

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

**P.S. Rajpoot, Reader**

**Department of Chemistry,**

**Govt. P.G. College, Hardoi- (U.P.) 241001 (India)**

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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**

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

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

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

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

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

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

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



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

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

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

#### ABBREVIATIONS USED

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

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