



## **Dynamics of Traditional Information of Medicinal Plants from Hilly Terrains of Ramban (J&K) India**

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**Abstract:** A study was conducted in hill station of District Ramban (J&K) in order to check the present status of medicinal plants diversity their abundance and for suggested utilization measures for residential peoples of the area. During the field survey, medicinal plants used via the local community were ranged from 68 to 79 plant species, specifically 46 to 55 herbs, 13 to 15 trees, and 08 to 09 shrubs from selected sampling zones for treating various diseases and disorder. These floras are disbursed in 38 families with Asteraceae was dominant in all sampling zones.

**Keywords:** Traditional information, Dynamics, Medicinal plant, Ramban, J&K

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