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Article

Plant Species used by locals as Ethano - Medicine in Gohar Tehsil, Distt. Mandi Region of North Western Himalaya

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ABSTRACT

Objective: An exhaustive ethno medicinal investigation of plants was carried out in Gohar Tehsil of Distt. Mandi.
Methods: The paper encompasses 38 medicinal plants, collected from forest of Chailchowk and its adjoining areas, and authenticated. The information was collected from local people. This study reveals the status of ethno-medicinal plants and their importance preserved by locals of Gohar Tehsil of Distt. Mandi.
Results: Total 38 medicinal plants were studied in the forest of Chailchowk Village and its adjoining areas of Gohar Tehsil are very valuable medicinal plants which are already known for their numerous medicinal values.
Conclusion: This study will assist the forest, pharmaceutical firm, medicos and wild life manager in their efforts for improving the public health service and medicinal plant wealth of the area.

Keywords: Ethan medicinal Plants, Traditional uses, Public Health

INTRODUCTION

Western Himalaya is a reservoir of many natural resources, of which vegetational aspect is predominant [1]. The Indian Himalayan region extending from Jammu and Kashmir in the North – West to the Arunachal Pradesh in the east cover approximately 4,19,873 km^2 area. [2]

Traditional folklore knowledge is a treasure of India, plays an important role in rural population. Traditional medicines are used by our ancestors since time long for their well being and transmitted orally from one generation to another. According to WHO report, rural and tribal population still uses traditional medicines to cure various disease with the natural harmony. In 2008, global market of traditional medicines was estimated 83 billion $ and 25% of modern medicines are procured from plants [3]. Today about 65% of Indian population depend on the traditional system of medicine [4]. They diagnose and cure different diseases through their own traditional knowledge [5]. Chailchowk is a village in Gohar Tehsil in Mandi Distt. of Himachal Pradesh. It is located about 29 km from Mandi and 24 km from Sunder Nagar. The forest of Himachal Pradesh are reservoir of a large number of medicinal and aromatic plants due to varied climatic condition that support the survival of flora. Local healer and villagers of Tehsil Gohar use numerous plants for their health care needs. The present information can serve as the foundation for further investigations because till date, no ethno botanical study has been undertaken. Hence, the study was undertaken and documented.

MATERIALS AND METHODS

During the survey all plant specimens were collected, identified. The plant specimens were collected from forest of Chailchowk Village and its adjoining areas of Tehsil Gohar. The information regarding the plants was gathered by the personal interview with

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experienced local persons (Figure 1) and with the help of various ayurvedic books. The plant specimens were collected and pressed in the blotting paper for removal of moisture, then the herbarium sheet is prepared. Data related to each ethno botanical aspects were collected from local people of that area. The authentification done by Dr. Suresh Kumar (Abhilashi Group of Institution) and with the help of various literature survey.

RESULT

Total 38 medicinal plants were studied in the Gohar Tehsil forest, are very valuable medicinal plants which are already known for their medicinal values. These plants are used commonly in every house. Among these plant species, the maximum plants were used for cough and cold, skin disease and in inflammation. Some plants species in addition to their medicinal importance are of cultural and religious importance. Plants used by locals were tabulated in alphabetical order of family, botanical name, uses and using procedure (Table 1) and shown in (Figure 2)

CONCLUSION

Medicinal plants were playing a vital role in curing health. Vaidhyas and other knowledgeable persons have been keeping huge traditional as well as indigenous knowledge about medicinal plants in perspective of their identification, ethno-medicinal uses and using procedures since long time. Hence, there is an urgent need to conserve their indigenous as well as traditional through documented literature and proper interaction with younger generation. Because the natural or herbal reservoir of Himalayan region have been depleting day by day due to lack of proper knowledge in younger generation. This study will assist the forest, pharmaceutical firm, medicos and wild life manager in their efforts for improving the public health service and medicinal plant wealth of the area.

Table 1: List of Plants [6,7,8,9]

S .No	Plants Name	Family	Local Name	Uses
1	*Abelmoschus esculentus*	Malvaceae	Bhindi	Fresh seeds are grounded and applied on wounds externally. And used as vegetable.
2	*Achyranthus aspera*	Amaranthaceae	Puthkanda, Apamarg	Crushed seeds applied on bleeding piles. Fresh stem is chewed for toothache.
3	*Acorus calamus*	Araceae	Bach, Bare	Roots used in cold and caugh, used to cure headach, and as anti-inflammatory.
4	*Ajuga paviflora*	Lamiaceae	Nilkanthi	Root and leaf part used in ear ach, dysentery and in fever
5	*Allium cepa*	Alliaceae	Pyaz	Used as ear drop in ear ach, and in indigestion.
6	*Allium sativum* Linn.	Amaryllidaceae	Lahsun	Bulb used Joint pain, used as ear drop in ear ach, skin diseases and in GIT disorder.
7	*Bauhinia variegata* Linn	Fabaceae	Karale	Roots, Flowers part used in diarrhea, Young flowers bud are used as food material.
8	*Burchellia bubalina*	Rubiaceae	Dadu	The roots provide an infusion and

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				used as food material
9	*Cannabis sativa*	Cannabaceae	Bhang	Whole plant used as Narcotics, Sedative, anti-inflammatory. Leaves are used for religious purposes
10	*Cedrus dodara*	Pinaceae	Dyar, Devdar	Bark used as antidote in snake poisoning, piles, kidney stone, diuretic.
11	*Centella asiatica*	Apiaceae	Brahmi, Handumalu	Throat pain, nervine tonic, memory enhancer, improve healing, skin diseases especially in acne vulgaris.
12	*Cinnamomum tamala*	Lauraceae	Dalchini, Mithapata, Tejpata	Chewing of leaves used in Pyorrhea. Used as flavoring agent
13	*Citrus limonis*	Rutaceae	Nimbu	Juice is taken orally for indigestion, and as facial purpose.
14	*Coriandrum sativum*	Apiaceae	Dhaniya	Fresh juice applied on scalp to treat dandruff. And used in cooking
15	*Curcuma longa*	Zingiberaceae	Haldi	Wound healing and in inflammation, paste of fresh rhizome mixed with warm water is given to heal up internal wounds, treatment of acne.
16	*Dioscorea deltoida*	Dioscoriaceae	Taradi	Anti-inflammatory, dietary modulator and as food material.
17	*Euphorbia heliscopia*	Euphorbiaceae	Dudhali	Skin eruption, cholrea, and having anticancer activity.
18	*Fennel*	Umbelliferae	Sounf, Dhansoya	Help in digestion, and also used as flavoring agent
19	*Ficus carica*	Moraceae	Fagde	Diuretic, Purgative.
20	*Juglans regia*	Juglandaceaea	Akhrot	Skin ailments, blood purifier, constipation, backpain, anemia.
21	*Mentha sylvestris*	Lamiaceae	Pudina	Juice in diarrhoea, indigestion, remove bad smell of mouth, antispasmodic.
22	*Morchella esculenta*	Morchellaceae	Guchi, dunglu	Indigestion, in stomachach Immunoregulatory, Antiviral, antioxidant.
23	*Morus nigra*	Moraceae	Sehtoot, chimu	Hallucinogenic
24	*Murraya koenigii*	Rutaceae	Gandala, Karripata	As Flavouring agents in food and branches used for cleaning of teeth.
25	*Myrica esculanta*	Myricaceae	Kaphal	Stomach disorder, respiratory disorder.

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26	*Ocimum sanctum*	Lamiaceae	Tulsi	Cough and cold; leaves boil with water and used as green tea, which effective in reducing stress.
27	*Phyllanthus emblica*	Euphorbiaceae	Amla	Source of vitamin c, Fruits used as food, dried fruits grind and used for cleaning hairs.
28	*Pinus roxburghin*	Pinaceae	Chil	Skin problems, cough, ulcers, wounds, cold influenza.
29	*Prunus persica*	Rosaceae	Aru	Astringent
30	*Psidium guajava*	Myrtaceae	Amrud	Branch lets used as toothbrush, fruit is used in controlling blood pressure.
31	*Pyrus malaus*	Rosaceae	Seb	Astringent, laxative and anaemia.
32	*Rhododendron arboretum Smith*	Ericaceae	Burah	In nosebleed, menstrual disorder, headach, cough, astringent.
33	*Rubus hypargyrus*	Rosaceae	Aakhe	Laxative
34	*Rumex nepalensis*	Polygonaceae	Jungli palak	Purgative, swollen gums
35	*Tagaus minuta*	Asteraceae	Marigold	Gastritis, skin infection and internal worms.
36	*Tinospora cordifolia*	Menispermaceae	Giloe, Gulaje	Joints pain, tonic, antiperiodic. Dried stem are also used for religious purposes called “Hawan”.
37	*Viola sepens*	Violaceae	Banfsha	In cold and cough
38	*Zanthoxylum alatum*	Rutaceae	Tirmira	Toothache, fever, carminative, tonic, remove bad smell from teeth

Figure 1: People of Native tribes of Tehsil Gohar


Figure 2: Plants used by locals


Abelmoschus esculentus (Bhindi)


Achyranthus aspera (Puthkanda)


Acorus calamus (Bach)


Ajuga paviflora (Nilkanthi)

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Allium cepa (Pyaz)

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Centella asiatica (Brahmi)

Cinnamomum tamala (Tejpat)

Citrus limonis (Nimbu)

Coriandrum sativum (Dhaniya

Curcuma longa (Haldi)

Euphorbia heliscopia (Dudhali)

Fennel (Sounf)

Ficus carica (Fagde)

Juglans regia (Akhrot)

Mentha sylvestris (Pudina)

Morchella esculenta (dunglu)

Morus nigra (Chimu, sehtoot)

Murraya koenigii (Karipata)

Myrica esculanta (Kaphal)

Ocimum sanctum (Tulsi)

Phyllanthus emblica (Amla

Pinus roxburghin (Chil)

Prunus persica (Aru)

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Tagaus minuta (Marigold)


Tinospora cordifolia (Giloae)


Viola sepens (Banfasa)


Zanthoxylum alatum (Tirmira)

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