



Some of the ethnic tribes of Jammu and Kashmir, and their ethno-medicinal preferences- A review

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Abstract

Jammu and Kashmir is popularly known all over the world for its unique vegetation, rich medicinal flora, unusual ethnic and endemic diversity. The broad range of Tribes or Ethnic groups of this region have flagged the pride of the state through its cultural, indigenous and medicinal practices. The present paper deals with a review about some of the common Ethnic tribes of Jammu and Kashmir, and their ethno-medicinal preferences for traditional practices and medicinal uses in cure of some ailments. The Ethnic tribes considered in our study are Gujjars, Bakarwals, Changpa, Boto, Balti, Purigpa, Brokpa and Drokpa. Based on their knowledge about medicinal- plant resources and traditional practices, an inventory of about 58 such common plants has been constructed, that emphasis on the ethno-medicinal preferences amongst the tribes focused in this paper.

Keywords: ethnic group, medicinal flora, endogamy, traditional practices, ethnicity

Introduction

Jammu and Kashmir is one of the dynamic State in Northeast India, with the rich Bio-diversity and precious Cultural heritage. The State is the pride of India with a considerable share of the 'Tribes' or 'Ethnic groups'. These belong to the ancient and ancestral origin, as well as of the new transforming clans. The tribal sect form 11.9% of the total population as according to the records of 2011. The tribes and clans have the people who identify with each other, based on the similarities such as common ancestral line, language, social, cultural or national experiences. They are known to represent the 'Ethnicity', that involves the in heritage status based on the society for the residents. (Nisreen *et al.*, 2020; Khanday and Singh, 2018) ^[1,2].

Such tribes are known as 'Ethnic groups' or Ethnic tribes', and some are not distinguished on basis of wealth, status, religion or high-class profession as like other social groups. The term 'Ethnic' is derived from the Greek word, 'Ethnos', and 'Ethnicus', a Latin term, which denotes 'folk', 'cultural' & 'tribal'. Thus Ethnic tribes are the 'indigenous' groups of the society. (Anwar *et al.*, 2015; Touseef and Riaz, 2017) ^[3].

Endogamy & Ethnogenesis

Ethnic groups originating from the same historical founded population, often follow the same religious beliefs, speak related languages, and share a similar gene pool. There are certain factors, however, through which it is possible for individuals or group to leave one ethnic group and become part of another. Such factors include acculturation, language shift, adoption and religious conversation. This gets a bit difficult for the ethnic groups emphasizing racial-purity as the sole criterion for the membership. (Ruben, 2013; Cristina, 2015) ^[3]

Larger ethnic groups may be sub-divided into smaller sub-tribes known variously as 'Tribes' and 'Sub-tribes', or 'Clans'.

These over the time may become separate ethnic groups themselves due to physical isolation from the parent group which is also called 'Endogamy'. Conversely, the formerly separate groups can merge to form 'Pan-ethnicity', that may eventually merge into one single 'Ethnicity'. The formation of a separate ethnic identity is referred to as 'Ethnogenesis'. (Sergei 2014) ^[7].

Ethnic Tribes

Different Ethnic groups or Tribes of Jammu and Kashmir

The most important striking aspect of the culture and population of Jammu and Kashmir are the state's varied 'Ethnic group' or 'Tribes', Of 14.9 lakh tribes counted in the state in 2011, 13.2 lakh are Muslims, 1.0 lakh are Buddhists, and about 67 thousand Hindus. The last decades' religion data showed that Muslim tribes have grown by about 38% and Hindu tribes by 41%, but there was the decline in Buddhist tribal population by 1.6%. (Shankar, 2011).

The different types of 'Ethnic tribes' of Jammu and Kashmir depict the varied shades of culture and occupation. They are as follows in the form of some of the most important ones:

Gujjars and Bakarwals

Gujjar and Bakarwal tribal communities are almost entirely Muslims, and are closely related. They are found in all parts of Jammu and Kashmir, except in Kargil and Ladakh or Leh. The population of both the tribes have increased during the last few years, and they are traditionally nomadic and pastoralist. (Touseef and Riaz, 2017) ^[1].

Of the total 14.9 lakh tribal counts (2011), includes 9.8 lakh 'Gujjars' and 'Georgians'. They inhabited a territory between the Black sea and the Caspian sea, who later migrated to some places in Iran, Central Asia and Afghanistan. They are mainly the 'Cow-keepers', considered as postoral agricultural ethnic group. Their own language is called as

'Gujjari' and usually follow Hinduism, Islam and Sikhism. Gujjars had a remarkable tradition that they used to give their 'tribal name' to the places and localities they inhabited, for example, 'Gujranwala', name to a district in Pakistan, and 'Gujargarh', name to Gwalior in India. (Kaul *et al.*, 1987)^[9].

'Barkarwal' term is derived from Urdu, Gojri, Punjabi, Dogri or Kashmiri terms. 'Bakra' meaning 'Goat' or 'Sheep'; and 'Wal' meaning 'one who take care of'. Hence, they are 'Goatherds' or 'Shepherds'. The Bararwals belongs to the same ethnicity as the Gujjars, and so the inter-marriages take place among them. Of the total 14.9 lakh tribal count (2011), Bakarwals included are about 1.1 lakh.

The Gujjar- Bakarwals have divided themselves into three principal Kinship groups, *viz.*, the Dera (household), 'Data-Potra' (lineage), and the 'Gotra' (clan). (Abhishek *et al.*, 2021)^[10].

Changpa

The small Buddhist scheduled tribe from Ladakh is 'Champa' or 'Champa'. They are the semi-nomadic Tibetan people found mainly in the vast 'Changtang' plateau of Tibet, a small part of which extends into Ladakh. 'Changpa' means 'Northerners' in Tibetan, and are high altitude pastoralists, raising mainly yaks and goats. The still-nomadic sect of Changpa is known as 'Phalpa' and the other is called 'Fangpa'. Despite their different lifestyles, both these groups can inter-marry. The Chagpa are Buddhists, but in the past few years, the Muslims also got included, and their number has more than doubled. The vast majority of land inhabited by 'Changpas' is too inhospitable for farming, due to which they are not under pressure from settled farmers, as faced by other Tibetan nomadic group. (Khan & Kumar, 2012; Khuroo *et al.*, 2007)^[11, 12].

Bot or Boto

'Bot' or 'Boto' comprise the main Buddhist tribe of Jammu and Kashmir. Almost nearly 80% of them are settled in Ladakh. After the Gujjars, the 'Bots' are the largest tribal community in the Jammu and Kashmir. They are ethnically and linguistically related to the Tibetan people. The name 'Bot' or 'Boto' is the derivation from 'Bot', which is the classical name of Tibet. They also inhabit in many parts of the Himalayan region, as well in Kargil, Doda, Kishtwar and Baramula district. The last few years have witnessed the decline in the Bot population by more than 5%. Besides Buddhists being the major part of the 'Bot', Muslims also belong to this tribe. (Basant and Chaurasia, 2007)^[13].

Batti and Purigpa

'Batti' is an exclusive tribe belonging to Ladakh, and the popular inhabitants of Kargil are the 'Purigpas'. These two tribes are ethnically related to the Tibetan and Dardic people. Originally, these tribes were the followers of Buddhism, but later on got converted to Islam. 'Purigpa' got their name from the older name of the Suru River valley of Kargil, i.e., 'Purig', and hence many of the 'Battis' of Kargil have taken the name 'Purigpa'. Apart from the Muslims as the predominant sect of the tribe, the Buddhists also form the part of the tribe in minority. During the last few years, the population of Baltis have increased enormously, as compared to the Purigpas whose increase is by very less number. (Sumati *et al.*, 2019)^[14].

Brokpa and Drokpa

'Brokpa' and 'Drokpa' form yet another important ethnic group from Jammu and Kashmir. mainly of 'Proto-Rigvedic tribes'. Brokpa are predominantly the Muslims. Many of the ethnic groups are Buddhists and Hindu too. In the last decade, the number of Buddhists, however, have surprisingly increased among the Brokpas and Drokpas. One of the striking features of Brokpa is that they still have retained the marked traces of their Buddhist animistic religion, 'Bon-chos'. These tribes along with 'Shina', 'Dard' and 'Burusho' are known as the common inhabitants of Kargil and Baramula districts of Jammu and Kashmir. (Mudasir *et al.*, 2021)^[15].

Ethno-medicinal preferences

Cultural diversity and traditional practices form the distinguishing basis of the varied Ethnic groups of Jammu and Kashmir. These tribes have their own set of beliefs and traditional or medicinal practices that provide an important connect between the diversity of that region. The strong basal element within this link is the use of effective medicinal plants and the proper method of its application or oral intake to cure various ailments and enhance beauty. The lush green valleys and forests of Jammu and Kashmir are rich store of such medicinal species, and most of them are the endemic plants confined to this region. (Jan *et al.*, 2021)^[16].

Some of the most commonly used herbs and shrubs by the varied Ethnic groups of Jammu and Kashmir are enlisted below (Table-T-1) on the basis of the traditional and herbal practices by the tribal people of that region.

Table 1: List of 58, Medicinal Plants, Commonly Used by Tribes of Jammu and Kashmir

Botanical name	Local/ Common Name	Habit	Plant Parts Used	Ethnomedicinal Use
1. <i>Adiantum capillusveneris</i> Linn.	Kakash, Gavtheer,	Herb	Leaves	In treatment of Cold & Cough, Fever, Headache, Epilepsy and Headache, Treatment of hair loss, Asthma and as Dental tonic.
2. <i>Arnebia benthamii</i> Wall. ex G. Don	Balchar, 'Gul-e-Kahzaban, Gaozaban, Laljari, Ratanjot	Herb	Leaves and Roots	In treatment of Throat Cardiac Disorders. Abdominal Pain, High Fever. As Bacterial and Fungal infections.
3. <i>Atropa acuminata</i> Royle ex Lindl	Brand, Nachan Ariel, jarka	Herb	Root	In the treatment of Intestinal and Biliary colic, Asthma, Whooping cough, Bladder and urethral spasms. Also used as plaster to reduce pain and control inflammation. Externally used as an anodyne for Rheumatism, Neuralgic, Lumbago and Local inflammations.
4. <i>Amaranthus spinosus</i> L. (Ama-	Rgyaasho	Herb	Whole plant	Used in cure of wound. The ash of the fruit is used for jaundice. The juice from the plant is used to neutralize the venom in Snake bites, and

spi)				Scorpion sting. Also helps in preventing Miscarriages. Also used to cure nose bleeds, pain in Urination and Kidney stones, Excessive menstruation, White vaginal discharge, Gonorrhoea, and Sores and Bumps..
5. <i>Angelica glauca</i> Edgew.	Luch-baa	Herb	Roots	It is used in Dyspepsia, Constipations, Ulcer of palate, Infantile atrophy, Dysentery and Menorrhagia. Also helpful on Wounds and Gastric pains. It is also useful in Anorexia, Spasms, Flatulent Colic and Bronchitis.
6. <i>Asparagus racemosus</i> Willd.	Sanspai		Roots	In the treatment of Gastric Ulcers, Dyspepsia and as a Galactagogue. Also used in Nervous disorders, Inflammation, Liver diseases and certain Infectious diseases.
7. <i>Astragalus rhizanthus</i> subsp. <i>candolleanus</i> (Benth.) Podlech	Jajjard Kanduu.	Herb	Roots	Used in the treatment of Toothache, Bad-breath.
8. <i>Aconitum heterophyllum</i> Wall ex. Royle.	Bonna karmo, Puri, Atis	Herb	Roots	In the treatment of Rheumatism, Nervous pain, and as nerve sedative. It is also used to control Hysteria and possess Heart and Nerve sedative property.
9. <i>Aconitum violaceum</i> Jacquem. ex	Bonna nagpoo	Herb	Roots	In the treatment of Snake and Scorpion bites, Cold, Cough. Asthma, Fever and Gastric problem.
10. <i>Berberis aristata</i> DC	Khumbalai, Kawbash, Daru Haldi	Tree	Young Twig, Fruit	In the treatment of Fungal and Bacterial infection.
11. <i>Berberis lycium</i> Royle	Simloo, Khumbalaya	Shrub	Whole plant	In the treatment of Jaundice, Diabetes, Eye Infections, Fractured Bones, Internal Wounds, Diarrhea, Rheumatism, Stomachache, and also is used as a general body tonic and in liver ailments.
12. <i>Bergenia ciliata</i> (Haw.) Stemb.	Zakhmay hayat, Paashaanbhed	Herb	Whole plant	In the treatment of Diabetes mellitus and Renal calculi and also as Wound healer and Antibacterial.
13. <i>Buddleja asiatica</i> Lour.	Batti	Shrub	Leaves, Roots	In the treatment of many Health disorders such as Inflammation, Rheumatism, Skin Disease, Malaria etc, Used as a Tonic to shed excessive weight gained.
14. <i>Brassica campestris</i> L.	Sariyaa, Sarsooo, Sarsapa, Virai	Herb	Seeds, Leaves	In the treatment of Leucorrhoea, Menstrual disorder, Body weakness, and Internal pain. Also used as hair tonic.
15. <i>Callicarpa macrophylla</i> Vahl.	Budhimore, Palma, Priyangu	Shrub	Leaves	In the treatment of various disorders like Tumour, Polydipsia, Diarrhoea, Dysentery, Diabetes, Fever, etc. Also used in Joint pain and Obstetric conditions.
16. <i>Cortia depressa</i> (D. Don) C. Norman	Bam-po-mo- rig	Herb	Bulbs, Leaves	Used in Swelling in Limbs, and in Muscular spasms.
17. <i>Cannabis sativa</i> Linn	Bhangi, bhang, chars	Herb	Leaves	In the treatment of Antiemetic against chemotherapy induced Vomiting, Glaucoma, insomnia, Anxiety, Depression, Epilepsy and Pain etc. Also used as Anti dandruff and Antiseptic agent.
18. <i>Calendula officinalis</i> Linn	Himash bahar, bahara	Herb	Flowers, leaves	In the treatment of various Skin tumors, Dermatological lesions, Ulcers, Swellings and Nervous disorders. Also used as Blood tonic, Blood purifier, Antibiotic, Wound healing and jaundice.
19. <i>Digitalis lanata</i> Ehrh	Buth Posh	Herb	Whole plant	In the treatment of some Heart disease like Artrial fibrillation, It reduces Artoventricular conduction. Also used to treat Ulcers, Boils, Abscesses, Headaches and Paralysis.
20. <i>Datura stramonium</i> L.	Asman, Datir, datur	Herb	Seeds, Fruit, Leaves	In the treatment of Skin disorder, Ear pain, Cough, Fever, Body pain and Asthma. Externally used for Injuries, Wounds, Bleeding and Pains.
21. <i>Delphinium brunonianum</i> Royle (Del-bru).	Bya rgod spos	Herb	Stem, leaves	Used in the treatment of Intestinal Worms, Fluid Retention, Poor appetite, Trouble sleeping (insomnia) and also used in Skin diseases, Fever, Itching, Cough and Cold, Snake Bite.
22. <i>Elaeagnus umbellata</i> Thunb.	Kankoli	Shrub	Fruit	Used in the treatment of Bacterial infection, Joint pain, Cough and Pulmonary affections. Also used in treatment of Infectious diseases.
23. <i>Ephedra gerardiana</i> Wall. ex stapf.	Tsepat, chhepath	Herb	Leaves and flower	In the treatment of Weight loss, and to enhance Athletic performance. It is also used for Allergies, Hay fever, Nasal congestion, and Respiratory tract problems such as Bronchospasm, Asthma and Bronchitis.
24. <i>Euphorbia helioscopia</i> Linn	Duduj, faifar dud	Herb	Seeds	Used to cure different Pathological conditions including Skin diseases, Warts, Intestinal parasites, Migraine and Gonorrhoea.
25. <i>Epilobium latifolium</i> L.	Byar pan chu tse	Herb	Flower, leaves	Used in the treatment of Fevers and Inflammations, Pus and also itching pimples.
26. <i>Fritillaria roylei</i> D.Don	Shethkarr	Herb	Bulb	In the treatment of Bronchitis and Respiratory diseases.

27. <i>Fragaria nubicola</i> Lindl. ex Hook. F	Sakhvan	Herb	Whole plant	It is used to treat Perfuse menstruation, Healing wound, Fruit juices and also help to cure Inflammation of Nerves and Lungs.
28. <i>Foeniculum vulgare</i> Mill.	Saunf, badeyanaa	Herb	Whole plant	Used in the treatment of wide range of ailment, from simple like Cough Cold, Cuts to very complicated ailments like Kidney problems, Cancer and is also used in wide range of veterinary ailments.
29. <i>Ficus palmata</i> linn	Fog, angerrea	Tree	Fruit and stem	Used in the treatment of Constipation, Lung and bladder problems. Also effective in the treatment of Warts and various other disease like gastrointestinal, hypoglycemic, and Fungal diseases.
30. <i>Inula cuspidata</i> (Wall. ex DC.) C.B.Clarke	Billobutoo nath	Shrub	Leaf, Flower and root	Used in folk medicines as Tonic, Stomachic, Anti-inflammatory, Bactericidal, Diuretic, and Antibacterial agent.
31. <i>Gentiana chirayita</i> Roxb. ex Flem.	Tikka ta, Kasbuzarira	Herb	Whole plant	Used in treatment of Malaria fever, Liver Diseases, Gastric Trouble, Jaundice, Diabetes, Hepatitis, and other Ailments.
32. <i>Hypericum perforatum</i> L.	Chie, Chelae	Herb	Leaves	It is an effective Dietary supplement for treating nervous system related disorders, Anxiety, Depression, Cuts, and Burns. Also helps in treating Cancer, Inflammation- related disorders, bacterial and viral diseases.
33. <i>Hippophae rhamnoides</i> L.	Gal ba sheir, gli shire	Herb	Leaves and flowers	It is used to improve Blood pressure and helps to prevent and control Cardiovascular symptoms and also used in Arthritis, Gastrointestinal Ulcers, Gout and Rashes.
34. <i>Iris kashmiriana</i> Baker	Kabriposh, sosan, Mazarmund	Herb	Whole plant	Useful for Pulmonary Disorders, Asthma, Cancer, Inflammation, Liver and Uterine diseases. Also used as an alternative medicine as Emetic, Cathartic, Diuretic and Expectorant.
35. <i>Inula racemosa</i> Hook. f	Mannu, pushkarmool, Puskara	Herb	Roots	Used in treatment of Heart and respiratory diseases like Asthma, Bronchitis and Cough. It also relieves Fats and Cholesterol and helps in Weight loss.
36. <i>Indigofera heterantha</i> Brandis	Keynthi	Shrub	Leaves	Used for Abdominal pain, Gastric disorders and for Headache and Chest pain. Employed for Skin allergies, Warts, Leprosy, and helps to relief Toothache, Abdominal pain, Cough, and Muscular pain.
37. <i>Juglans regia</i> Linn	Akhrooth, dond, googee	Tree	Nuts, leaves and bark	Used internally the treatment of Constipation, Chronic Coughs, Asthma, Diarrhoea, Dyspepsia etc. It is also effective in treatment of Skin ailments and Purify the Blood. It is also helpful in Rheumatic pains, Fever, Diabetes, Skin diseases; and also used to treat Malaria.
38. <i>Justicia adhatoda</i> L.	Baykar, gaykahr	Shrub	Leaves, Root, Flowers, And Bark	Used in the treatment of Asthma, Joint Pain, Lumber Pain, Sprains, Cold, Cough, Eczema, Malaria, Rheumatism, Swelling and Venereal Diseases.
39. <i>Juniperus indica</i> Bertol.	Sukukpa, spamaa, Bartol	Shrub	Berries	Used for Digestion problems including Upset stomach, Intestinal gas, Heartburn, Bloating and loss of Appetite. also used to cure Gastrointestinal infections and Intestinal worms. It is also used for Urinary tract infections and Kidney and Bladder stones.
40. <i>Leonurus japonicus</i> Houtt.	Zin-tigg	Herb	Leaves	It helps in regulating Menstrual disturbance, Dysmenorrhea, Amenorrhea, Blood Stasis, and Postpartum Hemorrhage, as well as activating Blood Circulation, Diuretics, and Dispelling edema
41. <i>Malva neglecta</i> Wallr	Sochall	Herb	Leaves and flowers	Helpful to cure multiple medical conditions such as Asthma, Stomachache and Diarrhea. It is also used in Wound healing, Abdominal pains and Cancer. The plant was also used in mild Cathartic.
42. <i>Mentha longifolia</i> (L)	Pothena, faithena	Herb	Leaves	It is used in the treatment of Jaundice, Intestinal Infection, Fever and Cough. It has wide range of Antibiotic activity and is used against various Bacteria, Fungal infections.
43. <i>Nerium indicum</i> Mill.	Gandilo	Shrub	Flowers, leaves, seeds	In the treatment of diverse ailments such as Cardiac illnesses, Asthma, Corns, Cancer, and Epilepsy. It also helps to treat Fever, Headache and Dermatological problems.
44. <i>Prunus persica</i> Linn	Aaroo, chenan	Tree	Leaves, flowers, fruits	In the treatment of Gastritis, Whooping Cough and Bronchitis. It also helps in relieving Vomiting and Morning sickness during pregnancy.
45. <i>Plantago lanceolata</i> Linn	Isabgool, Pait mutri	Herb	Leaves	In treatment for Bleeding, Bacterial Infection, Diarrhoea, Gastritis, Peptic Ulcers, Irritable Bowel Syndrome, Haemorrhage, Haemorrhoids, Cystitis, Bronchitis, Catarrh, Sinusitis, Asthma and Hay fever
46. <i>Prinsepia utilis</i> Royle.	Phulwaroo	Shrub	Seed	In treatment of Joint pain, Rheumatism and Pain resulting from over fatigue.
47. <i>Pedicularis longifolia</i> Schrenk.	Lug ru smag-po, sui mi jue	Herb	Leaves	In the treatment of Leucorrhoea, Fevers, Sterility, Rheumatism, General Debility, Collapse, and Urinary problems, and for revitalizing the Blood circulation, improving Digestion, and maintaining vitality.
48. <i>Piper longum</i> L.	Pipi ling, bye ril ma	Herb	Fruit	Used in treatment of Chronic Bronchitis, Asthma, Constipation, Gonorrhoea, Paralysis of the tongue. it is also used in, Diarrhea, Cholera, Chronic Malaria, Viral Hepatitis, Respiratory Infections, Stomachache, Bronchitis and diseases of the Spleen.
49. <i>Rhododendron lepidotum</i> Wall. ex	Niko Hardul	Shrub	Leaves	Helpful in reducing Neurological complications like Parkinson's disease and Alzheimer type dementia.

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50. <i>Rhododendron Anthopogon</i> D. Don	Nichnai, baalu, da-lis	Shrub/tree	Stem, leaves, buds	Used to treat lack of Appetite, coughing and various Skin disorders also helpful to treat Coughs and Cold.
51. <i>Rosa macrophylla</i> Lindl.	Jungli-gulab	Shrub	Seeds, fruit	Medicinally used for Blood purification, treatment of the Intestinal ulcer, Diarrhea and has anti-inflammatory action.
52. <i>Sedum ewersii</i> Ledeb.	Srolo karmo	Herb	Leaves	Used in various Skin conditions i.e., Itchy Rashes, Ulcers and for the topical treatment of Warts, Pimples and Acne dermatitis.
53. <i>Saussurea lappa</i> (Decne)	Sparng-rstsa	Herb	Roots	Used in treatment of chronic gastritis, rheumatoid arthritis, asthma and bronchitis in traditional medicine and in inflammation-related diseases
54. <i>Salvia Moorcroftiana</i> Wall. ex Benth	Skeker, bandarkoot	Herb	Roots	Used in the treatment of Dysentery, Haemorrhoids, Colic and externally used to cure Boils. Also used in the treatment of Colds and Coughs and Wound healer.
55. <i>Tylophora fasciculata</i> Buch ham ex Wight.	Goo syhod,	Herb	Roots	It is efficacious in extremely virulent types of Fever also are used as an application to unhealthy Ulcers and Wounds.
56. <i>Trigonella emodi</i> Benth.	Hbu su hand	Herb	Seeds	Used in Colic Flatulence, Dysentery, Dyspepsia, Obesity, Chronic cough, Dropsy, enlargement of Liver and Spleen.
57. <i>Uritica hyperborea</i> Jacq.	Rza sot	Herb	Leaves	In the treatment of Diabetes, Hypertension, Rheumatoid Arthritis, Prostatic Hyperplasia and other major diseases
58. <i>Uritica dioica</i> Linn.	Soi, soi faifar	Herb	Leaves	Used in the control of Cardiovascular disorders especially Hypertension.

Discussion and Conclusion

Since time immemorial, Ethno-medicinal properties of the innumerable flora across the world, has been playing a key role in human health-care. this practice of care and cure is alive because of the ethnic people, which is a part of their tradition and culture. With the modernisation of the era, the use of western medicine increased, thereby fading away the indigenous practice. Later on the harmful side effects and toxicity of modern medicine have made the medicinal plants again as the important component of healthcare system. Thus there is an inclination towards the traditional knowledge and medicinal practices of the varied Tribal communities that has been transferred to them from their forefathers. The world is increasingly, utilizing the traditional plants and indigenous methods to cure different sufferings. (Fratkin, 1996)^[17].

After Africa, India is the second largest country to have tribal population in the world. The Tribal community of India, especially of Jammu and Kashmir, are of varied groups, that are static on their culture and use of traditional knowledge to cure a variety of diseases. They consider such indigenous practices more safe, effective and easily affordable, as well as most accepted by their community. Present study attempts to assess the current status of knowledge of medicinal plant resources and the ethno-medicinal preferences of some of the important ethnic groups of Jammu and Kashmir. The review with the documentation of 58 such medicinal plants, commonly used by Tribes from the region, is compiled in Table T1. These species are used to treat common ailments like cold and cough, fever, muscle pain, joint ache, stomach disorder, headache, vomiting, asthma etc. the most common form of preparing the medicines from plants are decoction, powder, paste, juice etc. made out of various plant parts and their extra actions, or else mixed with some other plant parts in the same forms. (Dar *et al.*, 2014; Bhasin, 2014; Roy, 2020)^[19].

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