

## **ETHNO-BOTANICAL USES OF PLANTS FOR CURING DISEASES AND AILMENTS IN HUMAN BEINGS BY PEOPLE OF PAURI GARHWAL**

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### **ABSTRACT**

The plants have been used as a source of medicines by man from ancient time to the present day. According to the World Health Organization (WHO), as 80% of the world's people depend on traditional medicine for their primary health care needs. Traditional knowledge of medicinal plants and their use by local people are not only useful for preserving cultural traditions and conservation of biodiversity, but also community health care and drug development in the present and future Jain (1991). Traditional Himalayan Medicine System (THMS) is a good example of ITK which has affected the lives of poor people around the Globe. (Joshi *et.al.* 1992)

Therefore present research article attempts to explore ethanobotanical or indigenous traditional knowledge based practices in the Pauri Garhwal, Uttarakhand because traditional knowledge on resource use could not be utilized for the larger benefit of the society for long and so far knowledge remained confined to the region. Pauri Garhwal is well known for its biodiversity richness and diverse cultural mosaic. The district Pauri Garhwal is located between 29° 20' - 29° 75' N latitude and 78° 10' - 78° 80' E longitude. The present study was based on field surveys in district Pauri Garhwal between 2006-08. The methodology adopted for the study was based on interviews of people having knowledge of medicinal plants of their area.

A total of 84 medicinally important plants belonging to different families were reported during this research. Based on the ethanobotanical knowledge collected during the study, it can be seen that the whole Pauri Garhwal district is a valuable source of medicinal flora with invaluable medicinal properties.

**Key Words: Medicines, Traditional Knowledge, Ethanobotanical, Medicinal flora**

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