

TRIBAL FOLK MEDICINES OF THE HILLY REGIONS OF JAMMU & KASHMIR

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The tribes of Jammu & Kashmir in majority are the inhabitants of the hilly tops of the state because their life style compels them to move from one place to another in search of the green fodder for their cattle. The medical facilities are inaccessible to them in these circumstances. As a result they have evolved a health care system of their own depending upon the availability of products of animal & plant origin in their vicinity. The authors have made an attempt to enlist some of these recipes used by these tribes for the cure of their day to day health problems. An extensive work is required to be done for further establishment of their efficacy on scientific parameters.

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