

The Folklore Medicines used by Gujjar and Bakarwal Communities of Jammu Region

Anil Kumar¹, Naresh Kumar², B.N. Sannd³ and Ashok Hakim⁴

Received 4th June, 1993

Collection of 15 folklores on medicinal uses of medicinal plants by the Gujjar and Bakarwal communities of Jammu area have been collected. Short timebound studies conducted have found these to be useful. Their Rasa, Guna, Virya, Vipak and Prabhava studies have been conducted on the Ayurvedic parameters. The medicines were tried in the O.P.D. and found useful.

1-4. R.R.C. (Ay.) Jammu-Tawi.