

TRADITIONAL USES OF SOME COMMON MEDICINAL PLANTS BY THE LOCAL PEOPLE OF KOTDWARA REGION, UTTARKHAND (INDIA)

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Abstract: Present communication embodies the traditional knowledge of medicinal plants used by the locals of Kotdwara region, Uttarkhand (India) and the ethnomedicinal data gathered from traditional healers (vaid) who inhabit the study area. During the present study, a total of 70 medicinal plants have been identified that belongs to 44 families. Apart from being used for medicinal purpose; some of these providing vegetables and fruits were cultivated on large scale for commercial purpose viz. *Beta vulgaris*, *Citrus aurantifolia*, *Carica papaya*, *Emblica officinalis*, *Musa paradisiaca*, *Syzygium cumini*, *Punica granatum*, *Psidium guajava* and *Momordica charantia*. Some other plants namely *Coriandrum sativum*, *Cuminum cyminum*, *Curcuma longa* and *Zingiber officinale* were used by the local peoples as spices and flavoring agents. Further studies on these medicinal plants can lead to the isolation of various photochemicals from them that can be used for health care.

Keyword: Kotdwara, Medicinal, Traditional, Extract, Decoction

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