



Asian Journal of Plant Sciences

ISSN 1682-3974

science
alert

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Ethenomedicinal Survey of Plants of Khanabad Village and its Allied Areas, District Gilgit

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Abstract: An exhaustive ethnomedicinal investigation of plants was carried out in Khanabad village and its allied pastures of district Gilgit. The paper encompasses 126 plant species distributed among 48 families out of which 42 families belong to dicotyledons, 2 monocotyledonous 3 gymnosperms and 1 pteridophyte. This study is primarily concerned with the therapeutic properties of medicinal plants. The information collected from the local people and list being mentioned are expected to prove helpful in shortlisting the plant species found in this area. It will assist the forest, pharmaceutical firms, medicos and wild life managers in their efforts for improving the public health service and medicinal plant wealth of the area.

Key words: Ethenomedicinal, therapeutic properties, local community, Gilgit

Introduction

Khanabad is a small village of Hunza sub-division, which is 65 Km away from District Gilgit (Northern areas) at an elevation of 2000 meters above sea level (Personally documented). It is bounded on the South by Hunza River, on the East by Karimabad and Khunjab and on the west by Mayoan, Hussainabad and Khizarabad villages. Raka Poshi (7,788 meter) the snow-capped mountain stands to its North. Summer is pleasant, while winter is very hard. July and August are the hottest months, whereas December and January are the coldest months of the year during which the temperature falls below the freezing point. The average mean maximum and minimum temperature of the year is 25.24 and 6 °C respectively. Geologically the rocks are of igneous, metamorphic and sedimentary types (Sheikh 1975). Mostly the soils are sandy loam silty clay and clayey loam.

Human behavior has a direct impact on the plant communities with which they interact. These interactions are the focus of ethnobotany (Pei, 1995). Heinrich and Barerra (1993) have described the importance of ethno-botanical research in understanding relative importance of medicinal plants and their indigenous prescriptions and products for a society. Shinwari (1996) discussed the present status of ethnobotany in Pakistan. He stressed upon the need of exploration, documentation and application of traditional knowledge in the use of natural resources.

Leporatti and Lattanzi (1994) studied 27 medicinal plants ethnobotanically in Makran and discussed their traditional medicinal uses. Goodman and Ghafoor (1992) conducted ethnobotanical study in Baluchistan province. It is the region where a heterogeneous cultural group known as Baluch lives. They collected information about 114 plant species used by nomads and village dwellers. Shinwari and Khan (1996) focused on information regarding traditional uses of plants of Kaghan valley. Shahzad *et al.* (1999) reported vegetation composition of Samahni valley (AJK). Shahzad and Qureshi (2001) have described the common ethnomedicinal uses of plants in Jatlana area district Mirpur (AJK). Dastagir (2001) reported the medicinal plants of Mai Dhani Hill, Muzaffarabad (AK). Bukhari (1996) reported that as many as 69 plant species are used as crude drugs by the local people and folk lore for treating various diseases in National Park Machayara Muzaffarabad (A.K). Khan (1996) reported phytosociological study in Babusar valley and recorded five plant communities in Babusar valley, district Diamer. He also described the vegetation type, range management and medicinal plants of the area. Rasool (1998) studied the medicinal plants conservation status of Northern areas and recorded 60 medicinal

plants from different locations of Northern areas. Gorski and Shahzad (2002) reported the medicinal uses of plants by the local community in Dhir Kot, district Bagh (AK). Local people collect medicinal plants for use as home remedies at large. Information about the collection, quantities and uses of the plants are badly needed to be communicated.

The present information can serve as the foundation for further investigation because no detailed ethenobotanical exploration has been carried out in this area so far.

Materials and Methods

The plant specimens were collected from different spots of Khanabad village and its allied pastures of district Gilgit during the period July-August 2000. The specimens collected were pressed in the blotting papers for removal of moisture, powdered naphthalene was sprinkled over the plants against fungal attack. Blotters were changed after every 2-3 days until the plants were fully dried. The dried plants were glued and mounted on herbarium sheets. Data relating to different ethenobotanical aspects were collected from local people of the areas. The collected plants were identified with the help of available literature (Nasir and Ali 1970-1987; Kirtikar and Basu, 1989). Further identification was done by comparing the collected plants with the collection in Herbarium, Department of Biological Sciences, Quaid-I-Azam University, Islamabad. Most of the specimens of the collected species were deposited in the Herbarium of the Department of Botany, University of Azad Jammu and Kashmir, Muzaffarabad.

Results and Discussion

Information about the usefulness of the plants as medicines has been collected and documented as used by the local people. The present study provides information about some therapeutic uses of 126 plant species belonging to 48 families out of which 42 families belong to dicotyledons, 2 monocots, 3 gymnosperms and pteridophyte (Table 1). These medicinal plants are either used singly (muftrad) or in combination (murakkab) with some other plant or plant parts. The plant drugs are generally used for curing several diseases. Since the uses are based on empirical knowledge, the scientific study of all these herbal drugs is highly desirable to establish their efficacy for safe use. The area needs proper protection for sustainable and long term conservation and survival of bio-resources. The medicinal plants can be protected by conservation programmes with the help of the local people. Regular chemical screening of different medicinal plants and their useful parts collected from the field in different seasons be done.

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Table 1: Ethenobiological value of plants of Khanabad village and its allied areas, district Gilgit

Family name	Botanical name	Local name	Status	Ethenobiological value
Asteraceae	<i>Anaphalis nepalensis</i> Spreng, Hang.	Phitiphonar	Herb	Flower heads are useful in treatment of fever and Cough. Fresh leaves are bruised and applied to the wounds as plaster. Locally the herb is used as fodder and the dried leaves cure cough stomachache and are diuretic.
	<i>Anaphalis neulghiana</i> Linn.	Gamokay- phonar	Herb	Herb is locally used as fodder. Dried leaves are useful in treatment of Cough and Stomachache. It is diuretic.
	<i>Anaphalis triplinervis</i> (Sims), Vanclark.	Chikiga Chandor	Herb	Leaves and roots are stomachic. Dried leaves are employed against fever.
	<i>Artemisia dubia</i> Linn.	Zoon	Herb	The plant is anthelmintic and antiseptic. The leaves and tops are administered in nervous and spasmodic affections connected with debility, in asthma and disease of the brain.
	<i>Artemisia maritima</i> Linn.	Afsanteen	Herb	The seeds are bitter, hot, pungent, with a sharp taste; stomachic, appetiser, aphrodisiac, anthelmintic; cure indigestion, abdominal pain, mucous diarrhoea. The herb has a bitter bad taste; laxative, anthelmintic, alexiteric, vulnerary; stops expectoration and removes bad humours, cures scorpion sting; useful in toothache, griping, ophthalmia and inflammation. It is used as an antiperiodic. An infusion (and also decoction) of the fresh plant has been very successfully used in case of ague, intermittent fever. It is a very useful febrifuge. The plant is given to children for stomachache; it is a cure for jaundice. Powder consisting of the flower heads with an admixture of small stalks and leaves of <i>A. maritima</i> has been found to be efficacious in expelling round worms with the aid of castor oil. The juice of flower heads is applied to the part affected in snake – bite and scorpion sting.
	<i>Aster alpinum</i> Clarke.	Shadonbati	Herb	The flower heads are used in pulmonary at affections, and hemorrhages. The fresh juice is an indigenous medicine for cough and malarial fever.
	<i>Bidens pilosa</i> Linn.	Cobbler's peg	Herb	Dried flower buds ground and mixed with alcohol are used as mouth wash in toothache. For sore eyes the pounded leaves are applied over the ey-lids. The juice of the leaves is commonly squeezed in to the eyes or the ears to cure eye complaints or ear complaints. In the latter case the leaves are first wormed in water with pepper. Young shoots are chewed for the treatment of rheumatism. Tribals administer the powdered leaf in water as an enema for abdominal troubles on the sides for the relief of pain. The flower is a remedy for diarrhoea, and an infusion of the leaf and root a remedy for colic.
	<i>Conyza canadensis</i> Conq.	Sadanbati	Herb	Tribals used the plant powder as a repellent of domestic insects. The plant is a good fodder. Homeostatic stimulant; diuretic, astringent and also used in diarrhoea, dysentery and uterine hemorrhage.
	<i>Echinops echinatus</i> Roxb.	Jacheer	Herb	The plant is pungent, bitter, hot; improves the taste, used in strangury, biliousness, urinary discharges, gleet, thirst, diseases of the heard. The root is abortifacient, aphrodisiac. The seeds are sweet; wholesome, cooling, aphrodisiac. The plant is bitter, stomachic, antipyretic, analgesic; increases the appetite; stimulates the liver; useful in disease of the brain; used in ophthalmia, chronic fever, pains in the joints, inflammations. The root is aphrodisiac. The drug is bitter, toxic and diuretic; the roots mixed with Acacia gum and applied to the hair to destroy lice; also the powdered roots are applied to wounds in cattle to destroy maggots.
	<i>Erigeron alpinum</i> Linn.	Sipsipsoe	Herb	The herb possesses diuretic properties and is stomachic. Fleabane is a remedy in gravel with other diseases of the kidneys. Tea is prepared from dried root. Powder, which is calmative and antiphloristic.
	<i>Saussurea atkinsonii</i> Clarke.	Menal	Herb	Dried roots are used in cough, fever, dyspepsia and skin diseases.

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Table 1: Continue

Family name	Botanical name	Local name	Status	Ethenobiological value
	<i>Sassurea lappa</i> Decne.	Menal	Herb	The root is hot, bitter, sweetish, pungent; fattening, aphrodisiac, alterative; improves the complexion; cures leucoderma, erysipelas, itching, ring worm, diseases of the blood, bronchitis, vomiting; scabies used in epilepsy, headache, and hysteria. The root is of two kinds; sweet and bitter; aleecipharmic, carminative, analgesic, anthelmintic, emmenagogue, aphrodisiac, tonic, stimulant to the brain, cures diseases of the blood, the liver and the kidney; cures head ache, deafness, pain in the chest and in the joints, paralysis, asthma, cough, inflammations, ophthalmia, old fevers. The root is prescribed as a stomachic and tonic, in the advanced stage of typhous fever. Applied in powder, to ulcers, for worms in wounds and also in rheumatism; also considered deputative and aphrodisiac. In Gilgit the root is used against the heart diseases of the cattle. The seeds are given for colic.
	<i>Senecio jacquemontianus</i> Hook.	Mitiri	Herb	
	<i>Taraxacum officinale</i> Webern. Wigg.	Isknachi	Herb	The root is diuretic, tonic and slightly aperient. It is chiefly used in kidney and liver disorders. The leaves are used for fermentations.
Berberidaceae	<i>Berberis lycium</i> Royle.	Ishkeel Sumbal	Shrub	Root bitter with an unpleasant taste; used in splenic troubles; tonic, a good febrifuge; in -testinal astringent; good for cough, chest and throat troubles eye-sores and itching of the eye, piles and menorrhagia; useful in chronic diarrhoea; allays thirst; as a gargle strengthens the gums; a good application to bile the root is highly esteemed as a febrifuge and as a local application in eye diseases. An extract prepared by digesting in water sliced pieces of the root, stem, and branches is called rusot, and is used advantageous in cases of ophthalmia. Leaves are used in a cure for jaundice. The fruit is given as a tonic in troubles of the kidney.
	<i>Podophyllum emod</i> Wall.	Kakri	Herb	The rhizomes and roots act as hepatic stimulant and cholagogue Purgative. The podophyllum resin, podophylloresin is alterative, emetic; bitter tonic and drastic purgative. This herb has recently attracted attention due to its reported cancer curing properties.
Betulaceae	<i>Betula utilis</i> D. Don.	Jonjii (Birch)	Tree	The bark is acrid, pungent, heating; tonic, alexiteric, useful in convulsions, bronchitis, diseases of the blood. The bark is good for ear-ache. The decoction of the bark is used as a wash in otorrhoea and poisoned wounds. The infusion of the bark is used as a carminative; it is Prescribed also in hysteria. It has also certain aromatic and antiseptic properties. The bark is used in the form of decoction for jaundice and bilious fevers.
Boraginaceae	<i>Cynoglossum glochidiatum wallichii</i> Wall ex Benth.	Gasmalee	Herb	Village people use the flower in making scent. Dried petals are mixed with milk and used as decoction. The herb is antiseptic.
Brassicaceae	<i>Brassica campestris</i> Linn.	Kawamshah	Herb	Root and leaves are considered as stomachic. Seeds when mixed with hot water form an efficient counter-irritant poultice, if combined with camphor, is useful in muscular rheumatism stiff neck; it is also used in dengue fever and is rubbed on the chest in bronchitis. Oil contains glycerides of erucic acid.
	<i>Capsella bursapastoris</i> Medik.	Junglisha	Herb	Plant is astringent. Seeds are stimulant. When given in the form of a fluid extract it arrests bleeding and floods; and it may be considered a most reliable medicine for staying fluxes of blood. The fluid extract of the herb is also given for drops as a diuretic and against hematuria and diarrhoea.
	<i>Sisymbrium loeselii</i> Linn.	Hawanay Kitch	Herb	The leaves and flowers are given in scurvy and in scrofula.
	<i>Sisymbrium irio</i> Linn.	Manoko Katch	Herb	The seeds have a hot sharp taste; they give mucilage with water; tonic, stimulant bacchic, the seed is expectorant and restorative and used externally as a stimulating poultice it is said to be febrifuge Infusion of the leaves is given in affections of the throat and of the chest.
Cannabinaceae	<i>Cannabissativa</i> Linn.	Thoonch	Herb	Ancient people used the herb in the treatment of migraine, acutemania, insanity, delirium and nervous exhaustion. Tribals administered the leaves to induce deep sleep and diarrhoea. The leaf paste is employed in resolving tumors. The dried leaf powder is used for dressing of wounds and sores. The leaf and floral extract is consumed as beverage by mixing with milk in rural areas. Tribals smoke the leaves for emphoric purpose. The flowering tops of female plants are used as a analgesic and sedative and contains 15 – 20 percent resin. Hemp seed oil is extracted from seed and used in soap, varnishes and paint industry. The resinous exudation of charas is collected from the leaves shortly before the formation of flowers.

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Table 1: Continue

Family name	Botanical name	Local name	Status	Ethenobiological value
Capparidaceae	<i>Capparis spinosa</i> Linn.	Choper	Shrub	The root bark is bitter, hot and dry; aperient tonic, expectorant, anthelmintic, emmenagogue, analgesic; good in rheumatism, paralysis tooth ache, enlarged spleen. Tubercular glands; the juice kills worms in the ear. The dried bark of the root is considered diuretic. A jelly prepared from fruits is considered to be a cure for rheumatism and for snakebite. The young flower buds are antiscorbutic, stimulant and aperient the bark of the roots is diuretic. The leaves are bruised and used as poultices for goutyaffections.
Caryophyllaceae	<i>Silene vulgaris</i> <i>Moench clarcke.</i> <i>Silene inflata</i> Sm.	Gegyo	Herb	The herb is diuretic, sedative and aphrodisiac. The plant is known as emollient and is used in bath. Used as fodder for cattles .
Chenopodaceae	<i>Chenopodium album</i> Linn.	Jungli gashoon Kunah	Herb Herb	The plant is carminative, blood purifier and also used as fodder. The plant improves the appetite; oleaginous, dieneaeadien anthelmintic, laxative, diuretic, aphrodisiac, tonic; useful in biliousness, abdominal pains, eye diseases, throat troubles, piles, diseases of the blood, the heart, the spleen. The plant is used as a laxative. It is used in the form of pot herb in piles. Locals use an infusion as an enema for intestinal ulceration. The finely powdered leaves are used as a dusting powder about the external genitalia in children.
Convolvulaceae	<i>Cuscuta reflexa</i> Roxb.	Junayphoce	Herb	The plants is acrid bitter; astringent to the bowels, aphrodisiac, alterative, tonic; useful in diseases of the eye and of the heart and in biliousness. The herb has a bitter, sharp taste; expectorant, carminative, tonic, anthelmintic, purgative; diaphoretic, diuretic; purifies the blood and cleanses the body; lesser inflammation; useful in jaundice, pains in the muscles and joints, heat of the brain, headache, paralysis, diseases of the spleen, vomiting, lumbago. The seeds have a bitter bad taste; sedative, emmenagogue, diuretic; useful in diseases of the liver and the spleen, quartan fever, chronic fevers, griping, hiccough; purify the blood and cleanses the bowls; the infusion is given in ophthalmia.
Crassulaceae	<i>Sedum edwersii</i> Ledeb.	Fityphonar	Herb	The seeds are given for colic.
Cucurbitaceae	<i>Luffa aegyptica</i> Mill.	Turi	Climbing Herb	The fruit is oleagenous, laxative, removes biliousness; useful in leprosy. The fruit is of three kinds; bad taste; expectorant, excellent tonic; cures biliousness, spleen diseases, leprosy, piles, fever, hematuria, syphilis, and bronchitis. The seeds ate cathartic.
	<i>Luffa acutangula</i> Roxb.	Turi	Herb	The plant is slightly pungent, acrid bitter; laxative; carminative, digestible, alexiteric, a tonic to the intestines. Cures biliousness, anaemia, liver complaints, leucoderma, piles, inflammation, bronchitis, ascites, jaundice, tumours tuberculous glands, uterine and vaginal tumours; useful in rat-bite. The fruit destroys bad taste in the mouth; cures urinary discharge, fever, leucoderma, bronchitis, asthma and biliousness, the root bark is abortifacient, hydragogue, cathartic, diuretic.
Cupressaceae	<i>Juniperus communis</i> Linn.	Tikchilli	Shrub	The plant is bitter, pungent, acrid; heating; appetiser; carminative, anthelmintic, alexipharmic, laxative; useful in diarrhoea, abdominal pain, stranguary, diseases of the spleen and abdomen, ascites, tumours, piles, bronchitis, indigestion, constipation, vaginal discharges. The plant has a bad odour and a sour, sweet, sharp taste; mild astringent to the bowels, antipyretic, tonic, the stem is bitter; purgative, alexipharmic, styptic, vulnerary, diuretic, emmenagogue, aphrodisiac, antidia phoretic, tonic; enriches the blood; useful in stomatits, bronchitis, chest troubles, liver complaints, piles, labour pains. The fruit has a bad taste; aphrodisiac, styptic, useful in asthma, stomatitis, hemicaranea, chronic bronchitis, diseases of the liver and spleen; applied in hydrocele, and prolapse of the rectum. The oil from the fruit is emmenagogue, abortifacient, tonic, anthelmintic; good for earache, toothache, piles; cooling to the brain; nuts are prescribed as diuretic and stimulant and are used for the treatment of gonorrhoea.
	<i>Juniperus macropodia</i> Bliss.	Chilli	Tree	The fruit and oil are diuretic, carminative, stimulant and are used in dropsy. Gonorrhoea, gleet, leucorrhoea and some cutaneous diseases. The berries are given in scanty urine, chronic brights diseases, cough and pectoral affections. Locally the powder of berries is externally applied to the rheumatic and painful swellings of the body. The ash of the leaves is mixed with tobacco to make the local "Naswar".
Elaeagnaceae	<i>Hippohae hamnoides</i> Linn.	Chacoo	Shrub	A decoction of the berries is used for cutaneous eruptions. The oil extracted from the plant is used for making cosmetics. Seeds are used for cancer treatment. The fruit is very acidic and used as syrup for cough.

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Table 1: Continue

Family name	Botanical name	Local name	Status	Ethenobiological value
Gentianaceae	<i>Gentiana kurroo</i> Royle.	Neeli booti	Herb	The plant has a bitter bad taste; blood tonic, emmenagogue; useful in syphilis and leucoderma. The root is medicinally used as a bitter tonic and as a substitute for the true Jentin. On the hills it is viewed as a febrifuge used principally as a masala for fattening horses. Acts as an aperient in larger doses. Said to diminish the fever of phthises, used for urinary affections.
	<i>Gentinella</i> sp.	Gashoo phonar	Herb	The plants is purgative, carminative and astringent.
	<i>Swertia petiolata</i> D. Don.	Mumiri	Herb	Dried, pulverized root mixed with milk is poured in to the eyes for relief of pain in the eyes.
Geraniaceae	<i>Geranium wallichianum</i> D. Don ex sweet.	Neeli phohari	Herb	The whole plant is noted for its astringent properties. Root powder is used in case of jaundice, kidney and spleen problems. Floral parts and leaves extract is used for vision problem and blood purification .
Gnetaceae	<i>Ephedra gerardiana</i> Wall.	Asmania	Shrub	The alkaloids ephedrine and pseudo- ephedrine obtained from the shrub are used to cure heart disease, hay fever and asthma etc. Decoction of the stem and roots is a popular remedy for rheumatism and syphilis. The juice of the berries is given in affections of the respiratory passages .The alcoholic extract is very effective in controlling asthma and heart failure. The tincture is an excellent cardiac stimulant in toxic conditions of the heart produced by such infections as pneumonia, diphtheria etc.
Gnetaceae	<i>Ephedra intermedia</i> Schrenk.	Som	Shrub	A decoction of the stems and roots is a popular remedy for rheumatism and syphilis, and the juice of the berries is given in affections of the respiratory passages. The thin leafless branches, are considered diaphoretic and antipyretic; the root is used as a mild astringent, the alcoholic extract is very effective in controlling asthmatic paroxysms and in cases of left heart failure. The tincture is an excellent cardiac stimulant in toxic conditions of the heart produced by such infections as pneumonia diphtheria etc. The ash of the burnt plant is mixed with tobacco is taken as Naswar by the natives. Fruit is edible and is used as remedy for hay fever. Seeds are used as cooling medicine.
Juglandaceae	<i>Juglans regia</i> Linn.	Achoo	Tree	The bark is used as an anthelmintic, and detergent; the leaves are astringent, and tonic, in decoction are supposed to be specific in strumous sores, and to be anthelmintic; the fruit is also believed to have an alterative effect in rheumatism. The bark and leaves are considered alterative, laxative and detergent. They are in herpes, eczema, scrofula and syphilis. Externally the infusion is used as an application to skin eruptions, ulcers etc. the vinegar of the pickled young fruit makes a very useful gargle for sore throats even when slightly ulcerated. The kernel of the nut affords an oil which is useful when applied externally for troublesome skin diseases of the leprous type.
Lamiaceae	<i>Mentha arvensis</i> Linn.	pudina	Herb	The plant has a bad taste and smell, expectorant, emmenagogue, tonic to kidney; useful in diseases of the liver and spleen, asthma pains in the joints. The dried plant is refrigerant, stomachic, diuretic, and stimulant. Antispasmodic and emmenagogue. Used in jaundice and to stop vomiting.
	<i>Mentha longifolia</i> (L) Huds.	Jungli pudina	Herb	Herbal tea is taken in abdominal disorder, also used in carminative in diarrhoea and dysentery. Tonic, stomachic, stimulant and carminative. Emmenagogue and sudonfic, antispasmodic, anthelmintic, diarrhoea and cooling medicine.
	<i>Mentha sylvestris</i> Linn.	Bundo (Fili)	Herb	The plant is astringent to the bowels, anthelmintic; useful in diseases of the heart, bronchitis, loss of appetite, diarrhoea, and dysentery; cures anuria. Dried leaves and flower heads are carminative and stimulant. The leaves soaked in water gives an infusion which is drunk as a cooling medicine. The herb is aromatic, antispasmodic and stomachic. seed oil as believed to be best remedy for headache. Soup is used to care fever and cough. Flower tops are diuretic and stimulant.
	<i>Nepeta erecta</i> Benth.	Junk phonar	Herb	
	<i>Thymus serpyllus</i> Linn.	Tumaro	Herb	The plants has a sharp, pleasant taste; emmenagogue, alexiteric, anthelmintic; good in liver complaints pain in the liver spleen, chest; useful in asthma bronchitis, thins phlegm and blood. The leaves are laxative, stomachic, tonic; good for the kidney and the eye; useful in bronchitis and eye troubles; purify the blood.
Liliaceae	<i>Allium cepa</i> Linn.	Gashoo (onion)	Cultivated Herb	Bulbs are useful in fever, dropsy, catarrh and chronic bronchitis; mixed with common salt the onion are a domestic remedy in colic and scurvy. An extract of the bulb is useful in vomiting, body pains and tumors ulcer. It is largely used as an article of food and condiment.

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Table 1: Continue

Family Name	Botanical name	Local name	Status	Ethenobiological value
	<i>Allium sativum</i> Linn.	Bukpa (garlic)	Cultivated Herb	The herb is nutrient, diaphoretic, diuretic, expectorant, stimulant and antiseptic. It is also used for the care of leprosy. Syrup is effective for asthma, cough, difficulty of breathing. It is used for the treatment of most of the lung diseases particularly chronic bronchitis.
Malvaceae	<i>Urginea indica</i> Kunth.	Jungli kashoo	Herb	Bulb is diuretic. Cardiac stimulant, expectorant, chronic bronchitis, bronchial catarrh.
	<i>Lavatera Kashmiriana</i> Cambess.	Chhama	Herb	Decoction of flowers and roots is used in cold and flu. Seeds and leaves are sedative. Root decoction is given in diarrhoea and dysentery.
	<i>Malva aruiflora</i> Linn.	Sonchal	Herb	The seeds are used as a demulcent in coughs, and ulcers in the bladder. The plant is used as an emollient and pectoral. Locals drink an infusion of the leaf as a nerve tonic, and apply the leaf as hot poultice to wounds and swellings. Decoction of the leaf is used as a remedy for tape-worm and for profuse menstruation.
Moraceae	<i>Ficus carica</i> Line.	Fhak	Medium sized tree	The fruit is sweet, cooling; useful in diseases of the head blood, leprosy, nose bleeding. The root is tonic; useful in leucoderma and ringworm. The fruit is sweet; antipyretic, tonic, purgative alexiteric, aphrodisiac, uterine; useful in inflammations, weakness, paralysis, thirst diseases of the liver and spleen, pain in the chest, cures piles; stimulates growth of hair the milky juice is heating, expectorant, diceretic; dangerous for the eye. The fig is emollient demulcent, laxative nutritive. The fresh and dried fruits are used in constipation. Roasted figs have a place in domestic practice as a poultice for gumboils, boils and carbuncles. A poultice of dried figs in milk is said to remove unpleasant odors from ulcers and cancers. The pulp is mucilaginous and has long been esteemed as a pectoral emollient for coughs; also when stewed and added to partisans for catarrhal troubles of the air passages and of other mucous canals. In its fresh green stout the fruit secretes a milky acid juice which will destroy warts.
	<i>Ficus palata</i> Forsk.	Jungli fhak	Small tree	The fruits act as demulcent and laxative. They are mostly used as diet in cases of constipation and in diseases of lungs and bladder. They are also used as poultices. It is used as fodder, to draw out prickles and foreign objects from body and dystery.
	<i>Morus alba</i> Linn.	Shaymaoz	Tree	The fruit is acid, sweetish. Sour; cooling, laxative; useful in biliousness and burning sensations. The leaves are good for sore throat, scabies. The fruit sour, sweet with a flavor; tonic, aphrodisiac, flattening, diuretic anthelmintic; enriches the blood and betters the appetite; good for brain, heart spleen, useful in small-pox and throat troubles lumbago diarrhoea, ulcerated intestines. The root is purgative. The seeds heal cracks in the sole of the foot. The bark is considered to anthelmintic and purgative the root is supposed of be anthelmintic and astringent. The sweet deep-red juice of the white or red form of the fruit is used for sore throat, and acts as a pleasant refrigerant in cases of dyspepsia and melancholia. Wood is used in agricultural implements. Branches are used in making baskets of different sizes.
	<i>Morus ciliata</i> Benth.	Shatoo maroz	Tree	The fruit is refrigerant, remedy for sore throats, purgative, anthelmintic used to cure fever, dyspepsia and leprosy.
	<i>Morus nigra</i> Linn.	Kinimaroz	Tree	The fruit is nutritive, refrigerant and laxative. The juice form a grateful drink for convalescence from febrile diseases as it checks the thirst and cools the blood. The bark is purgative and vermifuge. Leaves are used in conjunctivitis. The sweet dark black juice of fruit is used for sore throats; Natives make a mixture of fruit known as shera and is used with chapatties taken in breakfast.
Onagraceae	<i>Epilobium hirsutum</i> Linn.	Daarba mindoc	Herb	Decoction and infusion of the herb are used as astringent.
	<i>Epilobium cylindricum</i> Linn.	Sepsipsoc	Herb	Decoction of the plant is diuretic. Infusion made of the herb is astringent.
Oxalidaceae	<i>Oxalis corniculata</i> Linn.	Churkini	Herb	Leaves are cooling appetising, useful in fevers antiscorbutic bleeding wounds, dysentery removes warts juice for removing iron molds and scurvy.
Papilionaceae	<i>Astragalus candolleanus</i> Royle.	Poot phohar	Herb	The herb is demulcent and emollient. It is useful in curing colic and leprosy.
	<i>Cicer microphyllum</i> Linn.	Jungli chaha	Herb	The leaves are sour, astringent to the bowels, cure bronchitis, the unripened seeds are stimulant, tonic, aphrodisiac, cure thirst and burning. The seeds are sweet refrigerant dry; appetiser, tonic anthelmintic.

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Table 1: Continue

Family name	Botanical name	Local name	Status	Ethenobiological value
	<i>Lthyrus aphaca</i> Linn.	Jungli mater	Herb	The seeds are eaten by tribals. Bulprolonged use may cause lathyrisim. The ripened seed produce narcotic effect if taken excessively. The flowers are used as resolvent by native physicians. Pods are used vegetables. The plant is fed to the cattle and found to be highly nutritive when supplemented with cereal strav. The whole plant is sad to be poisonous.
	<i>Lotus corniculatis</i> Linn.	Halizi phonar	Herb	
	<i>Pisum sativum</i> Linn.	Matter	Herb	The seed is sweet, slightly acrid; cooling; fattening; laxative; purifies the blood; useful in bronchitis, biliousness and burning sensation. Peas are believed to cause dysentery when eaten raw. Seed is considered emollient and resolvent; and it is applied as cataplasm. Good for wounds and bruises also children affected with measles are washed systematically with water in which peas have been boiled.
	<i>Sophora molles</i> Grah, Wall.	Puchool	shrub	The burnt root is styptic; cures diseases of the liver and kidney; promotes the growth of hair and gives it a dark colour. The flower is sweetish; useful in troubles of the kidney, lumbago, gleet, urinary discharges; the decoction is emetic; the seeds are good in diseases of the eye, considered useful to destroy vermin.
	<i>Trifolium repens</i> Linn.	Ishpit	Herb	Plant is poisonous to horses. In times of famine used as food in Ireland and Scotland.
	<i>Trifolium resupinatum</i> Linn.	Shaftal	Herb	The plant is used as fodder for cattle.
Parnassia- ceae	<i>Paranassia nubicola</i> Linn.	Shyphonar	Herb	The plant is laxative, purgative and blood purifier.
Pinaceae	<i>Abies webbiana</i> Lindl.	Rhain	Tree	Dried leaves are regarded as carminative, expectorant, stomachic tank and astringent, and useful in phthisis, asthma bronchitis and catarrh of the bladder. The powdered leaves are often given along with the juice of <i>Adhatoda vasica</i> and honey. The juice of fresh leaves is used as family medicine in fevers, acting as an anti-periodic. It is also prescribed in affections of the chest and during dentition. Hakims affirm that the gum, mixed with oil of roses, when taking internally, produces intoxication. This mixture is used externally for headache, neuralgia etc
Platanaceae	<i>Platanus orientalis</i> Linn.	Buch	Tree	The bark is useful in leucoderma, poisonous bites of animals. The fruit has a bitter bad taste. The fruit and leaves are good for ophthalmia, toothache wounds leucoderma, throat and voice troubles, diseases of the kidney and lung. The fresh leaves are bruised and applied to the eyes in cases of ophthalmia; bark boiled in vinegar is given in diarrheas, dysentery hernia and toothache. It is also use as a vulnerary.
Plantagin- aceae	<i>Plantago major</i> Linn.	Shilto (Ispagol)	Herb	The plant is useful in rheumatism and griping pain of the bowels. The leaves and roots are astringent and used in fevers. The seeds are useful in dysentery. The seeds are stimulant, warm and tonic, and an efficient remedy in dysentery the leaves are applied bruises. The are cooling, alterative, diuretic.
	<i>Plantago ovata</i> Forsk.	Ispaghol	Herb	The seeds are sweet acrid, mucilaginous, astringent to the bowels, tonic, useful in biliousness, dysentery and leprosy, cause flatulence. The seeds are cooling, demulcent; useful in inflammatory and biliousness derangements of the digestive organs; applied is poultice to rheumatic and gouty swellings; good in dysentery and irritation of the intestinal tract; decoction useful in cough and chronic diarrhoea. and constipation.
Poaceae	<i>Cynodon dactylon</i> Pers.	Ihokatch	Herb	Astringent, diuretic, bleeding nose dropsy, secondary syphilis, chronic gleet, gonorrhoea, ulcer, headache, inflamed tumors, antifungal, gleet, insanity, rheumatism, tonic, heartburn anticatarrhal, dysentery epilepsy, fever, hysteria, ophthalmia and stops bleeding from piles wounds.
	<i>Zea mays</i> Linn.	Makay	Cultiva- te Herb	The grain is appetiser; fattening; cures biliousness; causes flatulence. A decoction of the grain is used as hip-bath for piles; lessens pain. It is resolvent, astringent and very nourishing; suitable diet in consumption and a related condition of the bowels. An alkaline solution is prepared from the burnt corns and is given in lithiasis. The whole plant is diuretic and a decoction of the stalks is a common remedy for affection of the bladder and kidneys. The seeds are prescribed in angina and the stigmas in paludism.
Polygonaceae	<i>Oxyria digyna</i> Hill	Tajkiraj	Herb	It is refrigerant, cooling and catarrh.
	<i>Polygonum alpinum</i> D. Don.	Maruch phonar	Herb	Flowers and roots are diuretic astringent stimulant bitter, and antiseptic. Famous syrup known as Sher but Anjbar used in fever menstruation and leucorrhoea is prepared from the leaves and floral parts. An herbal tea is prepared effective in flue fever and joint pains.

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Table 1: Continue

Family name	Botanical name	Local name	Status	Ethenobiological value
	<i>Polygonum barbatum</i> Linn.	Bayo phonar	Herb	Seeds are employed to relieve the griping pains of colic. Root is used as an astringent and cooling remedy. A decoction of the leaves and stalks is said to be used as a stimulating wash for ulcer.
	<i>Polygonum tortuosum</i> D. Don.	Baro phonar	Herb	Flower tops are laxative, purgative and blood purifier.
	<i>Polygonum viviparum</i> Linn.	Baro phonar	Herb	The plant has a bad taste. Root is tonic, styptic, useful in affections of the chest and lungs, piles, old diarrhea, rhinitis vomiting, biliousness, chronic bronchitis, wounds, griping in the abdomen. The root is a useful astringent and said to be applied to abscesses; a decoction may be used in gleet and leucorrhoea as an injection; makes an excellent gargle in relaxed sore-throat and spongy gums and an excellent lotion for ulcers. Mixed with Gentian, it is given in intermittent fevers, In passive hemorrhage and diarrhoea.
	<i>Rheum emodi</i> Wall.	Jarochun-tal	Herb	The tuber is pungent, bitter; tonic, laxative; useful in dysentery, loss of appetite; bad ulcers. The root has a sharp bitter taste; alexiteric, purgative, emmenagogue, diuretic; useful in biliousness lumbago, heating of the brain, sore eyes, piles, chronic bronchitis, chronic fever asthma, coryza pains bruises. The root is used as a purgative and astringent tonic. Locally it is used as blood purifier. Root is used as medicine. It is laxative, alterative, tonic, used in rheumatism, skin diseases, bilious complaints, piles bleeding of the lungs etc.
	<i>Rumex hastatus</i>	Churlini	Herb	Root is used as medicine. It is laxative, alterative, tonic, used in rheumatism, skin diseases, bilious complaints, piles bleeding of the lungs etc.
Pteridaceae	<i>Adiantum incisum</i> Forsk.	Cherthung shing	Fern	Astringent and tonic, demulcent and pectoral, diaphoretic and emmenagogue. Leaves are used to as a cure for skin diseases. It is useful for treatment of diabetes, cough and fever.
	<i>Adiantum venustum</i> D. Don	Choogho thung shing	Fern	The leaves are used as a cure for cough and fever.
Punicaceae	<i>Punica granatum</i> Linn.	Danoo	Fern	The root is an external vermicide. The bark and seeds are useful in bronchitis. The flowers are useful in epistaxis. The unripe fruit is a good appetiser and tonic, useful in vomiting; causes biliousness. The ripe fruits tonic, astringent to the bowels, aphrodisiac, cures biliousness, thirst, burning sensation of the body, fever, heart diseases, for throat, stomatitis diarrhoea and dysentery. The bark is astringent, strengthens the gum; used in piles. Prolapsus, anticolic. The flowers are styptic to the gums check vomiting; useful in biliousness, sore eyes ulcers, sore throat applied to hydrocele; vulnerary. The seeds are astringent to the bowels, enrich the blood; used in vomiting, sore eyes, scabies liver and kidney disorders.
Ranunculaceae	<i>Aconitum chasmantham</i> Stap ex Holmes.	Besh kasoor	Herb	The poisonous root contains the alkaloid indaconitive. Dried roots are employed as anodyne diaphoretic and diuretic. It is also used for the treatment of fever rheumatism cough, asthma and snake bite. A kind of "khamir" prepared from dried root powder by mixing with sugar is consumed as tonic in rural areas.
	<i>Aconitum heterophyllum</i> Wall ex Royle.	Chito patris	Herb	The root is exhibited as white, yellow red and black varieties; the white is the best. Bitter tonic stomachic, digestive alleviates dysentery and bilious complaints; good in periodic and intermittent fevers as a tonic; useful in diarrhoea, and vomiting of children; causes constipation when taken in large doses useful in bites from poisonous snakes, scorpions, rats etc. white and dark varieties tonic, strengthens the body; alleviates dysentery; good in piles, in bilious complaints in plethoric conditions; removes gases from the stomach. The root is prescribed with other drugs for the treatment of snake bite and scorpion sting. The pure root should break with a short starchy fracture showed taste bitter without producing any acidity and tingling sensation of the tongue. The alkaloid atisine has been obtained from the root.
	<i>Aquilegia pubiflora</i> Wall ex Royle.	Mirmakhoti	Herb	Dried flower petals mixed with oil are used against dandruff and hair falling. The fruit is nutritious and rich in ascorbic acid and other bone building minerals. The ripened fruits are crushed with chillies and Jaggery and dried for future use. These dehydrated balls are used by pregnant women to improve the appetite and to avoid vomiting sensation during journeys. It is richer in vitamin C, Phosphorus and Iron than apple and oranges.
Rhamnaceae	<i>Ziziphus maurithiana</i> Lam.	Gundar	Tree	The fruit is emollient and pectoral. The leaves are poured into a paste mixed with "gurh" and then applied as a poultice for boils.
Rosaceae	<i>Fragaria chiolansis</i> Linn.	Strawberry	Herb	Fruit is tasty edible and purgative.

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Table 1: Continue

Family name	Botanical name	Local name	Status	Ethenobiological value
	<i>Fragaria indica</i> Gay.	Straw berry	Herb	It contains 1.26% resin and 8% tannin.
	<i>Fragaria vesca</i> Linn.	Jungli straw berry	Herb	The local people use dried pulverized roots and prostrate slender stems for making tea during winter. The leaves are mildly astringent and diuretic. The herb is used in caldrons diarrhoea and affections of the urinary organs. The fruit is edible, laxative and purgative.
	<i>potentilla gerardiana</i> Linn.	Luiphonar	Herb	Astringent tonic prescribed for foul ulcers and intestinal worms. Cooling, diuretic, demulcent and mucilage.
	<i>potentilla nepalensis</i> Hook.	Ratanjot	Herb	Root is considered deputative. Root is used in the indigenous system, the ashes being applied with oil to burns.
	<i>Prunus amygdalus</i> Betch, Beytr.	Badam	Tree	The fruit is hot, oily, indigestible, aphrodisiac; the seed is sweet oily aphrodisiac, laxative good in leprosy. The oil is laxative aphrodisiac; cures headache biliousness, burning sensation; causes urinary discharges. The sweet almond has a good flavor; tonic to ingestive the brain the body good in complaints of the chest and the liver cough intestinal colic aphrodisiac. The perincarp strengthens the teeth. If applied to them the oil is sweet laxative. Good for the brain in delirium in liver complaints allays dry cough clears the throat cures colic. The burnt shell of the almond are used as tooth powder by the locals, the oil is used in medicines hair oils cooking. Oil Cakes for hair washing the juice of almonds mixed with sugar is used in cough. Almonds mixed with figs are used as a laxative and to relieve pain in the bowels almonds seed oil is laxative insecticide vulnerary, good for pain in the kidney the liver the spleen; used for gleet, earache sore throat, cracked skin and skin diseases.
	<i>Prunus armeniaca</i> Linn.	Jooro (Khobani)	Tree	The fruit is sweet antidiarrheal antipyretic emetic allays thirst; bad for old people. The seeds are tonic and anthelmintic; used in diseases of the liver piles earache, deafness. Apricots from antidotes to kill sickness. The are applied after mastication in ophthalmia; dried fruits and used as a laxative and refrigerant in fevers etc. Dried fruits are eaten to quinch thirst and allay fever. Gum obtained from stem is famous as anticancer.
	<i>Prunus avium</i> Linn.	Cheoty Glas	Tree	The fruit stalks are considered tonic and astringent. Dark black juice obtained is considered very helpful for sore throat.
	<i>Prunus dommestica</i> Linn.	Alocia	Tree	The fruit is laxative and refrigerant. Prunes are often added to cathartic decoctions, improving their flavor and promoting their effect. They are also given in combination with other drugs in leucorrhoea, irregular menstruation and in debility following miscarriage.
	<i>Prunus persica</i> Linn.	Choknar	Tree	The leaves are anthelmintic insecticidal vermicial, used in leucoderma and in piles. The flower is a galactogogue. The fruit is of two kinds; aphrodisiac antipyretic; tonic to the brain; enriches the blood; removes bad smell from the mouth and the sputum; useful in thirst and biliousness. the oil from the seed is abortifacient; good in piles deafness, earache, stomach troubles of children. The fruit is given as a demulcent and antiscorbutic and a stomachic.
	<i>Pyrus malus</i> Linn.	Falsa	Tree	The fruit is acrid, sweet cooling; fattening aphrodisiac; useful in biliousness causes constipation. An infusion of apple tree bark is given with benefit during intermittent, remittent and bilious fevers, the poultice made of rotten apples is commonly used for the use of weak or rheumatic eyes. To obviate constipation apples taken at night, whether baked or raw are admirably efficient.
	<i>Pyrus pashia</i> Buch Ham ex D.Don.	Dondoc	Tree	The fruit is used as febrifuge, sedative and astringent.
	<i>Rosa alba</i> Linn.	Gulab	Shrub	The flower is bitter acrid pungent with a flavor; cooling astringent to the bowels aphrodisiac. Cures stomatitis, leprosy biliousness burning sensation; purifies the blood improves the complexion, the taste, the appetite. The flower smells sweet enriches the blood; carminative, laxative; lessens inflammation; useful in cold and catarrh of the nose, headache, toothache, bronchitis, hiccough diseases of the lung ophthalmia, rheumatism; applied to piles; the perfume is a tonic for the brain and heart. The flowers are used as a cooling medicine in fevers, also in palpitation of the heart.
	<i>Rosa webbiana</i> Wall ex Royle.	Chigai	Shrub	The flower is bitter, acrid pungent, with a flavor, astringent to the bowels, aphrodisiacs stomachic, leprosy bilious ness carminative, laxative, lessens inflammation, headache, toothache, bronchitis, hiccough, diseases of lungs, ophthalma, and rheumatism. It is tonic for the brain and heart.

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Table 1: Continue

Family Name	Botanical Name	Local Name	Status	Ethenobiological Value
Rubiaceae	<i>Rubus fruticosus</i> Linn.	Ishjea	Shrub	Whole plant is a cordial astringent, used for looseness of bowels. Decoction is useful in dysentery, diarrhoea, bleeding and cough.
	<i>Gallium aparine</i> Linn.	Choosoa	Herb	The plant is aperient diuretic and antiscorbic.
Rutaceae	<i>peganum harmala</i> Linn.	Ispandur	Herb	Decoction of the leaves is given rheumatism. The plant is alterative, antiperiodic, stimulant, cmmenagogue aphrodisiac and abortifacient. Root is applied to kill the lice. The seeds are narcotic and given in fever and narcotic. Seeds are also used as a remedy for tape-worms, retention of urine cough, hysteria, rheum tism, gall stone, gall duct jaundice, dysmorrhoea, neuralgia and lumbago. The plant smoke is commonly used to keep off mosquitoes.
	<i>Populus alba</i> Wall.	Turak	Tree	The extract from the bark is considered to be deputative. An ointment prepared from the buds is used for hemorrhoids and remedy colds. Bark extract is used to purify blood and skin diseases.
Salicaceae	<i>Populus ciliata</i> Wall.	Jurpa	Tree	The bark is tonic . It is used to purify the blood and in skin diseases. It is said to be used in stranguary.
	<i>Salix alba</i> Linn.	Moribayao	Tree	Thebark is tonic antiperiodic, and astringent, decoction is given infebic diseases of rheumatism or gouty or origin ,also in diarrhoea and dysentery. It contains glycoside.
Saxifragaceae	<i>Salix tetrasperma</i> Roxb.	Hurmuk	Tree	The bark is used as the febrifuge.
	<i>Bergenia stracheyi</i> Hook.f et thoms.	Sasper	Herb	Powered formed from dried leaves is applied to heal old wounds, leaf extract is used in the treatment of dysentery ,stomachache, backache, fever and diarrhoea. Young shoots are used as green vegetables. Dried leaves are substitute for tea.
	<i>Saxifraga flagellum</i> Hutten.	Halizi phonar	Herb	Flower powder is laxative and carminative.
Scrophulariaceae	<i>Picrorrhiza kurroo</i> Royle.	Karro	Herb	The root is bitter; cooling, stomachic, carliotionc, antipyretic, anthelmintic, laxative; promotes appetite; useful in biliousness, bilious fevers urinary discharges, asthma, hiccough, blood troubles, burning sensations, leucoderma, jaundice, purifies the nurses milk. The root is used in fever and dyspepsia in many purgative preparations. About two drachms of the powdered root, with sugar and warm wwater, act as a gentle aperient. Locally used for goat and ox diseases.
	<i>Verbascum thapsus</i> Linn.	Jungli tomato	Herb	The leaves are used in fever in rural areas. It is demulcent and astringent. Leaves and flowers are useful in pulmonary diseases, cough, bleeding of lungs and bowels. The seeds are considered aphrodisiac and narcotic; they are used for poisoning fish. Dried corolla of the flower is used in gout and rheumatism.
Solanaceae	<i>Datura Stramonium</i> Linn.	Datura	Herb	The seeds have an acrid and bitter taste used as tonic, and febrifuge. The leaves are applied to boils and sores. Juice of the flower is used in ear-ache, narcotic, antiseptic anodyne, and sedative. Fruits are sedative and intoxicating. Fruit juice is applied to the scalp for curing dandruff and falling hairs, seeds and leaves are antispasmodic, anodyne and narcotic.
	<i>Solanum nigrum</i> Linn.	Jungli balogun	Herb	The plant is highly medicinal and the berries are employed as domestic remedy for diarrhoea, fever and eye pupils. The infusion of fresh leaves produces dilation of eye pupils. The infusion of herb is applied to anthrax pustules externally. Some tribals used the leaves and tender shoots as pot herb after boiling. Ripe fruits are used in pickles and preserves and delightful juices can be prepared with them. The leaves are used to reduce the excitement, pain and irritation. The fruit of the plant helps in removing catarrhal matter and phlegm from bronchial tubes in asthma patients. The paste of the plant is a useful application for corrosive ulcers. Pustules and suppurating syphilitic ulcers and ring worms. Hot leaves are applied with gratifying results over swollen scrotum and testicles in rural areas.
Tamaricaceae	<i>Tamarix galliea</i> Linn.	Hookero	Tree	The astringent bark of the tree is used in the treatment of day entry and diarrhoea. The galls are employed externally as ointment for the treatment of ulcerating piles. The manna is detergent and aperient.
Umbelliferae	<i>Bupleureum longicaule</i> Wall. ex. D.C.	Khpagay	Herb	The root is stimulant and diaphoretic. It is said to be effective in thoracic and abdominal inflammation and fever, and useful in flatulence and indigestion. The roots in combination with other drugs are prescribed in liver troubles. Dried leaves are mixed with milk to make a paste. Local people apply this paste against wounds and against cure of pimples.

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Table 1: Continue

Family name	Botanical name	Local name	Status	Ethenobiological value
	<i>Coriandrium sativum</i> Linn.	Naski	Herb	The fruit is acrid sweet; cooling, diuretic, antipyretic, stomachic, aphrodisiac stimulant, laxative, anthelmintic; gives appetite; cures biliousness, bronchitis, thirst, and vomiting useful in dysentery. The leaves are hypnotic, inflammation, pain in the eyes, gleet, jaundice, stomatitis, tooth-ache, bleeding of the gums, thirst, scabies and tuberculous glands. The seed is hot; aphrodisiac, tonic to the brain, the heart, the liver; prevents coryza and bronchitis used in syphilis, dyspepsia, headache, biliousness; applied to ulcers on the penis. It is used as carminative, refrigerant, diuretic, tonic and aphrodisiac. The dried fruit and volatile oil are used as an aromatic, stimulant in colic. The seeds are chewed to correct foul breath. Coriandrum fruits are used as a spice and fruits flavoring agent in medicine. The roots and leaves, powder and macerated with alcohol, are used to touch the eruptions of micelles in children. The plant is prescribed for snake-bite and scorpion sting.
	<i>Cuminum cyminum</i> Linn.	Showo hayoo	Herb	The fruit is pungent, hot, sweet; cooling, aphrodisiac, anthelmintic, carminative, antidiysenteric, stomachic, alexipharmic astringent to the tonic, uterine stimulant, antipyretic, cures tumours, eye diseases, belching; increases appetite and improves taste; beneficial in consumption, leucoderma, fever, leprosy, biliousness, snake bite and scorpion sting. The fruit as a sharp burning taste; astringent, carminative vulnerary, tonic to the intestines, abortifacient, emmenagogue; stops epistaxis; heals conical apicites, ulcers, and styes; cures hemoptysis, scabies, gonorrhoea, asthma; relieves hiccough, inflammations, enlargement of the spleen.
	<i>Daucus carota</i> Linn.	Gushoori	Herb	The carrot is sweet, sharp bitter; gives appetite; astringent to the bowels, antidiysenteric carminative, cardiogenic, cures leprosy, piles, pains burning, sensation, biliousness, the mours; good for inflammation asthma, hiccough, corrects foul breath. The carrot has a sweet, good taste. Slightly bitter; tonic, aphrodisiac, expectorant, diuretic, stomachic; good for the liver; used in bronchitis and chest troubles, urinary complaints; lessens griping and inflammation of the spleen. For external use the leaves are preferable. The wild carrot is laxative. The seeds are considered to be a tonic; boiled with honey and fermented, they produced a spirituous liquor. A decoction of the leaves and seeds are said to be used by natives as a stimulant to the uterus during parturition. The roots are made in to a marmalade and considered refrigerant. The seeds are considered aphrodisiac and given in uterine pain. The fruits are recommended in chronic diarrhoea. They are said to be diuretic. A poultice is made of the roots is used to correct the discharge from ill-conditioned sores. Gum resin is used in scorpion sting, hysteria, and epilepsy. It is carminative, and intestinal whooping cough, in removing thread worms and toothache. Valuable remedy for habitual abortion. The resin gum is used indigenous. Medicine as a carminative, antispasmodic, nerve stimulant, expectorant, diuretic and anthelmintic.
	<i>Ferula asafoetida</i> Linn.	Chikarchoz	Herb	The leaves fruits are tonic and aphrodisiac.
	<i>Heracleum lallii</i> Norman.	Madyan	Herb	
Urticaceae	<i>Urtica dioica</i> Linn.	Jami	Herb	The root is diuretic. The juice of the plant is used as an external irritant. The decoction is used as a diuretic, astringent, emmenagogue, anthelmintic, useful in nephritic troubles, in hemorrhages especially from the kidneys or uterus, consumption and jaundice.
Valerianaceae	<i>Valeriana wallichii</i> DC.	Geneshpa-worobati	Herb	The root is bitter with a flavor; heating; alexiteric, cures epileptic fits, head trouble diseases of the eye and the blood, used in oppression of urine, poisoning, swooning. The root is bitter with a bad smell; laxative, astringent, carminative, antiperiodic, emmenagogue, hypnotic, aphrodisiac; used for affections of the eyes and hair; pains in the joints, diseases of the liver the spleen and the kidney; good for gleet, clears the voice.
Violaceae	<i>Vioea serpens</i> Wall.	Lillo	Herb	The plant is diaphoretic, antipyretic and "banafsha" syrup is used for reliving febrile symptoms. The infusion is used as febrifuge the root is a powerful emetic, and is frequently used in adulterate ipecac. The root is purgative, good febrifuge tonic, expectorant, diuretic, alleviates thirst; removes inflammation. The oil removes abdominal pain, relieves cough; acts as hyretic and sedative to the brain the flowers are emollient and demulcent. A syrup is made from the petals which is favorite household remedy for infantile disorders.

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Table 1: Continue

Family name	Botanical name	Local name	Status	Ethenobiological value
Vitaceae	<i>Vitis vinifera</i> Linn.	Zach	Climber	The ripe fruit is acrid ; cooling , laxative and purgative, fattening, diuretic, aphrodisiac, thirst, fever, asthma, jaundice, strangury, burning, bad effects of drinking blood diseases, vomiting, difficult to digest, causes gases in the stomach. The leaves are useful in piles. Their juice cures headache, syphilis, piles, inflammation of the spleen, diuretic, allays vomiting, stops bleeding from the mouth; applied in scabies, the ashes of the stem are good for pains in the joints, stores in the bladeury swelling of the testicles and piles. The flower is expectorant, emmenec gouge, enriches the blood, tonic to the liver, good, in chronic bronchitis; produces constipation.

The oil bearing medicinal plants should be fenced for chemical and biological investigation, as well as for preventing over grazing, cutting and use as fuelwood. These observations are in confirmation with the findings of (Shahzad and Qureshi, 2001; Dastgir, 2001; Gorsi and Shahzad, 2002). They also observed that rapid urbanization and unplanned exploitation have resulted in loss of such medicinally important plants species. In fact good management of the environment whether it is protected area or not, can not be achieved without the active involvement of local people.

It is therefor imperative to actively involve the suggestions of local people in evaluation, planning, implementation and monitoring process for sustainable development of natural resources.

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