

Studies on Medicinal Plants used in Ayurveda Systems of Medicine, available in District Poonch J & K

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ABSTRACT

The present study is the outcome of the survey of medicinal plants conducted in different areas of district Poonch during March 2012 to July 2013. During the course of study, 16 plant species of 15 genera and 15 families belonging to three different taxonomic groups i.e. Angiosperms, Gymnosperms and Pteridophytes were collected and preserved in the form of herbarium after drying in the folds of blotting sheets. Plants are enumerated along with their Botanical name, Family name, Local name, Ayurvedic name and Medicinal use. A checklist has been prepared after comparing with the existing literature of Ayurveda.

Keywords. Ayurvedic, Herbarium, Medicine, Poonch, Rajouri ,Taxonomic.

I. INTRODUCTION

It is a well-known fact that Traditional Systems of medicines always played important role in meeting the global health care needs. They are continuing to do so at present and shall play major role in future also. The system of medicines which are considered to be Indian in origin or the systems of medicine, which have come to India from outside and got assimilated in to Indian culture are known as Indian Systems of Medicine [1] . India has the unique distinction of having six recognized systems of medicine in this category. They are-Ayurveda, Siddha, Unani and Yoga, Naturopathy and Homoeopathy. Though Homoeopathy came to India in 18th Century, it completely assimilated in to the Indian culture and got enriched like any other traditional system hence it is considered as part of Indian Systems of Medicine The authors in the present text is enumerating the only the plants used in Ayurvedic system of medicine which is oldest and native to India. The Ayurvedic system of medicine is based on three dosas (Vtta, Pitta and Kapha). The body will be healthy if all the dosas exist in equal quantities [2-5].

The need for the documentation of medicinal plants exists all over the world and significant work has been done for the documentation of medicinal plants of Jammu and Kashmir as well as other parts of the country such as Ambasta (1986), Chatterjee and Pakrashi (1991), Chouhan (1999), , Prajapati et al (2003), Khare (2007), Khan et al (2012), Khan and Kumar (2012 a), Khan and Kumar (2012 b) Khan and Kumar (2012 c), Joshi and Joshi (2013), Khan (2013) Kumar (2014 a), Kumar (2014b), Kumar 2014 c), Kumar 2014 d), Kumar (2014 d), Kumar (2014 e) Ravishanker and Shukla (2007) , Wani et al (2016) Khan and Paul (2017) and Khan and Paul (2017). [5-13]

II. STUDY AREA

Poonch district of Jammu and Kashmir is one of the hilly districts of the state surrounded by Kashmir vally in the north east, district Rajouri in the south and Pakistan occupied Kashmir in the west. The district lies between

33° 35' – 34° 10' north latitude and 73° 30' - 74° 35' east longitude with a total area of 1674 sq km. About 56% area is under forest where vegetation is degrading at an alarming rate due to cutting of roads and huge no of cattle. The altitude of Poonch district varies from 1000 to 4700 m and above. [14-16]

III. MATERIAL AND METHODS

The work was undertaken through field studies carried out during the period of March 2013- July 2014 in different areas of Poonch district of Jammu and Kashmir. Intensive and extensive field studies were carried out in different areas of the district for a duration of four to five days each, but in some cases the stay during the field study exceeded up to fifteen days. While collecting the plant specimens, voucher numbers were allotted to each specimen and detail regarding the botanical characters and folk uses were recorded on the field note book. Data regarding place of collection, collection number, altitude, date of collection, flower colour, fragrance and other characters which may be lost during the pressing of the specimen have been recorded. While making collection for preservation care was also exercised to collect the diseased free specimen. At high altitude we used old news paper for pressing the plant specimens. The specimens were tagged and carried to the laboratory in plant press. During first few days the sheets were changed at an interval of six hour in rainy season so that the discoloration of foliage and flowers may not take place. Finally the identified specimens have been deposited in the department of Botany. K. P. G. College Simbhoali for further references.[17-19]

Table 1. Botanical name and local name of medicinal plants ised in Ayurveda followed by Medicinal use.

S. no	Botanical name (Family)	Local name	Ayurvedic name	Medicinal use
1	<i>Achyranthes aspera</i> Linn. (Amaranthaceae)	Puthkanda	Apaamarge, chirchta	used in the treatment of anaemia, jaundice, intermittent fever, asthma, abdominal tumors, sores in the lungs, bleeding piles, bronchial diseases, anal fistula and piles.
2	<i>Acorus calamus</i> Linn (Araceae)	Pyozkarta, Vach	Vacha Ugragandha	Rhizome of the plant is used in dyspepsia, diarrhoea, epilepsy, enlargement of spleen and liver, asthma and chlorosis.
3	<i>Adhatoda vasica</i> Nees (Acanthaceae)	Baiker	Vasaka, Simhaparni	In ayurveda prescribed for respiratory and chest diseases, enlargement of spleen and liver and other diseases of stomach.
4	<i>Adiantum capillus-veneris</i> Linn. (Adiantaceae)	Hansraj, Hanspari	Hansraj	
5	<i>Alium cepa</i> Linn (Lilliaceae)	Payaz	Palaandu, Durgandh	Used in Neo Gerift and Hypolipodemine capsule.
6	<i>Aloe barbadensis</i> Mill (Lilliaceae)	Ghi kawar	Kumaari, Kumaarika	Useful in various diseases of stomach and liver disorder, wrinkles and other signs of age, nourishes the body and increases the strength, disgust of food and palpitation of heart and diabetes.
7	<i>Berberis aristata</i> DC (Berberidaceae)	Kala simu	Daruharidraa	It is useful in fevers, oriental sores, bleeding piles and ulcers. A dry extract is sold in the Indian market as Rasout.
8	<i>Boerhaavia diffusa</i> Linn (Nyctaginaceae)	It- sit	Rakta-punarnava, Punarnava	Plant is used in various ailments of liver and respiratory troubles.

9	<i>Calotropis procera</i> (Ait)R.B.R (Asclepiadaceae)	Ak	Alarka, Arakaparna	Surya	It is considered useful in controlling excessive secretion in mouth requiring constant spitting, cough and difficulties in breathing. The plant is also useful in skin diseases, gas tumor, swelling, asthma and digestive disorder.
10	<i>Cassia fistula</i> Linn (Caesalpiaceae)	Amaltas, Aahali	Aragvadha, Kritamala		It is widely used in the treatment of skin diseases and in constipation
11	<i>Cedrus deodara</i> (Roxb)Loud. (Pinaceae)	Dear, Deodar	Devdaru, Suradruma, Darruka		Wood oil and bark is used in the preparation of Devdarya di kwath, Mahamesh tel, khadirarista dasant lapa and M 2 tone.
12	<i>Dalbergia sissoo</i> Roxb ex DC (Fabaceae)	Tahli, Seesham	Shimshapaa, Krishnashimshapaa, Picchilaa		It is used for the treatment of obesity, vitiligo, fever, non healing wounds, ulcers, intestinal parasites etc.
13	<i>Datura metel</i> Linn (Solanaceae)	Datura	Dhattura, Dhuurta, Dhastura, Unmata		The plant is used on boils, asthma and fever accompanied with catarrhal symptoms.
14	<i>Dioscorea bulbifera</i> Linn (Dioscoreaceae)	Peela khetha, kitha, Tardi, Chachmaloo	Vaaraahi, Banaalu, Vaaraahikanda		Tubers are used in the preparation of Chyawanprash and Mhamesh tel.
15	<i>Eclipta alba</i> Linn Hassk (Asteraceae)	Bhringraj	Bhringaraja, Bhringa, Bhringaja		It relieves cough, cold. Hence Bhringarajasavam, a very famous medicine with Bhringaraja as main ingredient is quite commonly prescribed in respiratory infections, cold, cough etc.
16	<i>Hibiscus rosa-sinensis</i> Linn (Malvaceae)	Japa	Japaa, Odropushpa, Rudrapusha	Javaa,	The Hibiscus flower and leaf extracts are used to regulate the menstrual cycle and to treat problems related to the menstrual cycle in women. The extracts are used to induce abortion and to help in childbirth.

IV. DISCUSSION

Plant biodiversity is one of the major bio resource that fulfills the need of human beings i.e, food timber and medicine [20]. Plant provides the predominant ingredient of medicine in most of medicine systems. The objective of this study is to provide comprehensive information on medicinally important floral diversity and distribution of the plants in the Poonch district of Jammu and Kashmir.

V. CONCLUSION

The present study provides information on 16 medicinal plant species belonging to 16 genera and 15 families distributed in different localities of district Poonch. During the course of study the authors collected 100 medicinal plant used in different formulation of Ayurveda, Sidha and Unani system of medicine. In the present text only plants used in Ayurvedic system of medicine have been enumerated. The tribal and rural people of the Poonch district are totally dependent upon the surrounding floristic diversity for their day to day needs such as timber, food, fodder and medicine. The tribal and rural people in addition to Hakims also played good also provided information during the collection of medicinally important plants. The selected study area shows great diversity of medicinally important plant. So there is a need to explore the floristic diversity of this unexplored areas to conserve the natural biodiversity [16] [20] .

VI. ACKNOWLEDGEMENT

Thanks to the inhabitants of Poonch district who provided stay in far flung areas during the entire course of research work. The authors are also thankful to Professor H. S. Kirn for the identification of specimens. Thanks are also due to Dr. M. A. Ali for the facilities provided.

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