Traditional uses of plants in curing jaundice in the Pin Valley National Park, Himachal Pradesh

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Received 25 May 2004; revised 15 December 2004

The paper provides traditional uses of few plant species in curing jaundice by the local community residing in and around Pin Valley National Park, Lahaul & Spiti in Himachal Pradesh. Their uses along with the dosages and combination with other plants are provided.

Key words: Traditional uses, Jaundice, Pin Valley National Park, Himachal Pradesh

IPC Int. Cl.2: A61K35/78, A61P1/16

Pin Valley National Park lies in 31° 6' 40" to 32° 2' 20" N latitude and 77° 4' 21" to 78° 6' 19" E longitude and is located in the cold desert of North-West Himalayas in Spiti sub-division of Lahaul & Spiti district, Himachal Pradesh (Fig 1). The flora of the Pin Valley National Park is rich and represents a number of plant species used in Indian Traditional Medicine and Tibetan System of Medicine also called Amchis System of Medicine. Still lots of efforts are needed to explore the possibility of their uses in this system of medicine. Twenty plants traditionally used in Tibetan System of Medicine have been reported earlier.1 Recently twenty-eight ethnomedicinal plants have been reported for the first time from the Park area.2

The present study was aimed to document some traditional medicinal plants used by the local residents belonging to Buddhist community in and around the Park area for curing the jaundice. Perusal of the literature reveals that the knowledge of these plants in curing jaundice is hitherto unknown3-8.

Methodology

Intensive and extensive field surveys were conducted in different localities of Pin Valley National Park during 2002-2003. During the field trips, information on traditional medicinal plants used for jaundice were obtained from experienced local residents and elderly medicinal pharmacists (Amchis).

All the species have been identified and their uses with appropriate dosages and combination with other plants have been provided.

Enumeration

The binomials of correct names are arranged alphabetically followed by family name in parentheses and local name; locality in Pin Valley National Park has been given. All the specimens are housed in the herbarium of Botanical Survey of India, Dehradun.

1 Gentiana tubiflora (G. Don) Griseb. (Gentianaceae)
Local name: Tikta Aunpo Mensa
Locality: Near Tariya
Uses: Whole plant is ground with little amount of lazi (salted curd) and made into a paste. This paste is given at night (before going to bed) for 40-45 days.

2 Gentianopsis detonsa (Rottb.) Ma (Gentianaceae)
Local name: Chateek
Locality: Thango-Kilung

3 Gentiana leucomelaena Maxim. ex Kusn. (Gentianaceae)
Local name: Buksuk Shipo
Locality: Chhohem
Uses: Plants are ground along with boiled water and small portion of petals of Polemonium caeruleum L. (Aun Ser Mendok), and

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**Gentianopsis paludosa** (Hook.) Ma (Gyatheek) are added to the above combination. This mixture mixed with boiled cow milk or curd (prepared from Goat’s milk) is given empty stomach in the early morning for 15-22 days.

4 **Geum elatum** Wallich ex G. Don (Rosaceae)
Local name: Gyampar Mendok, Turu Silva Mensa
Locality: Mud-Tharbik
Uses: Leaf extract (2-3 spoonful) mixed with boiled cow milk or curd is given empty stomach for 15-22 days.

5 **Picris hieracioides** L. subsp. kaimaensis Kitam. (Asteraceae)
Local name: Cherakpa
Locality: Gechang-Thango
Uses: Plant extract mixed with lazi (salted curd) is given in the early morning and late night for 20-30 days.

6 **Polygonum tortuosum** D. Don (Polygonaceae)
Local name: Agel Davaj
Locality: Chhohem
Uses: Whole plant paste mixed with curd (prepared from Goat’s milk) is given empty stomach for 15-22 days.

**Precaution:** Salt, oil, Ghee and butter are avoided during the treatment period.

**Acknowledgement**
The authors are thankful to Dr S Kumar, Joint Director, BSI, Dehra Dun for providing facilities and encouragement; to Director, BSI, Kolkata for facilities. One of them (KC) is grateful to the Ministry of Environment and Forests, New Delhi for financial assistance.

**References**


