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Medicinal Plants Used for the Management of Eye Diseases in Garhwal Region of Uttarakhand State in India

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ABSTRACT The prevalence of eye diseases increases with age due to age-related muscular degeneration and diabetic retinopathy however, at present, the poor air quality has accelerated such diseases. Historically, eye diseases were treated by traditional medicinal practitioners using herbal formulations. The present study, therefore, attempts to document ethno-medicinal plant use for treatment of eye diseases in Garhwal region of Uttarakhand state in India. Besides literature review, the local herbal healers were interviewed for gathering information on use of plants. A total of 36 plant species were documented, which were used to treat eye diseases. Herbs were used in highest number (n=21), followed by trees (n=8), and shrubs (n=7). *Berberis aristata*, *Berberis asiatica*, *Berberis jaeschkeana*, *Thalictrum foliolosum* and *Thalictrum minus* were reported frequently by respondents for their use to treat eye diseases. The findings of the present study are discussed in view of the significance and implication of traditional ethno-medicinal system.