

Conventional Utilization of Restorative Plants in Kashmir

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ABSTRACT

The excellent valley of Kashmir harbors an assorted variety of restorative plants that have been utilized in customary social insurance frameworks for a great many years. This information, transmitted by oral convention from age to age, has been dissolving in ongoing decades because of fast social change. Other than this, therapeutic plants are being overexploited at a disturbing rate. Until now, the customary employments of therapeutic plants in Kashmir have not been audited and whenever checked on, center has been either on specific gatherings or on confined areas. Here, we present an audit of conventional employments of restorative plants by the individuals of Kashmir valley all together to give exhaustive documentation, infections treated in conventional drug and recommend points of view for preservation and the executives of restorative plants of Kashmir.

Keywords: Medicinal plant, ethnomedicinal, Biodiversity

INTRODUCTION

Therapeutic plants have been utilized for a considerable length of time in conventional social insurance frameworks and various societies around the world still depend on plants for their essential human services. With the ongoing headways in plant sciences, there has been a tremendous increase in the utilization of plant based wellbeing items in creating just as created nations. Around 70-80% individuals around the globe depend on restorative plants for essential social insurance. Therapeutic plants additionally structure a wellspring of pay for many people. According to World Wellbeing Association (WHO), ethnomedicine has held its notoriety in all locales of the creating world and its utilization is quickly developing in the industrialized nations. In Ghana, Nigeria and Zambia, the main line treatment for 60% of the children with intestinal sickness is the utilization of herbal prescription. With least symptoms and minimal effort, as estimated by the World Wellbeing Association (WHO), the present interest for ethnomedicinal plants is around US \$ 14 billion for every year. The interest for therapeutic plant based crude materials is developing at the pace of 15 to 25% every year and is probably going to increment more than US \$ 5 trillion of every 2050. In India the restorative plant related exchange is assessed to be roughly US \$ 1 billion every year. Inferable from the land varieties, Kashmir Himalaya harbors a rich assorted variety of restorative plants. Since times immemorial, people in the locale have learned and rehearsed restorative use of plants. Through ages, this antiquated prized intelligence has been transmitted from age to age as a major aspect of oral customs. With concerns in regards to the loss of local information and the conceivable elimination of restorative plant assets of Kashmir, there is critical need to archive and audit the investigations carried on the therapeutic plants of Kashmir. Just a couple of studies have been completed to audit customary utilization of restorative plants of Kashmir. Here we present an audit on, restorative plant decent variety, plant parts utilized and maladies treated in conventional drug of Kashmir.

MATERIALS AND METHODS

The present examination is the survey of existing data on the restorative plants of Kashmir. Concentrates distributed in journals, books, theories and reports were looked into. We reviewed into a sum of 10 publications that gave data about the utilization of medicinal plant species to treat different sicknesses.

Medicinal plant decent variety

The Kashmir valley regularly alluded to as an 'Earthbound Heaven' is notable around the world. One of the principle highlights adding to the overall notoriety of Kashmir is the rich biodiversity that enhances its

spellbinding scene. Being phyto geologically situated at the convergence of Holarctic and Paleotropical Floristic Domains and falling inside the North-Western Himalaya, the district is invested with abounding assorted variety of restorative plants. The investigation enrolled 81 restorative plants utilized by the individuals of Kashmir. These plants having a place with 15 groups of spermatophytes. The outcomes are displayed inwith, taxon name,Family name local name, part used, and therapeutic use. In the table no 2 present in the agniospermic families with the highest no of plant like.Asteraceue (10) Ranunculace, Pinaceue (4) Rosaceae (3) Euphorbiaceap (2).

Table-1: Rundown of plants utilized as ethnomedicine in Kashmir Valley.

S. No	Taxon name	Local name	Family	Part used	Ethanomedicinal uses
1	Aconitum heterophyllum [4,27]	Paewakh	Ranunculaceae	Root	Antidote for snake bites,
2	Achilleamillefolium [4,20,27]	Berguer, Pahalgassesh	Asteraceae	Rhizome, Leaves	Headache, Cough, Tooth ache
3	Arnebiabenthamii [27, 28,10]	KahZaban	Boraginaceae	Rhizome	Common Cold, Cough, Fever, blood purifier
4	Acoruscalamus [4,10]	Via-gander	Acoraceae	Rhizome	Swellings, Joint pain Stomachic, Diarrhea, cough,
5	Coriandrum sativum [4,10]	Danival	Apiaceae	Seeds	Hair fall
6	Artemisiaabsinthium [4,27]	Tethwan	Asteraceae	Leaves	Obesity, Diabetes, liver infection
7	Cotulaanthemoids [3,4,27,10]	Bobul	Asteraceae	Roots	Constipation
8	Taraxacumofficinale [4,10,27]	Hand	Asteraceae	Roots	Back pain, common cold, Chest infection
9	Trigonellafoenum-graecum [4,21, 10,27]	Meth	Fabaceae	Seeds	Back Pain
10	Arisaemajacquemontiana [4,10,27]	Hapatmakei		Rhizome	Muscular strength and Skin infections
11	Cannabis sativa [4]	Bhang	Cannabinnaceae	Leaves, seeds and stem	ear-ache, blood purifier, scabies and piles
12	Cuscutareflexa [4,10]	Kukliporte	Cuscutaceae	Whole Plant	Joint pains, wound healing and falling of Hairs.
13	Berberis lyceum [4]	Kawdach	Berberidaceae	Roots, Fresh fruit	Indigestion, Constipation.
14	Euphorbia helioscopa[40,22,23]	Gurisocho, Gandibooti	Euphorbiaceae	Seeds, roots and latex	abdominal cramps, cholera and eruptions
15	Euphorbia wallichia [4,27]	Guri-dud/ Harbi	Euphorbiaceae	Stem, leaves, latex	Skin diseases ,and asthma
16	Iris kashmiriana [4, 24,27]	Mazarmund	Iridaceae	Whole plant	Joint pains
17	Dioscoreadeltoidea [4,10,27,35]	Kraeth	Discoreaceae	Leaf	Ophthalmic infections, urinary infections
18	Laveterakashmeriana [4, 10,18, 25,26]	Sozposh	Malvaceae	Flower	Mumps, skin irritation in pregnant women

19	Malvasylvestris [4,10,28]	Sotal	Malvaceae	seeds	Cough, fever, eye sight
20	Papaversomniferum [4,10,33]	Kashkhas	Papaveraceae	Fruit	Dry cough, Diarrhea
21	Daturastramonium [4,29,30]	Datur	Solanaceae	Seeds	Rheumatism, Frost bite, toothache, tonic
22	Urticadioca [10,31,32]	Soi	Urticaceae	Leaves and Roots	Rheumatism
23	Viscum album [4,6,10,27, 33, 34, 35]	Aal	Loranthaceae	Whole plant	Laxative and Fractures
24	Ficuscarica [4,10,36,40]	Anjeer	Moraceae	Stem, milky latex, fruit pulp.	Birthrate control, insect bite and warts.
25	Pinusroxburghii [4,27]	Chad	Pinaceae	Seeds and gums	General weakness after child birth
26	Rosa webbiana [4,27,37]	Gulab	Rosaceae	Flowers	Cough and colds.
27	Atropaacumniata [4,27,38]	Chellalubbar	Solanaceae	Roots and leaves	Cough. And antispasmodic
28	Berginialigulata [4,10,28,39]	Zakhmihayat	Saxifraceae	Leaves and roots	Intestine complaints and stomach ulcers
29	Viola odorata [40,41]	Bunufsha	Violaceae	Leaves, seeds and flowers	Respiratory problems
30	Nasturtium officinalis [4,10,27,40]	Kulhak	Brasicaceae	Leaf	Stomachic
31	Hyoscyamusniger [10,18,41]	Bazarbang	Solanaceae	Seed	Tooth ache
32	Prunellavulgaris [14,10,27,42]	kulwauth	Lamiaceae	flower	Headache, Fever, muscular pain
33	Salix wallichiana [4,18,27,43]	Danthiveer	Salicaceae	Leaves	Fever, Head ache, Genral body pain
34	Saussureacostus [4,8,18,27]	kuth	Asteraceae	Rhizome	Joint pain, back pain, sole ulcers, dysentery, fever, urinary problems
35	Stellaria media [4,8,18,40]	Losdhi	Caryophyllaceae	Seed	Skin infection, allergy
36	Viburnum grandiflorum [4,10]	kulmanch	Caprifoliaceae	Seed	Typhoid, whooping cough
37	Vitisvinifera [4,10,8]	Daech	Vitaceae	Leaves	Skin rashes, sores, eruptions
38	Zizyphusmauritiana [27,40]		Rhamnaceae	Leaves	Skin rashes
39	Cynodondactylon [27,40,4]	Daraunm	Poaceae	Whole plant	Common cold
40	Corydalis govianiana [4,10,27]	Sangi-harb	Fumariaceae	leaves	Respiratory disorders, chest infections, asthma

Table no-2: Families with largest number of medicinal plant in Kashmir valley

Sr. No	Family	Number of species
1	Asteraceae	15
2	Ranunculaceae	5
3	Pinaceae	4
4	Solanceae	4
5	Rosaceae	3
6	Brasicaceae	4

7	Rubiaceae	3
8	Euphorbiaceae	2
9	Caprifoliaceae	2
10	Apiaceae	2

SICKNESSES TREATED

Total 12 important disease classes were treated with restorative plants (Figure 2). The primary affliction categories that are dealt with incorporate dermatological, gastrointestinal, skeleto-solid, hack and chilly, respiratory, dental, injuries, genito-urinary, Fever, migraine, circulatory and ophamological. A solitary plant animal category might be utilized to fix a few human afflictions. A portion of the cures were set up by joining various plants. For the treatment of ulcers, the powdered rhizome of Dioscoreadeltoidea is blended in with powdered foundation of Berberislycium. Complex drugs of at least two plant species are believed to be more intense than those readied with single species which might be ascribed to intuitive impacts of the plants. By and large at least two infections are dealt with utilizing one plant like Laveterakashmeriana is utilized for the treatment of mumps and skin aggravation in pregnant women [4]. Medicines utilized were arranged basically by bubbling to make beating to glue, absorbing water to make implantations, decoctions, crushing, consuming to ash, grinding, to powder, biting, and heating under hot remains.

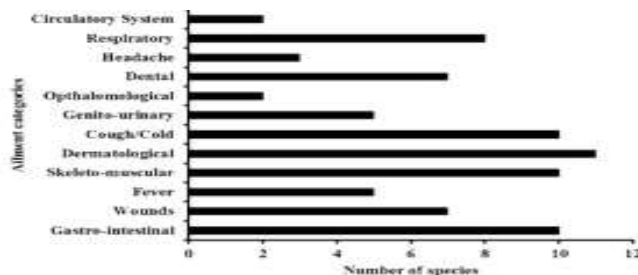


Figure 2. Use frequency of plant species in different disease categories.

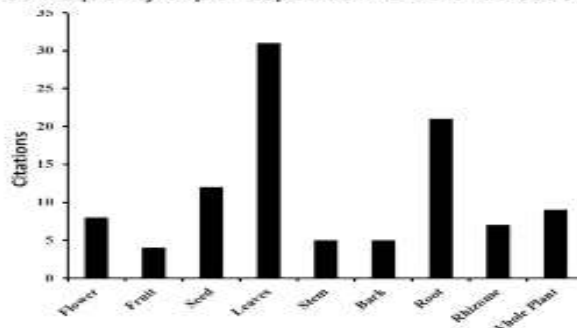


Figure 3. Status of plant parts used.

PLANT PARTS UTILIZED

The most often utilized plant parts in the readiness of home grown cures incorporate leaves, organic product, roots, rhizomes , entire plants , Seeds , blooms and bark (Figure 3). The utilization of explicit plant parts proposes that these parts might be related with solid therapeutic properties and thorough phytochemical screening is required tom approve the ethanomedicinal asserts deductively.

Our discoveries of the regular utilization of green leaves and in the planning of cures substantiate the aftereffects of [11-13]. Various fluids, for example, water, juices, sugar, tea, nectar, consumable oil, and milk are blended in with plants or plant parts during the planning of the cures. The readied cures are for the most part regulated orally (63%), less much of the time dermally (19%) or both orally and dermally (15%). Just 3% is directed through ears or eyes.

PRESERVATION AND THE BOARD OF RESTORATIVE PLANTS IN KASHMIR

Protection and the executives of conventional restorative plants is a fundamental concern around the world, particularly in creating nations. The regularly raising interest for the restorative plants in pharmaceutical

enterprises and in conventional framework has brought about overexploitation prompting the decrease of their characteristic populaces. In addition, living space misfortune because of anthropogenic exercises has additionally heightened the worry. On the off chance that overexploitation of these plants proceeds, numerous species may diminish in, and at last vanish from their common living spaces. Albeit, various examinations have been done to consider the assorted variety and dissemination example of the restorative plants in different Himalayan conditions of India, data on this angle is not accessible in Jammu and Kashmir aside from not many fragmentary data like CAMP (Preservation Evaluation and the executives Prioritization) workshop. A deliberate work plan, including different partners i.e., researchers, government associations, NGOs and ranchers, is required to execute the standard of area 8 of Biodiversity Act 2002, i.e., protection of organic decent variety, reasonable utilization of its segments and reasonable and impartial sharing of advantages emerging out of the utilization of natural assets and information to fulfill out the market needs and preservation of undermined and monetarily significant plant biodiversity of the J&K State. Plants should just be gathered in such a way, that guarantees their proceeded with nearness, both in explicit assortment areas and over the scene. In Jammu and Kashmir, different associations, for example, Indian Foundation of Integrative Drug, Jammu (in the past known as RRL, Jammu), Community for Biodiversity Studies, BGSB College, Rajouri, College of Kashmir, Srinagar, Sher-a-Kashmir Farming College of Science and Innovation, Jammu and Srinagar, State backwoods Exploration Organization, J&K, Protection Establishment of High Height Exploration, Leh and Shree Mata Vaishno Devi College, College of Jammu, Jammu are distinctly engaged with creating preservation advancements for therapeutic plants of the state. The In-situ protection of organic assets has been endeavored all over India both by the focal and state governments. Directly, there are 4 National Parks and 15 Natural life Havens for the in-situ preservation of organic assorted variety [1,4,10,27,40]. Other than this one Biosphere hold has additionally been proposed as of late. These zones spread distinctive altitudinal zones extending from tropical to elevated and are helping to a great extent in the in-situ protection of compromised and financially significant restorative plants of the state. Nonetheless, fragmentary data is accessible on the assorted variety, land circulation, use example, and legends data of undermined therapeutic plants in the state. In this manner, there is a squeezing need to recognize the territories (secured and unprotected) and report rich zones as financially Significant Plant Preservation Zones (EIPAZs) at various heights with the contribution of the local populaces and the different associations (State, Focal and NGOs). There is likewise an earnest requirement for the advancement of protection stores like natural nurseries, nurseries and urging ranchers to develop compromised therapeutic plants of the state. Despite the fact that there are numerous Legislative and non-Administrative associations putting their endeavors for the preservation of these significant plants, there are numerous other financially significant plants whose protection advances are yet to be institutionalized. Improvement of Preservation advances for these plants won't just help in animating mass development in fields yet in addition, help in diminishing weight on wild stock.

CONCLUSION

Restorative plants represent to and contribute altogether to human wellbeing. Utilization of restorative plants by Kashmiri Individuals from has a long history and here we covered 80 therapeutic plant species utilized in the conventional human services frameworks of Kashmir. This is the most complete audit to date and may give a base to additionally tries information identified with therapeutic plants of Kashmir. The various uses revealed in this study demonstrate that logical examinations are helpful in the approval of traditional medicinal rehearses for the advancement of new restorative specialists from therapeutic plants of Kashmir

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