

Ethnomedicinal Plants of District Samba of Jammu and Kashmir State (List-II)

B.L. Bhellum¹ and Surat Singh²

¹Department of Botany, Govt. Degree College, Kathua - 184 101

²Department of Environmental Sciences, Govt. M. A. M. College, Jammu- 180 006

Abstract- The paper put on record 35 species representing 32 genera belonging to 22 families of following plants of district Samba of Jammu and Kashmir State. The main focus is on ethnomedicinal value of the plants of this district. Each species is followed by the name of the family, vernacular / local name and traditional medicinal use.

Index Terms- Angiosperms, Ethnomedicinal plants, Samba, Jammu and Kashmir

I. INTRODUCTION

Samba the new district of Jammu and Kashmir state is falling under Jammu division of the state. Earlier this area was falling under district Jammu of this State. Samba is contiguous with district Jammu on west, Udhampur district on the north and north-east, Kathua district on the east and Punjab province of West Pakistan on South. It lies between 75° 11' N longitude and 32° 56' E latitude. Total population of the district is 2.86 lakh as per the census 2001. The area is mainly divided into two belts namely the outer plains on the south and the Shivaliks on north. The national highway passes through the middle of the district. Basanter and Devek are the source of water particularly in rainy season.

II. CLIMATE

The climate of district Samba is hot in summer and tolerably cold in winter with a exception of a very cold in the vicinity of high snow ranges on some of the northern part of district. The excessive hot summer days are between May and June and rainy season prolongs upto middle of September. Most of the rainy days are in the month of July and August. The dry spell in the area follows from September.

III. VEGETATION

The vegetation of district Samba is of Subtropical type. The dominant species include Dalbergiasissoo, Acacia nilotica, A. modesta, Lantana camara, Justiciaadhatoda, Mallotusphilippensis etc. The rare species are Ficusbengalensis, F. religiosa,

Buteamonosperma, Withaniasomnifera etc. Thorny bushes, evergreen shrubs, climbers and tall grasses. Most of the plants are broad leaved deciduous type.

Many studies have been conducted an ethnobotany of medicinal plants and other useful plants in different parts of the world and neighboring countries. Virjee et. al. (1984), Jain (1986), Kumar and Naqshi (1990), Kapur (1991), Cox and Balick (1994), Lewis and Elvin (1995), O'Connor (1995), Posey and Dugfield (1996), Ahmad (1999), Ghimire et. al. (1999), Pandeyet. al. (2005), Pushpangdan and Kumar (2005), Ahmed (2007).

IV. MATERIAL AND METHODS

The authors have visited the area several times for the collection of data during the years of 2008-2009. The local name and traditional uses of plants, with emphasis on medicinal uses were documented by interviewing the local elderly knowledgeable persons including local herbals. Literature concerning ethnobotany of this area has been consulted.

V. RESULTS AND DISCUSSION

The present study was conducted in remote villages of district Samba. A total of 35 plant species representing 32 genera and belonging to 22 families have been recorded. These are used by local inhabitants for various diseases. All the species are arranged in the alphabetical order of botanical name followed by name of the family, local name and traditional uses are given in the Table-I. Local people use medicinal plants in the health care system. The promising species include *Ageratum conyzoides* L., *Ajugabracteata* Benth., *Barleriapronitis* L., *Centellaasiatica* L., *Bauhinia purpurea* L., *Cuscutareflexa* Roxb. *Woodfordiafruticosa* Kurz etc. The results agree with the findings of Kumar and Naqshi (1990), Kapur (1991), and Lewis and Elvin (1995) who reported plants that are traditionally used for curing many diseases.

Figure 1 and 2 deals with the map of district Samba and Jammu and Kashmir state respectively and table 1 lists the number of species, name of family and their ethnomedicinal value.

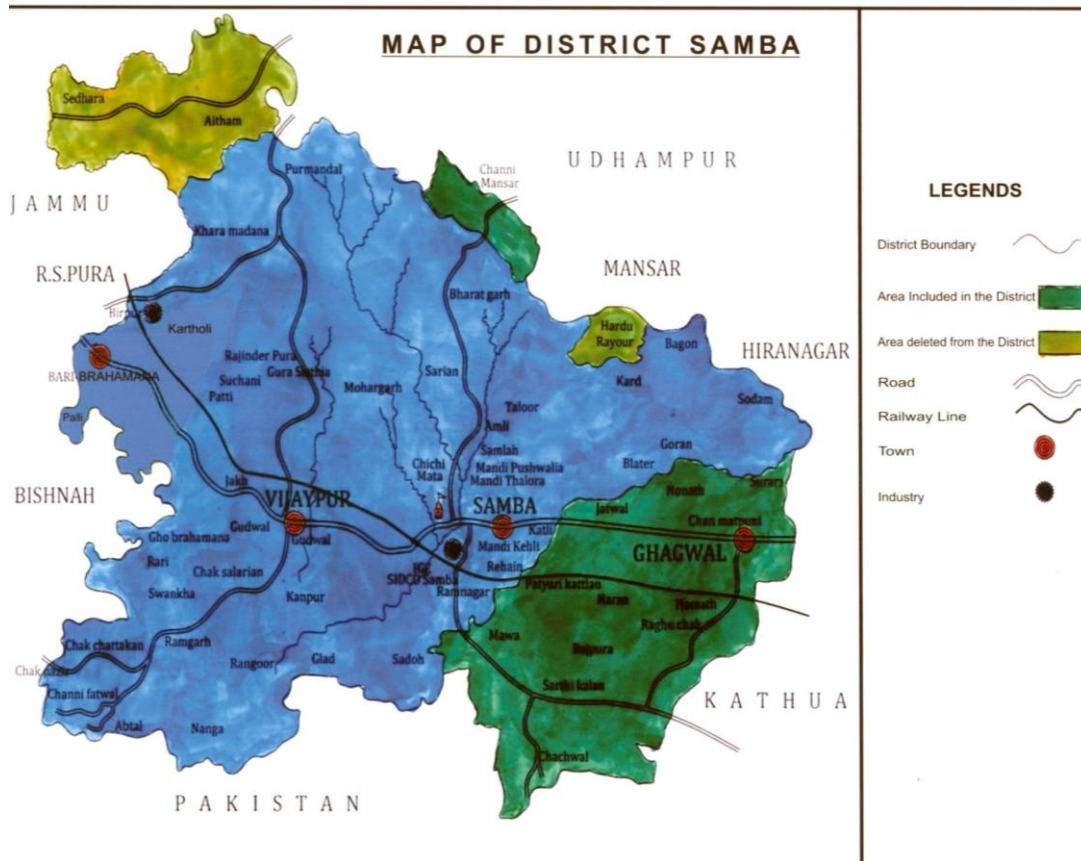


Figure 1: Map of district Samba of Jammu and Kashmir State



Figure 2: Map of Jammu & Kashmir

Table 1: List of ethnomedicinal species indicates name of family, local names and traditional medicinal use of each species

S.No.	Species	Family	Local Name	Traditional Medicinal Use
1.	<i>Abrus precatorius</i> L.	Papilionaceae	Ratti	Root , seed & leaves are used: Aphrodisiac , blood purifier , body pain , bronchitis , cold , cough , eye complaints , inflammation of gums , promotes conception , scorpion bite , skin diseases , sore throat , bone fracture and wounds.
2.	<i>Abutilon indicum</i> L.	Malvaceae		Useful in impotency, in piles paralysis, ulcer and gonorrhoea.
3.	<i>Ageratum conyzoides</i> L.	Asteraceae		Anti-helminthic, antiseptic, for stones, boils, cuts, leprosy,

				piles, prolapsed anus, tumour, uterine disorders and lice control.
4.	<i>Amaranthuspaniculatus</i> L.	Amaranthaceae		Plant is used as poultice in abscess , boils and eczema.
5.	<i>Ajugabracteata</i> Benth.	Lamiaceae	Neelkanthi	Plants are given to women in Gonorrhoea and in intermittent fevers.
6.	<i>Alstoniaschotaris</i> (L.) R.Br.	Apocynaceae	Satpatra	Leaves , bark , latex and flower is used : Asthma , bronchitis , chestn pain , child birth , cholera , fever , malaria , pneumonia , snake bite , ulcer of mouth , headache , neuralgia and pain in legs.
7.	<i>Acacia catechu</i> willd.	Mimosaceae	Khair	Sore throat and mouth , tonic for teeth.
8.	<i>Bauhinia purpurea</i> L.	Papilionaceae		Jaundice, bone fracture, indigestion, wounds, anasarc, dropsy, pain etc.
9.	<i>Barleriaprionitis</i> L	Acanthaceae	Laal\Kaaliba rankad	Cures cough, boils, ear complaints, piles, toothacheanasarca etc.
10.	<i>Bombaxceiba</i> L.	Bombacaceae	Simbal	Aphrodisiac ,diarrhoea , dysentery , menorrhogia , stomach complaints , diabetes , menstrual disorders & for conception.
11.	<i>Cassia occidentalis</i>	Papilionaceae	BadiHedma	Leaves,seeds and roots are used in skin diseases, cough, throat infection,fever, ringworm, wounds, bone fracture, gastric troubles etc.
12.	<i>Carica papaya</i> L.	Caricaceae	Papita	Abortifient, used in indigestin, constipation, gastric and skin diseases, toothache, gum and urinary complaints.

13.	<i>Centellaasiatica</i> L.	Apiaceae		It is used as tonic for brain and also used in skin diseases.
14.	<i>Chenopodiummurale</i> L.	Chenopodiaceae	Bathu	Leaves used in :Diarrhoea and dysentery. Seeds are abortifacient and blood pressure control.
15.	<i>Cordialmyxa</i> Willd.	Boraginaaceae	Lasura	The bark , leaves and fruits used in stomachache.
16.	<i>Coriandrumsativu</i> mL.	Apiaceae	Dhania	Carminative,good for liver,in indigestion, as mouth-freshener etc.
17.	<i>Cuscutareflexa</i> Rob.	Cuscutaceae		Paste of rhizome mixed with water is given internally when blood comes with urine.
18.	<i>Cucurbitapepo</i> L.	Cucurbitaceae	Ghia	Seeds used to remove tapeworm, fruit is good for digestive system , Juice is good in blood pressure control and good for heart.
19.	<i>Cyperusrotundus</i> L.	Cyperaceae	Deela	Roots used in fever and nausea , pain reduction and muscle relaxation.
20.	<i>Dalbergiasissoo</i> Rob.	Papilionaceae	Tahli	Antiseptic , used in dysentery , eruption , gonorrhoea , headache , leprosy and skin diseases.
21.	<i>Daturainoxia</i> Mill.	Solanaceae	Dhatura	Whole plant is used as antihydrophobic, in asthma,boils, etc.
22.	<i>Eclipta alba</i> (L.) L.	Asteraceae		Whole plant is used in asthma, bronchitis, fever, gastric and hepatic disorders, jaundice, ulcers, wounds, sores, leucoderma, etc.
23.	<i>Eucalyptus globulus</i> Labille.	Myrtaceae	Safeda	Used in cough and cold.
24.	<i>Euphorbia hirta</i> L.	Euphorbiaceae		Whole herb is used as

				authelmintic and for liver diseases.
25.	<i>Evolvulusalsinoide</i> sL.			Leaves cure asthma and bronchitis.
26.	<i>Ficusglomerata</i> Ro xb.			The fruits are carminative and analeptic , juice is given in diarrhoea.
27.	<i>Leucasaspera</i> L.			Juice of leaves is dropped into eyes 2-3 times a day to relieve burning sensation and redness.
28.	<i>Lanneacoromande</i> <i>lica</i>			Bark is used in sore mouth and throat , good for teeth and gums.
29.	<i>Luffaacutangula</i> R oxb.	Cucurbitaceae	Janglikandol i	Good for digestive system , juice of leaves for sores and various animal bites.
30.	<i>Menthaarvensis</i> L.	Lamiaceae	Pudina	Carminative,boost digestive system, mouthwash , acidity , jaundice , headache , cough and rheumatism.
31.	<i>Morusindica</i> L.	Moraceae	Toot	Infusion is used to bring down blood sugar level and arterial pressure. Good for digestive system.
32.	<i>Mucunapruriens</i>	Papilionaceae	Gajooli	Anti-helmintic , appetizer , boils , blisters , ulcers , cough , impotency , ringworm , roundworm , syphilis , urine complaints , vermifuge and good for brain.
33.	<i>Murrayakoenigii</i> (L.) Spreng	Rutaceae	Kari patta	Anti-helmintic ,diarrhoea , dysentery , laxative , malarial fever , stomach complaints.
34.	<i>Neriumindicum</i> L.	Apocynaceae	Gandeela	Abortifaciant , asthma , bronchitis , dysentery , gum trouble , gonorrhoea , blisters , boils and eye disorder.

35.	<i>Psidiumguajava</i> L.	Myrraceae	Amrood	Digestion , control high blood pressure and diabetes.
36.	<i>Papavermexicana</i> L.	Papaveraceae		Leaf juice is used for curing skin diseases. Oils from seeds applied on sores.
37.	<i>Physalis minima</i> L.			Whole plant is used as diuretic, laxative and purgative.
38.	<i>Phyllanthusniruri</i> L.	Euphorbiaceae		Whole plant is used for allergy, boils, dysentery, dropsy, urine and gastric disorders, ulcers , jaundice etc.
39.	<i>Plumbagozeylanica</i> L			Roots boiled in milk are given to relieve muscular pain.
40.	<i>Psidiumguajava</i> L.	Myrtaceae	Amrood	Cures idigestion, controls high blood pressure and diabets.
41.	<i>Solanumsurratense</i> Burm.	Solanaceae	Punkhri	Fruit powder cures abdominal pain and gastric troubles.
42.	<i>Sonchusarvensis</i> L.	Asteraceae		Whole plant is used in cholera, dysentery, jaundice, cuts and wounds.
43.	<i>Swertiachirata</i> Buch.-Ham.	Gentianaceae		Decoction of whole plant is used for 7-8 days, cures cough, cold and fever.
43.	<i>Tamarindusindica</i> L.	Papilionaceae	Imli	Antihelmintic,cures boils, cough, indigestion, fever, headache,muscular pain, stomachache, sun stroke,toothache and urine complaints.
45.	<i>Toonaciliata</i> M.Roem	Meliaceae	Tunu	Bark cures toothache, fruits cure chest pain, fever, measles.
46.	<i>Tribulusterrestris</i> L.	Zygophyllaceae		Decoction of fruit is used in painful micturition and

				kidney troubles.
47.	<i>Urenalobata</i> L.	Malvaceae		Roots used as an external remedy for rheumatism. Flowers used to purify blood.
48.	<i>Viola odorata</i> L.	Violaceae	Banafsha	Whole herb is boiled in water and used in cough, cold and throat trouble.
49.	<i>Woodfordia fruticosa</i> Kurz.	Lythraceae		Decoction of flowers is given with honey for 7-8 days in nausea and lack of appetite during pregnancy.
50.	<i>Ziziphus mauritiana</i> Lamk.	Rhamnaceae	Ber	Blood purifier, fever, indigestion, headache, sores, ulcers, stomachache.
51.	<i>Ziziphus nummularia</i> (Burm.f.) Wight. & Arn.	Rhamnaceae		Used in boils, cold, diarrhoea, indigestion, inflammation of gums etc.

ACKNOWLEDGMENT

One of the authors (Surat Singh) is grateful to Mr. Bhanu Pratap Singh and Mr. Udhay Pratap Singh for their assistance during the field study.

REFERENCES

- [1] Ahmad, H. 1999. Issues regarding medicinal plants of Pakistan. *Udyana today*, 6(3): 6-7.
- [2] Ahmed S. S. 2007. Medicinal wild plants from Lahore- Islamabad Motorway (M-2), Pakistan. *Pak. J. Bot.* 39(2): 355-375.
- [3] Cox, P. A. and M. Balick 1994. Ethnobotanical approach to drug discovery. *Sci Am*; 270: 82- 87.
- [4] Ghimire S. K., K. K. Shresta and D. Bafrachary 1999. Ecological study of some high altitude medicinal and aromatic plants in the Gyasumado valley, Nanang, Nepal. *Ecoprint*; 6:17- 23.
- [5] Jain S. K. 1986. Dictionary of Folk-Medicinal and Ethnobotany: Interdisciplinary. *Science Reviews*, 11(3): 285-292.
- [6] Kapur S. K. 1991. Traditionally important medicinal plants of Dudu Valley – Jammu. *J.Eco. Tax. Bot.*, 15(1): 1-10.
- [7] Kumar G. M. and A. R. Naqshi 1990. Ethnobotany of Jammu, Banihal. *J. Eco. Tax. Bot.* 14(1): 67-74.
- [8] Lewis, W. H. and M. P. Elvin 1995. Medicinal plants as source of new therapeutics. *Annals Missouri Botanical Garden*, 82: 16- 24.

- [9] O' Connor B. B. 1995. *Healing traditions: Alternative medicine and the health profession*. University of Pennsylvania, Philadelphia, Pennsylvania.
- [10] Pandey A. K., A. K. Patra and P. H. Suhkla 2005. Medicine plants in Satpura Plateau of Madhya Pradesh: Current status and future prospects. *Indian Forester* 131(7): 857- 883.
- [11] Pushpangdan P. and B. Kumar 2005. Ethnobotany, CBD, WTO and the Biodiversity Act of India. *Ethnobotany* 17: 2- 12.
- [12] Vir Jee, Dar G H, P. Kachroo and G. M. Buth 1984. Taxoethnobotanical studies of rural areas in District Rajouri (Jammu) *J. Eco. Tax. Bot.* 5: 831- 838.

AUTHORS

First Author – B. L. Bhellum, Ph. D, Govt. College for Women, Parade, Jammu, Jammu and Kashmir, India

E-Mail id – blbellum@gmail.com

Second Author – Surat Singh, M. Sc., MAM College, Jammu, Jammu and Kashmir, India

E-Mail id – envsurat@gmail.com

Correspondence Author – B. L. Bhellum, Ph. D, Govt. College for Women, Parade, Jammu, Jammu and Kashmir, India

E-Mail id – blbellum@gmail.com