



AN INSIGHT INTO THE USE OF RARE MEDICINAL PLANTS BY THE RURAL FOLK OF DISTRICT CHAMOLI GARHWAL.

PRATIBHA BALUNI

Department of Botany, S.G.R.R. (P.G.) College Deharadun, Uttarakhand, India, Pin-248001.

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ABSTRACT

The present paper deals with the ethno-medicinal use of some rare plants by the rural folk of the Chamoli district. Fifty five elderly people and local herbal healers (Vaidyas) were interviewed for their knowledge on the various use of the medicinal plants found in the adjacent areas. A total of 109 medicinal plants species were recorded and documented along with their botanical name, family, vernacular name, parts used and medicinal properties. The study emphasizes the herbal potential of Uttarakhand and would also provide a base line to further strengthen the conservation of this important resource.

KEY WORDS: Ethno medicine, Traditional health care, Himalayas, Medicinal plants

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