



ETHNO BOTANICAL INVESTIGATION OF CERTAIN REHARA VILLAGE MEDICINAL PLANTS RAWALAKOT, AJ&K, TEHSIL

Salma Aziz¹, Muhammad Asif Jamil²

¹M.Phil Scholar, Mirpur University of Science & Technology (MUST), MIRPUR
Email: salmaazizsalmaaziz16@gmail.com

²Director Agriculture Extension AJ&K, Email: moaj75@gmail.com

ARTICLE INFO:

Keywords:

Ethnobotany, Medicinal Plants, Traditional Knowledge, Rawalakot, Indigenous Healing Practices

Corresponding Author:

Salma Aziz,

Email:

salmaazizsalmaaziz16@gmail.com

Article History:

Published on October 15, 2025

ABSTRACT

Six villages in the Thorar Tehsil Rawalakot, District Poonch, Azad Jammu & Kashmir, Pakistan, undertook ethnobotanical research. 35 plant species from 26 families were used in the current study by the local inhabitants of the region. The Lamiaceae family contained the most plant species overall. Many ailments are treated with the help of these medicinal herbs. The plant's local name, flowering season, condition, part used, and diseases treated were noted.

INTRODUCTION

Ethnobotany is the study of how indigenous people use plants. In this respect, plants are considered autotrophs since they can prepare their own nourishment. The plant is essential to the continued existence of all other life on earth. The study of plants is known as "ethnobotany," and they help to keep the natural world in balance. In 1986, John Hershberger will first use it. To treat a variety of disorders, herbal medications are frequently required (Khanum *et al.*, 2020).

Ethnobotanical awareness in Rawalakot Pearl Valley has been hardly examined, with the exclusion of a few studies. Native People have established a rich ethnobotanical awareness and use medicinal plants for handling numerous common sicknesses. In specific, traditional healers or herbalists play an important role in ensuring some health service to 75% of the rural population (Shaheen *et al.*, 2017).

Ethnobotany is very important in understanding different relationships such as

social and cultural systems. Unfortunately, there is very little knowledge of local people about ethnomedicinal plants. Only hakims are associated with medicinal plants (Ahmad *et al.*, 2012). Ethnomedicinal refers to the study of traditional medical recurrence that focuses on the ethnic interpretations of health, symptoms, and illness as well as the techniques used in health care delivery and treatment (Krippner, 2003). Medicinal Plants are often used / for betterment of health in developing countries. Those people that loved living in village used local plants. As medicine, different People not only use different plants but they also used plants for fuel fodder and building materials. Medicinal Plants decreases due to excess used in resources and Change land pattern (Ajaz *et al.*, 2017).

In health care issue ethno-medicine play important role about custom and culture of different traditional groups (Tumoro & Maryo, 2016). The study's goals were to document local people's traditional knowledge of the area's medicinal plants, create a database of those plants, and identify the plants that local people utilized as medicines.

Materials & Methodology

During the months of March and Maay 2022, ethnobotanical surveys were carried out in six villages in the Rehara Tehsil Rawalakot District Poonch AJ&K. Semi-structured oral interviews with knowledgeable people and traditional herbal healers were utilized to gather ethnobotanical data and information on plant uses. Interviews were conducted with 70 residents in total, including 40 men and 30 women. The population ranged in age from 30

to 65. The results were checked again and compared to existing literature. There is evidence of indigenous knowledge of medicinal plants.

Results and Discussion

Table 1 presents the findings. The study found that the locals used 35 medicinal plant species, which belonged to 25 families, for the treatment of various disorders. Information regarding the effectiveness of the plants as medicines has been gathered and documented. These plants are either used alone or in conjunction with other plants to treat various ailments. The number of therapeutic plants claimed by women was significantly higher than that of males. The Lamiaceae family had the most medicinal plants used for traditional purposes. The study has brought to light that the main disease treated by the villagers was cough, fever, jaundice, diarrhea, dysentery and used as diuretic. Some medicinal plant species are claimed to be quite effective remedies for snake bite, diuretic, wounds, abdominal pain, anti pyretic, asthma, stomachic, skin problems, piles, cough, anti cancer and cardiac stimulant. Study revealed that due to unawareness about the importance of medicinal plants are not used properly and use of these plants for medicinal purpose is very minute. Additionally, the collecting and preservation are done very incorrectly. The majority of the medicinal plants in the area are removed or gathered for use in building homes, providing animal feed, or burning. Therefore, it is crucial to educate the local population about the value of medicinal plants and how to utilize them sustainably.

Sr no	Scientific name	Local name	Family	Flowering Period	Statu s	Part Uses	Medicinal uses
1	<i>Abies pindrow</i> <i>Royle</i>	Partal, Paluder. Silver fir	Pinaceae	April & May	Tree	Leaves, Roots, Bark	The plant has been used to treat inflammation,

							discomfort, edema, cough, and anxiety.
2	<i>Berberis aristata</i> DC.	Doody, Indian barberry, Herb	Berberidace ae	April- August	Herb	Roots, Leaves, Bark	It can be used to treat a variety of conditions, including diarrhea, , diabetes, mouth inflammation, back pain, eye and ear infections, jaundice, and malarial fever.
3	<i>Albizia lebbek</i> (L.) Benth	Shirin	Leguminosa e	April- May	Herb	Seeds, Bark, Flowers	It is used to treat the other genital diseases and leucorrhoea . This plant also treat the problem in lungs. Treatment of eyes, cough, and many other.
4	<i>Fumaria indica</i> (Hauskn.) Pugsley	Papra, Herb	Fumaricacea e	March to June	Herb	Arial parts	The arial part of plant is important for treatment of skin infection, purify blood,

							pimples, and constipation .
5	<i>Castanea sativa</i> Mill.	Chita sanghara, Chest nut	Fagaceae	Late June to July	Tree	Leaves	Leaves are applied for pharyngitis and antypiretics
6	<i>Cedrela serrata</i> Royle.	Drawa	Melliaceae	May & June	Tree	Roots, Leaves, Stem	Its whole plants are used for different purpose such as round worms, Ulcers, dysentery, chronic and diabetes.
7	<i>Zanthoxylum armatum</i> DC. Prodr	Timbar	Rutaceae	March-April	Shrub	Fruit, Branches, Seeds	The different parts such as root, leaves, bark of this plant are used for different purpose. To treat tooth related problem, dyspepsia, fever, and chronic problem, bleeding of gum and to lowering blood pressure.
8	<i>Viburnum grandiflorum</i> Wall. ex.DC	Guch	Caprifoliaceae	November to June	Shrub	Seeds	The seeds are used to treat whooping

							cough and typhoid.
9	<i>Viburnum cotinifolium</i> D. Don	Taliana	Caprifoliaceae	March-May	Shrub	Fruit, leaves	The plant's leaves and fruits are purgative and blood purifier substances.
10	<i>Viola pilosa</i> Blume	Banafsha	Violaceae	March-May	Herb	Leaf	Its whole plants are used for different purpose such as to treat leucoderma, skin disease, cold, cough, throat cancer, skin diseases.
11	<i>Solanum nigrum</i> L.	Kachmach	Solanaceae	Mostly Throughout the year	Herb	Whole plant	The plant are used to treat pneumonia, aching teeth, stomach ache and pain.
12	<i>Viola canescens</i> Wall.ex Roxb.	Banafsha	Violaceae	March-June	Herb	Leaves	The leaves of plant are used to treat cough, jaundice, and fever.
13	<i>Vincetoxicum hirundinaria</i> Medicres	Herb	Asclepidaceae	May- July	Herb	Aerial parts	The plant's aerial parts are used to treat boils and pimples.
14	<i>Verbascum thapsus</i>	Gider	Valerianaceae	June to	Herb	Roots	The roots

	L.	tabacoo, herb	e	August			are used to cure gum disease, toothache, convulsions, and bleeding.
15	<i>Valeraina jatamansi</i> Joes	Herb	Valerianaceae	March-May	Herb	Arial parts	The plant's aerial parts are used to relieve constipation.
16	<i>Trichodesma indicum</i> (L.) R. Br.	Handusi, Herb	Boraginaceae	March-August	Herb	Whole plant	The whole plant are used to treat backache, weakness and kidney stone.
17	<i>Trichodesma incanum</i> (Bunge) A. DC.	Handusi booti, herb	Boraginaceae	May-June	Herb	Leaves	Leaves is used to treat flu and cough.
18	<i>Jasminum mesnyi</i> Hance	Pili chambali, shrub	Oleaceae	Feburary-March	Shrub	Leaves, branches	The different parts such as dried flower, leaves, branches of this plant are used for different purpose. To treat dandruff, pains, headache and joint pain.
19	<i>Dalbergia sissoo</i> D C.	Tahli, Tree	Fabaceae	March-May	Tree	Leaves, Stem, Bark	Various parts like roots, bark, wood, leaves and

							seeds of this plant are used in treatment of many diseases. Including: Diseases of skin, stomach trouble and many other.
20	<i>Celtis caucasica</i> Willd	Batkaral, Tree	Ulmaceae	March- May	Tree	Arial parts	The arialpart of this plant is used to treat pain, and Amenorrhoea.
21	<i>Nepeta laevigata</i> D.Don Hand	Herb	Lamiaceae	June to August	Herb	Flower, leaves	Flower of plant is important for treatment of cough, blood pressure, toothache, flu and fever.
22	<i>Quercus baloot</i> Griff	Rein, Shah	Fagaceae	Aprl- May	Herb	Leaves, flower	The plant part are used for various diseases treatment like asthma, internal urinary problems, cough and cold.
23	<i>Nerium oleander</i> L.	Kanair, Tree	Apocynacea e	April- October	Tree	Leaves, bark	The different parts such

							as root, leaves, bark of this plant are used for different purpose. To treat wounds, swelling, snakebite and abortion.
24	<i>Opuntia dillenii</i> Haw.	Thor, Shurb	Cactaceae	April to July	Shurb	Whole plantt	The whole plant is used to cure joints pain.
25	<i>Heracleum cachemirica</i> C.B. Clarke	Tukar, Shrub	Apiaceae	Feburary to september	Shurb	Arial plant	The arial parts of plant cure the nerve disorders and nausea.
26	<i>Thymus liniaris</i> Benth. Subsp. <i>Liniaris</i> Jalas	Himalay an thyme, herb	Lamiaceae	May to July	Herb	Leaves	Different diseases can be treated with plant leaves and flowers. Improve gum health, teeth, and bleeding.
27	<i>Elaeagnus angustifolia</i> L.	Sinjit, Tree	Elaeagnaceae	May to June	Tree	Ripened Fruits	The fruit of this plant is used as curing the fever and cough.
28	<i>Cynodon dactylon</i> (L.) Pers.	Khabal	Poaceae	March to September	Herb	Whole plant	Anti-oxidant, heal bone fracture, fever and use as fodder for

							cattle.
29	<i>Salvia lanata</i> Roxb.	Herb	Lamiaceae	April to June	Herb	Leaves	This plant's leaves are used to cure wounds and eczema.
30	<i>Dioscorea bulbifera</i> L.	Herb	Dioscoreaceae	September to November	Herb	Arial parts	The arial parts of plant is used to treat contraceptive.
31	<i>Rumex hastatus</i> L.	Khatimal, Shrub	Polygonaceae	June to October	Shrub	Roots	Plant roots are used to treat a variety of illnesses, including asthma, cattle weakness, antipyretics, and cough.
32	<i>Prunella vulgaris</i> L.	Herb	Lamiaceae	June to August	Herb	Seed, Leaves	The seed of plant is used for different diseases treatment like tonic, eye sight weakness, asthma, and heart diseases.
33	<i>Lepidium sativum</i> L.	Haleon, Herb	Brassicaceae	April to June	Herb	Seeds	The seed of plant is used to cure backache.
34	<i>Ajuga bracteosa</i> Wall. ex Benth.	Ratti booti,	Lamiaceae	March to December	Herb	Leaves and Arial parts	The herb is suggested for the treatment of amenorrhea, gout, rheumatism

							, and palsy.
35	<i>Quercus dilatata</i> Royle	Oak, Barungi,	Fagaceae	April to May	Tree	Fruit	The fruit of plant is tonic. And bark cure the dysentery.

REFERENCES

- Khanum, H., Ishtiaq, M., Bhatti, K. H., Hussain, I., Azeem, M., Maqbool, M., ... & Sayed, S. (2022). Ethnobotanical and conservation studies of tree flora of Shiwalik mountainous range of District Bhimber Azad Jammu and Kashmir, Pakistan. *PloS one*, *17*(2), e0262338.
- Shaheen, H., Qaseem, M. F., Amjad, M. S., & Bruschi, P. (2017). Exploration of ethnomedicinal knowledge among rural communities of Pearl Valley; Rawalakot, District Poonch Azad Jammu and Kashmir. *PloS one*, *12*(9), e0183956.
- Ahmad, K. S., Kayani, W. K., Hameed, M., Ahmad, F., & Nawaz, T. (2012). Floristic diversity and ethnobotany of senhsa, district Kotli, Azad Jammu & Kashmir (Pakistan). *Pak J Bot*, *44*(SI), 195-201.
- Krippner, S. 2003. Models of etnomedicinal healing. In; Ethnomedicine Conference, Munich, Germany. April. pp; 26-27.
- Tumoro, G., & Maryo, M. (2016). Determination of informant consensus factor and fidelity level of ethnomedicinal plants used in Misha Woreda, Hadiya Zone, Southern Ethiopia. *International Journal of Biodiversity and Conservation*, *8*(12), 351-364.
- Ajaz, T., & Ahmed, S. (2017). Ethnomedicinal plants recorded from Poonch district of J&K State (India). *Journal of Pharmacognosy and Phytochemistry*, *6*(1), 405-410.