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COMMON MEDICINAL PLANTS OF CHAPURSAN VALLEY, GOJAL II, GILGIT-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

Chapursan is one of the northern most valley of the Hunza drainage system branching off at Sust from the main Hunza valley. It is 72 kms long and width of about two kilometers.

The valley is flanked by Lupghar range on the south west, while on the north east another range divide it from Misger valley. The mountains are lofty, with an average height of about 5000 meters. The valley is filled by glacial and glacio-fluvial deposits, terraced by Chapursan River. The climate is intensely cold in winter, with heavy snow fall. Summer is pleasant and it is seldom that there is any thing of down pour.

The valley is made up of twelve villages, lying on either side of Chapursan River. Wheat, maize and barely are the important crops grown in summer. The Rabi is of little importance because of the very cold climatic conditions.

MATERIALS AND METHODS

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.

RESULTS AND DISCUSSION

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-: 1Common Medicinal Plants Of Chapursan Valley

Sr. No	Botanical Name	Family	Part use	Habit	Medicinal uses
1	*Artemisia maritima* L.	Asteraceae	Leaves, flower and bud	S	Worm killer, fever, joint pain and febrifuge
2	*Chenopodium ambrosioides* L.	Chenopodiaceae	Whole plant	H	Intestinal worm killer
3	*Ephedra gerardiana* Wall ex Stapf	Ephedraceae	Dried twigs	S	Asthma and cough
4	*Astragalus macropterus* DC	Fabaceae	Leaves	H	Stomachic
5	*Corydalis adiantifolia* H. and T	Fumiraceae	Root	H	Eye diseases and improve eye sight
6	*Sonchus asper* (L) Hill	Asteraceae	Whole plant	H	Tonic
7	*Hippophae rhamnoides* L.	Elaeagnaceae	Seed and fruit	S	Epistaxeis and tonic
8	*Tamarix arceuthoides* Bge.	Tamaricaceae	Bark and gall	S	Diarrhea and ulcerating piles
9	*Salix acmophylla* Boiss.	Salicaceae	Bark	T	Tonic and febrifuge
10	*Atriplex crossifolia* C.A.Mey	Chenopodiaceae	Leaves	S	Throat infection and yellow jaundice
11	*Aquilegia pubiflora* Wall. ex Royle	Ranunculaceae	Seed	H	Astringents and helpful to women in child birth
12	*Primula veris* L.	Primulaceae	Flower	H	Sedative, anti-spasmodic and bronchitis
13	*Lonicera periclymenum* L.	Caprifoliaceae	Leaves and flower	S	Wound healing, laxative and cough
14	*Galium boreale* L.	Rubiaceae	Flower	H	Blood purifier and diuretic
15	*Lactuca decipiens* (H.andT) Clarke	Asteraceae	Whole plant and seeds	H	Headache and tonic
16	*Prunus persica* (L)Stokes	Rosaceae	Leaves, flower and fruit	T	Jaundice, sedative, expectorant and tonic
17	*Pyrus communis* L.	Rosaceae	Fruit and leaves	T	Catarrh and tonic
18	*Sassurea lappa* (Dene.)Sch	Asteraceae	Root	H	Bronchial asthma, stimulant, cough and dyspepsia
19	*Podophyllum emodi* Wall. ex Royle	Podophyllaceae	Rhizome and root	H	Cancer, hepatic stimulant and purgative
20	*Plantago major* L.	Plantaginaceae	Seed, root and leaves	H	Demulcent, diuretic, constipation and piles
21	*Mentha sylvestris* L.	Labiatae	Leaves and flowers	H	Carminative, stimulant and rheumatism
22	*Onosma bracteatum* L.	Boraginaceae	Root, leaves and flowers	H	Fever, heart trouble and tonic
23	*Jurinea macrocephala* HK	Asteraceae	Root	H	Healing of burnt wounds, fever and tonic
24	*Hyoscyamus niger* L.	Solanaceae	Leaves and seeds	H	Sedative, narcotic, anodyne antispasmodic and nervous affliction
25	*Cannabis sativa* L.	Cannabinaceae	Dried flower, fruit and resinous exudation	H	Narcotic, dysentery neuralgia and sedative
26	*Rosa webbiana* Wall.ex Royle	Rosaceae	Flower	S	Stomachic
27	*Berberis kunawurensis* Royle	Berberidaceae	Root, stem and leaves	S	Jaundice, sore eyes and tonic
28	*Bergenia himalaica* Boiss	Saxifragaceae	Root	H	Headache and wound healing
29	*Capparus spinosa* L.	Capparidaceae	Floral buds	S	Improve taste power

30	*Peganum harmala* L.	Zygophyllaceae	Whole plant and seed	H	Insect killing properties and fragrance
31	*Datura stramonium* L.	Solanaceae	Dried leaves and seeds	H	Anticholinergic and sedative
32	*Aconitum napellus* H. and T	Ranunculaceae	Root	H	Anodyne and diuretic
33	*Fragaria vesca* Lindle.ex HK	Rosceae	Leaves and root	H	Mildly astringent and diuretic
34	*Juniperus macropoda* HK	Cupressaceae	Juniper Berries	T	Flavoring agent
35	*Rumex crispus* L.	Polygonaceae	Entire plant	H	Laxative, tonic rheumatism and skin diseases
36	*Urtica dioica* L.	Urticaceae	Leaves and stem	H	Anthelmintic, diuretic and jaundice
37	*Taraxicum officinale* L.	Asteraceae	Root	H	Laxative
38	*Thymus linearis* L.	Lamiaceae	Dried leaves	H	Whooping cough, asthma, expel round worm and antiseptic
39	*Verbascum thapsus* L.	Scrophulariaceae	Leaves, flower and root	H	Fever, astringent, bleeding of lunges and narcotic
40	*Betula utilis* D. Don	Betulaceae	Bark	T	Tonic, leprosy and earache
41	*Inula racemosa* HK	Asteraceae	Root	H	Tonic, stomachic and carminative

The investigated area has a rich diversity of medicinal plants and provides a conducive habitat and ideal climatic conditions for their growth. It is suggested that local community should receive education on the identification of their indigenous medicinal plants. The common medicinal plants are given in the Table 1 along with families, habit, part uses and medicinal uses.

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