

ETHNOBOTANICAL STUDIES ON PLANTS OF DISTRICT HUNZA-NAGAR (GILGIT-BALTISTAN), PAKISTAN

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ABSTRACT

Ethnobotanical studies were conducted in the Hunza-Nagar district of Gilgit-Baltistan (Northern Pakistan) about the uses of plants by the local people. Information was gathered by interviewing people in different villages. People used different plant species for various purposes; however the most common uses were for medicinal purposes. The present work documents ethnobotanical information for 106 plant species including both wild and cultivated ones, belonging to 92 genera and 46 families. Habit-wise, 27 were trees, 13 shrubs, and 63 were herbs. The common names are provided for the first time in the locally spoken language "Burushiki". A common name is the key to the treasure of ethnobotanical information; as this is the name by which the local people recognize the plant species concerned. Ethnobotanical knowledge was noticed to be fading away with the modernization of society. There is an urgent need to document all the information which is available at present.

Key-words: Medicinal plants, Hunza-Nagar, Gilgit-Baltistan, Pakistan.

INTRODUCTION

The historical background of Hunza and Nagar is spread over many centuries. From that time to date the utilization of plants is part of the tradition; the people of the area use herbs for different purposes such as food, fodder, detergents, medicine and for making traditional objects. About 6000 flowering plants have been reported to occur in Pakistan very large number of plants are found in northern parts of Pakistan; 10% of all these plants are known to be used for various medicinal purposes (Shinwari *et al.* 2002). The northern part of Pakistan is an integral part of Central Asian Centre of Diversity (Vavilov 1950). It is now widely accepted that anthropogenic disturbances would result in the extinction of up to 20 % of the world's species over the next 30 years (Arroyo *et al.* 1992). Ethnobotany is the discipline concerned with relationships between people and plants; not just the medicinal plants but about all the ways that people perceive, value, and use plants – whether as food, fuel wood, fodder, and so on (Hamilton 2002). However, the major interest of ethnobotanical studies is usually focused on medicinal plants. This millennium has come to recognize folk medicine as being of general use and general respectable in face of a continuous rise in disease (Saeed 2002).

The Ethnobotanical studies have become increasingly valuable in the development of health care and conservation program in the different parts of the world (Black 1996). The green pharmaceutical are receiving extraordinary importance and popularity. Most importantly the trend of using traditional medicines is increasing again (Anonymous, 2008). In recent years several ethnobotanical works have been reported from different parts of Pakistan (Gilani *et al.* 2001; Shinwari and Gilani 2003; Shah *et al.*, 2006; Qureshi *et al.*, 2006; Khan and Khatoon, 2007; 2008; Qureshi *et al.*, 2010; 1011; Raouf *et al.*, 2012; Fahad and Bano, 2012). However, much work has not been done on the plants of Hunza-Nagar district. Khan *et al.* (2011) reported only medicinal uses of 43 plant species from Khunjrab National Park; but most of the other parts of Hunza-Nagar are unexplored.

MATERIALS AND METHODS

The study area was visited several times for the collection of plant specimen during 2004-2009. The collected plant specimens were identified with the help of Flora of Pakistan and some other relevant Floras. During the survey people were interviewed for the traditional uses of the plants with emphasis on medicinal uses of the plants, and the collected information was documented. The information was compared with available ethnobotanical literature of Pakistan.

RESULTS

Ethnobotanical information was obtained for 106 plant species (4 Gymnospermic, 93 Dicotyledons and 9 Monocotyledons) belonging to 92 genera of which 8 were Monocotyledons, 82 Dicotyledons and 4 Gymnospermic.

These belonged to 46 plant families among which 3 were Monocotyledons, 3 Gymnospermic and 40 Angiospermic. The documented information contains cultivated species as well. The present study shows that the people of the area depend on the plants to fulfill their daily life needs to a great extent. Among the medicinal uses the plant species are mostly used as tonic and for the treatment of stomach pain, stomach disorders, itching, bleeding, blood pressure, fever, asthma, and chest congestion. The details of the species are given in the Table 1.

Table 1. Ethnobotanical uses of plants of Hunza and Nagar Valleys.

Serial number	Family name	Species name	Common name	Part used	Purposes of use
1.	Alliaceae	<i>Allium cepa</i> L. (cultivated)	Ghashue	Bulb,	The bulb of this plant is used as vegetable in different dishes. The bulb of this plant is cooked in hot ash and used to pull out the pus from boils.
2.	Alliaceae	<i>Allium sativum</i> L. (cultivated)	Pokhpa	Bulb	This is highly important medicinal plant which is specially used for blood pressure, stomach disorders and paralysis.
3.	Anacardiaceae	<i>Pistacia integerrima</i> J. L.	Kaavo	Wood	Wood of this tree is very hard and heavy due to which it is considered good firewood especially for winter season.
4.	Berberidaceae	<i>Berberis chitria</i> Lindl.	Eshkeen	Fruit and bark	It is used for the purification of blood and to speed up the healing of the broken bones.
5.	Betulaceae	<i>Betula utilis</i> D. Don,	Taal	Stem & branches	Local people of Hunza and Nagar use this plant for making household utensils, plough, etc while outer bark of stem is used as paper.
6.	Brassicaceae	<i>Brassica napus</i> L. (cultivated)	Kayam	Whole plant	This plant is used as vegetable in different dishes. The major use of this plant is as salad. Beside this it is also used as tonic for children and fodder for cattle
7.	Brassicaceae	<i>Brassica oleracea</i> L. (cultivated)	Gobi	Flesh inflorescence	The inflorescence of this plant is used in different dishes. Along the cooked dishes it is also used in salad, "chutney" and as tonic. It is good for heart patients.
8.	Brassicaceae	<i>Raphanus sativus</i> L. (cultivated)	Moloo	Tap root	The tap roots of this plant are used as vegetable and salad. It is also used for stomach problems.
9.	Brassicaceae	<i>Brassica rapa</i> L. (cultivated)	Paick	Whole plant	The whole plant is used for the stomach disorders and as vegetable and salad. The dry plant use as fodder for cattle to increase the milk.
10.	Campulaceae	<i>Codonopsis clematidea</i> (Schrenk) C.B. Clarke	Ya sheka	Tap root	The tap root of this plant is used for tonic which increases the male sexual power.
11.	Cannabaceae	<i>Cannabis sativa</i> L. (cultivated)	Thonch	Seed	This is a cultivated plant. The seeds of this plant are ground and mixed with water as a result a milky water is prepared and used in place of oil and ghee in cooking.
12.	Cappariaceae	<i>Capparis spinosa</i> L.	Gahgon	Fruit	The mature fruits of this plant are mixed with lassi and use to control the itching. Also used in pickle
13.	Chenopodiaceae	<i>Salsola collina</i> Pall.	Chary	Whole Plant	The immature herb is used as fodder especially for goats. It increases the amount of milk in animals. While the mature plant body is used as fuel.
14.	Chenopodiaceae	<i>Chenopodium album</i> L.	Taghashin	Leaves	The foliage of this herb is used for making local dishes. Also used for blood pressure.

15.	Chenopodiaceae	<i>Chenopodium horrys</i> L.	Hamarno	Whole Plant	The whole plant is used as antiseptic and also for abdominal problems uterus and bleeding and disturbed menstruation.
16.	Chenopodiaceae	<i>Chenopodium foliosum</i> Asch.	Saro	Whole plant	When the plant in young it is used as food (tonic).
17.	Compositae	<i>Allardia glabra</i> Decne.	Harchum ^o	Flower head	The flower head of this herb is used for stomach pain and especially to stop bleeding in women.
18.	Compositae	<i>Arenisia sieversiana</i> Ehrh.	Khakhas	Whole plant	Plant body of this herb especially leaves and stem are used for stomach pain and gastro. It is used for removing intestinal worms in children.
19.	Compositae	<i>Echinops corugatus</i> DC.	Jachir	Whole plant	The fresh herb is used as fodder for animals and to increase soil fertility. While the dry herb is used as fuel.
20.	Compositae	<i>Taraxacum officinale</i> L.	Tergut	Leaves	The fresh leaves of this herb are used for cooking. It is used to get relief in fever.
21.	Compositae	<i>Allardia tomentosa</i> Decne.	Harchum ^o	Whole plant	This plant is used with desi ghee to control the bleeding of pregnant women.
22.	Compositae	<i>Arenisia rufifolia</i> Spreng.	Mon	Whole plant	This plant is used for stomach disorders and control of the blood pressure.
23.	Compositae	<i>Carthamus tinctoris</i> L. (cultivated)	Pong	Flowers heads	The flowers heads of this plant boiled with milk are used for coughing and chest congestion.
24.	Compositae	<i>Cichorium intybus</i> L.	Eshkanagi	Root	The root of this plant is used for controlling blood pressure.
25.	Compositae	<i>Sanssurea simpsoniana</i> (Field & Garden) Lipschitz	Boshi funar	Whole plant	It is used for chest problems, asthma, and blood pressure and for losing weight.
26.	Cucurbitaceae	<i>Cucurbita maxima</i> Duch. ex Lam. (cultivated)	Hoser	Fruit	The unripe fruit of this plant is used as vegetable. While the mature fruit use for making different sweet dishes and it is also used as tonic.
27.	Cucurbitaceae	<i>Cucumis melo</i> L. (cultivated)	Ghoon	Fruit	Melon is used worldwide keenly. It is used as tonic and for stomach disorders.
28.	Cucurbitaceae	<i>Citrullus lanatus</i> (Thunb.) Mats & Nakai (cultivated)	Bover	Fruit	The watermelon is used by heart patients to control the level thirst and people also use it as tonic.
29.	Cucurbitaceae	<i>Cucumis sativus</i> L. (cultivated)	Laye	Fruit	Utripe fruits are commonly used in salad medicinally in fever and indigestion. Mostly it is used by sugar patients and blood pressure patients.
30.	Cupressaceae	<i>Juniperus excelsa</i> M.Bieb.	Gali	Fruit	The fruits of this plant are used by local people for kidney stone problems.
31.	Cuscutaceae	<i>Cuscuta europaea</i> L.	Mayon basi	whole Plant	The whole plant is used for jaundice, cough, and blood purification.

32.	Ebenaceae	<i>Diospyros koki</i> L. (cultivated)	Hermit	Fruit	Persimmon is commonly eaten as a fresh fruit. Also by pregnant women and it is also use as tonic to increase aphrodisiac. Along the tonic it is use to control stomach disorders.
33.	Elaeagnaceae	<i>Elaeagnus umbellata</i> Thunb.	Falls	Fruit, leaves, wood	Fruit of this tree is used as tonic by all people of the area. Leaves are used as fodder and wood is used as firewood.
34.	Elaeagnaceae	<i>Elaeagnus angustifolia</i> L. (cultivated)	Ghendawar	Fruit & bark	Fruits of this plant are edible and medicinally it is used in the treatment of cough, chest pain, while the bark of this plant was used as tea.
35.	Elaeagnaceae	<i>Hippophae rhamnoides</i> L.	Chashe	Fruit & Seed	The fruit of this plant used for controlling blood pressure and the seed oil used as an anti cancer.
36.	Ephedraceae	<i>Ephedra intermedia</i> Schrank & Mayer	Sopat	Stem	It is used for rupturing and cleaning boils, and controls the swelling of feet.
37.	Gentianaceae	<i>Sweria tetragona</i> (Edgew.) Clark	Tagshe	Leaves	The extract of the leaves is used for controlling the blood pressure and diabetes.
38.	Juglandaceae	<i>Juglans nigra</i> L. (cultivated)	Teley	Fruit	The common name of this plant is walnut. The oil of walnut lowers the cholesterol level in the blood therefore it decreases the blood pressure and bark is used as miswak (tooth-brush) for cleaning the teeth.
39.	Labiatae	<i>Isodon rugosus</i> (Wall ex. Benth.) Codd	Phopus	Whole plant	The whole plant is used for making local broom for cleaning the houses.
40.	Labiatae	<i>Mentha arvensis</i> L.	Podina	Whole Plant	The extract of this plant is used for stomach pain vomiting and indigestion beside this the whole plant is used with salad and as a spice.
41.	Labiatae	<i>Mentha royleana</i> Benth	Pheal	Leaves & stem	The local people use the leaves of this plant for the stomach disorders.
42.	Labiatae	<i>Thymus linearis</i> Benth.	Tumoro	Whole Plant	It is used for making herbal tea, which reduces the headache and blood pressure.
43.	Liliaceae	<i>Tulipa elusiana</i> DC.	Geepuse	Bulb	The bulb of this plant is used for the healing of wounds.
44.	Linaceae	<i>Linum usitatissimum</i> L. (cultivated)	Homan	Seed	Lin seed of this plant is used for different purposes such as for constipation, vomiting and stomach problems.
45.	Malvaceae	<i>Abelmoschus esculentus</i> (L.) Moench (cultivated)	Bendi	Fruit	Fruits of this plant are used as vegetable in daily life. medicinally it is used for stomach disorders, constipation and as tonic.
46.	Malvaceae	<i>Malva verticillata</i> L. (cultivated)	Shovenchal	Leaves	Leaves of this plant are used as vegetable in daily life; medicinally it is used for gastro, stomach disorders, constipation and as tonic.
47.	Moraceae	<i>Morus alba</i> L. (cultivated)	Bernach	Fruit	Dry fruits of this plant are used for cough and chest congestion and fresh fruit is used as tonic for children feeding women.
48.	Moraceae	<i>Ficus carica</i> L. (cultivated)	Phak	Fruit	The fruits are used as tonic and also used for cardiac troubles, abdominal problems and stem latex is used to pull out hidden spines on the body.
49.	Oleaceae	<i>Fraxinus hookeri</i> Wenzig	Kasunder	Wood	The wood of this tree is very hard it is used for making different kinds of utensils and firewood.

50.	Papaveraceae	<i>Papaver somniferum</i> L. (cultivated)	Mardakhy	Seeds	Seeds of this plant are used for chronic fever, bleeding and dysentery.
51.	Papilionaceae	<i>Medicago sativa</i> L. (cultivated)	Shipting	Plant	The young plant is used as vegetable while mature plant is used as fodder for milch cattle for increasing the milk production.
52.	Papilionaceae	<i>Pisum sativum</i> L. (cultivated)	Cherk	Seed	Unripe seed of this plant are used as vegetable and powder of its seed is used in asthma and chest congestion. The unripe fruit is used as tonic.
53.	Papilionaceae	<i>Trifolium repens</i> L. (cultivated)	Shapial	Whole plant	The young plant is used as vegetable and mature plant is used as fodder for cattle.
54.	Papilionaceae	<i>Vicia faba</i> L. (cultivated)	Bokak	Seeds	The mature seeds of this plant are cooked and used for asthma, chest congestion, stomach disorder and used as tonic for women.
55.	Papilionaceae	<i>Robinia pseudo-acacia</i> L.	Kikr	Leaves	Leaves are palatable that's why it is used as fodder for cattle and goats. The wood is used as fuel in winter.
56.	Papilionaceae	<i>Sophora mollis</i> (Royle) Baker, subsp. <i>mollis</i>	Pushal	Leaves and stem	The leaves of this plant are used to increase the soil fertility. While the woody plant body is used as firewood.
57.	Papilionaceae	<i>Astragalus granatensis</i> Royle ex Benth.	Hapochus	Whole plant	This spiny plant is used for keeping away mice and reptile.
58.	Papilionaceae	<i>Lablab purpureus</i> (L.) Sweet subsp. <i>bengalensis</i> (Jacq.) Verdc. (cultivated)	Rabong	Legume & seed	The common name of this plant is bean. It is used as food in daily life for health tonic.
59.	Papilionaceae	<i>Glycerhiza glabra</i> L.	Chelghes	Root	The plant root (Liquorice) used in the treatment of asthma, chronic cough, prevention of urinary tract infection and also used as anti ulcer.
60.	Papilionaceae	<i>Trigonella foenum-graecum</i> L. (cultivated)	Shekarhu ch	Whole plant	The plant is dried and used in local dishes as flavor for taste, also used it for stomach disorders and vomiting.
61.	Pinaceae	<i>Pinus wallichiana</i> A.B. Jackson	Chce	Wood	This tree is a major source of timber and firewood. Resin is obtained from the tree which is used for joining different things (adhesive).
62.	Pinaceae	<i>Picea smithiana</i> (Wall.) Boss.	Kachuly	Whole body	This plant is major source of timber and wood for fuel. Resin is also obtained from this plant which is used for joining different things and different purposes.
63.	Plantaginaceae	<i>Plantago major</i> L.	Ispagol	seeds	It has high medicinal value; seeds are used for stomach disorders and also reduce cholesterol level of blood.
64.	Platanaceae	<i>Platanus orientalis</i> L. (cultivated)	Buche	Wood	This plant is the main source of furniture making timber. From the wood all kinds of furniture are prepared. Leaves of this plant are used as fodder.
65.	Poaceae	<i>Hordeum vulgare</i> L. (cultivated)	Hari	Grains	The flour of these grains is used for making chapattis which is good to maintain the level of blood pressure, sugar and cholesterol.
66.	Poaceae	<i>Triticum aestivum</i> L. (cultivated)	Gur	Grains.	Wheat grain is used worldwide as daily food. But the special use of this grain is as tonic.

67.	Poaceae	<i>Zea mays</i> L., (cultivated)	Makye	Grains,	Grains of this plant are used for food and making pop corn. It is used as tonic for cattle.
68.	Poaceae	<i>Panicum miliaceum</i> L., (cultivated)	Baeye	Grains	The grain of the plant is used to control of blood pressure, cholesterol and asthma. It is used as tonic for cattle.
69.	Poaceae	<i>Setaria italica</i> (L.) P. Beauv., (cultivated)	Cha	Seed	Seed of this plant is cooked with milk and used as tonic by all people of the area.
70.	Poaceae	<i>Saccharum ravennae</i> (L.) Murr.	Furoh	Stem	The dry stem pieces of this plant are used to make the desi (local) pen for children as well as for elders.
71.	Polygonaceae	<i>Bistorta affinis</i> (D. Don) Green	Hare utis	Whole plant	This herb is considered as tonic for cattle, it is observed that when cattle graze this herb that day the milk production is high.
72.	Polygonaceae	<i>Rheum spiciforme</i> Royle	Chotal	Stem	The stem of this herb is used as tonic and for thirst. Stem is also use for making local piano.
73.	Polygonaceae	<i>Fagopyrum esculentum</i> Moench (cultivated)	Barou	Grains	Grains are used as food. The grains of this plant are used for urine problems and to reduce the cholesterol level in the blood.
74.	Primulaceae	<i>Primula macrophylla</i> D. Don.	Lelo	Whole Plant	The flower of this plant is used for eye redness, and mature root of this plant is used in the treatment of throat infection and tonsil problems.
75.	Punicaceae	<i>Punica granatum</i> L., (cultivated)	Bedhill	Fruit	Pomegranate is a small tree. The fruit is delicious to eat. The juice of this fruit is used as tonic and bark of fruit is used against cough and bone pain.
76.	Ranunculaceae	<i>Clematis orientalis</i> L.,	Morgush	Leaves & stem	Leave and immature branches of this plant are palatable due to which it is used as tonic and fodder for cattle.
77.	Ranunculaceae	<i>Delphinium brunonianum</i> Royle	Mokhoti	Whole Plant	It is used as an anti-dandruff, which promotes hair quality and kills the parasites if any.
78.	Rosaceae	<i>Cydonia oblonga</i> Mill. (cultivated)	Ghaoti	Fruit	People of the area used the fruit as tonic. Wood of this tree is used as firewood.
79.	Rosaceae	<i>Malus pumila</i> Mill. (cultivated)	Baalt	Fruit	Apple is used as tonic by all people of the area and wood of this tree is used for making different utensils.
80.	Rosaceae	<i>Prunus armenica</i> L., (cultivated)	Joo	Fruit	Fruits of this tree (Apricot) are fleshy. It is used almost in every problem concerned to the human body. But the frequent use of this fruit is in stomach problems, headache, constipation and anxiety.
81.	Rosaceae	<i>Prunus cerasifera</i> Ehrhart. <i>Prunus domestica</i> L., (cultivated)	Albukha ra	Fruit	People of the area use the fruit of these trees as tonic which increase the blood and leaves are used as fodder.
82.	Rosaceae	<i>Prunus dulcis</i> (Miller) webb. (cultivated)	Badam	Fruit	It is considered most valuable dry fruit (Almond) throughout the world. People of the area use this fruit as tonic, to increase the sharpness of mind, chest congestion and softness of skin.
83.	Rosaceae	<i>Prunus avium</i> L., (cultivated)	Glass	Fruit	The fruit of this plant (Cherry) is very delicious so it is used throughout world for better health care. Medicinally it is used for increasing blood production.

84.	Rosaceae	<i>Prunus persica</i> (L.) Batsch. (cultivated)	Chakdar	Fruit	Fruit of this plant (Peach) is used as tonic in the world. It is very delicious fruit. The wood of this tree is used for making different utensils.
85.	Rosaceae	<i>Pyrus communis</i> L. (cultivated)	Shogri	Fruit	It is a fleshy fruit (Pear) and it is also used worldwide for health care. People of the use this fruit as tonic and aphrodisiac.
86.	Rosaceae	<i>Sorbus transchanica</i> Rupr	Dindesh	Leaves	The leaves are browsed by the livestock. However, the wilted leaves are eaten by animals they instantaneously die. The wood of this tree is used for fuel.
87.	Rosaceae	<i>Fragaria nubicola</i> (H.f.) Lindl. ex Lacaille	Guzal	Fruit	Fruit of this plant is used as tonic and to increase the sexual power in man.
88.	Rosaceae	<i>Spiraea canescens</i> D. Don	Chagho	Young branches	The young branches of this plant are used for making special sticks which are locally used for different purposes.
89.	Salicaceae	<i>Populus alba</i> L. (cultivated)	Berpeya	Wood	This plant provides timber for construction of houses and other domestic things such as boxes, furniture and shelves etc. The leaves of this plant are used as fodder.
90.	Salicaceae	<i>Salix capusii</i> Franchet (cultivated)	Beake	Young branches	The young flexible branches of this plant are used for making household baskets and leaves are used as fodder.
91.	Saxifragaceae	<i>Bergenia stracheyi</i> Hook. f. et Thoms	Sasper	Root & branches	It is used as miswak (tooth brush) for the dental problems.
92.	Scrophulariaceae	<i>L'erboscum thapsus</i> L.	Zakum sheka	Whole plant	Whole plant parts are used in the treatment of uretic problem, pulmonary problems and seeds are used as aphrodisiac.
93.	Simaroubaceae	<i>Alstonia altissima</i> (Mill.) Swingle (cultivated)	Lanthus	Stem	The stem of this plant is used for making the handles of domestic and agricultural implements.
94.	Solanaceae	<i>Capiscum annuum</i> L. (cultivated)	Maruch	Fruit	The fruit of the plant (Chillies) is used worldwide as spice for making different edible dishes. Powder of this fruit is used for the joint pain.
95.	Solanaceae	<i>Solanum lycopersicum</i> L. (cultivated)	Balogan	Fruit	Fruit extract of this plant is used for rupturing of boils.
96.	Solanaceae	<i>Datura stramonium</i> L.	Datura	Seed	The leaves and flowering top of this plant is used to control salivation, muscular rigidity, and it is also used in the treatment of asthma.
97.	Solanaceae	<i>Solanum tuberosum</i> L. (cultivated)	Aalo	Tubers	This plant is used globally as vegetable which is good source of starch. For the medicinal uses, the tuber is cooked in the hot ash and steam is inhaled for the treatment of sinusitis.
98.	Tamaricaceae	<i>Tamarix arcuathoides</i> Bunge	Hookr	Leaves & Stem	Leaves of this shrub are used to increase the soil fertility. Woody stem of this plant is used as firewood.
99.	Thymelaeaceae	<i>Daphne mucronata</i> Royle	Nirk	Bark	The bark of this plant is used in diseases of bones and for washing hair.
100.	Umbelliferae	<i>Carum corvi</i> L.	Hayave	Fruit & Seed	The fruit of this herb is used in almost every kind of edible things as spice. But the special use of this herb is to control the stomach disorders in the children.
101.	Umbelliferae	<i>Coriandrum sativum</i> L. (cultivated)	Thon	Whole Plant	The leaves and stem of this plant are used in yam (curry) and chutney while the fruit of this plant is used for indigestion, vomiting

DISCUSSION

The present study provides ethnobotanical information about 106 plant species. The prime objective of this study was to record the indigenous knowledge of plant uses by the local people in their daily life for various purposes. Nature has provided abounded plant wealth for all living creatures, which possess medicinal virtues (Bhatti *et al.*, 1998). Plants are used as medicine from ancient time. Medicinal plants are an important source of drugs in traditional system of medicine; a tragedy of the modern time is that the precious ethnobotanical knowledge is disappearing very fast. The present work provides the common names of all these plants in the locally spoken language Burushiski for the first time. While the scientific community identifies plants by their scientific names, common people recognize the plants around them by their common names. Obtaining ethnobotanical information from people or searching certain required plant with the help of local people may not be possible without knowing the common name in their language. The common names therefore have a practical value in that they are essential for connecting specialists and lay people (Sarasa *et al.*, 2012). One can say that common name is the key to the treasure of ethnobotanical knowledge. Since late 50s, almost 80% of the country's population in general and the people in remote areas in particular, have been directly dependant on herbal medicines for all types of medicinal needs (Hocking, 1958).

The traditional knowledge about plant uses is unfortunately fading away with time. With modern education, better income, and accessibility to modern products including food and medicine, people gradually abandon the traditional uses of local plants. According to Sheil and Salim (2012), communities with less wealth and less schooling generally reported a higher proportion of the useful species. In the present study area as well, the ethnobotanical knowledge, particularly that about the medicinal plants is now mostly confined to few aged and poor people. The indigenous knowledge about wild food plants and medicinal plants is in an imminent danger of being completely lost. Therefore there is a dire need to document this information as a heritage for the future generations.

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102	Umbelliferae	<i>Daucus carota</i> L. (cultivated)	Ghasan	Root	and other intestinal disorders.
103	Urticaceae	<i>Urtica hyperborea</i> Jacq. ex Wedd.	Jami	Leaves	The root of this plant is antiseptic has beneficial influence on kidney, aphrodisiac, tonic, cleanses blood. Seed are aromatic abortifacient stimulant and carminative.
104	Vitaceae	<i>Vitis parvifolia</i> Roxb. (cultivated)	Gheeng	Fruit	This medicinal plant is used for hypertension and it also enhances resistance power of skin and remove the blockage of blood vessels. The mature fruit is used as tonic for better health care in the world while the immature fruit extract and juice is used for making vinegar and other sour products.
105	Zygophyllaceae	<i>Peganum harmala</i> L.	Spundur	Whole plant	The aerial parts of this plant have aesthetic values.
106	Zygophyllaceae	<i>Tribulus terrestris</i> L.	Hook gulroz	Root	The fruit and root of this plant is used as cooling demulcent, diuretic and relieves urinary diseases.

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