



Traditional Use of Medicinal Plants among Tribal Communities of Bangus Valley, Kashmir Himalaya, India

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ABSTRACT This paper deals with the exploration of traditional knowledge pertaining to medicinal plants among tribal communities of Bangus valley of Kashmir Himalaya, India. The study reveals that 75 species of plants belonging to 44 families were used as traditional medicine by Gujjar communities for curing several diseases in the area. The information was collected from local dwellers of several different professions, practicing herbalists, reliable *hakims* (local traditional healers) and elderly people through group discussion and personal interactions. Botanical name, vernacular name, habit, family, altitudinal range, part used, ailments and prescription of these plant species were collected and enlisted.