

Ethnomedicinal Plant Diversity in Kumaun Himalaya of Uttarakhand, India

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Abstract :

Abstract: Kumaun Himalaya of Uttarakhand State is characterized by a rich diversity of ethnomedicinal plants as well as a rich heritage of traditional medicine system. The present study reveals the status of ethno-medicinal flora and their importance preserved by the local population in Kumaun region. During the study it was observed that 102 species of ethno-medicinal plants belonging to 48 families are being used in the folk-medicine system by the indigenous people of this region. For the present study, an intensive and extensive survey was made for four selected districts of Uttarakhand, viz. Almora, Champawat, Bageshwar and Pithoragarh. The neighboring villages of the study areas were also visited for identification of plant species and to explore the traditional knowledge about the use of indigenous medicinal plants. Therefore, the ethnobiological knowledge of people and listing of plants of particular region are important tools that may help in understanding human environment interactions. [Nature and Science. 2010;8(5):66- 78]. (ISSN: 1545-0740).

Key Word :

ethno-botany; folk medicines; Kumaun region; local communities

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