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ORIGINAL ARTICLE

Ethnomedicinal Plants Used in Gynecological Disorder by the Tribal and Rural People of Poonch District of Jammu and Kashmir

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ABSTRACT

The present paper deals with 17 medicinal plant species used for the treatment of gynecological disorders such as abortion, irregular menstruation, obstruction in menstrual cycle, conceiving, gonorrheoa, leucorrhoea and delivery. The information was documented by conducting interviews from elder people hakims and Vaidyas. Most of the information collected here are from elderly village peoples, hakims and vaidyas followed by young people. Since the knowledge of these locally available medicinal plants is confined to local healers and hakims it is most important to record this knowledge for future generation otherwise it will be lost forever. The paper will also attract the scientific community to study the medicinal plant diversity of the district.

Key words: *Ethnomedicinal Plants, Gynecological Disorder, Medicinal Plant*

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INTRODUCTION

The knowledge of ethno medicinal plants since time immemorial has been used in virtually all cultures as a source of medicine. The history reveals that the tribal people have developed great deal of knowledge and the use of plants and plant products in curing various ailments. As tribal areas and tribes are transforming themselves under various developing programs in the region, there is danger of extinction of this traditional knowledge therefore the documentation of traditional knowledge is important. The people of this are socio economically backward and most of them are below poverty line. Climatically spring, summer, rainy and winter seasons are well marked in this region. The maximum rain is experienced during July and August. Many worker from different parts of the the state as well as from India have made an outstanding contribution on such as Hooker (1872-1897), Duthei (1903-1929), Jain (1991), Jain (1997), Jain (1999), Aswal (1996), Jain (2000), Tiwari and Pandey (2006), Bera, *et. al* (2008) Rashid (2010), Khan, *et. al*. (2012) Khan and Kumar (2012a), Khan and Kumar (2012b), Khan and Kumar (2012c) and Khan (2013) and Tiwari and Kudesia (2016).

STUDY AREA

Poonch is one of the hilly districts of Jammu province of Jammu and Kashmir state in the lap of Western Himalayas, decorated with snow covered, silver headed mountains of upper Pirpanjal range, magical halcyon lakes and green grasslands, magical in influence and musical in spirit. It lies to the southwest of Kashmir valley between Pirpanjal and Jhelum basin at an elevation ranging between 600 m to 4,750 m above mean sea level. It is surrounded by Kashmir valley (Baramula, Budgam and Shopian district) in the north east,

district Rajouri in the south and Pakistan occupied Kashmir in the west. The area of the district lies between 33° 25′ to 34° 1′ north latitude and 73° 58′ to 74° 35′ east longitude with a total area of 1,674 Sq km. in which about 56 % is under forest as per revenue record supporting nearly 4.3 lac people and 4.5 lac cattle. The vegetation of the area is degrading at an alarming rate due to the biotic impact of 94% rural population, huge no of cattle and cutting of roads in particular.

MATERIALS AND METHOD

The present paper is based on the data collected from the tribal and rural people through oral interviews from tribal, rural and elder citizen of the area from March 2012 to March 2013. The author collected a total of 100 species of medicinal plants from different localities of district Poonch used by the tribal and rural people. Out of these 17 species are used for the treatment of gynecological disorder. All the plants found in a particular area were collected and precise location of each plant was recorded on a separate notebook. The experts who were considered to be expert in curing different ailments were selected and the information matching with four to five persons were considered authenticated.

The plant material collected freshly from different villages was pressed dried and mounted on herbarium sheets as suggested by (Jain and Rao 1977). The plant specimens were identified with the help of available Floras of Hooker (1872-1897), Duthei (1903-1929) and Gaur (1999).

RESULTS

The present paper enlists 17 medicinal plant species belonging to 17 genera and 14 families of angiosperms used to cure menstrual disorder, leucorrhoea, lactation, gonorrhea, abortion and delivery. Most common plant parts used are root followed by leaves, bark and rhizome. The collected ethnomedicinal plants have been enumerated alphabetically with their botanical name and local name in bract, followed by family, parts used and menthod of preparation in table 1.

DISCUSSION

The traditional health care system practiced in the region consists of two systems classified stream and folk stream. The folk stream consists of oral traditions practiced by elderly village people and tribal communities whereas classical stream consists of theoretical knowledge experimental and philosophical explanations provided by many learned physcisions of early time. In the present day condition most of the rural areas are accepting the modern allopathic drugs leaving their traditional herbal medicine for the treatment of different diseases. But interestingly it has been found that tribal people in the upper pir panjal range and far flung areas still depend upon surrounding plant diversity for the treatment of different ailments.

CONCLUSION

The method of using the plants varied according to the nature of ailments. The traditional health care system is facing serious challenges because of the migration of younger people to the cities for taking up of employment, breakage of joint family system, due to which the indigenous knowledge which is confined to the older experienced people which otherwise not documented may be lost forever. The traditional healers do not pass their knowledge to other peoples as it is the only source of income to their family. Increasing population, tourism, cutting of roads, poverty and demand of pharmaceutical industries are continuously posing threat to the bioresources particularly medicinal plants used in indigenous practices. The method of treatments is totally traditional, very effective and came from their ancestors through the word of mouth. These formulas can help sceientists, researchers, pharmacologists and pharmaceutical companies for inventing new drugs and further study. The present work highlights 10 commonly occurring

medicinal plants 4 endangered and 3 rare species in Poonch district of Jammu and Kashmir. The paper suggests immediate conservation of rare and endangered medicinal plants of the district.

Table 1: Botanical Name and Local Name of Ethnomedicinal Plants in Bract, Followed by Family, Parts Used and Menthod of Preparation

S.No	Botanical name	Family name	Parts used	Disease	Status	Method of prepration and mode of use
1	*Achyranthes aspera* Linn.(Phutkanda)	Amaranthacea	Root	Abortion	Common	Root is kept in the the uterus by tieng with a thread tpo cause abortion. But this method is very harmfull and causes death in some cases.
2	*Adhatoda zeylanica* Medikus.(Baiker)	Acanthacea	Leaves and flowers	Irregular menstruation	Common	Decoction of the leaves and flowers is givn orally.
3	*Aloe barbadensis* Miller. (Kunwar gandal)	Liliaceae	Leaf pulp	Obstruction in menstrual cycle	Rare	About 2 gm powder of pulp is given orally daily.
4	*Asparagus flicinus* Buch-Ham. Apud D. Don. (Bansabuni)	Liliaceae	Root	Leucorrheae & Lactation	Common	About 5- 10 gm powder of the the tuber is given orally.
5	*Polygonum amplexicaule* D. Don. (Masloon)	Polygonaceae	Root	Excess menstrual bleeding	Common	About 3- 5 gm powder of root is given with water at night for 15 – 25 days.
6	*Bombax ceiba* Linn. (Simbal)	Bombaceae	Bark	Gonorrhoeae	Endangered	Poweder of the bark is given orally with water.
7	*Centella asiatica* Linn. (Brahmi)	Apiaceae	Whole plant	Gonorrhoeae	Rare	Decoction of whole plant is given orally.
8	*Gravia optiva Linn.(Taman)*	Tiliaceae	Bark	Delivery and leucorrhea	Common	Powder of the bark is given orally with water.
9	*Litsea chinensis* Lam *(Meda sak)*	Lauraceae	Bark	Delivery	Endangered	Soft sweet dish is prepared by adding powedr of the bark and given orally after delivery onpain.
10	*Nerium oleander Linn. (Kaner)*	Apocynaceae	Leaves	Abortion	Rare	About one cup juice of the leaves is given orally.
11	*Plumbago zeylanica* Linn. (Chitra)	Plumbaginaceae	Root	Abortion	Common	Decoction of the leaves is given orally.
12	*Rhynchosia minima* (Linn) DC. (Bri Jari)	Fabaceae	Leaves	Irregular menstruation	Common	Decoction of the leaves is given orally.
13	*Rumax hastatus* D. Don. (Khatimal)	Polygonaceae	Root	Obstruction in menstrual cycle	Common	Decoction of the root is given orally by adding milk and sugar.
14	*Sorghum halepense* Linn. (Baru)	Poaceae	Root	Misscariage	Common	Root is tied on naval with black thread.
15	*Trilium govanianum* Wall. Ex . D. Don. (Tinpatri)	Triliaceae	Rhizome	Irregular menstruation	Endangered	Powder of rhizome is given orally.
16	*Valeriana hardwickii* Wallich (Bala)	Valerianaceae	Root	Obstruction in menstrual cycle	Common	Decoction of root is given orally with water.
17	*Withania somnifera* Linn. (Asgandh)	Solanaceae	Root	Menstrual disorder and leucorrhoea	Endagered	About three to 4 gm powder of root is given to ladies on irregular menstruation, conceiving and ageing along with goat or buffalo milk. This is the most effective remedy against irregular menstruation and leucorrhoeae.

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