

**List of important Minor Forest Produce/ NTFP found in  
Poonch Forest Division.**

S.No.	Botanical Name	Family	Local Name	Mode of Administration
1.	<i>Abies pindrow</i>	Pinaceae	Tung	The powder of the inner flesh red bark is mixed with honey. The mixture so made is given twice a day to cure cough and chronic asthma.
2.	<i>Aconitum heterophyllum</i>	Ranunculaceae	Atish	The extract of the shoot is use for curing laprosy
3.	<i>Aconitum vialaceum</i>	Ranunculaceae	Mohand	<p>Sundried flower petals and sugar after mixing are crushed. The same is then kept in air tight jar for about 10-15 days for fermentation . This fermented mixture is locally called as “Khambir”which is used against cough , cold, fever, stomach problems and liver disorders.</p> <p>Minute dried root pieces are fitted in tooth cavities without swallowing (because it is highly poisonous) for one minute and then thrown out for immediate relief from toothache. Root powder is mixed with oil to make paste which is applied on painful joints and boils to treat them.</p>

4.	<i>Adiantum venustum</i>	Pteridaceae	Kakbai	<p>For Cough, jaundice, stomach ailments, headache, fever, body muscular pains and hair fall. Black stalks are used as tooth sticks to clean teeth. Dried fronds are crushed to obtain powder.</p> <p>Powder is added to a glass of water and kept as such overnight. The extract is given next day early in the morning for the treatment of cough, jaundice and stomach ailments. The herb forms an important ingredient of a combination of several different herbs such as whole plants of <i>Cotula anthemoides</i>, leaves of <i>Ocimum basilicum</i> and leaves and flowers of <i>Prunella vulgaris</i>. This combination, locally called "Lossa Ghasa" is thoroughly boiled in water to prepare hot water extract. Ladies, after their deliveries, are advised to have bath with this hot water extract (after dilution with more water) to cure headache, fever, body muscular pains and hair fall.</p>
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5.	<i>Aesculus indica</i>	Hippocastanaceae	Haandoon	<p>For Chilblain, joint pains, boils, skin rashes, eruptions, headache, burns, wounds and rat killer.</p> <p>Fruits after crushing are boiled in water to prepare hot water extract which is used to wash feet against chilblain, a painful itching swelling caused by exposure to cold which is locally called "Shuh".</p> <p>Fruit powder is mixed with mustard oil to make paste. The resultant paste is used to cure joint pains, boils, skin rashes, eruptions and headache by its external massage. Sometimes dried fruits are burnt to get ash which is mixed with oil and honey to make paste. Paste is then applied on burns and wounds to stimulate their healing. Dried fruit pieces are mixed with the kernels of <i>Juglans regia</i> and mustard oil. The resultant mixture serves as a best home remedy for killing rats. Crushed fruits are mixed with crushed onion bulbs and common salt to make small soft balls which are given to cattle during severe cold to keep them healthy.</p>
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6.	<i>Allium cepa</i>	Liliaceae	Gundh	<p>For Loss of appetite, acidity, impotency, cold, anorexia, frothy bloat and flow of tears.</p> <p>Small thin slices of bulb are mixed with local mint, common salt and curd and given against loss of appetite and stomach acidity.</p> <p>Slices are also placed in water for overnight. The same water is taken next day early in the morning on empty stomach to strengthen male potency. A mixture of crushed bulbs and common salt is made into balls. These balls are widely used as a traditional household remedy for cattle against cold, anorexia and in cows to stimulate the oestrus cycle. Balls are also given to horses to cure the frothy bloat which is caused due to the grazing of Bataklunt (<i>Trifolium repens</i>). A small piece of bulb is placed on top of the ear to prevent the flow of tears from eyes while cutting onions.</p>
7.	<i>Achyranthus aspera</i>	Amaranthaceae	Puth Kunda	<p>The decoction of both leaves and roots are used in toothache and abdominal pain. The juice of the herb is given in dyscentery, rheumatism and skin diseases. The paste of the fresh leaves is applied over insect bite. The ash of the plant is mixed with honey is used in cough and asthma. Leaves mixed with ripen fruits of <i>Rubus fruticosus</i> are crushed</p>

				and juice is applied in eye diseases.
8.	<i>Achillea millefolium</i>	Asteraceae	Kungi.	Aqueous extract is used to cure urinary tract infection and also given for the release of kidney stone. The 20ml. of decoction is advised twice a day for 3 or 4 days to control the disorder of menstruation in females. It is also an active febrifuge.
9.	<i>Ajuga Parviflora</i>	Lamiaceae	Jan-i-adam	Leaf powder is administered orally with water to cure cough, stomach problems, intestinal infection and general body weakness. Water extracted of fresh leaves given to cattle against weakness in digestion and fever.
10.	<i>Artemisia roxburghiana</i>	Asteraceae	Jang li ajwan.	The decoction of the leaves is given for treatment of liver and stomach disorder. The poultice of inflorescence is used as antihelmintic particularly for children.
11.	<i>Artemisia absinthum</i>	Asteraceae	Tithwan	Fresh leaves and inflorescences are crushed and juice is squeezed from it , which is mixed with a glass of lukewarm water or milk and administered orally as a best home remedy against round worms, abdominal pain, fever and diabetes. Dried leaves after soaking in hot water are crushed and then spread on a cloth which is tied on sprained body parts to relieve their pain and swellings.

12.	<i>Arnebia benthamii</i>	Boraginaceae	Gaozaban / Kahzaban	Leaves and flower tops the herb form an important ingredient of a combination of several different herbs such as seeds of Cucumis sativa, Malva neglecta , Foeniculum vulgare , fruits of Zizyphus jujube and fronds of Adiantum capillus-veneris. This combination is known as Sherbeth is given to cure jaundice, palpitation of heart, cough , cold, chronic constipation, fever and also acts as diuretic and a good blood purifier. Decoction is given to ladies after child birth to keep them healthy and strengthen their bones. Roots after crushing are applied as poultice over wounds for quick healing.
13.	<i>Allium humile</i>	Liliaceae	Jangli Thom	Fresh bulbs are roasted with ginger in Desi Ghee and used as carminative and gastric stimulant. Fresh bulbs are consumed to recover from rheumatism.
14.	<i>Berberis lyceum</i>	Berbaridaceae	Kali sumbali.	The powder of the dry bark is sprinkled on wound even because of cancer for quick healing. The powder of the roots is used for intestinal colic and for the treatment of pharyngitis. It is also a cooling agent .The bark is astringent used for healing internal wounds, cracks of bones, urine burning and also used as tonic in pregnancy. The bark powdered is mixed with desi ghee and given for the

				treatment of hidden wounds.
15.	<i>Bergenia ciliata</i>	Saxifragaceae	Butpio	The dried rhizomes are used for making tea. It is used as tonic and relief of muscular pain. The powder of rhizome is used to cure fever and diarrhea.
16.	<i>Cannabis sativa</i>	Cannabinaceae	Bhang	The crushed leaves are mixed with onion and used for poils in the form of poultice. It is used as refrigerant. It is smoked to relive pain.
17.	<i>Calendula officinalis</i>	Asteraceae	Hamesh Bahar	Boils, burns, eyelid abscesses and pneumonia. Leaves and flowers are crushed and paste is made by mixing with cow butter. Paste is then applied on boils, burns and abscesses of eye lids to give relief from pain. Poultice is made by crushing of fresh leaves and flowers which is slightly warmed and then spread on a cloth and tied on chest to cure pneumonia in children.
18.	<i>Centaurea iberica</i>	Asteraceae	Krech	For Burns, skin rashes, eye vision and defective lactation. Thorns are burnt to get ash which is mixed with cow butter to make paste. Paste is applied on burns and skin rashes for their treatment. Fresh leaves after crushing are mixed with egg and then cooked to prepare omlette. Latter is given to improve the eye vision. It is also given to enhance lactation in females.

19.	<i>Cichorium intybus</i>	Asteraceae	Kasni/Wari Hundh	For Body weakness, loosening of joints, body muscular pains, frequent bleeding, loss of appetite and liver problems. Leaves are cooked and given to fresh mothers to cure body weakness, loosening of joints, body muscular pains, frequent bleeding and as appetizer and liver tonic.
20.	<i>Conyza canadensis</i>	Asteraceae	Shallut	For Indigestion, dysentery, stomach gases, internal injuries, fever and cough. Aerial portion of the plant is crushed and made into small soft balls which are given to cattle for immediate relief from indigestion and dysentery. Fresh leaves are eaten to cause cooling effect, cure stomach gases and internal injuries. Leaf decoction with sugar is given to cure fever and cough.
21.	<i>Coriandrum sativum</i>	Apiaceae	Daniwaal	For Fever, palpitation of heart, jaundice, drying of mouth and headache. Dried seeds are put in cold water at least for one hour. Cold sponging is done by dipping a clean cotton cloth in this cold water and applying it to the chest, head and feet to relieve fever and palpitation of heart. Seed decoction is given to cure jaundice, drying of mouth and headache.
22.	<i>Cucumis sativus</i>	Cucurbitaceae	Laer	For Headache, fever, stomach heatup, kidney stones and burning sensation of urine. Fruit slices are consumed as salad. Proximal end of the fruit is sliced. The resultant slice is rubbed on rest of the fruit for about 2-3 minutes so that white



				foam comes out of it. The slice along with this foam is kept as poultice on forehead to cause cooling effect and to relieve headache and fever. Dried seeds along with the dried seeds of <i>Lagenaria siceraria</i> and <i>Cucumis melo</i> are put in a glass of cold water as such for overnight. Thus a composite infusion is made which is given to cure stomach heatup, kidney stones and burning sensation of urine.
23.	<i>Carissa opaca</i>	Apocynaceae	Garna	Ripe fruits eaten.
24.	<i>Chenopodium album</i>	Chenopodiaceae	Bettu	Tender shoot eaten as vegetable.
25.	<i>Codonopsis ovata</i>	Campanulaceae	Ludut	Roots are large and are used for making vegetables.
26.	<i>Coriaria nepalensis</i>	Coronariaceae	Reekhni	Fruits are known to be edible.
27.	<i>Cydonia oblonga</i>	Rosaceae	Bumchuo nt	For Constipation, birth problems, jaundice, cough, cold, chronic constipation, fever, dysentery, blood purifier, asthma, chest problems, general body weakness and body muscular pains. Seed infusion is given to pregnant women against constipation and to loosen body parts so as to facilitate the normal delivery. The seeds also form an important ingredient of a combination of different herbs such as seeds of <i>Cucumis sativa</i> , <i>Malva neglecta</i> , <i>Foeniculum vulgare</i> , fruits of <i>Zizyphus jujuba</i> , leaves and flowers of <i>Arnebia benthamii</i> and fronds of <i>Adiantum capillus- veneris</i> .

				<p>This combination is locally called as “Sharbeth”. The composite decoction of “Sherbeth” is given to cure jaundice, cough, cold, chronic constipation, fever and as a good blood purifier. Fruit slices are sun dried, stored for winter season. Slice decoction is administered orally in case of dysentery. Ripe fruits after being coated externally with a thin layer of mud are roasted and then eaten as a best home remedy against asthma, cold, chest problems and general body weakness. Sundried flowers and sugar after mixing are crushed. The same is then kept in air tight jar for about 10-15 days for fermentation.</p> <p>This fermented mixture is locally called “Khambir Bihi”. It is given to cure cough, cold, asthma and body muscular pains.</p>
28.	<i>Cuscuta reflexa</i>	Cuscutaceae	Kuklipoth	<p>The herb is dried into powder and mixed with oil to make paste. Paste is used to cure skin diseases by its external application. It is also massaged on scalp to check hair fall and fight against dandruff .</p> <p>Whole plant decoction is taken in case of migraine , severe fatigue and weakness.</p>
29.	<i>Carissa caranta</i>	Apocynaceae	Garanda.	<p>The root paste mixed in 200 ml skimmed milk is given in jaundice. The root paste is massaged to reduce muscle strains, twice a day, for two days.</p>

30.	<i>Calendula officinalis</i>	Asteraceae	Sadberga.	The extract of young branches is used to relieve kidney pain and release of kidney stones.
31.	<i>Daphne papyracea</i>	Thymeliaceae	Wild pepper	The bark and leaves are crushed and converted into paste. This paste is used as poultice for tumor and swellings. An ointment of the bark of stem and root is used to promote discharge from indolent ulcers, and it is also used for snake and other venomous bites. It is taken internally for chronic rheumatism. The tincture is used to ease neuralgic pain and toothache.
32.	<i>Debregeasia longifolia</i>	Debregeasia	Sandari.	The decoction of the young leaves is taken for the treatment of stomachs.
33.	<i>Dioscorea deltoidea</i>	Dioscoreaceae	Kala ganda	The powder (5g.) of the dry rhizome along with 20 black pepper is taken thrice a day as antipruritic and blood purifier. It is used as carminative agent. The powder (5g) is taken for treatment of toxemia and many diseases of children.
34.	<i>Diplazium frondosum</i>	Athyriaceae	Khandhor , Kasror	Young circinate leaves are rubbed with a piece of cloth to remove scales and hairs before cooking
35.	<i>Desmodium podocarpum</i>	Papilionaceae	Sukhy-ni-Jari.	The aqueous extract of the roots is given to the children suffering from weakness and stunted growth. The drug is taken once in a morning for twenty one days. The drug is believed to cure the weakness and make the children more

				energetic.
36.	<i>Euphorbia helioscopia</i>	Euphorbiaceae	Gur-Sochal	For Skin eruptions, warts, arthritic pain, indigestion, worms and constipation. White coloured latex obtained from the herb is used to cure skin eruptions and warts by its external application. Poultice made by crushing of aerial portion of the plant is applied on arthritic joints to stimulate the formation of blisters. The blisters later on burst releasing the fluid which in turn alleviates the arthritic pain. Leaf decoction is taken against indigestion, worms and constipation.
37.	<i>Euphorbia royleana</i>	Euphorbiaceae	Thor	Pith of young shoots cut into small pieces, washed thoroughly, boiled and cooked as a vegetable and used for preparing rayata .
38.	<i>Elsholtzia fruticosa</i>	Lamiaceae.	Mushk buti	The dry leaves (5grams) along with tobacco are smoked for three or five days to cure cough and cold. The fumes of fresh leaves are respired for release of mucus from the respiratory tract in lung infection.

39.	<i>Foeniculum vulgare</i>	Apiaceae	Bodiyaan	<p>For Dyspepsia, acidity, constipation, abdominal pain, Jaundice, cough, cold, chronic constipation, fever, blood purifier and joint pains.</p> <p>Seeds are eaten to cure dyspepsia, acidity and constipation. In case of abdominal pain and constipation of a small baby, seeds are chewed to make paste which is applied respectively on abdomen and buttocks. Dried seeds form an important ingredient of "Sharbeth". The composite decoction of "Sherbeth" is given to cure jaundice, cough, cold, chronic constipation, fever and also acts as a good blood purifier. Seeds are also eaten to abstain from smoking.</p>
40.	<i>Fumaria indica</i>	Fumariaceae	Shahtar	<p>Whole plant is burnt to get ash which is mixed with oil to make paste. Paste is then applied on painful joints. For Defective eye vision, palpitation of heart, breathing problems, skin diseases, blood purifier, asthma, defective urination with pus, skin rashes, dropsy, menstrual irregularities, male impotency and general body weakness. Dried plant is grinded and powder is made which is administered orally with water against defective eye vision, palpitation of heart, breathing problems, skin diseases and as good blood purifier. Whole</p>

				plant decoction is taken to overcome asthma, defective urination with pus, skin rashes, dropsy, menstrual irregularities, male impotency and general body weakness.
41.	<i>Ficus auriculata</i>	Moraceae	Triambal	Ripe figs eaten, young figs and tender leaves cooked as vegetable.
42.	<i>Fragaria indica</i>	Rosaceae	Punjakha	Ripe fruits eaten.
43.	<i>Fragaria nubicola</i>	Rosaceae	Jal bunonoo	Rhizome used as a substitute for tea.
44.	<i>Lathyrus sativus</i>	Fabaceae	Khesri	It is eaten as Dal and Chapatti
45.	<i>Galium aparine</i>	Rubiaceae	Khorti	Shoots and leaves are cooked as pot herb.
46.	<i>Galinsoga parviflora</i>	Asteraceae	Marchaw ag an Ghasa	For Joint pains. Fresh plants are crushed to make poultice which is tied on painful joints to alleviate pain.
47.	<i>Geranium wallichianum</i>	Geraniaceae	Ratanjot	The aqueous extract of the roots (50ml) is taken twice a day to recover from rheumatism. It is also used as aphrodisiac and for the treatment of sexual disability. The rhizome powder is taken to recover from general weakness.
48.	<i>Helianthus annuus</i>	Asteraceae	Gulaftab	For Whooping cough and joint pains. Seeds are chewed and eaten to cure whooping cough. Seed oil is gently warmed and applied on painful joints.
49.	<i>Indigofera heterantha</i>	Fabaceae	Kathi	Flowers are boiled in milk and are used for curing ulcers.

50.	<i>Juglans regia</i>	Juglandaceae	Duon	<p>Tooth infection and toothache, tongue cleaning, mouth ulcers, dry cough, hypertension, joint pains, hair fall, weak milk production in cows, chilblain, insect repellent.</p> <p>Bark of the root is used as an antiseptic tooth brush locally called "Dandasa". It is used to clean the teeth and hence to protect them from infection and ache. The bark is also chewed to clean the tongue, heal the mouth ulcers and by ladies to decorate their lips. Ripe fruit kernels are eaten to cure dry cough and hypertension. Oil obtained by grinding of fruit kernels is considered a best home remedy for joint pains and hair falls by its external massages. The oil cakes are fed to cows to enhance milk production. Dried leaves along with the dried seeds of <i>Datura stramonium</i> are vigorously boiled in water to prepare hot water extract which is used to wash the feet during severe cold in winter to cure Chilblain. Fresh green leaves are used as insect repellent.</p>
51.	<i>Jurinea dolomiaea</i>	Asteraceae	Dupha/Th an di Jaid	<p>Tea is made by boiling dried root powder in one glass water with two spoon of sugar and half cup of milk. It is taken in case of cough , cold, headache , thirst and whitening of tongue. Root powder is also mixed with oil and common salt to make</p>

				<p>paste which is applied on wounds to help them to heal and on boils to help them ripe and burst. Root decoction is mixed with mills flour and ghee to form a semi-solid mixture. It is considered to be highly energetic and taken orally to cause excessive sweat formation which in turn given relief from fever and arthritis. Moreover, at some placed leaves are used as vegetable and dried roots are burnt to produce smoke of good smell which is considered to be demon repellent .</p>
52.	<i>Linum usitatissimum</i>	Linaceae	Alish	<p>For Boils, rheumatism and less milk production in cows.</p> <p>Chewed seeds are applied in the form of poultice for the relief of painful and pus filled boils. Seed oil is considered best home remedy against rheumatic pains. Oil cakes are fed to cows in a mixture of paddy chaff and water to enhance milk production.</p>
53.	<i>Mentha longifolia</i>	Lamiaceae	Pudina	<p>Leaves are used for making chutney.</p>
54.	<i>Morchella esculenta</i>	Helvellaceae	Guchi	<p>Fruitification is used as vegetable.</p>



55.	<i>Marrubium vulgare</i>	Lamiaceae	Troper	<p>For Arthritic pains, swelling of eyelids, abdominal pain, dysentery, chilblain and muscular pains.</p> <p>Fresh leaves are soaked in hot water for two minutes and then removed and crushed into poultice. Poultice is spread on a cloth, wrapped in it, and then tied on arthritic joints to alleviate pain.</p> <p>The same poultice is applied on eyelids to cure their swellings. Plant is crushed and paste is made from it by mixing with cow butter. The resultant paste is given orally to children against abdominal pain and to cattle against dysentery. Hot water extract is prepared by boiling the dried herb thoroughly in salt water. Extract is then used to wash feet and legs to cure chilblains and muscular pains respectively.</p>
56	<i>Melia azedarach</i>	Meliaceae	Dharek.	<p>Roots are bitter and used as antihelmintic. A decoction of leaves is said to be astringent and stomachic.</p>
57.	<i>Morus nigra</i>	Moraceae	Tul kull	<p>For Stomach problems, constipation,boils, burns and wounds.</p> <p>Ripe fruits are fondly eaten to cure stomach problems and constipation. Chewed fresh leaves are applied on boils as poultice to help in their ripening, bursting and evacuating the pus. Poultice is also applied on burns and wounds to stimulate healing.</p>

58.	<i>Mallotus philippensis</i>	Euphorbiaceae	Kamella.	Loc The red powder obtained The red powder obtained from the surface of the fruits is used to cure mumps and measeals in children
59.	<i>Origanum vulgare</i>	Lamiaceae	Sathra	Leaves of the young plants are cooked as vegetable.
60.	<i>Oxyria digyna</i>	Polygonaceae	Kalashi	Uses: Leaves are sour, first boiled and then cooked as vegetable.
61.	<i>Oxalis corniculata</i>	Oxalidaceae	Peeli Khatti	Its sour leaves are cooked or made into chutney.booti
62.	<i>Picorhiza kurroa</i>	Scrophulariaceae	Koud	Rhizome is dried completely, grinded and converted into powder which is administered orally along with water as a best home remedy against round worms, intestinal infection and stomach disorders. Powder is also mixed with wheat flour, gur and water and mixture is made into semi solid balls which are given to cattle especially horses against pneumonia , tape worms and to keep them healthy during cold season . Sometimes powder is mixed with sugar and packed in bottles which are placed in open sunlight to undergo fermentation. This fermented powder is given in case of weakness , whooping cough and joint pains.
63.	<i>Pinus roxburghii</i>	Pinaceae	Chirpine	Seeds are known to be edible by the locals during the scarcity of food.
64.	<i>Platanus orientalis</i>	Platanaceae	Chinar	Uses: Infusion of the roots is consumed as a beverage. It is said to have stimulating properties.

65.	<i>Podophyllum hexandrum</i>	Podophyllaceae	Bunkakri	Mature fruits are pear like and sweet in taste.
66.	<i>Plantago major</i>	Plantaginaceae	Bud Gulla	Leaves are taken as vegetable at some places. Dried seeds are added to warm water to make an infusion which is then kept in a open sky overnight. The cool infusion so prepared is then given on an empty stomach next day early in the morning to cure body pains , urinary irritation , dysentery , constipation and fever.
67.	<i>Podophyllum hexandrum</i>	Podophyllaceae	Wanwgun	Ripe fruit juice is eaten against stomach ulcers and dyspepsia . Powder obtained from dried root is administered orally along with water to overcome tumourous growths. Root powder is also mixed with oil to make paste which is a remedy to skin diseases such as rashes and eczema.
68.	<i>Polygonum amplexicaulis</i>	Polygalaceae.	Masloon.	Dried rhizome is used for making (Masloon) tea.This tea is used as tonic. The decoction (50ml) of the rhizome is taken once a day in the evening for treatment of rheumatic pain, bachache and gout.
69.	<i>Pteridium aquilibrum</i>	Pteridiaceae	Kakaie	Boiled and roasted rhizome and young leaves eaten as vegetable and also for pickle preparation.

70.	<i>Prunella vulgaris</i>	Laminaceae	Kalaveuth	The leaves and flowers of this herb form an important ingredient of "Lossaghasa". It is thoroughly boiled in water to prepare hot water extract. Ladies after their deliveries are advised to have hot water bath after dilution with more water to cure headache , fever, body muscular pain and hair fall. Steam inhalation of this herb is used to cure migraine and to clear phlegm from chest hence reduces chest infections. Dried powder of flower is then mixed with edible oil to form paste which is applied on wound.
71.	<i>Punica granatum</i>	Punicaceae.	Daruna.	The powder of dry rind of fruit (5gms) is mixed with sugar and used three times a day for treatment of epidemic diseases such as diarrhoea and dyscentery. The bark powder is given stomachic, antiemetic and antihelmintic. Powder of dry flower (5gms) is given thrice a day with water for the treatment of all types of leucorrhoea in women. It is also given to cure vomiting due to pregnancy and diarrhoea.
72.	<i>Pyrus pashia</i>	Rosaceae	Kainth	Ripe fruits eaten.
73.	<i>Rhododendron arboreum</i>	Ericaceae	Hardulli	Fresh or dried flowers used for making chutney, squash and refreshing drink.
74.	<i>Rumex hastatus</i>	Polygalaceae	Khatimal.	A mixture prepared with the aqueous extract of leaves and vinegar in equal quantity is given thrice a day to cure jaundice and stone in kidney. The powder of dry leaves is

				used as refrigerant, diuretic and antiscorbutic. A mixture of fresh leaves and seeds of <i>Punica granatum</i> equal quantity is given as a treatment of sunstroke.
75.	<i>Ricinus communis</i>	Euphorbiaceae	Harnoli	The powder of the seed is used as purgative for children. The hot leaves are applied over abdomen of children to relieve flatulence. The leaves are also made into poultice and used on boils. The dry seeds are crushed for extracting oil. The oil is given to children for checking constipation.
76.	<i>Saussurea costus</i>	Asteraceae	Kouth	Dried roots are grinded to obtain powder which is mixed with edible mustard oil to make paste . Paste is then warmed and finally used to cure skin diseases , arthritis and paralyses of body parts through external massages in exposed sunlight. Root powder is mixed with a mixture of crushed onion bulbs, gur and water and finally made into semi-solid balls which are given to cattle especially horses as tonic to keep them healthy during cold season. Root powder is also mixed with water and taken orally with water to overcome joint pains, stomach problems and to dissolve kidney stones.
77.	<i>Solanum nigrum</i>	Solanaceae	Makoy	Ripe fruits eaten.
78.	<i>Sonchus asper</i>	Asteraceae	Hundh.	Leaves are cooked and used for abdominal pain.

79.	<i>Solanum nigrum</i>	Solanaceae	Kachmach	The aqueous extract of the plant (20ml) is given thrice a day for treatment of chronic enlargement of liver, in bleeding piles and dysentery. The fruits are used to cure fever, diarrhoea, eye diseases and hydrophobia.
80.	<i>Thymus serculum</i>	Lamiaceae	Merchari	Seeds used in pickle.
81.	<i>Xanthoxylum alatum</i>	Rutaceae	Timbru, Timber	Young leaves and fruits used for making chutney, for flavoring the food.
82.	<i>Uritica dioica</i>	Urticaceae	Soi	Roots are dried, grinded and made into powder which is applied externally to minor wounds and blisters to avoid infections and stimulate healing. Leaves are soaking in hot water are fried in oil after which curd and salt is added to make a special dish called Yakhni . It is taken with cooked rice to cure high blood pressure. Sometimes the plant is used to treat paralysed body parts by putting them on affaected parts.
83.	<i>Valeriana jatamansi</i>	Valerianaceae	Mushkibal a	Roots after complete drying are stored for later use. They are grinded into powder which is taken orally with warm water against abdominal pain , worms , diarrhoea , fever and urinary disorders. Powder is also mixed with oil to make paste which is applied on wounds for healing.
84.	<i>Viburnum grandiflorum</i>	Caprifoliaceae	Guchh	Ripe fruits edible.

85.	<i>Verbascum thapsus</i>	Verbenaceae	Gidar tomaku	The dried leaves are smoked to remove irritation of the mucous membrane, the cough associated with bronchitis, asthma, whooping and spasmodic coughs in general. It can also be good for diarrhoea, inflammation of the urinary system. After placing bruised mulle in leaves in olive oil and leaving it for a period, the oil can be used for relieving pain of earache.
86.	<i>Vitex negundo</i>	Verbenaceae	Bana	The juice obtained by squeezing the young leaves is given for the treatment of gum diseases. It is also used to cure sore throat and diseases. Fresh leaves are used as bandage for pain in chest and back.

**Table showing list of other Medicinal plants in Poonch Forest Division:**

<i>Achyranthes bidentata</i> Family : Amaranthaceae	<i>Ipomoea pilosa</i> Family : Convolvulaceae	<i>Stellaria aquatica</i> Family : Caryophyllaceae
<i>Acorus calamus</i> Family : Acoraceae	<i>Iris kemaonensis</i> Family : Iridaceae	<i>Symplocos crataegoides</i> Family : Symplocaceae
<i>Adonis aestivalis</i> Family : Ranunculaceae	<i>Juncus bufonius</i> Family : Juncaceae	<i>Tagetus minuta</i> Family : Asteraceae
<i>Agropyron repens</i> Family : Poaceae	<i>Justicia adhatoda</i> Family : Acanthaceae	<i>Tanacetum longifolium</i> Family : Asteraceae
<i>Allium roylei</i> Family : Liliaceae	<i>Leontopodium himalayanum</i> Family : Asteraceae	<i>Taraxacum officinale</i> Family : Asteraceae
<i>Anagallis arvensis</i> Family : Primulaceae	<i>Lonicera alpigena</i> Family : Caprifoliaceae	<i>Trachyspermum ammi</i> Family : Apiaceae
<i>Anemone obtusiloba</i> Family : Ranunculaceae	<i>Mariscus sieberianus</i> Family : Cyperaceae	<i>Trifolium repens</i> Family : Fabaceae
<i>Anethum sowa</i> Family : Apiaceae	<i>Mentha longifolia</i> Family : Lamiaceae	<i>Tulipa stellata</i> Family : Liliaceae
<i>Arisaema jacquemontii</i> Family : Araceae	<i>Micromeria biflora</i> Family : Lamiaceae	<i>Viola canescens</i> Family : Violaceae

<i>Artemisia maritima</i> Family :Asteraceae	<i>Morina longifolia</i> Family : Morinaceae	<i>Viola patrinii</i> Family : Violaceae
<i>Artemisia scoparia</i> Family :Asteraceae	<i>Nasturtium officinale</i> Family : Brassicaceae	<i>Viola serpens</i> Family : Violaceae
<i>Bergenia legulata</i> Family :Saxifragaceae	<i>Nepeta elliptica</i> Family : Lamiaceae	<i>Viscum album</i> Family : Viscaceae
<i>Bidens pilosa</i> Family : Asteraceae	<i>Nerium indicum</i> Family : Apocynaceae	<i>Withania somnifera</i> Family : Solanaceae
<i>Bistorta amplexicaulis</i> Family : Polygonaceae	<i>Olea ferruginea</i> Family : Oleaceae	<i>Xanthium strumarium</i> Family :Asteraceae
<i>Bromus patulus</i> Family : Poaceae	<i>Origanum normale</i> Family : Lamiaceae	<i>Hedera nepalensis</i> Family : Araliaceae
<i>Bupleurum falcatum</i> Family : Apiaceae	<i>Pergularia daemia</i> Family : Asclepiadaceae	<i>Heracleum candicans</i> Family : Apiaceae
<i>Buxus wallichina</i> Family: Buxaceae	<i>Phytolacca acinosa</i> Family : Phytolaccaceae	<i>Hydrocotyle javanica</i> Family : Apiaceae
<i>Capsella bursa – pastoris</i> Family : Brassicaceae	<i>Pistacia integerrima</i> Family : Anacardiaceae	<i>Impatiens roylei</i> Family : Balsaminaceae
<i>Caralluma tuberculata</i> Family: Ascalpidaceae	<i>Plantago lanceolata</i> Family : Plantaginaceae	<i>Ipomoea nil</i> Family : Convolvulaceae
<i>Carpesium abrotanoides</i> Family : Asteraceae	<i>Pleurospermum brunonis</i> Family : Apiaceae	<i>Solanum surrattense</i> Family : Solanaceae
<i>Cichorium intybus</i> Family : Asteraceae	<i>Polemonium caeruleum</i> Family : Polemoniaceae	<i>Solidago virga-aurea.</i> Family : Asteraceae
<i>Clematis montana</i> Family : Asteraceae	<i>Polygala abyssinica</i> Family : Polygalaceae	<i>Spiraea canescens</i> Family : Rosaceae
<i>Clinopodium vulgare</i> Family : Lamiaceae	<i>Polygonum glabrum</i> Family : Polygonaceae	<i>Spiraea sorbifolia</i> Family : Rosaceae
<i>Commelina benghalensis</i> Family : Commelinaceae	<i>Polygonum nepalense</i> Family : Polygonaceae	<i>Stachys sericea</i> Family : Lamiaceae
<i>Corydalis rutifolia Sibth</i> Family : Fumariaceae	<i>Populus ciliata</i> Family : Salicaceae	<i>Sedum ewersii</i> Family : Crassulaceae
<i>Daphne oleoides</i> Family : Thymelaeaceae	<i>Prinsepia utilis</i> Family : Rosaceae	<i>Senopodophyllu m hexandrum</i> Family : Podophyllaceae
<i>Datura stramonium</i> Family : Solanaceae	<i>Rabdosia rugosa</i> Family : Lamiaceae	<i>Sisymbrium irio</i> Family : Brassicaceae
<i>Delphinium roylei</i> Family : Ranunculaceae	<i>Ranunculus arvensis</i> Family : Ranunculaceae	<i>Solanum pseudo- capsicum</i> Family : Solanaceae
<i>Digitalis purpurea</i> Family : Scrophulariaceae	<i>Rhododendron campanulatum</i> Family : Ericaceae	<i>Rubus niveus</i> Family : Rubiaceae
<i>Duchesnea indica</i> Family : Rosaceae	<i>Robinia pseudo-acacia</i> Family : Fabaceae	<i>Rumex nepalensis</i> Family : Polygonaceae



<i>Eleagnus umbellata</i> Family: Elaeagnaceae	<i>Rorippa indica</i> Family : Brassicaceae	<i>Salvia moorcroftiana</i> Family : Lamiaceae
<i>Erigeron canadensis</i> Family : Asteraceae	<i>Rorippa islandica</i> Family : Brassicaceae	<i>Sauromatum guttatum</i> Family : Araceae
<i>Euphorbia pilosa</i> Family : Euphorbiaceae	<i>Geranium nepalense</i> Family : Geraniaceae	<i>Rosa brunonii</i> Family : Rosaceae
<i>Fagopyrum esculentum</i> Family : Polygonaceae	<i>Geum roylei</i> Family : Rosaceae	<i>Rosa macrophylla</i> Family : Rosaceae
<i>Ficus palmata</i> Family : Moraceae	<i>Girardinia heterophylla</i> Family : Urticaceae	<i>Rubia cardifolia</i> Family : Rubiaceae
<i>Fumaria parviflora</i> Family : Fumariaceae	<i>Gnaphalium luteo-album</i> Family : Asteraceae	<i>Galium tenuissimum</i> Family : Rubiaceae
<i>Galium rotundifolium</i> Family : Rubiaceae	<i>Gentiana argentea</i> Family : Gentianaceae	

**Table showing the details about the medicinal plants used for Ethno-veterinary purpose:**

S.No.	Botanical Name	Family	Local Name	Medicinal Uses	Description
1.	<i>Arisaema flavum</i>	Araceae	Hathbis	Milk deficiency	The rhizome is poisonous. The mixture of boiled rhizome and wheat flour is given to the cattles for increasing milk
2.	<i>Andrachne cordifolia</i>	Euphorbiaceae	Karukni	Diarrhea	Vermifuge for cattle
3.	<i>Euphorbia cognata</i>	Euphorbiaceae	Dodali	Goats Scabies	Extract and paste of fresh stem and leaves used as an effective poultice to cure skin disease of goats
4.	<i>Mallotus philippensis</i>	Euphorbiaceae	Kamilla	Abdominal worms	Red powder obtained from surface of the fruits is used medicinally to remove the Threadworms and Ascaris.
5.	<i>Aesculus indica</i>	Hippocastanaceae	Bunkhor	Chest diseases of horses	Nuts are colic, used for cure of chest diseases of horses, donkeys, mules, and given to the cattle as stimulant.
6.	<i>Debregeasia salicifolia</i>	Urticaceae	Sindari	Diarrhea	Leaves are given to the animals as a treatment of

					diarrhea and flatulence.
7.	<i>Acacia modesta</i>	Mimosaceae	Plahi	Delivery.	The bark decoction is mixed disorder in with butter and fed to buffalo cattle and cow for easy delivery and release of placenta.
8.	<i>Adhatoda vesica</i>	Acanthaceae	Bahkar	Intestinal worm	The decoction of root and leaves is given orally to hoof rot calves for elimination of intestinal worms as antihelmintic. The ash mixed with oil of sarsoon ( <i>Brassica campestris</i> L. Brassicaceae) is applied to cure hoof rots and rubbed on skin as insect (Mosquitoes and flies) repellent.
9.	<i>Carissa caranta</i>	Apocynaceae	Garanda	Foot and Mouth diseases of cattle (Mokahar)	Its root is mixed with pericarp of mango ( <i>Mangifera indica</i> L. Anacardiaceae) in water and used as wormicide of intestine. Its leaves are crushed with honey and fed to give relief of foot and mouth disease (Mokahar) of cattle.
10.	<i>Cedrella toona</i>	Meliaceae	Toon	Diarrhea, Dysenter	Its bark is mixed with methi ( <i>Trigonella foenicum</i> L. Fabaceae), seeds and yogurt and given orally to cattle and sheep for chronic diarrhea and dysentery.
11.	<i>Chenopodium album</i>	Chenopodiaceae	Ghanari	Skin disease	The decoction of whole plant with mokari ( <i>Solanum surrattense</i> Benth. Solanaceae) is prepared and given orally to cure skin disease.

12.	<i>Melia azedarach</i>	Meliaceae	Dharek	Stomach flatulence	Seeds are crushed and mixed with milk and given to cattle to cure fever and seasonal cough and increase appetite by lessening stomach flatulence and killing worms (helminthic).
13.	<i>Ricinus communis</i>	Euphorbiaceae	Harnoli	Prolapse of uterus	Seed oil mixed with decoction of jaman ( <i>Cordia obliqua</i> Willd. Boraginaceae) leaves are given to cattle for constipation problems and increase appetite. Its leaf extract with damen ( <i>Grewia</i> sp) bark fiber and fruit is frequently used for prolapse of uterus and easy delivery and to hasten release of after birth in buffalo.
14.	<i>Sassuria heteromala</i>	Asteraceae	koth	Stomach flatulence	The seeds are carminative for horses and also considered cure for horse bite.
15.	<i>Sorghum halepense</i>	Poaceae	Barro n gass	Mastitis (swollen mammary glands)	Root decoction is mixed with mud of pound and pasted on teats of cattle to cure mastitis while kalar booti ( <i>Trichodesma indica</i> ) is hung in middle of door of cattle room and buffalo and cow pass in and out under it, it is believed that as soon as mud- paste and this plant dry, the mastitis diminishes subsequently.

16.	<i>Trichodesma indicum</i>	Boraginaceae	Kalar booti	Snake bite	Its root decoction is used and mastitis against snake bite poison while its leaves poultice is effective against inflammation and swellings. It is also used to cure mastitis in combination with other plant
17.	<i>Taraxacum officinale</i>	Asteraceae	Handd	Milk deficiency	The whole plant is fed to cattle and goats with leaves of Plahi ( <i>Acacia modesta</i> ) to increase the milk production.
18.	<i>Rhamnus purpurea</i>	Rhamnaceae	Dadralu	Abdominal worms	Fresh fruits and leaves are given to the cattle as antihelmint