ETHNO-MEDICINAL USES OF THE PLANTS BY BHOKSA TRIBE
OF Bhabar Tract in the Foothills of Garhwal Himalaya

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Received- 19.4.2009, Accepted- 18.10.2009

ABSTRACT

In an ethno-botanical survey of Bhabar tract of Garhwal Himalaya, 47 plant species were recorded in medicinal uses by the Bhoksa tribe. Details of the diseases and methods of plant use are discussed in the paper.

Key Words-Ethnic groups, Bhoksha, medicinal plants, Bhabar tract, Health care.

Bhoksha is a scheduled tribe of Uttarakhand distributed mainly in Nainital, Dehradun and Garhwal District. Earlier they were placed in scheduled caste category in 1950, but were in 1967 they were re-categorised into scheduled tribe. In fact Bhokshas are traditionally a forest dwelling community. They have also been declared as one of the primitive group by the Government of India (Bhattacharya, 1957, Dabral, 1964, Rawat, 1975). Being forest dwellers, they extensively use the plants products for various medicinal purposes. Some of the important references on the use of medicinal plants by Bhoksha are due to Gaur (1984), Singh and Shukla (1989), and Maheshwari and Singh (1990,92), etc. Present study is an attempt to study the ethno-medicinal use of some plants by Bhoksha community in Bhabar region of Garhwal Himalaya.

METHODOLOGY

The study was conducted in following two steps:
1- The information regarding direct use of plant and their parts as medicines for several human ailments were collected from the Bhoksha inhabitants in Bhabar tract. The vernacular names and uses of plants as medicine were noted through survey and questionnaire method.
In the treatment of prickly heat:


The quath of seeds is given to drink in the morning time before meal.

In the treatment of kidney stone:

*Carica papaya* Linn., Papita, Caricaeae.

The quath extract of papita root is given orally.

In the treatment of Colic:

*Allium cepa* Linn., Piyaz Amaryllidaceae and *Mentha Piperita* Linn., Vilayati pudina, Lamiaceae.

The mixed juice of piyaz, fresh pudina leaf, juice and salt is given orally.

*Mentha Piperita* Linn., Vilayati pudina, Lamiaceae.

The quath of fresh leaves with salt is given orally.

In the treatment of ophthalmic disorder (Oozing of blood from ht eyes):

*Ficus racemosa* Linn., Gular, Moraceae

The fresh latex of gular is applied externally.

In the treatment of hair fall:


The bark of bhimal stem is used to wash hair.

In the treatment of toothache:

*Syzygium aromaticum* (L) Merrill and Perry, Laung, Myrtaceae.

The wet paste of laung is given to press in between the paining teeth. This mixture should be filled in the hollow tooth.

*Calotropis gigantea* (L) Duya A.F. Madar, A sclepiadaceae.

The fresh latex of madar is filled in the hollow teeth.
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