

## **Useful Medicinal and Aromatic Plants of Pithoragarh**

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**ABSTRACT:** The Kumaon Hills of Uttaranchal, India are very rich in medicinal and aromatic plants, hence a detailed survey is being conducted to assess their availability, for bioactive constituents and commercial uses. In this paper a preliminary list of medicinal and aromatic plants found in Pithoragarh.

**INTRODUCTION :** The topography of Kumaon Hills possesses a great diversity in its natural vegetation<sup>1-2</sup>. A large number of medicinal plants are used in folk which possess antiviral, antifungal, anticancer, antibacterial, antihelmintic, antimalarial, anti-inflammatory, febrifuge, spermicidal, and various other properties<sup>3-7</sup>. Kumaon Hills have been considered a veritable emporium of useful medicinal plants since immemorial. <sup>1-2, 8-9</sup>

Pithoragarh, an important hill Dist. of Uttaranchal, India situated at about 29.80-30.30 "latitude and 80.0 to 81.1° longitude spread between Saryu river and Kali river. North part is most glacial region. Total of District is hilly. In the North and East part of the Dist. are Tibet and Nepal international boarder. North-East part bound with Munyari and Dharchula region covered with glacial zone.

### **RECORD OF SURVEY**

A good number of plants growing in the Pithoragarh are extensively used by pharmaceutical industries and indigenous systems of medicines,<sup>5,6,12</sup> while the remaining are locally used as folk in medicinal preparations, which require extensive research work to confirm their remedial virtues.

The medicinal and aromatic plants growing in Pithoragarh region are being listed in the following table giving their scientific and local names, habit, parts used and their therapeutic action and uses as suggested by various scientist.<sup>5,6, 9-11</sup>

(3)

**Table**

| Sl. | Botanical Name with Family                        | Vernacular Name | Habit | Parts Used  | Therapeutic Action and Uses                                                        |
|-----|---------------------------------------------------|-----------------|-------|-------------|------------------------------------------------------------------------------------|
|     | 1                                                 | 2               | 3     | 4           | 5                                                                                  |
| 1.  | <i>Acorus calamus</i> Linn.<br>(Araceae)          | Buch            | PH    | Rt., Rh     | Used in dyspepsia, fever, snake-bite, insecticide, stomachic, emetic, nerve tonic. |
| 2.  | <i>Adiantum venustum</i><br>(Polypodiaceae)       | Hansraj         | PH    | P1          | Astringent, diuretic, degestive, tonic, expectorant, emetic etc.                   |
| 3.  | <i>Achyranthes aspera</i> Linn<br>(Amaranthaceae) | Apamarg         | AH    | Rt., S., P1 | Used in hydrophobia, in piles, dropsy, snake-bite, purgative, pungent, diuretic.   |
| 4.  | <i>Asparagus recemosus</i> Linn.<br>(Liliaceae)   | Satavar         | P. Sh | Rt.         | Refrigerant, laxative, diuretic, demulcent,                                        |

|    |                                                   |             |        |                |                                                                                                                   |
|----|---------------------------------------------------|-------------|--------|----------------|-------------------------------------------------------------------------------------------------------------------|
|    |                                                   |             |        |                | antispasmodic.                                                                                                    |
| 5. | <i>Bacopamonnieri</i> Linn.<br>(Scrophulariaceae) | Brahmi      | PH     | P1, St,<br>Ls. | Nerve tonic,<br>memory<br>development,<br>epilepsy,<br>asthama,<br>seminal<br>weakness,<br>insanity,<br>diuretic. |
| 6. | <i>Cinnamomumtamala</i> Nees<br>(Lauraceae)       | Tajpat      | T      | Bk, Ls         | Used in<br>rheumatism,<br>colic,<br>diarrhoea,<br>carminative, in<br>scorpion-sting.                              |
| 7. | <i>Cannabis sativa</i> Linn<br>(Cannabinaceae)    | Bhang.      | AH     | Fls.           | Antispasmodic,<br>stomachic,<br>analgesic,<br>narcotic,<br>sedative, used<br>as tonic.                            |
| 8. | <i>Curuligoorchoides</i><br>(Amaryllidaceae)      | Kali musali | PH, Cl | Rh.            | Used in<br>diarrhoea,<br>asthma,<br>diuretic,<br>gonorrhoea,<br>demulcent,<br>piles,<br>aphrodisiac, as           |

|     |                                                  |              |        |                     |                                                                                                                                                                               |
|-----|--------------------------------------------------|--------------|--------|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|     |                                                  |              |        |                     | tonic.                                                                                                                                                                        |
| 9.  | <i>Daturastramoneuim</i> Linn<br>(Solanaceae)    | Dhatura      | P. SH. | LS.,<br>S.,<br>Fls. | Narcotic,<br>sedative,<br>antispasmodic,<br>intoxicating,<br>stomachic,<br>anodyne.                                                                                           |
| 10. | <i>Dioscoreadeltoideawall</i><br>(Dioscoreaceae) | Kins, Kildri | P. Sh. | Rh                  | Used in<br>rheumatism,<br>garbhnirodhi,<br>gathiyavat,<br>used to kill lice,<br>fish poison.                                                                                  |
| 11. | <i>Eulophiacompestriswall</i><br>(Orchidaceae)   | Salam mishri | PH     | Rh,<br>Rt.          | Stomachic,<br>cough, heart<br>trouble, as<br>tonic,<br>stimulant.                                                                                                             |
| 12. | <i>Eclpta alba</i> Hassak<br>(Compositae)        | Bhriangaraja | AH,    | Pl                  | Leaves used in<br>scorpion-sting,<br>plant used in<br>spleen<br>enlargements,<br>emetic, tonic,<br>root externally<br>as antiseptic to<br>ulcers and<br>wounds in<br>cattles. |
| 13. | <i>hedychiumspicatum</i> Ham                     | KapurKachari | PH.    | Rt.                 | Carminative,                                                                                                                                                                  |

|     |                                                      |           |     |    |                                                                                                                                                     |
|-----|------------------------------------------------------|-----------|-----|----|-----------------------------------------------------------------------------------------------------------------------------------------------------|
|     | (Zingiberaceae)                                      |           |     |    | stimulant,<br>tonic,<br>stomachic,<br>expectorant,<br>liver trouble,<br>emmenagogue,<br>degestive.                                                  |
| 14. | <i>Ipomoea headeracea</i> (Jacq)<br>(Convolvulaceae) | Kala dana | Sh. | S  | Purgative,<br>emmenagogue,<br>substitute for<br>jalap, blood<br>purifier,<br>hepatic,<br>stimulant, in<br>rhemutism and<br>paralytic<br>affections. |
| 15. | <i>Microstyliswallichii</i><br>(Orchidaceae)         | Jivak     | AH  | Rt | Digetive, used<br>in<br>chyavanparash,<br>as tonic,<br>Astvarg,<br>paustic,<br>stimulant.                                                           |
| 16. | <i>Myricanagi</i> Thumb<br>(Myricaeae)               | Kaiphall  | T   | Pl | Astringent,<br>carminnative,<br>antiseptic,<br>useful in fever,<br>asthama,<br>cough, blood<br>purifirer, used                                      |

|     |                                            |           |        |                 |                                                                                               |
|-----|--------------------------------------------|-----------|--------|-----------------|-----------------------------------------------------------------------------------------------|
|     |                                            |           |        |                 | in throat swelling, useful in pregnancy period.                                               |
| 17. | <i>Origamumvulgare</i><br>(Labiatae)       | Ban tulsi | AH     | Pl              | Menstrual disorders, ear pain, teeth pain, cough, fever, dycentry.                            |
| 18. | <i>ParmeliaSp.</i><br>(Parmeliaceae)       | Jhula     | Liken. | Pl              | Blood purifier, laxative, carminative, used as havansamagri, as masala.                       |
| 19. | <i>Solamumxanthocarpum</i><br>(Solanaceae) | Kanthkari | P. Sh. | Rt.,<br>Pl, Ls. | Diuretic, in dropsy, rheumatism, expectorant, catarrhal, gonorrhoea, cough, fever, analgesic. |
| 20. | <i>Salvia lanataRoxb.</i><br>(Labiatae)    | Ganiya    | PH.    | Rt., S,<br>Ls.  | Cold, cough, emetic, colic, haemorrhoids, used in healing.                                    |
| 21. | <i>Sweritachirata</i> Buch-Ham             | Chiryata  | AH.    | Pl.             | Bitter, tonic, stomachic,                                                                     |

|     |                                                       |          |        |         |                                                                                                         |
|-----|-------------------------------------------------------|----------|--------|---------|---------------------------------------------------------------------------------------------------------|
|     | (Gentianaceae)                                        |          |        |         | laxative,<br>febrifuge, blood<br>purifier, in<br>malaria,<br>typhoid fever.                             |
| 22. | <i>Sapindus mukorossi</i><br>(Sapindaceae)            | Ritha    | T      | F       | Used in<br>salivation,<br>chlorosis and<br>epilepsy,<br>expectorent,<br>skin disease,<br>blood disease. |
| 23. | <i>Trichosanthes Palmata</i> Roxb.<br>(Cucurbitaceae) | Indrayan | P. Sh. | S, Rt.  | Used in<br>vetanary<br>medicine, root<br>used in lung<br>diseases of<br>cattles.                        |
| 24. | <i>Thalictrum feliolosum</i> DC<br>(Ranunculaceae)    | Mamira   | AH     | Rt.     | Purgative,<br>diuretic,<br>febrifuge,<br>dyspepsia,<br>ophthalmia,<br>tonic, in eye<br>problems         |
| 25. | <i>Urtica parviflora</i> Roxb.<br>(Urticaceae)        | Bichhu   | P. Sh. | Pl. Rt. | Diuretic,<br>astringent,<br>anthelmintic,<br>emmenagogue,<br>memorrhagia,<br>as external                |

|     |                                                   |            |            |              |                                                                                                                                           |
|-----|---------------------------------------------------|------------|------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------|
|     |                                                   |            |            |              | irritation.                                                                                                                               |
| 26. | <i>Viola serpens</i><br>(Violaceae)               | Banfsha    | AH.        | Pl,<br>Rt.,  | Antipyretic,<br>febrifuge,<br>emollient,<br>demulcent,<br>lung trouble,<br>diaphoretic.                                                   |
| 27. | <i>Zanthoxylum alatum</i><br>(Rotaceae)           | Timur      | PH,<br>Sh. | S, Bk.       | Used as tonic,<br>in fever,<br>dyspepsia,<br>cholera, used as<br>remedy for<br>toothache.                                                 |
| 28. | <i>Berberis aristata</i> Roxb.<br>(Berberidaceae) | Darulhaldi | P, Sh.     | Rt.,<br>Bk   | Used in<br>malarial fever,<br>menorrhagia,<br>diarrhoea,<br>jaundice, skin<br>diseases, eye<br>diseases.                                  |
| 29. | <i>Juglans regia</i> Linn.<br>(Juglandaceae)      | Dantasa    | T          | Ls<br>Bk, Rt | Anthelmintic,<br>in detergent,<br>astringent,<br>tonic, decoction<br>considered to<br>be specific in<br>strumous, fruit<br>in rheumatism. |
| 30. | <i>Polygonatum verticillatum</i><br>(Liliaceae)   | Mahamada   | A.H.       | Rt.          | Rhizome is<br>sweet, cooling,                                                                                                             |



|     |                                              |                       |    |             |                                                                                                                                                                                             |
|-----|----------------------------------------------|-----------------------|----|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|     |                                              |                       |    |             | aphrodisial,<br>galactagogue,<br>aspetising and<br>tonic, in<br>burning<br>sensation,<br>fever, strangury<br>seminal<br>weakness,<br>general<br>debilities, in<br>reproductive<br>problems. |
| 31. | <i>Paris polyphylla</i><br>(Liliaceae)       | Satua, Meethi<br>Bach | PH | Rh.,<br>Rt. | Nerve tonic,<br>febrifuge, used<br>in hysteriya                                                                                                                                             |
| 32. | <i>Podophyllum emodi</i> wall<br>(Liliaceae) | Van kakrhi            | AH | Rh.,<br>Rt. | Used in curing<br>cancerous<br>tissue, hepatic,<br>stimulant,<br>blood purifier,<br>useful in<br>constipation,<br>skin diseases<br>and tumors<br>growth.                                    |
| 33. | <i>Potentilla fulgens</i> wall<br>(Rosaceae) | Bajradanti            | PH | Rt.         | Used in teeth<br>diseases,<br>stringhtens<br>gum and teath,<br>antidiarrhoeal,                                                                                                              |

|     |                                            |                       |    |             |                                                                                                                  |
|-----|--------------------------------------------|-----------------------|----|-------------|------------------------------------------------------------------------------------------------------------------|
|     |                                            |                       |    |             | spasmolytic,<br>anticancer.                                                                                      |
| 34. | <i>Swertiapaniculata</i><br>(Gentianaceae) | chirayata             | AH | Pl.         | Bitter tonic,<br>febrifuge,<br>laxative, blood<br>purifiers,<br>stomachic,<br>antimalarial,<br>antidiabetic etc. |
| 35. | <i>Taxusbaccata</i> Linn.<br>(Taxaceae)    | Talispatra            | T  | Ls.         | Used in<br>asthma, cough,<br>tuberculosis,<br>cancer, locally<br>bark used as<br>tea.                            |
| 36. | <i>Allium strachayi</i><br>(Liliaceae)     | Jambu                 | AH | Ls          | Blood purifier,<br>in fever,<br>essential oil,<br>used as masala<br>etc.                                         |
| 37. | <i>Carumcarvi</i> Linn.<br>(Umbelliferae)  | Kalajira              | AH | S           | Stomachic,<br>carminative,<br>lactag.,<br>essential oil,<br>used in bakery<br>product, in<br>fever.              |
| 38. | <i>Jureniamacrocephala</i><br>(Compositae) | Gokuldhoop/<br>Guggal | AH | Rt.,<br>Pl. | Used in<br>incense, dhoop,<br>havansamagri,                                                                      |

|     |                                                     |             |    |     |                                                                                                                                                        |
|-----|-----------------------------------------------------|-------------|----|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------|
|     |                                                     |             |    |     | antifungal,<br>herbal<br>perfumes,<br>antibacterial.                                                                                                   |
| 39. | <i>Nardostachys jatamansi</i> DC<br>(Valerianaceae) | Jatamansi   | PH | Rt. | Stimulant,<br>essential oil,<br>insecticide, for<br>treatment of<br>epilepsy,<br>hysteria,<br>convulsive<br>affections, in<br>palpitation of<br>heart. |
| 40. | <i>Orchis latifolia</i><br>(Orchidaceae)            | Salam panja | PH | Rt. | Expectorant,<br>astringent,<br>digestive,<br>seprmatopoitic,<br>used in cough<br>etc.                                                                  |

#### ABBREVIATIONS USED

Habit - A – Annual; P – Perennial; Cl – Climber; H- herb;  
Sh – Shrub ; T – Tree  
Parts used - Pl – whole plant; Ls – Leaves; Fls – Flowers; Rh –  
Rhizome; Rt – Root,  
S – Seed; Bk – Bark; F – Fruit.

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