



Traditional use of Indigenous plants in Shopian district of Jammu and Kashmir to cure Jaundice and Rheumatism

Sameer Ahmad Thoker, Sapan Patel

School of Studies in Botany, Jiwaji University, Gwalior, Madhya Pradesh, India

Abstract

A study of medicinal plants of different rural and forest area of Shopian district was conducted. It was found that the drug preparation of plant origin is commonly used by Gujjars and Bakkarwals for the treatment of jaundice and Rheumatism. Jaundice and Rheumatism are the commonest ailments affecting the citizens of district Shopian. An ethnomedicinal survey of plants used for the treatment of Jaundice and Rheumatism was conducted in district Shopian of Jammu and Kashmir. A total number of 7 plant species have been documented for their medicinal use against jaundice and rheumatism. The commonly used species for their effects are Asteraceae, Rubiaceae, Ranunculaceae, Cannabaceae, Lamiaceae, Scrophulariaceae and Urticaceae. The study indicates that the local inhabitants depend on medicinal plants for treatment. This work suggests that further experimentation is needed to scientifically evaluate these widely used herbal remedies for possible bioactive effects.

Keywords: ethnomedicine, jaundice, rheumatism, decoction, Ayurveda

Introduction

Traditional medicine is an ancient medical practice which exists in the communities before the advent of Modern health sciences. Traditional medicine is based on indigenous theories, beliefs and experience that are conserved down from generations ^[1]. Several systems of medicine viz Arurvedic, Unani and Sindhi system are based on the traditional knowledge of medicinal plants which give rise to a new branch of ethnobotany called as ethnomedicine ^[2]. Ethnomedicine is the study of the various traditional medicine whether written, (in Ayurveda or traditional Chinese medicine) or remembered and is transmitted via oral tradition. Medicinal anthropology studies contemporary with ethnomedicine which includes concept of what illness is and how healing occurs. Ayurveda is one of the oldest formula system of medicine widely practiced in India, Nepal, Bangladesh, Srilanka and Pakistan. The principle of Ayurveda is based on concept of five basic elements and tridoshas ^[3]. According to Ayurveda the whole universe is made up of five basic elements called as Panch maha bu tas (Panch maha boo tas). These five elements are Akash (ether), Vayu (air), Agni (fire), Jal (water), Prathvi (earth). The use of plant species as traditional medicines provides a real substitute in health care services for rural communities of the developing nations. It has been estimated that around 80% of the population in Developing countries rely on traditional medicines for primary health care system. ^[4]. These traditional medicines are cost-effective, safe and affordable. Kashmir has a rich flora of medicinal plants with diverse biological properties. As a result of ethnomedicinal survey conducted in Shopian, a hilly district under Pirpanjal range. The present work provides the information on 7 medicinal plants belonging to 7 families. The documentation of information of traditional herbal remedies is an important aspect of conservation approach. The present study therefore

document the traditional knowledge of local communities of Shopian district on medicinal uses of plants which could provide better and efficient remedies for Jaundice, Rheumatism and many other dreadful disease. The present study was aimed to document the medicinal flora and traditional knowledge of local communities on indigenous plants (*Cichorium intybus*, *Rubia cordifolia*, *Delphinium cashmariam*, *Cannabis sativa*, *Marrubium vulgare*, *Picrohiza kurroa*, *Urtica dioica*) used for the treatment of Jaundice and Rheumatism.

Materials and Methods

The present study was conducted to document the traditional knowledge of local communities of medicinal plant species from different localities of Shopian district of Jammu and Kashmir. The study area lies between 34.5° N and 74.47° E. The survey site spreads an area of 612.9 sq. km along with a variation of 2057 m above sea level which is 6748 feet (5). We interviewed participants in order to identify the most frequent diseases in the region and the medicinal plants used to treat them. The local physician was asked about the most frequent diseases, and ethnobotanical surveys to record medicinal plants and their use. Field work was carried out from July 2016 to August 2017 with the aim to identify the most frequent diseases occurring within the community, and to conduct an ethnobotanical survey among the local population. Semi structured interviews and group conversations with the local inhabitants were conducted to gather information on medicinal use of plant species. Information was collected from 105 informants including male, female respondents and traditional healers. Information regarding the local plant names, plant part used and method of preparation and applications were documented and accompanied by herbarium specimens for identification ^[6].

The medicinal plant species used by the local communities of the study area was authenticated using the international plant name index (<http://www.ipni.org>) the plant list (www.theplantlist.org) and GRIN taxonomy site (<http://www.ars-grin.gov/cgi-bin/npgs/html/queries.pl>)

Results and Discussion

This study highlighted the closed relationship between people in Shopian district and plant species, especially when faced with frequent diseases. The indigenous traditional knowledge of medicinal plants of various ethnic communities, where it has been transmitted orally for Centuries is fast disappearing from the face of the earth due to advent of modern technology and transform of traditional culture [7]. Present survey revealed

that a number of medicinal plant species are used by indigenous people to treat various ailments. The indigenous community still relies on traditional medicine. Though the modern health care services are available, which indicates the significance of plant based traditional recipes. our finding provide base line data to establish a connection between the traditional health practiconesrs *and scientific communities* which could be substantial in novel and drug discovery. In the present study we find 7 plants which belongs to 7 families viz Asteraceae, Rubiaceae, Rannunculacea e, cannabinaeeae, Lamiaceae, Scrophulariaceae and urticaeeae. As far as the plant part used for the medicinal purpose, Roots of three plants, Leaves of three plants and Aerial parts of one plant are used, as listed in table 1

Table 1: List of plant species documented to cure Rheumatism and Jaundice

S.no	Botanical name	Local name	family	Partused	Medicinal use
1	Cichorium Intybus linn	Kazal-hand	asteraceae	root	Root Decoction is Used with Tomato Juice twice a Day for 5- 10 days for Treatment Of Jaundice.it Is also used For the Treatment Of Gout and Rheumatism
2	Rubia Cardifolia Linn	Rubes	rubiaceae	roots	Root Decoction is Taken twice A day for 15 Days.it is Also used For Treatment Of stomach Ache
3	Delphinium Kashmirium Royle	Mori	Rannunculaceae	Aerial part	Extraction Of aerial Part is Diuretic And is used To treat Jaundice, dropsyAnd skin Infection
4	Cannabis Sativa linn	Bhang	Cannabiaceae	Leaves And stem	Leaves and Stem are crushed And made Into powder, mixed with Ghee to Make paste And is Applied on Affected portion externally.
5	Marrubium Vulgare linn	Trapaed	Lamiaceae	Leaf	Leaf is applied Externally On the affected part
6	Picrohiza Kurroa Royle	Coade	Scrophulariaceae	Roots	Roots are Powdered Mixed with Mustard oil To make Paste and is Applied on Affected Areas Externally upto10 Days.
7	Urtica Diocia linn	Soi	Urticaeeae	Leaves	Leaves are crushed And a paste Is made in Mustard oil And applied On affected Area

Acknowledgement

The author is very grateful to the people of shopian (Kashmir) whome we consulted during the course of field observation, Ayurvedic practioners, taxonomists and my Beloved friends for their support.

community of tehsil Manjalkote of district Rajouri J&K (india) International journal of Engineering science and computing, 2017.

References

1. Azad SA, Shah A. some ethno-medicinal plants of district Rajouri (*jammu province*).Indian journal of life science. 2012; 1 (2):47-47.
2. Khurshid Ahmad, Abdul S. shawl Ethno, medicinal survey of Shopian district, Kashmir (j&k) Indian / A sian journal of traditional medicines. 2009; 4(1).
3. Tawseef Ah bhat, Gaurav Nigam, Masood majaz. Study of shopian district, Kashmir (India) with emphasis on their traditional use by Gujjar and Bakarwal tribes Asian journal of pharmaceutical and clinical research. 2012; 5(2).
4. Chopra RN, Chopra IC, Nayar SL. Glossary of Indian medicinal plants csir, New Delhi, India, 1956.
5. World health organization traditional Medicinal Strategy 2002 -2005, WHO, Geneva, PP: 11.
6. Sapan Patel. Traditional use of indigenous plants in betul district of Madhya Pradesh to cure Diarrhoea and Dysentery Environmental conservation journal. 2010; 11(3):19-22. (ISSN0972-3099)
7. Sheraz Ahmad and Tanveer Aijaz An Ethno botanical survey of medicinal plants used by Gujjar and Bakerwal