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## Common medicinal plants of Dehradun, Uttarakhand, India

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### Abstract

A survey was made during 2021-2022 in Dakpathar, Kalsi, Katapathar, Dhakrani and Aasan barrage of Dehradun district, Uttarakhand, India and documented some common available medicinal plants and presented here to bring attention towards their importance.

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### INTRODUCTION

Approximately 964 species of medicinal plants are known to exist in Uttarakhand, a small Himalayan state in India. There are eight distinct types of woods in the state, which make up almost 66% of the total land area. Roughly 70% of the state's woods are under the sustainable management of the State Forest Department (Dwivedi et al. 2019). There are 1,127 records of medicinal plants from 153 plant families spread throughout 13 districts of the state in the Uttarakhand Medicinal Plants Database (UMPDB). 421 herb species, 135 shrub species, and

138 tree species make up the 701 species of medicinal plants that have been identified in Uttarakhand (Kumar et al. 2018). *Callicarpa macrophylla*, *Bergenia ligulata*, *Cissampelos pareira*, *Eclipta prostrata*, *Evolvulus alsinoides*, *Hedychium spicatum*, *Asparagus racemosus*, *Aleo barbadensis*, *Andrographis paniculata*, *Boerhavia diffusa*, and *Picrorhiza kurrooa* are a few of the noteworthy medicinal plants in Uttarakhand (Rawat and Vashistha 2011). Keeping the importance and diversity of medicinal plants in Uttarakhand, an attempt has been made to document most common medicinal plants in selected areas of Dehradun, Uttarakhand, India.

### METHODOLOGY

A field survey was carried out during 2021–2022 in Dakpathar, Kalsi, Katapathar, Dhakrani, and Aasan barrages of Dehradun district, Uttarakhand, and a checklist of some common medicinal plants available in study areas was made. Plants were identified by the author, followed by published literature (Kanjilal 1928).

### RESULTS AND DISCUSSION

The survey revealed that there are numbers of flora available in study areas and they have food, medicinal and economic values. Most common medicinal plants in study areas are *Aegle marmelos*, *Saraca asoca*, *Syzygium cumini*, *Psidium guajava*, *Azadirachta indica* and *Phyllanthus officinalis*. Their detailed medicinal values are presented here.

#### *Aegle marmelos* (Figure 1)

Family: Rutaceae

Local name: Bael

Uses: Fruit juice is used as cooling agent.

#### *Saraca asoca* (Figure 2)

Family: Fabaceae

Local name: Ashok

Uses: Bark is used to regulate the menstrual cycle.

#### *Syzygium cumini* (Figure 3)

Family: Myrtaceae

Local name: Jamun

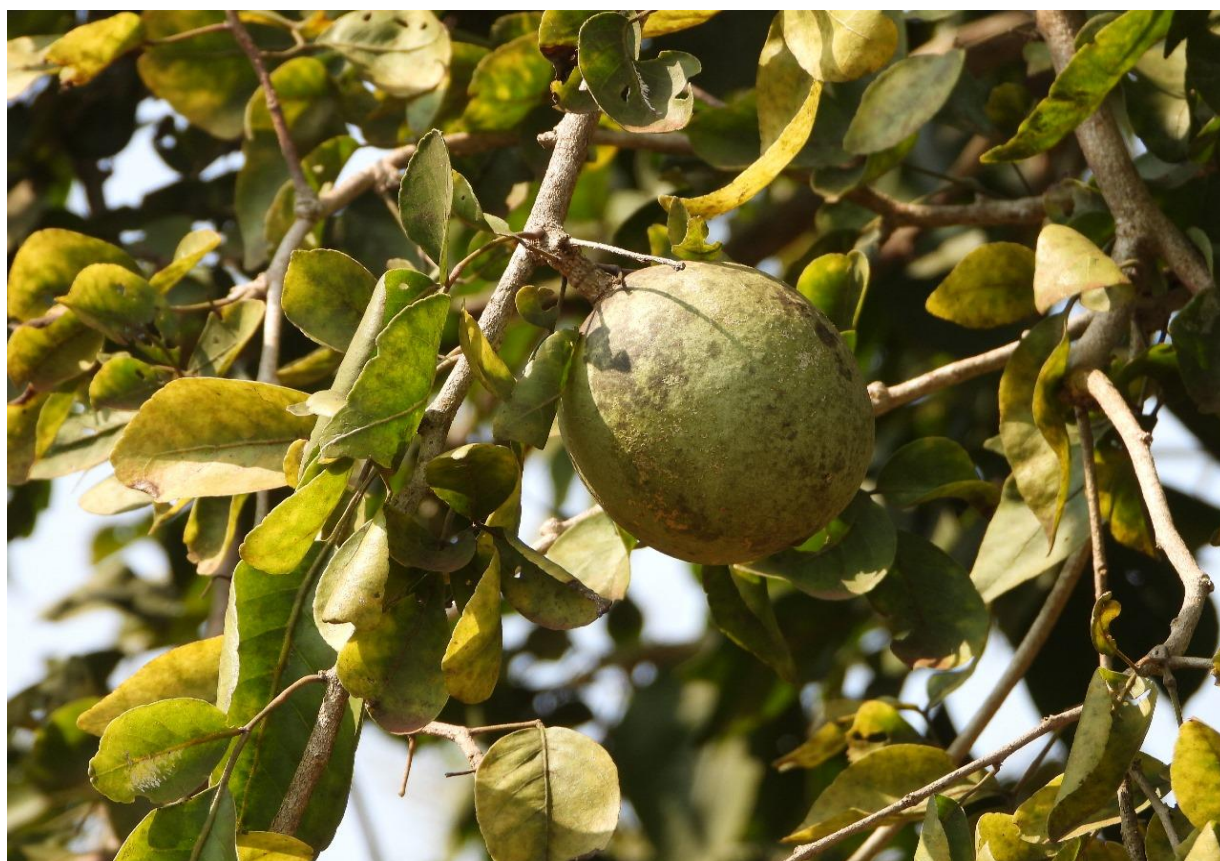
Uses: Fruits are consumed to reduce blood sugar.

*Psidium guajava*

Family: Myrtaceae

Local name: Guava

Uses: Tender leaves are used to cure tongue ulcer.



**Figure 1:** Fruit of *Aegle marmelos*

*Azadirachta indica* (Figure 4)

Family: Meliaceae

Local name: Neem

Uses: Flowers are used to cure diabetes.



**Figure 2:** Flowers of *Saraca asoca*



**Figure 3:** Fruits of *Syzygium cumini*



**Figure 4:** Flowers and leaves of *Azadirachta indica*

***Phyllanthus officinalis***

Family: Phyllanthaceae

Local name: Aonla

Uses: Dried fruits are used to cure indigestion.

Many researchers have also documented the medicinal plants of Dehradun, Uttarakhand, India. Bisht and Bhatt (2012) documented 58 medicinal plants from Sahastradhara, Dehradun. Kumar and Pandey (2015) documented 49 medicinal plants from Tons River area, Dehradun, Uttarakhand.

### CONCLUSION

The present survey revealed that there is a need for more exploration work on medicinal plants in Dehradun, and a pictorial book should be published to create awareness and conservation of medicinal plants.

### ACKNOWLEDGEMENT

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