

# The Use of Traditional Plant Remedies in Hoshiarpur District of Punjab, India

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## Article Info

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## Summary

The present investigation was carried out in Hoshiarpur district of Punjab to understand the use of medicinal plant species for various curative purposes. The study was undertaken through semi structured questionnaire. About 110 plant species belonging to 97 genera and 51 families were documented. Altogether 40 types of ailments have been taken care of by using these plant species. Leaves were the most useful part as compared to other plant parts for the treatment of various ailments. This is followed by fruits and seeds. Most of the remedies were prepared as mixtures of plants/plant parts to cure diseases like diarrhoea, cough & cold, vomiting etc. Informants were randomly selected irrespective of their sex between the ages of 30-95years. During investigation, it has been observed that the trend of traditional plant remedies is declining gradually.

**Key Words:** Ailments, Hoshiarpur, Medicinal plants, Punjab, Traditional remedies

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## Introduction

Plants have played a great role in the growth and development of human race. First and the most important necessity for human life is the oxygen which is provided by the plants. Besides this, for day to day life, plants have offered food, fodder, fuel wood, timber, dyes, latex, gums, fibres, shelter, fruits etc. Additionally there are many plant species which have continuously been used by the natives for traditional medicines. In spite of ease of the modern medical facilities, people in the developing countries still prefer to use these remedial measures at first. The information gathered from the users is of upmost importance and can be utilised for the development of new drugs. This database will also provide opportunities for further scientific studies [2]. Traditional medicines are the basic and alternative remedies to treat various human as well as animal ailments. The knowledge about the medicinal significance of plant species have passed from one generation to the next through oral communication [8]. These were chiefly used by the old people. These medicines are popular because people think that these are easily available, cheaper and have no side effects [7].

Recently, a decline in the use of traditional plant remedies has been observed. The availability of medical facilities at the door step and upcoming of multispeciality hospitals in every part are the main cause for this decline. Moreover, people don't have much time to collect these species from the fields and then prepare the medicines. The number of plant species in their natural habitat is also decreasing. With technological advancement, new generations have little interest in these practices. Hence it appears that this knowledge is under severe threat and will vanish completely if not conserved [10]. The survey of traditional herbal medicines of the coastal diversity in Tuticorin district, Tamil Nadu, India suggested 41

plant species of medicinal interest. They were of the opinion that loss of coastal vegetation directly influenced (reduced) the indigenous knowledge [6]. So there is an urgent need to protect the coastal vegetation and to restore the indigenous knowledge. The medicinally important plants from the landslide prone areas of East Sikkim, India have been documented. The landslide eruptions are said to be the major cause for the vulnerability of medicinal plants [5]. About 48 species of ethno medicinal importance have been recorded from Buldhana District of Maharashtra (India). This indigenous knowledge will be helpful in the designing of new drugs for the welfare of human being. Detailed investigations are required to check the effectiveness and toxicity of these medicines [1]. Correct identification of the species is very important and challenging. Utilisation of wrongly identified plant species may cause harm. Now a days there are only few takers of these traditional medicines, thereby number of traditional healers has reduced to minimum. Keeping this in view, the present study was carried out to document the traditional medicinal plant knowledge from the area under investigation.

## Materials and Methods

District Hoshiarpur is sub-mountainous. The surrounding districts are Jalandhar, Kapurthala, Gurdaspur in Punjab and Kangra and Una of Himachal Pradesh. The district is spread in an area of 3,365 km<sup>2</sup> with a population of 14, 78, 045 persons as per 2001 census. Around 80% of the population lives in the rural areas of the district. Ten villages were selected randomly for documentation of the traditional medicinal plants. Ten people were selected from each village irrespective of their age and sex. In this way, total of 100 persons were contacted for present study. The information was collected using a semi-

structured questionnaire. Data was collected for the name of plant species used for treatment, parts used, disease cured, local name, mode of preparation of particular medicines, mode of administration, plant habit etc. The interviews were preferably conducted in local language for the convenience of the respondents. Field visits were conducted along with the local residents to document the availability of the plant species in that area. The plants were photographed in their natural habitat. Enlisted plant species were then categorized into their respective genera and families to understand the diversity of flora. The data was analyzed for number of species that can be used for the treatment of a particular disease and to check the number of diseases that can be cured by using a single species.

**Results and Discussion**

During present investigation, a survey was conducted in the district Hoshiarpur to study the use of traditional plant remedies by the natives. Information was collected from 100 respondents comprising 48 men and 52 women. Forty nine informants were under 50 years of age, 47 were 51-75 years old and only 4 persons were above 75 years (Table 1). They all were having different qualifications and some of them were uneducated. Profession wise they were farmers, employed, retiree, etc. It has been observed that traditional knowledge is related to the age and sex of an individual. Generally old age people have much in their mind for traditional medicinal plants which may be due to their personal experience and interaction with the plants but male members above 50 year of age know more about the traditional plant medicines than other age groups and sex. This may be because of their active involvement in trade related activities especially agriculture. A survey conducted in Tamil Nadu suggested that old age people have more traditional knowledge about medicinal plants as compared to young people [4]. This corroborated our results. However, a study conducted in Nuoru, Italy shows that women prove to be the main upholder of traditional knowledge [10]. This is not corresponding to our findings and may be due to cultural variations of the two places.

The present investigation resulted in the documentation of 110 medicinal plant species belonging to 97 genera & 51 families (Fig.1). Majority of the species are herbs 57 followed by trees 27, shrubs 16 and climbers 10 (Fig.2). Members of the family Fabaceae (9 sp.) are dominating as traditional remedies followed by Solanaceae (6 sp.), Apiaceae, Euphorbiaceae, Poaceae and Rutaceae (5 species each, Table 2). These species are being used in the treatment of about 40 ailments. Maximum numbers of species (30) are being used for the treatment of gastrointestinal disorders such as indigestion,

diarrhea, constipation etc. This is followed by skin problems for which 22 species are available. Eighteen (18) plant species can be used as anti-diabetic. At least 15 plant species are there to cure cough and cold (Table-3). Each plant or its individual parts have their own significance in traditional remedies. The most commonly used plant part is leaf, 42 species followed by fruits 27 species, seeds 25 species etc. (Fig.3). Similar study was conducted in Kapurthala District of Punjab in which 60 plant species were reported to cure 30 ailments [9]. It shows that the natives of the present study areas are using more plant species. The availability of plant species may be one of the reasons for this difference in use of traditional plant remedies. Recently a similar survey was conducted in South Western Himachal Pradesh, India and a total of 98 plant species were recorded to be of multiple use. Around 70% of these species were listed to be of medicinal importance [3].

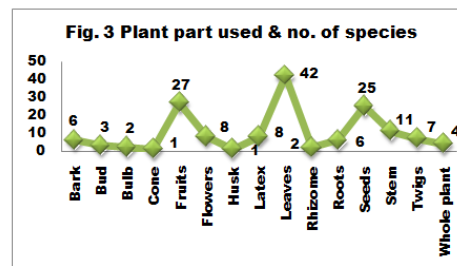
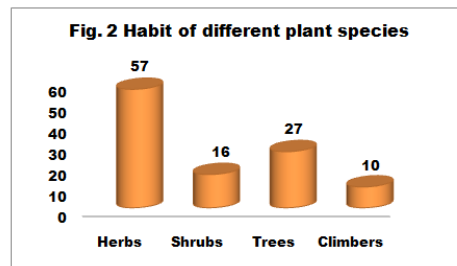
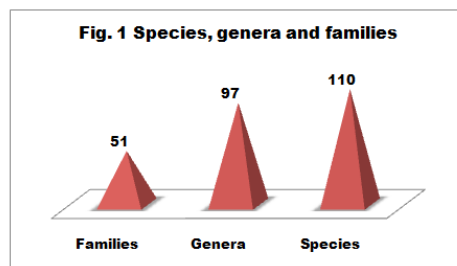


Table 1. Demographic data of the interviewed persons

AGE	
<50yrs	49
51-75	47
>75	04
SEX	
Men	48
Women	52
EDUCATION	
Above matriculation	14
Matriculation	23

Under matriculation	37
Uneducated	26
<b>OCCUPATION</b>	
Employed	09
Farmers	27
Housewives	45
Retiree	07
Others	12

Table 2. Family wise distribution of plant species

Sr. No.	Family	No. of Species	Sr. No.	Family	No. of Species
1	Acanthaceae	1	27	Malvaceae	3
2	Amaranthaceae	2	28	Meliaceae	2
3	Anacardiaceae	1	29	Menispermaceae	2
4	Apiaceae	5	30	Moraceae	2
5	Apocynaceae	1	31	Moringaceae	1
6	Asclepidaceae	1	32	Musaceae	1
7	Asteraceae	1	33	Myrtaceae	4
8	Boraginaceae	2	34	Nyctaginaceae	1
9	Brassicaceae	4	35	Oxalidaceae	1
10	Cactaceae	1	36	Papaveraceae	3
11	Caesalpiniaceae	1	37	Pinaceae	1
12	Cannabinaceae	1	38	Piperaceae	1
13	Capparidaceae	1	39	Plantaginaceae	1
14	Caricaceae	1	40	Poaceae	5
15	Chenopodiaceae	2	41	Punicaceae	1
16	Combretaceae	3	42	Rhamnaceae	1
17	Convolvulaceae	2	43	Rosaceae	2
18	Crassulaceae	1	44	Rutaceae	5
19	Cucurbitaceae	4	45	Sapindaceae	1
20	Euphorbiaceae	5	46	Solanaceae	6
21	Fabaceae	9	47	Theaceae	1
22	Lamiaceae	3	48	Verbenaceae	1
23	Lauraceae	1	49	Violaceae	1
24	Liliaceae	4	50	Zingiberaceae	3
25	Linaceae	1	51	Zygophyllaceae	1
26	Lythraceae	1			

Table 3. Number of species used against a particular disease.

Sr. No.	Disease(s)	No. of Species	Sr. No.	Disease(s)	No. of Species
1	Allergies	10	21	Fever	11
2	Anaemia	5	22	Gastric problems	15
3	Anthelmintic	3	23	Gynaecological problems	6
4	Asthma	4	24	Hair problems	6
5	Back ache	7	25	Headache	5
6	Body ache	6	26	Heart problems	5
7	Burn	5	27	Internal injury	3
8	Chicken pox	2	28	Jaundice	11
9	Cholera	1	29	Joint pain	13
10	Constipation	9	30	Kidney stone	5
11	Cough/Cold	15	31	Malaria	1
12	Dental problems	11	32	Mouth ulcer	4
13	Diabetes	18	33	Piles	9
14	Diarrhoea	12	34	Polio	1
15	Dog bite	2	35	Skin problems	16
16	Dysentery	3	36	Snake/ Scorpion bite	6
17	Ear problems	6	37	Stomach ulcer	1
18	Epilepsy	1	38	Tuberculosis	1
19	Eye problems	9	39	Typhoid	7
20	Feet swelling	4	40	Urinary problems	1

Table 4. Plants species used in traditional medicines.

<p><b><i>Abelmoschus esculentus</i> L.</b>            Family : Malvaceae            Local name: Bhindi            Part used: Fruits &amp; seeds.            Habit: Herb            Uses: Body-ache, dental problems, joint pain</p>	<p><b><i>Albizia lebbbeck</i> Benth.</b>            Family: Fabaceae            Local name: Sirin            Part used: Bark &amp; leaves.            Habit: Tree            Uses: Diabetes &amp; foot rotting in cattle's.</p>
<p><b><i>Acacia catechu</i> Willd.</b>            Family: Fabaceae            Local name: Katha            Part used: Bark, leaves &amp; twigs.            Habit: Tree            Uses: Bone fracture, diabetes, skin problems</p>	<p><b><i>Allium cepa</i> L.</b>            Family: Liliaceae            Local name: Pyaz            Part used: Bulb            Habit: Herb            Uses: Carminative, cholera, diarrhoea, snake bite, stomach-ache &amp; wasp cut.</p>
<p><b><i>Acacia nilotica</i> L.</b>            Family: Fabaceae            Local name: Kikar            Part used: Bark, pod &amp; twigs.            Habit: Tree            Uses: Dental problems &amp; diabetes</p>	<p><b><i>Allium sativum</i> L.</b>            Family: Liliaceae            Local name: Lahsun            Part used: Bulb            Habit: Herb            Uses: Backache, diabetes, ear problems, heart problems, joint pain, skin problems.</p>
<p><b><i>Achyranthes aspera</i> L.</b>            Family: Amaranthaceae            Local name: Puth kanda            Part used: Leaves, roots, seeds &amp; stem.            Habit: Herb            Uses: Animal indigestion, cough, backache, gynaecological problems, jaundice &amp; piles.</p>	<p><b><i>Aloe vera</i> Mill.</b>            Family: Liliaceae            Local name: Kuwar            Part used: Latex &amp; leaves.            Habit: Herb            Uses: Backache, blood purifier, hair problems, jaundice, joint pain &amp; skin problems.</p>
<p><b><i>Adathoda vesica</i> Nees.</b>            Family: Acanthaceae            Local name: Kali basuti            Part used: Flowers, leaves &amp; whole plant.            Habit: Shrub            Uses: Cold, cough, fever &amp; wound.</p>	<p><b><i>Amaranthus viridis</i> L.</b>            Family: Amaranthaceae            Local name: Chulai            Part used: Leaves &amp; Stem.            Habit: Herb            Uses: Cold &amp; cough.</p>
<p><b><i>Aegle marmelos</i> Correa</b>            Family: Rutaceae            Local name: Bel            Part used: Fruits &amp; leaves.            Habit: Tree            Uses: Coolant, diarrhoea, dysentery &amp; indigestion.</p>	<p><b><i>Anethum graveolens</i> L.</b>            Family: Apiaceae            Local name: Sowa            Part used: Seeds            Habit: Herb            Uses: Animal indigestion</p>
<p><b><i>Arachis hypogaea</i> L.</b>            Family: Fabaceae            Local name: Mungfali            Part used: Seeds            Habit: Herb            Uses: Diabetes.</p>	<p><b><i>Brassica rapa</i> L.</b>            Family: Brassicaceae            Local name: Shalgam/Gonglu            Part used: Roots            Habit: Herb            Uses: Blood pressure &amp; feet swelling.</p>
<p><b><i>Arnebia nobilis</i> Reichb.f.</b>            Family: Boraginaceae            Local name: Ratanjot            Part used: Roots            Habit: Herb            Uses: Burn &amp; ear problems.</p>	<p><b><i>Bryophyllum pinnatum</i> Kuntz.</b>            Family: Crassulaceae            Local name: Pathar chatt            Part used: Leaves            Habit: Herb            Uses: Blisters &amp; wounds.</p>
<p><b><i>Argemone mexicana</i> L.</b>            Family: Papaveraceae            Local name: Satyanashi            Part used: Flower            Habit: Herb            Uses: Cattle fever.</p>	<p><b><i>Butea monosperma</i> Lam.</b>            Family: Fabaceae            Local name: Plaash            Part used: Flowers            Habit: Tree            Uses: Backache &amp; urinary tract problems.</p>
<p><b><i>Asphodelus tenuifolius</i> Cav.</b>            Family: Liliaceae            Local name: Piazzi            Part used: Leaves</p>	<p><b><i>Calotropis gigantea</i> L.</b>            Family: Asclepiadaceae            Local name: Akk            Part used: Buds, flowers, fruits, latex &amp; leaves.</p>

<p><b>Habit:</b> Herb <b>Uses:</b> Skin problems.</p> <p><b><i>Azadirachta indica</i> A. Juss.</b> <b>Family:</b> Meliaceae <b>Local name:</b> Neem <b>Part used:</b> Leaves, Twigs <b>Habit:</b> Tree <b>Uses:</b> Dental problems, diabetes &amp; skin problems.</p> <p><b><i>Bambusa arundinacea</i> Willd.</b> <b>Family:</b> Poaceae <b>Local name:</b> Baans <b>Part used:</b> Leaves <b>Habit:</b> Herb <b>Uses:</b> Animal cough.</p> <p><b><i>Brassica campestris</i> L.</b> <b>Family:</b> Brassicaceae <b>Local name:</b> Sarson <b>Part used:</b> Seeds <b>Habit:</b> Herb <b>Uses:</b> Allergy, burn, ear ache, fracture &amp; sprain.</p> <p><b><i>Cassia fistula</i> L.</b> <b>Family:</b> Caesalpinaceae <b>Local name:</b> Amaltas <b>Part used:</b> Leaves &amp; twigs <b>Habit:</b> Tree <b>Uses:</b> Constipation in cattle.</p> <p><b><i>Chenopodium album</i> L.</b> <b>Family:</b> Chenopodiaceae <b>Local name:</b> Bathu <b>Part used:</b> Leaves &amp; stem. <b>Habit:</b> Herb <b>Uses:</b> Cold, general weakness &amp; purgative.</p> <p><b><i>Cicer arietinum</i> L.</b> <b>Family:</b> Fabaceae <b>Local name:</b> Chanaa <b>Part used:</b> Seeds <b>Habit:</b> Herb <b>Uses:</b> Jaundice &amp; skin diseases.</p> <p><b><i>Cinnamomum camphora</i> L.</b> <b>Family:</b> Lauraceae <b>Local name:</b> Kapur <b>Part used:</b> Bark <b>Habit:</b> Tree <b>Uses:</b> Disinfectant in domestic animals, hair problem, skin diseases &amp; wounds.</p> <p><b><i>Citrus auratifolia</i> Christm.</b> <b>Family:</b> Rutaceae <b>Local name:</b> Nimbu <b>Part used:</b> Fruits <b>Habit:</b> Shrub <b>Uses:</b> Hair problems, skin diseases &amp; vomiting.</p> <p><b><i>Citrus reticulata</i> Blanco.</b> <b>Family:</b> Rutaceae <b>Local name:</b> Santara <b>Part used:</b> Fruits <b>Habit:</b> Shrub <b>Uses:</b> Carminative, coolant &amp; Jaundice.</p>	<p><b>Habit:</b> Shrub <b>Uses:</b> Blood infections in cattle's, dental problem, jaundice &amp; skin problems.</p> <p><b><i>Cannabis sativa</i> L.</b> <b>Family:</b> Cannabinaceae <b>Local name:</b> Bhaang <b>Part used:</b> Buds &amp; leaves. <b>Habit:</b> Herb <b>Uses:</b> Diarrhoea in cattle's, skin problem &amp; wasp sting.</p> <p><b><i>Capsicum annum</i> L.</b> <b>Family:</b> Solanaceae <b>Local name:</b> Lalmirch <b>Part used:</b> Fruit <b>Habit:</b> Herb <b>Uses:</b> Dog bites &amp; ear problems.</p> <p><b><i>Carica papaya</i> L.</b> <b>Family:</b> Caricaceae <b>Local name:</b> Papeeta <b>Part used:</b> Fruits <b>Habit:</b> Shrub <b>Uses:</b> Anti-anaemic, diabetes, heart problems &amp; jaundice.</p> <p><b><i>Citrus sinensis</i> L.</b> <b>Family:</b> Rutaceae <b>Local name:</b> Mausami <b>Part used:</b> Fruits <b>Habit:</b> Shrub <b>Uses:</b> Coolant &amp; jaundice.</p> <p><b><i>Coccinea grandis</i> Cogn.</b> <b>Family:</b> Cucurbitaceae <b>Local name:</b> Kanduri <b>Part used:</b> Fruits <b>Habit:</b> Climber <b>Uses:</b> Diabetes.</p> <p><b><i>Cocculus hirsutus</i> L.</b> <b>Family:</b> Menispermaceae <b>Local name:</b> Katori <b>Part used:</b> Leaves <b>Habit:</b> Climber <b>Uses:</b> Diabetes.</p> <p><b><i>Cordia myxa</i> Roxb.</b> <b>Family:</b> Boraginaceae <b>Local name:</b> Lasura <b>Part used:</b> Latex <b>Habit:</b> Tree <b>Uses:</b> Skin diseases.</p> <p><b><i>Coriandrum sativum</i> L.</b> <b>Family:</b> Apiaceae <b>Local name:</b> Dhania <b>Part used:</b> Leaves &amp; seeds <b>Habit:</b> Herb <b>Uses:</b> Coolant, indigestion &amp; piles.</p> <p><b><i>Crateva religiosa</i> Hook. f &amp; Thoms.</b> <b>Family:</b> Capparidaceae <b>Local name:</b> Barna <b>Part used:</b> Bark <b>Habit:</b> Tree <b>Uses:</b> Kidney stone.</p>
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***Croton oblongifolius* Roxb.**

**Family:** Euphorbiaceae  
**Local name:** Jamalghota  
**Part used:** Latex  
**Habit:** Herb  
**Uses:** Leucoderma & pimples.

***Cucumis sativus* L.**

**Family:** Cucurbitaceae  
**Local name:** Kheera  
**Part used:** Fruits  
**Habit:** Climber  
**Uses:** Coolant, diabetes, eye problems, piles & skin problems.

***Cucurbita pepo* L.**

**Family:** Cucurbitaceae  
**Local name:** Loki  
**Part used:** Fruits  
**Habit:** Climber  
**Uses:** Blood pressure, constipation, coolant, diabetes, jaundice & reduces weight.

***Curcuma longa* L.**

**Family:** Zingiberaceae  
**Local name:** Haldi  
**Part used:** Rhizomes  
**Habit:** Herb  
**Uses:** Blood purifier, body-ache, internal injury & skin problems.

***Cuscuta reflexa* Roxb.**

**Family:** Convolvulaceae  
**Local name:** Amarbel  
**Part used:** Whole plant  
**Habit:** Parasitic climber  
**Uses:** Internal injury, joint pain, polio, swellings & typhoid.

***Cynodon dactylon* (L.) Pers.**

**Family:** Poaceae  
**Local name:** Khabal ghaas  
**Part used:** Leaves & stem.  
**Habit:** Creeper  
**Uses:** Diarrhoea, heart problems.

***Eucalyptus globulus* Labill.**

**Family:** Myrtaceae  
**Local name:** Safeda  
**Part used:** Leaves  
**Habit:** Tree  
**Uses:** Cold & Cough.

***Eugenia caryophyllata* Wight.**

**Family:** Myrtaceae  
**Local name:** Long  
**Part used:** Bud  
**Habit:** Tree  
**Uses:** Cold, cough, dental problem, oil used for body massage & stomach-ache.

***Euphorbia hirta* L.**

**Family:** Euphorbiaceae  
**Local name:** Dudhkhar  
**Part used:** Latex & whole plant.  
**Habit:** Herb  
**Uses:** Piles & skin diseases.

***Dalbergia sissoo* Roxb.**

**Family:** Fabaceae  
**Local name:** Tahli  
**Part used:** Leaves, pod & twigs.  
**Habit:** Tree  
**Uses:** Dental problem, ear-ache, leucorrhoea & swellings.

***Datura stramonium* L.**

**Family:** Solanaceae  
**Local name:** Dhatura  
**Part used:** Leaves & seeds  
**Habit:** Shrub  
**Uses:** Asthma, cough, flatulence in cattle & wound.

***Daucus carota* L.**

**Family:** Apiaceae  
**Local name:** Gajar  
**Part used:** Roots & seeds  
**Habit:** Herb  
**Uses:** Anti-anaemic, eye tonic, heart problems, indigestion & menstruation problems.

***Eclipta alba* Hassk.**

**Family:** Asteraceae  
**Local name:** Bring raj  
**Part used:** Whole plant  
**Habit:** Herb  
**Uses:** Remove hair dandruff & lice.

***Elettaria cardamomum* (L.) Maton**

**Family:** Zingiberaceae  
**Local name:** Elaichi  
**Part used:** Fruits  
**Habit:** Herb  
**Uses:** Cold, cough, diarrhoea, fever, headache & stomach-ache.

***Emblica officinalis* Gaertn.**

**Family:** Euphorbiaceae  
**Local name:** Amla  
**Part used:** Fruits  
**Habit:** Tree  
**Uses:** Cough, hair tonic, indigestion, typhoid.

***Foeniculum vulgare* Mill.**

**Family:** Apiaceae  
**Local name:** Saunf  
**Part used:** Seeds  
**Habit:** Herb  
**Uses:** Carminative, cold, constipation, cough, diarrhoea, fever, indigestion & vomiting.

***Fumaria indica* (Hausskn.) Pugsley**

**Family:** Papaveraceae  
**Local name:** Pitpapra  
**Part used:** Whole plant  
**Habit:** Herb  
**Uses:** Allergy & itching.

***Glycyrrhiza glabra* L.**

**Family:** Fabaceae  
**Local name:** Mulathi  
**Part used:** Roots  
**Habit:** Tree  
**Uses:** Cough & throat pain.

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***Euphorbia royleana* Boiss.**

Family: Euphorbiaceae  
 Local name: Thor  
 Part used: Latex & stem.  
 Habit: Herb  
 Uses: Asthma.

***Ficus bengalensis* L.**

Family: Moraceae  
 Local name: Bohar  
 Part used: Latex  
 Habit: Tree  
 Uses: Stomach ulcers & wounds.

***Ficus religiosa* L.**

Family: Moraceae  
 Local name: Peepal  
 Part used: Fruits, latex, leaves, roots & twigs.  
 Habit: Tree  
 Uses: Asthma, heart problems, menstruation irregularities, tuberculosis, typhoid.

***Lawsonia inermis* L.**

Family: Lythraceae  
 Local name: Mehendi  
 Part used: Leaves  
 Habit: Shrub  
 Uses: Burns & coolant.

***Lepidium sativum* L.**

Family: Brassicaceae  
 Local name: Holon  
 Part used: Leaves & stems.  
 Habit: Herb  
 Uses: Backache controls uric acid, diabetes & joint pain.

***Linum usitatissimum* L.**

Family: Linaceae  
 Local name: Alsi  
 Part used: Seeds  
 Habit: Herb  
 Uses: Bone fracture, diabetes, general tonic & joint pain.

***Lycopersicon esculentum* Mill.**

Family: Solanaceae  
 Local name: Tamatar  
 Part used: Fruits  
 Habit: Herb  
 Uses: Anthelmintic & for glowing skin.

***Malachra capitata* L.**

Family: Malvaceae  
 Local name: Vilayati bhindi  
 Part used: Fruits & seeds  
 Habit: Herb  
 Uses: Blood infection in cattle's, dental problem, joint pain & wounds.

***Mangifera indica* L.**

Family: Anacardiaceae  
 Local name: Aamb  
 Part used: Fruit & seeds  
 Habit: Tree  
 Uses: Blood purifier, diarrhoea & indigestion.

***Gossypium arboreum* L.**

Family: Malvaceae  
 Local name: Kappas  
 Part used: Fruit & seeds  
 Habit: Shrub  
 Uses: Dressings & Seed cake enhance lactation in animals.

***Hordeum vulgare* L.**

Family: Poaceae  
 Local name: Jon  
 Part used: Seeds  
 Habit: Herb  
 Uses: Coolant & cosmetic purposes.

***Ipomea carnea* Jacq.**

Family: Convolvulaceae  
 Local name: Wilayati ak  
 Part used: Buds, Flower & leaves.  
 Habit: Shrub  
 Uses: Blisters, Blood infection in cattle's, snake/scorpion bite & wounds.

***Melia Azadirachta* L.**

Family: Meliaceae  
 Local name: Dhrek/Bakain  
 Part used: Leaves & twigs.  
 Habit: Tree  
 Uses: Dental problems & skin problems.

***Mentha arvensis* L.**

Family: Lamiaceae  
 Local name: Pudina  
 Part used: Leaves  
 Habit: Herb  
 Uses: Carminative, coolant, diarrhoea, dysentery, indigestion, jaundice, stomach-ache & vomiting.

***Mirabilis jalapa* L.**

Family: Nyctaginaceae  
 Local name: Gulabash  
 Part used: Flowers & roots.  
 Habit: Herb  
 Uses: Joint pain.

***Momordica charantia* L.**

Family: Brassicaceae  
 Local name: Karela  
 Part used: Fruit & seeds  
 Habit: Climber  
 Uses: Blood purifier & Diabetes.

***Moringa oleifera* Lamk.**

Family: Moringaceae  
 Local name: Soanjna  
 Part used: Flowers & pods  
 Habit: Tree  
 Uses: Body pain, diabetes, indigestion & joint pain.

***Murraya koenigii* Spreng.**

Family: Rutaceae  
 Local name: Karhi patta  
 Part used: Leaves  
 Habit: Shrub  
 Uses: Blood purifier, glowing skin, stomach-ache & swelling.

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*Musa paradisiaca* L.

Family: Musaceae  
Local name: Kela  
Part used: Fruits  
Habit: Herb  
Uses: Indigestion & jaundice.

*Ocimum basilicum* L.

Family: Lamiaceae  
Local name: Niazbo  
Part used: Leaves  
Habit: Herb  
Uses: Cough & fever.

*Ocimum sanctum* L.

Family: Lamiaceae  
Local name: Tulsi  
Part used: Leaves  
Habit: Herb  
Uses: Cough expectorant, fever & indigestion.

*Opuntia dillenii* Haw.

Family: Cactaceae  
Local name: Chhittar thor  
Part used: Fruits  
Habit: Herb  
Uses: Antianaemic.

*Oxalis corniculata* L.

Family: Oxalidaceae  
Local name: Khatti buti  
Part used: Leaves  
Habit: Herb  
Uses: Eye problems.

*Papaver somniferum* L.

Family: Papaveraceae  
Local name: Khas khas  
Part used: Seeds  
Habit: Herb  
Uses: Chickenpox.

*Raphanus sativus* L.

Family: Brassicaceae  
Local name: Muli  
Part used: Roots  
Habit: Herb  
Uses: Carminative, coolant, diabetes, Indigestion & jaundice.

*Ricinus communis* L.

Family: Euphorbiaceae  
Local name: Rind  
Part used: Leaves  
Habit: Shrub  
Uses: Blisters, joint pain, swelling & wounds.

*Rosa alba* L.

Family: Rosaceae  
Local name: Gulab  
Part used: Flowers  
Habit: Shrub  
Uses: Constipation, cosmetic purpose & remove dark circle around eyes.

*Piper nigrum* L.

Family: Piperaceae  
Local name: Kaali mirch  
Part used: Seeds  
Habit: Herb  
Uses: Allergy, blood infection in cattle's, carminative, dental problem & indigestion.

*Pinus roxburghii* Sarg.

Family: Pinaceae  
Local name: Chile  
Part used: Cones  
Habit: Tree  
Uses: Wounds.

*Plantago ovata* Forsk.

Family: Plantaginaceae  
Local name: Isabgol  
Part used: Husk  
Habit: Herb  
Uses: Constipation, coolant, diarrhoea & headache.

*Prunus persica* (L.) Batsch.

Family: Rosaceae  
Local name: Aadoo  
Part used: Fruit & leaves  
Habit: Shrub  
Uses: Anthelmintic.

*Psidium guajava* Linn.

Family: Myrtaceae  
Local name: Amrood  
Part used: Fruits & leaves  
Habit: Tree  
Uses: Anthelmintic, constipation, cough, diabetes & diarrhoea.

*Punica granatum* L.

Family: Punicaceae  
Local name: Anaar  
Part used: Fruit & seeds  
Habit: Shrub  
Uses: Antianaemic.

*Solanum tuberosum* L.

Family: Solanaceae  
Local name: Alu  
Part used: Stem  
Habit: Herb  
Uses: Burns & eye problems.

*Spinacia oleracea* L.

Family: Chenopodiaceae  
Local name: Palak  
Part used: Leaves  
Habit: Herb  
Uses: Antianaemic, constipation, diabetes, purgative, to check calcium & iron deficiency.

*Syzygium cumini* L.

Family: Myrtaceae  
Local name: Jamun  
Part used: Fruits & seeds  
Habit: Tree  
Uses: Diabetes & purgative.

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<p><i>Saccharum officinarum</i> L.  <b>Family:</b> Poaceae  <b>Local name:</b> Ganna  <b>Part used:</b> Stem  <b>Habit:</b> Herb  <b>Uses:</b> Indigestion, jaundice &amp; kidney stone.</p>	<p><i>Terminalia arjuna</i> (Roxb.) W. &amp; A.  <b>Family:</b> Combretaceae  <b>Local name:</b> Arjun  <b>Part used:</b> Bark &amp; leaves  <b>Habit:</b> Tree  <b>Uses:</b> Asthma &amp; diabetes.</p>
<p><i>Sapindus mukorossi</i> Gaertn.  <b>Family:</b> Sapindaceae  <b>Local name:</b> Reetha  <b>Part used:</b> Fruits  <b>Habit:</b> Tree  <b>Uses:</b> Hair tonic.</p>	<p><i>Terminalia cattapa</i> L.  <b>Family:</b> Combretaceae  <b>Local name:</b> Badaam  <b>Part used:</b> Seeds  <b>Habit:</b> Tree  <b>Uses:</b> Brain tonic.</p>
<p><i>Solanum nigrum</i> L.  <b>Family:</b> Solanaceae  <b>Local name:</b> Bhambola  <b>Part used:</b> Unripe fruits &amp; leaves  <b>Habit:</b> Herb  <b>Uses:</b> Antianaemic, controls uric acid, heart problem, protect from cold &amp; swelling.</p>	<p><i>Terminalia chebula</i> Retz.  <b>Family:</b> Combretaceae  <b>Local name:</b> Harar  <b>Part used:</b> Fruits  <b>Habit:</b> Tree  <b>Uses:</b> Constipation controls uric acid, diarrhoea, eye &amp; hair problem &amp; fever.</p>
<p><i>Solanum xanthocarpum</i> Schrad. &amp; Wendl.  <b>Family:</b> Solanaceae  <b>Local name:</b> Kandyali  <b>Part used:</b> Fruits  <b>Habit:</b> Herb  <b>Uses:</b> Internal injury, wounds.</p>	<p><i>Vinca rosea</i> L.  <b>Family:</b> Apocynaceae  <b>Local name:</b> Sadabahar  <b>Part used:</b> Flowers &amp; leaves.  <b>Habit:</b> Herb  <b>Uses:</b> Indigestion of cattle &amp; Wounds.</p>
<p><i>Thea sinensis</i> L.  <b>Family:</b> Theaceae  <b>Local name:</b> Cha  <b>Part used:</b> Leaves  <b>Habit:</b> Shrub  <b>Uses:</b> Analgesic, cold, cough, Headache &amp; piles.</p>	<p><i>Viola pilosa</i> Blume.  <b>Family:</b> Violaceae  <b>Local name:</b> Banaksha  <b>Part used:</b> Flowers &amp; Leaves.  <b>Habit:</b> Herb  <b>Uses:</b> Chest pain, cold, cough, fever &amp; Cough &amp; cold, chest pain, fever, stomachache.</p>
<p><i>Tinospora cordifolia</i> (Willd.) Miers ex Hook. F. &amp; Thoms.]  <b>Family:</b> Menispermaceae  <b>Local name:</b> Giloe  <b>Part used:</b> Leaves &amp; stem.  <b>Habit:</b> Climber  <b>Uses:</b> Backache, diarrhoea, malaria, swelling &amp; typhoid.</p>	<p><i>Vitex negundo</i> L.  <b>Family:</b> Verbenaceae  <b>Local name:</b> Banna  <b>Part used:</b> Leaves &amp; twigs  <b>Habit:</b> Tree  <b>Uses:</b> Allergy, antibiotic, indigestion, stomach-ache &amp; wounds.</p>
<p><i>Trachyspermum ammi</i> (L.) Sprague ex Turrill  <b>Family:</b> Apiaceae  <b>Local name:</b> Ajwain  <b>Part used:</b> Seeds  <b>Habit:</b> Herb  <b>Uses:</b> Carminative, cold, cough, diarrhoea, indigestion, Stomach-ache &amp; vomiting.</p>	<p><i>Zea mays</i> L.  <b>Family:</b> Poaceae  <b>Local name:</b> Makai  <b>Part used:</b> Seeds  <b>Habit:</b> Herb  <b>Uses:</b> Jaundice.</p>
<p><i>Tribulus terrestris</i> L.  <b>Family:</b> Zygophyllaceae  <b>Local name:</b> Bhakhra  <b>Part used:</b> Fruit &amp; seeds  <b>Habit:</b> Herb  <b>Uses:</b> Arthritis, Backache, Protect from cold &amp; rheumatism.</p>	<p><i>Zingiber officinalis</i> Rosc.  <b>Family:</b> Zingiberaceae  <b>Local name:</b> Adhrak  <b>Part used:</b> Rhizomes  <b>Habit:</b> Herb  <b>Uses:</b> Analgesic, body ache, carminative, chest pain, constipation, controls cholesterol, cough, headache &amp; joint pain.</p>
<p><i>Trigonella foenum graecum</i> L.  <b>Family:</b> Fabaceae  <b>Local name:</b> Methi  <b>Part used:</b> Seeds  <b>Habit:</b> Herb  <b>Uses:</b> Carminative, diabetes &amp; joint pain.</p>	<p><i>Zizyphus jujuba</i> Lamk.  <b>Family:</b> Rhamnaceae  <b>Local name:</b> Beri  <b>Part used:</b> Bark &amp; leaves  <b>Habit:</b> Tree  <b>Uses:</b> Blood purifier, hair problem, foot rotting in cattle's &amp; swelling.</p>

People responded well to our queries and even they helped lot in the identification of species. Some of the respondents possess much knowledge about the plant species of medicinal importance. Twenty two plant species have not been much exploited as traditional medicines. Some others have been over-exploited. This shows that how invariably this precious knowledge is distributed amongst the natives. Data has also been collected for some of the serious diseases like cancer, AIDS and diabetes. Regarding cancer and AIDS, some people were of the opinion that these are incurable but most of them have misconception about the curability of diabetes. Some of the most commonly used anti-diabetic medicinal plant species include *Momordica charantia*, *Syzygium cumini*, *Azadirachta indica* and *Aloe vera*. Medicinal significance of each and every species has been discussed in detail (Table 4). Despite their high medicinal importance, the use of traditional medicinal plants is declining day by day which may be because of the availability of the fast relieving medicines in the market. There are many plant species which were used by the natives in earlier times but are not in use today. This may be due to lack of knowledge of their utility as traditional medicinal plants.

#### Conclusion

The present investigation reveals that the practice of traditional plant medicines is still alive in the area under investigation. However, this indigenous knowledge is vanishing rapidly. Our young generations are not much in favour of these practices because of non-availability of some important medicinal plants, unspecified doses and unknown side effects. Therefore, it is the need of the hour to conserve this indigenous and precious knowledge about the uses of medicinal plant remedies and also to pass on this to our present and future generations effectively.

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