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## **Ethno-medicinal study of some plants and their utilization by the villagers in Tangmarg region of Baramulla district of union territory of Jammu and Kashmir, India**

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### **Abstract**

The present study deals with the ethno-medicinal plants of Tangmarg region of Baramulla district, union territory of Jammu and Kashmir, India. Ethno botany is the systematic study of the relationships between humans and the plants. Ethno botany locates the plants within their cultural context in particular societies and situates peoples within their ecological contexts. The indigenous knowledge of village dwellers, the medicine herbal practitioners and other traditional healers and the plants used for the medicinal value were collected through questionnaire and personal interviewed during field survey. The villager people use the plants in their unique ways for various purposes mostly for the treatment of various diseases. During the survey many plants play a vital role in primary health care in the lives of village people as they possessed therapeutic properties. The botanical name, local name and family names of these plants along with the plants used and mode of administration are enumerated. The Tangmarg region of Baramulla district is known for its unique, social, cultural and traditional aspects. The present study had been conducted in Tangmarg region of Baramulla district, union territory of jammu and Kashmir to document ethno medicinal uses of 64 species of plants prevalent in six cluster of villages residing Chandilora, Hayat pora, Chandil, Feroz pora, sharia and badra kot and related in cure the various ailments such as skin disorders, memory enhancer, brain tonic, dandruffs, headache, jaundice, epilepsy, constipation, hair fall, itching, pneumonia etc.

**Keywords:** endangered; ethno medicinal plants; traditional practice; villager people; Tangmarg region

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### **Introduction**

The relationship between human and plants has always been very important. Plants play a key role in our lives and without plants no life is possible. Medicinal plants are very important bio-resource. Plants played an important role in the treatment of various diseases since ancient times. Plants have played an important role in day-to-day life and have been very important source of medicine for the thousands of years. Plants cure for the human diseases and are a tradition as old as human civilization. Tangmarg is a tehsil of Baramulla district of union territory of Jammu and Kashmir. The literally meaning of Tangmarg is tang means "peer" and marg means "meadow". The Kashmiri local language is the dominant language spoken in the people of villagers of Tangmarg tehsil of Baramulla district of union territory of Jammu and Kashmir. The second spoken language of Tangmarg is Urdu and third language spoken in that area is pahari and also spoken English and Hindi language by educated person and that person who deals with tourists. Tangmarg is 39 kilometer away from lalchowk Srinagar. Many tourist spots are present in Tangmarg like Rangawari, Nigli nallah, Drung, Gulmarg, Badrekot, Shranz waterfall and Babareshi. Baba reshi is locally given for sofi saint of Kashmir Baba payam ud din reshi. Baba Reshi is a shrine 6.5 kilometer away from Tangmarg. The gateway of Babareshi, Gulmarg and Shranz waterfall is Tangmarg. The local people of Tangmarg have a good knowledge of the use of the plants. The villager peoples use many plants as medicine. The local area plant resources are the principal source of medicine and are used by the traditional herbal healers. Thousands of plants growing in the forests are used as source of medicines throughout the world. Some of the plants have pharmacological properties while the others are used in indigenous medicine. The field surveys were conducted in the area of study during March-July 2021, important information collected from the local people from the area and cross checked with the help of local hakeems.

### **Material and Methods**

Kashmir is one of the most provinces of union territory of Jammu and Kashmir are located in the Himalaya with snow covered, high mountains, various magical lakes and green grass lands. The study area is Tangmarg tehsil of district Baramulla of union territory of Jammu and Kashmir India. The climate of the area is Mediterranean type means four seasons are spring (March-May), summer (June-August), Autumn (September-November), and winter (December-February). An ethno-botanical survey of different villages of Tangmarg tehsil of Baramulla district of union territory of Jammu and Kashmir was conducted from March to July 2021 and from the investigation deals with the ethno-botanical study. We got 64 plant species 34 families which are very important

medicinal plants and are used for the treatment of various diseases that focused on the traditional medicinal plants used by villagers to treat human diseases. In the present paper the information related to the botanical name with local names and the parts of plant used and method used in different diseases has been discussed. The sixty five mentioned plant species belong to thirty five families. Most of the plant species are cultivated and used as vegetables. By reviewing the literature, there is no such study has been done in the villages of Chandilora, Chandil, Ferozpora, sharia and Hayatpora, so that is why we select these particular villages for our study. The present study shows that the Ferozpora, Chandilora, Chandil, Sharia and Hayatpora have a great value of medicinal plants with various medical properties.

### Results and Discussions

The present study of work conducted in the Tangmarg region of Baramulla district of union territory of Jammu and Kashmir with the aim of recording traditional knowledge among people living in rural areas reveals that these plants are still used in the treatment of various diseases. Before started the field survey of medicinal plants and the study site, the general information about that area was given from the local people. A field survey done with a local people having the knowledge of plants are used traditionally as a medicine. A field survey for the ethno medicinal plants were taken during the march to July 2021 in the Tangmarg region particularly in the area of Chandilora, Chandil, Ferozpora, Hayat pora, Sharia and Badra kot. The local hakeems, old people and experienced people were taken the field survey note book. A list of 64 plants belonging to 34 families were documented. Among these 10 species belong to Asteraceae, 4 species belong to Solanaceae, 4 species belong to Rosaceae, 3 species belong to Liliaceae, 3 species belong to Fabaceae, 3 species belong to Lamiaceae, 3 species belong to Apiaceae, 3 species belong to Moraceae, 2 species belong to Brassicaceae, 2 species belong to Malvaceae, 2 species belong to Poaceae, 2 species belong to Plantaginaceae, 2 species belong to Salicaceae, 1 species belong to Amaranthaceae, 1 species belong to Cuscutaceae, 1 species belong to Ulmaceae, 1 species belong to Cannabinaceae, 1 species belong to Geraniaceae, 1 species belong to Boraginaceae, 1 species belong to Ranunculaceae, 1 species belong to Acoraceae, 1 species belong to Cruciferae, 1 species belong to Linaceae, 1 species belong to Pinaceae, 1 species belong to Orchidaceae, 1 species belong to Dioscoraceae, 1 species belong to Euphorbiaceae, 1 species belong to Juglandiaceae, 1 species belong to Platanaceae, 1 species belong to Papaveraceae, 1 species belong to Podophyllaceae, 1 species belong to Polygonaceae, 1 species belong to Urticaceae, 1 species belong to Verbenaceae. These plants are used for various diseases and ailments. The medicinal plants are collected from the different study site and are mentioned the alphabetically, of each species with the following sub-headings.

1. Botanical name
2. Local name
3. Family
4. Part used
5. Diseases
6. Medicinal importance

#### Plant 1

1. *Allium cepa*
2. Ghande
3. Liliaceae
4. Bulb (Stem)
5. (a) Headache  
(b) Sexual debility  
(c) Skin disorders  
(d) Ear disorders  
(e) Urinary system disorders  
(f) Bleeding piles
6. (a) The paste of onion bulb can applied to the forehead to cure the headache.  
(b) The onion increases the libido and strengthens the reproductive organs.  
(c) The onion is irritating to the skin and stimulates the circulation of blood in the mucous membrane.  
(d) Onion juice dipped on cotton wool and put into the ear in a popular remedy for ringing sound in the ears.  
(e) Onions are highly beneficial in the treatment of urinary system disorders.  
(f) Onions are valuable in bleeding piles.

#### Plant 2

1. *Allium cepa var. aggregatum*
2. Praan
3. Liliaceae
4. Leaves
5. Fracture
6. The fried leaves can apply on affected area

## Plant 3

1. *Althaea rosa L.*
2. Saze posh
3. Malvaceae
4. Flower
5. Urinary infection and asthma
6. Dried flowers are used to cure urinary infection and asthma.

## Plant 4

1. *Allium sativa*
2. (2) Rohun
3. (3) Liliaceae
4. (4) clove (flower bud)
5. (a) Anti-hypertensive activity  
(b) Liver protective activity  
(c) Cardio-protective activity
6. (a) Garlic clove can be used to cure hypertension.  
(b) Garlic extracts have the liver protective effects.  
(c) Garlic powder decrease the cardio vascular diseases.

## Plant 5

1. *Anaphalis nubigena*
2. Daderi dawa
3. Asteraceae
4. Whole plant
5. Skin problems
6. The dried powder is mixed with oil is used to cure skin problems.

## Plant 6

1. *Arnebia benthami*
2. (2) Kah Zaban
3. (3) Boraginaceae
4. (4) Root
5. (a) ear and eye diseases
6. (b) Pneumonia
7. (a) The roots are also used to cure ear and eye diseases.  
(b) Roots are used to cure pneumonia.

## Plant 7

1. *Artemisia absinthium*
2. Tethwan
3. Asteraceae
4. Leaves
5. (a) Fever  
(b) Stomach pain  
(c) Gastro-intestinal diseases
6. (a) Paste of artemisia absinthium mixed with milk to cure fever.  
(b) Fresh leaves juice cure stomach pain and intestine infection.  
(c) Dried leaves powder mixed with milk to treat gastrointestinal diseases.

## Plant 8

1. *Aconitum heterophyllum*
2. Patris
3. Ranunculaceae
4. Seeds and Roots
5. (a) Diarrhea  
(b) Urinary problem  
(c) Reproductive problem
6. (a) powder of root mixed with ginger to cure diarrhea  
(b) Seeds of aconitum heterophyllum reduce the urinary tract burning  
(c) Roots of aconitum heterophyllum is used to cure the burning of vagina.

## Plant 9

1. *Anthemis cotula L.*

2. Fack gasa
3. Asteraceae
4. Whole plant
5. Muscular pain
6. Plant extracts are used to cure muscular pain.

## Plant 10

1. *Acorus calamus*
2. Vai-gander
3. Acoraceae
4. Rhizome
5. Gastric problems
6. Rhizome paste of acorus calamus mixed with less quantity of sugar to treat gastric problems.

## Plant 11

1. *Achillea millefolium*
2. Phelgaus/Berguer
3. Asteraceae
4. leaves/flowers
5. Tooth ache
6. Fresh leaves of achillea millefolium to treat tooth ache.

## Plant 12

1. *Brassica oleraceae*
2. Phool gopi
3. Cruciferae
4. Whole plant
5. Stomach and heart problems.
6. It is used to cure stomach and heart diseases and as a salad it is a wonderful food and brassica oleraceae also boosts brain function and it also reduce blood pressure and also rich source of antioxidants.

## Plant 13

1. *Brassica oleraceae*
2. Band gopi
3. Brassicaceae
4. Leaves
5. Pneumonia
6. It is used to cure pneumonia

## Plant 14

1. *Cedrus deodara*
2. Deodar
3. Pinaceae
4. Stem
5. Fever
6. Extracted oil of the stem is used to cure fever.

## Plant 15

1. *Corriandrum sativum*
2. Dhanival
3. Apiaceae
4. Leaves
5. Cough, headache, insomnia, burning sensation.
6. Paste of the leaves of Corriandrum sativum is applied and cure these diseases.

## Plant 16

1. *Cannabis sativus*
2. (2) Bhang, Charas
3. (3) Cannabinaceae
4. (4) Seeds
5. (a) nausea, sickness and vomiting  
(b) Snake bite
6. (a) cannabia sativa seeds is cure for nausea, sickness and vomiting  
(b) Seeds of cannabia sativa are used as an early treatment for the snake-bite.

## Plant 17

1. *Capsicum annum*
2. Wazul marchivangun
3. Solanaceae
4. Fruit
5. (a) Anti-inflammatory potential  
(b) Arthritis pain  
(c) Dog bites
6. (a) It has a strong anti-inflammatory potential  
(b) It reduced the rheumatoid arthritis pain  
(c) Fruit of capsicum annum is reduced the affected part

## Plant 18

1. *Calendula officinalis*
2. Hamesh bahar
3. Asteraceae
4. Shoot/ Leaves
5. (a) Wounds  
(b) Ear ache
6. (a) Paste of calendula officinalis is applied on the wounds.  
(b) Juice of calendula officinalis leaves can put in to the ears.

## Plant 19

1. *Cydonia Oblonga*
2. Bum chout
3. Rosaceae
4. Seeds
5. Diarrhea, Cough, Sore throat and Constipation.
6. Seeds of Cydonia oblonga to treat diarrhea, cough, sore throat and constipation.

## Plant 20

1. *Celosia argentea L.*
2. Mawl
3. Amaranthaceae
4. Seeds
5. Inflammation problems
6. Seeds are used to treat inflammation problems.

## Plant 21

1. *Cuscuta reflexa*
2. Kokliport
3. Cuscutaceae
4. Whole plant
5. Jaundice and urinary disorders
6. Decoction of stem is used to cure jaundice and urinary disorders and high doses of decoction of stem causes abortion.

## Plant 22

1. *Cynodon dactylon*
2. Dramn/ Kach
3. Poaceae
4. Whole plants
5. Anti-inflammatory and common cold
6. The whole plant of Cynodon dactylon is used to treat anti-inflammatory and common cold.

## Plant 23

1. *Capsella bursa*
2. Kral mond
3. Brassicaceae
4. Leaves
5. Diarrhea
6. The leaves of capsella bursa is used to cure diarrhea.

## Plant 24

1. *Crataegus songarica*
2. Reng kul
3. Rosaceae
4. Fruit
5. Hypertension
6. Fruits of *Crataegus songarica* is used to treat hypertension.

## Plant 25

1. *Celtis australis L.*
2. Brimij
3. Ulmaceae
4. Leaf
5. Anti-inflammatory
6. Leaf are anti-inflammatory.

## Plant 26

1. *Conyza Canadensis*
2. Shallut
3. Asteraceae
4. Shoot
5. Stomach gases
6. Its leaves are eaten to cure the stomach gases.

## Plant 27

1. *Daucus carota*
2. Gazr
3. Apiaceae
4. Seeds
5. Birth control
6. Seeds of *Daucus carota* are crushed to treat contraceptive.

## Plant 28

1. *Datura Stramonium*
2. Datur
3. Solanaceae
4. Seeds
5. Cough
6. Powder of *Datura Stramonium* seed is used to cure cough.

## Plant 29

1. *Digitalis lanata*
2. Dastana
3. Plantaginaceae
4. Leaves
5. Urinary disorders
6. Leaves extract is used to treat urinary disorders.

## Plant 30

1. *Dactyrorhiza hatagirea*
2. Salem panja
3. Orchidaceae
4. Tuber
5. Pyorrhea
6. Juice extract is used to cure pyorrhea.

## Plant 31

1. *Dioscorrea deltoidea*
2. Kraeth
3. Dioscoraceae
4. Leaves
5. Eye infections
6. Juice of leaves of *Dioscorrea deltoidea* is used as the eye drops to cure eye infections.

## Plant 32

1. *Euphorbia wallichii*
2. Guri-dud
3. Euphorbiaceae
4. Stem
5. Skin infections
6. The latex of euphorbia wallichii is used to cure skin infections.

## Plant 33

1. *Foeniculum Vulgare*
2. Badiyan
3. Apiaceae
4. Seeds
5. Kidney disorders
6. The seed powder is used to cure kidney disorders.

## Plant 34

1. *Ficus carica*
2. Anjeer
3. Moraceae
4. Fruits/Leaves
5. (a)Throat problems  
(b) Liver problems
6. (a) Fruit extract boiled with water to cure throat problems.  
(b) The leaves of *Ficus carica* is used to cure liver problems.

## Plant 35

1. *Geranium pretense L.*
2. Ratan Joug
3. Geraniaceae
4. Leaves
5. Diarrhea
6. Leaves is used to treat diarrhea.

## Plant 36

1. *Hyoscyamus niger*
2. Bazaar bhang
3. Solanaceae
4. Seeds
5. Tooth ache
6. The ash of burned seeds is used to cure tooth ache.

## Plant 37

1. *Helianthus annuum*
2. Gul aftar
3. Asteraceae
4. Seeds
5. High Cholesterol
6. Eating seeds of Helianthus reduce the cholesterol level.

## Plant 38

1. *Inula racemosa*
2. Poshkar
3. Asteraceae
4. Root
5. Hypertension
6. The roots of *Inula racemosa* is used to cure hypertension.

## Plant 39

1. *Indigofera haterantha Linn.*
2. Zand
3. Fabaceae
4. Rhizome
5. Abdominal pain

6. Rhizome bark powder is used to cure abdominal pain.

## Plant 40

1. *Juglans regia*
2. Doon
3. Juglandiaceae
4. Bark
5. Cleaning teeth
6. Bark of *Juglans regia* is used for cleaning the teeth.

## Plant 41

1. *Linum unistatissimum*
2. Alshi
3. Linaceae
4. Seeds
5. Joint problems
6. Extracted oil is used to cure the joint problems.

## Plant 42

1. *Lavatera Kashmiriana Mast.*
2. Jungli Somchal
3. Malvaceae
4. Seeds
5. Antiseptic
6. Seeds of *Lavatera kashmiriana* are antiseptic.

## Plant 43

1. *Morus nigra L.*
2. Tul
3. Moraceae
4. Leaf
5. Healing wounds
6. Leaf paste is used to cure healing wounds.

## Plant 44

1. *Medicago sativa Linn.*
2. Poshi gassi
3. Fabaceae
4. Leaves
5. Kidney problems
6. Fresh leaves are used to cure kidney problems.

## Plant 45

1. *Mentha arvensis Linn.*
2. Pudna
3. Lamiaceae
4. Leaves
5. Headache
6. Fresh leaves of *Mentha arvensis* is used to treat headache.

## Plant 46

1. *Morus nigra L.*
2. Shahtoot
3. Moraceae
4. Leaf
5. Healing wounds
6. Leaf paste are used to cure heal wounds.

## Plant 47

1. *Napeta cataria L.*
2. Gand Soi
3. Lamiaceae
4. Leaves
5. Pain and Swelling

6. Leaves are used to reduce pain and swelling.

## Plant 48

1. *Prunus amygdalus*
2. Badam
3. Rosaceae
4. Seed
5. Asthama and heart burn
6. It is used to cure asthama and heart burn problems.

## Plant 49

1. *Papaver rhoeas Linn.*
2. Khash Khaash
3. Papaveraceae
4. Capsule
5. Sedative property
6. The milk from capsule of papaver rhoeas is used as narcotic and has a sedative property.

## Plant 50

1. *Podophyllum hexandrum*
2. Wangun
3. Podophyllaceae
4. Leaves
5. Skin diseases
6. Leaves are used to cure skin problems.

## Plant 51

1. *Plantago lanceolata Linn.*
2. Gul
3. Plantaginaceae
4. Leaves
5. Urinary disorders
6. Boiled leaves are used to cure urinary disorders.

## Plant 52

1. *Prunella vulgaris L.*
2. Kalveuth
3. Lamiaceae
4. Seeds
5. Heart problems and breathing disorders.
6. Seeds are used to cure heart problems and breathing disorders.

## Plant 53

1. *Platanus orientalis kashmiriana*
2. Boonye
3. Platanaceae
4. Bark
5. Diarrhea
6. It is used to cure diarrhea.

## Plant 54

1. *Rosa damascena*
2. Kashur gulab
3. Rosaceae
4. Flower
5. Throat infection
6. Crushed flower petals are used to cure throat infection.

## Plant 55

1. *Rumex nepalensis*
2. Abuj
3. Polygonaceae
4. Roots
5. Constipation

6. It is used to cure constipation.

## Plant 56

1. *Salix alba L.*
2. Veer
3. Salicaceae
4. Leaves
5. Rheumatism
6. Leaves are used to cure rheumatism.

## Plant 57

1. *Solanum tuberosum*
2. Aalu
3. Solanaceae
4. Tuber
5. Burning parts
6. Tuber paste is used to cure burning parts of body.

## Plant 58

1. *Salix wallichiana*
2. Danthi-veer
3. Salicaceae
4. Leaves
5. Body pain and headache
6. Leaves are used to treat body pain and headache.

## Plant 59

1. *Tragopogon porrifolius L.*
2. Doad kund
3. Asteraceae
4. Whole plant
5. Liver problems
6. It is used to cure liver problems.

## Plant 60

1. *Triticum aestivum L.*
2. Kaenak
3. Poaceae
4. Seed
5. Worm diseases
6. The seed decoction is used to given children for cure worms.

## Plant 61

1. *Trifolium pretense*
2. Bataknur
3. Fabaceae
4. Leaves
5. Irregular periods
6. Its leaves are eaten to restore the irregular periods.

## Plant 62

1. *Taraxacum officinale L.*
2. Hand
3. Asteraceae
4. Roots and leaves
5. Tonic
6. Dried roots of taraxacum officinale are used as tonic and also their L leaves are given to the pregnant ladies after child birth.

## Plant 63

1. *Urtica dioica Linn.*
2. Soi
3. Urticaceae
4. Whole plant

5. Headache and rheumatoid
6. Extract of urtica dioica is used to treat headache and rheumatoid pain.

#### Plant 64

1. *Verbena officinalis* L.
2. Hutmool
3. Verbenaceae
4. Whole plant
5. Food poisoning
6. Extract of verbena officinalis is used to cure food poisoning.

#### Conclusion

The Tangmarg region of Baramulla district of union territory of jammu and Kashmir with the aim of recording traditional knowledge among people living in rural areas reveals that these plants are still used in the treatment of various diseases. Awareness to the rural people living close to the forest regarding the conservation and proper utilization of this valuable medicinal treasure is a need of hour. So there would be a need to conserve this knowledge and distribute it.

#### Acknowledgement

We are grateful to the people of chandilora, ferozpora, Chandil, shria and Hayatpora, who shared their important knowledge related medicinal plants and their local uses.

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