORDS:** ethno medicinal, udhampur, tribal

From thousands of years, people have been using different traditional plants as medicines. Throughout the ages, man has identified plants as source of food, treatment and shelter. In this man nature interaction many civilizations have recorded various plants and their usage that are even effective in modern era. In the development of human culture medicinal plants have played an essential role, for example religious and different ceremonies<sup>[1]</sup>[1]The earliest reports carved on clay tablets (2600Bc) are from Mesopotamia among the materials that were used were oils of cammiphora species(myrrh), cedrus species (cedar), glycyrrhizaglabra (liquorice), papaversomnifera(poppy juice) and cupressus sempervirens(cypress) are still used today for the cure of diseases extending from colds and coughs to inflammation and parasitic infections<sup>[2]</sup>.Our Vedas have number of plants for curing different disorders and diseases. The healing power of traditional herbal medicines have been realized and documented since Rig-Veda and Atharbaveda<sup>[3]</sup>.The trade of non-timber jungle products is mentioned in the 3000 years old Ramayana<sup>[4]</sup>.The charak and sushrut samhitas were written between 700-200Bc and contain accounts of the finding of medicinal plants<sup>[5]</sup>.India has about 45000 plant species and more than 35000 plant species have been claimed to possess medicinal properties and are being used in various human cultures around the world for medicinal purposes<sup>[6]</sup> The research work on ethnomedicinal plants has undergone a tremendous growth from last few decades. The worldwide usage of natural herbal remedies gives the knowledge of different plants and their medicinal values. The knowledge was passed on from generation to generation

mainly through oral folklore and to some extent through sign language on rocks and rock art or pictography etc<sup>[7]</sup>

Udhampur district lies approximately between longitude 75°7' to 75°10' East and latitude 33°54' to 33°57' North in Jammu and Kashmir State of Indian union<sup>[8]</sup>. The total area of the district stands at 4549sq.km having a hilly topography with altitude ranging from 300 to 2900m above mean sea level. Udhampur was named after Raja Udham Singh, the eldest son of Maharaja Gulab Singh. The town was originally known as Borrapur. The district is bounded in the north by Anantnag District and in the north east by Doda district. On the south east it is bounded by Kathua district and in the south west by Jammu district. On the west it has main boundary with Rajouri in Poonch District. Judged by its geographical location Udhampur holds a central position among the districts of the state. Its area is larger than that of Poonch, Jammu, Srinagar and Kathua districts and smaller than that of Ladakh, Doda, Baramulla and Anantnag districts. The climate varies from sub-tropical to temperate. The climate is hot in summer and tolerably cold in winter with an exception of being very cold in the vicinity of high snowy ranges. 25% of the area in higher reaches of the district remains snow bound during winter. The places of tourist interest in the district are hill stations like Patnitop, Sanasar, Sankri Devta and Sudhmahadev. Udhampur district inhabits Pahari people, Gujjar Bakrwal, Gaddi tribes and many local herbalists, Elders, Hakims, Dawazaz who totally rely on indigenous knowledge of herbs and show least reliability on modern allopathic. The present work is focused on to rediscover the indigenous knowledge that has been percolated from time immemorial in an ethnic way. The systematic and extensive ethno medicinal survey was conducted in different areas, villages of this district. Information was gathered by group discussions and informal interviews. Most of the members or informants are men, as women are involved in household works as per social set up prevailing in the district. Informal questionnaire approach has been adopted so that locals and villagers do not get shy or hesitated. This work shows the usage of local plants in different ways and manner to tackle the health disorders in an ancient way. The interference of modern civilizations has uprooted the wide spread knowledge of plants and their medicinal value. The ethnic culture of district Udhampur is under continuous erosion. This study projected the ethno medicinal value of 22 plants belonging to 20 different families used by the local people of Udhampur and are enumerated with their botanical names, family, part used, local name and uses.

**Berberis lycium Royle**

Family:-Berberidaceae

Part used –root, stem bark

Local name-Kamblu

Uses: 1) Root decoction is used for kidney stones and skin infections.

2) Root and stem bark are used in liver ailments,

jaundice and diarrhea

3) It is used in piles, gastric disorders and as antipyretic and antiseptic

**Terminalia arjuna (Roxb.) Wight & Arn**

**Woodfordia fruticosa (Linn.) Kurz.**

Family: Lythraceae

Part used: Bark, leaves and flowers

Local name: Dhain

Uses- I) Dried flowers are used in dysentery and menorrhagia

II) Dried flowers decoction is used as a stimulant in pregnancy

III) Bark is pungent, cooling and used against helminthes and uterine infections.

IV) Leaves are used in bile problems

**Foeniculum vulgare Mill**

Family –Apiaceae

Family- Combretaceae

Local name- Arjun

Part used-bark leaves fruits and seeds

Uses-1) Bark is used as decoction mixed with milk for

Cardiac problems.

2) Leaves and bark are tied externally for fractures.

3) It is useful in anemia, leucorrhoea, tumors and

Dysentery.

4) Fruits and seeds are used for intestinal patients like ascariis.

**Phoenix Sylvestris(linn)Roxb**

Family- Arecaceae/Palmae

Part used- root, leaves and fruits

Uses-1) Fruits are edible and are rich in vitamin B and C

2) Leaves are used for fodder to increase milk yield.

3) Roots are used for tooth ache.

4) Leaves are also used for making 'binas' 'pakhiie' seating carpet and handy fans.

**Pinus roxburghii Sargent**

Family-pinaceae

Part used-wood and resin

Uses-1) Wood is used as hemostatic and anthelminthic.

2) There sin is extracted and is useful as Anti-inflammatory.

3) Resin with some other ingredients is used for liver and tuberculosis

**Cuscuta reflexa Roxb**

Family- cuscuteae

Local- Aandalkhaanda

Part used- whole plant

Uses-1) Plant is bitter, a stringent and anthelminthic.

2) It is useful in jaundice, Cough and bronchitis.

3) It has remarkable usage in fever and paralysis

4) The seeds are carminative and also used as an odyne.

**Butea monosperma (Lamk.)**

Family- Fabaceae

Local-saunf

Part used-Fruits, leaves, root and oil

Uses-1) Leaves with tomato leaves are Boiled and used for gonorrhoea.

2) Seeds boiled water used for bath, detoxify the body and increase the

Release of toxic waste.

3) Dried fruit hot in fusion helps in Sweating and relaxes fever.

4) Oil is vermicide and antimicrobial

**Holarrhena antidysenterica Wall. ex A. DC**

Family- Apocynaceae

Local- Kogar

Part used- whole Plant, bark, root bark, Seed and fruits.

Uses-1) Root bark decoction is used for blood dysentery

2) Bark decoction gargles reduce toothache

3) Seeds powder is used for bleeding and pus of teeth

4) Tender pod if cooked as vegetable can remove worms

5) Pod powder is effective for snake bite to reduce pain.

**Solanum nigrum Linn.**

Family-Solanaceae

Local-Khayakhothi

Part used-whole plant, root bark, Leaves, Flowers and fruits

Uses-1) In fusion of plant is used for Infant shaving abdominal upsets.

2) Leaves poultice is used for joint pains and skin infections

3) Leaves dipped in hot water are applied for swollen testicles.

4) Fruit improves appetite and useful for high cough, heart disease and urinary troubles.

5) Root bark is useful in disease of ears, eyes, nose and burning of throat

**Rosa Centifolia Lour.**

Family- Rosaceae

Local- Kalir

Part used- Roots, leaves and flowers.

Uses- 1) Roots are used in rickets and

Local– palash

Part used Gum, Seeds, Flowers, Bark and Leaves

Uses - 1) Root is used for cure of night blindness and other eye problems.

2) Flowers juice is given to women to induce sterility

3) Seeds powder with lemon is used for ringworm

4) Fresh gumis applied to ulcers and sore throat.

5) Bark decoction is used for intestinal worms

6) Leaves juice with curd and turmeric is given in heat eruption in children.

### **JuglansregiaL**

Family–juglandaceae

Local– Akhroad

Partused–Leaves, bark,seed oil and fruits

Uses-1) Leaves and bark are used for cleaning teeth and some people uses their coloration as lip stick in local gatherings'

2) Leaves are used in skin infections

3) Oil is used against intestinalworms.

4) Fruits are thermogenic, sweet and carminative.

### **Jasminumofficinalelinn.**

Family– Oleaceae

Localname– Malti

Partused– Leaves and latex

Uses-1) Decoction of leaves is used for washing and bathing of wounds.

2) Leaves are also used in preparation of toothache.

3) Latex is used for skin eruptions.

### **Euphorbia helioscopialinn**

Family– Euphorbiaceae

Local– Doodhal

Partused–Leaves, root and seeds

Uses-1) Leaf Juice is used to remove warts.

2) Roots are used against intestinal worms.

3) Seeds powder is used in preparation for disease like Cholera.

### **Colocasiaesculenta (l.)Schott**

Family– Araceae

Local– kachalu

Parts used– Stem and leaves

diarrhea

2) Leaves are used in treating wounds and hemorrhoids'.

3) Flowers decoction or extract, both are used as heart tonic, digestive

problems and as are juvenating tonic.

4) Rose water is used for healthy eyes and as eye wash during Summer.

### **Ageratum conyzoidesL.**

Family–Asteraceae

Localname–Jadi

Partused–Whole plant

Uses-1) Wholeplant has anti-inflammatory Andanti-allergic properties.

2) Decoctionofthefreshplant prevents tetanus.

3)Hair ashwithwaterdippedleavesor decoctionmakeshairfragmentand dandruff free.

### **CucurbitamaximaDuchesne**

Family- Cucurbitaceae

Local name- Kaddu

Partused– Fruit and seeds.

Uses -1) Fruit is cooked with sugar and almond for relief in menstrual pain and internal inflammation.

2) Seeds are anti-helminthic and are used asnerve tonic by dry heating.

3) Seeds also increase muscle strength andused as nervous debility.

### **Eriobotrya Japonica (Thunb.)Lindl.**

Family–Rosaceae

Local name–Lokhat

Part used–leaves

Uses-1) Leaves are used in cough as Decoction gargles and in bronchitis.

2)Leaveswithwarmwaterisusedas bathforwounds.

### **Alluimsativumlinn**

Family–Liliaceae

Local name-Thoom

Part used-Bulb

Uses-1) Raw garlic bulbils is eaten for diabetes and high blood pressure.

2) Small garlic bulbils especially named

Uses-1) Corm is laxative and is used in hemorrhoids and congestion.  
2) The leaf is stimulant and is useful in internal hemorrhages.  
3) Leaf juice is beneficial in nostalgia.

**Commelinabenghalensislinn**

Family- Commelinaceae

Localname- kaechara

Partused- Whole plant

Uses-1) Herb considered as laxative and refrigerants.

2) Leaves are also used in leprosy.

3) The plant is also considered as demulcent and emollient.

**Citrus limon(L.)Osbeck**

Family- Rutaceae

Local- Nimbu

Partused- Stem, leaves and fruit

Uses-1) Juice is helpful in scurvy.

2) Lemon tea is used for stomach problems and chest congestion.

3) Leaves and stems are antibacterial and are used for cleaning utensils

as "Ghantia Thoom" is used for arthritis.

3) Bulb is antihelminthic and removes flatulence

4) Bulb with salt is given for nervous disorders

**Allium cepalinn**

Family- liliaceae

Local- Ganda

Uses-1) In malaria bulb is given with black pepper.

2) Onion consumption removes blood ailment like cholesterol.

3) Regular usage of onion can reduce the chances of cancer.

4) Onion juice is applied on navel during dysentery.

5) It is used in paralysis and skin disease.

**Conclusion:** The present work is done for scientific research purpose and the author does not hold any responsibility of consuming these plants, plants parts or any other form as documented in this paper. This paper has documented the ethnic knowledge of local inhabitants as per their oral transmission. This research work includes 22 plants belonging to 20 different families. The plants are used for cure of wounds, gonorrhoea, dysentery, anti-allergic, bronchitis and nervous debility. The plants belonging to rosaceae, liliaceae, rutaceae, cucurbitaceae, asteraceae, commelinaceae, solanaceae, apocynaceae, apiaceae, araceae, juglandaceae, euphorbiaceae, oleaceae, lythraceae, fabaceae, cuscuteae, pinaceae, arecaceae, combretaceae and berberidaceae have been included in present research paper.

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