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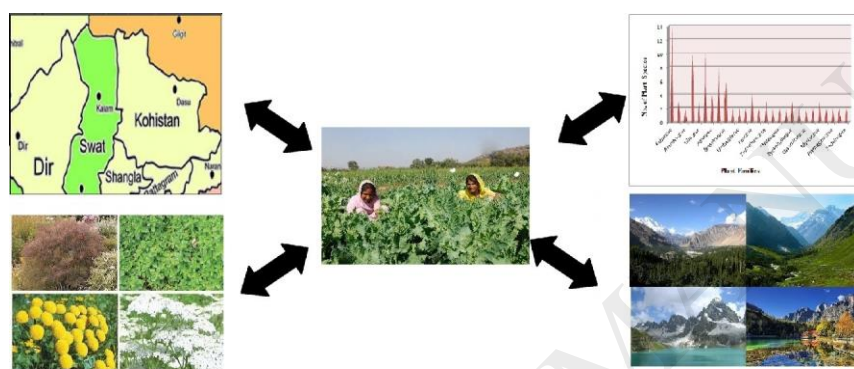
Traditional Plant Based Medicines Used to treat Musculoskeletal Disorders in Northern Pakistan

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Graphical Abstract:



Abstract

Introduction: This paper provides significant information about traditional knowledge of medicinal plants to treat musculoskeletal disorders in Northern Pakistan. The study aimed to document data regarding traditional uses of plants in health-care practices among the rural communities of areas which may lead to natural drug discovery development.

Methods: In total, 215 informants were interviewed using semi structured questionnaire. Documented ethnomedicinal data is analyzed using quantitative index of frequency citation (FC), relative frequency of citation (RFC), disease-consensus index (DCI), used value (UV), fidelity level (FL), jaccard index (JI), family important value (FIV), Relative popularity level (RPL) and Rank priority order (ROP) and Ethno-medicinal findings were compared with 25 previous published studies to report novel uses of plants against musculoskeletal disorder.

Results: A total of 142 plants belonging to 69 families were reported with their medicinal usage to treat musculoskeletal disorders. The most dominant life form were herbs (57%), decoction was preferred method of utilization (35.2%) and leaves were the most used plant part (44.3%).

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