

# Ethno - Medicinal Study of Kulgam District (Jammu and Kashmir)

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**Abstract:** Medicinal plants have been playing an essential role in the development of human culture. Man has used plants to relieve sufferings and diseases, since times immemorial. This paper is based on the result of an ethno-medicine research project conducted kulgam district of Jammu and Kashmir. The people of the area have also used medicinal herbs for the treatment of various diseases. A total of 33 plant species belong to 22 different families have been recorded with their right botanical names, family, habitat, status, mode of applications.

**Keywords:** Ethno-medicine, kulgam, jammu and kishmir, and medicinal herb

## 1. Introduction

Man has always made use of flora to relieve sufferings and Sickness. As per WHO estimate about 80% of the world population trust on traditional healthcare systems [1]. The system of ethno-medicine is safe and is a low cost therapy for treating various ailments. As elsewhere in India too, the medicinal usance of plants have been practiced since ancient times by various rural and tribal communities through the system of Ayurveda, Siddha and unani[2]. Kashmir Himalaya harbours a rich diversity of medicinal plants [3]. The state Jammu and Kashmir is populated with various ethnic groups [4]. With each group having their own knowledge of traditional herbal medicine [5]. More than 2800km long and 300km wide Indian Himalayan region (IHR) is a mega hotspot of biological diversity [6]. Kashmir Himalaya often referred to as paradise on earth is located at the north western tip of the Himalayan biodiversity hotspot. [7]

During the last half a century, only few studies have been carried out to document the ethno-medicinal uses of the plant species growing in the region, particularly in the remote and difficult terrains [8, 9].

Kulgam was accorded a district status in 2007 earlier being part of district Anantnag is famous because of so many things especially because of famous religion saint (sayed siminan sahib) who gave it the name kulgam ( kul means in Sanskrit clan and gram in Sanskrit means village).sheikh Nurdin (RA) also known as Nund rishi was a famous kashmiri saint who belonged to the rishi order is also called Alamdar –e- Kashmir . The family of sheikh Nur-ud-din (RA) is buried in kaimuh kulgam . Another famous Religious scholar Molana Hameed-ullah lone (DB) is alive in khandipora. Kulgam district is a elegant spot on the earth in Jammu and Kashmir .because of its genial climate, streams, waterfall, fragment blooms, delicious fruits, and other natural sceneries. The climate is particularly dried temperate. The areas at higher altitudes are cool in summer and having harsh winter. The max. Temperature of the area is 29 Degree Celsius. Rising up to 36 degree Celsius. Aharbal is the famous tourist spot in district kulgam it is very high and elegant water fall ,it has its origin from spring called Kounsar naag located to the mountains range of peer panchal .which is the major source of river Vishue . The food crops of the area are rise,

maize, and wheat. Etc. the cash crops are almond , apple, and walnut etc. kulgam is known as the rice bowl of the valley and is known for its variety of fruit especially apples., a persuade of literature [10,11,12,13,14,15]. Shows that no systematic study of medicinal plants from ethno-medicinal point of view has been carried out in the area of investigation in the present study an attempt has been made to document the ethno-medicinal usage of the various plants species in kulgam district of jammu and Kashmir .

## 2. Materials and Methodology

The study was conducted in south Kashmir kulgam district,. Geographically district kulgam is located at 33° 39' N 75° 01' E 33.65° N / 75.02° E / 33.63; 75.02 it has an average elevation of 1733 meters (5705feet). District kulgam is situated about 68km from Srinagar and about 17km from Anantnag. Roads connects to the neighboring districts of Shopain , Pulwama , Anantnag, and Aharbal.

During this investigation field trips were carried out to the area of study and approximately 80% of study was completed in between April – June and rest of 20% was completed till end of December 2018. .proper methodology was used to obtain the information about the medicinal usance of different plants from local population [16, 17]. The local people with indigenouse knowledge on medicinal plants were contacted by field visits in different areas of kulgam district with the help of local people, and local traders. The source of information were tribal people, medicinal plant practitioners, local and old persons of the understudy area. The collection of information was done by groups discussions, questioneries and interviewing all the persons in their local language (kashmiri, pahari, gogri etc.) each of plant material was identified [18,19]. Also the local herbal healers (hakeems)were mostly consulted during the study. The information gathered was rechecked and verified by discussion with Hakeem's, important workers, [20, 21] and at IIIM (Indian Institute of Investigated Medicine) kulgam.

## 3. Results

The present study revealed that 33 plant species are used as medicine in the studied area i.e. kulgam district. Each plant

species is provided below with the scientific name, local name, family, habit, status, and medicinal importance.

### 3.1 *Adiantum cappilus veneris*

Local name – Gauthier; Family-Adiantaceae; Habit – Herb; Status – Vulnerable

Uses:-

Paste of whole plant made with ghee applied on hair as tonic. Extract of plant taken for stomach pain and as expectorant.

### 3.2 *Aesculus indica*

Local name – Handoon; Family – Sapindaceae; Habit – tree; Status – Rare

Uses:-

Extract of leaves given for fever. Seed oil used for healthy hair and in treatment of headache.

### 3.3 *Allium cepa*

Local name – Gande; Family – Alliaceae; Habit – Herb; Status – secure]

Uses:-

Crushed bulb applied externally for boils. Crush bulb mixed with mint eaten for increasing appetite. It is also used in cough and cold.

### 3.4 *Allium sativum*

Local name – roohun; Family – Alliaceae; Habit- Herb; Status – secure

Uses:-

Roohun rubbed on portion of baldness grow new hair. For high blood pressure and obesity cloves are eaten raw r mixed with vegetables as spice. it is also used in reduction of cholesterol level.

### 3.5 *Arisaema jacquemontii*

Local name – Hapet Gogej; Family – Aracaceae; Habit – Herb Status – Rare

Uses:-

For muscle strength message of grinded rhizome mixed with mustard oil is done. For boils and blisters dried root or tuber is powdered, mixed with oil and applied on the effected part.

### 3.6 *Artemisia absinthium*

Local name – Tethwan; Family – Asteraceae; Habit- Herb; Status – vulnerable

Uses:-

For abdominal pain extract of whole plant is taken in small doses. Extract of whole pant is also used for chronic fever and gout. Liquid extract of the herb in combination with leaves of *Fumaria indica* is used to cure obesity. Paste of whole herb is used to decrease the sugar level in blood. Extract of whole herb is used to cure the liver infection in cattle.

### 3.7 *Asperagus recemosus*

Local name – satavar; Family – Asparagaceae; Habit – Herb; Status – Endangered

Uses:-

For burning sensation of skin, paste of fresh leaves is applied for increasing libido, extract or powder of root with water is taken.

### 3.8 *Atropa belladonna*

Local name – Sagangur; Family – Solanaceae; Habit – herb; Status – vulnerable

Uses:-

For asthma, leaves are burnt and smoke is inhaled. for joint pain, paste of leaves is applied on the affected area. For blood circulation, extract of root is taken.

### 3.9 *Brassica rapa*

Local name – Tilgagol; Family – Brasicaceae; Habit – Herb; Status – secure

Uses:-

For abdominal pain, seed oil is applied. For healthy hair message of seed oil is done regularly. For cold, warm seed oil is applied on chest and nose.

### 3.10 *Cannabis sativa*

Local name – bhang; Family – Cannabaceae; Habit – Herb; Status- Rare

Uses:-

For diarrhoea extract of leaves is taken. For menstrual problems, find powder of leaves mixed with eggs is made into an omelet and taken.

### 3.11 *Datura stramonium*

Local name – Datur; Family – solanaceae; Habit – Herb; status – vulnerable

Uses:-

For asthma, leaves are burnt and smoke inhaled. For dandruff extract of whole plant is applied on hair. For rheumatic pain, seed powder is mixed with ghee and applied on affected part. Smoke of seed is given to cure the toothache. Seed infusion is given to the horses as a tonic.

### 3.12 *Euphorbia helioscopia*

Local name – Gursochal; Family – euphorbiaceae; Habit – Herb; Status vulnerable

Uses:-

For boils, milk sap of whole plant is applied on affected parts. For cancer, decoction of plant is taken in small concentration for long periods.

### 3.13 *Foeniculum vulgare*

Local name – Badiyan; Family – Apiaceae; Habit – Herb; Status – vulnerable

Uses:-

Tea prepared from the seed is used to cure abdominal pain in children. It is used for increasing digestion and is also used for constipation.

### 3.14 *Coriandrum sativum*

Local name – Danival; Family – Apiaceae; Habit – Herb; Status – vulnerable

Uses:-

Water extract of herb mixed with honey is used to cure the hair fall. It is also used in blood pressure i.e. it reduces blood pressure. And its seeds are used in headache.

### 3.15 *Cotula anthemoides*

Local name – Bobul; Family – Asteraceae; Habit – Herb; Status – vulnerable

Uses:-

Root decoction in combination with whole herb of *Fumaria indica* is used to cure constipation.

### 3.16 *Taraxacum officinale*

Local name – Hand; Family – Asteraceae; Habit – Herb; Status – Rare

Uses:-

Paste of leaves mixed with ghee is given to milk feeding mothers to cure the back pain and also cold of feeding children.

### 3.17 *Trigonella foenumgraecum*

Local name – Meth; Family – Fabaceae; Habit – Herb; Status – vulnerable

Uses:-

Extract of herb is given to women to cure back pain. It is also used as a spice it plays important role in digestion.

### 3.18 *Fumaria indica*

Local name – Shahtar; Family – Fumariaceae; Habit – herb; Status – vulnerable

Uses:-

Extract of whole herb is (100gm in 1 liter of water) is used in skin infection.

### 3.19 *Ajuga bracteosa*

Local name – Jan-e-adam; Family – Lamiaceae; Habit – Herb; Status – vulnerable

Uses:-

The whole herb (50gm) is boiled in 1 liter of water is used to wash the hair so that it kills lice.

### 3.20 *Prunella vulgaris*

Local name – Kalveuth; Family – Lamiaceae; Habit – Herb; Status – endangered

Uses:-

The paste of whole herb is used externally to cure the body pain. It is used to increase memory power. It is also used in headache. Know today it is call brain cleaner.

### 3.21 *Mentha arvensis*

Local name – pudina; Family – Lamiaceae; Habit – Herb; Status – vulnerable

Uses:-

Infusion of leaves in combination with seeds of *Coriandrum sativum* is given to increase memory power. It is also used for appetite. Leaf powder is mixed with curd and taken.

### 3.22 *Lavatera cashmeriana*

Local name – Sozposh; Family – Malvaceae; Habit – Herb; Status – vulnerable

Uses:-

Flowers mixed with the leaves of *Salix alba* is given to cure the skin irritation in pregnant women.

### 3.23 *Malva sylvestris*

Local name – Sotsal; Family – Malvaceae; Habit – herb; Status – vulnerable

Uses:-

Herb is given to increase the eye sight.

### 3.24 *Matricaria chamomilla*

Local name – Fake Gasse; Family – Astraceae; Habit – Herb; Status – vulnerable

Uses:-

For stress, for mouth infection.

### 3.25 *Papaver somniferum*

Local name – Ksash ksash; Family – Papaveraceae; Habit – Herb; Status – Rare

Uses:-

For pain, dried milk of whole plant is taken. For cancer, powder mixed with water is used to cure stomach problems and male potency. It is also used in cough and cold.

### 3.26 *Portulaca oleraceae*

Local name – Nuner; Family – portulaceae; Habit – Herb; Status – Rare

Uses:-

For liver inflammation, it is eaten as vegetable.

### 3.27 *Allium proliferum*

Local name – Praan; Family – Alliaceae; Habit – Herb; Status – Rare

Uses:-

Liquid paste is applied to joints to cure their loosening and pain. Roasted bulb scales are tied tightly with muslin cloth on the corn of fingers which helps them to ripe. and eliminate the pus and hence to relieve the pain.

### 3.28 *Dipsacus inermis*

Local name – Wapul haa; Habit – herb; Family – Dipsacaceae; Status – vulnerable

Uses:-

Leaf decoction used by women for bathing after delivery.

**3.29 Ficus carica**

Local name – Anjeer; Family – moraceae; habit – tree Status Rare.

Uses:-

Its fruits are used for heart diseases; leaves and bark are used to treat liver and skin problems. Milky latex of leaves and stem is used for treating cysts, insect bites. It is remedy for constipation and high blood pressure. It is also used in cough and cold.

**3.30 Morus nigra**

Local name – shah toot; Family – Moraceae; Habit – Tree; Status – valnarable

Uses:-

Fruit refringent, leaf paste used to heal wounds, cough and cold.

**3.31 Rosa damascene**

Local name – Kashur Gulab; Family – Rosaceae; Habit – shrub Status – Rare

Uses:-

It is given to cure cough, cold, throat infection and swelling, diarrhea, asthma, body muscular pain headache.

**3.32 Utrica dioca**

Local name – soi; Family – Utricaceae; Habit – herb Status – secure

Uses:-

Leaf powder mixed with mustard oil is used externally to cure rheumatism. For dandruff, stomach pain.

**3.33 Viola odorata**

Local name – Banafsha; Family – Violaceae; Habit – Herb; Status – endangered

Uses:-

For sore throat and cough, for constipation and fever,

**4. Discussion**

The present study demonstrate that the kulgam district of Jammu and Kashmir is plentiful in useful medicinal plants , with a variety of medicinal plants. A total of 33 medicinal plant species, these species are distributed in different families. The maximum no. of species 4 belongs to family Asteraceae also below the graph showing dominant families (1.1) present study discovered that either whole plant or different plant parts are used to treat various ailments. During the present investigation in kulgam district it was also ascertained that some plants specie are used to treat more than one ailment. It also provides worthful baseline information for the commercial exploitation of bioresources. This information could be utilitarian for the industry, pharmacologists, physicians, phytochemists, botanists, and interested in the development of alternative therapies [22,]. This secret treasure of knowledge could prove beneficial in phyto - pharmacological research for the discovery of new therapeutic drugs [23]. The plants like *Prunella vulgaris* , *Asparagus resemosus* and *Viola odorata* are endangered and need immediate attention towards preservation on high priority basis. Below 1.2 pie chart demonstrates the percentage of vulnerable, rare, secure and endangered plants.

In recent times serious threats of bio-piracy and intellectual property rights (IPR’s) with huge economy at stake have necessitated the early bio prospecting of the potential medicinal plants used in the folklore.[24,25].

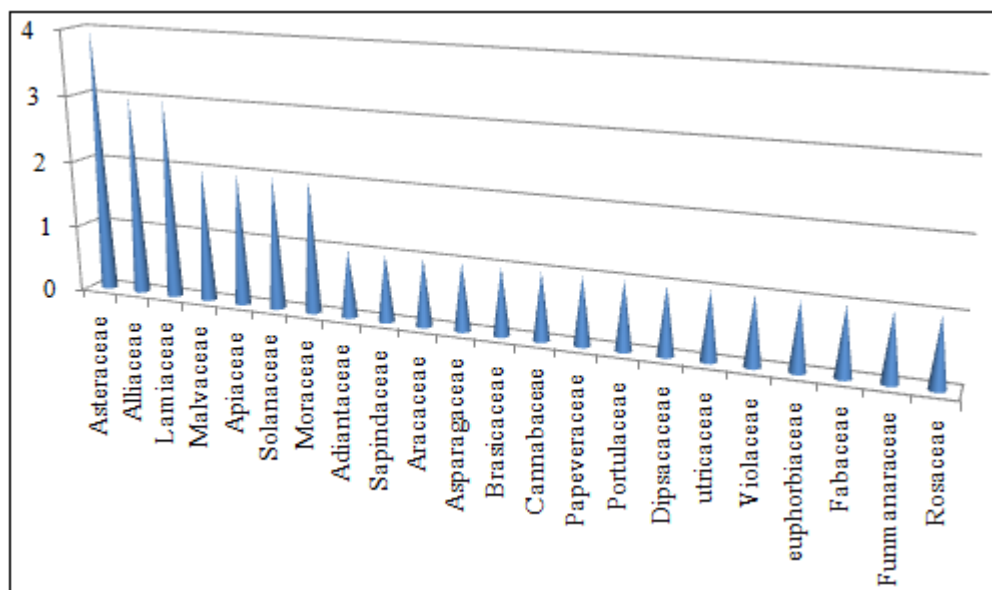
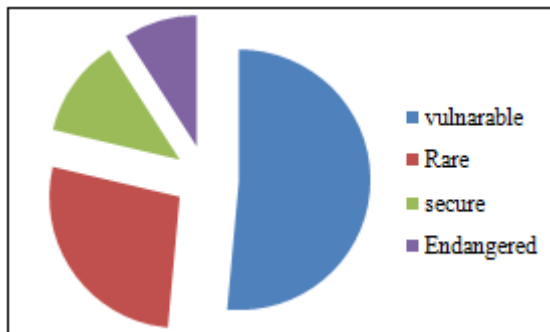


Figure 1.1: Graph showing dominant families with their respective number of species studied



**Figure 1.2:** Pie chart shows the percentage of vulnerable, secure rare, and Endangered plant species.

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