Ethnomedicinal Diversity of Aromatic Plants in Foot Hill Regions of Himachal Pradesh, India

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ABSTRACT: The ethno botanically different aromatic plants and plant parts are used as food, medicine, fodder, dye for festivals, rituals and various other functions. Comparatively, information pertaining to ethnomedicinal practices is scanty for Western Himalaya in general. Hence, an attempt has been made to document the precious information on the usage of wild as well as cultivated plants from foot hill regions of Himachal Pradesh with a view regards of its utilization as edible, medicinal and aromatic plants. The extensive survey was conducted in four selected districts viz., Una, Hamirpur, Bilaspur and Mandi respectively. Interviews were conducted through stratified questionnaire prepared for local people. Out of hundred plants, 19% leaves, 17% seeds, 14% fruits & roots, 13 % flowers & bark, 4% whole plant & stem, 1% bulbs & rhizomes of plant species are used for the treatment of various diseases. Documentation, preservation and recording of medicinally important plant species and traditional knowledge associated with the use of local plant species should be necessary step for the conservation of plant species and traditional knowledge associated with them for future generation.

Keywords: Ethnomedicinal, Aromatic, Traditional-Knowledge, Foot hill regions, Himachal Pradesh.

I. INTRODUCTION

Aromatic plants have traditionally occupied an important position in socio-cultural, spiritual and health area of rural and tribal live of India. India is one of the main centers of Ancient human civilization in the world where aromatic plants have been utilized for various purposes including herbal medicines [1]. The term “Phytodiversity” is a concept, which refers to the range of variations of difference along the same set of entities, thus refers to variety within the plant kingdom [2]. When plant is designated as ‘medicinal’ it implies that plant is useful as a drug or therapeutic agent or an active ingredient of a medicinal preparation [3]. These aromatic and medicinal plants are used as food, flavonoid, medicine, and perfume. Plants are the basic source of knowledge of modern medicine. Utilizations of plants for medicinal purposes in India have been documented long back in ancient literature [4]. The utilization of plants by primitive man and tribal has been studied under the branch of science known as “Ethno botany” [5]. The ethno botanically different plants and plant parts are used as food, medicine, fodder, dye for festivals, rituals and various other functions [6]. Though it is believed that after the advent of synthetic drug, the plant drugs lost their significant importance for some time [7]. However, the ethno medicine gained considerable importance in the recent past, because of safe and with no side effects [8].

In today’s time aromatic plants are the backbone of the traditional medicine being used over the world wide [9]. Yet 80% of population of the developing countries depends upon the use of local plant resources for their primary wealth [11]. The local people have huge knowledge about the uses of aromatic plants and plant parts [12].

There are about 3500 known plants species recorded in the state; about 500 are reported on the medicinal value [13]. Some aromatic plants provide raw material for pharmaceutical, phyto-chemical, food, flavorings and cosmetic industries [14]. About 42% of 25 top selling drugs marketed worldwide are either directly obtained from natural resources or entities derived from plant products [15]. Ethno botanical knowledge comprises of both wild and domesticated species, and rooted in observation, relationship, needs and traditional ways of knowing [16]. Medicinal plants can also be defined as groups of plants that possess some special properties that qualify them as ingredient of drugs and therapeutic agents, and are used for medicinal purposes [17]. These medicinal plants are used as food, flavonoid, medicine, perfume [18]. Forest occupies the largest landmass in India after agriculture and the storage of herbal plants resources for the rural people [19]. Himachal Pradesh one of the pioneer Himalayan states, is rich repository of medicinal wealth, which occupy an important place in the Vedic treaties [20].
The ancient science of medicine has its origin in Himachal Pradesh [21]. It is estimated that herbal drugs contribute about 80 per cent in Indian medicines. Himachal Pradesh, a hilly state with altitude ranging from 350 to 700 m above sea level covers an area of 55,673 sq km. The extensive survey was conducted in four selected districts viz., Una, Hamirpur, Bilaspur and Mandi respectively. It is covered by Foot hill regions of Himachal Pradesh; the elevation varies from 350 meters to 2000 meters having almost flat-lands and precipitous slopes of hill ranges. The Foot hills of Himachal Pradesh fall in humid sub tropic zone [22, 23]. The rural communities have a vast knowledge of ethno-botanical and aromatic plants and their utilization. Rural people collect and preserve these locally available wild and cultivated ethno-botanical plant species in their daily life even today [24]. Different parts of ethno botanical plants (cultivated or wild plant species) such as fruits, flowers, leaves, seeds, tubers and rhizome are the best nature’s gift to the all mankind and these parts are the main sources of vitamins, proteins, minerals and have a great medicinal values for curing many diseases and are also the great source of income for the poor people [25]. Edible ethno-botanical fruits have high nutritional value. India is one of the twelve mega-biodiversity countries of the world having rich importance, whether it is nutritional, medicinal, and ritual or magical value [26]. Comparatively, information pertaining to ethno botanical practices is scanty for Himachal Pradesh in general. Hence, an attempt has been made to document the precious information on the usage of wild as well as cultivated plants from Foot hill regions of Himachal Pradesh with a view regards of its utilization as medicinal and aromatic plants.

II. MATERIAL AND METHODS

Study Area: The extensive survey was conducted in four selected districts in Foot hills of Himachal Pradesh viz., Una, Hamirpur, Bilaspur and Mandi respectively. Interviews were conducted through stratified questionnaire prepared for local people.

![Fig. 1. Map of Foot Hill Regions of Himachal Pradesh, India (representing Una, Hamirpur, Bilaspur, and Mandi districts respectively).](image)

Collected Plants were identified and nomenclature with the help of “Flora of British India”. The data collected was compared by the literature on the medicinal plants of Himachal Pradesh. The freshly collected samples of plants were arranged properly within the folded sheets of pressing papers, each of which was placed between two dry blotters of same size. The blotters should be changed regularly till the proper drying was done. Each specimen was mounted on a herbarium sheet with the help of glue. The surveys were conducted throughout the study period of 2017-2018. The plant specimens were collected during fruiting and flowering stage. Collected plant specimen during the surveys were indentified and preserved in the form of herbarium.
Interviews were conducted among local people and useful information was gathered through Participatory Appraisal Technique (PAT) such as:
1. What is your name of person?
2. How old are you?
3. What is your qualification?
5. What about your occupation?
6. Which place you belong to?
7. What is local name of this plant?
8. What are the uses of this plant?
9. What is the status of this plant?
   a] Herb b] Shrub c] Tree
10. What are their religious & aesthetic values?
11. What are the miscellaneous uses of this plant?
   a] household items b] agricultural implements c] livestock fodders d] none of them

During the informal interviews with local and older persons, questions were asked about the plants used for different purposes like medicine, food, aromatic, are facts and the information were recorded. The language used by the informants was the local language of the study area viz. Pahari and Hindi. Later the plants were collected with help of the local people. The informants included the men, women and elder between the ages of 30-75 years. The specimens were identified with the help of florars and later confirmed with the help of authentically identified specimens of Career Point University’s herbarium. The specimens were labeled with field data recorded during the field visits and the botanical names were worked out as per the international code of botanical nomenclature. Local names recorded from the field are incorporated [28].

III. RESULT AND DISCUSSION

Detailed description of local plants:

Botanical Name: *Acacia catechu* Willd.
Local Name: Khair
Family: Fabaceae
Habitat: wet lands
Distribution: Burma, Eastern Africa, Maharashtra, Gujarat, Rajasthan
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Bark, flowers, leaves
Elevation: 400-2000 m

Morphological Description: A tree with re-curved prickles inserted below the leaf base. Flowers white. Pods stalked, glabrous, oblong.

Common Uses: The twigs are browsed by goats and sheep. When one requires anything from a tight-fisted person through the thing may of no use to him, as to the person requiring it) and he (miser) turns a deaf ear to, the other s who so ever comes to know, say “Khairan Te Bair Ni Tirde” (here, Khairan Te = from Kair, *Acacia catechu*; Kair=Drupes of *Zizyphus mauritiana*; Ni=no Tirde= fall) Or the berries of *Zizyphus mauritiana* don’t fall from the trees of *Acacia catechu* means; one should not hope form a wicked.

Ethnomedicinal uses: Cough diarrhea, piles, bronchial infection, and colic pain.

Botanical Name: *Acacia indica* Benth.
Local Name: Kikar
Family: Fabaceae
Habitat: Wetlands and agricultural fields
Distribution: China, Pakistan, Nepal, Temperate Himalaya
Foot Hill regions of Himachal Pradesh: Mandi, Hamirpur
Plant Part used: Bark, flower, leaves, seeds
Elevation: 400-1200 m

Morphological Description: A tree or shrub. Flowers are yellow, fragrant, globose heads. Pods are stalked, flat, contracted between the seeds.

Common uses: The green pods and young leaves make an excellent fodder for the goats and for this reason, the tree is much lopped and mutilated.

Ethnomedicinal uses: Asthma, diabetes, diarrhea, dysentery

Botanical Name: *Aegle marmelos* Corr.
Local Name: Bill
Family: Rutaceae
Habitat: Common in temple surrounding
Distribution: Burma, South India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Bark, flowers, fruits, leaves, roots
Elevation: 450-1100 m

Morphological Description: A shrub. Leaves ovate-lanceolate, Corolla 2- lipped, pubescent outside, white-streaked and pink dotted

Common uses: It is used as bed-sheet of cattle during rainy season which protect them from insects.

Ethnomedicinal uses: Leprosy, fever, jaundice, sore eyes.

Botanical Name: *Adonis aestivalis* M. Bieb.
Local Name: Ban-saunf
Family: Ranunculaceae
Habitat: Sub-tropical Western Himalayas
Distribution: China, Nepal, Bhutan, Himalayas of Uttarakhand
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur
Plant Part used: Seeds
Elevation: 500-1200 m
Morphological Description: Biennial herb. Leaves are glabrous, sessile.
Common uses: Used for treating heart weaknesses but the risks involved it’s used are much higher.
Ethnomedicinal uses: Heart weakness, stomatchic, vomiting, dysentry

Botanical Name: *Artocarpus integrifolia* Merrill.
Local Name: Kat-hal
Family: Moraceae
Habitat: Common in evergreen forests and cultivated
Distribution: Indonesia, Malaysia, Singapore, Burma, Sumatra, Andhra Pradesh, Assam, Bihar, Kerala, Meghalaya, Tamil Nadu, Karnataka, Maharashtra
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Bark, seeds, fruits
Elevation: 650-1500 m
Morphological Description: A tree. Leaves are ovate, entire, and elliptic. Flowers axillaries, solitary, cauliflower
Common uses: The ripe fruits are eaten fresh, unripe ones as vegetable, also pickled.
Ethnomedicinal uses: Skin disease, asthma, fever, diarreha, jaundice

Botanical Name: *Albezzia lebbek* Benth.
Local Name: Sirinh
Family: Mimosaceae
Habitat: Common in evergreen forests and cultivated
Distribution: Native to Indo malaya, New Guinea, Northern Australia, Andaman & Nicobar, Assam, Kerala, Rajasthan, Odhisa, Uttar Pradesh, Andhra Pradesh, West Indies, South America, India
Foot Hill regions of Himachal Pradesh: Mandi, Bilaspur, Mandi
Plant Part used: Bark, leaf, seed
Elevation: 450-1200 m
Morphological Description: A tree. The leaves are bipinnate, with one to four pairs of pinnae. Flowers are white, fragrant. Fruits are a pod broad, containing seeds
Common uses: The wood is used for furniture.
Ethnomedicinal uses: Cough, inflammation, astringent, lung problems, eye infection.

Botanical Name: *Allium sativum* L.
Local Name: Jangli-Piyaz
Family: Amaryllidaceae
Habitat: Cultivate in Kitchen gardens.
Distribution: Throughout China, Argentina, Bangladesh, California, Central Europe, France, Italy, India, Tibet, and Thailand
Foot Hill regions of Himachal Pradesh: Hamirpur, Mandi
Plant Part used: Shoots, bulbs, seeds
Elevation: 450-1200 m
Morphological Description: An herb. Stem are erect and stiff. Flowers white on the top of stem. Seeds are black and small.
Common uses: Poultice of roasted bulbs is applied on unripe sores and them an incision is made in them after ripening. Old barbers used to do this job with their tool “Nhernu”.
Ethnomedicinal uses: Common cough & cold, asthma, bronchitis, hair loss, insomnia, eye infection, high blood pressure, high cholesterol.

Botanical Name: *Ageratum conyzoides* L.
Local Name: jungali pudina
Family: Asteraceae
Habitat: Found in waste places, humid areas, roadsides as a weed throughout.
Distribution: Throughout India, all hot countries
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi
Plant Part used: Flowers, leaves, roots
Elevation: 400-1700 m
Morphological Description: An annual herb. Leaves opposite, stalked, lanceolate. Heads are numerous. Flowers pale blue or white.
Common uses: The leaves are applied to cuts and sores.
Ethnomedicinal uses: Wounds, fever, headache.

Botanical Name: *Argemone mexicana* L.
Local Name: Bhabnd
Family: Papaveraceae
Habitat: Abundant in waste places, cultivated in fields and road sides.
Distribution: Native to America, throughout India
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, seeds, roots
Elevation: 650-1500 m
Morphological Description: An annual prickly herb with flowers bright yellow. Seeds rounded blackish brown with free tubercles.
Common uses: The latex is collected in the month of November, mixed to three times of butter and filled in a phial for use.
Ethnomedicinal uses: Scabies, ophthalmic

Botanical Name: *Anacyclus pyrethrum* L.
Local Name: Karkara
Family: Asteraceae
**Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi**

**Distribution:** China, Nepal, Pakistan, Myanmar and sub-tropical Himalaya

**Plant Part used:** Roots, flowers

**Elevation:** 400-1900 m

**Morphological Description:** A perennial herb. Leaves are smooth, alternate and pinnate. Flowers heads are terminal, disk flowers are yellow, and ray flowers are white

**Common uses:** Poultice of grinded root is applied at the place of scorpion-sting.

**Ethnomedicinal uses:** Toothache, sore throat, chronic cough, mouth ulcers, dental cavities, fever, headache, migraine

**Botanical Name:** Berberis aristata Royle

**Local Name:** Kashmalya

**Family:** Berberidaceae

**Habitat:** Common in forests, roadside

**Distribution:** Native to Himalayas, Sri Lanka, Asia, Europe, America, Bhutan, Nepal

**Foot Hill regions of Himachal Pradesh:** Hamirpur, Bilaspur, Mandi

**Plant Part used:** Fruit, stem, roots

**Elevation:** 1200-2000 m

**Morphological Description:** Evergreen herb. The bark is covered with three branched thorns. Leaves are modified, simple, toothed, simple and sessile. Flowers are stalked, yellow. Fruits are ovoid, violet in color. Seeds are varying in color from yellow to pink.

**Common uses:** The ripe-fruits are edible.

**Ethnomedicinal uses:** Ulcer, fever, inflammation, cuts, wound, eye and skin disease, diarrhea, constipation, jaundice, piles, diabetes.

**Botanical Name:** Bauhinia variegata Linn.

**Local Name:** Karyala

**Family:** Caesalpiniaceae

**Habitat:** Commonly cultivate, usually occurs in fine forests & limestone soil.

**Distribution:** Sub-Himalayan tracked from the Indus East wards Eastern, Central, South India.

**Foot Hill regions of Himachal Pradesh:** Una, Hamirpur, Bilaspur, Mandi

**Plant Part used:** Bark, leaves, flowers, fruits, seeds

**Elevation:** 700-1400 m

**Morphological Description:** A tree. Leaves trifoliate, leaflet unequal sides, flowers are orange red. Pods are velvety.

**Common uses:** The yellow color obtained from the flowers is used for spraying on “Holi” festival, by the Hindus. The twigs are used in “Yajna”.

**Ethnomedicinal uses:** Inflammation, diabetes, analgesic, diuretic, dysentery, ulcers

**Botanical Name:** Bauhinia vahlii Wight & Arnott

**Local Name:** Bans

**Family:** Fabaceae

**Habitat:** Common through out forests.

**Distribution:** Myanmar, Sri Lanka, occurs throughout greater parts of India including Assam, Manipur, and Meghalaya

**Foot Hill regions of Himachal Pradesh:** Una, Hamirpur, Bilaspur, Mandi

**Plant Part used:** Leaves, roots, stems, seeds.

**Elevation:** 350-1000 m

**Morphological Description:** A tall erect green bamboo with spines, culms, thick and erect culms. Sheath is triangular with spiny hairs. Leaf sheath are glabrous, ligule short.

**Common uses:** Different kinds of articles (for domestic use) are made by the peoples of a particular caste “Bhanjaira”. The articles include baskets of different sizes, the small ones, locally called “Tokru”, for drawing out grains From “Peru”, a big –sized cylindrical bottomed article again made up of the same plant.

**Ethnomedicinal uses:** Cough and cold.

**Botanical Name:** Bombax ceiba Linn.

**Local Name:** Sembal

**Family:** Bombacaceae

**Habitat:** Common in the plains as a roadside and garden tree.

**Distribution:** It is found in Malaysia, Sri Lanka, Australia, Africa, Bangladesh, Pakistan, Thailand, Myanmar, China, India

**Foot Hill regions of Himachal Pradesh:** Hamirpur, Bilaspur, Mandi

**Plant Part used:** Bark, flowers, roots, leaves

**Elevation:** 450-1400 meters

**Morphological Description:** A tree. Leaves are compound, green, entire, and elliptic to lanceolate. Flowers are large, red fleshy, cup-shaped, appearing on branches before leaves. Fruit are woody, capsule

**Common uses:** The ripen fruits are used to make “subji” and eaten with “Chhali-ri-roti” (Zea mays) in winter.

**Ethnomedicinal uses:** Asthma, Diarrhea, anemia, wound, skin problems, diuretic, cough and cold

**Botanical Name:** Butea monosperma Kuntze.

**Local Name:** Dhak

**Family:** Fabaceae

**Habitat:** Abundant in grazing grounds.

**Distribution:** Himalaya to Ceylon, Burma, Myanmar/Sub-tropical region of India

**Foot Hill regions of Himachal Pradesh:** Una, Hamirpur, Bilaspur, Mandi

**Plant Part used:** Seeds, leaves

**Elevation:** 450-1500 m
Morphological Description: A climbing shrub. Stem is woody. Large leaves, 2-lobed with broad cut. Flowers are white turn yellow when old. Fruits ate flat woody pod with rusty hairs, dark brown in color.
Common uses: The leaves are used to make biodegradable plates which are used in local “Dham”.
Ethnomedicinal uses: Inflammation, tuberculosis, dysentery, fever, toothbrush, skin disease, diarrhea, pimples, indigestion.

Botanical Name: *Byronia laciniosa* L.
Local Name: Shivlingi
Family: Cucurbitaceae
Habitat: In hot warm conditions.
Distribution: Throughout Himalayas, warmer parts of India, China and Pakistan
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur
Plant Part used: Seeds
Elevation: 450-1000 m
Morphological Description: A permennant herb. Flowers green, reddish purple, fruits enclosed in persistent papery corolla
Common uses: The leaves extract is used in stone problems.
Ethnomedicinal uses: Wounds, boils, bites of insects

Botanical Name: *Bryophllum calycinum* Salisb.
Local Name: Patharchat
Family: Crassulaceae
Habitat: Often cultivated
Distribution: Throughout tropical regions of India, Nepal, Myanamar and Malaysia
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves
Elevation: 650-1000 m
Morphological Description: A perennial herb. Flowers green, reddish purple, fruits enclosed in persistent papery corolla
Common uses: The leaves extract is used in stone problems.
Ethnomedicinal uses: Wounds, boils, bites of insects

Botanical Name: *Caccinia grandis* L.
Local Name: Kunduri
Family: Cucurbitaceae
Habitat: Common on hedges and bushes in the wastelands.
Distribution: Throughout India
Foot Hill regions of Himachal Pradesh: Bilaspur, Mandi
Plant Part used: Flowers, fruits, leaves, roots
Elevation: 550-1500 m
Description: An annual or perennial herb. Tendrils are simple. Flowers are white.
Common uses: The fruits are eaten with “lasi”.
Ethnomedicinal uses: Constipation, wounds and diabetes.

Botanical Name: *Cinnamomum camphora* L.
Local Name: Kapoor
Family: Lauraceae
Habitat: Commonly cultivate in wet lands forests.
Distribution: Native to East Asia, China, Korea, Japan, Vietnam, Nepal, India, Assam, Meghalaya, Foot Hill regions of Himachal Pradesh: Una, Hamirpur
Plant Part used: Stem, Flowers, Leaves, Seeds
Elevation: 450-750 m
Morphological Description: A tree. Stem woody, leaves green, simple, petiolate, shiny. Flowers are white bisexual. Fruits red berries, globular. Seeds brown in color.
Common uses: The dried leaves are uses as “Havan Samagri” by Hindus.
Ethnomedicinal uses: Cough and cold, skin disorders, carminative, analgesic, lowering the blood pressure, vomiting.

Botanical Name: *Coriandrum sativum* L.
Local Name: Dhania
Family: Apiaceae
Habitat: Commonly cultivate in meadow and fields.
Distribution: China, India, Indonesia, Japan, Pakistan, North America, Africa, Europe
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Seeds, leaves
Elevation: 850-2000 m
Morphological Description: An herb. Leaves are compound. Flowers are umbels white or pale pink in color. Fruits are globular.
Common uses: The leaves are used as flavoring agent and the fruits and seeds are used as condiment and spice.
Ethnomedicinal uses: Diarrhea, stomachic, flatulence

Botanical Name: *Curcuma longa* L.
Local Name: Haldi
Family: Zingiberaceae
Habitat: Grows wild or cultivate in plains
Distribution: China, India, Indonesia, Malaysia, Philippines, China, Thailand, Africa
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Rhizome
Elevation: 350-2000 m
Morphological Description: Perennial herb. Leaves simple, long as blade, oblong, lanceolate. Flowers are zygomorphic, yellow petals. Rhizomes are oblong, intense yellow in color.
Common uses: On a specific evening of “Sair” (Local festival) every year, the local barber goes form door to door, until next morning, with a sacred seat in his hands; in the seat he keeps pictures of gods and goddess, the relevant paraphernalia and burning lamp. Every native has to offer “Kakri” (*Cucumis sativus*), “Chhali” (*Zea mays*), “Khata” (*Citrus*), and coins, only coins are also acceptable. The native starts eating the above said fruits only after the offerings.
Ethnomedicinal uses: Cough cold, flu, skin disorder, diabetes, arthritis, fever, wound, allergic reactions.

Botanical Name: *Carissa opaca* Stapf ex Haines
Local Name: Garnu
Family: Apocynaceae
Habitat: Common in the plains fro coast, in scrub jungles
Distribution: India, Sri Lanka, Myanamar, Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur
Plant Part used: Whole plant
Elevation: 500-900 m
Morphological Description: A spiny shrub. Leaves simple, opposite, upper surface shiny, dark green, lower surface hairy and light green, oval shaped.
Flowers are sweet-scented, small and white. Fruit are black, purple, oblong berry with milky latex. Common uses: The fine-grained wood is used for making wooden-combs locally called “Kanghu”, These are so designed as to be pressed from the two sides while combing, the lice are easily trapped. Ethnomedicinal uses: Asthma, jaundice, kidney stones, anemia

Botanical Name: *Cordia diacotoma* G. Forst. Local Name: Lasura Family: Bignoniaceae Habitat: Drier (arid and sub-arid), warmer region Distribution: Sri Lanka, Malaysia, South China, Java, New Guinea, Philippine and Tropical Australia, India Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi Plant Part used: bark, fruits, seeds Elevation: 800-1500 m Morphological Description: Deciduous tree. Leaves are simple, alternate, broad, oval, ovate, and serrate in upper half. Flowers are bisexual, white; fruits are drupe, ovoid, and yellow on ripening, green when unripe. Common uses: The unripe fruits are cooked as a vegetable and are also pickled. Ethnomedicinal uses: Fever, ulcers, headache, inflammation, diabetes, immune-modulator, analgesic, cough, cold.

Botanical Name: *Colebrookea oppositifolia* Smith Local Name: Gadoos Family: Lamiales Habitat: Common in open, dry and rocky places Distribution: Common in Himalayas, Kashmir, Bhutan, Punjab, Western Ghats, India, South West China, Indo-China Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi Plant Part used: Leaves, roots Elevation: 450-1100 m Morphological Description: A shrub. Oppositely arranged light green leaves, oblong, lanceolate, serrated. White flowers look hairy like squirrel’s tail. Common uses: If a lady holds in her secret organ the root ground in her own urine the male partner ejaculates within no time in the process and she vanquish him. Ethnomedicinal uses: Dermatitis, nose bleeding, cough, fever, headache, dysentery, epilepsy, ulcers.

Botanical Name: *Citrus medica* Linn Local Name: Galgal Family: Rutaceae Habitat: Cultivated in gardens, common in fields, agriculture. Distribution: Native to Southeast Asia, India, Burma, Western Ghats, Pakistan, Europe, Italy Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi Plant Part used: flowers, fruits, seeds Elevation: 450-1300 m Morphological Description: A small tree. Leaves are unifoliate, petioles naked or winged, ovate serrate. Flowers are white, unisexual. Fruits are berry globose or oblong, yellow when ripe, thick and irregularly shaped. Common uses: Hing (*Asafoetida*), roasted in the decoction of rind with some salt in it, is given in case of intestinal worms. Ethnomedicinal uses: Headache, stomach ache, coughs, cold.

Botanical Name: *Cynodon dactylon* Linn. Local Name: Doob Family: Poaceae Habitat: Common in gardens, roadside, uncultivated lands. Distribution: Africa, Western parts of the Indian Ocean, Kenya, Uganda Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi Plant Part used: Whole plant Elevation: 450-800 m Morphological Description: Blades are grey-green color and are short. The erect stem is slightly flattened. Seeds are produced in clusters. Common uses: The herb is considered most sacred in Hindu Mythology. It is required in every religious ceremony and is included in all offerings to the gods and goddesses. There is a tradition that the Shudras offer it to their “Bajiya” (Member of the family, in whose home the ceremony was performed) as a shagun (a good omen) to be kept of the ear-base and in turn, the Shudra is given something as a tip (bakshish). The herb is known for its modesty as it remains spreader on the earth and does not rise its head against, though full of virtues. Many a times, the olds, cite its example that the one who is full of virtues remains calm, on its politeness Guru Nanak has also remarked. “Nankani chaho chale, jaisi neechi doob; Aur ghas sookh jayega, doob khoob ki khoob” Ethnomedicinal uses: Fever, ulcers, stomach infection, nose bleeding.

Botanical Name: *Cascuta reflexa* Roxb. Local Name: Amarbel Family: Cascutaceae Habitat: Dry deciduous forests at lower altitude. Distribution: China, Indo-Malaysia, Assam, Maharashtra, Meghalaya, Odisha, Kerala, Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Mandi Plant Part used: Whole plant Elevation: 500-1200 m Morphological Description: Parasitic plant. Leafless twined sprawling thin vine grows over a host plant. Common uses: Give and take of any times is a common practice in villages but if someone borrow and then turn a deaf ear to, he is cited the example of “Amarbel”. Of its habit of complete parasitism, they remark that she is receiving with interest what so ever she had landed in the previous birth. Through this example, they wish to convey that one should be fair in dealings. Its powder, ginger-powder, mixed with butter is applied on long standing wounds. Ethnomedicinal uses: Prevent hair fall, headache, fever, rheumatism, constipation.

Botanical Name: *Cannabis sativa* Linn. Local Name: Bhang Family: Cannabaceae Habitat: Cultivate as well grow wild.
Distribution: South Africa, China, India, Nepal, Bhutan, Myanmar
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, flowers
Elevation: 650-1700 m
Morphological Description: Annual herb. Erect stems. Flowers are monoeccious, dioecious. Leaves are palmately compound with serrate leaflets.
Common uses: The root of bhang, if dug on Sunday or Tuesday and tied on the head, the turbulence of evil spirits is vanished. “Ghota” (a special preparation from the leaves and seeds battered in milk and water with sugar in it) is relished by many on the occasion of “Shiva Ratri”.
Ethnomedicinal uses: Asthma, bronchitis, coughs and pains, treatment of cancer.

Botanical Name: *Cassia fistula* Linn.
Local Name: Amaltas
Family: Caesalpiniaaceae
Habitat: Common in Deciduous forests, sub-tropical, tropical region
Distribution: Sri Lanka, Thailand, Malaysia, Mexico, India, Pakistan
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Mandi
Plant Part used: Fruits, bark, roots, leave

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Distribution: Sri Lanka, Thailand, Malaysia, Mexico, India, Pakistan
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Mandi
Plant Part used: Bark, flower, roots, leaves
Elevation: 450-1800 m
Morphological Description: A medium size tree. Leaves are smooth, ovate, alternate, pinate. Flowers are bright yellow. Fruits long pods green in colour.
Common uses: The seeds are picked and are also used as a substitute for coffee.
Ethnomedicinal uses: Constipation, cough, rheumatism, diabetes, malaria.

Botanical Name: *Calotropis procera* R.Br.
Local Name: Ak
Family: Asclepiadaceae
Habitat: In warm dry places, common in wastelands.
Distribution: Persia, Tropical Africa, Commonly in India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Bark, flower, leaves.
Elevation: 450-1050 m
Morphological Description: A shrub. Flowers pink, spotted with purple, follicles thick, wrinkled, covered with wooly pubescence.
Common uses: In acute pain during delivery, the leaves if tied to the head are effective. According to a conception the leaves are only effective of the plant is solicitude as day before and told that your leaves are required for the welfare of some one.
Ethnomedicinal uses: Leprosy, dysentery, diarrhea.

Botanical Name: *Centella asiatica* L.
Local Name: Bhrami
Family: Apaiceae
Habitat: Grows in swampy areas.
Distribution: Native to China, Japan, Indonesia, India, Pakistan, Sri Lanka, South Africa, Eastern Europe.
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Whole plant
Elevation: 450-1800 m
Morphological Description: Perennial herb. Leaves are fan shaped. Flowers pink or white. Fruit is oval.
Common uses: Fresh leaves (if dried), almond (10 in number), seeds of Cardamom and of cucumber, musk-melon and water-melon. After detaching the seed-coats and black-pepper (7 in Number) are taken finely ground and filtered. Sugar-candy is added to it. The mixture if used 1 summer regularly for a month it gives strength to heart and mind.
Ethnomedicinal uses: Memory enhancement, depression, leprosy, ulcers, cold, fever, asthma, cancer

Botanical Name: Catharanthus roseus (L.) G. Don
Local Name: Sadabahar
Family: Apocynaceae
Habitat: Commonly available in gardens, wastelands, roadsides.
Distribution: Vietnam, Sri Lanka, Philippines, Australia, India, Tamil Nadu, Karnataka, Gujarat, Madhya Pradesh, Assam
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, roots
Elevation: 450-1000 m
Morphological Description: An evergreen shrub. Leaves are shiny, dark green, glossy and oval. Flowers are purple or white in color.
Common uses: The flowers heads are considered patient and unerring to root out any kind of mole on the face or any other part of the body.
Ethnomedicinal uses: Diabetes, skin diseases, pimples, sedative

Botanical Name: Colocasia esculenta L.
Local Name: Kachalu
Family: Araceae
Habitat: Cultivated in hotter parts.
Distribution: South east Asia, Southern India, Africa, East India, Nepal, Bangladesh, East Asia, America
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, corns
Elevation: 450-2000 m
Morphological Description: Perennial herb. Leaves are pellate, ovate with cordate lamina, long petiole. Underground stem are swollen, fleshy, dark brown color
Common uses: The tuber are boiled or fried and eaten as a vegetable. The leaves are spiced, folded and boiled. These are locally called “Patroru” a very delicious dish.
Ethnomedicinal uses: Constipation, stomachic, weakness.

Botanical Name: Datura stramonium Linn.
Local Name: Datura
Family: Solanaceae
Habitat: Common in agricultural fields, roadside and waste grounds, along coastal beaches.
Distribution: Native to Central America, Mexico, Southern part of United States, Asia, England
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Mandi
Plant Part used: Roots, leaves, stem, fruits, seeds.
Elevation: 350-1000 m
Morphological Description: An herbaceous annual. Green to purplish stems annual. Green to purplish stems hollow. Leaves are oval to sub ovate leaves serrate margin, white to purple, axillary, trumpet shaped flowers. Seeds are ovoid, dark, wrinkled seeds.
Common uses: The seeds are sometimes used illicitly for homicidal proposes and to poison the cattle.
Ethnomedicinal uses: Rheumatism, inflammation, asthma, diarrhea, dermatitis, congestion, skin diseases.
**Family:** Moraceae  
**Local Name:** Bargad  
**Ethnomedicinal uses:** Diarrhea, jaundice, indigestion.

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**Family:** Myrtaceae  
**Local Name:** Safeda  
**Ethnomedicinal uses:** Cough, toothache, indigestion.

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**Family:** Euphorbiaceae  
**Local Name:** Amla  
**Ethnomedicinal uses:** Ulcers, skin diseases.

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**Family:** Flacourtiaceae  
**Local Name:** Plum  
**Ethnomedicinal uses:** Ulcers.

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**Family:** Moraceae  
**Local Name:** Tryambloo  
**Ethnomedicinal uses:** Diarrhea, dysentery, diabetes.

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**Botanical Name:** *Emblica officinalis* Gaertn.  
**Local Name:** Amla  
**Ethnomedicinal uses:** Bronchitis, asthma, fever, pulmonary problems, diabetes, ulcers.

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**Botanical Name:** *Ficus glomerata* Roxb.  
**Local Name:** Pepal  
**Ethnomedicinal uses:** Ulcers.

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**Botanical Name:** *Ficus religiosa* Linn.  
**Local Name:** Pepal  
**Ethnomedicinal uses:** Ulcers.

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**Botanical Name:** *Ficus bengelensis* Sm.  
**Local Name:** Auan da"  
**Ethnomedicinal uses:** Ulcers.

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**Botanical Name:** *Ficus bengelensis* Linn.  
**Local Name:** Tryambloo  
**Ethnomedicinal uses:** Ulcers.

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**Botanical Name:** *Ficus religiosa* Linn.  
**Local Name:** Pepal  
**Ethnomedicinal uses:** Ulcers.

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**Botanical Name:** *Ficus glomerata* Roxb.  
**Local Name:** Pepal  
**Ethnomedicinal uses:** Ulcers.
Morphological Description: A tree. Flower greenish yellow, dioecious. Fruit are dark brown to red, edible. Common uses: Used as a favorite table fruit, also canned or prepared into jams. Ethnomedicinal uses: Jaundice.

Botanical Name: Fumaria parviflora Linn.

Local Name: Pitpapra
Family: Papaveraceae
Habitat: Common weed in fields
Distribution: Temperate regions of North hemisphere/ occurs in gardens of temperate region of India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, seeds, whole plant
Elevation: 750-2000 m
Morphological Description: An annual herb. Corona is pinkish-white. Fruit are 2 mm in diameter, globose, 1-seeded nutlet, hard, glabrous.
Common uses: The leaves are used as seasonal leafy vegetables and eaten with “Chhali-ki-roti” (Zea mays). Ethnomedicinal uses: Indigestion, fever, vomiting.

Botanical Name: Foeniculum vulgare Mill.

Local Name: Bann-Saunf
Family: Apiaceae
Habitat: Cultivated in kitchen gardens.
Distribution: Native to Southern Europe, South East Asia and Mediterranean region cultivated throughout the India
Foot Hill regions of Himachal Pradesh: Hamirpur, Mandi
Plant Part used: Seeds
Elevation: 1100-1850 m
Morphological Description: An herb. Stem erect, leaves thrice pinnate, awl-shaped leaflets. Flowers are golden yellow, terminal umbels. Seeds are glabrous, greenish in color.
Common uses: The dried seeds are roasted and mixed with candy sugar. It is consumed during dehydration. Ethnomedicinal uses: Reduce cough, mouth freshener, dysentery, headache, improve digestive system.

Botanical Name: Grewia optiva JR.D ex B
Local Name: Beul
Family: Malvaceae
Habitat: Grow near agricultural field, naturally occurred in field bunds in villages.
Distribution: Found in Himalayan region in Pakistan, Nepal, India, Bengal, Punjab, Uttarakhand, Jammu and Kashmir
Foot Hill regions of Himachal Pradesh: Bilaspur, Mandi
Plant Part used: Leaves, bark, fruits
Elevation: 500-2000 m
Morphological Description: A deciduous tree. Bark dark brown, leaves are opposite, ovate, toothed, rough, hairy. Flowers pale yellow with white petals, seeds are round olive green in color when unripe and black in color when ripe.
Common uses: The leaves are used as excellent fodder for milch animals. The cellulose of sticks converted into hard fibers after soaking them in stagnant water through fermentation process. The hard fibers are used to make ropes. Ethnomedicinal uses: Shampoo from bark is used for washing hairs, arthritis, and diarrhoea.

Botanical Name: Heteropogon contortus Linn.

Local Name: Jar
Family: Poaceae
Habitat: Common in open grassland
Distribution: Myanmar, Africa, W. Bengal, Meghalaya, Nagaland, Jammu and Kashmir, Delhi, Uttar Pradesh, Manipur, Orissa
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Roots
Elevation: 350-1950 m
Morphological Description: A glabrous perennial grass. Fertile spikelets long awned, sessile spikelets and contain only stamens.
Common uses: The plant is transplanted on bunds of crop-fields as biofencing. Ethnomedicinal uses: Burns, wound, mouth ulcers.

Botanical Name: Holoptelia integrifolia Planch
Local Name: Papri
Family: Ulmaceae
Habitat: Common in wastelands, forests, and along road sides.
Distribution: Sri Lanka, Burma, China
Foot Hill regions of Himachal Pradesh: Una, Hamirpur
Plant Part used: Bark, fruits, leaves, seeds
Elevation: 350-600 m
Morphological Description: A tree. Leaves are alternate, elliptic, and entire. Flowers are in fascicles on leafless branches.
Common uses: It is used as fuel and fodder. Ethnomedicinal uses: Diabetes, wounds, piles, vomiting.

Botanical Name: Hollarrhena antidysenterica Wall.

Local Name: Inderjau
Family: Apocynaceae
Habitat: Common in wild and open wastelands
Distribution: Found in Asian countries, Sub Himalayan tract, tropical India, Sub-Himalayan tract, Assam, Uttar Pradesh
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur
Plant Part used: Bark, seeds, flowers, fruits
Elevation: 600-1100 m
Morphological Description: A tree. Leaves are broad, opposite, oval. Flowers are white; fruits are paired cylindrical in shape. Seeds are light brown in color.
Common uses: The leaves are sometimes used as a flavoring agent.
Ethnomedicinal uses: Diabetes, piles, arthritis, inflammation, dysentery, diarrhoea

Botanical Name: Hibiscus rosa-sinensis L.
Local Name: Gulmehnda
Family: Malvaceae
Habitat: Cultivate as an ornament in gardens, hedge.
Distribution: Africa, Asia, Australia, Bangladesh, Indonesia, Malaysia, Italy, Pakistan, Myanmar, Sri Lanka
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, buds, flowers
Elevation: 650-1500 m
Morphological Description: A shrub. Leaves are simple, ovate, and entire at the base and coarsely toothed at the apex. Flowers are actinomorphic, pentamorous, and red in color.
Common uses: The plant used hedge plant in kitchen gardening.
Ethnomedicinal uses: Leaves, buds, flowers

Botanical Name: *Hordeum vulgare* L.
Local Name: Jau
Family: Poaceae
Habitat: Grown in temperate region worldwide.
Distribution: Native to Middle East, from Afghanistan to northern India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur
Plant Part used: Seeds
Elevation: 450-800 m
Morphological Description: Annual herb. Stem erect, stout. Leaves few, alternate, and linear, spikes terminal, linear-oblong, compressed, and densely flowered.
Common uses: The flour either alone or mixed with wheat flour is used for bread making.
Ethnomedicinal uses: Diuretic, diabetes, burning sensation, anemia, cough, piles, cholesterol

Botanical Name: *Mariat philippensis* Arg.
Local Name: Kambal
Family: Euphorbiaceae
Habitat: Grows in miscellaneous and sal forests.
Distribution: Burma, Singapore, Andaman Island, Sindh, Ceylon, China, Australia throughout India
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi
Plant Part used: Bark, flower, leaves, fruits, seeds (whole plant)
Elevation: 750-1800 m
Morphological Description: A tree. Inflorescence is rusty pubescent. Flowers are yellowish, dioecious. Seeds sub globose, black, wrinkled.
Common uses: The wood is not good for furniture except some tool handles and mainly as a firewood
Ethnomedicinal uses: Constipation, wounds, ulcers

Botanical Name: *Mangifera indica* Linn.
Local Name: Amb
Family: Anarcardiaceae
Habitat: Common tree all over India, cultivate for its delicious fruits.
Distribution: Tropical Himalayas throughout warmer parts of India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur
Plant Part used: Bark, flowers, fruits, leaves, roots, seeds
Elevation: 350-1300 m
Morphological Description: A tree. Flowers are yellowish green, drupes fleshy, compressed. Ovoid, oblique, stone fibrous compressed.
Common uses: The king of fruits is generally grown for its delicious fruits. The unripe fruits are used for Chutney and preparation of powder ("Amchur"). These are also dried after making pieces, without the stone. These are locally called “Bukrian” and store for months to make sour vegetable called “Mhani”.
Ethnomedicinal uses: Asthma, diarrhea, loose motions, dysentery, bleeding piles

Botanical Name: *Momordica charantia* L.
Local Name: Karela
Family: Cucurbitaceae
Habitat: Wild as well as cultivate
Distribution: South East Asia, East Africa Andaman & Nicobar, Thailand, Sri Lanka, Vietnam
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur
Plant Part used: Seeds, fruits
Elevation: 350-1000 m
Morphological Description: Stem selender, green. Leaves are long, rounded and deeply lobed. Flowers yellow. Fruit are pendulous cylindrical. Seeds are woody and orange yellow.
Common uses: Young fruits are consumed as vegetable; these are also sliced and preserved for later use.
Ethnomedicinal uses: Diabetes, stomach, rheumatism, cough, ulcers.

Botanical Name: *Melia azedarach* Linn.
Local Name: Drek
Family: Meliaceae
Habitat: Cultivate along road sides.
Distribution: Sub-Himalayas tract, commonly cultivated in India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Bark, fruits, seeds.
Elevation: 450-2000 m
Morphological Description: A tree. Drupe 1.2-1.6 cm long, ovoid or oblong, yellow and wrinkled when ripe, stone 5-seeded.
Common uses: The wood is considered the best for agricultural implements, particularly ploughs.
Ethnomedicinal uses: Malaria, skin diseases, indigestion, headache.

Botanical Name: *Mentha piperita* Linn.
Local Name: Pudina
Family: Lamiaceae
Habitat: Common in marshes places and near water course.
Distribution: Europe, Asia, North America throughout tropics of India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Whole plant.
Elevation: 450-1300 m
Morphological Description: A perennial herb. The leaves are oblong, lanceolate, rounded at the base, serrate. Flowers are in whorls, small purplish.
Common uses: The leaves are used to make “chatani” during Summer season.
Ethnomedicinal uses: Stomach disorders, indigestion, cough and cold.

Botanical Name: *Murraya koengii* Spreng
Local Name: Gandhala
Family: Rutaceae
Habitat: Common on hills, slopes, in forests.
Distribution: Sri Lanka, China, Laos, Java, Cambodia, throughout India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, Bark, fruits, roots.
Elevation: 800-1450 m

Morphological Description: A shrub. Flowers white, fruit berry, black, wrinkled, seeds oblong plano convex, glabrous.
Common uses: The leaves are used as coolant and also used in flavor “Kaddi”. The twigs and leaves are used as a fodder.
Ethnomedicinal uses: Dysentery, renal pain, control blood pressure, lower cholesterol level.

Botanical Name: *Ocimum basilicum* L.
Local Name: Kaner
Family: Lamioideae
Habitat: Open hills sides, common in foot hills
Distribution: Baluchistan, Afghanistan, Himalayas, Central India
Foot Hill regions of Himachal Pradesh: Mandi
Plant Part used: Bark, leave, roots (whole plant)
Elevation: 750-1950 m

Morphological Description: A shrub. Leaves are narrowly lanceolate, flowers red or pink fragrant.
Common uses: The twigs and leaves are used as “Patri’ (Biomass mulch) in corn crops.
Ethnomedicinal uses: Skin diseases, diabetes, ear ache

Botanical Name: *Nerium indicum* Mill.
Local Name: Tulsi
Family: Apocynaceae
Habitat: Common in homes, temples and farms
Distribution: Native to Indian subcontinent, southeast Asia, India, Nepal, Punjab
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, roots, seeds
Elevation: 350-2000 m

Morphological Description: A shrub. Leaves are green or purple, simple, petioled, ovate, slightly toothed margin. Flowers are purplish in color.
Common uses: The leaves are used as a flavoring material for cooking. 2-3 leaves are generally used to flavor tea. “Tulsi” is considered the most sacred herb in Hindu mythology. Brahmins hold it sacred to the Gods, Krishna and Vishnu. The herb can be seen growing in almost every third house of India, it is considered the most sacred herb in Hindu mythology.

Ethnomedicinal uses: Fever, common cold cough, mouth ulcers, headache, skin problems

Botanical Name: *Ocimum sanctum* L.
Local Name: Tulsi
Family: Lamioideae
Habitat: Common in village boundaries and areas.
Distribution: Burma, throughout India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Fruits, leaves, roots.
Elevation: 350-1500 m

Morphological Description: A tree. Stem rough with prominent scars of fallen petioles. No root suckers
Common uses: The leaves are used to make cushion and mats.
Ethnomedicinal uses: Respiratory diseases, fever.

Botanical Name: *Pistacia integrrima* Stewart
Local Name: Kakarsingi
Family: Anacardiaceae
Habitat: Common along road sides and rivulets.
Distribution: Western Himalayas
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Fruits, leaves, seeds
Elevation: 600-1800 m

Morphological Description: A tree. Leaves spinous, petals absent stamen large deep red
Common uses: The fruits are burnt on dung-cake and given to children in cough and cold.
Ethnomedicinal uses: Asthma, dysentery, tuberculosis.

Botanical Name: *Psidium guajava* Linn
Local Name: Amrud
Family: Arecaceae
Habitat: Common in village boundaries and areas.
Distribution: Western Himalayas
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, seeds, flowers
Elevation: 450-1000 m

Morphological Description: Perennial herb. Leaves are shiny, aromatic, and green in color. Flowers are small white grows in spike at the end of stem. Seeds are small, oval black in color.
Common uses: Used as a flavoring agent for pulses, pickles, sauces and confectionery.
Ethnomedicinal uses: Nose infection, piles, constipation, pimples, acne

Botanical Name: *Passiflora edulis* F. neriifolia
Local Name: Kadid
Family: Anacardiaceae
Habitat: Cultivate or wild
Distribution: Sri Lanka, Singapore, Tropical and Sub-Tropical parts of India, Assam, Madras
Foot Hill regions of Himachal Pradesh: Bilaspur, Mandi
Plant Part used: Fruits, leaves, roots.
Elevation: 350-1500 m

Morphological Description: A tree. Stem rough with prominent scars of fallen petioles. No root suckers
Common uses: The leaves are used to make cushion and mats.
Ethnomedicinal uses: Respiratory diseases, fever.
Plant Part used: Leaves, Bark, flower, fruits, roots, seeds
Elevation: 350-800 m
Morphological Description: A tree. Stem smooth with pealing bark. Leaves elliptic oblong, base rounded to obtuse.
Common uses: Fruits are eaten. The leaves ae sometimes used as a flavoring agent.
Ethnomedicinal uses: Ulcer, constipation

Botanical Name: *Punica granatum* Linn
Local Name: Anar
Family: Lythraceae
Habitat: Common on dry slopes
Distribution: Native of Iran, Afghanistan, Baluchistan, cultivated throughout India
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi
Plant Part used: Bark, fruits, flowers, roots, seeds
Elevation: 700-1800 m
Morphological Description: A shrub or a tree. Petals wrinkled red. Fruits woody, tipped with persistent calyx. Seeds angular, red or pink, testa thick fleshy, juicy
Common uses: Fleshy testa is edibles; seed-juice is a favorite drink. The dried seeds are a source of “anardana” which is mainly used for acidification of chatneys.

Ethnomedicinal uses: Diarrhoea, dysentery, bronchitis

Botanical Name: *Phyllanthus niruri* Schum & Thonn
Local Name: Jangliamli
Family: Euphorbiaceae
Habitat: Grow as weed throughout the hotter part of country. Abundantly in gardens, roadside, open areas.
Distribution: Tropical and sub-tropical region of Asia, Africa, America
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Whole plant
Elevation: 350-1200 m
Morphological Description: Annual herb. Leaves are compound, arranged in two rows, alternate, and opposite, sessile, oblong, and entire. Stem is slender, light brown, taste slightly bitter.
Common uses: Decoction of leaves is given for “sokra”, a xerantic disease in children.

Ethnomedicinal uses: Malarial fever, inflammation, jaundice, dysentery, lowers blood pressure, wounds, and ulcers.

Botanical Name: *Papaver somniferum* Linn
Local Name: Afhem
Family: Papaveraceae
Habitat: Grown as legal agricultural crop as well s grows wildly
Distribution: Native to southern Europe and Northern Africa, France, India, Iran, Turkey, Asia
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, Seeds
Elevation: 450-2400 m
Morphological Description: Annual herb. Leaves are simple with serrated margin. Flowers are red in color, hermaphrodite.
Common uses: The unripe fruits are sometimes used illicitly for homicidal proposes and to poison the cattle.

Ethnomedicinal uses: Sedative, astringent, narcotic, cough, cold, respiratory depressant

Botanical Name: *Pongamia pinnata* L.
Local Name: Pongam
Family: Fabaceae
Habitat: Cultivated tree
Distribution: Eastern Asia, East Asia, North Eastern Asia, Fiji, Japan
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Stem, bark, leaves, flowers, seeds
Elevation: 450-1200 m
Morphological Description: A tree. Leaves are alternate, dark green. Flowers are pink. Pods smooth, oblique, 1-2 seeded.
Common uses: The leaves of *Pongamia pinnata*, Karanj (Derris indica), Neem (Azadirachta indica) and Khair (Acacia catechu) are grinded in the urine of cow, are applied as a poultice on the body and the leaves of all the three plants are boiled in water and the patient of Leprosy is made to bath. The same boiled water is given to drink.

Ethnomedicinal uses: Stomachic, cough and cold, rheumatism, skin pigmentation, liver disorders

Botanical Name: *Pyrus malus* L.
Local Name: Saeb
Family: Rosaceae
Habitat: Grow wild in temperate regions as well as cultivated in gardens, agriculture, and horticulture.
Distribution: Native to Europe, west Asia, Himalayas, Punjab, Central India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Fruits, dried fruit peels, flowers, leaves
Elevation: 650-1500 m
Morphological Description: Perennial tree. Leaves are alternate, ovate, and finely crenate-serrate. Flowers are umbelled racemes, white, and pink in color. Fruits are large, globose, intruded at both ends.
Common uses: The ripe fruits are eaten.

Ethnomedicinal uses: Cancer, diabetes, heart diseases, hypertension

Botanical Name: *Rosa kordesii* H. Wulff
Local Name: Gulab
Family: Rosaceae
Habitat: Commonly cultivate in gardens, agriculture
Distribution: China, America, Africa, India, Punjab
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Flower
Elevation: 450-1500 m
Morphological Description: Deciduous shrub. Leaves are opposite, toothed margins, dark green in color. Flowers are red in color.
Common uses: The petals are used to make “Gul-Kand” as coolant.

Ethnomedicinal uses: Infection in digestive tract & intestine, sore throat, skin problems, diarrhea

Botanical Name: *Rubus ellipticus* Smith
Local Name: Aakhae
Family: Rosaceae
Habitat: Common in road side
Distribution: Native to China, Nepal, Indian subcontinent, Indochina, Philippines
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Fruits, roots
Elevation: 450-2000 m
Morphological Description: A large shrub. Stout stem, leaves are trifoliate, elliptic, ovate toothed margin, flowers are short, white, grow in clusters. Fruits are golden yellow in color. Common uses: Fruits are edible, have excellent flavor (as that of raspberry) and taste. Ethnomedicinal uses: Stomach pain, headache, and indigestion.

Botanical Name: *Ricinus communis* Linn.
Local Name: Erandi
Family: Euphorbiaceae
Habitat: Frequently met within wastelands, usually near habitations throughout.
Distribution: Throughout the tropics, indigenous to Africa, throughout India
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi
Plant Part used: Bark, flower, leaves, roots, stems, seeds.
Elevation: 700-2000 m
Morphological Description: A perennial shrub. Leaves are peltate, large, palmately lobed, and serrate. Flowers are large in terminal, racemes, monoeocious. Common uses: The fruits are emetic and expectorant; these are used in epilepsy, chlorosis and excessive salvation.
Ethnomedicinal uses: Constipation, joint pains, stomach ache.

Botanical Name: *Salvia splendens* Linn.
Local Name: Sefakuss
Family: Lamiaceae
Habitat: Commonly cultivate in and around villages, along road sides.
Distribution: Philippines, Baguio city, native to Brazil
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Bark, leaves
Elevation: 650-1200 m
Morphological Description: A perennial shrub, growing 90 cm. Leaves are ovate, light green with toothed margins. Flowers are glabrous, bilabiate, bright red.
Common uses: The dried leaves are smoked to relieve irritation.
Ethnomedicinal uses: Epilepsy, diabetes, bronchitis, tuberculosis, hemorrhage, menstrual disorders, aches.

Botanical Name: *Solanum indicum* Linn.
Local Name: Barhanta
Family: Solanaceae
Habitat: Common in rubbishy places, deserted toungyas, savannahs, along river banks
Distribution: China, Malaya to Philippines, grows in warmer parts of India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, fruits, roots, stems
Elevation: 700-1600 m
Morphological Description: A perennial shrub. Flowers white to bluish violet. Fruits yellow.
Common uses: Ripe berries are eaten as such or salted.
Ethnomedicinal uses: Cough colic, nasal, ulcers.

Botanical Name: *Solanum xanthocarpum* Schard & Wendl.
Local Name: Kateli
Family: Solanaceae
Habitat: Common in wastelands, open moist fields, riverbeds, slopes and cultivated fields
Distribution: Throughout Australia, Malaya, Polynesia, South East Asia, common throughout India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Flowers, fruits, roots, stems
Elevation: 650-2000 m
Morphological Description: A perennial herb. Flowers blue, fruit yellow berries, globous, smooth, yellow or whitish with green streaks.
Common uses: Fruits are used to make chutneys, pickles and jams.
Ethnomedicinal uses: Asthma, cold, cough, piles, snake bites

Botanical Name: *Sorghum halepense* Linn.
Local Name: Wild Sorghum
Family: Poaceae
Habitat: Common in tropical parts.
Distribution: Bangladesh, Sri Lanka, Tropical Parts of India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Seeds
Elevation: 800-1800 m
Morphological Description: A perennial grass. Leaf blades 0.5-2 cm, wide culms, slender, panicle up to 25 cm long
Ethnomedicinal uses: Diuretic

Botanical Name: *Trigonella-foenum-graecum* Linn.
Local Name: Methi
Family: Fabaceae
Habitat: Commonly cultivated home and agriculture fields
Distribution: Southern Europe, Northern Africa, India
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, seeds
Elevation: 650-1500 m
Morphological Description: Annual herb. Leaves are light green in color, pinnately trifoliate. Flowers are white or yellowish white and axillary. Fruits are legumes; narrow, curved, seeds are present in pods.
Common uses: Leaves are used as ‘Sag’ (pot-herb), commonly consumed in winters. Seeds are used as flavoring agent, spice and condiment. The herb also serves as a fodder plant.
Ethnomedicinal uses: Indigestion, liver problems, promoting hair growth, curing dandruff, carminative, diuretic, diabetes, loose motion, diabetes, dysentery, constipation.

Botanical Name: *Trachyspermum ammi* L.
Local Name: Jungli Ajwain
Family: Apiaceae
Habitat: Widely grown in arid and arid regions semi
Distribution: Native of Egypt, cultivate in Iraq, Iran, Afghanistan, Pakistan, India, Gujarat, Rajasthan, Maharashtra, Bihar, West Bengal
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Seeds
Elevation: 550-2000 m
Morphological Description: Annual herb. Stem is striated. Leaves are pinate with a terminal and 7 pairs of lateral leaflets. Flowers are actinomorphic, white. Fruits are aromatic, ovoid.
Common uses: Fruit-powder of *Trachyspermum ammi*, “Harad” (*Terminalia chebula*), “Bahera” (*Terminalia bellerica*), “Amla” (*Emblica officinalis*) are mixed with candysugar. These are battered in rose wort and made into small tablets. The tablets are used for curing pile.
Ethnomedicinal uses: Abdominal gas, diarrhea, piles, asthma, dysentery, indigestion, flatulence, cough.
Botanical Name: *Tinospora cordifolia* Willd.  
Local Name: Galoye  
Family: Menispermaceae  
Habitat: Common in hedges  
Distribution: India, Nepal, Sri Lanka, Pakistan  
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi  
Plant Part used: Fruits, leaves, roots, stems  
Elevation: 450-900 m  
Morphological Description: A climbing shrub. Flowers green, yellowish, green drupes, smooth red  
Common uses: The stem is chopped into pieces, kept in water-filled utensil for the night. Next day, these are squeezed and filtered. The residue is collected and used in small pinches with cow’s milk. It gives coolness to the body for days.  
Ethnomedicinal uses: A climbing shrub. Flowers green, yellowish, green drupes, smooth red  
Botanical Name: *Terminalia chebula* Retz.  
Local Name: Harad  
Family: Combretaceae  
Habitat: Sporadic in warm valleys.  
Distribution: Ceylon, Burma, India  
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi  
Plant Part used: Bark, fruits  
Area of Collection: Elevation: 450-1500 m  
Morphological Description: A tree. Flowers are in spike, all hermaphrodites. Fruits non winged only ribbed when dry  
Common uses: The fruit is used as main ingredient of “Trifla” as digestive powder. In this opinion of local Herbal Doctors (*Vaidyas*), no plant is as much used in native medicines as “Harar”. The herbal expert of ancient times has also eulogized the plant as under:  
“Haritki Manushyanam Matev Hitkarini;  
Kadachit Kupyate Mata, Nodarasya Haritki”.  
Means the “Harar” is as a well-wisher of the humans as their own mother, and even, the mother can be resentful at times but the engulfed “Harar” never.  
Ethnomedicinal uses: Asthma, Diarrhoea, constipation.  
Botanical Name: *Thevetia nerifolia* Juss  
Local Name: Pila Kaner  
Family: Apocynaceae  
Habitat: Commonly cultivate as an ornamental plant.  
Distribution: Native to Tropical America  
Foot Hill regions of Himachal Pradesh: Bilaspur, Mandi  
Plant Part used: Bark, kernel, leaves, roots, seeds  
Elevation: 400-1200 m  
Morphological Description: A shrub with milky latex and linear lanceolate leaves, flowers yellow, drupes angular.  
Common uses: The leaves are used as a fodder but the excessive use adversely affects the milk yield.  
Ethnomedicinal uses: Fever, constipation  
Botanical Name: *Terminalia bellerica* Roxb.  
Local Name: Bhera  
Family: Combretaceae  
Habitat: Found in deciduous forests  
Distribution: Pakistan, Sri Lanka, Indo Malaysia, Malacca, throughout greater part of India  
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi  
Plant Part used: Bark, fruits, kernel, seeds  
Elevation: 350-1500 m  
Morphological Description: A tree. Flowers in spike, greenish yellow, upper one males, lower one, hermaphrodite  
Common uses: The stem-bark and ‘Laung’ (Flower buds of *Syzygium aromaticum*) are grounded, mixed with honey, are given for diarrhoea. The wood is used for inferior kind of furniture, rough planking and packing cases etc.  
Ethnomedicinal uses: Constipation  
Botanical Name: *Terminalia arjuna* Roxb.  
Local Name: Arjun  
Family: Combretaceae  
Habitat: Growing near river banks and sometimes cultivates  
Distribution: Native to India, Sri Lanka, Myanmar, Uttar Pradesh, Madhya Pradesh, West Bengal, Rajasthan  
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi  
Plant Part used: Bark, fruits  
Elevation: 450-1200 m  
Morphological Description: A tree. Smooth trunk, pinkish grey bark. Leaves are simple, conical and rounded. Flowers are white born in spikes. Fruits are ovoid, oblong.  
Common uses: The bark-powder is useful in throat problems and mouth washes.  
Ethnomedicinal uses: Fever, diabetes, dysentery, cancer, heart diseases, stones in kidney  
Botanical Name: *Urginea indica* Roxbs  
Local Name: Jungli Piyaz  
Family: Liliaceae  
Habitat: Wild grows on sandy shores  
Distribution: Western Himalaya, Bihar  
Foot Hill regions of Himachal Pradesh: Bilaspur, Mandi  
Plant Part used: Rhizome  
Elevation: 550-2000 m  
Morphological Description: An herb. Bulbs like onion white  
Common uses: Drops of bulb-extract are poured in case of buzzing in the ears and ear ache.  
Ethnomedicinal uses: Cough, cold, respiratory disorders.  
Botanical Name: *Vitex negundo* Linn  
Local Name: Banna  
Family: Verbenaceae  
Habitat: Common in home gardens, often found as escape.  
Distribution: Tropical regions, Afghanistan to Bhutan, China, South Eastern Asia, throughout India  
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi  
Plant Part used: Flowers, fruits, leaves, roots  
Elevation: 650-1300 m  
Morphological Description: A shrub or a tree. Leaflet crenate-serrate. Fruits are 3.5-4 mm long, black, succulent endocarp bony.  
Common uses: Some of the natives (a separate section of people other than herbal experts or “Vaidyas”) treat snake-bitten person by a quite different method using the plant.
These experts are locally called “Dalyah” bundles of fresh twigs are brought and every expert takes 10-15 twigs to start the job. The twigs are vibrated over the snake-bitten place, at one time and thumped on the ground, the other, accompanied with uttering of related “mantras”. The twigs are replaced on turning the leaves black. For experimentation, whether the venom has speeded throughout or is still under check, they give ‘pipliyuan’ (Capsicum annuum) to chew. If the sufferer feels the acrid taste, the venom is thought to be under check. The process is repeated until he recovers.

Ethnomedicinal uses: Headache, skin diseases.

Botanical Name: Viola odorata Linn.
Local Name: Vanska
Family: Apiaceae
Habitat: Common in hedge, wood lands.
Distribution: Native to Mediterranean region, Central Europe, Iran, Afghanistan, Iraq
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Whole plant
Elevation: 450-1800 m
Morphological Description: Perennial evergreen herb. Leaves are ovate, with rounded apex. Flowers are violet and scented. Fruit is many seeded and unilocular capsule.
Common uses: The decoction of flowers along with “Mulatthi” (Glycyrrhiza glabra), “Pudina” (Mentha piperita) is given in fevers.
Ethnomedicinal uses: Cough, inflammation, diuretic, laxative, bronchitis, fever, headache, migraine, insomnia.

Botanical Name: Vitis vinifera Linn.
Local Name: Angoor
Family: Vitaceae
Habitat: Common in riversides and damp woods.
Distribution: Native to Mediterranean region, Central Europe, Southwestern Asia, North Africa
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Ripe & unripe fruits, leaves
Elevation: 400-1200 m
Morphological Description: Perennial woody liana. Leaves are alternate, palmately lobed, long and broad. The fruit is berry, green, red or purple in color. Flowers are numerous & are arranged opposite to the leaves grouped in clusters.
Common uses: The fruit are edible. The wood is burnt and the ashes, mixed with vinegar are applied on the place of dog-biting.

Ethnomedicinal uses: Inflammation, constipation, tuberculosis, stomatchic, analgesic, sore throat, smallpox

Botanical Name: Withania somnifera Dunal.
Local Name: Ashwgandha
Family: Solanaceae
Habitat: Common in weeds of waste places, road sides.
Distribution: Baluchistan, Ceylon, drier parts of India
Foot Hill regions of Himachal Pradesh: Hamirpur, Bilaspur, Mandi
Plant Part used: Whole plant
Elevation: 650-1200 m
Morphological Description: A shrub. Flowers in sub-sessile, fruit berry, globose, yellow or red.

Common uses: The fruit is used as a substitute for remnant to co-angulated milk.
Ethnomedicinal uses: Dropsy, cough, painful swellings, sore eyes.

Botanical Name: Woodfordia fruticosa L.
Local Name: Ban-Mahendi
Family: Lythraceae
Habitat: Waste lands & open grasslands but also cultivated in gardens.
Distribution: Native to Asia, Africa, India., Pakistan, Nepal, Bhutan, Myanmar, Indonesia, China, Arunachal Pradesh, Mizoram, West Bengal
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur
Plant Part used: Flower, leaves, fruits
Elevation: 1200- 1800 m
Morphological Description: A deciduous shrub. Bark smooth, reddish, brown. Leaves are oblong, ovate lanceolate. Flowers are slender tube curved & greenish base. Fruits are capsules, ellipsoid. Seeds are brown in color.
Common uses: The fruits are cooling and demulcent. The seed-oil is effective in herpes.
Ethnomedicinal uses: Diarrhea, piles, dysentery, wounds, ulcers, burns, immune modulator, rheumatism, headache caused by pitta dosha, diabetes.

Botanical Name: Zingiber officinale Rose.
Local Name: Adarak
Family: Zingiberaceae
Habitat: Commonly cultivate in fields
Distribution: Indonesia, Malaysia, Philippines, Vietnam, Japan, Australia, Subtropical regions, India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: rhizome
Elevation: 450-1500 m
Morphological Description: An herb. Leaves are alternate, sessile, leaf blade. Flowers are yellow-green, aromatic. Underground tuberous stem or rhizomes are present.
Common uses: The extract mixed with “Piaz” (Allium cepa) extract is given to control vomiting; the extract is given with old molasses to rancid the swellings of the body.
Ethnomedicinal uses: Allergy, ulcers, inflammation, vomiting, cough and cold

Botanical Name: Zizyphus jujube Mill.
Local Name: Ber
Family: Rhamnaceae
Distribution: Philippines, Japan, Subtropical regions, India
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Seeds, fruits, bark, roots
Elevation: 350-1700 m
Morphological Description: A deciduous tree. Leaves are shiny green, ovate with toothed margin. Flowers are small, yellowish green in color. Fruits are oval drupe green when unripe, brownish in color when ripe.
Common uses: The ripe drupes are palatable. The leaves are browsed by the goats with ease; other cattle find it difficult due to the presence of thorns.
Ethnomedicinal uses: Sedative, astringent, diuretic, stomatchic, fever, increase immune system.
Botanical Name: Zanthoxylum armatum Linn.
Local Name: Tirmira
Family: Rutaceae
Habitat: Wildly grow cultivated in home gardens, road sides.
Distribution: East Asia, China, Japan, Korea, India, Bhutan, Bangladesh, Myanmar, Thailand, Vietnam, Malaysia, Indonesia
Foot Hill regions of Himachal Pradesh: Una, Hamirpur, Bilaspur, Mandi
Plant Part used: Leaves, flowers, stem, seeds

Elevation: 450-1750 m
Morphological Description: A shrub. Leaves are trifoliate, leaf stalk winged, sharp tipped, edges are toothed, flowers are minute yellow in color, and seed are round shiny black in color.
Common uses: Stem is peeled and used as a brush to clean teeth. Seeds are chewed to relieve toothache. Fruits are ground along with alum.
Ethnomedicinal uses: Fever, cholera, arthritis, carminative, stomachic, toothache
Traditionally, the local people of Foot hill regions of Himachal Pradesh maintained a rich diversity of cultivated and wild edible plants. The multiple uses of the plant species are one of the major causes of local people. Wild aromatic plants such as Bauhinia variegata, Ficus palmate, Rubus elliottii and Syzygium cumini are the most common preferences of local people. The heterogeneity in Indigenous Knowledge System within a given area is important in order to understand the society and also to design the localized sustainable management strategies. The systematic study includes 100 aromatic plants belonging to 44 families for the treatment of various diseases. Out of 100 aromatic plants, 19% leaves, 17% seeds, 14% fruits & roots, 13% flowers & bark, 4% whole plant & stem, 1% bulbs & rhizomes of plant species are used for the treatment of various chronic diseases. The aromatic and medicinal plants have been used since primordial period for healing variety of diseases.

The folks living in villages have been using these growing aromatic plants as medicine since ages because this information transfers from generation to generation. This can be easily understood from the following local sayings which are very popular in the study area. “Harad, bahera, amla bich payi giloye, jithonye char chijan utho admi kyone” [29]. It means that a person will not succumb to disease in an area where T. chebula (harad), T. bellerica (bahera), Emblica officinalis (Amla) and Tinospora cordifolia (giloye) plants are available. “Bana, basuti te bare Je thi houan Thethi Manu kian mare” Means a man cannot die of disease in an area where Vitex negundo (bana), Adhatoda vasica (basuti) and Acorus calamus (bare) are found, provided that he knows how to use them [30-33]. Since, these are in common use by the local people and are of great importance. The information generated from the study regarding the medicinal plants used by the local peoples. This could help in creating mass wakefulness concerning their preservation of ethno-botanical knowledge [34-40].

![No. of Plant Species](image)

**Fig. 2.** Graphical representation showing the Number of Plant species Present in the different Families.
IV. CONCLUSION

The present study reveals that numerous plant species will essential in the everyday life of the tribes living in lower hills of western Himalayas. The local people of the study area have a great indigenous knowledge on medicinal plants. Most of the herbal medicines are used in the form of powder, paste, decoction and extract. Some herbal plants are used for the treatment of more than one disease. This study also decline that some traditional plants are get reduced in number due to destruction of habitat, unscientific collection and lack of knowledge. Documentation, preservation and recording of medicinally important plant species and traditional knowledge associated with the use of local plant species should be necessary step for the conservation of plant species and tradition

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