

Indigenous Use Of Medicinal Plants For Digestive Problems In Punjab

The study entitled “Indigenous use of medicinal plants for digestive problems in Punjab” was undertaken with the objectives to study the level of awareness and extent of use of medicinal plants by women for digestive problems and to determine the relationship of personal, socio-economic characteristics of the respondents with their level of awareness and extent of use of medicinal plants. The study was conducted in three socio-cultural regions i.e. Majha, Malwa, and Doaba of Punjab state. A sample of 240 women heads was selected randomly from three districts- Gurdaspur from Majha, Faridkot from Malwa and Hoshiarpur from Doaba. The data was collected with the help of structured interview schedule. Results of the study revealed that majority of the respondents had medium level of awareness and low level of extent of use of medicinal plants. The reasons cited for the use of medicinal plants were that elders always used these, have no side effects, cost effective and easily available. The reasons stated for non-use were that allopathic medicines are easily available, time consuming preparation and quick relief with allopathic medicines. It was also found that education and family income had significant negative relationship with the level of awareness as well as extent of use of medicinal plants. Whereas age and social participation was positively related with awareness and use of medicinal plants.

Biography

Jiwan Jyoti has completed her M.sc at the age of 25 years from Punjab Agricultural University, Ludhiana. She has also done PGDCA and one semester course in interactive skills and personality enhancement from Punjab Agricultural University. She is awarded ICAR award and best letter award (selective approach) published in Hindustan times newspaper. Her master's research topic was “indigenous use of medicinal plants for digestive problems in Punjab”. She got International Richard Kuhn research award 2015 in ethnobiology. 4 research papers and 2 abstracts have published in different journals and proceedings. Approximate 40 letters published in different newspapers. 4 articles and pamphlets also published. she have more than 5 years of experience as women extension officer where She is also awarded towards Kaizen award and exemplary work in women empowerment award given by National Dairy Development Board, Anand, Gujarat on occasion of World Milk Day (1 June 2018). She has conducted various awareness programmes regarding medicinal plants, silage, clean milk production etc. She also attended National / International level workshops and conferences and got certificates.

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