

## ON THE USE OF HERBAL MEDICINES IN PAURI GARHWAL, UTTRANCHAL.

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### ABSTRACT

The paper deals with the use of some plants for the treatment of nine most common diseases used by vaidayas on the basis of traditional therapy in district Pauri Garhwal.

### INTRODUCTION

Pauri district lies between 29° 45' to 30° 15' latitude and 78° 24' to 79° 23' longitude. The District is divided into six tehsils and 15 development blocks. The District known for its rich wealth of flora and fauna is a house of valuable medicinal plants. These plants are used by inhabitants for curing various ailments. These plants are also used by local Vaidayas for preparing various medicines. Some of the contributors on this aspect are Negi(1994), Barthwal *et. al.*, (2002) and Badoni *et. al.*, (2006).

### MATERIAL AND METHODS

The survey was conducted among local people and Vaidayas, from July 2003 to June 2006. Based on survey collection of about 40 species of medicinal plant was done. About 13 Vaidayas were interviewed ( Shri Vishvapal Jyant, Kalalghati, Kotdwara; Shri Mangal Dev, Nimbchora, Kotdwara; Shri Satya Dev Dabral, Kalalghati, Kotdwara; Shri Deviprasad Dabral, Kalalghati; Shri G.P. Kukreti, Kishanpuri, Kotdwara; Baswanand Purohit, haroli; Smt. Jasomati Devi, Chaubattakhal; Shri permashwer Ghildiyal, Khola; Shri Mo. Ishrat Hussain, Pauri; Shri Jagdesh Prasad Bahuguna, Malusari; Shri Prem giri Jugran, Quee, pauri; Smt. Nanda Devi, Koti; Shri Keerti ram Joshi, Sumari ) and other older people were concerned, who were not traditional Vaidayas but have sufficient knowledge about the uses of various medicinal herbs

### RESULT AND DISCUSSION :

Forty plants which were considered for present study in table I. Plants used for different diseases and the methodology is as follows:-

Table 1 : Taxonomic and vernacular details of the plants used for traditional therapy.

S.N.	Family	Botanical Name	English Name	Vernacular Name (Local Name)
1	Zingiberaceae	<i>Zingiber officinale</i>	Ginger	Adrak
2	Umbelliferae	<i>Trachyspermum ammi</i>	Bishop weed	Ajwain
3	Juglandaceae	<i>Juglans regia</i>	Walnut	Akhrot
4	Polygonaceae	<i>Rumex hastatus</i>	----	Almora
5	Euphorbiaceae	<i>Phyllanthus emblica</i>	Emblic myrobalan	Amla
6	Myrtaceae	<i>Psidium guajava</i>	Guava	Amrood
7	Punicaceae	<i>Punica granatum</i>	Pome granate	Anar
8	Amaranthaceae	<i>Achyranthes aspera</i>	Prickles chaff	Apamarg
9	Combretaceae	<i>Terminalia bellirica</i>	Belliric myrobalan	Bahera
10	Gramineae	<i>Bambusa bambos</i>	Bamboo	Banslochan (Gum of bans)
11	Umbelliferae	<i>Centella asiatica</i>	Indian penny wort	Brahmi
12	Zingiberaceae	<i>Elettaria cardamomum</i>	Lesser cardamon	Chhoti elaichi
13	Lauraceae	<i>Cinnamomum zeylanica</i>	Cinnamon	Dalchini
14	Berberidaceae	<i>Berberis aristata</i>	Indian barberry	Daruharidra (Kingor)
15	Apiaceae	<i>Coriandrum sativum</i>	----	Dhaniya
16	Fabaceae	<i>Dolichos biflorus</i>	Horse grain	Gahath
17	Menispermaceae	<i>Tinospora cordifolia</i>	Tinospora	Geloi
18	Zingiberaceae	<i>Curcuma domestica</i>	Turmeric	Haldi
19	Combretaceae	<i>Terminalia chebula</i>	Chebolic myrobalan	Harr
20	Myrtaceae	<i>Eugenia jambolana</i>	Black Berry	Jamun
21	Umbelliferae	<i>Cuminum cyminum</i>	Cumin	Jeera
22	Solanaceae	<i>Solanum pseudocapsicum</i>	Jerrysaleam berry	Jungli Mirch
23	Piperaceae	<i>Piper nigrum</i>	Black piper	Kalimirch
24	Urticaceae	<i>Urtica dioica</i>	Stinging nettle	Kandali
25	Solanaceae	<i>Solanum anguivi</i>	Yellow night shade	Kantkari
26	Cucurbitaceae	<i>Memordica charanita</i>	Better gourd	Karela
27	Myrtaceae	<i>Myrica esculenta</i>	Box myrtle	Kaphal
28	Myrtaceae	<i>Syzygium aromaticum</i>	Clove	Laung
29	Lythraceae	<i>Lawsonia inermis</i>	----	Mehandi
30	Boraginaceae	<i>Heliotropium eichwaldi</i>	----	Neelkanthi
31	Meliaceae	<i>Azadirachta indica</i>	Margosa tree	Neem
32	Oleaceae	<i>Osmanthus fragrans</i>	----	Silangi
33	Saxifragaceae	<i>Bergenia ciliate</i>	----	Pashanbhed
34	Piperaceae	<i>Piper longum</i>	Long pepper	Peepali
35	Labiatae	<i>Mentha longifolia</i>	Horse mint	Pudina
36	Liliaceae	<i>Asparagus racemosus</i>	Wild asparagus	Satavari
37	Euphorbiaceae	<i>Euphorbia royleana</i>	----	Sulla
38	Rutaceae	<i>Zanthoxylum armatum</i>	Mishwak	Timru
39	Lamiaceae	<i>Ocimum tenuiflorum</i>	Holly basil	Tulsi
40	Araceae	<i>Acorus calamus</i>	Sweet flag	Vacha

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