Commonly used Medicinal Plants in Tehsil Pachhad, District Sirmour, Himachal Pradesh

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ABSTRACT

Himachal Pradesh is located in Western Himalaya, is a store house of medicinal plants. Most of the population lives in villages and use various plants for their basic needs such as food, fodder, wood and to treat various diseases. The present study is carried out in district Sirmour of Himachal Pradesh,regarding the ethno medicinal plants used by the locals in their own traditional health system . This study reveals the status of ethno-medicinal plants and their importance preserved by locals of Distt Sirmour. The paper encompasses the 43 medicinal plants. These plants were collected from different villages of Sirmour Distt and information was collected from locals peoples.

Keywords: Medicinal Plants, Sirmour, Himachal Pradesh

INTRODUCTION

The diverse culture of our country is a rich sources of traditional medicines, many of which are plant origin [1]. 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. It provides systematic knowledge about tradition, culture and other aspects in social life [2]. Western Himalaya is a reservoir of many natural resources, of which vegetational aspect is predominant [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].

Sirmour (meaning crown of head) district is almost entirely a hilly and mountainous district with an interacting mosaic of mountains ranges, hills and valleys. Covering an area of 2.825 Km^2.The main tribes if this district is Gujjar and language spoken is Hindi and Pahari.

MATERIALS AND METHODS

During the survey all plant specimens were collected, identified. The present study was conducted in distt. Sirmour, of Himachal Pradesh. The information regarding the plants was gathered by the personal interview with experienced local persons, 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. After gathering the complete information on ethno- medicinal plants the data were analyzed and compiled with related literature and then the report was documented.

RESULT

Total 44 medicinal plants were studied in Distt Sirmour forest, are very valuable medicinal plants which are already known for their medicinal values. Most of them were commonly cultivated in crop filed; some were found in village surrounding, forest area and wasteland. These plants are used commonly in every house. Among these plant species, the maximum plants were use for cough and cold, skin problems, in inflammation, burns, cut and wounds, and 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 1)

CONCLUSION

Plants have been used for health and medicinal purpose for several thousand years. In olden days folklore based ethno botanical knowledge has been used widely to treat disease. A majority of the world population in developing countries still relies on herbal medicines to meets its health needs, even in areas where modern medicines are available, the interest on herbal medicines and their utilization have been increasing rapidly in recent years. 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.

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

SNo	**Plants Name**	**Family**	**Local Name**	**Uses**
1.	*Abelmoschus esculentus*	Malvaceae	Bhindi	Fresh seeds are grounded and applied on wounds externally.
2.	*Acacia catechu*	Fabaceae	Khair	Wood used to relieve from throat infection and cough, fresh root is applied on the joint to treat rheumatism.
3.	*Achyranthus aspera*	Amaranthaceae	Puthkanda, Apamarg	Crushed seeds applied on bleeding piles. Fresh stem is chewed for toothache.
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
7.	*Aloe vera*	Liliaceae	Kawarpetha	Juice of aloe vera applied on burn skin during sunburn.
8.	*Asparagus racemosus*	Asparagaceae	Shatavari	Used for infertility
9.	*Bauhinia variegata* Linn	Fabaceae	Karale, Kachnar	Mouth ulcers, Roots, Flowers part used in diarrhea, skin disease, in piles
10.	*Berberis lycium*	Berberidaceae	Kashmal	Roots and barks used in leprosy
11.	*Burchellia bubalina*	Rubiaceae	Dadu	The roots provide an infusion
12.	*Cannabis sativa*	Cannabaceae	Bhang	Whole plant used as Narcotics, Sedative, anti-inflammatory
13.	*Carica papaya*	Caricaceae	Papita	Used as fruit, in diabetes
14.	*Cedrus dodara*	Pinaceae	Dyar	Bark used as antidote in snake poisoning, piles, kidney stone, diuretic
15.	*Centella asiatica*	Apiaceae	Brahmi	Throat pain, nervine tonic, memory enhancer, improve healing
16.	*Citrus limonis*	Rutaceae	Nimbu	Juice is taken orally for indigestion, and as facial purpose
17.	*Coriandrum sativum*	Apiaceae	Dhaniya	Fresh juice applied on scalp to treat dandruff.
18.	*Curcuma longa*	Zingiberaceae	Haldi	Wound healing and in inflammation, paste of fresh rhizome mixed with warm water is given to heal up internal wounds

19.	*Cuscuta reflexa*	Convolvulaceae	Akashbel	Stem are used to abortion at early stage of pregnancy
20.	*Datura stromonium*	Solanaceae	Datura	Used for the purpose of worship of God Shiva.
21.	*Dalbergia sisoo*	Fabaceae	Shisham	Leaves used as Blood purifier
22.	*Dioscorea deltoida*	Dioscoriaceae	Taradi	Anti-inflammatory, dietary modulator
23.	*Euphorbia heliscopia*	Euphorbiaceae	Dudhali	Skin eruption, cholrea, and having anticancer activity
24.	*Fagopurum esculentum*	Polygonaceae	Ogla	Roots used in typhoid
25.	*Fennel*	Umbelliferae	Sounf, Dhansoya	Help in digestion, and also used
26.	*Mangifera indica*	Anacardiaceae	Aam	Used as pickle.
27.	*Mentha sylvestris*	Lamiaceae	Pudina	Juice in diarrhoea, indigestion, remove bad smell of mouth, antispasmodic
28.	*Morchella esculenta*	Morchellaceae	Guchi, dunglu	Indigestion, Immunoregulatory, Antiviral, antioxidant
29.	*Morus nigra*	Moraceae	Sehtoot, chimu	Hallucinogenic
30.	*Murraya koenigii*	Rutaceae	Gandala, Karripata	Tooth brush
31.	*Myrica esculanta*	Myricaceae	Kaphal	Stomach disorder, respiratory disorder
32.	*Ocimum sanctum*	Lamiaceae	Tulsi	cough and cold; leaves boil with water and used as green tea, which effective in reducing stress
33.	*Phyllanthus emblica*	Euphorbiaceae	Amla	Source of vitamin c, tonic for pregnant womens
34.	*Pinus roxburghin*	Pinaceae	Chil	Skin problems, cough, ulcers, wounds, cold influenza.
35.	*Prunus persica*	Rosaceae	Aru	Astringent
36.	*Psidium guajava*	Myrtaceae	Amrud	Branch lets used as toothbrush, fruit is used in controlling blood pressure
37.	*Rododendron arboretum*	Ericaceae	Bras	Flowers used in diarrhea.
38.	*Rubus hypargyrus*	Rosaceae	Aakhe	Laxative
39.	*Sapindus mukorossi Gaertn*	Sapindaceae	Ritha	Crushed rind used for hair wash.
40.	*Tinospora cordifolia*	Menispermaceae	Giloe, Gulaje	Joints pain, tonic, antiperiodic
41.	*Viola sepens*	Violaceae	Banfsha	In cold and cough
42.	*Withania somniferum*	Solanaceae	Ashwagandha	Improve fertility in male
43.	*Zanthoxylum alatum*	Rutaceae	Tirmira	Toothache, fever, carminative, tonic, remove bad smell from teeth.
44.	*Ziziphus mauritiana*	Rhamnaceae	Ber	Pulmonary ailments


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Allium cepa (Pyaz)
Allium sativum (Lahsun)
Aloe vera
Bauhinia variegate (Karale)
Berberis lycium (Kashmal)
Burchellia bubalina (Dadu)
Cannabis sativa (Bhang)
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Curcuma longa (Haldi)
Cuscuta reflexa (Akashbel)
Datura stromonium
Dalbergia sisoo (Shisham)
Dioscorea deltoid (Taradi)
Euphorbia heliscopia (Dudhali)
Fennel (Sounf)
Mangifera indica (Aam)
Mentha sylvestris (Pudina)
Morchella esculenta
Morus nigra (Chimu)
Murraya koenigii (Karipata)

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