



AN STUDY OF MEDICINAL PLANTS USED BY LOCAL INHABITANT'S OF DISTRICT DODA UNION TERRITORY OF JAMMU AND KASHMIR, INDIA

UMAIR ALAM,AYIAZ AHMED ,ALTAF HUSSAIN

ABSTRACT:

Plants are natural industries, which provide high quality food and raw material for pharmaceutical, cosmetic and perfumery industries without causing environmental degradation. Medicinal plants as a group comprise approximately 8000 species and account for around 50% of all the higher flowering plant species of India. India possesses almost 8% of the estimated biodiversity of the world with around 0.126% million species. The world health organization estimates that about 80% of the population of most developing countries relies on herbal medicines for their primary healthcare needs. The age-old tribal knowledge of plants is an important aspect of ethnobotanical research. These Medicinal plants were also integral to traditional Indian system of medicine i.e. Ayurveda, Siddha and Unani. The first historical account of medicinal use of plants is found in ancient Indian treatise Rigveda, around 1500-400 BC. The Objective of this article is to investigate, identify and document the uses of medicinal plants in traditional medicines by local inhabitants of Chenab valley, Doda , Jammu and Kashmir, India.

KEYWORDS

Medicinal plants, chenab valley.

INTRODUCTION:

During the civilization progresses, man started utilizing the Plants as a source of medicine by his keen observations and knowledge. Still today a large part of rural population of district doda depends on forest products as part of their livelihood purposes. The traditional people have great knowledge of medicinal uses of plants growing around them. This knowledge is handed down to generations through word of mouth and extensively used for the treatment of common diseases.

MATERIALS AND METHODS



A) STUDY AREA

Study was carried out in village Dhara and its side areas , located in district Doda of Jammu and Kashmir,

India at an elevation of 5000 feet above the mean sea level (MSL).. Doda Is precisely lies between geographical coordinates 33°14'24'' N to 33°14'24' E. Geoclimatically Chenab Valley is a moist temperate zone .B) Ethnobotanical survey The study mainly included eight villages, Dhara, Dhirvena Mahina ,Chattatantnaand Gundna. All villages are in block of Ghat and Gundna, district Doda of J&K UT The local inhabitants used these medicinal plants as ethnobotanical uses

II. RESULT AND DISCUSSION

. The information related to the medicinal plants was collected from selected villages of Ghat and Gundna block between March to October 2023. Interviews, questionnaires and group discussions were conducted. They sought to elucidate the local people's knowledge and their reliance on the forest for different products especially medicinal uses.Secondary sources of information (that is, J&K government websites, research papers, books and articles) were also used for references We recorded a total of 20 medicinal plant species that the local people use traditionally. The plant species collected from the sites belong to 15 families such as Euphorbiaceae, Poaceae, Asteraceae,

Fabaceae, Lamiaceae, Vitaceae, Solanaceae, Oxilidaceae, Juglandaceae, Pinaceae, Apiaceae, Violaceae, Iridiaceae, Cannabaceae and Malvaceae. Local healers and professionals confirmed that they were mainly used to treat ailments like cough, abdominal cramps, jaundice, inflammation, cough, cold, stomachache, diarrhea, kidney problems, cuts, wounds, bleeding, boils, Gastric troubles, eye diseases, insecticides, as a mouthwash to treat mouth ulcer and other dental ailments, indigestion, pimples, diabetes, pain, burning skin, bone cracking, blood pressure, and ear problem

TABLE 1. LIST OF MEDICINAL PLANTS USED IN TRADITIONAL MEDICINES BY INHABITANTS OF CHENAB VALLEY

S.No	Botanical name	Local name	Family	Part used	Ethnomedicinal use
1	Euphorbia helioscopia	Guriso chol	Euphorbiaceae	Leaves, stems, latex	Abdominal cramps, choleraan deruptions
2	Cynodon dactylon	Drub	Poaceae	Whole plant	Common cold
3	Artemisia absinthium	Tethwann	Asteraceae	Leaves	Obesity, Diabetes, liver infection, Anthelmintic
4	Trigonella foenum-graecum	Methi	Fabaceae	Leaves, Seeds	Back pain, stomachache
5	Mentha viridis	Pudhna	Lamiaceae	Leaves	Gastric troubles

6	SaussureaLappa	Kut	Asteraceae	Rhizome	Jointpain,backpain,soleulcers,dysentery,fever,urinary problems
7	Vitisvinifera	Daach	Vitaceae	Leaves	Skin rashes,sores,eruptions
08	Daturasps	Datur	Solanaceae	Seeds	Toothache, painrelief
09	Oxalis	Chukamii	Oxalidaceae	Leaves	Gum bleeding ,Toothache, Convulsions, Blood
10	Juglansregia	Dun/akhroot	Juglendaceae	Leaves, Bark	Tooth infection,whitening of teeth
11	Atropa	Rum	Solanaceae	Roots,leaves	Cough
12	Pinussps	Cheer/chilgoza	Pinaceae	Resins	Curesheels
13	Cedrusdeodara	Dewdarr	Pinaceae	Stem,Bark	skinrashes,externalulcers
14	Coriandrum	Daniya	Apiaceae	Leaves,seeds	, appetizer
15	Violasps	Banafsha	Violaceae	Leaves, flowersandseeds	Respiratorytroubles
16	Iriskashmiriana	Kulmazar	Iridiaceae	Wholeplant	Jointpains
17	Cannabissativa	Bhang	Cannabinaceae	Leaves,flower	bloodpurifier,scabiesandear purifier
18	Euphorbiahirta		Euphorbiaceae	Stem, Leaves,latex	Skin diseasesandothers
19	Malvasylvestris	Suchal	Malvaceae	seeds	Cough,fever,respiratorytroubles.
20	Foeniculumvulgare	Saunf /Badhyana	Apiaceae	Seeds	Constipation

III. CONCLUSION

The study indicates that the medicinal plants are widely used for treating a wide range of ailments and this is attributed to the photochemical constituents. Therefore the need was felt to document the medicinal plant diversity of district Doda which can contribute to preserving knowledge on the use of medicinal plants in this region.

ACKNOWLEDGEMENTS

The authors are thankful to the local communities of the for providing the information on the traditional uses of the medicinal plants.

REFERENCES

- Sharma P, Mishra NK (2009). Ethno-medicinal uses and agro-biodiversity of Barmana Region in Bilaspur District of Himachal Pradesh, Northwestern Himalaya. *Ethnobotanical Leaflet*. 13: 709-715.
- Shoba V (2017). Ethnobotanical And Phyto Pharmacological Activities Of Madagascar Periwinkle (Catharanthus Roseus)- A Detailed Review. *Indo Am. J. Pharm. Sci.* 04(12): 4979-4986.
- Singh A, Hart R, Chandra S, Nautiyal MC, Sayok AK (2019). Traditional Herbal Knowledge among the Inhabitants: A Case Study in Urgan Valley of Chamoli Garhwal, Uttarakhand, India. *Shiva MP*.
- Assessment of NTFP Resources of India: A report for Formulation of the National Forestry Action Programme, Vol. 1. Ministry of Environment and Forests, New Delhi, 1996;5(13):54-55. Chan, T.Y.K. (1997) Monitoring the safety of herbal medicines. *Drug Safety*, 17, 209–2115
- Singh, J. B. and Kachroo, P. 1994. Flora of PirPanjal range (Northwest Himalaya). Bishen Singh and Mahendra Pal Singh, Dehradun, India. Joshi R, Satyal P, Setzer W (2016). Himalayan Aromatic Medicinal Plants: A Review of their Ethnopharmacology, Volatile Phytochemistry, and Biological Activities. *Medicines*.
- Umair Alam, Ayiaz Ahmed new A Medicinal plants used by local inhabitants of District Doda Union territory of jammu and kashmir, India.