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RESEARCH ARTICLE

TRADITIONAL AND MEDICINAL USES OF PLANTS OF DUNYAPUR DISTRICT LODHRAN.

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Abstract

The plants being utilized by man for various purposes. In this study 29 families and 62 species are studied people of locality used plant for fodder, stuffing, pickles, sausage and for medicinal remedy. Most plant used in treatment of digestion, diarrhoea, constipation, toothache, flu, hepatitis, skin infection, diabetics.

Key words:-

Dunyapur, ethnomedical, fodder, pickle, medicinal remedy.

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Introduction:-

Ancient citizens mainly depend on plants for their endurance. They acquired knowledge of remedial plants by methods of trial and error. Subsequently, they became the store-house of knowledge of valuable as well as injurious plants, accumulated and enriched through generations and passed on from one generation to another, after refining and additions. Many people, particularly in the poor, underdeveloped countries, rely on wild plant resources for food, construction materials, fuel wood, medicine and various other uses. Internationally, it is a conventional reality that native societies are very knowledgeable about plants and other natural resources on which they are immediately and intimately dependent. Unluckily, much of this possession of knowledge is very fragile today due to erosion of traditional cultures. Ethnobotanists can play very important roles in saving this disappearing knowledge and returning it to local communities. It is, therefore, important that before this rich unwritten folklore on uses of plants and plant resources becomes lost forever through the recent accelerated 'civilization' of the aborigines (tribal), it should be properly renowned and conserved (Rao & Henry, 1997).

Study Area:-

Dunyapur located between (29°-32° N, 71°-38° E) in district Lodhran Punjab province, Pakistan. Its boundaries join with Lodhran, Kahrur Pakka, Melsi, Khanewal, Multan. The average rainfall is 71mm.

Methodology:-

Questionnaires and interview method is used to collect data.

Result & Discussion:-

The utilization of plants for the survival of human being is as aged as the human race itself. The increase of knowledge of plants uses however co-evolved with human society through the experiential use of plants, generation after generation. People would have stayed rendering to pandemic, common and persistent diseases, as well as severe diseases (Hamayaun, 2003). The people of Dunyapur, Punjab, Pakistan have constantly used remedial flora for different ailments and have been reliant on locally available plants. During the survey, information attained regarding the utilization of plants against diverse therapeutic problems practiced by the people. The local area uses 62 species belonging to 29 families for various purposes. They used approximately 17 plants for remedial of different diseases

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(Table 1). In addition other plants are used for numerous other reasons such as timber, fuel, fruit, furniture, pickles, potherb and fodder (Gul jan *et al.*, 2011; Harish Singh., 2008; Ahmad *et al.*, 2009; Khan *et al.*, 2011). The basic health facilities are accessible but high-priced; so the individuals of the locality mostly depend on plants for the alleviation of diseases. It was observed that old age people are more prone to the use of plants as primary health care in comparison with young generation (Qureshi & Bhatti, 2009; Qureshi *et al.*, 2009, 2010, 2011; Shedyai *et al* 2014; Ahmad *et al.*, 2010).

Table 1:- Botanical name, family, common name and uses of plants of Dunyapur district Lodhran

Sr.No	Botanical Name	Family	Common Name	Uses	Remark
1	<i>Aerva javanica</i>	Amranthaceae	bhooi	Use as fuel, fodder for animal, stuffing pillows	Non Cultivated
2	<i>Fumaria officinalis</i> (Hausskn.) Pugsley	Fumariaceae	Fumitory, papra	Soaked in water over night drink for skin infection e.g. pimple	Non Cultivated
3	<i>Leucas capitata</i> Desf.	Lamiaceae	charta	Soaked in water over night drink for skin infection e.g. pimple	Non Cultivated
4	<i>Cichorium intybus</i> L.	Asteraceae	Chicory, Kasni	Leaves soaked overnight in water and water used as remedy against hepatitis	Non Cultivated
5	NA	NA	oak	Used by healer in medicine, fruit milk injurious for eyesight	Non Cultivated
6	<i>Eclipta alba</i> Hassk.	Asteraceae	Babri, naiazbho	Seeds are used to decrease thirst	Cultivated
7	<i>Mentha spicata</i> L.	Lamiaceae	Podina, mint	Used in chatni, boil in water for treatment of cramp and to lose weight	Cultivated
8	<i>Coriandrum sativum</i>	Apiaceae	Coriander, dania	Reduce hypertension(one tea spoon of seed), flavour in cooking, used in chatni	Cultivated
9	<i>Spinacia oleracea</i> L.	Amranthaceae	Spinach, palak	Used in cooking	Cultivated
10	<i>Chenopodium album</i> L.	Amranthaceae	batho	Used in cooking saag	Non Cultivated
11	<i>Sesamum indicum</i> L.	Pedaliaceae	til	Used to increase body temperature in winter, decrease rate of late night urination, bakery, oil used for massage to decrease pain	Cultivated
12	<i>Foeniculum vulgare</i>	Apiaceae	Sonaf	Help to improve eyesight	Cultivated
13	<i>Allium cepa</i> L.	Liliaceae	Onion, piyaz, wasal	Used in cooking, pickles, given to cattle to reduce smell in milk	Cultivated
14	<i>Allium sativum</i> L.	Liliaceae	Garlic, Lasan Thom	Used in cooking, pickels	Cultivated
15	<i>Capsicum frutescens</i>	Solanaceae	Chili, Mirach	Used in cooking, pickles, given to cattle to reduce smell in milk	Cultivated
16	<i>Abelmoschus esculentus</i> L.	Malvaceae	Okra, bindi	Used in cooking	Cultivated
17	<i>Cucurbita pepo</i> var.cylindrica	Cucurbitaceae	Toori	Used in cooking, hard cover of vegetable used to remove dead skin of feet	Cultivated
18	<i>Solanum melangena</i>	Solanaceae	Brinjal, Bangan,	Used in cooking	Cultivated

			Batooue		
19	<i>Cucurbita maxima</i>	Cucurbitaceae	Kadoo	Used in cooking	Cultivated
20	<i>Praecitrullus fistulosus</i>	Cucurbitaceae	Tanda	Used in cooking	Cultivated
21	<i>Momardica charantia</i> L.	Cucurbitaceae	Bitter gourd, Karella, kerla	Used in cooking, its water used to reduce pimples	Cultivated
22	<i>Daucus carota</i> L.	Apiaceae	Carrot, gajar	Used in cooking, pickles, juices, salad, improve eyesight	Cultivated
23	<i>Raphanus satvus</i> L.	Brassicaceae	Raddish, moli	Used in cooking, help in stomach diseases	Cultivated
24	<i>Brassica rapa</i> var. <i>rapa</i> L.	Brassicaceae	Turnip, Shaljam, Gonglo	Used in cooking	Cultivated
25	<i>Solanum tuberosum</i>	Solanaceae	Potato, Aloo	Used in cooking	Cultivated
26	<i>Lycopersicum esculentum</i>	Solanaceae	Tomato, Tamatar	Used in cooking,	Cultivated
27	<i>C. limon</i> L.	Rutaceae	Lemon, Lemoo, nemboo	Used in cooking, pickles, used in skin whitening	Cultivated
28	<i>Mangifera indica</i> L.	Anacardiaceae	Mango, Aam	Fruits edible	Cultivated
29	<i>Citrus sinensis</i>	Rutaceae	Orange, Malta	Edible fruits, peel of fruit mixed with equal volume of milk used in freshens skin	Cultivated
30	<i>Musa acminata</i>	Musaceae	Banana, Kala	Edible fruit, peel of fruit and fruit used by people having oily skin	Cultivated
31	<i>Psidium guajava</i> L.	Myrtaceae	Guava, amrood	Edible fruit, fruit is heated used in flue treatment	Cultivated
32	<i>Syzygium cuminii</i> Skeels	Myrtaceae	Black plum, Jamoo, jaman	Edible fruits, its leaves used in treatment of cattle disease rick (a type diaherea due to indigestion), fruit used to control diabetics and stomach diseases	Cultivated
33	<i>Grewia asiatica</i> L.	Malvaceae	Phalsa	Juices, edible fruits, reduce constipation, Improve digestion, control thrust	Cultivated
34	<i>Punica granatum</i> L.	Puniaceae	Pomegranate, Anar	Juice used to reduce hypertension, dry peel of fruit used in treatment of diaherea in humans	Cultivated
35	<i>Rosa indca</i>	Rosaceae	Rose, gulab	Used in gulcand (a medicine of constipation having equal volume flowers petal and sugar), iraq glub used in eye to reduce irritation and improve eyesight	Cultivated
36	<i>Jasminum officinale</i> L.	Oleaceae	Jasmine, chambali, chamba	Oil,	Cultivated
37	<i>Tagetes erecta</i> L.	Asteraceae	Gota	Used in marriages in traditional occasion myau, ornamental	Cultivated
38	<i>Triticum aestivum</i> L.	Poaceae	Wheat, gandam,	Roti, fodder for cattle,	Cultivated

			kank		
39	<i>Zea mays</i> L.	Poaceae	Corn, maki	Fodder for cattle, Flour	Cultivated
40	<i>Gossypium arboreum</i> L.	Malvaceae	Cotton, kapas	Stuffing pillows and blankets, bnola khal fodder for animal, source of oil	Cultivated
41	<i>Sacchaaram officinarum</i>	Poaceae	Sugarcane, ganna	Juice, local people prepare saker and gour from its juice, fodder for cattle, fule for klin	Cultivated
42	<i>Brassica campestris</i>	Brassicaceae	Sarsooo, Sarue	A special dish saag is prepared from leaves, oil, fodder for animal	Cultivated
43	<i>Cassia fistula</i>	Caesalpiniaaceae	Amaltaas	Legume of plant used in treatment of constipation	Cultivated
44	<i>Acacia nilotica</i> L.	Mimosaceae	Kikar	Bark of plant boil with water used in treatment of bleeding gums, stem used in cleaning teeth, furniture, lecoria treatment	Cultivated
45	<i>Dalbergia sissoo</i>	Fabaceae	Shesham, Tali	Furniture	Cultivated
46	<i>Phoenix dactlifer</i> L.	Arecaceae	Date, Khajoor, Khaji	Edible fruits, soft branches are used in making hand fan	Cultivated
47	<i>Albizzia lebbeck</i>	Mimosaceae	Shri	Plant leaf hang in the room of newborn child	Cultivated
48	<i>Eucalptus citriodora</i> Hook.	Myrtaceae	Safada	Steam of water boil with leaves used in treatment of flu, furniture, roof material	Cultivated
49	<i>Azadirachta indica</i> A. Juss	Meliaceae	Neem	Dry seeds powder mix with oil used to finish lice, boil leaves in water used decrease scabbies	Cultivated
50	<i>Melia azedarach</i> L.	Meliaceae	Bakain		Cultivated
51	<i>Moringa oleifera</i> Lam.	Moringaceae	Sawajna, Bata	Legume used in pickles, flower are used in cooking	Cultivated
52	<i>Bauhinia variegata</i>	Caesalpiniaaceae	Kachnar	Flower are used in cooking	Cultivated
53	<i>Zizyphus jujuba</i> Mill.	Rhamnaceae	Chinee tree, Bari	Edible fruits, Boil leaves in water are used in bathing	Cultivated
54	<i>Medicago sativa</i> L.	Fabaceae	Alfalfa, Looson	Fodder	Cultivated
55	<i>Trifolium alexandrinum</i> L.	Fabaceae	Barseen	Fodder	Cultivated
56	<i>Festuca idahoensis</i>	Poaceae	Grass, Gas, Cha	Fodder	Non Cultivated
57	<i>Ficus religiosa</i>	Moraceae	Pepal		Non Cultivated
58	<i>Brassica oleracea</i>	Brassicaceae	Gobi	Used in cooking	Cultivated
59	<i>Cymosis tetragonolobus</i>	Papilionaceae	Gawar phalli	Used in cooking	Cultivated
60	<i>Horedum vulgare</i>	Poaceae	Joa	Flour of seeds (satoo) used to decrease thrust in summer	Cultivated
61	<i>Sorghaum vulgare</i>	Poaceae	Jawar	Fodder	Cultivated
62	<i>Pennisitum glacaum</i>	Poaceae	Bajra	Fodder, flour	Cultivated

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