



SSM COLLEGE OF ENGINEERING

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MEDICINAL HERBS AND THEIR USES (In Kashmiri)

Medicinal plants, also called **medicinal herbs**, have been discovered and used in **traditional medicine** practices since prehistoric times. **Plants** synthesise hundreds of chemical compounds for functions including **defence** against **insects**, **fungi**, **diseases**, and **herbivorous mammals**. Numerous **photochemical** with potential or established **biological activity** have been identified. However, since a single plant contains widely diverse phytochemicals, the effects of using a whole plant as medicine are uncertain. Further, the phytochemical content and **pharmacological** actions, if any, of many plants having medicinal potential remain unassessed by rigorous **scientific research** to define efficacy and safety.

The medicinal herbs that we have discussed are as follows:

1. Sazmoul
2. Barge Sena
3. Mandi Booti
4. Bre
5. Guli-gulab
6. Keh-zaban