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USE OF MEDICINAL PLANTS IN EASTERN PART OF POKHARA, NEPAL

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ABSTRACT

From the beginning of civilization, man's relationship with the surrounding plant resources has always been very intimate. This study provides information to the general people to protect such medicinal plants. Kumal ethnic community mainly lives in Thulo-Kumal Gaun and scattered in different parts of Pokhara valley such as Dhungepatan, Bhandardik and Patneri. Altogether 20 medicinal plant species were identified.

Key words: Herbs, medicinal plants, remedy.

INTRODUCTION

Medicinal plants are the local heritage with global importance. The world is endowed with a rich wealth of medicinal plants. Herbs have always been the source of medicine and are becoming popular throughout the world as people strive to stay healthy in the face of chronic stress and pollution and to treat illness (Manandhar, 1993). Medicinal plants play an important role in the lives of rural people particularly in remote part of developing countries, with poor health (Prajapati, 2003) The plants are the most valuable resources of Nepal which provide wide range of useful products such as food, medicine, timber, fodder, fuel, fiber condiments etc. But nowadays erosion of ethnobiological knowledge was found among the Kumal ethnic group. So, present work attempts to focus on importance of such medicinal plants. Objectives of present study were to have knowledge about the plants used as medicine by Kumal ethnic groups, to identify them and report parts used in medicine.

MATERIALS AND METHODS

Study Area

Present study was conducted in Thulo Kumal Gaun, Pokhara Metropolitan City-26 and scattered in different parts of the city such as, Dhungepatan, Bhandardhik and Patneri (Figure 1).

Data collection and identification

The data was collected by participant, observation, focus group discussion and semi-structured interviews, with head of the household. Plant specimens were collected and deposited in the Herbarium of Department of Botany, Prithvi Narayan Campus, Pokhara and identified following Watanabe, Bhandari, Malla and Yahana (2005), and Polunin and Stainton (1999).
RESULTS AND DISCUSSION

The present study revealed 20 medicinal plant species used by the Kumal ethnic group. Detailed description is provided in Table 1.

Table 1 shows various trees, shrubs and herbs have traditional medicinal value. Those plants were used as whole or as leaves, root, rhizome, fruit, flower and tuber and should be kept under higher priority for conservation.

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Scientific Name</th>
<th>Local Name</th>
<th>Family</th>
<th>Parts used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ocimum sanctum</em> L.</td>
<td>Tulasee</td>
<td>Labiatae</td>
<td>Stem and leaves were used for treating common cold and fever.</td>
</tr>
<tr>
<td>2.</td>
<td><em>Aloe barbadensis</em> Mill</td>
<td>Ghiu kumaree</td>
<td>Liliaceae</td>
<td>Leaves were used for remedy of piles, gonorrhea, constipation, liver and spleen enlargement.</td>
</tr>
<tr>
<td>3.</td>
<td><em>Adatoda Vasica</em> Nees</td>
<td>Asuro</td>
<td>Acanthaceae</td>
<td>Leaves were used for scabies and other skin diseases, leaves and flowers for bronchitis, fruits for body ache and roots for malaria fever, respiratory disease and gonorrhea</td>
</tr>
<tr>
<td>4.</td>
<td><em>Zingiber officinale</em> Rose</td>
<td>Aduwa</td>
<td>Zingibaraceae</td>
<td>Stem (rhizome) was used for cough, asthma, dropsy, pulmonary disorders, digestive problems, dyspepsia and rheumatism.</td>
</tr>
<tr>
<td>5.</td>
<td><em>Rauwolfia sarpantina</em> Beth ex Kurg</td>
<td>Sarpagandha</td>
<td>Apocynaceae</td>
<td>Root with bark were used for treating insanity, high blood pressure insomnia, hypertension and irritable condition of nervous system.</td>
</tr>
<tr>
<td>6.</td>
<td><em>Santalum album</em> L.</td>
<td>Shrikhandha</td>
<td>Santalaceae</td>
<td>Stem powder mixed with milk was used for bile disorders, dysentery, excessive thirst, gonorrhea and gastritis.</td>
</tr>
<tr>
<td>7.</td>
<td><em>Chenopodium album</em> L.</td>
<td>Bethe sag</td>
<td>Chenopodiaceae</td>
<td>Stem and leaves were used for to relieve stomach pain. It is also used as delicious vegetable.</td>
</tr>
<tr>
<td>8.</td>
<td><em>Amaranthus spinosus</em> L.</td>
<td>Lude kada</td>
<td>Amaranthaceae</td>
<td>Leaves and roots were boiled in water and taken for intestinal disease; crushed leaves and roots were used for skin infection; juice for dysentery and root juice mixed with cold water to care painful urination.</td>
</tr>
<tr>
<td>9.</td>
<td><em>Mentha spicata</em> L.</td>
<td>Pudina</td>
<td>Labiatae</td>
<td>Leaves were used to treat indigestion, rheumatism and cold.</td>
</tr>
<tr>
<td>10.</td>
<td><em>Papaver somniferum</em> L.</td>
<td>Aphim</td>
<td>Papaveraceae</td>
<td>Fruits were used for diarrhea, chronic gastritis, vomiting, rheumatism, dysentery and for powerful toxicity substance to relieve nervous excitement and to induce sleep.</td>
</tr>
<tr>
<td>11.</td>
<td><em>Orchis incarnate</em> L.</td>
<td>Barcaino</td>
<td>Meliaceae</td>
<td>Root tubers powder was used for stomach and urinary troubles, to control bleeding and paste of rhizome was used to cure cuts and wounds.</td>
</tr>
</tbody>
</table>
CONCLUSION

The plant body parts, method of preparation and application of medicine often differed among the groups. Trees, shrubs and herbs were effective for traditional medicinal value to the studied ethnic group.

ACKNOWLEDGEMENTS

We are thankful to local Kumal ethnic group of Thulo Kumal Gaun, Pokhara Metropolitan City-26, for necessary help and would like to thank to Mr. Kul Bahadur Kumal for his help for providing valuable information about traditional medicinal plants and medicine.

REFERENCES


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4. The research article should contain: the title, the name and address of the author(s), abstract (not exceeding 250 words), introduction, materials and methods, results, discussion, conclusion, acknowledgements and references. Figures, maps, tables, charts, graphs etc. should be on separate sheets.
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