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### RESEARCH ARTICLE

## ETHENOBOTANICAL USE OF SOME PRECIOUS MEDICINAL PLANT OF SAINJ VALLEY, KULLU (H.P).

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### Abstract

Medicinal Plants have strong acceptance in spiritual activities of North Indian inhabitant communities, who worshiped the plants in the form of god, goddess and minor deities. The paper documents the ethenobotanical use of some precious wild medicinal plant species that are used by local peoples residing in area of Sainj Valley of Kullu District (H.P) in household remedies. The plant parts most commonly used in the treatment of various diseases are root, leaves, seeds and whole plant. The people of the district still depends upon the uses of local plants for their prime health problems handling. The reliance on folk medicine for healthcare is associated with the traditional belief of effectiveness.

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### Introduction:-

India has rich heritage of use of plants as medicines. Indian system of medicines utilize 80% of material derived out of plants. The use of plants as a source of medicines and human sustenance has been vogue since antiquity. Ancient Indian literature like Rigveda (4000-1500BC) , Mahabharata and purans (700-400 BC) include medicinal plants used for drugs, food, fuel, worships, poisons, Agricultural tools and other purposes.

An impressive number of modern Drugs have been isolated or derived from natural sources, based on their use in traditional medicine (cragg and New man, 2001). Plant-based Systems continue to play an essential role in health care and it has been estimated by the WHO that approximately 80% of the world's inhabitants rely mainly on traditional medicine for their primary healthcare (Fransworth et al 1985).

### Study Area:-

Kullu district is almost entirely a hilly and mountainous district with an interacting mosaic of mountain ranges, hills and valleys.

The district is situated between latitude 31.8246° N, 77.4702° E



Sainj Valley, Kullu (H.P.)

The Sainj valley begins from Larji, a small village nestling on Aut-Luhari (or larji) state highway at the confluence of the Beas and its tributaries, the Sainj and the Tirthan from here for a distance of 14 km., a good motor road takes a traveller to Sainj, a local shopping centre with a forest rest house, overlooking the bazaar.

The traditional healers and old villager's people of this valley have a good faith and a sound knowledge related to medicinal uses of plants around them.

The use of local plants in the form of folk remedies is also becomes helpful in alleviating different diseases or health problems.

### Observation and Result:-

**Achyranthes aspera** Linn

**Local Name:** Puthkanda

**Family:** Amaranthaceae

**Part Used:** Whole plant

**Medicinal Aspect:**

- The vegetative bud are crushed and used as paste on the wound in snake bite.
- The flowering spikes are crushed with a little sugar are made into pills and given internally to patients bitten by mad dogs.
- Leaves are good remedy for scorpion stings.
- The roots are crushed and applied as paste on the joint pain.
- Root used as a toothbrush and good for dental caries.

**Acorus Calamus:-**

**Local Name:** Vacha, Bach, Barya

**Family :** Araceae

**Part Used :** Rhizomes, Roots

**Flowering /Fruiting :** April – August

**Medicinal Aspect:-**

- Root paste applied on chest to get rid of cold. Powder roots are used as vermifuge Rhizomes are omtic in large doses stomachic and carminative in smaller doses stomachic and carminative in smaller doses.
- The root stock and leaves are used in preparation of perfume hair powders and for a flavoring liquors, beers, vineger, snuf leafes.
- It is also used to control of Household pests and of insets attacking field crops stored grians nad wollen.

**Aesculus indica Colebr:-**

**Local Name:** Khanoor

**Family:** Hippocastanaceae

**Part Used:** Seeds

**Flowering /Fruiting:** April – June/ July – October

**Medicinal Aspect:**

The bark of the plant are macerated in the form of paste and applied to the dislocated joints. Used as menstrual pain.

**Fruits edible (Horse):** It is used for the complaints of the veins, such phlebits Hemorrhoids, varicose veins in ulcers.

**Dactylorhiza hatagirea (D.Don.) Soo**

**Local Name:** Hathpanja.

**Family:** Orchidaceae

**Part Used:** Rhizome & Root

**Flowering/Fruiting:** June –July/September-October.

**Medicinal Aspect:**

- Its roots are crushed into fine powder and filtered through cotton cloth and given to the person suffering from general weakness, loss of alertness, diabetic, lose motions.
- Person suffering from the impotency is also given the powdered drug to regain erection.

**Podophyllum hexandrum:-**

**Local Name:** Ban Kakri

**Family:** Podophyllaceae

**Part Used:** Rhizome and Roots

**Flowering/Fruiting:** April – June

**Medicinal Aspect:**

- P. hexandrum is used in the treatment of colds, constipation, septic wounds, burning sensation, erysipelas, mental disorders plague, allergic and inflammatory conditions of the skin, cancer of brain, bladder and lung, venereal warts, monocytoid leukemia.



- Root paste is applied on ulcers, cuts wounds and used to treat vaginal warts.
- Fruits and decoction of grounded roots with sugar are eaten by Gaddis as medicine against constipation persisting for long also used for stomach problems in Animals.

**Rhododendron arboreum Sm:-****Local Name:** Burans**Family:** Ericaceae**Part Used:** Flowers, Leaves**Flowering /Fruiting:** March – April / June – September**Medicinal Aspect:**

- Powder of the dried petals of Rhododendron arboreum takes a 1 tea spoon with luke warm water once a day to cure dysentery.
- Make a paste of Dried Rhododendron arboreum leaves have quarter tea spoon once a day of cure Diarrhea.
- Young leaves are poisonous which is applied to forehead for headache.

**Trillidium govanianum (D.Don.) Kunth:-****Local Name:** Naag Chatri**Family:** Liliaceae**Part Used:** Roots**Flowering /Fruiting:** May – June**Medicinal Aspect:**

- The cortico-steroid hormone isolated from the plant is used in various preparations like sex hormones, cortisone and allied preparation used in rheumatism, birth control, regularization of menstrual flow and the like.
- It can form a commercial source of diosgenin.

**Viola serpens Wall:-****Local Name:** Banaska**Family:** Violaceae**Part Used:** Whole plant**Flowering /Fruiting:** March – September

**Medicinal Aspect:**

- *V. canescens* was found to have carminative (relieving discomfort of gas in digestive system), demulcent (a soothing medication used to relieve pain in inflamed tissue), astringent, antipyretic (reduces fever), diaphoretic (agent that induces sweat), and purgative properties.
- In many areas local people or herbal practitioners use the plant extract against an acute or chronic inflammation of skin (eczema), epilepsy, stomach acidity and cure various respiratory problems. In other parts of the world various peoples also use leaf paste along with brown sugars to cure cough and respiratory problems.

***Verbascum thapsus* Linn:-**

**Local Name:** Jangali Tambaku

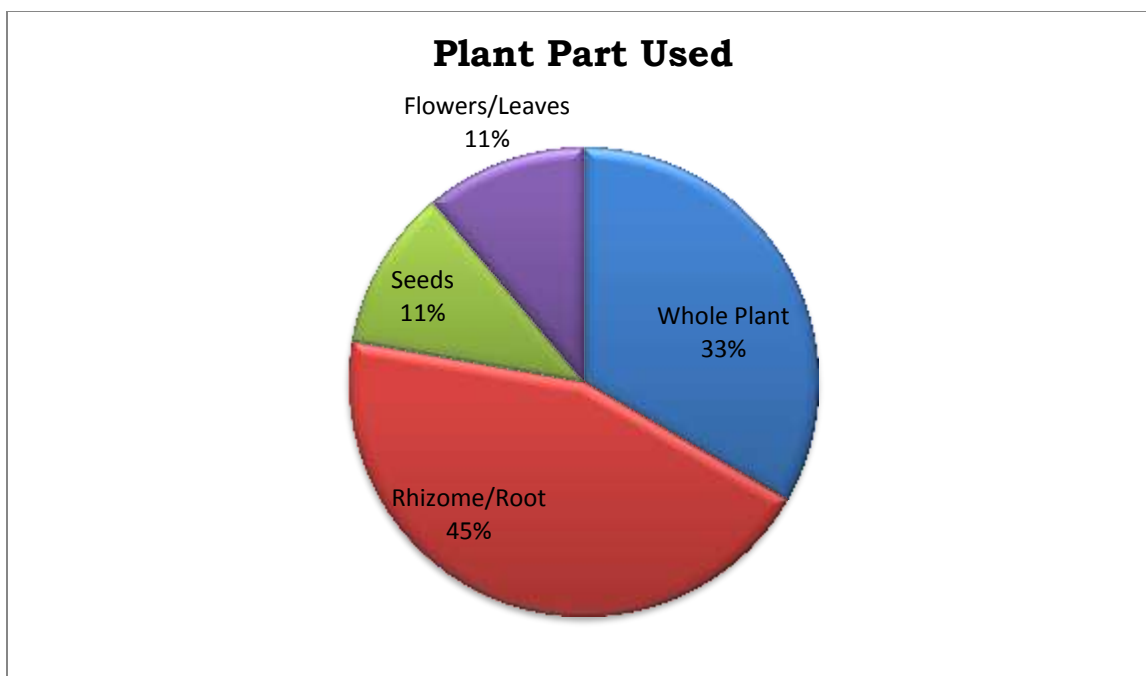
**Family:** Scrophulariaceae

**Part Used:** Whole plant

**Flowering /Fruiting:** April - June

**Medicinal Aspect:-**

- The crushed leaves are made into a pill and given in constipation and allied stomach pains. Decoction of leaves along with is useful for stomach problem.
- The infusion of plant is given in snakebite. A paste of leaves is also applied locally on the bitten wart (wound).
- The crushed leaves are armed in mustard oil and used as massage for curing inflammation of the body. The smoke (dhuni) of the plant is utilised to drive away the ghostly instincts from the children.



#### Statistics of Plant Part Used:-

The present situation of traditional knowledge regarding to medicinal plants everywhere is an issue of deep anxiety as the traditional knowledge is gradually declining and disappearing from the countryside. Due to the deforestation, impact of tourism on natural vegetation of this region, population explosion & heavily construction of this region for development and changing of climate in Himalayan region and many more to responsible for its. We have to make proper policies and do implement these to conserve the forests and medicinal plants . Farmers and local people should be involved in the cultivation of medicinal plants at least on their barren and fallow land.

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