

Study on some traditionally important local plants species of Una District (Himachal Pradesh)

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ABSTRACT

Himachal Pradesh is located in Western Himalaya, is a storehouse 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 7 villages of Una district Himachal Pradesh located in the range of Shivalik Hills of outer Himalaya, regarding the ethnomedicinal 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 District Una. The paper encompasses the 41 medicinal plants. These plants were collected from different villages of Una district and information

was collected from local people.

Key words: Food, Fodder, Health, Medicinal plants, Biodiversity

I. INTRODUCTION

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 another¹. Traditional medicines are used by our ancestors since time long for their well being and transmitted from one generation to another. It provides systematic knowledge about tradition, culture and other aspects in social life. Western Himalaya is a reservoir of many natural resources, of which vegetational aspect is predominant². Today about 65% of Indian population depend on their traditional system of medicine^{4,5}. They diagnose and cure

different diseases through their own traditional knowledge⁶. Una is located in the south western part of Himachal Pradesh with the beautiful Shivalik hills of the Himalayas gently rolling on one side. Local healers and villagers of Una District use numerous plants for their health care needs. Till date, no ethnobotanical study has been undertaken. Hence, the study was undertaken and documented.

II. MATERIALS AND METHODS

During the survey all plant specimens were collected, identified. The present study was conducted in seven villages of District Una. 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.

III. RESULT

Total 41 medicinal plants were studied in the district of Una forest, are very valuable medicinal plants which are already known for their medicinal values. Most of them were commonly cultivated in crop fields, some were found in villages surrounding forest area and wasteland. These plants are used commonly in every house. Amongst these plants species, the maximum plants were used for cough and cold skin problems, inflammation, burns, cuts and wounds, and some plant species in addition to their medicinal importance are of cultural and religious importance. Local Vaid's 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 procedure since long time. Hence,

there is an urgent need to conserve their indigenous as well as traditional knowledge through documented literature and proper interaction with younger generations.

Table 1: List of Plants

S.No.	Plant name	Family	Common name	Use
1.	Abelmoschus esculentus	Malvaceae	Bhindi	Fresh seeds are grounded and applied externally, used as a vegetable
2.	Acacia catechu	Leguminosae	Kher	For manufacturing of Katha.
3.	Acharanthus aspera	Amaranthaceae	Puthkanda	Crushed seeds applied on bleeding piles
4.	Acorus calamus	Araceae		Root used in cold and cough, used to cure and as anti-inflammatory
5.	Adhatoda vasica	Acanthaceae	Basuti	Leaves used during headache and skin problems
6.	Aegle marmelos	Rutaceae	Bil	Anti fungal, anti allergic and anti inflammatory
7.	Aloe barbadensis	Liliaceae	Aloe vera	Juice of Aloe vera applied on skin, burn etc.
8.	Allium cepa	Alliaceae	Pyaz	Used in indigestion
9.	Allium sativum Linn.	Amaryllidaceae	Lahsun	Bulb are used in joint pain, skin diseases etc.
10.	Bauhinia variegata Linn	Fabaceae	kahnar	Young flower and buds are used as food material
11.	Bryophyllum pinnatum	Crassulaceae	Patharchat	2-3 leaves taken in empty stomach to remove kidney stones.
12.	Burchellia bubalina	Rubiaceae	Dadu	The roots provide an infusion and used as food material
13.	Cannabis sativa	Cannabaceae	Bhang	Whole plant used as sedative, narcotics and anti inflammatory. also used for religious purposes.
14.	Curcuma longa	Zingiberaceae	Haldi	Boiled with mustard oil and used as wound healing
15.	Citrus aurantifolia	Rutaceae	Kagzinimbu	Juice of kagzinimbu added with salt beat heat stress
16.	Citrus limonis	Rutaceae	Nimbu	Good source of Vitamin C
17.	Coriandrum sativum	Apiaceae	Dhaniya	Juice applied on the scalp to treat dandruff
18.	Dioscorea deltoidea	Dioscoriaceae	Taradi	Anti inflammatory and act as food material
19.	Euphorbia helioscopia	Euphorbiaceae	Dudhali	Anti cancerous
20.	Fennel	Umbelliferae	saunf	Used in digestion and flavouring agent

21.	Mallotusphilippensis	Euphorbiaceae	Kaamal	Fruit hair is mixed with mustard and then applied
22.	Menthasylvestris	Lamiaceae	Pudina	
23.	Murrayakoenigii	Rutaceae	Karri patta, Gandhela	Flavoring agents in food and branches used for cleaning of teeth.
24.	Musaparadisiacal	Musaceae	Kela	Fruitistakenorallyasamildlaxative
25.	Ocimum sanctum	Lamiaceae	Tulsi	Leaves boiled with water, taken orally in cough and cold
26.	Phyllanthusemblica	Euphorbiceae	Amble	Source of Vit . C
27.	Pinusroxburgii	Pinaceae	Chil	Skin problems, cough and cold
28.	Prunuspersica	Rosaceae	Aru	Astringent
29.	Psidiumguajava	Myrtaceae	Amrud	Fruits to control blood pressure, branches as tooth brush
30.	RosaalbaLinn	Rosaceae	Gulab	Decoction in eye inflammation
31.	Rubushypargyrus	Rosaceae	Aakhe	Laxative
32.	Rumexnepalensis	Polygonaceae	JangliPalak	Purgative,swollengums
33.	Sesamumindicum	Pedaliaceae	Til	Strengthening of muscles, reduce stress
34.	Solanum tuberosumLinn	Solanaceae	Aalo	Crushed potato applied on burns.
35.	Syzygiumcumini	Myrtaceae	Jamun	Useful in diabetes
36.	Tagausminuta	Asteraceae	Marigold	Useful in gastritis
37.	Terminaliachebula	Combretaceae	Harad	Useful in cough and stomachache
38.	Tinosporacordifolia	Menispermaceae	Gilyoe	Act as immunity boosters
39.	Violasepens	Violaceae	Banfsha	In cold andcough
40.	Ziziphusmauritiana	Rhamnaceae	Ber	Eaten raw, pickles, rich source of Vitamin C
41.	Momordicachaantia	Cucurbitaceae	karela	Used in diabetes, good for skin health

Abelmoschusesculentus (Bhindi) Acacia catechu (Arjuna Bark) Achyranthusaspera (Puthkanda)





Acorus calamus (Bach) Aegle marmelos (Bil) Adhatodavasic (Basuti)



Aloe barbadensis (Aloe Vera) Allium cepa (Pyaz) Allium sativum (Lahsun)



Bauhinia variegata (Kachnar) *Bryophyllum variegata* (Patharchat) *Burchelliabubalina* (Dadu)



Cannabis sativa (Bhang) *Citrouauranti folia* (Kagjinimbu) *Citruslimonis* (Nimbu)



Coriandrum sativum (Dhaniya) *Curcuma longa* (Haldi) *Euphorbia helioscopia* (Dudhali)



Fennel (Sounf) *Mallotus philippensis* (Kaamal) *Mentha sylvestris* (Pudina)



Murrayakoenigii (Karipata) Musa paradisiaca (Kela) Ocimum sanctum (Tulsi)



Phyllanthusemblica (Amla) Pinus roxburghii (Chil) Prunus persica (Aru)



Psidium guajava (Amrud) Rosa alba (Gulab) Rubus hypargyus (Aakhe)



Rumex nepalensis (Junglipalak) Sesamum indicum (Til) Solanum tuberosum (Alu)



SyzygiumCumini (Jamun)

Tagausminuta (Mari gold)*Terminaliachebula*(Harad)



Tinosporacordifolia(Giloae)

Viola sepens (Banfasa)*Ziziphusmauritiana*(Ber)



Momordicacharantia(Kerela)*Morusnigra*(Chimu, seh toot)

IV. CONCLUSION

Plants have been used for health and medicinal purpose for several thousand years. In olden days folklore based ethnobotanical knowledge has been used widely to treat diseases. A majority of the world population in developing countries still relies on herbal medicines to meet its health needs. The even in areas where modern medicines are available, the interest in herbal medicines and their utilization have been increasing rapidly in recent years. Medicinal plants were playing a vital role in curing health.

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