



## Herbal remedies for skin burn problems in Garhwal Himalaya

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### Abstract

Garhwal Himalaya is the central part of Western Himalaya ( $29^{\circ} 26' - 31^{\circ} 28' N$  and  $77^{\circ} 49' - 80^{\circ} 6' E$ ). Due to its unique topography, ethnic uses of plants are in traditions of people of this area. Garhwal include seven districts- Dehradun, Haridwar, Pauri, Chamoli, Tehri, Uttarkashi and Rudraprayag representing mountains lower hills, tarai Bhabar belt and plain area. These hills have been a potent source of a variety of healing herbs. The present paper enumerates plants useful in treating several categories of diseases and hints on preparation and application of recipes. The information has been gathered from old people that used their own indigenous methods for burn skin. Due to many side effects of drugs of modern system of medicine and their high cost, the traditional medicine are being revival all over the world.

**Keywords:** potent, recipe, gathered, revival

### 1. Introduction

Garhwal Himalaya is the central part of Western Himalaya ( $29^{\circ} 26' - 31^{\circ} 28' N$  and  $77^{\circ} 49' - 80^{\circ} 6' E$ ). Due to its unique topography, ethnic uses of plants are in traditions of people of this area. Garhwal include seven districts- Dehradun, Haridwar, Pauri, Chamoli, Tehri, Uttarkashi and Rudraprayag representing mountains lower hills, tarai Bhabar belt and plain area. These hills have been a potent source of a variety of healing herbs. The therapeutic values of some of these plants are mentioned in our Vedic literature. In the past, due to the lack of communication, people were almost fully dependent upon local herbs remedies. The elderly people had

considerable knowledge about plants which they collect from the surrounding forests. Due to many side effects of drugs of modern system of medicine and their high cost, the traditional medicine are being revival all over the world. The Vedas narrate the impact of Panchmahabhuta - Sun, Soil, Air, water and space on the dusting of mother earth. Several areas in Garhwal have been surveyed for plants used by the Vedas. The present paper enumerates plants useful in treating several categories of diseases and hints on preparation and application of recipes. The information has been gathered from old people that used their own indigenous methods for burn skin.



Fig 1: Map of India showing Uttarakhand State



Fig 2: Map of Uttarakhand showing Garhwal region

## 2. Materials and methods

The study was conducted in two steps.

1. The information regarding direct use of plants and their parts as medicines for Skin burn related problems were collected from the old villagers inhabited of Garhwal Himalaya. The vernacular names and uses of plants as medicine were noted through questionnaire method.
2. The plants pointed out in step-I, were collected, identified botanically and their herbarium was prepared. The plants pointed out by local inhabitants were collected, identified botanically with the help of flora- Forest flora of the Chakrata, Dehradun and Saharanpur Forest Divisions Uttar Pradesh (Kanjilal, 1928) [3], Herbaceous flora of Dehra Dun (Babu, 1977) [5], Flora of District Garhwal : North West Himalaya (Gaur, 1999).

## 3. Observation

The observation made during the field survey has been given in the following enumerations. The 20 indigenous uses of medicinal plant species have been described along with their families, local name and their various uses in hair related problems

## 4. Results and Discussion

Plant species and their uses in Skin burn related problems described by old villagers are enumerated as under

### 4.1 Uses for Burn Skin

1. *Psoralea corylifolia* Linn., Bavacchi, Leguminosae. Seeds juice of Bavacchi is applied on the burn skin.
2. *Syzygium cumini* (Linn)Skeels, Jamun, Myrtaceae. Seeds juice of Jamun is applied at the part of the burn skin.
3. *Sesamum indicum* Linn., White Til, Pedaliaceae and *Psoralea corlifolia* Linn., Bavacchi, Leguminosae. The oil of Til is boiled and add with Bavacchi is applied

on the burning site.

4. *Musa paradisiaca* Linn., Banana, Musaceae. Stem juice decoction of Banana is prepared on the burning skin diseases.
5. *Berberis lycium*, Royle, Rasaund, Berberidaceae. Root juice of Rasaund is applied on the burning skin.
6. *Croton tiglium* Linn., Javatri, Euphorbiaceae. The bark power of Javatri is dusted on the portion of the burning part.
7. *Myristica fragrance* Houtt, Jaiphal, Myrtaceae and *Sesamum indicum* Linn, Til, Pedaliaceae. The seed power of Jaiphal is boiled with Til oil and applied on the burning skin.
8. *Acacia Arabica*, Willd, Kiker gond, Leguminosae and *Syzygium cumini* (Linn)Skeels, Myrtaceae. A prepared mixture decoction of Kiker gond and Jamun is applied on the burning sensation.

### 4.2 Mark remover components of Burn skin

1. *Mangifera caesia* Jack, Mango, Anacardiaceae. The prepared decoction of Mango seeds is applied on the mark of burning skin.
2. *Syzygium cumini* (Linn) Skeels, Jamun, Myrtaceae. The seeds are boiled with water and prepared decoction is applied on the sign of burning skin.
3. *Brassica campestris* Linn.,Sarson,Cruciferae and *Mangifera indica* Linn., Aam, Anacardiaceae. A prepared decoction of seeds mixture of Aam and Sarson and applied on the sign rugulerly.
4. *Trachyspermum ammi* (Linn.) Sprague, Ajwain, Umbelliferae. Fresh seeds of Ajwain are boiled with water and applied on the mark of burning skin.
5. *Lawsonia inermis* Linn., Mahandi, Labiateae. Prepared a paste of dry leaves of Mahandi and applied on

the marks.

6. *Phyllanthus emblica* Linn., Amla, Euphorbiaceae and *Lawsonia inermis* Linn., Mahandi, Labiatareae.  
Prepared decoction of seed mixture of Amla and Mahandi is applied on the marks.
7. *Cicer arietinum* Linn., Chana, Leguminoceae and *Syzygium cumini* (Linn) Skeels, Jamun, Myertaceae.  
Mixture seeds power of Chana and Jamun is boiled with water and applied on the marks regularly.
8. *Musa paradiaca* Linn., Banana, Musaceae and *Brassica campestris* Linn., Sarson, Cucifareae.  
Fresh paste of Kela is mixed with the Sarson oil and applied on the burning signs.
9. *Myristica fragrance* Hautt, Jaiphal, Myrtacea and *Brassica campestris* Linn., Serson, Cruvcifarae.  
Seeds powder of Jaiphal seeds are mixed with Sarson oil and applied on the marks.

#### 4.3 Plants used in itching problem due to skin burn

1. *Azadirachta indica* A.Juss., Bakain, Meliaceae.  
A prepared decoction of fresh leaves of Bakain and is applied on the itching part of burn.
2. *Calotropis gigantean* (Linn)R.Br.ex Ait, Madar, Asclepiadaceae  
Fresh leaves juice of Madar plays a very important role on the itching problem on burn skin
3. *Sasamum indicum* Linn., White Til, Pedaliaceae and *Calotropis gigantean* (Linn)R.Br.ex Ait, Madar, Asclepiadaceae.  
Fresh leaves of Madar are boiled with Til oil and applied on the itching part of burn skin.

#### 5. Conclusion

The present research paper is an attempt to enlist 20 plant species used by old villagers in skin burn related problems. The research has been done by survey method.

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