

ETHNO-MEDICINAL USES OF THE PLANTS BY BHOKSA TRIBE OF BHABAR TRACT IN THE FOOTHILLS OF GARHWAL HIMALAYA

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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 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 groups 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:

Trigonella-foenum graecum Linn., Methi, Fabaceae.

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

In the treatment of kidney stone:

Carica papaya Linn., Papita, Caricaceae.

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 mixtured 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 ophthalmid disorder (Oozing of blood from ht eyes):

Ficus racemosa Linn., Gular, Moraceae

The fresh latex of gular is applied extermally.

In the treatment of hair fall:

Grewia optiva J.R. Drun ex. Burret, Bhimal, Tiliaceae.

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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