

An Ethno-Botanical Study of J & K State of North-West Himalaya

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Jammu and Kashmir occupies the top most position of North-West Himalaya and has got the area of about 138992 sq. km, out of which forest occupies the area of 21037.44 sq. km. It has varied a wide range of climatic conditions and altitude and gives scope for germination of a number of medicinal plants. Though no tribes has been indicated by census of India but there are several backward classes recognised by State Govt. and other communities living in far flung interior areas not exposed to civilization. They are depending upon their own way of treatment and using several local medicinal plants for cure of various ailments. They hardly go to doctor but prefer to use their traditional way of treatment. During the course of exploration of various forest areas, it is noted that various folklore plants are being commonly used by the backward communities. The paper refers to a few therapeutic approaches of the area.

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