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Indigenous uses of plants by Gariya Lohars in Bhabar region of Garhwal Himalaya

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Abstract
The paper deals with medicinal uses of 25 plant species used by Gariya lohars in different human ailments in Bhabar region of Garhwal Himalaya.

Keywords: Indigenous uses, Gariya lohars, Bhabar region, Garhwal Himalaya.

1. Introduction
Gariya lohars are tribes, who were either the native of the area or have migrated from different parts of the country but at present residing in the foothills of Garhwal Himalaya and are having their own indigenous health care system.
The present survey was undertaken in the Bhabar tract of Garhwal. In Garhwal region, Bhabar extends from 78^0 22'E longitude to 78^0 32'E longitude and 29^0 43' to 29^0 48'N latitude, occupying 4320.403 hectare area in Tarai region. Extending from northwest to Southeast, the whole tract is about 132 km in length, having the minimum and maximum width of 0.5 km and 6.0 km respectively. It is occupied by 48 villages. Its population in 1981 was 54,312.
Being located between the 'Siwaliks' and the 'Tarai' zones, the bhabar tract has its own history. Infact, this narrow tract of bhabar remained afforested until recently and most part of its past history is still untold.
Bhabar region having the inhabitants of mixed culture as they have the impact of hills as well as plains on one hand and ethnic groups like Gariya lohars, Boxas, Gujjars on other hand. Inspite of having some government dispensaries and being near Kotdwara, its health care system is regulated upto some extent by the direct uses of plants by Ayurvedic practitioners, herbal vendors, Vaidyas and ethnic groups.

2. Materials and methods
The study was conducted in two steps.

2.1. The information regarding the direct use of plants and their parts as medicines for several human ailments were collected from the Gariya lohars inhabited in the foothills of Garhwal Himalaya. The vernacular names and uses of plants as medicine were noted through questionnaire method.

2.2. The plants pointed out in step-I, were collected, identified botanically and their herbarium was prepared.

3. Results and Discussion
Plant species and their uses in different diseases described by Gariya lohars are enumerated in the Table-1**:**

Table 1: (Thesis-Information collected from Gariya Lohars from Bhabar region)

S. No.	Botanical Name	Common Name	Family	Diseases	Uses
1-	*Delonix regia*	Gulmohar	Caesalpiniaceae	As an emetic	Latex powder is given orally.
2-	*Lens culinaris*	Masoor	Fabaceae	Fever	hot shup of seeds is given orally
3-	*Spinacia oleracea*	Palak	Chenopodiaceae	Fever	Quath of fresh leaves is given orally
4-	*Syzygium aromaticum* and *Saccharum officinarum*	Laung and Batasha	Myrtaceae and Poaceae	Headache	Boiled both in the black tea and is given orally
5-	*Azadirachta indica*	Neem	Meliaceae	Opthalmia (Eye diseases)	Juice of fresh leaves is dropped after some period
6-	*Nicotiana tabacum*	Tambaku	Solanaceae	Toothache	Powder of dried leaves is given to chew
7-	*Arachis hypogea*	Moongphali	Fabaceae	As an emollient (causing vomiting)	Seeds oil is applied externally.
8-	*Elettaria cardamomum*	Choti elaichi	Zingiberaceae	In throat problem	Fruit is given to chew
9-	*Allium sativum* and *Brassica campestris*	Lahsun and Sarson oil	Amaryllidaceae and Brassicaceae	Earache	Boiled the lahsun in the sarson oil and dropped in the ear at a regular period externally
10-	*Zingiber officinale*	Saunth	Zingiberaceae	Body pain	After taking bath with hot water take a dose of powder is given orally
11-	*Trigonella foenum graecum*, *Saccharum officinarum* and *Brassica campestris*	Methi, Gur and Sarson	Fabaceae, Poaceae Brassicaceae	Rheumatism	Prepared laddoo with powdered mixture of all and is given orally
12-	*Piper betle* and *Ricinus communis*	Pan and Arandi	Piperaceae and Euphorbiaceae	Chest pain	Warmed leaves are tied on the chest.
13-	*Saccharum officinarum*	Batasha	Poaceae	Aptha (mouth bubbles)	Round batasha is given to chew
14-	*Musa balbisiana*	Kela	Musaceae	Loose motion	Fresh fruit is given orally
15-	*Triticum aestivum*	Gehun	Poaceae	Burning sensation	Ash of chapatti with ghee is kept on the affected part externally
16-	*Solanum tuberosum*	Aalu	Solanaceae	Burning sensation	Paste of boil tuber is applied externally on the affected parts
17-	*Brassica campestris*	Sarson	Brassicaceae	Rickets	Warm oil of sarson is applied on the ridged bones externally
18-	*Psidium guajava*	Amrood	Myrtaceae	Bleeding gums	Upper delicate leaf is given to chew.
19-	*Trapa natans*	Singhara	Trapaceae	Seminal weakness	Fruit pulp is given orally
20-	*Ziziphus mauritiana*	Ber	Rhamnaceae	Vomiting	Fresh paste is given orally
21-	*Curcuma domestica*	Haldi	Zingiberaceae	In Boil	Fresh paste of root with washing soap is applied externally.
22-	*Ricinus communis*	Arandi	Euphorbiaceae	Sprain	Warm leaf is tied on affected part
23-	*Trachyspermum ammi*, *Saccharum officinarum* and *Brassica campestris*	Ajawain, Gur and Sarson	Apiaceae, Poaceae Brassicaceae	Diet for a woman to recover after child birth	Powdered mixture of all, is given orally
24-	*Poa annua*	Poa	Poaceae	Skin diseases	Paste of whole plant is applied on the affected part

4. Conclusion

The present research paper is an attempt to enlist 25 plant species used by Gariya lohars in different human diseases.

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