

## **Foods Used as Ethno-medicine in Jammu**

**Hemla Aggarwal\* and Nidhi Kotwal\*\***

*\*Department of Food Science & Technology, Govt. College for Women Gandhinagar,  
Jammu, Jammu and Kashmir, India*

*\*\*Govt. College for Women, Parade, Jammu, Jammu and Kashmir, India  
E-mail: nidhikotwal@yahoo.co.in*

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**ABSTRACT** Research on food used as ethno medicine has drawn comparatively lesser attention as a research field in J&K in comparison to the other States. Plant foods have been of great help to mankind in relieving many diseases from earliest times. In recent years scientists have found that some foods frequently over looked, even some once considered bad for us - actually may help prevent everything from cancer to heart problems. The present study was conducted to study the various foods used as ethno medicine in Jammu The sample consisted of 200 adults in the age group of 18-45 years of age. The different traditional foods such as Turmeric, Rock, Salt, Mint, Onion, Ginger, Ajwain, Fennel, Cumin, Cardamom, Cloves, Asafetida, Garlic, Honey, Pomegranate, Dates, Bitter Gourd and Raisins were used to help in management of various ailments at home by most of the subjects.