

# Ethnobotany in Relation to Human Welfare in District Rajouri of Jammu and Kashmir

Aniece Ul Fazal Sheikh

Research Scholar, MPhil Botany in Department of Botany Rabindar Nath Tagore University, Bhopal, Madhya Pradesh, India

Guide Teacher

Suchi Modi

Assistant Professor, Department of Botany Rabindar Nath Tagore University, Bhopal, Madhya Pradesh, India

**Abstract:** *Ethnobotany deals with the traditional and natural relationship between human societies and plants. Influence of environment on human culture started with the dawn of civilization the basic instinct of the primitive man to seek food drive him towards plants and animals by years of experience and survival through successive generations he learned to differentiate the poisonous substances from the wild plants the knowledge of roots, leaves, stems, fruits a or seeds which on consumption result into a particular mrtabollic disorder. This effective judging since ages gave birth to home remedies. The plants used in home remedies were considered as divine and often kept as cluse secret. The use and cultivation of plants and their products for nourishment, shelter and protection by early man suggest a very long history of ethnobotany.*

**Keywords:** Ethnobotany, Human Welfare, Rajouri

## 1.Introduction

Ethnobiology is the study of past, present, natural, and traditional association interaction and interrelationship between any groups of peoples and the surrounding environment. The present communications deals with the indigenous knowledge on some ethnomedicinal plants used by Pahari and Gujjar tribes of district Rajouri Jammu and Kashmir, India. Pahari and Gujjar tribes are the nomadic tribes' lives with their live stock in the forest and migrate from one place to another in different habitats. Their economy is totally dependent on the livestock by selling milks and other dairy products. Utilisation of plants resources in their day to day life has been an old age practice of the pahari and Gujjar tribe. The peoples both paharis and Gujjars are live in remote and tribals areas still dependent on household or forest remedies for health care. This survey of ethnobotanical study of some forest medicinal plants used by tribals of district Rajouri provides information of about 29 medicinal plants used by tribals belong to 22 families

The traditional knowledge about the various uses of plants i.e, food, fodder etc. is preserved from generation

to generation and they are on on the forest resources for their survival. These traditional medicines are obtained from the Noot, shoot leaf, Bark, flowers, trusts, seeds etc. for the cure of different diseases. It has been obferred that the traditional Culture of Paharis and buyjars including their knowledge and cases of forests and plants for various purposes are rapidly changing through contact other Cultures.

## 2.Materials and Methods

Most of the surveys are conducted in the District Rajours of ut Jammu and Kashmir and surrounding areas. Besides this Susrey's informations were also gathered through secondary sources from the study areas such as published/unpublished records of the ethnobotany in relation humin Culture of various author's district Rajouri of Jammu Kashmir.

Name of some important plants and their scientific as well as local names, parts used and their families are given below:

S. no	Family	Botanical Name	Local Name	Parts used
1.	Acanthaceae	Strobilanthes autropurpureus Nees	Bake	leaves and stem paste is applied externally for the treatment of abcess and allergies
2.	Asteracere	Artemisia rox bungiana wallich	CHUO	paste of plant applied on Joint pain, muscular pain (mooch) and powder of the plant is drink with water in stomach ache.
3.	Brassicaceae.	Capsilla bursa pastoris	Methiagass	syrup of leaves is a good source of liver & Bile secretion.
4.	Buxaceae	Sarcocolla saligna mull Aug	Ranthali	one tea spoonful root juice is taken with water early morning for heart and Sugar patients.
5.	Caprifoliacere	viburnum cylindricum	Salali	Extract of fresh leave is mixed with crystal and Salt and it helps in Controlling Sweetness & heat from body after washing

Volume 11 Issue 5, May 2022

[www.ijsr.net](http://www.ijsr.net)

Licensed Under Creative Commons Attribution CC BY

6.	Cuscutacera	Cuscute europaea	Nelludhari	White plant is used as medicine, its powder as well as juice is taken with water for cleaning of intestine, control blood sugar also used for killing of lice.
7.	caprifoliaceae.	Juniperus communis (L)	Mithro	Root Powder is used on stomach ache and intestinal swelling.
8.	Dephiophyllaceae	Dephniophyllum himalense	Chandre	Powder or Syrup from fresh. leaves with Ajowar is used for treatment of leucorhea.
9.	Ericaceae	Rhododendron arboreum.	hardulii	flowers petals are used for lungs refreshment, gidiness flower and bark is used in digestive & respiratory disorders
10.	Fabaceae	Trifolium reopens	Biken Boti	One tea spoonful powder of the whole plant is taken with water after meals is given to mentally retarded person and is also used to improve memory.
11.	Lamiaceae.	Prunella vulgaris	Harnol	leaves are used for abscess hair sore, hair growth wound etc.
12.	oxalidaceae	oxalis	Corniculate	Extract of the plant in the form of drops given for the improvement of eye vision its paste is applied on headache, migraine.
13.	apaveraceae	Meconopsis aculeata.	Neel Kukri	Whole plant is used as medicine it removes Colour veins when turn blue.
14.	plantaginaceae.	plantago	Arosa wallich	Powder of the plant is given with water is a good source of liver tonic also used in dysentery.
15.	Primulaceae	primuladenti-smith	Chandi chama	Paste of plant is applied on face with fitkar (potash alum) for pimples & fairness powder is used for bleeding piles.
16.	Ranunculaceae	Ranunculaceae sceleratus	Dall	Juice of the root is used for the treatment of nausea (nakseer) in a drop form put in nausea
17.	Rosaceae	Fragaria nubicula	Mava	Extract of plant given to children's for Strengthening bones, internal energy
18.	Rubiaceae.	galium aparine	Kanchari	Shoot is used for treatment of tetanus paste of the whole plant is applied on skin for removing redness and allergies.
19.	Sceleratus.	Salix disperma.	Kankori	Bark juice is used for eye sight in drop form.
20.	Zingiberaceae	Zingiber offrinals	adrak	
21.	urticaceae.	Debregeasia salicifolia	Kurkuna.	Fresh stem and bark juice powder of the plant are used for treatment of 1
22.	violaceae	viola pilosa Blume	Banaksha	Syrup of whole plant and chewing of fresh leaves in case of throat Sour Controls the extra growth of thyroid gland.
23.	plantaginaceae	Balapa monnieri.	Brahman bruti	Its leafs are used Alzheimer's disease, improving memory, anxiety attention etc
24.	cassia occidentalis	caselpinaceae	wood leaves	used as fodder and practical's & shade
25.	caltis australis.	ulmaceae	wood leaves	used in agriculture and construction sites
26.	cestrum naturmn	solanaceae	Flower	used in practical's and ornaments plants
27.	chenopodium album	chenopodaceae	Leaves	used as vegetables
28.	cichoriumintubes.	asteraceae	Leaves	used as medicines
29.	cirsiumfaloneri	asteraceae	whole part	used in practical's
30.	cirsium arvense	asteraceae	whole part	used as vegetables, spices medicines
31.	coriandrum satrium	apiaceae	leaves	used in practical's & ornamental
32.	Cupressus turlosa	Cupressaceae	Whole part	used in practical's & ornamental plants
33.	cynodonctylon.	Poucaea	Whole part	used in soil conservation & practical's

1.	Dodanaevisosa	Sapindaceae	Whole part	used in soil conservation & practical's fule
2.	duchesina indica	rosaceae	Leaves	used in practical's & medicines
3.	equisetum arvense	Equisetaceae	Whole part	Used as an ornamental plants.
4.	euclayptus alum	myrtaceae	wood	Used as shade plants and as a fule
5.	Euphorbia elastica	Euphorbiae	Whole plant	used as a shade plant and as a fuel
6.	Euphorbia beliscopa	Euphorbicaeg	Whole plant	used as ornamental plants
7.	Euphorbia hispida	Euphorbicae	Flower	used to practical's
8.	Euphorbia Royleana	Euphorbiaceae	Wood, Flower	used in practical's
9.	Ficus palmate	Ficus Palmata	Whole part	used as a fruit, and in Construction, fencing

10.	Foemi culum	Ficus RELigosa	Fruit	Used as veg. spices also shade
11.	Ficus Religosa	Moraceae	Wood	used in making agricultural implements fencing
12.	Foemi culum	Vulgare apiacea	Wood part	Used in making agricultural implements fencing as a fruit & medicine
13.	Fragaria Chileenses	MalcacaeRosacea	Fruit	Used in making fencing as a fruit medicine
14.	FUMARIA Indica	FUMERICA	Leaves	Used in making furniture, fencing
15.	Gallium Aparine	RUBIACA	Whole plant	Used as veg. spices also shade
16.	GERANIUM Rotundifolium	GENTINACEA	Root	Used as medicines
17.	GREWIA OPTIVA	Tilliaceae	Wood	Used for soil conservation
18.	Justica Adhatoda	Arcan Thacaea	Leaves	Used medicine
19.	Camium Aphaca	Peppilliuocaea	Flower	Used for vegetable, fodder
20.	Cathyrus Aphace	Malcavacae	Whole part	Used as ornamental plants
21.	Malvastrum Coromandellinum	Malcavacae	Leaves	Used as ornamental plants
22.	Medicago Polmorphea	Peppilliuocaea	Whole part	Used for facing
23.	Mentha Longifolia	Lamiaceae	Leaves	Used for veg. and fruits
24.	Melia azadirachta	Meliaceae	Wood	Used for soil conservation as fodder and fule
25.	Morus Alba	Moraceae	Wood	Use soil conservation fancing and fruits
26.	Morus	Moraceae	Wood leaves	Used in particles and fruit.
27.	Nerium Oleander	Apocy Canacae	Twig	Used as medicines and fruits.

### 3.Results

The District Rajouri of Jammu and Kashmir large varieties of plants are found in different localities. These plants are Collected and studied in detail with the help of experts and then their different uses cites are discussed the tribals traditional communities of local area from time to as have medicinal plant having disease in which they are used e.g.

1. Blisters: citrus medica
2. Antifertility: abrus precatorious
3. Dysentery: tamarindus indica
4. Urinary problems: virnonia cinerea
5. Stomach ache: acacia catechy
6. Sexual weakness: acacia leucophleoa
7. Menstrual problems: hirsutus coccus
8. Ulcer: agremonia mexicana
9. Cough: allium sativum

### 4.Conclusion

Ethnobotany is the study of past and present natural and traditional association interaction and interrelationships among the aboriginal and the surroundings environments. the thesis consists of ethno botanical studies of Rajouri of Jammu and Kashmir. These tribals and traditional communities living close to nature have unique knowledge about the use of wild flora

### References

- [1] Sharma BM. Kachoo P. Flora of Jamms and plants of neighbourhood Dehrad, India 1983
- [2] Swami A. Gupta BK. Flora of Udhampur Bishen Singh Mahend Pal Singh B.L. Belum & R. Magos, A Catalogue of Flowering Plants of Dela, Kishtwar and

- Ramban Districts (Kashar Humalayas), Bishen Singh Mahendra Pal Singh, Dehra Dun, India. 2008
- [3] Mak AH. Khoo AA. Dar GH. Klun ZS. The woody fees of James and Kashmir State. Induc an updated checklist Journal of Economic and Tatomic Botany 2010: 342) 274-297
- [4] Dur GH. Malik AH, Khamo AA A Contribution to the Flexa of Rajouri and Poonch Dicts in the Phe Panjal Himalaya Ulama & Kashmiri. Indu Check List, 2014: 10 (2) 317-328
- [5] Rashid A. Exhmedicinal plants and in the aditional Phytherapy of chest diseases by the Gagar-Bakerwal wibe of distinct Rajours of Jam & Kashmir state International Journal of Pharmaceutical Sciences & Research 2013;4 (1):328-333
- [6] Rashad A Plast Diversity Used For Traditional Phytotherapy of Rheumatism by the Gujar Bakerwal Tribe of Detriect Rayur, Jam And Kahe State. Aan Journal of Experimental hological Science 2012; 1 816-821
- [7] Rashid A. Anund VK Sarwar. 1. Lesa Knowa wild edible plants used by the Gear Tribe of det Rapon, Jam and Kashmer states, Inc. Jos of Botany, 2007: 12:219-224
- [8] Rashid A. Asund VK. Medicinal plant biodiversity in India Resource aluation and conservational aspects Eainment Conservation Journal 2008 9:142) 5966.
- [9] Mahmood T. Kadam D. Sane Medicinal Plants Used for the Treatment of Jander and Hepants Based on Tribal and Rural People of Poonch and Rapun, J&K) Environment and Ecology. 2012: 3 449-454
- [10] Rashed A Ethomedicinal Plants Used In the Traditional Phytotherapy of chest diseases by The Gage Bakerwal tribe of Destrict Rayouts of Jammu & Kash State Jurnatonal Journal of Pharmaceutical Sciences and Research 2013, 4 (1), 328-333