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Contribution of traditional systems of medicines in delivery of health care for people of Jammu And Kashmir State, India

Niraj Kumar

Indian System of Medicine, Jammu & Kashmir, India

The state of Jammu and Kashmir is a state in northern India. It is located mostly in the Himalayan Mountains. The state of Jammu and Kashmir consists of three regions: Jammu, the Kashmir Valley, and Ladakh. Srinagar is the summer capital, and Jammu is the winter capital. The Kashmir valley is famous for its beautiful mountainous landscape and the traditional system of medicine practiced by people here is Unani system of medicine and in Jammu region the traditional system being practiced for centuries together is Ayurveda and while in Ladakh region the traditional system is called as Amchi system of medicine. The biogeography of state of Jammu and Kashmir is diverse. Northwestern thorn scrub forests and Himalayan subtropical pine forests are found in the low elevations of the far southwest. These give way to a broad band of western Himalayan broadleaf forests running from northwest-southeast across the Kashmir valley. Rising into the mountains, the broadleaf forests grade into western Himalayan subalpine conifer forests. These forest areas are a very rich source of herbs which have been used by the people of the state for treatment of different diseases for a very long time. Today in remote and rural areas people depend on these traditional systems of medicines for treatment in day to day ailments. In all the three systems of medicines, the fresh herbs collected from forests are used by traditional healers to treat different diseases. These systems have now become inseparable from the conventional health care delivery system of the state. A lot of initiatives have taken at government level for the development of these diverse systems in these three regions of the state. Some of the important plants used in these traditional systems of medicines are, *Aconitum heterophyllum*, *Berberis aristata*, *Picrorhiza kurroa*, *Podophyllum hexandrum*, *Saussurea costus*, *Swertia chirata*. The herbs used in these systems have no side effects and are very safe to use. People of state prefer these traditional systems of medicines due to them being highly efficient and effective for the treatment of various ailments.

nkumarias10@gmail.com