

बुन्देलखण्ड वृत्त के ललितपुर वन क्षेत्र की परम्परागत
उपयोगी वनौषधियां

मायाराम उनियाल

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The present paper on folklore is an outcome of our field study in the tribal areas of Lalitpur sub-forest division U. P. In this article 28 folklore claims deal with their Sanskrit and local names description, distribution, parts used and their uses. These plants are effective for the cure of chest pain, bronchitis, Malaria fever, Bone fracture, dislocation, gastric ulcer and Rheumatic pain or useful as tonic, aphrodisiac, contraceptives. In the scarcity time rural people are also eating so many species of poisonous and non-poisonous Dioscoreas in this place.