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Ethnomedicinal plants recorded from Poonch district of J&K State (India)

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Abstract

The present study highlights useful ethnobotanical information about the use of plants by the rural population of District Poonch of J&K state. The study was conducted in 4 Tehsils of the said District and field trips were arranged during April 2016 to October 2016. The present paper provides information on the indigenous therapeutic application of 50 plants belonging to 38 families that are used by the native of these areas. Information provided includes Botanical Name, Family Name, Local Name, Habitat, Part used, Used against, and brief preparation of the reported plant species is presented in the present work.

Keywords: Ethnomedicines, Traditional Health care system, Medicinal Plants, conservation, Poonch

1. Introduction

Medicinal plants are frequently deployed for healthcare management in developing countries and are also in great demands in the developing world because of people believed that "Nature is Better" (Lewis 2003) ^[1] Especially peoples living in villages have been using indigenous plants as medicines since ages because this knowledge is transferred from generation to generation and is based on lifelong experiences. Besides, villages of District Poonch are far away from cities and mostly lack proper health facilities and also lying close to Line of Control, so peoples of said District use ethnomedicine for primary healthcare management. The WHO in 1987 stated that Utilization of medicinal plants is one of the great benefits to the health care system as peoples who practice it are independent since they treat themselves without relying on outside institutions. The work on ethno-medicinal aspects of Jammu & Kashmir has been undertaken earlier (Dar *et al.*, 1984; Kaphi *et al.*, 1993; Singh 1995., Khan *et al.*, 2004; Abdul Rashid *et al.*, 2008; Pant and Verma 2008; Iqbal *et al.*, Tantray *et al.*, Mukesh *et al.*, Malik *et al.*, 2011) ^[2].

The peoples of District Poonch not only use various plants in treating several diseases they suffer from in their life, they also depend on plant resources for fuel, fodder, and household materials to a great extent (Singh *et al* 2008)³. We are witnessing a sharp decrease in the biological species all across the globe due to industrialisation, overpopulation, habitat destruction, deforestation, overpopulation, pollution and global warming etc. Decline in population of medicinal plants is due to over exploitation and changing land use pattern (Singh *et al*) ^[3]. At present we do not properly value the many benefits of our natural resources mainly plants, so our activities tend to deplete and degrade them, even though they are essential for ours survival and well-being. The medicinal plants are facing troubles due to anthropological activities, so medicinal plant surveys are helpful to know about the status of particular plants in a particular area. Therefore a survey was conducted to explore document and conserve the knowledge which is lying only in the mind of traditional healers as they are the real custodians of traditional medicines.

2. Study Area

District Poonch is popularly known as mini Kashmir and is one among 22 districts of Jammu And Kashmir State. It is bounded by the Actual Line of Control (ALC) from three sides. It is one of the remote districts of the Jammu and Kashmir State and situated on LOC (Line of Control). Poonch is located at 33.77°N 74.1°E. ^[8] It has an average elevation of 981 metres (3218 feet). The Pir Panjal range of mountains separates Poonch Valley from the Kashmir Valley. It is surrounded by Kashmir Valley (Baramula, Budgam, Shopian and Kulgam Districts) in the north east, district Rajouri in the south and Pakistan Occupied Kashmir (POK) in the west. Topography of District Poonch is hilly and mountainous barring few-low lying valleys. Sky touching peaks covered with shining snow and lush green surrounding present a stunning scenery. It is bestowed with wide range of plant species.

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The area has greater biodiversity and is rich in water resources. The climate of the area is of temperate having three seasons namely: winter–October to mid-March, summer–from mid-March to June and rainy season from July to September. The vegetation of the study area is largely influenced by monsoon rainfall and varies from humid zone to temperate zone. Lot of peoples depend on traditional practitioners for the treatment of various diseases. The area, mainly, the foothills and plains, has an agricultural economy mainly dependent on rainfall. Maize, wheat, rice are the main crops and beans and peas are also cultivated in the area. Some people collect medicinal plants and morels and sell it in local markets, thus earning their livelihood. The district is strongly undulated to mountainous, with most of the population (about 96%) living in isolated villages (Anonymous, 2012)⁴. There are many springs and small streams and nullahs. Selection of sites was based upon the criteria of diversity (Species richness) and rarity of species (Nilsson, 1986). The selected sites represent various topographical and ecological features, such as mountains, hills and plains. The economic condition of people of Poonch district is not satisfactory. Industrial environment is totally absent and commercial activity exists on a very low scale. Peoples have small pieces of land for cultivation. Presently District Poonch in Jammu and Kashmir is divided into eight tehsils:

1. Haveli Tehsil
2. Mandi Tehsil
3. Mendhar Tehsil
4. Surankote Tehsil
5. Chandak Tehsil
6. Mankote Tehsil
7. Balakote Tehsil
8. Buzliaz Tehsil

For the present study of ethnomedical plants diversity, four tehsils of said district viz Mendhar, Surankote, Buzliaz and

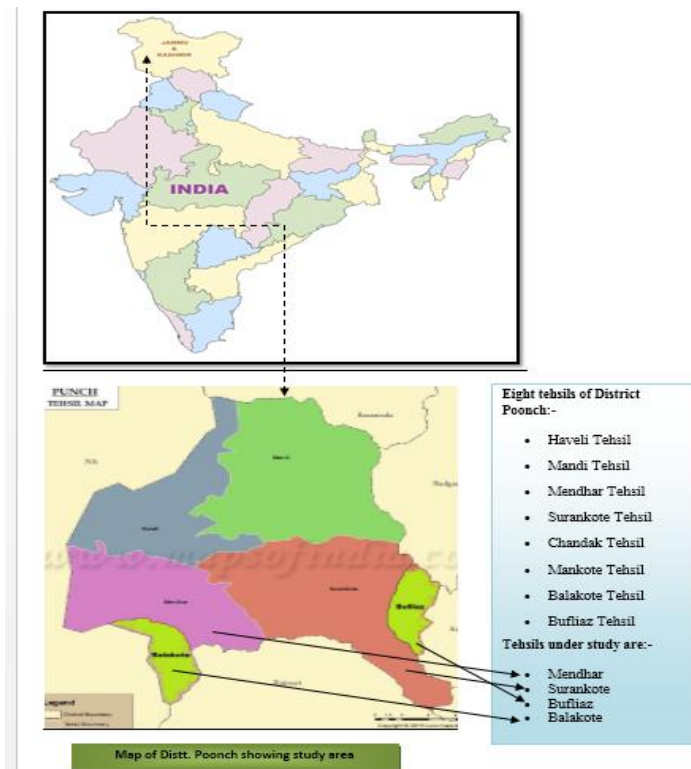
Balakote were selected and a total of 25 spots were selected and their names are as under

Table 1

S. No.	Name of Tehsils	Village Name
1	Mendhar	Harni, Slutti, Balnoi, Dhargloon, Naka Majiari, Sanjote
2	Surankote	Pohta, mohra, marote, Hari Buddha, Lal tung and sanai,
3	Buzliaz	Draba, Fazlabad, Chandimarh, Poshana, Sailan, Dogrian, Draba
4	Balakote	Samote, Nar, Dhargloon, Tarkundi, Prutti

3. Materials and Methods

Ethnomedical data were collected April 2016 to October 2016. The information about ethnomedical practices was recorded through interviews and questionnaire in local language i.e. Pahari from the local inhabitants, hakims and tribal peoples by face to face interaction with informants who were the real users and they have a lot of information about the traditional use of plants. A total number of 110 participants were interviewed of which maximum were in between 30 to 70 years of age. Some peoples do not want to share their knowledge because of ongoing tension in the border area as they don't know us. But after regular visits, humble requests and showing advantages of this work for the incoming generation they share their valueable information that how they use plants and their products to cure their ailments. The information given by these peoples was verified by confirming it from 5 to 6 peoples of different spots. One thing is observed during the survey that one plant has more than one medicinal use as it is used to cure more than one ailment in that area whis is under study.



Source: Wwww.Mapsofindia.Com

Fig 1: Location Map of Study Area in District Poonch State J&K (India)

4. Materials and Methods

The useful information of plants were recorded in field books and cross checked with expert persons of the locality like hakims. The specimens of plants were not collected during field trips instead they are photographed at their natural habitat with the help of digital camera keeping in view the conservation of biological diversity. In some cases, samples were bought in order to get the information. The photographs were viewed in front of hakims and vaidis in order to fetch local name of plants, ethnomedicinal use and

other traditional knowledge prevailing in health care system. The plants photographs were identified with the help of floristic literature of Sharna & Kachroo, 1983; Swami and Gupta; Bhellum and Magotra, 2012; Malik *et al.*, 2010 and Dar *et al* 2014⁵. Some plants photographs are identified at School of Biodiversity BGSBU Rajouri J&K. The botanical names of the plant species were updated according to the plant list available at www.theplantlist.org.

Table 1. Detailed Description of Ethno medicinal Plants Used by Local Inhabitants of District Poonch of Jammu And Kashmir State (India)

	Botanical Name	Vernacular Name	Family	Habitat	Part Used	Used Against	Method of Preparation
1	<i>Abrus precatorius</i> L.	Ratti	Fabaceae	Herb	Leaves, Roots and seeds	Skin diseases and stomach pains	Leaves are grounded with lime and applied on effected area. Paste of root is administered to cure stomach pain.
2	<i>Abutilion indicum</i> L.	Sonpatri	Malvaceae	Shrub	Leaves	Uterus problems	Leaves are powdered added with wheat flour and a bread is prepared which is given to the patient once a day.
3	<i>Achillea millefolium</i> Linn.	Sultani booti	Asteraceae	Herb	Whole plant	Kidney disorders	A decoction of whole plant is employed
4	<i>Achyranthes aspera</i> L.	Phut Kanda	Amaranthaceae	Herb	Root, Leaves	Paralysis, Abdominal pain	Root powder taken with glass of milk, Extract leaf juice and taken with glass of water
5	<i>Arisaema tortulosum</i> (Wall.)	Saarp ki khumb, Maaakh	Araceae	Herb	Corm, Seeds	Antidote snake poison	Corm and leaves decoction taken for snakebite and scorpion sting
6	<i>Asparagus racemosus</i> Willd.	Safed musli	Liliaceae	Herb	Roots	Diabetes	Decoction of roots is given to diabetic patient.
7	<i>Azadirachta indica</i> (A.juss.)	Neem	Meliaceae	Tree	Bark	White discharge	Bark of neem and <i>Acacia nilotica</i> boiled, filtered and drunk in empty stomach.
8	<i>Butea monosperma</i> (Lam.)	Dhak	Fabaceae	Tree	Flower	Irregular menstruation	Decoction of dried or fresh flowers is given to the patient for a period of one week.
9	<i>Caltha palustris</i> L.	Jal-pattar	Ranunculaceae	Herb	Leaves	Menstrual disorder	Leaves are powdered then fried with ghee and given with milk to the patient once a day for about one week.
10	<i>Cannabis sativa</i> L.	Bhang	Cannabinaceae	Herb	Leaves	Cuts and wounds	Leaves are converted into paste and used on cuts and wounds
11	<i>Carissa caranata</i> L.	Garanda	Apocynaceae	Shrub	Roots, Fruits	Jaundice	Root extract is used to cure Jaundice.
12	<i>Caryopteris odorata</i> D. Don.	Bhata jari	Verbenaceae	Herb	Leaves	Wounds	The powder of dry leaves is sprinkled on the wounds 2-3 times a day.
13	<i>Cedrus Deodara</i> (Roxb.)	Devdar	Pinaceae	Tree	Bark, leaves	Dysentery, Toothache	Bark is powdered and then given in small quantities. Leaves are used against toothache
14	<i>Clematis montana</i> Buch.	Chamba	Ranunculaceae	Shrub	Flowers	Fever	Juice of 10-20 g of fresh leaves is given orally
15	<i>Daphne papyracea</i> Wall.	Neeli Buti	Thymelaeaceae	Shrub	Leaves	Skin infections	Extract of leaves is rubbed over the affected part of skin for a week.
16	<i>Deparia allantodioides</i> (Bedd.)	Kandore	Athyriaceae	Herb	Young Leaves	Serve Constipation	50-100g of young leaves are cooked with milk. The product so obtained is given once in a day for about 3-4 days.
17	<i>Dicliptera roxburghiana</i> Nees.	Churu	Acanthaceae	Herb	Roots	Cuts, wounds	The extract of root is squeezed out and used on cuts and wounds
18	<i>Dioscorea bulbifera</i> L.	Kala ganda	Dioscoreaceae	Herb	Tuber	Diabetes	The slices of the tuber are cooked and given with meal once in a day for one week.
19	<i>Dryopteris stewartii</i> Fraser-Jenk.	Lingur	Dryopteridaceae	Herb	Young Leaves	Cooling properties	50-100g of young tender leaves are cooked with 200ml of milk and eaten once a day for 2-3 days
20	<i>Elaeagnus umbellata</i>	Kankoli	Elaeagnaceae	Shrub	Fruits, Twigs	Mouth sore, Toothache	Raw fruits are eaten once in a day and they also give a cooling effect. Twig is rubbed on teeth gently against toothache.
21	<i>Ficus auriculata</i> Lour	Tussi	Moraceae	Tree	Fruits	Constipation	Ripened fruits are eaten against constipation
22	<i>Ficus religiosa</i> L.	Peepal	Moraceae	Tree	Bark	White discharge	Bark is converted into a paste and taken with one glass water.
23	<i>Hedychium coronarium</i> J.Konig	Jungle haldi	Zingiberaceae	Herb	Rhizome	Abdominal Pain	Powder of dried rhizome mixed with vegetable and cooked and then given along with food
24	<i>Indigofera heterantha</i> Brandis	Keynthi	Fabaceae	Shrub	Twig	Toothache	Twig of the plant is chewed and moved moved gently up and down on the teeth.

25	<i>Lamium album</i> L.	Doodhi Buti	Lamiaceae	Herb	Flower	Cough	Extract obtained from the flower is orally taken along with luke warm water.
26	<i>Lepidium sativum</i> L.	Haleon	Brassicaceae	Herb	Seeds	Eye cleaner	Extract of seed is filtered and 2-3 drops are put into eyes
27	<i>Mentha longifolia</i> (L.)	Pudhina	Lamiaceae	Herb	Leaves and twigs	Fever & Headache	A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments.
28	<i>Melia azedarach</i> L.	Dharek	Meliaceae	Tree	Leaves	Stomach pain	A decoction of leaves is used once a day for one week.
29	<i>Morchela vulgaris</i> (Pers)	Guchhi	Ascomycetes	Herb	Whole plant	Fever and Headache	Decoction made from it by boiling 20 to 40g of fresh and dried plants is given for 3-4 days.
30	<i>Persicaria amplexicaulis</i> (D.Don)	Masloond	Polygonaceae	Herb	Rhizome	Headache, Joint pains	Rhizome is boiled with tea and given to patients at bed times.
31	<i>Phyllanthus emblica</i> L.	Amla	Phyllanthaceae	Tree	Fruits	Chest pain	Berries are boiled on slow fire and eaten for 2 to 3 days
32	<i>Quercus oblongata</i> D. Don	Ree	Fabaceae	Tree	Bark	Internal injury	A teaspoon full of fine powder of dried bark is given with cup of warm milk.
33	<i>Punica granatum</i> L.	Duruna	Lythraceae	Tree	Seeds	Fever & weakness	Glass of sharbat of its seeds mixed with mishri and given once a day for one month.
34	<i>Ranunculus sceleratus</i> Wall.	Khand Barian	Ranunculaceae	Herb	Leaves and seeds	Fever	Fresh leaves extract and seed extract is used as tonic.
35	<i>Rhododendron lepidotum</i> Wall.	Harduli	Ericaceae	Tree	Flowers	Muscular pain	Flowers are dried and powdered and mixed with oil and massaged over the body.
36	<i>Ricinus communis</i> linn.	Harnoli	Euphorbiaceae	Shrub	Leaves	Abdominal pain	The hot leaves are applied our abdomen to relieve the pain.
37	<i>Rosa macrophylla</i> Lindl.	Jungli gulab	Rosaceae	Shrub	flowers	Internal fever	Fresh flowers are collected and a juice is prepared from them which is given orally.
38	<i>Rosa moschata</i> Herrm.	Phalwari	Rosaceae	Shrub	Flowers	Internal fever	Fresh flowers are collected and a juice is prepared from them which is given orally.
39	<i>Rubus fruticosus</i> Hook.	Akhray	Rosaceae	Herb	Whole plant	Diarrhea	Because the plant is strongly astringent, infusions are used to relieve diarrhea
40	<i>Salix alba</i>	Beesa	Salicaceae	Tree	Bark	Headache. Migraine	Decoction of bark is used to lower blood pressure.
41	<i>Sarcococca saligna</i> Mull.	Rainthali	Buxaceae	Shrub	Leaves	Ringworm	2-3 drops of leaf juice are used as ointment
42	<i>Solanum pseudocapsicum</i> L.	Kach mach	Solanaceae	Shrub	Leaves	Intermittent Fever, Weakness	Crushed leaves mixed with glass of water and a little sugar in it is used before breakfast.
43	<i>Solanum surattensr</i> Burm.	Kandiari	Solanaceae	Shrub	Root	Abdominal pain	A spoon of powdered dried root is fried with ghee and given with cup of like warm water once in a day for 2-3 days.
44	<i>Syzygium cumini</i> L.	Jamun	Myrtaceae	Tree	Fruits	Diarrhea and urine retention	The juice of the ripe fruit, or a decoction of the fruit, may be administered in cases of enlargement of the spleen, chronic diarrhea and urine retention
45	<i>Viburnum grandiflorum</i> Wall.	Kuchh	Adoxaceae	Shrub	Twig	Skin infection	Extract of twig is applied on the affected area.
46	<i>Vitis Jacquemontii</i> R.parker	Dalore	Vitaceae	Herb	Stem and Root	Internal fever	A glass of juice from stem or root mixed with sugar and taken once in a day.
47	<i>Zingiber chrysanthum</i> Roswe	Jungli adrak	Zingiberaceae	Herb	Rhizome	Blood pressure	Powder of rhizome is mixed with cup of tea and taken once a day for 3-4 days
48	<i>Euphorbia hirta</i> L.	Doodhul	Euphorbiaceae	Herb	Aerial part	Asthma	The stem, taken internally, is used as a treatment for asthma
49	<i>Nasturtium officinale</i> R.Br.	Chho	Cruciferae	Herb	Leaves	Blood purifier, cough	Fresh Plant can be juiced and drank for purifying the blood, An infusion of the plant has been used in the treatment of, cough.
50	<i>Zizyphus nummularia</i> (Burm.)	Bruhi	Rhamnaceae	Tree	fruits	Blood purifier, Digestion	The dried fruits are eaten which are helpful in digestion and blood purifier

5. Results and Discussion

Phytotherapy seems to be one of the remedial measure for all the peoples inhabiting the remote and Line of control area of District poonch. 50 plant species distributed across 38 families were used under for different ethnomedical categories. The 38 families include in this study are Acanthaceae (01 species), Adoxaceae (01 species), Amaranthaceae (01 species), Apocynaceae (01 species), Araceae (01 species), Ascomycetes (01 species), Asteraceae (01 species), Athyriaceae (01 species), Brassicaceae (02

species), Buxaceae (01 species), Cannabinaceae (01 species), Cruciferae (01 species), Dioscoreaceae (01 species), Dryopteridaceae (01 species), Elaeagnaceae (01 species), Ericaceae (01 species), Euphorbiaceae (02 species), Fabaceae (04 species), Lamiaceae (02 species), Liliaceae (01 species), Lythraceae (01 species), Malvaceae (01 species), Meliaceae (02 species), Moraceae (01 species), Myrtaceae (01 species), Phyllanthaceae (01 species), Pinaceae (01 species), Polygonaceae (01 species),

Ranunculaceae (03 species), Rhamnaceae (01 species), Rosaceae (03 species), Salicaceae (01 species), Solanaceae (02 species), Thymelaeaceae (01 species), Verbenaceae (01 species), Vitaceae (01 species) and Zingiberaceae (02 species).

It was observed during the study that these 50 plant species are used for almost 30 ailments. Most of these plants exhibit multiple uses i.e. not only used for single ailment but for more than one ailments. The leaves of 17 plant species are the most commonly used part followed by Roots of 07 plant species, Fruits and flowers of 06 plant species each, stem, Seeds & Barks of 05 plant species each, whole plant and rhizome of 03 plant species each and corm, tuber and aerial parts of 01 plant each were found to be used in various preparations. Majority of plant species are used to cure fever, headache and abdominal pain. Decoction is the most

frequent method of preparation.

The peoples of these 25 spots have developed a lot of indigenous traditional knowledge about the use of plants for treatment of various ailments. The findings agreed with (S.A. Azad *et al.* 2013; T. Riaz *et al.* 2015; A. Shah *et al.* 2015; Ab. Rashid *et al.* 2015)⁶ in this respect. This study is important in the sense that a very few peoples are left who know about the uses of these medicinal plants and the modern generation is totally unaware about it and are depleting these plants on a large scale. It is hoped that this study along with study of other researchers will help in conservation of medicinal plants in the study area and their cultivation is encouraged for one's own consumption. It is an urgent need to record all ethno-medicinal information available in diverse ethnic communities before the traditional culture is completely lost.

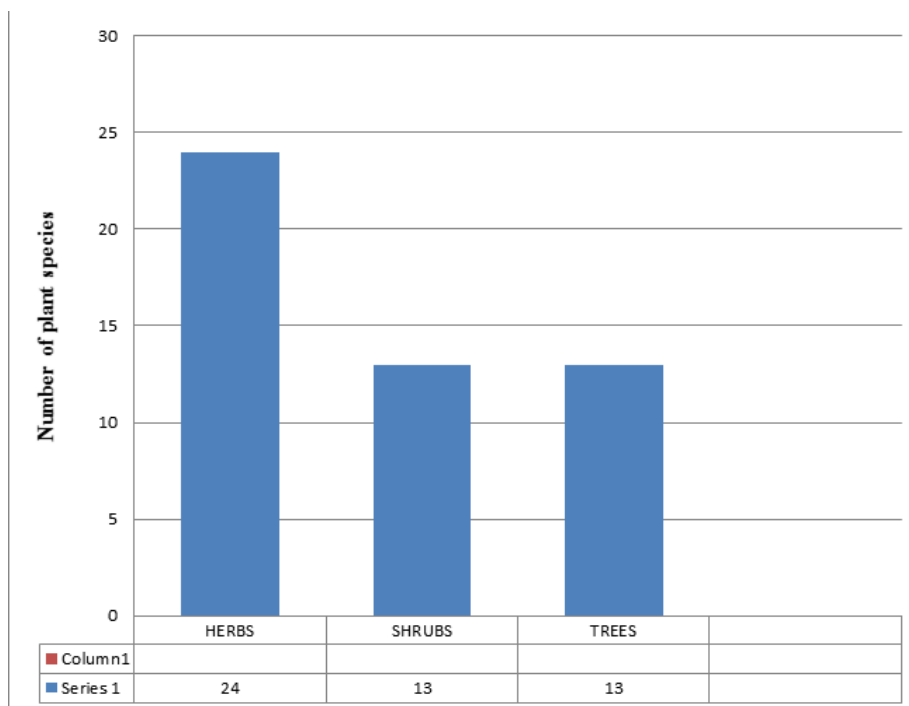


Fig 2: Component wise representation of plants in ethno medicinal use

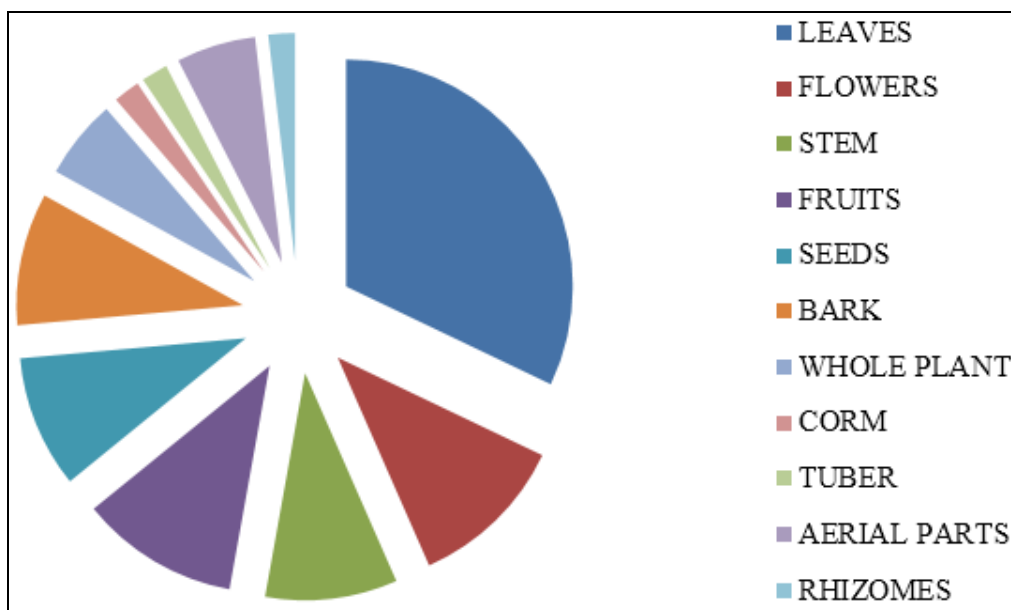


Fig 3: Parts Used to cure various ailments

6. Acknowledgement

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