

Traditional uses of medicinal plants of Pauri Garhwal, Uttarakhand

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Abstarc :

The present study was carried out in some interior areas of Pauri district of Uttarakhand to collect the information of traditionally used medicinal plants by the communities. A total of 61 medicinal plants belonging to 28 families were used by local people to cure different diseases. . Out of 61 medicinal plant species 13 plant species were having roots and rhizomes as medicinal parts, 7 species containing fruits and flowers as medicinal value, Whereas 28 plant species were having leaves as their medicinal plant parts. Almost all these medicinal plants identified were used to cure human diseases and in which 10 plant species were also used to cure diseases of cattle of the local communities. Local communities, especially, older age class, including women heavily use these traditionally available medicinal plants for health and believe that these are easily available, less expensive, and have no side effects. [Nature and Science 2010;8(6):57-61]. (ISSN: 1545-0740).

Key Word :

Traditional knowledge, disease, local communities, traditional practices

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