



RESEARCH ARTICLE

Documentation of ethnomedicinal plants for the treatment of skin diseases from Pangli valley, Western Himalaya

Poushali Dey^{1,2}, Ravindra Kumar^{1,2}, Khooshboo Yadav², Shailja Tripathi^{2,3} & Priyanka Agnihotri^{1,2*}

¹Academy of Scientific and Innovative Research (AcSIR), Kamla Nehru Nagar, Ghaziabad – 201 002, India

²Plant diversity, Systematics & Herbarium Division, CSIR-National Botanical Research Institute, Rana Pratap Marg, Lucknow – 226 001, India

³Department of Botany, Indira Gandhi Government P.G. College, Bangarmau, Unnao – 209 868, India

*Email: priyagni_2006@yahoo.co.in



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Abstract

The present study deals with the systematic documentation of medicinal plants utilized by the indigenous inhabitants of Pangli valley to treat various skin problems. A total of 61 plant species belonging to 56 genera and 30 families have been found to be useful in the treatment of wounds (30 sp.), boils (27 sp.), cuts (24 sp.), burns (17 sp.), itching and pimples (05 sp. each), skin eruption, leukoderma and eczema (03 sp. each), pus removal, injuries (02 sp. each), skin pigmentation (01 sp.), etc. A table is provided including their botanical names, families, local names, habitat, altitude range, life form, nativity, threat status, uses, parts used and mode of preparation.

Keywords

Traditional knowledge, Ethnomedicine, Skin diseases, Pangli valley, Pangwal

Introduction

Pangli Valley is one of the most remote tribal territories in Himachal Pradesh, located in the northwestern part of Chamba district. Geographically, it is located between 32°48'42" to 33°12'31" N latitude and 76°13'58" to 76°47'01" E longitude, with altitude ranged between 2000 to 6500 m above mean sea level (amsl; average altitude 4200 m) covering an area of about 1600 sq km, concealed between the Pir Panjal and Zaskar mountains of the Western Himalaya (Fig. 1) (1). The valley is a cold semi-desert area in the Trans Himalayas with rugged terrain, harsh weather, little rainfall and considerable snowfall (2). It is drained by the Chandrabhaga (Chenab) river and is separated into 3 forest ranges viz., Sach, Killar and Purthi (3). Lying in the tehsil of Pangli, the valley has its headquarter in Killar, which is accessible by road from Chamba through Sach Pass, Udaipur and Dharwas. The only protected area in this region is Saichu Tuan Nala Wild Life Sanctuary, to protect and preserve the flora and fauna. Thus, it serves as one of the valley's wildlife refuges. The valley shows enormous floral diversity including rare, endemic, and endangered plant species. The prominent tree species in the valley are *Abies*, *Acer*, *Betula*, *Cedrus*, *Juglans*, *Juniperus*, *Picea*, *Pinus*, *Populus*, *Salix* and *Taxus* (Fig. 8). Plant families like Fabaceae, Asteraceae, Poaceae, Rosaceae etc. dominate in the herbaceous flora. The vegetation of Pangli includes 3 types of forests viz., the Himalayan Temperate Forests (at low altitudes between 1900-2800 m) are commonly inhabited by *Abies spectabilis*, *Cedrus deodara*, *Picea smithiana*, *Pinus gerardiana* and *P.wallichiana*; the Subalpine Forests (at altitudes between 2800-3800 m) are commonly represented by *Allium humile*, *Angelica glauca*, *Bunium persicum*, *Bupleurum falcatum*, *Carum carvi*, *Elsholtzia ciliata*, *Geranium wallichianum*

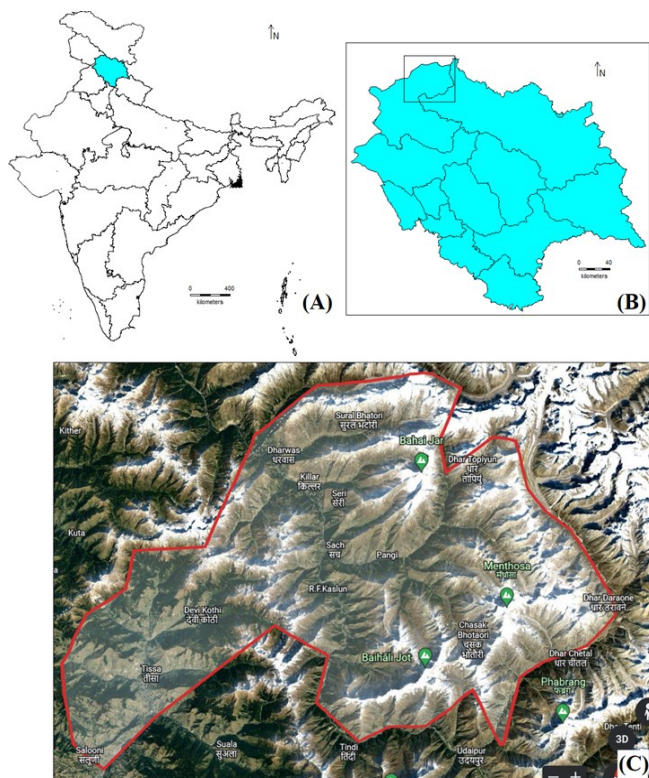


Fig. 1. Map showing the geographical locations of Pangi valley, Himachal Pradesh.

and *Heracleum lanatum* while the Alpine forests (at altitudes above 3800 m amsl) are occupied by *Arnebia euchroma*, *Betula utilis*, *Capparis himalayensis*, *Cassiope fastigiata*, *Cortia depressa*, *Corydalis meifolia*, *Myricaria squamosa*, *Primula macrophylla*, *Rhododendron campanulatum*, *Saussurea graminifolia* etc.

Pangwal and Bhoti groups make up the majority of the population in Pangi Valley. Pangwal are the tribal people of Pangi valley living in the remote areas of the valley and are mainly engaged in agricultural activities. Bhatories are high-altitude communities in the Pangi Valley and their inhabitants are known as "Bhots." The majority of these people are Buddhists with Tibeto-Mongolian traits (4). Pangi has a wide range of floral diversity, including herbs, shrubs, trees etc. present at different ranges of altitudes. People in the tribal communities have long relied on natural resources to meet their daily requirements and health care. In the process, they have discovered a variety of ethnobotanical uses from the great plant wealth. Furthermore, tribal methods of life, devotion to earliest myths, stories, practices and traditions are well-developed in this region, which represents a wide and rugged terrain with scattered human settlement (5). The diversity of plant species in the valley region is mostly untouched due to their geographic and cultural isolation from the rest of the state. Due to the limited access to this area, the valley's natural riches remain underutilized, although residents of the Pangi valley area are aware of the importance of plant wealth and mode of usage for variety of illnesses such as stomach problems, lung problems and eye problems, different skin conditions such as blisters, boils, itching, leprosy and skin eruption, which are most common in the area. During our field visits, we could observe that people are suffering from several skin diseases which may be due



Fig. 8. Terrain of the Pangi valley.

to high ultraviolet radiation as people are exposed to extreme cold weather so they spend most of their day time in the sun. In addition, there may not be enough water available for bathing or maintaining proper hygiene, which may be the main cause of the widespread skin diseases. Ethnomedicinal knowledge of several species was obtained while investigating the plant resources in the Pangi region of Himachal Pradesh. A number of plant species were identified by the natives in curing various skin ailments. Few workers have attempted to document traditional knowledge from the Pangi area in the recent past, but no information on medicinal plants used to treat a specific condition, such as skin diseases, has been revealed. As a result, the present study was made to uncover the treasure trove of indigenous knowledge relevant to the tribal belt's medicinal resources, and it is projected to add new aspects to the pharmaceutical industry's ever-expanding scope (6, 7).

Materials and Methods

Since the last 2 years (2021-2022) extensive field surveys of plants have been conducted in order to assess the floristic wealth of Pangi Valley. Plants were collected either in flowering or fruiting condition for identification and detailed taxonomic studies. Among these plants, a few plant species have been found having medicinal value for different skin ailments. A number of locations in the Pangi Valley, including Bairagarh (2300 m amsl), Sach Pass (4500 m amsl), Pre garaon (3600 m amsl), Killar (2621 m amsl), Tilmil Pani (2300 m amsl), Luj (2400 m amsl), Sansari Village (Jammu and Kashmir Border) (2080 m amsl), Dharwas (2419 m amsl), Sural (3000 m amsl), Bhatori (3500 m amsl), Tundru (3000 m amsl), Hudan Bhatori (3627 m

amsl), Kirouni Serri(2561 m amsl), Kumar (2800 m amsl), Parmar (3400 m amsl), Sach village (2355 m amsl), Hillaur (2500 m amsl), Sahli (2400 m amsl), Sechu (2945 m amsl), Hillu Tuwan (2978 m amsl), Chasak Bhatori (3249 m amsl), Phindrou (2384 m amsl), Mindhal (2377 m amsl), Purthi (2355 m amsl), Ajog (2300m amsl), Shor (2350 m amsl) and Saichu Tuan Nala Wild Life Sanctuary (3090 m amsl), which were visited twice to document the use of medicinal herbs. A Semi-structured questionnaire was prepared to get significant information about the ethnobotanical uses of plant resources. Discussions with local senior people,

Gaddies, Gujjars, hermits, shepherds and Vaidis revealed the ethnomedicinal significance of the plants which have been collected, including information on the local name (s), part(s) used, purpose for which used, mode of preparation and curative capabilities. Depending on the information gathered, the plants were included in the list, along with their traditional usage. Different floras including Flora of British India, Flora of Lahaul-Spiti and Flora of Himachal Pradesh were consulted to identify the species. Different Herbaria viz., CSIR – National Botanical Research Institute, Lucknow (LWG), CSIR – Central Institute



Fig. 9. Some important ethnomedicinal plants used in skin diseases in Pangti valley; (A) *Aesculus indica* (Wall. ex Cambess.) Hook.; (B) *Arctium lappa* L.; (C) *Berberis lycium* Royle; (D) *Berberis aristata* DC; (E) *Caltha palustris* L.; (F) *Berberis asiatica* Roxb. ex DC.; (G) *Bergenia ciliata* (Haw.) Sternb.; (H) *Betula utilis* D.Don; (I) *Delphinium cashmerianum* Royle; (J) *Geranium wallichianum* D.Don ex Sweet; (K) *Delphinium vestitum* Wall. ex Royle; (L) *Geranium nepalense* Sweet; (M) *Podophyllum hexandrum* Royle; (N) *Verbascum thapsus* L.; (O) *Viola biflora* L.

of Medicinal and Aromatic Plants (CIMAP), CSIR- Central Drug Research Institute (CDRI), Forest Research Institute Herbarium, Dehradun (DD) and Botanical Survey of India (Northern Regional Centre Herbarium), Dehradun (BSD) have been consulted for additional confirmation of the plant specimens. Furthermore, for the therapeutic value and applications of the plant species documented from the Pangi valley and also used by other communities in the Indian Himalayan region, published literature, internet databases and other available information on the web were searched. Photographs of the live plants were also taken during the field surveys (Fig. 9).

Results & Discussion

A total of 61 plant species (Angiosperms: 59, Gymnosperms: 02) from 30 families and 56 genera have been recognised in the treatment of skin diseases (Table 1), of which 46 species are herbs, eight are shrubs, five are trees and two are climbers (Fig. 3, Table 1), Of all, 30 species are recognized in the treatment of wounds, 27 for boils, 24 for cuts, 17 for burns, five for itching and pimples.

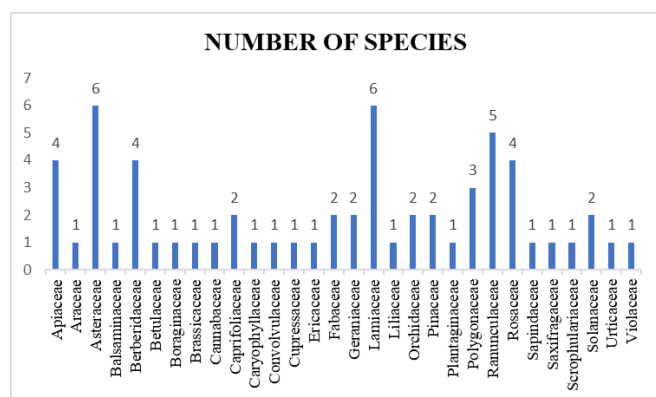


Fig. 2. Family wise distribution of ethnomedicinal plants used in skin diseases in Pangi valley.

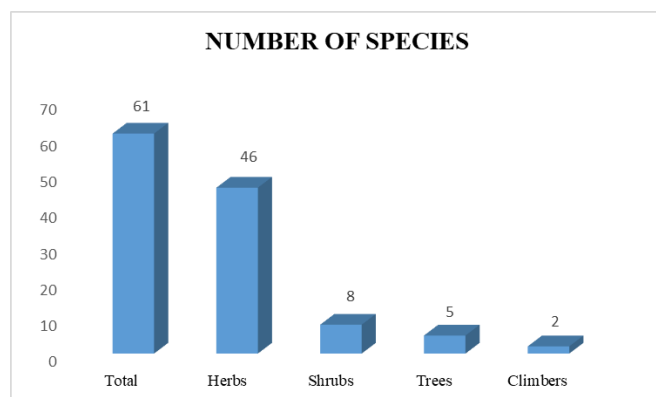


Fig. 3. Distribution of ethnomedicinal plants used in skin diseases under various life forms.

In addition, some of the plant species have also been used in the cure of skin eruption and pimples, eczema, leprosy, haemostasis, skin fissures, leukoderma, psoriasis and in skin pigmentation etc (Fig. 7, Table 1). The major prevalent families are Asteraceae and Lamiaceae (06 sp., each), followed by Ranunculaceae (05 sp., each), Apiaceae, Berberidaceae and Rosaceae (04 sp., each), Polygonaceae (03 sp.), (Fig. 2, Table 1). In terms of the usefulness of plant parts, leaves (24 sp.) are widely utilized, followed by roots (22 sp.); seed (11 sp.); whole plant (08 sp.); fruit (06 sp.);

flower and stem (05 sp. each); bark (04 sp.); aerial part (03 sp.); tuber, rhizome, bulb and twig (02 sp. each) and resin, wood and pseudobulb (01 sp. each) have been found to be extremely valuable to tribal cultures (Fig. 6, Table 1).

The largest number of ethnomedicinal plants (43 sp.) has been found between the altitudinal range of 2000-2500 m but this number decreases with increasing altitude. This range shows a number of significant ethnomedicinal species viz. *Artemisia parviflora*, *Inula racemosa*, *Lactuca dissecta*, *Impatiens sulcata*, *Berberis asiatica*, *Podophyllum hexandrum*, *Lepidium apetalum* etc. followed by the plants (25 sp.) in the altitudinal range of 2501-3000 m. Some significant ethnomedicinal plants in this range are *Rhododendron campanulatum*, *Medicago falcata*, *Fritillaria cirrhosa*, *Potentilla atrosanguinea* etc. 15

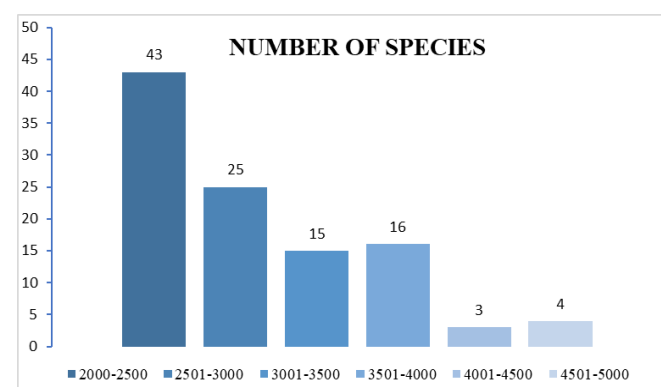


Fig. 4. Altitudinal distribution of ethnomedicinal plants used in skin diseases in Pangi valley

species in the altitudinal range of 3001-3500 m. viz. *Origanum vulgare*, *Koenigia alpina*, *Hyssopus officinalis*, *Rumex nepalensis*, *Rosa macrophylla*, *Verbascum Thapsus* etc. 16 species in the altitudinal range of 3501-4000 m. viz. *Dactylorhiza hatagirea*, *Dolomiaea macrocephala*, *Impatiens sulcata*, *Morina longifolia*, *Rhododendron campanulatum*, *Taraxacum sect. Taraxacum*, etc. Three species in the altitudinal range of 4001-4500 m. viz. *Betula utilis*, *Medicago falcata*, *Stellaria media* etc. Four species in the range of 4501-5000 m. viz. *Fritillaria cirrhosa*, *Delphinium vestitum*, *Delphinium cashmerianum*,

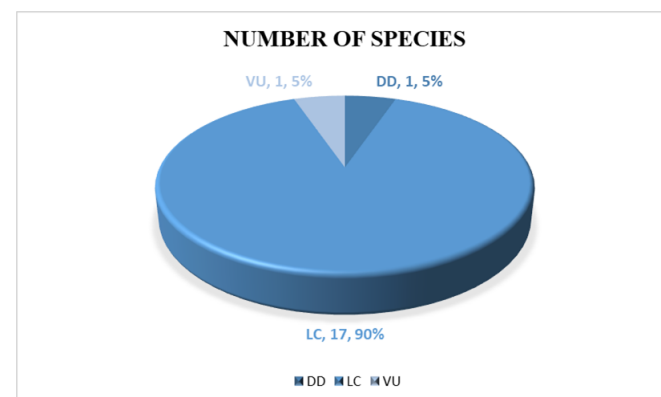


Fig. 5. Threat categories of ethnomedicinal plants used in skin diseases in Pangi valley.

Heracleum candicans etc. Several other species have been found in different altitudinal gradient (Fig. 4, Table 1).

In the IUCN red list, of these, 17 species have been categorised in the Least Concern (LC), two species namely

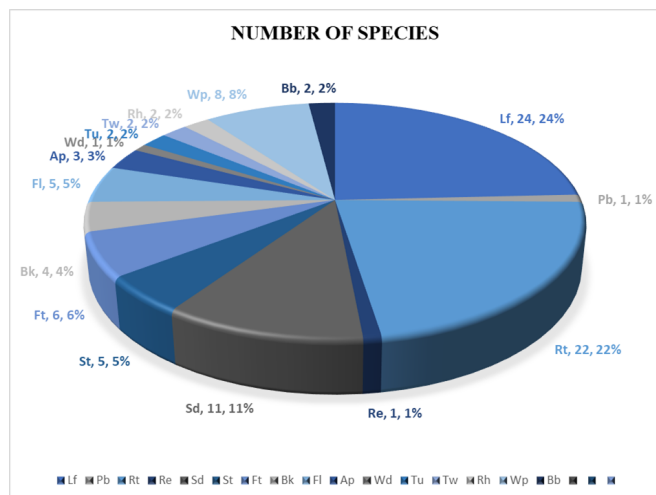


Fig. 6. Plant part used in different skin diseases (Lf = Leaf; Rt = Root; Re = Resin; Sd = Seed; St = Stem; Ft = Fruit; Bk = Bark; Fl = Flower; Ap = Aerial part; Wd = Wood; Tu = Tuber; Tw = Twig; Rh = Rhizome; Wp = Whole plant; Pb = Pseudobulb and Bb = Bulb).

Prunus armeniaca and *Malaxis muscifera* have been placed under Data Deficient (DD) and Vulnerable categories (VU) respectively (Fig. 5, Table 1). We have located only one population of *M. muscifera* near Hudan Bhattori at about 3590 m elevation. The inclusion of *M. muscifera* in the threat category might be due to overexploitation of its pseudobulb which is used as a refrigerant in skin burn by the indigenous people (18).

Conclusion

The study revealed that, Pangli Valley is a rich trove of ethnomedicinal plants. Native people in the Pangli valley area have been noted to retain a strong belief in their traditional medicinal system and still rely on natural plant resources to treat a variety of maladies. However, the younger generation appears to be almost oblivious to or uninterested in conventional healing knowledge. Therefore, there is a need to increase awareness among the young generation in order to slow the rapid deterioration of essential ethnic knowledge about plant resources. Traditional knowledge of the habitat, parts used and methods for employing ethnomedicinal should be maintained for future use. Therefore, exploration of the valley to uncover more useful plants necessitates a concerted effort to gain a greater understanding of medicinally essential plants. However, to save these plants from extinction, they must be used sustainably.

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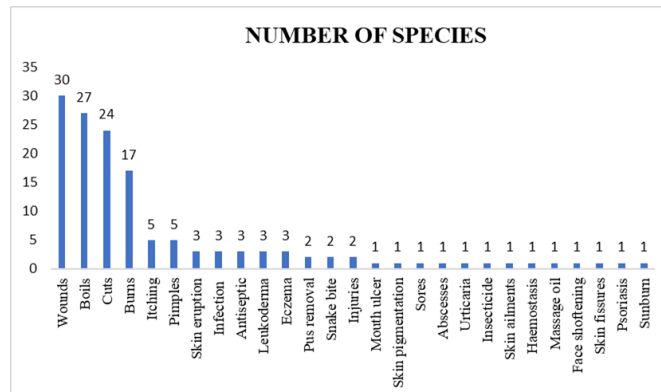


Fig. 7. Number of plants used in various skin diseases.

have kindly shared their knowledge on the ethnomedicinal uses of the plant wealth of Pangli. We also thank CSIR, New Delhi for providing Junior Research Fellowship to the first and second author. The third author is obliged to the UGC, New Delhi for providing Junior Research Fellowship.

Authors contributions

PD searched all the necessary material and prepared the first draft of the manuscript. RK, KY and ST helped in refining the manuscript. PA supervised the whole work, included her suggestions, modified the manuscript and submitted the manuscript for publication. All authors read and approved the final manuscript.

Compliance with ethical standards

Conflict of interest: Authors do not have any conflict of interests to declare.

Ethical issues: None.

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