Raja shows the highest applications supports the present Aconitum heterophyllum deltoidea et al., costus the lowest et al., T.H. Husain, N. With the help of a well The study documented 82 medicinal plant species belonging to 76 genera and 52 families. Among all the medicinal plants, Artemisia absinthium shows the highest RFC value (0.89) where as Dioscorea deltoidea the lowest 0.03 RFC value. Most of the respondents derived their extracts by decoction/juice, poultice or powder of the medicinal plants. The most frequently recurring diseases treated were inflammation, burn & wounds, cold and cough, fever, constipation, joint pain, back pain, skin infections, appetite, tongue & throat infection, worm infections, ulcers, headache, toothache, dysentery, frost bite, check hair growth, cancer and gastrointestinal disorders (Fig. 1).

Their mode of application was either orally or externally applied.

INTRODUCTION

About 80% of the world’s population mainly rely on traditional medicine. As per estimates around 70,000 plant species have been proven to possess potential for treating various diseases (Prasathkumar et al., 2021).

Herbal medicines are becoming popular because they have minimum side effects and have low cost. Kashmir valley and other Himalayan mountains have reported to possess more than 600 medicinal plant species used as traditional medicines by the locals.

Of these, about 300 medicinal species have been the important constituent of various Indian systems of medicines (Husain et al., 2020).

METHODS AND MATERIALS

- The proposed study was conducted in the Sindh Forest Division of Union Territory Jammu and Kashmir.
- The ethnomedicinal data was collected from 111 household respondents selected by multi-stage random sampling method from the study area.
- With the help of a well-structured pre-tested interview schedule, data on the local (Kashmiri) names of the medicinal plants, their therapeutically uses, plant parts used, method of preparation and mode of administration to patients were obtained.
- For the validation and to check the data related to the local importance of medicinal species regarding the respondents who reported the use of plant species in the study area, a quantitative index Relative Frequency of Citation (RFC) was applied (Amjad et al., 2017).

RESULTS

The study documented 82 medicinal plant species belonging to 76 genera and 52 families. Among all the medicinal plants, Artemisia absinthium shows the highest RFC value (0.89) where as Dioscorea deltoidea the lowest 0.03 RFC value. Most of the respondents derived their extracts by decoction/juice, poultice or powder of the medicinal plants. The most frequently recurring diseases treated were inflammation, burn & wounds, cold and cough, fever, constipation, joint pain, back pain, skin infections, appetite, tongue & throat infection, worm infections, ulcers, headache, toothache, dysentery, frost bite, check hair growth, cancer and gastrointestinal disorders (Fig. 1).

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CONCLUSIONS

The study reveals that the Temperate forests of Kashmir Himalayas are endowed with a rich diversity of medicinal plants can provide an alternative and novel treatment opportunity for fracture relieving, cartilage and bone regeneration.

But their role in tissue engineering field is still greatly unexplored.

ALtogether, tissue engineering and regenerative medicine using medicinal plants have the potential to reduce the transplantation crisis and to replace the use of synthetic stimulants to overcome the limitations such as toxicity, side effects and huge costs.

REFERENCES