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## Documentation of traditional knowledge about medicinal value of some wild edible plants resources of Hamirpur district (H.P)

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### Abstract

Hamirpur district is the smallest district of Himachal Pradesh due to area wise and this district falls under Shivalik hills. These hills are full of forest with floristic plant diversity. Due to modernization there is advancement in technology, means and facilities which are helpful to raise the standard of life of people in this district, yet the peoples have good faith in traditional knowledge regarding to ethnobotanical uses of plants especially for primary healthcare. This paper emphasize traditional knowledge about use of medicinal aspect of some wild edible plants resources of study area which are degraded day by day. So there is the need to conserve traditional knowledge about the medicinal aspect of wild edible plants resources of study area for the benefit of future generation through documenting that traditional knowledge. This step is also a necessary step for the conservation of those plant species among the flora of study area that are in danger of extinction.

**Keywords:** Conservation, traditional knowledge, Shivalik range

### Introduction

Himachal Pradesh is a small mountain state in the Northwestern Himalayan region which is well known for its richest biological diversity in the world. Many of the plant species found in the state are of rare nature, which makes the floristic richness even more important. Besides having good reservoir of floral and faunal diversity, the state is bestowed with very high value medicinal plants and herbs, which play a very significant role in the upliftment of the rural livelihoods. Wild fruits are also an important and an integral part of the Himalayan biodiversity that provide not only the nutritious food, but also help in enhancing the rural economy in the Himalayan region. Besides providing timber, fodder, they serve as famine insurance at the times of food scarcity, but these are somehow underutilized. The local people have full knowledge about the traditional use of plant for various purposes such as food, fiber shelter, religious purposes and about the medicinal aspects related to these plants. They use plants product based herbal phyto-therapies for treatment of various health problem and diseases. Thus this paper is focused on some wild edible plants of study area which having herbal potential and their utilization for the treatment of various health problems of this region.

### Review of literature

Ethnobotany is totally in virtually a new field of research, if in this field plants investigated thoroughly and systematically, it will yield result of great value of the archeologists, anthropologist, plant geographer, ethnobotanist, linguistics, botanists and phytochemists. Arora (1987) <sup>[1]</sup> described ethnobotany and its role in the domestication and conservation of native plant genetic resources. Kharwal and Rawat (2012) <sup>[8]</sup> studied ethnobotanical uses of herbal shampoo of Shivalik hills, Himachal Pradesh. Kumar and Choyal (2013) threw light on the traditional health care practices used for respiratory disorder by the rural people of Hamirpur district of Himachal Pradesh. Kumar *et al.* (2015) described about the ethno-medicinal uses of some plant in the treatment of constipation, diarrhea, dysentery and other stomach and digestive disorders from district Hamirpur (Himachal Pradesh), India.

### Material and Methods

Various field surveys were carried out for getting the indigenous knowledge about the herbal Potential of some plants in the different localities of study area during this research.

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The first-hand information was recorded on the plants used as herbal remedies for the treatment of various disease through personal interviews or personal local contact with people of different remote localities study area. The collected plant specimen were preserved in the form of herbarium and identified with the help of Choudhary H.J. and Bhadwa flora of Himachal Pradesh and other relevant literature were consulted one.

### Observation and results

#### 1 *Aegle marmelos* Correa

**Family:** Rutaceae

**Local name:** Bil, Bilpatri

**Parts used:** Roots, Leaves, Flowers, Fruit, Gum and Leaves

**Medicinal uses:** Ripe fruit is edible and considered as good refrigerant. Ripe fruit is prescribed good for gastro-intestinal disorders and act as good remedy for the burning sensation of soles and feet. Ripe fruit is also used as tonic and also good for heart, brain and dyspepsia. 10 gram of fruit in combination with 10 gram guar (Jaggery) is taken twice in a day to cure dysentery and diarrhea. Roots powder is useful in seminal weakness, swelling, fever and gastric irritability in infants.

#### 2 *Artocarpus lakoocha*. Roxb

**Family:** Moraceae

**Local name:** Dheu

**Parts used:** Fruit, bark and Leaves

**Medicinal uses:** Heated leaves are applied to the-heal the wounds. Fruit milk is applied on the boils. The bark powder is applied to sores to draw out pus and its paste and infusion is useful to heal skin cracks, small pimples, boils and headache. The unripe fruit is hot, sweet, sour, causes constipation, impotency, loss of appetite, blood disorders and eye troubles.

#### 3 *Bauhinia variegata* Linn

**Family:** Fabaceae

**Local name:** Kachnar, Kariala

**Parts used:** Leaves, Bud, Flowers and Bark

**Medicinal uses:** Decoction of flowers is used for hemorrhagic conditions, piles and cough. The powdered roots are used for abdominal disorders. Leaves are employed for fodder for increasing the lactation. Bark of this plant is used as external wash for skin diseases and ulcers. One tea spoon of powdered dried buds is taken thrice in a day to check diarrhea and dysentery. Paste of bark is used in case of inflammatory disorder

#### 4 *Berberis lycium* Royle

**Family:** Berberidaceae

**Local name:** Kashmal, Daruhaldi

**Parts used:** Root, Bark and Stem, Extract of root bark and stem known as rasount

**Medicinal uses:** Decoction of roots with honey is given two time in a day for two week in the treatment of jaundice. Root extract is given twice in a day for 3-6 month incase of leprosy. The extract of either root and stem known recount has been used in older time for treatment of skin diseases, sores and leprosy, as an antidote for poisoning, good remedy for oral ulcers and piles. A small decoction of rasount with honey is given in case of jaundice.

#### 5 *Bombax ceiba* L

**Family:** Malvaceae

**Local name:** Semal, Semul

**Parts used:** Flowers Fruits Bark, Seeds, Spines and Wood

**Medicinal uses:** Paste of flower and fruits are used in case of the treatment of snake bite. One tea spoon of the bark decoction is recommended twice in a day for 15 days to cure sex diseases. The poultices made from it's spine is good for boils. Seed powder is mixed with wheat flour fed to live stock for stomach disorder.

#### 6 *Carissa spinarum* Hook F

**Family:** Apocynaceae

**Local name:** Garne, Garnu

**Parts used:** Stem, Twigs, Leaves, Fruit and Spines

**Medicinal uses:** Fruits are edible and recommended good for anemia. Wood, twigs and dry leaves are used as fuel. Gargle of stem decoction is used to cure mouth ulcers.

The warm root decoction is recommended to cure lower abdominal pains during pregnancy.

The roots of garna plant are ground and applied on the wounds of cattle to kill worms.

#### 7 *Cordia dichotoma* Forst F

**Family:** Boraginaceae

**Local name:** Lausoda, Lasura

**Parts used:** Inflorescence, Fruits and Mucilage

**Medicinal uses:** Leaf ash mixed with honey is recommended for constipation. Inflorescence and fruits are cooked as vegetables and considered good for dysentery. Fruits are used for pickles and fruit bark is used for cough and chest diseases. Hence it provides relief for colic pain. It's mucilaginous fluid used as gum and also curing mouth sores. The mucilage in the fruit is used for treating cough and diseases of the chest, uterus, urethra etc. and has laxative property.

#### 8 *Dioscorea bulbifera* Linn

**Family:** Dioscoreaceae

**Local name:** Tarad

**Parts used:** Tuber

**Medicinal uses:** Tuber is crushed and its powder is used in case of pile. Powdered tuber is also used in case of dysentery.

#### 9 *Emblica officinalis* Gaertn

**Family:** Phyllanthaceae/Euphorbiaceae

**Local name:** Amla

**Parts used:** Fruit

**Medicinal uses:** Fruit is considered as good refrigerant and source of vitamin C. Fruit is considered good and useful incase of leucorrhoea, menorrhagia, and discharge of blood from uterus. Fruit is also one of the major constituents of "Triphala churun" which helps in digestion and in constipation. One tea spoon of fruit taken with honey (twice in a day) for one week to cure cough and to increase appetite. The fruit is considered good to enhance the memory. Pickles and jams of it's fruits are prescribed for jaundice. Paste of the mixture of its dry fruit powder and leaves of 'Henna' (*Lawsonia alba* Linn.) is applied as dye to blackens the hairs and for their growth.

**10 *Ficus carica* Linn****Family:** Moraceae**Local name:** Dura, Anjir**Arts used:** Fruits, Sap and Leaves

**Medicinal uses:** Fruits are eaten for cooling the body *i.e.* cool taksheer of body during hot summer days. The fruits contain chiefly sugars and mucilage and act as a demulcent, emollient and laxative. The sap is used in the treatment of warts

**11 *Ficus roxburghii* Wall****Family:** Moraceae**Local name:** Triyambele, Traymble**Parts used:** Fruits, Leaves and Stem Latex

**Medicinal uses:** Fresh stem latex is prescribed in case of leucorrhoea. Leaf juice is used in the treatment of leucoderma, blisters and boils. The stem latex is applied to cuts and wounds. Juice of fresh leaves with water is used in the treatment of stomach problem. The roasted fruit is used in the treatment of diarrhoea and dysentery.

**12 *Morus nigra* L****Family:** Moraceae**Local name:** Kala toot**Parts used:** Fruit and Leaves

**Medicinal uses:** Fresh fruits are crushed and then its juice is given two times a day for the treatment of jaundice

**13 *Murraya koenigii* (L.) Spreng****Family:** Rutaceae**Local name:** Gandhela, Kadipatta**Parts used:** Leaves, Fruits and Stem

**Medicinal uses:** Infusion of leaves with "gur" and onion (*Allium cepa* Linn.) is taken with hot water twice a day for stomach pain. Young stem is used as toothbrush and to cure dental problems.

**14 *Punica granatum* L****Family:** Punicaceae**Local name:** Daadu, Daadan**Parts used:** Seeds and Fruit

**Medicinal uses:** Seeds are used to stop dysentery and nose bleeding. Fruit is good for hyper acidity, anemia and fatigue. One tea spoon of powdered rind is taken with honey for several days to cure cough.

**15 *Pyrus pashia* Buch & Ham. ex. D. Don****Family:** Rosaceae**Local name:** Kainth**Parts used:** Fruit and Stem bark

**Medicinal uses:** Fruit extract is effective against dandruff and mouth ulcers. Paste of young twigs is used as hair dye. One tea spoon of powdered bark and leaves in combination with a pinch a black pepper (*Piper nigrum* Linn.) is prescribed for rheumatic pains till relief. Fruit pulp of fruits with black pepper twice in a day for three days to check dysentery.

**16 *Rubus ellipticus* Smith****Family:** Rosaceae**Local name:** Aakhe, Rasbhari**Parts used:** Roots, Fruits

**Medicinal uses:** Two table spoon of the decoction of roots is recommended for cough two times daily till relief. The fruit of the plant is a potential source of anti-fertility drugs. The fruit has counteracting effect to toxins, eliminates inflammation, relieves pain and arresting hemorrhage.. Roots and young shoots are used in colic pains

**17 *Terminalia chebula* Retz****Family:** Combretaceae**Local name:** Harar, Harad**Parts used:** Fruit

**Medicinal uses:** Fruit is an important constituent of the "Triphala" churun. Half tea spoon of "Harad murabba" (fruits preserved in sugary syrup) with milk at night is good laxative. The mixture of "Harad", Bahera (*Terminalia bellirica* (Gaertn.) Roxb.), and Mehendi (*Lawsonia inermis* Linn.) is considered as good dye for graying hairs. Fruit is roasted on hot ash is used to cure cough. One tea, spoon of desi powdered fruit with "Saunf" (*Foeniculum vulgare* Mill.) is fried in ghee which is taken once daily with hot water to check dysentery. The fruit is in combination with Almond, Bahera, Myrobalan and Indian goose berry is given to cure diabetes.

**18 *Ziziphus Jujuba* Mill****Family:** Rhamnaceae**Local name:** Baer**Parts used:** Fruit, Leaves and Stem

**Medicinal uses:** Poultices of roots is applied to the affected parts in case of internal injuries. Powdered root bark is mixed with wheat dough which is given to the cattle to restores the normal functioning of their bodies. Boiled leaves and bark are mixed in bathing water, to treat severe body pain. Fruit is used to promote weight gain, improve muscular strength and as an immune-stimulant to increase physical stamina.

**Conclusion**

Indigenous knowledge about the local floral diversity and about the use of local plants for primary health care should be recorded and preserved. So, that next generation should get and their benefit of the knowledge local floral diversity and their plant based traditional phyto-therapy for the treatment of various health problems. This step will prove necessary step in the conservation of traditional knowledge and about the protection of local plants of medicinal importance of study are.

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