

Ethnomedicinal Studies on Pteridophytes of District Bagh Azad Jammu and Kashmir, Pakistan

Authors : Israr Ahmad, Sehrish Sabir

Abstract : Present study deals with the taxonomic and ethno medicinal uses of some Pteridophytes species present in District Bagh AJK, Pakistan. The people of District Bagh extensively use Pteridophytes for different purposes. Ethno botanical evidence and Ornamental Potential of the taxa of wild pteridophytes was documented through field trips during 2017-2018, and data was collected through a structured questionnaire, and in-depth interviews were conducted from the natives in the hilly regions. Total of 22 Pteridophytes belonging to 13 genera 9 families were collected. Out of 22 species, one species (*Cystoathyrium chinense*) newly record from Pakistan. The most leading family is Pteridaceae, having 9 species, followed by Dryopteridaceae, having 4 species, and Aspleniaceae having 3 species. The remaining families are represented by single species of each. Inhabitants of mountainous and rural zones regularly used these taxa for different remedy, which are not discussed in the previous available literature. The novel remedies reported in this research are *Cystoathyrium chinense* decoction used for irregular menstruation, *Cyclosorus pulentus* crushed leaves and stem are used for the treatment of stomach disorder. *Onychium lucidum* used to treat jaundice, injury, pain dysentery, common cold, and arresting bleeding. Based on these findings, it is further recommended that phytochemical studies should be conducted to explore active chemical constituents for the cure of various diseases. Conservation efforts must be done to conserve many threatened species of the research area.

Keywords : adiantum, cancer, pakistan, pteridophytes

Conference Title : ICMHMP 2022 : International Conference on Medical Herbalism and Medicinal Plants

Conference Location : Istanbul, Türkiye

Conference Dates : December 20-21, 2022