

## PLANTS USED AGAINST GYNAECOLOGICAL DISEASES BY THE GUJJAR, BAKERWAL AND PAHARI TRIBES OF DISTRICT RAJOURI ( J&K)

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### ABSTRACT

The present paper deals with some ethno-medicinal plants of district Rajouri used by the Gujjar, Bakerwal and Pahari tribes inhabiting different areas of the district. Ethnomedicinal information on 10 plant species belonging to 9 families were documented by interacting with local Hakeems and traditional practioners for the cure of gynaecological diseases. Concerned scientific names along with their family, vernacular name, part used, disease cured have been discussed in this paper.

**KEYWORDS :** Ethno-medicinal plants, Tribes, Gynaecological Diseases, Rajouri

Medicinal plants constitutes a precious resources for mankind. Since times immemorial, plants have been put to medicinal use by the traditional herbalists/Hakims, vaidays, Ayurvedic practioners and the common man. The health care obtained by utilizing the plants, plant parts or plant compounds has always been held in high esteem by the Indian folk.

Nature has blessed the Rajouri District with a very rich botanical and ethno-medicinal wealth and has been used continuously by the tribals. Rajouri district is located in the south-western side of the J&K state. It is surrounded in the east by Reasi District, on the south by Jammu District, on the north by Poonch and on the west by the Pakistan. Being situated in the border areas in the Jammu region and having a topography of difficult and hilly terrain, the district is economically poor and industrially backward. Most of the people from this region are farmer and are inhabitants near the peer panjal range which lies in the north and north west. But over , the past few decades with the on slaught of industrialization, urbanization, deforestation, overgrazing and their reckless utilization, herbal health care has suffered a lot in this area.

The Gujjar, Bakerwal and Paharies tribes used the plants found around them to cure various ailments. Knowledge of these plants has descended from one generation to another as domestic practice. The hopes for remedies in chronic diseases generated new chapter in mind of researchers to develop herbal medicines and the modern sciences has accepted to the potential of plant kingdom as source of new biodynamic constituents.

An attempt has been made to explore the herbal plants used against gynaecological diseases by different

tribes and to documents its traditional knowledge, so as to avoid from toxic side effects of synthetic drugs, and herbal drugs should be preferred and are used in widely.

### MATERIALS AND METHODS

Regular fields trips were organized to different area of the District and the ethno-medicinal aspects of flora were studied. During the trips, the interviews, dialogues and discussion with rural, tribal and common elderly people, hakeems, vaid and women of different villages about the plants used to cure the gynaecological diseases. Repeated queries were made to verify the data. The plants were collected from the area of Darhal, Budhal, Kalakote, Nowshera, Thannamandi and sunderbani Tehsil as they compared of numerous hills and valley and rich in medicinal wealth. The plants have been cited in alphabetical order along with their local names, family and part used.

### RESULTS AND DISCUSSION

From time immemorial different plants are used as medicine in our country to cure the different types of ailments. But in the present investigation, ethno-medico remedies against gynaecological diseases as many as 10 plant species belonging to 9 families were documented. It is evident from the Table, 1 that ethno-medicinal plants seems to be one of the remedial measures for the Gujjar, Bakarwals and pharies of this area. Ethno-medicinal plant wealth which are used by local inhabitants against Gynacecological diseases to cure uterus displacement, irregular periods, post-pregnancy fever, menorrhoea, sexual weakness, etc. Shah et al., 2009; Shamim and Anwer, 2012; Desai et al., 2007; Khare, 2004; Kumar & Bhargava, 2005 & Singh & Tyagi

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**Table 1 : List of Medicinal Plants for Gynaecological Diseases**

Sl.	Botanical Name	Vernacular name	Family	Preparation and Medicinal uses
1.	<i>Abutilon indicum</i>	Kangi, Atibala Peeli booti, sonpatri.	Malvaceae	The bread prepared from the mixture of leaf powder (10gm) and wheat flour (200gm) is taken daily during night for about one month for the care of uterus displacement.
2.	<i>Aloe vera</i>	Ghee-Kunwar, Kawaar-Gandal, Kumari.	Liliaceae	Leaf juice (5gm) along with tumeric and black salt is taken twice daily in empty stomach to cure irregular periods.
3.	<i>Azadirachta indica.</i>	Neem	Meliaceae	The bark of the tree (20gm.) and bark of Acacia nelotica (20gm) boiled in three glasses of water and filtered. The filtrate one glass is taken in the morning in empty stomach for one week to cure white discharge.
4.	<i>Cynodon dactylon</i>	Doob, Dub	Poaceae	The whole plant and the flower of Hibiscus rosa-sinensis, old molasses are crushed with rice washed water and taken once daily in empty stomach to cure menorrhoea.
5.	<i>Ficus religiosa</i>	Pippal	Moraceae	The paste of the bark (10gm) is taken with water one glass twice daily for one month to cure white discharge.
6.	<i>Hibiscus rosa-sinensis</i>	Jabakusam	Malvaceae	White flower of the plant atleast 5 in number taken in the morning in empty stomach for about two-three months to cure white discharge.
7.	<i>Mangifera indica</i>	Aam	Anacardiaceae	The skin of unripe mango fried in desi-ghee is taken daily to cure menorrhoea.
8.	<i>Mimosa pudica</i>	Lajwanti	Mimosaceae	The powder of Mimosa leaf 5gm. Is taken daily in empty stomach for one month to cure menorrhoea.
9.	<i>Musa paradisiaca</i>	Kela	Musaceae	The stem juice one cup is taken twice daily for one month to cure menorrhoea.
10.	<i>Withania somnifera</i>	Ashwagandha	Solanaceae	Root used in sexual weakness forms an important ingredient of 31 energy capsules.

2006 also reported sum of the plant species used against different ailments. Discussed some of the plants used by the different tribes against different ailments. So, the need of the hour is to go for their conservation and its cultivation in the area, as we are progressing toward modernization, the knowledge of traditional uses of plants may not be lost in due course.

#### ENUMERATION

The some of the important plants of the area studied were arranged in alphabetical order. Concerned Scientific names along with their family, vernacular names, part used singly or in combination with other plants, methods preparation and dosage are showed in Table 1.

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