

ETHNOMEDICINAL USES OF SOME PLANTS AMONG THE TRIBAL PEOPLE OF POONCH DISTRICT OF JAMMU AND KASHMIR NORTH WEST HIMALAYA (INDIA)

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Abstract : The present manuscript highlights the occurrence of some common plants used to cure different ailments by the tribal and rural people along with local names in different areas of Poonch district of Jammu and Kashmir. An ethnobotanical survey was made from January 2010 - January 2012 and the data was collected through the cross examination of the inhabitants by visiting along with them in the field and in some cases by showing the herbarium sheets, live collection of the plants and photographs. The most common plant parts used to cure different diseases are root, rhizome, leaves and even whole plant parts for the treatment of abdominal colic, sexual disorder, spermatorrhea, white discharge, dysentery and even the most dreaded diseases like cancer. The paper will be very useful for the scientific community in general and also for the conservation of traditional knowledge of the region.

Keywords : Ethno traditional, Knowledge, Poonch district (J&K) India, Rural, Tribal

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