

## Some Ethnomedicinal Plants of Nagrota Village of Basohli, Kathua, J&K, India

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**Abstract:** Shiwalik ranges (Kandi region) of Kathua district are inhabited by diverse life-forms of plants. They are of immense value to the locals and an important part of their life. The present study was carried out in Shiwalik hills of Nagrota village of Basohli Tehsil, Kathua. Ethnomedicinal usage of total 21 plants was told by the villagers.

**Key words:** Basohli; ethnomedicinal plants; Nagrota village; Shiwalik ranges.

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### 1. Introduction

Shiwalik ranges (Kandi region) of Kathua district are inhabited by diverse life-forms of plants. They are of immense value to the locals and an important part of their life. These plants are used by them as vegetable, fruit, fibre, medicine, and in religious and magical rituals. The wild species of the Kandi region are widely used as medicines. But, with the urbanization of the region and increasing trend of allopathic medicines, the knowledge of these medicinal plants is slowly and steadily disappearing from the system.

The knowledge of medicinal plants of our surroundings is very important for us, as it provides benchmark information for their further studies and also helps in finding solutions of many unsolved medical puzzles. Sustainable use of these resources and strategies to conserve them is very essential, because with their extinction the gene pool also vanishes.

Ethnomedicinal studies have been carried by various workers (Sharma, 1992; Sharma and Gupta, 1996; Sharma and Gupta, 1997; Manhas and Rao, 2012; Sharma *et al.*, 2012; Bhatia *et al.*, 2014; Bhatia *et al.*, 2015; Rao *et al.*, 2015; Sharma and Manhas, 2015) in the Kandi region of Jammu and Kashmir. The present study was carried out with an aim to enlist some the important medicinal plants of Kandi regions of Basohli tehsil of Kathua district along with their uses.

### 2. Material and Methods

#### 2.1 Study Site

Kathua district (Jammu and Kashmir) is one of the important districts of Kandi region of Jammu province. The district is situated in extreme south of Jammu and Kashmir and is popularly known as “gateway of the state” since it provides the much needed rail and road link rest of the country. The district is spread over 2, 651 km<sup>2</sup>. It comprises of tehsils of Kathua, Hiranagar, Billawar and Basohli. The present investigation was restricted to tehsil Hiranagar.

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## 2.2 Methodology

The area of work was investigated a number of times and locals especially elderly people, Vadya and Hakims were interviewed for the plant used by them in treating different types of ailments. The plants were gathered and their uses in different ailments were recorded.

## 3. Results

### 1. *Achyranthes aspera* Linn. (Family: Achyranthaceae)

Local Name : *Parkanda*

Part Used : Leaves

Used for : Whooping cough and fever

Method of Use : The leaves of *Achyranthes aspera* and *Adhatoda vasica* are burnt to obtain ash which is put in the pot containing water for four hours. Then it is filtered and used with *Ghee* in the preparation of *Halva* and taken to cure whooping cough and fever.

### 2. *Achorus calamus* Linn. (Family: Araceae)

Local Name : *Barian*

Part Used : Rhizome

Used for : Vermifuge

Method of Use : The dry rhizome is chewed and sap is taken in to expel intestinal worms. The rhizome is also chewed against infection of throat.

### 3. *Adhatoda vasica* Nees (Family: Acanthaceae)

Local Name : *Brankar*

Part Used : Leaves and Roots

Used for : Asthma, chest diseases, diarrhea, dysentery, cough and malaria.

Method of Use : The dried leaves are smoked for curing asthma, cough and chest diseases. Fresh leaves are grinded and the juice is taken to cure diarrhea and dysentery. Roots are boiled and the extract is given to cure malaria fever, chest diseases and cough. It has expectorant action, which gives relief in bronchitis.

### 4. *Azadiracta indica* A. Juss. (Family: Meliaceae)

Local Name : *Neem/Nim*

Part Used : Entire plant

Used for : Skin diseases, fever, tonic, antiseptic and insecticide.

Method of Use : Seeds are source of Margosa oil, used against skin diseases. Bark and cortex acts as tonic and is used against fever. The very

bitter leaves are used as antiseptic. Extract obtained from leaves is used as a tonic. The leaves are used as insecticides. Powdered root bark is considered astringent and febrifuge.

### 5. *Butea monosperma* (Lamk.) Thunb. (Family: Fabaceae)

Local Name : *Palah*

Part Used : Flower and leaves

Used for : Urinary troubles

Method of Use : The flowers are boiled in water and extract is given to cure urine troubles. Gum exuded from the wounds is astringent, mild in operation, adapted to children.

### 6. *Calotropis procera* Linn. (Family: Asclepiadaceae)

Local Name : *Desi Ak*

Part Used : Stem

Used for : Skin pimples and allergy.

Method of Use : The stem is boiled in water, the extract is cooled and the cream obtained is massaged on the affected parts of the body.

### 7. *Curcuma domestica* Linn. (Family: Zingiberaceae)

Local Name : *Basaar or Haldi*

Part Used : Rhizome

Used for : Clotting of blood

Method of Use : The powder of dry rhizome mixed with mustard oil is used for clotting of blood.

### 8. *Emblica officinalis* Gaertn. (Family: Euphorbiaceae)

Local Name : *Amla*

Part Used : Fruit

Used for : Asthma, piles, fever, flatulence, constipation and vomiting.

Method of Use : The Dry fruits of *Terminalia chebula* (*harad*), *Terminalia bellirica* (*baheera*) and *Emblica officinalis* are taken in the ratio of 1:2:4 and grinded to powder (*trifla*). The powder is taken variously to cure Asthma, piles, fever, flatulence, constipation and vomiting. The dry fruit powder is also taken as blood purifier and refrigerant.

### 9. *Mentha piperita* Linn. (Family: Lamiaceae)

Local Name : *Ban putna*

Part Used : Leaves

Used for : Cholera.

Method of Use : The leaves of *Mentha piperita* and seeds of *jowain* are boiled in water filtered and kept in bottle. One cup is given to adult while two spoons are given to children to cure cholera.

**10. *Murraya koenigii* (Linn.) Spreng.** (Family: Rutaceae)

Local Name : *Dhrankru*  
Part Used : Leaves and Roots  
Used for : To remove pus.  
Method of Use : The leaves warmed with mustard oil are tied on the abscesses (pimples) to remove pus. The roots are used as substitute for *mulathi* in the preparation of local medicines. The stem is also used as *datum* (tooth brush).

**11. *Ocimum gratissimum* Linn.** (Family: Lamiaceae)

Local Name : *Ban tulsi*  
Part Used : Leaves  
Used for : Rheumatism, seminal weakness & gonorrhoea.  
Method of Use : The herb is used for aromatic baths of fumigations in treatment of rheumatism and paralysis. Decoction of the leaves is used in seminal weakness; for gonorrhoea. The decoction of leaves is also used to cure common cold and fever.

**12. *Sesamum indicum* Linn.** (Family: Pedaliaceae)

Local Name : *Til*  
Part Used : Seeds  
Used for : Joint pain and rheumatism.  
Method of Use : The seed oil (*mitha tel*) is warmed and is massaged on the body to get relief from joint pains and rheumatism.

**13. *Solanum nigrum* Linn.** (Family: Solanaceae)

Local Name : *Kaein Kothi*  
Part Used : Leaves  
Used for : Eye troubles and burnt injuries.  
Method of Use : The leaves are crushed and sap obtained is dropped into sore eyes and also applied in case of burnt injuries.

**14. *Terminalia bellirica* Retz.** (Family: Combretaceae)

Local Name : *Bahera*  
Part Used : Fruit

Used for : Chest diseases, Eye tonic and hair growth tonic.

Method of Use : Fruits are grounded in water and paste is applied on burnt spots. It is one of the constituents of *trifla* used as tonic for eye and hair growth. Also used as blood purifier and to cure chest diseases.

**15. *Terminalia chebula* Retz.** (Family: Combretaceae)

Local Name : *Harad*  
Part Used : Fruit  
Used for : Toothache, bleeding and ulceration of gums  
Method of Use : Fruits are dried, grounded and the powder is used for curing toothache, bleeding and ulceration of gums. It is one of the constituent in the preparation of *Trifla*, which is given against asthma, vomiting, dysentery and flatulence.

**16. *Thalictrum foliosum* DC.** (Family: Ranunculaceae)

Local Name : *Kronkal jari*  
Part Used : Roots  
Used for : Ear troubles.  
Method of Use : The roots are boiled in mustard oil; cooled and three to four drops of it are dropped into the ear to remove out any insect. The oil is also used to cure ear pain.

**17. *Trachyspermum ammi* (Linn.) Sprague ex Turill** (Family: Apiaceae)

Local Name : *Jowain*  
Part Used : Seeds  
Used for : Dyspepsia, indigestion and flatulence.

Method of Use : Seed are taken with warm water in the indigestion, flatulence and dyspepsia. Seeds of *jowain*, *sounf* (*Foeniculum vulgare*), and *pudina* (*Mentha longifolia*) is given in cholera, diarrhea and indigestion. Seeds of *Jowain* and *til* are taken in as antidiuretic.

**18. *Viola odorata* Linn.** (Family: Violaceae)

Local Name : *Banksha*  
Part Used : Flower  
Used for : Cough and sore throat.  
Method of Use : The flowers are boiled in water and the ark (decoction) is given to cure sore throat. The flowers are used as an ingredient in tea which is given to cure cold

and cough. It is also laxative and checks bleeding.

**19. *Vitex negundo* Linn.** (Family: Verbenaceae)

Local Name : *Vanna*

Part Used : Leaves

Used for : Abscesses, fever and stomach pain.

Method of Use : Leaves are warmed with mustard oil in a pot and applied on the abscesses (pimples). The leaves are boiled in water and steam is taken in to remove general fever. The leaves are grounded and the sap is mixed with *gur* which is given to cure stomach pain in cattle.

**20. *Zanthoxylum alatum* Roxb.** (Family: Rutaceae)

Local Name : *Timru*

Part Used : Seeds

Used for : Relief from toothache.

Method of Use : The seeds are chewed for relief from toothache. The stem is used to clean teeth.

**21. *Zea mays* Linn.** (Family: Poaceae)

Local Name : *Kukri/Mak*

Part Used : Cob silk

Used for : Urinary troubles.

Method of Use : The dried styles are boiled in water and decoction is given to cure non-passage of urine.

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