

Ethnomedicinal Plants used by the Ethnic people of Tiun Hill Range of District Bilaspur (Himachal Pradesh)

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Abstract

The present study deals with the documentation of field observations on traditional use of medicinal and aromatic plants by the inhabitants of the villages of Tiun hill range of District Bilaspur of Himachal Pradesh. The hill range is inhabited by different ethnic groups. A large number of plants of local flora are used to cure various ailments of humans and livestock. Total 24 plant species are explored for treatment of various diseases and other purposes. Some plants which are found common in the hill range are *Acacia catechu*, *Acorus calamus*, *Andrographis paniculata*, *Citrus lemon*, *Juglens regia*, *Sapindus mukorssi*, *Withania somnifera* etc. This study documents the valuable information for traditional remedies and contributes to the usage of medicinal plants in the study area.

Materials and methods

The results of the study are presented in Table 1. The genera of plant species from the study area are arranged in alphabetical order. For each species, scientific name, family, vernacular name, part used, traditional mode of its use as edible, religious and medicinal as well as diseases treated are provided. A total of 22 plant species in 16 families are documented for the treatment of various chronic ailments in the studied area. The local people and traditional healers were using these plants to treat various diseases of human.

Introduction

Himachal Pradesh is known as Devbhoomi and a land with rich biodiversity. It is a treasure house of traditional knowledge. It has many rare medicinal plants. The people of Shivalik region are also well known for the use of traditional knowledge for cure of different ailments. Tiun hill range is one among the high hill ranges of the district Bilaspur and fall under Shivalik hill region, also known for its rich source of plant diversity. The paper is an attempt to highlight the worth of plant diversity used to cure the different ailments by the local people from time immemorial inhabiting the Tiun hill range of District Bilaspur, Himachal Pradesh. It is an established fact that ethno botany (the ancient science) of human health had its origin in the state of Himachal Pradesh, the land of 'Rishies' and 'Munies' having a geographical extent of 55,673 sq kms ranging from 244-6,750m elevation under the lesser Himalayas. Altitude in the district vary from lowest 305 meter to highest 1944 meters. The state has rich diversity of plants which are being used in various ethno botanical practices by the indigenous people since time immemorial. However, information pertaining to documentation of indigenous knowledge and practices relating to utilization of the plant species of the state is very meagre (Cook, 1996, Srivastava, 2003a, b; Seth, 2006).

Table 1: Plants used by the Ethnic people for various Uses

Plant Name/ Vernacular name	Family	Folk uses
<i>Acacia catechu</i> (L.f.) Willd. Khair	Fabaceae	Dry leaf powder mix with amla and reetha powder used to dye hair naturally and also increase volume and shine of hair. Katha (wood part) is used to cure oral sores and blisters.
<i>Achyranthes aspera</i> Linn. Puthkanda	Amaranthaceae	Whole plant powder mix with honey taken in empty stomach regulate digestion. Seeds taken regularly help to reduce body weight. Stems are used as to clean teeth and for the prevention of gum problems.
<i>Acorus calamus</i> Linn. Barae	Araceae	Rhizome powder taken with honey at bed time good remedy for constipation and also stimulate appetite. Paste of leaf with rose water and honey is good for skin diseases like acne, dark spots.
<i>Adhatoda vesica</i> Nees Bassuty	Acanthaceae	Decoction of leaves prepared in water is good remedy for rheumatic fevers. The decoction is also good in dysentery.
<i>Aloe- barbadensis</i> Mill. Dwarya	Liliaceae	Aloe vera gel is good for constipation. Gel is good for hair growth.

Result

Figure 1: Histogram showing No. of plant parts used by the Ethnic People

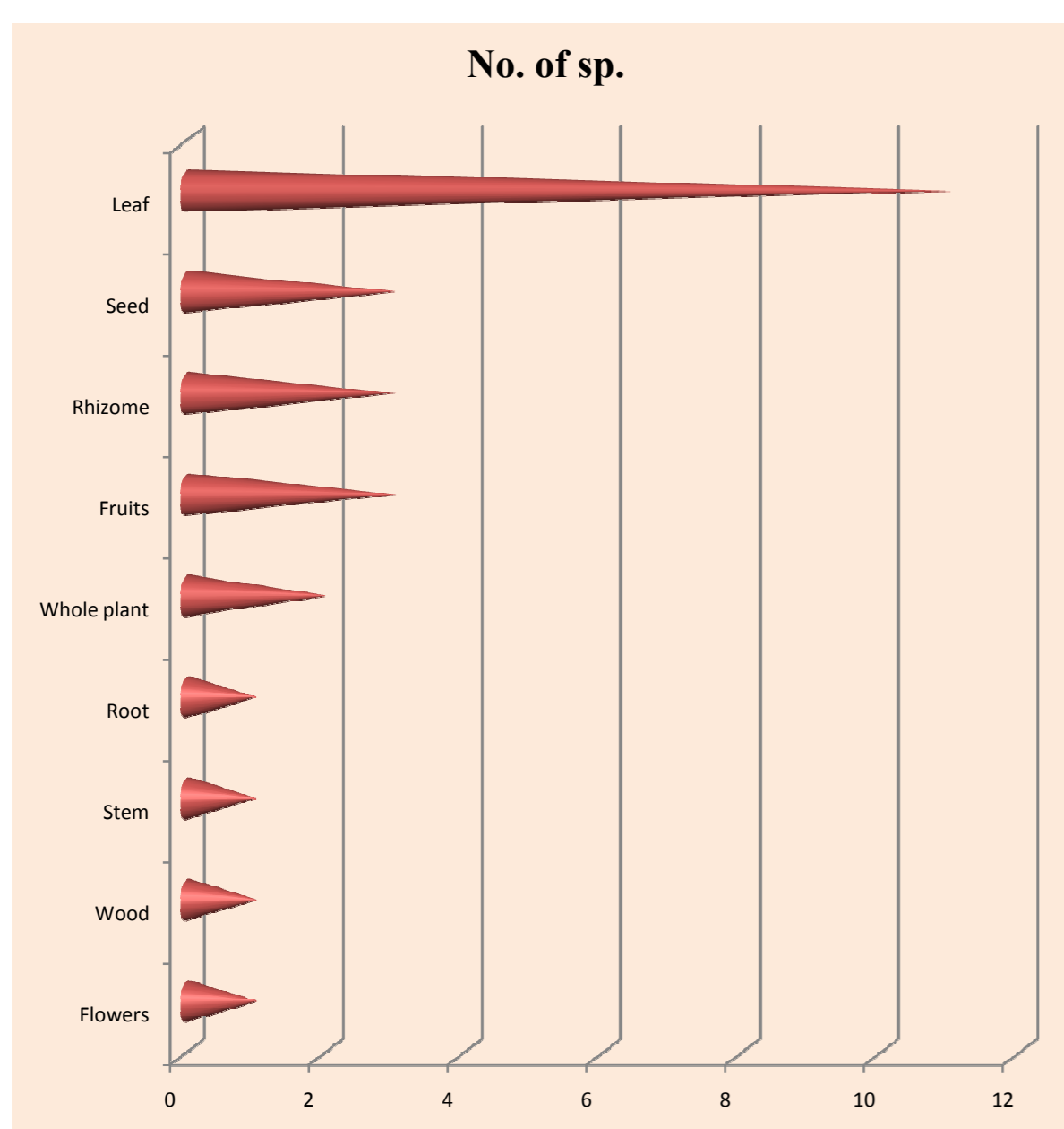


Table Showing ethnobotanically used plant parts

Families	16
Genus	22
Species	22

Table 2 Showing ethnobotanically used plant parts

Plant Parts	No. of sp.
Flowers	1
Wood	1
Stem	1
Root	1
Whole plant	2
Fruits	3
Rhizome	3
Seed	3
Leaf	11

Conclusion

During the survey of study area the more number of ethno-medicinal plants are recorded from the families Acanthaceae, Anacardiaceae, Fabaceae, Liliaceae, Rutaceae and Zingiberaceae having 2 plant species each. Ten families namely Amaranthaceae, Araceae, Asteraceae, Juglandaceae, Lamiaceae, Lythraceae, Menispermaceae, Oxalidaceae, Rosaceae and Solanaceae species each. Table 2 shows that total 22 plant species under 20 genera belongs to 16 families has been found to be common in use in the study area for different purposes. Figure 1 Histogram showing that there are 62 species (47 dicots, 11 monocots, 3 pteridophytes, 1 bryophyte) employed for medicinal and other purposes. All the delineated species hold a great potential for overall exploration for the welfare of mankind.

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