Kangra is very rich in floral diversity and different communities are highly dependent on medicinal herbs to cure their health related problems which are being used from ancient times. Now a days skin diseases are numerous and a frequently occurring health problem affecting all ages. Some plants and their parts are frequently used by local people to treat these diseases. The use of plants is as old as the mankind. As natural treatment is cheap and claimed to be safe, thus people still reckon more on natural remedies. Beside this, it is also suitable raw material for production of new synthetic agents. In present paper, 37 plant species belonging to 36 genera and 26 families were recorded and identified with scientific name, family name, common name and part used are reported to cure skin diseases in Kangra district of Himachal Pradesh. The information was collected through personal interviews in semi-structured questionnaire.

**Introduction**

Himachal Pradesh is a beautiful land, inhabited by people of various cast, creed and religious groups. Himachal literally means “Land of snowy mountains”. Himachal Pradesh is a small world in itself, which is entered from the plains of Punjab, or Shivalik hills or through hills of Shimla. Topographically, Himachal’s territory from South to North can be divided into three zones- The Shivaliks or outer Himalayas, inner Himalayas or Mid-mountains and Alpine Zone or the greater Himalayas. It is the only state in India whose 89.96% population lives in rural area and thus most of the people depend on their surrounding forests. Kangra is the most populous district of Himachal Pradesh with the area of 5,730 km² and altitude varies from 500 m to 5000 m. Flora of Kangra is semi-humid, sub-tropical with annual precipitation of 1000 mm and altitude varies from 500 m to 5000 m. Flora of Kangra is very distinctive and it consists of diverse forests. Medicinal plants in Kangra form an important component of the natural wealth of the district. Local people have traditionally used these plants, as they are natural products, environmentally friendly, easily available, cheap, less hazardous and curative than many sub standard orthodox medicines. These medicines used for the mass benefit of the society. Even today still traditional health care practices hold much potential or most of the people depend upon local flora.

**Material and Methods**

Kangra district area is quite large in area, thus a large number of plant collections were made in the duration of 2013-2014. Ethnobotanical information on medicinal plants related to skin disease were collected through personal observations, oral interviews, discussions with the villagers were the bases of collection of data about the uses of the plants. Standard procedures were adopted for collecting, preserving and identifying the plants. At the end of each interview, the plant specimens were collected, dried by using routine botanical collection and herbarium techniques, identified and preserved (Jain & Rao, 1997). Samples of recorded herbs, shrubs and trees were identified in the laboratory with the help of (Polunin and Stainton, 1984 & Stainton, 1988) and local florists (Chowdhery and Wadhwa,1984; Dhaliwal and Sharma, 1999; Aswal and Mehotra, 1994; Nair, 1977). Plants species voucher specimens of recorded plants have been kept in Department of Botany Himachal Pradesh University Shimla (H.P.) India.

**Results and Discussions**

In the present study, the detailed information thus collected from different region of Kangra and has been presented in Table 1. It provided ethnobotanical information about 57 plants widely used by locals in skin related problems. These plants were distributed in 26 families viz Papilionaceae, Mimosaceae, Alliaceae, Meliaceae, Caesalpiniaeae, Caricaceae, Apiaceae, Cucurbitaceae, Zingiberaceae, Dioscoreaceae, Moraceae, Flacourtiaeae, Asteraceae, Ulmaceae, Oleaceae, Lythraceae, Lamiaceae, Rubiaceae, Apocynaceae, Oxalidaceae, Urticaceae, Plumbaginaceae, Annonaceae, Polygonaceae, Solanaceae, Combretaceae. Mainly Herbs dominates in the area of Kangra for curing skin diseases followed by tree and then shrubs or undershrubs respectively. It was further found that leaves were the major plant part used for curing various ailments followed by roots, stems, fruits & flowers respectively.

<table>
<thead>
<tr>
<th>No.</th>
<th>Name of Plant</th>
<th>Family</th>
<th>Common Name</th>
<th>Habitat</th>
<th>Part used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Abrus precatorius</td>
<td>Papilionaceae</td>
<td>Crabs Eye, Ratti</td>
<td>Woody Climber</td>
<td>Leaves</td>
</tr>
<tr>
<td>2</td>
<td>Albizia chinensis</td>
<td>Mimosaceae</td>
<td>Kanujira, Ohi</td>
<td>Tree</td>
<td>Bark</td>
</tr>
<tr>
<td>3</td>
<td>Allium cepa</td>
<td>Alliaceae</td>
<td>Onion, Pyaz</td>
<td>Herb</td>
<td>Bulbs</td>
</tr>
<tr>
<td>4</td>
<td>Azadirachta indica</td>
<td>Meliaceae</td>
<td>Margosa, Neem</td>
<td>Tree</td>
<td>Leaves</td>
</tr>
<tr>
<td>5</td>
<td>Bauhinia variegata</td>
<td>Caesalpiniaeae</td>
<td>Kachnar, Kural</td>
<td>Tree</td>
<td>Bark</td>
</tr>
<tr>
<td>6</td>
<td>Carica papaya</td>
<td>Cariaceae</td>
<td>Papaya, Papita</td>
<td>Tree</td>
<td>Ripe Fruit</td>
</tr>
<tr>
<td>7</td>
<td>Cassia fistula</td>
<td>Caesalpiniaeae</td>
<td>Golden Shower, Amaltas</td>
<td>Tree</td>
<td>Roots and bark</td>
</tr>
<tr>
<td>8</td>
<td>Centella asiatica</td>
<td>Apiaceae</td>
<td>Asiatic Pennywort, Brahmi</td>
<td>Herb</td>
<td>Whole plant</td>
</tr>
<tr>
<td>9</td>
<td>Coccinia grandis</td>
<td>Cucurbitaceae</td>
<td>Pumpkin, Kadu</td>
<td>Climbing Herb</td>
<td>Whole plant</td>
</tr>
<tr>
<td>10</td>
<td>Curcuma domestica</td>
<td>Zingiberaceae</td>
<td>Turmeric, Haldi</td>
<td>Herb</td>
<td>Rhi-zone</td>
</tr>
<tr>
<td>11</td>
<td>Dalbergia sissoo</td>
<td>Papilionaceae</td>
<td>Indian Redwood, Sisham</td>
<td>Tree</td>
<td>Bark</td>
</tr>
<tr>
<td>12</td>
<td>Dioscorea bulbifera</td>
<td>Dioscoreaceae</td>
<td>Yam, Bhivrakinda</td>
<td>Herb</td>
<td>Tubers</td>
</tr>
<tr>
<td>13</td>
<td>Ficus religiosa</td>
<td>Moraceae</td>
<td>Peepal</td>
<td>Tree</td>
<td>Leaves and shoots</td>
</tr>
</tbody>
</table>

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**ABSTRACT**

Kangra is very rich in floral diversity and different communities are highly dependent on medicinal herbs to cure their health related problems which are being used from ancient times. Now a days skin diseases are numerous and a frequently occurring health problem affecting all ages. Some plants and their parts are frequently used by local people to treat these diseases. The use of plants is as old as the mankind. As natural treatment is cheap and claimed to be safe, thus people still reckon more on natural remedies. Beside this, it is also suitable raw material for production of new synthetic agents. In present paper, 37 plant species belonging to 36 genera and 26 families were recorded and identified with scientific name, family name, common name and part used are reported to cure skin diseases in Kangra district of Himachal Pradesh. The information was collected through personal interviews in semi-structured questionnaire.

**Keywords:** Himachal Pradesh, Kangra, Skin Diseases, Medicinal Plants
The traditional knowledge of the medicinal uses of plants of Kangra district is vast and rural people still dependent on local plants for curing various ailments. During the study about 37 medicinal plants widely used by local people in skin related problems. The result of the study reveals that leaves are most commonly used for the preparation of traditional medicines to cure skin diseases. It is also found that the Traditional knowledge is mainly restricted to vaids, elder people but young generation is still ignorant. Moreover, this knowledge is passed orally from generation to generation so there is urgent need for preserving this indigenous traditional knowledge. Beside this, the study also gives us the information about the availability of medicinal plants used mainly for skin diseases in Kangra region which is very valuable with regard to its uses and history so that traditional and modern knowledge can be confined to yield more medicinal resources for the benefit of mankind.

**Reference**


### Conclusions

The traditional knowledge of the medicinal uses of plants of Kangra district is vast and rural people still dependent on local plants for curing various ailments. During the study about 37 medicinal plants widely used by local people in skin related problems. The result of the study reveals that leaves are most commonly used for the preparation of traditional medicines to cure skin diseases. It is also found that the Traditional knowledge is mainly restricted to vaids, elder people but young generation is still ignorant. Moreover, this knowledge is passed orally from generation to generation so there is urgent need for preserving this indigenous traditional knowledge. Beside this, the study also gives us the information about the availability of medicinal plants used mainly for skin diseases in Kangra region which is very valuable with regard to its uses and history so that traditional and modern knowledge can be confined to yield more medicinal resources for the benefit of mankind.

### References