

**DOCUMENTATION AND EXPLORATION OF SOME WILD EDIBLE MEDICINAL PLANTS OF SUNDERNAGAR DISTRICT MANDI HIMACHAL PRADESH SITUATED IN THE FOOT HILLS OF HIMALAYA**

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**ABSTRACT**

The present paper is focussed on the local uses of some plants which are growing wildely and in cultivated habitats. These plants have strong active principles and chemical metabolites for the treatment of various health problems. The research area is situated in the himalayan region having diverse agroclimatic conditions making the area suitable for the growth of medicinal fauna.

**KEYWORDS:** Medicinal, fauna, metabolites, habitats.

**INTRODUCTION**

Present study is focussed on exploration and documentation of some wild plants which are used locally by the people of this area for the treatment of various diseases and ailments. The study area is situated in the foot hills of Himalaya having a diverse range of the climatic conditions with the average temperature ranges from 11.3 degree to 29 degree centigrades. The June is the hottest month and December-January is the coldest month with freezing temperatures. This area is surrounded from all the sides by hills and thick forest cover, making fauna of the area more unique and medicinally important. The study area has many edible and medical plants which are used as the remedy measures for the treatment of various ailments. Due to the harsh temperature and climate zone driven in this area, the plants synthesize more active metabolites which are used in the treatment of various ailments in a natural

and herbal manner. The main aim of the present paper is to highlight and explore the medicinal and local uses of these plants in the treatment of various ailments and moreover to highlight these herbal remedies to the world.

**MATERIALS AND METHODS**

All the plants were collected manually and air dried for an fortnight and then stored in the plastic air tight jars for further uses. Seeds of these medicinal plants were collected from their wild populations from an altitude of 900 to 1000m amsl. Only few seeds were collected and rest of the seeds were left undisturbed for the further regeneration in their natural habitat and as a measure for their conservation. Their local uses were discussed and confirmed from the local and native people of this area. Few plants and their parts were collected for the purpose of their identification in the form of herbarium.

**RESULTS AND DISCUSSION**

S.no.	Scientific Name	Family	Local Name	Parts Used	Folk uses
1	<i>Achyranthes aspera</i>	Amaranthaceae	Puthkanda	Seed, Leaves	The seeds are given in hydrophobia, in case of snake bite in ophthalmic diseases. The pulp of fresh leaves applied externally for scorpion sting.
2	<i>Acorus calamus</i>	Araceae	Bare, Bacha	Leaves, Roots	The powder of leaves and roots are used as insecticide for pests and insects. Roots are dried, crushed and put in a cloth which is tied to the chest of a patient suffering from a cough.
3	<i>Berberis lycium</i>	Berberidaceae	Kashmal, Daruhaldi	Roots, Stem	The extract of either root and stem known as rasount has been used in older times for treatment of skin diseases, sores and leprosy, as an

					antidote for poisoning, a good remedy for oral ulcers and piles.
4	<i>Bombax ceiba</i>	Bombacaceae	Semal	Seed, Bark Flower, Root	Decoction of seed and barks used for the treatment of gonorrhoea. Whole plant material is used in smallpox, bleeding gum, toothache.
5	<i>Cannabis sativa</i>	Cannabaceae	Bhang	Leaves	Paste of leaves is used in case of gonorrhoea. Paste of fresh leaves is used to resolve tumors. Leaves paste also used in case of honey bee bite.
6	<i>Curcuma longa</i>	Zingiberaceae	Haldi	Rhizome	Powder of rhizome mixed with milk daily twice a day given to the patients to strengthen the body and to cure the internal injuries after an accident. Rhizome paste with mustard oil good for strengthening the gums. Dried powder of turmeric along with honey is used in case of dry cough.
7	<i>Ficus benghalensis</i>	Moraceae	Bad, Bargadh	Roots, Leaves	Roots powder is used in the treatment of syphilis, dysentery and inflammation of liver. Later is used in case of piles and nose problems. Oil smeared heated leaves are applied externally for suppuration of underarm boils.
8	<i>Murraya koenigii</i>	Rutaceae	Curry patta	Leaves, Branches	Leaves are used as mouth freshner while young branches are used for flavouring curries and chutney. Infusion of leaves with "Gur" and onion is taken with hot water twice a day for stomach pain.
9	<i>Ocimum basilicum</i>	Lamiaceae	Bhabri	Whole Plant material	Decoction of whole plant material is useful in case of gonorrhoea.
10	<i>Tinospora cordifolia</i>	Menispermaceae	Giloe, Guljaya	Whole plant material	Whole plant material decoction is used for the treatment of gonorrhoea.
11	<i>Terminalia bellirica</i>	Combretaceae	Bahera	Fruit	Dried fruit powder with salt is used in pile treatment. Fruit is an important component of "Triphala". They are also used during indigestion.
12	<i>Terminalia chebula</i>	Combretaceae	Harar	Fruit	Dried fruit with salt is used in Cough treatment. Pulp of harar fruit is given in piles and vomiting.
13	<i>Viola odorata</i>	Violaceae	Vanaska	Whole part flower	Boiled fresh dried plant material is mixed with water and sugar, this decoction is taken orally at night for seven days for the treatment of jaundice and other lung ailments.
14	<i>Zingiber officinale</i>	Zingiberaceae	Adrak	Rhizome	Semi-heated rhizome is used for cough and cold. Powdered rhizome is used with desi ghee which is prescribed with milk for the treatment of rheumatic pain.

## CONCLUSION

In the current scenario people are totally dependent on allopathic means for the treatment of their diseases. But now they realised that allopathic drugs are costly and lots of side effects and moreover damaging effects on vital body organs. While treating the diseases in herbal way has primarily with zero side effects and secondarily with low cost. So this is an sincere effort to highlight the local

uses of these plants which can be used as an alternate to deal with various ailments. This can help in the awakening the people for the use of local fauna and further in their conservation in their natural habitat.