

HERBAL REMEDIES USED AGAINST SOME COMMON AILMENTS IN INFANTS IN KISHTWAR HIGH ALTITUDE NATIONAL PARK (JAMMU AND KASHMIR) INDIA.

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Abstract: Traditional herbal medicine plays a large role in Indian society. All though the role of medicinal herbs as a source of traditional medicine have decreased due to the introduction of allopathic drugs but still their importance as a prime source of rural healthcare is unparalleled. Kishtwar High Altitude National Park (KHANP) is situated in the North of Kishtwar town in newly created district Kishtwar carved out of the erstwhile district Doda of Jammu and Kashmir State. The area of the National Park includes 35 villages with about 20000 human population. Since the area is unelectrified, lacks motorable road connectivity and modern healthcare facilities, the local populace is largely dependent on traditional resources for day to day needs. The paper presents information on the traditional uses of twenty plant species in the treatment of some common ailments in infants by local inhabitants of Kishtwar High Altitude National Park, Jammu and Kashmir.

Key words: Herbal, Ailments, Diseases, Inhabitants, Infants.

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