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Short communication

Ethnobotanical study of some medicinal plants of union council Bangoin, Tehsil Rawalakot, AJ&K

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ABSTRACT

Ethnobotanical study was carried out in five villages of the Union Council Bangoin Tehsil Rawalakot, Azad Kashmir Pakistan. In the present study 26 plant species from 19 families were being used by the local peoples of the area. The maximum number of species was belonging to family Lamiaceae. These medicinal plants are used to treat various diseases. Local name of the plant, flowering period, habitat, status, par used and diseases treated were recorded.

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1. Introduction

Indigenous knowledge is as old as human civilization but the term ethnobotany was first used by an American botanist, John Harshburger (1896) to study of plants used by primitive and aboriginal people. The interaction of man and plants led to the establishment of the traditional knowledge of plants. This traditional knowledge of ethnic groups around the globe forms the basis of modern plant based industry especially allopathic medicine. Screening of medicinal herbs has become a potential source of biodynamic compounds of therapeutic value. Ethnobotanical studies have become increasingly valuable

in the development of healthcare and conservation programs in different parts of the world (Black, 1996). The green pharmaceuticals are receiving extraordinary importance and popularity. The drugs approved as safe and efficacious a decade ago had to be revealed and relabeled because of unanticipated side effects. On the other hand, herbal medicines do not have any such effects but have benefits due to the combinations of medicinal ingredients coupled with vitamins and minerals (Hussain *et al.*, 2003). There are about 10 plant species in different regions of the National Park Muzafarabad Azad Jammu and Kashmir (Bukhari, 1994). Winter medicinal flora of Rawal Town consisted of 25 species which belongs to 20 families (Arshad and Khan, 2000). About 75 species from 43 families used by the local people of Booni Valley, Chitral Pakistan (Ahmad *et al.*, 2006). The research on traditional uses of some important plants by the local women in southern Himalayan Mountains, Pakistan showed that there are 28 plant species belonging to 25 families used medicinally and various other purposes by the local women (Qureshi *et al.*, 2009). There are about 90 plant species used as ethnomedicinal remedies for 47 diseases belonging to Angiosperms from three major tribes viz: Bagatas, Konda and Valmiki of Visakhapatnam, India (Bapujii and Ratnam, 2009). The objective of the study was to record the indigenous knowledge about the medicinal plants of the area, to establish database regarding medicinal plants and to identify the plants used by the local peoples for medicinal purposes.

2. Materials and methods

Ethnobotanical survey was conducted during month of February-March 2008 in five villages of the Union Council Bangoin Tehsil Rawalakot. Ethnobotanical data and used of plants information was obtained by semi structured oral interviews from experienced peoples, traditional herbal healers. A total of 36 selected inhabitants were interviewed, 15 were men and 21 women. The age of the people was between 45-70 years. The outcome of the result were rechecked and compared with literature. The indigenous knowledge about the medicinal herbs was documented

3. Results and discussion

The results are presented in Table 1. Information about the usefulness of the plants as medicines has been collected and documented and present study revealed that the people of the area used 26 medicinal plant species that belonged to 19 families for the treatment of various diseases. These medicinal plants are used either used singly or in combination with some other plants. Significantly higher numbers of medicinal plants were claimed by the women as compared to men. The highest number of medicinal plants for traditional uses was belonging to family Lamiaceae. The study has brought to light that the main disease treated by the villagers was diarrhea, dysentery and used as diuretic. Some medicinal plant species are claimed to be quite effective remedies for snake bite, diuretic, wounds, abdominal pain, anti pyretic, asthma, stomachic, skin problems, piles, cough, anti cancer and cardiac stimulant. Study revealed that due to unawareness about the importance of medicinal plants are not used properly and use of these plants for medicinal purpose is very minute. The collection and preservation is also in a very improper way. Most the medicinal plants in the area are uprooted or harvested for making of houses, fodder for animals or burning purposes. So it is very important to let the local peoples to know the importance of medicinal plants that how they can exploit their sustainable use.

Table 1

Ethnomedicinal status of plants in Union Council Bangoin, Tehsil Rawalakot AJ&K.

Local name	Botanical name	Family	Flowering period	Habitat	Status	Part used	Uses
Ginar	<i>Amaranthus viridis L.</i>	<i>Amaranthaceae</i>	March- May	Common	Herb	Leaves	Administered against snake bite and also used as diuretic
Hundh	<i>Sonchus asper Hill.</i>	<i>Asteraceae</i>	March-June	Common	Herb	Whole plant	Wounds, abdominal pain and dyspepsia
Phugwara	<i>Ficus palmate Forrsk</i>	<i>Moraceae</i>	March- May	Common	Tree	Fruit	Purgative and diuretic
Aru	<i>Prunus persica Stokes.</i>	<i>Rosaceae</i>	March- April	Common	Tree	Fruit	Used as anti pyretic, killings of worms and jermes
Akhra	<i>Rubus fruticosus L.</i>	<i>Rosaceae</i>	April- June	Slopes	Shrub	Leaves, roots	Diarrhea
Datura	<i>Datura starmonium L.</i>	<i>Solanaceae</i>	March- April	Waste places	Shrub	Seeds, leaves	Flower juice applied for earache, asthma and motion sickness
Kach mach	<i>Solanum nigrum L.</i>	<i>Solanaceae</i>	March- November	Common	Shrub	Whole	Diuretic, diabetic, urinary diseases and piles
Kahm	<i>Cannabis sativa L.</i>	<i>Cannabinaceae</i>	April- October	Common	Shrub	Leaves, top	Narcotic action, relive pain and tension
Banafsha/ gulnaksha	<i>Viola odorata L.</i>	<i>Violaceae</i>	March- July	Cool and sloppy places	Herb	Whole plant	Diuretic, stomachic problems, lung trouble and demulcent
Chirayetta	<i>Swertia petiolata D. Don</i>	<i>Gentianaceae</i>	July- August	Grass lands	Herb	Whole plant	Antipyretic, acidity, liver complaints, inflammations, pain and ulcers
Breena	<i>Mentha longifolia L.</i> <i>Hudson</i>	<i>Lamiaceae</i>	March- May	Moist places	Herb	Leaves	Diarrhea, vomiting and abdominal problems
Podina	<i>Mentha spicata</i>	Labiataeae (Lamiaceae)	July -August	Waste lands, fields	Herb	Leaves and stem	Carminative, urinary, antiseptic and indigestion
Puthkanda	<i>Achyranthus aspera Mill</i>	<i>Amaranthaceae</i>	September- April	Waste lands	Shrub	Whole plant	Anorexia, urinary diseases, skin problems, piles, asthma and dysentery
Batho	<i>Chenopodium album L.</i>	<i>Chenopodiaceae</i>	March- April	Waste places and fields	Herb	Whole plant	Laxative, stomach pain, jaundice and urinary diseases

Sunchal	<i>Malva neglecta Wallr</i>	Malvaceae	February- March	Common	Herb	Whole plant	Piles and cough
Khabbal	<i>Cynodon dactylon L.</i>	Poaceae	April- October	Common	Creeper	Whole plant	Diuretic, dropsy, dysentery and ophthalmia
Shatra	<i>Fumaria parviflora L.</i>	Fumariaceae	March- April	Agricultural lands	Herb	Whole plant	Diuretic, constipating, skin diseases and blood purifier
Chitta jund	<i>Otostegia limbata Benth.</i>	Lamiaceae	April- June	Hillsides	Shrub	leaves	Eye cataract
Kasni	<i>Cichorium intybus L.</i>	Asteraceae	June- August	Kitchen gardens	Herb	Whole plant	Stomach problems
Sumblo	<i>Berberis aristata Dc.</i>	Berberidaceae	March- April	Slopes	Shrub	Root	Wounds, back pain and malaria
Kankoli	<i>Elaeagnus parvifolia Wall.ex Royle</i>	Elaeagnaceae	March- April	Slopes, forests	Shrub	Fruit	Anti cancer and cardiac stimulant
Dhrek	<i>Malia azedarach L.</i>	Meliaceae	March- April	woodlands, pastures	Tree	Root, fruit and leaves	Antithelmintus, fever and cooling effect
Timber	<i>Zanthoxylum alatum Roxb</i>	Rutaceae	March- April	Hillsides	Tree	Fruit and leaves	Toothache, as an astringent and antiseptic.
Chochumba	<i>Ranunculus arvensis L.</i>	Ranunculaceae	March- April	Agricultural fields	Herb	Whole plant	Asthma, skin and gut diseases
Batti	<i>Plantago major L.</i>	Plantaginaceae	July- September	common	Herb	Whole plant	Piles, gastrointestinal, laxative and dysentery

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