

## FOLK RECIPES AND ETHNO BOTANICAL SURVEY OF MEDICINAL PLANTS MIANWALI DISTRICT (PAKISTAN)

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### ABSTRACT

This article is based on the results of an ethno-botanical research conducted in Chapursan Valley. The main objective of this paper was to enlist the wealth of medicinal plants. In total 41 species, belonging to 29 families of wild herbs, shrubs and trees, were found to be used as medicinal plants by the inhabitants in the valley.

**Keywords:** Chapursan valley, Identification and uses of plants, Wealth of medicinal plants.

### INTRODUCTION

District Mianwali derives its name from a local Saint, Mian Ali of 16th century and lies on the eastern bank of Indus. The district lies between the 32-10° to 33-15°, north latitudes and 71-08° to 71-57° east longitudes. The district is bounded on the north by Attock, on the east by Kohat, on the south by Bhakkar and on the west by Karak and Dera Ismail Khan. Average maximum temperature per annum is 47°C and minimum temperature is 19°C Mean annual rain fall of the Mianwali is 3.3mm and maximum rain fall occurs in the month of July i.e., 6.6cm .Important crops of the area are wheat, barley, oat, mustard, Eruca, fennel, pea nut, mung, mash, etc. *Rhazya stricta* (Verin), *Reptonia buxifolia* (Ganger), *Prosopis juliflora* (jand), *ziziphus jujuba* (Beri).

*Dalbergia sissoo* (Tali) and *Acacia nilotica* (Kiker) are common trees of the district. About 79.22% people live in the rural area while 20.78% live in the urban areas Literacy rate of the city is as low as 25%. People living in tribal localities and in villages are using indigenous plants as medicines from long ago because this knowledge reaches to them through generation to generation, and is based on experience.

### MATERIAL AND METHOD

This research was conducted during summer 2001-2002 in Chapursan valley. The plants were collected, dried and preserved for identification. They were identified with the help of available literature [Stewart 1972, Nasir and Ali 1971-95]. The information about the medicinal uses of the plants was obtained from the local people through questionnaire. The outcome of the results were rechecked and compared with literature like that of Rubina [1998], Ali and Fefevre [1996] and Khalid [1995]. The data was analyzed and indigenous knowledge was documented.

### RESULT AND DISCUSSION

The importance of the herbal medicine can be well understood by the saying of Hippocrates "Let medicine be your food and food your medicine" The research revealed that local folk utilizes 41 species of plants belonging to 29 families for various purposes (Table 1). The people of the valley are generally ignorant about the medicinal and economic importance of these plants. Out of the 41 medicinal plants, only 20 species were known to the locals and the rest of the species of high medicinal and economic values were completely unknown to the local Community of the area.

Table 1: Check List of Medicinal Flora

Sr. No	Botanical Name	Vernacular Name	Family	Part Use	Ethno Medicinal Uses
1	<i>Achyranthes aspera</i> (Mill.)	Puthkanda	Amaranthaceae	Whole plant	Diuretic, Dropsy, Piles, Skin eruptions
2	<i>Acacia arabica</i> (Lam.) Willd	Kikar	Mimosaceae	Leaves and fruits	Cough, Dysentery
3	<i>Acacia modesta</i> Wall.	Phulai	Mimosaceae	Bark, wood and Gum	Tonic use for back and joints pain
4	<i>Abutilon indicum</i> (Linn.) Sweet	Peeli booti	Malvaceae	Leaves and stem	To treat boils
5	<i>Aloe barbadensis</i> Mill.	Ghee kunvar	Liliaceae	Whole plant	Boils, Piles and fever
6	<i>Amaranthus viridus</i> (L.)	Chulai	Amaranthaceae	leaves	Emollient, snake and scorpion bite
7	<i>Argyrolobium roseum</i> (Camb.)Jaub. And Spach	Makhan booti	Papillonaceae	Whole plant	Aphrodisiac and Tonic
8	<i>Azadirachta indica</i> Linn.	Neem	Meliaceae	Leaves	Skin diseases and blood purification
9	<i>Aerva javanica</i> (Burm. f.) Juss. J.A. Schultes	Booh	Amaranthaceae	Whole plant	Skin infection, inflammation and abdominal worms
10	<i>Brassica nigra</i> L.	Kali sarson	Brassicaceae	Whole plant	Laxative, headache, toothache, cold and rheumatic
11	<i>Bryophyllum pinnatum</i> Kurz	Zakham-ehayat	Crassulaceae	Leaves and juice	Hypertension renal calculus and skin diseases
12	<i>Calotropis procera</i> (Wild) R.Br.	Ak	Asclepiadaceae	Whole plant	Malaria and Cholera

13	Capparis decidua	Kirrer	Capparidaceae	Whole plant	Ulcers, asthma and rheumatic pain
14	Capparis aphylla	Kareen	Capparidaceae	Whole plant	Brain tonic, joints and back pain
15	Carum copticum Benth.	Ajwain desi	Apiaceae	Whole plant	Appetizers, kidney stone, digestion and whooping cough
16	Cassia augustifolia	Sena	Caesalpinaceae	Leaves, branches and fruit	Headache, brain tonic and intestinal diseases
17	Chenopodium album	Bathu	Chenopodiaceae	Whole plant	Laxative and Anthelmintic
18	Cleome brachycarpa	Dhanar khathoori	Capparidaceae	Whole plant	Joints pain and inflammation
19	Cucumis melo varagrestis Nudin	Chibber	Cucurbitaceae	Fruit	Digestive and stomach problems
20	Citrullus colocynthus	Tumba	Cucurbitaceae	Root and fruit	Antidiabetic and stomach problems
21	Cynodon dactylon (L.)	Khuble ghas	Poaceae	Roots	Diuretic and laxative
22	Cyperus rotundus (L.)	Dellia ghas	Cyperaceae	Tuber	Anthelmintic, stimulant, diuretic
23	Cymbopogon jauuarancusa	Kattan	Poaceae	Whole plant	Fever and phlegmatic pains
24	Dalbergi sissoo	Tali	Fabaceae	Leaves, roots and wood	Leprosy, boils, eruptions and stop Vomiting
25	Datura innoxia	Datura	Solanaceae	Leaves and seeds	Hydrophobia and Earache
26	Eruca sativa	Tara mera	Brassicaceae	Leaves and seeds	Skin diseases and joint's pain
27	Eucalyptus globules	Safaidda	Myrtaceae	Seeds and leaves	Malaria, Antibacterial and Antiseptic
28	Euphorbia thymifolia	Dodak	Euphorbiaceae	Whole plant	Bronchial affection, cough and asthma
29	Fagonia indica Brum.	Dhumia	Zygophyllaceae	Whole plant	Antibiotic, pimples and ear infection
30	Ficus religiosa	Pipal	Moraceae	Seeds and fruits	Laxative, Cooling and alterative
31	Fumaria parviflora	Shahtra	Fumariaceae	Whole plant	Diuretic, Alterative Anthelmintic And aperient
32	Lathyrus aphaca	Jangli phalli	Papillonaceae	Seeds and flowers	Seeds used as Narcotic and flowers as solvent
33	Launea procumbens	Bhatter	Asteraceae	Whole plant	Painful urination and gonorrhoea
34	Melia azedarach	Dherak	Meliaceae	Seed and Leaves	Diabetes, blood purification and Skin tonic
35	Mentha spicata	Pehari podina	Lamiaceae	Whole plant	Nausea, sickness, Vomiting and stomach diseases.
36	Mimordica dioca	Jungli karela	Cucurbitaceae	Fruit, seeds and root	Diabetes, sedative, bleeding piles And urinary complaints
37	Morus nigra	Kala shahtoot	Moraceae	Fruits	General tonic for body and cough, throat, and chest infection
38	Ocimum sanctum	Niazboo	Lamiaceae	Seeds	Stomach and Vomiting.
39	Plantago ovata	Ispaghul	Plantaginaceae	Seeds fruit and leaves	Antidiarrhoeal, Constipation and Inflammation of mucous membrane
40	Peganum harmala	Hermal	Zygophyllaceae	Whole plant	Brain tonic, insecticidal and viral diseases
41	Phoenix sylvestris	Khajoor	Palmae	Fruit, root and juice of tree	Toothache, Tonic, Cooling and Laxative
42	Rhynchosia minima	Jungli moath	Fabaceae	Whole plant	Used for bath after delivery for body care
43	Ricinus communis	Harnoli	Euphorbiaceae	Seeds, leaves, and Bark	Boils, Swelling, Laxative and to start Labour pain
44	Rhazya stricta	Verian, Akari	Apocynaceae	Roots, leaves and branches	Tooth diseases, Diabetes, Constipation and Intestinal Diseases
45	Spinacea oleracea	Palak	Chenopodiaceae	Leaves and stem	Anemia, Bone's Tonic and Produce fresh blood
46	Solanum nigrum	Makoo	Solanaceae	Whole plant	Phthisis, Dropsy, and for enlargement of spleen
47	Solanum surretense	Mohakri	Solanaceae	Fruit	Cough, Asthma and Rheumatic Pain

48	Salvadora oleides	Pilu	Salvadoraceae	Whole plant	Purgative, Cough and Regulate the Menstruation periods
49	Tagetes patala	Sudburga	Asteraceae	Fruits	To cure piles
50	Tribulus terrestris	Bhakra	Zygophyllaceae	Whole plant	Painful urination and Spermatorrhoea
51	Tephrosia uniflora Pers.	Cassias	Fabaceae	Whole plant	Harmful
52	Trianthema portulacastrum	Woho	Aizoaceae	Whole plant	Jaundice, Astma, Cough and for Fever
53	Withania somnifera	Asgand	Solanaceae	Whole Plant	Leucoderma, Diuretic and Analgesic
54	Zizyphus nummularia	Jangli beri	Rhamnaceae	Fruit, leaves and roots	Jaundice

## CONCLUSION

The area needs proper protection for the conservation and survival of bio-resources with the help of local people. Regularly chemical screening of medicinal plant and their useful parts collected from the fields in different seasons should be done. To prevent the extinction of medicinal species, efforts may be made to grow the sensitive species by acclimatizing them and in situ conservation as many species can be considered as an asset for human beings. Small scale processing units for the valued Drugs should be established.

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