ZOO-Journal **5**: 79-81, 2019 **Research Article** ***ISSN: 2631-2204***

USE OF MEDICINAL PLANTS IN EASTERN PART OF POKHARA, NEPAL

Bishnu P. Parajuli[1] and Shubash C. Bastola[2]

[1]Department of Botany, Prithvi Narayan Campus, Tribhuvan University, Pokhara
[2]Department of Zoology, Prithvi Narayan Campus, Tribhuvan University, Pokhara.
E-mail: bishnuparajuli120@gmail.com

ABSTRACT

From the beginning of civilization, man's relationship with the surrounding plant resources has always been very intimate. This study provides information to the general people to protect such medicinal plants. Kumal ethnic community mainly lives in Thulo-Kumal Gaun and scattered in different parts of Pokhara valley such as Dhungepatan, Bhandardik and Patneri. Altogether 20 medicinal plant species were identified.

Key words: Herbs, medicinal plants, remedy.

INTRODUCTION

Medicinal plants are the local heritage with global importance. The world is endowed with a rich wealth of medicinal plants. Herbs have always been the source of medicine and are becoming popular throughout the world as people strive to stay healthy in the face of chronic stress and pollution and to treat illness (Manandhar, 1993). Medicinal plants play an important role in the lives of rural people particularly in remote part of developing countries, with poor health (Prajapati, 2003) The plants are the most valuable resources of Nepal which provide wide range of useful products such as food, medicine, timber, fodder, fuel, fiber condiments etc. But nowadays erosion of ethnobiological knowledge was found among the Kumal ethnic group. So, present work attempts to focus on importance of such medicinal plants. Objectives of present study were to have knowledge about the plants used as medicine by Kumal ethnic groups, to identify them and report parts used in medicine.

MATERIALS AND METHODS

Study Area

Present study was conducted in Thulo Kumal Gaun, Pokhara Metropolitan City-26 and scattered in different parts of the city such as, Dhungepatan, Bhandardhik and Patanery (Figure 1).

Data collection and identification

The data was collected by participant, observation, focus group discussion and semi-structured interviews, with head of the house hold. Plant specimens were collected and deposited in the Herbarium of Department of Botany, Prithvi Narayan Campus, Pokhara and identified following Watanabe, Bhandari, Malla and Yahana (2005), and Polunin and Stainton (1999).

DOI: https://doi.org/10.3126/zooj.v5i0.34932

Figure 1. Location map of study area.

RESULTS AND DISCUSSION

The present study revealed 20 medicinal plant species used by the Kumal ethnic group. Detailed description is provided in Table 1.'

Table 1 shows various trees, shrubs and herbs have traditional medicinal value. Those plants were used as whole or as leaves, root, rhizome, fruit, flower and tuber and should be kept under higher priority for conservation.

Table 1. List of medicinal plants and their parts used for medicine.

S.N.	Scientific Name	Local Name	Family	Parts used
1.	*Ocimum sanctum* L.	Tulasee	Labiatae	Stem and leaves were used for treating common cold and fever.
2.	*Aloe barbadensis* Mill	Ghiu kumaree	Liliaceae	Leaves were used for remedy of piles, gonorrhea, constipation, liver and spleen enlargement.
3.	*Adatoda Vasica* Nees	Asuro	Acanthaceae	Leaves were used for scabies and other skin diseases, leaves and flowers for bronchitis, fruits for body ache and roots for malaria fever, respiratory disease and gonorrhea
4.	*Zingiber officinale* Rose	Aduwa	Zingibaraceae	Stem (rhizome) was used for cough, asthma, dropsy, pulmonary disorders, digestive problems, dyspepsia and rheumatism.
5.	*Rauwolfia sarpantina* Beth ex Kurg	Sarpagandha	Apocynaceae	Root with bark were used for treating insanity, high blood pressure insomnia, hypertension and irritable condition of nervous system.
6.	*Santalum album* L.	Shrikhanda	Santalaceae	Stem powder mixed with milk was used for bile disorders, dysentery, excessive thirst, gonorrhea and gastritis.
7.	*Chenopodium album* L.	Bethe sag	Chenopodiaceae	Stem and leaves were used for to relieve stomach pain. It is also used as delicious vegetable.
8.	*Amaranthus spinosus* L.	Lude kada	Amaranthaceae	Leaves and roots were boiled in water and taken for intestinal disease; crushed leaves and roots were used for skin infection; juice for dysentery and root juice mixed with cold water to care painful urination.
9.	*Mentha spicata* L.	Pudina	Labiatae	Leaves were used to treat indigestion, rheumatism and cold.
10.	*Papaver somniferum* L.	Aphim	Papaveraceae	Fruits were used for diarrhea, chronic gastritis, vomiting, rheumatism, dysentery and for powerful toxicity substance to relieve nervous excitement and to induce sleep.
11.	*Orchis incarnate* L.	Barcaino	Meliaceae	Root tubers powder was used for stomach and urinary troubles, to control bleeding and paste of rhizome was used to cure cuts and wounds.

12.	*Melia azedarach* L.	Bakaino	Meliaceae	Root, bark, fruit and seed were used to kill intestinal parasites and a poultice of flower was used as skin disease.
13.	*Azadirachata indica* A Juss	Neem	Meliaceae	Leaves were used for fever, skin disease and malaria fever. Fruits were used for urinary disorders, piles, intestinal parasites and leprosy; seed oil was used for antiseptic dressing and chronic skin diseases.
14.	*Dhatura stromonium* Linn.	Dhaturo	Solanaceae	Leaves were used for asthma and juice was used for intestinal parasites.
15.	*Amomum sabulatum* Roxb	Alanchi	Zingiberaceae	Fruits were used for bronchitis, various ailments of the liver, kidney throat and rectum. It was also used as spices for digestion and maintain circulation of blood. It was also used for breaking stone in urinary bladder and kidney.
16.	*Trigonella foenumgraccum* L.	Methee	Papilionaceae	Whole plant body and seeds were used for dysentry, leprosy, irritation of bowels, stomach disorder, cough and cold.
17.	*Utrica dioica* L.	Sisnu	Utricacae	Stem and root were used for kidney disease. The plant is haemostatic and was used to stop vomiting of blood and bleeding from the nose.
18.	*Vicia angustifolia* L.	Kutilkosha	Papilionaceae	The green fruits were used to induce sleep.
19.	*Hyoscyamus niger* L.	Bhang	Solanaceae	Leaves and seed were used for remedy of malaria; infection of black fever.
20.	*Cinanamomum albiflorum* Nees	Tejpat	Lauraceae	Paste of leaf and bark was used for headache and it was also used for vomiting, gastritis, irritation and paralysis of tongue.

CONCLUSION

The plant body parts, method of preparation and application of medicine often differed among the groups. Trees, shrubs and herbs were effective for traditional medicinal value to the studied ethnic group.

ACKNOWLEDGEMENTS

We are thankful to local Kumal ethnic group of Thulo Kumal Gaun, Pokhara Metropolitan City-26, for necessary help and would like to thank to Mr. Kul Bahadur Kumal for his help for providing valuable information about traditional medicinal plants and medicine.

REFERENCES

Manadhar, N. P. (1993). Herbal remedies of Surkhet District Nepal. *Fitoterapia* **64:** 265-272.

Prajapati, P. (2003). Cryosophenol and physion, anthraguinones from the rhizome of *Rheum australe* D. Don (Polygonaceae). In: *Plant Resources* No. 22 (An occasional Publication). Department of Plant Resources, Kathmandu Nepal, 20-21 pp.

Watanabe, T., K. R. Rajbhandari, K. J. Malla and S. Yahara (2005). *A Hand Book of Medicinal Plants*. Kobfal Publishing Project, Bangkok, Thailand.

Polunin, O. and A. Stainton (1999). *Flora of the Himalaya*. Oxford University Press, Calcutta, India, 545 p.

(Received July 25, 2019; revised accepted September 27, 2019)