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Studies on Medicinal Plant-lore and Orientalism of *Jaunsari* Tribe

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ABSTRACT

The credibility of community-based medicinal plant-lore is becoming more important for the sustainable utilization and conservation and also towards discovery of new drugs based on folk claims. The present paper deals about the documentation of oriental medicinal attributes of diverse herbs used by the *Jaunsari* tribes for the treatment of various disorders. Medicinal plants and data of their folk claims was recorded involving interviews, semi-structured meetings, group discussions and reviews of various research literatures published. The Folk-medicine particularly as Ethno-medicinal plants used by *Jaunsari* tribe in *Jaunsar-Bhawar* region has great medicinal plant-lore. The scientific name of the plants along with their vernacular names, medicinal uses, parts used, by the tribal people in the study area, is presented. The study revealed that *Jaunsari* tribal people utilizes an account of about 170 plant species belonging to 72 families for curing different ailments like fever, asthma, chest pain, stomachache, diabetes, disorders of nervous system, tuberculosis, joints pain, paralysis, cut, sore etc.. However, there are insufficient research data on the evaluation and validation of folk medicinal wisdom of various tribe groups including *Jaunsaries*, particularly on the parameters of *Ayurveda* and Modern Science.

KEYWORDS

Oriental Medicine, Folk-lore, Folk Medicine, Ethno-botany, Ayurveda, Jaunsari Tribe



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INTRODUCTION

Globally, around the world there are a large number of scientific studies that are carried out by the scholars towards the search of lead knowledge from the indigenous systems. The Oriental studies which is the academic field of study that embraces the science and wisdom related to various ethnic studies, which has remained an important motivation until recent times.

It has been said that the modern study was influenced both by imperialist attitudes and interests, and also the sometimes naive fascination of the exotic East for Mediterranean and European writers and thinkers that is embodied in a repeatedly-surfacing theme in the history of ideas in the West, called Orientalism¹.

Oriental medicine is one of the oldest continuous systems of medicine in history, with recorded instances dating as far back as 2,000 years. This is in sharp contrast to the American or Western forms of healthcare, which have been in existence for some 150 years². The World Health Organization (WHO) estimated that perhaps 80% of the world's population relies on herbs for its primary healthcare needs. There are some traditional medical practices³, viz. *Ayurveda* and *Siddha* in India, Chinese medicine in China, *Unani* medicine in Islamic countries,

etc. where herbal medicine is widely used for therapeutics. It is also observed that more than 35,000 plant species are being used around the world for medicinal purposes in ethno-medicinal⁴ and ethno-botanical practices⁵. It has been established that *Ayurveda* is the most ancient medical systems of the world evident with authoritative documents of *Rigveda* dealing about the origin and significance of medicinal plants for mankind. Now in the changing scenario of emergence of the folk-lore or ethno-medicine as a medicinal plant used by the tribal people in their day to day needs and primary healthcare would be studied various under disciples of oriental studies.

This paper is an outcome of extensive study among the *Jaunsari* tribes and is an attempt to enlist various plant-lore and their folk claims.

MATERIAL AND METHODS

The present work has been carried out on the folk-lore or ethno-medicine of *Jaunsari* tribe inhabitants in the Uttarakhand state of India particularly in the district of Dehradun. The region is under the *Shivalik* and *Himalayan* mountainous chain. Medicinal plants and data of their folk claims was recorded involving interviews, semi-structured



meetings, group discussions and reviews of various research literatures published. The data presented in the present communication delineated with botanical name, family, parts used, uses etc. The research work towards enumeration of plants is based on earlier published data along with documentations and communications under present studies.

RESULTS AND DISCUSSION

The Folk-medicine particularly as ethnomedicinal plants used by *Jaunsari* tribe in *Jaunsar-Bhawar* region has great medicinal plant-lore. There are more than 170 plant species used as medicine for the treatment of various diseases and disorders by the tribal community [Table 1]. The scientific name of the plants along with their vernacular names, medicinal uses, parts used, by the tribal people in the study area, is presented. The *Jaunsari* tribal people use a total of 170 plant species belonging to 72 families like *Prunus persica* Batsch, *Eupatorium adenophorum* Spreng, *Papaver somniferum* Linn., *Trachyspermum ammi* Linn. Sprague, *Juglans regia* Linn, *Cuscuta europaea* Bove & Engelm., *Tinospora sinensis* (Lour.) Merrill, *Achyranthes aspera* Linn., *Achyranthes bidentata* Blume, *Sapindus mukorossi* Gaertn., *Calotropis*

procera (Ait.) R.Br, *Calotropis gigantea* (Linn.) R. Br. ex Ait, *Plantago depressa* Willd., *Abutilon indicum* (Linn.) Sweet, *Aconitum heterophyllum* Wall ex Royle, *Asparagus adscendens* Roxeb., *Cannabis sativa* Linn., *Nardostachys jatamansi* DC. etc for curing different ailments. There are a large number of scientific studies are being carried out by various scholars on folk-lore and ethno-medicinal status of various communities including *Jaunsari* tribes^{6,7,8,9}.

CONCLUSION

There are insufficient research data on evaluation and validation of folk medicinal wisdom of various tribe groups, particularly on the parameters of *Ayurveda* and Modern Science. Under the oriental studies it would be a great scope to search out lesser known medicinal plants utilizes folk medicine and having scientific basis and ultimately isolation, characterization and development of newer and lead phyto-medicinal components.

**Table 1** Medicinal Plants Used by *Jaunsaries* with their Folk Claims

BOTANICAL NAME/ SPECIES	FAMILY	COMMON NAME	FOLK CLAIMS	PARTS USED
<i>Abrus precatorius</i> L.	Fabaceae	Ratti, Laldana, Chuntli	Fever, Asthma, Chest Pain, Stomachache, Disorders of Nervous System, Joints Pain and Paralysis	LF., SD., RT.
<i>Abies pindrow</i> Royle ex D. Don	Pinaceae	Morinda	Wound, Bodyache	EXD.
<i>Abutilon indicum</i> (L.) Sweet	Malvaceae	Kanghe	Fever, Dysuria	LF. , BK.
<i>Achyranthes aspera</i> L.	Amaranthaceae	Chirchita	Bodyache and Cramps, Brush (Datun), Piles	RT., ST., SD., FL.
<i>Achyranthes bidentata</i> Blume	Amaranthaceae	Hwang, Golda	Toothache, Snake Bite, Wounds	RT., WH. PL.
<i>Aconitum atrox</i> (Brul) Mukherjee	Ranunculaceae	Meethi Vish	Rheumatoid Arthritis, Neurological Disorders	RZ.
<i>Aconitum heterophyllum</i> Wall ex Royle	Ranunculaceae	Atish	Stomachache, Fever, Cough, Diarrhoea, Vomiting	RT.
<i>Acorus calamus</i> L.	Araceae	Bach	Antihelminthic, Indigestion, Cough, Dysentery, Snake Bite, Asthma.	RT. RZ.
<i>Adhatoda vasica</i> Nees Syn <i>Adhatoda zeylanica</i> Med.	Acanthaceae	Basinga, Bhansoi	Cough, Dermatitis, Fever	LF., FL., RT.
<i>Aegle marmelos</i> (L.) Correa	Rutaceae	Bel	Dysentery, Diarrhoea, Fever	LF., FR., RT., ST. BK.
<i>Ageratum conyzoides</i> L.	Asteraceae	Gundrya/ Podina	Wounds	LF.
<i>Ainslaea aptera</i> DC. Syn <i>Ainsliaea pteropoda</i> DC	Asteraceae	Karu	Gastric, Bodyache, Fever, Urinary Inflammation, Pneumonia	LF., RT.
<i>Ajuga bracteosa</i> Wall ex Benth. Syn <i>Ajuga brachystemon</i> Maxim.	Lamiaceae	Nilkanthi, Kadwipatti	Dermatitis, Malaria, Snake-Bite, Ear-ache	LF., RT., WH. PL.
<i>Ajuga parviflora</i> Wall syn <i>Leucas lanata</i>	Lamiaceae	Bishkopara	Fever, Headache, Cough	LF., WH. PL.
<i>Albizia procera</i> (Roxb.) Benth	Mimosaceae	Safed Siris, Karha, Sirsoi	Abdominal Pain, Vomiting	SD.
<i>Alternanthera sessilis</i> (L.) R. Br ex DC. Syn. A. <i>nudiflora</i> R.Br.	Amaranthaceae	Satarmasa	Wound, Dermal Problems	LF.
<i>Amaranthus blitum</i> L. Syn. A. <i>lividus</i> L.	Amaranthaceae	Dant ki Jad	Toothache	SD.
<i>Amaranthus spinosus</i> L.	Amaranthaceae	Koda chaulai; Jungli chaulai	Stomachache	LF
<i>Anagalis arvensis</i> L.	Primulaceae	Jonkmari	Wounds, Dermatitis	WH. PL.



<i>Anemone obtusiloba</i> D. Don	Ranunculaceae	Kanchphool	Diarrhoea	RT.
<i>Anemone polyanthes</i> D Don	Ranunculaceae	Ratanjot	Food Poisoning	SD.
<i>Anemone vitifolia</i> Buch.-Ham. ex DC.	Ranunculaceae	Mudeela	Ringworm, Eczema	LF., RT.
<i>Angelica glauca</i> Engew.	Apiaceae	Choru	Flatulence, Colic	RT.
<i>Argemone mexicana</i> L.	Acanthaceae	Kandra	Leprosy	LF.
<i>Arisaema jacquemontii</i> Blume	Araceae	Khaprya/ Saperi Mausi	Poisonous Mushrooms, Snake Bite	FR.
<i>Arisaema tortuosum</i> (Wall.) Schott.	Araceae	Chhamboos	Snake Bite	TUB. RT.
<i>Artemisia nilgirica</i> (C.B. Clarke) Pamp Syn. <i>A. vulgaris</i> auct non L., <i>Artemisia indica</i> Willd.	Asteraceae	Chhamboor/ Chhamra	Malaria, Wounds, Headache, Stomachache	LF., RT., WH. PL.
<i>Asclepias curassavica</i> L.	Asclepiadaceae	Kahwa, Kauhwa	Constipation, Piles	RT.
<i>Asparagus adscendens</i> Roxeb.	Asperagaceae	Jhirni, Kairu	Sexual Debility, Diabetes, Urinary Troubles	TUB. RT.
<i>Asparagus filicinus</i> Buch. -Ham ex D. Don	Asperagaceae	Kaunta	Aphrodisiac	TUB. RT.
<i>Asparagus racemosus</i> Willd; <i>Asparagus curillus</i> Buch. -Ham ex Roxb.	Asperagaceae	Sharanoi, Bekui, Satarwal, Satawar	Dysentery, Acne, Milk Yield	TUB. RT., RT.
<i>Astragalus candolleanus</i> Royle ex Benth.	Fabaceae	Rudravanti	Blood Purification, Tuberculosis	RT.
<i>Barleria cristata</i> L.	Acanthaceae	Kala bansa	Bronchitis, Wound, Inflammation	RT., LF., ST.
<i>Berberis aristata</i> DC; <i>Berberis lycium</i> Royle	Berberidaceae	Kashmoi	Ophthalmic Problems	ST., RT.
<i>Berberis chitria</i> Edwards	Berberidaceae	Kingore/Chotar	Jaundice, Ophthalmic Problems	FR. RT. ST. BK.
<i>Bergenia ciliata</i> (Haw.) Sternb. Syn. <i>Saxiferga</i> <i>ligulata</i> Wall.	Saxifragaceae	Dhaklabu, Silpara, Dhonk Phulute, Shilphora, Pattarchoor	Renal Calculus, Sores, Inflammation	RT., LF.
<i>Bistorta amplexicaulis</i> Greene Syn <i>Persicaria</i> <i>amplexicaulis</i> (D.Don), <i>Polygonum</i> <i>amplexicaulis</i> (D.Don) 1825	Polygonaceae	Ninai	Earache, Acne	RT.
<i>Boehmeria platyphylla</i> D.Don	Urticaceae	Chauna	Wounds	WH. PL.
<i>Boehmeria rugulosa</i> Wedd.	Urticaceae	Gitti, Genti, Genti, Ghenti	Bone Fracture	ST. BK.
<i>Boeninghausenia albiflora</i> (Hook.) Reichb. Syn. <i>Ruta albiflora</i> Hook.	Rutaceae	Pissodi, Pissumar	Pissumar (Anti-Flea: An external parasite of domestic animals)	LF.
<i>Boerhaavia diffusa</i> L.	Nyctaginaceae	Phurnoi. Punarnava, Purnoi, Jangli sabji	Jaundice, Asthma, Bronchitis, Eye Problems, Inflammation	RT., LF.
<i>Bombax ceiba</i> L. Syn. <i>B. malabaricum</i> DC	Malvaceae	Semal	Boils, Neurological Disorders	ST. BK., RT.



<i>Butea monosperma</i> (Lam.) Taub. <i>Syn. B. frondosa</i> Roxb.	Fabaceae	Dhak, Palas	Ulcers, Sore Throat, Diarrhea, Dysentery, Hemorrhage in Stomach and Bladder	EXD.
<i>Callicarpa macrophylla</i> Vahl.	Verbenaceae	Daiya	Rheumatoid Arthritis	FR., LF.
<i>Calotropis procera</i> (Ait.) R.Br. & <i>Calotropis gigantea</i> (L.) R. Br. ex Ait.	Apocynaceae	Aank	Boils, Expectorant, Cold, Cough, Asthma	WH. PL., EXD., RT. BK., FL.
<i>Cannabis sativa</i> L.	Cannabaceae	Bhang	Hydrocele	ST. BK., LF.
<i>Cardamine impatiens</i> L.	Brassicaceae	Ban-Laiyya	Fever	WH. PL.
<i>Carduus mutans</i> L.	Asteraceae	Bhushiand, Bushiand	Boils, Sprains, Inflammation	WH. PL.
<i>Cassia fistula</i> L.	Fabaceae	Ban lakdi, Amaltash, Kirala, Sinara, Kindawa	Constipation, Stomachache, Urinary Disorders	SD.
<i>Cassia occidentalis</i> L.	Fabaceae	Chakunda	Skin Disorders, Wounds	LF., FR., RT.
<i>Cassia tora</i> L.	Fabaceae	Chakvad	Skin Disorders, Hemorrhoids, Snake Bite	LF., FR., RT.
<i>Cedrus deodara</i> (Roxb.) Loud.	Pinaceae	Deodar	Boils, Cough, Piles, Itching in Animals	ST. BK., HT. WD. OIL
<i>Celastrus paniculata</i> Willd.	Celastraceae	Malkangni, Malkani, Athnoi, Papkakni	Boils	RT.
<i>Celtris australis</i> L.	Ulmaceae	Khairk	Sprains, Arthritis, Pimples	ST. BK.
<i>Centella asiatica</i> (L.) Urban	Apiaceae	Brahmi	Brain Tonic, Dermatitis, Blood Purification, Diuretic	LF., WH. PL.
<i>Cinnamomum tamala</i> Nees & Eberm.	Lauraceae	Tej Patta, Gurandra	Cold, Rheumatism, Diarrhea	LF., ST. BK.
<i>Cissampelos pareira</i> L.	Menispermaceae	Parh	Diabetes, Bone Fracture	RT.
<i>Cleome viscosa</i> L.	Cleomaceae	Jungli Mithi, Mithi	Asthma	SD.
<i>Clinopodium umbrosum</i> (M. Bieb.) C. Koch <i>Syn. Calamintha umbrosa</i> (M. Bieb.) Fisch & Mey.; <i>Melissa umbrosa</i> M. Bieb.	Lamiaceae	Barikura	Wounds	LF.
<i>Coccinia grandis</i> (L.) Voigt <i>Syn. C. indica</i> Wight & Arn.	Cucurbitaceae	Kanduri	Snake-Bite	FR., LF.
<i>Colebrookea oppositifolia</i> Sm.	Lamiaceae	Binta lakri, Kala Bansa, Bambher, Lulri, Hamed	Ankh Ka Badal (An Ophthalmic Disease of Animals), Wounds	LF.
<i>Combretum roxburghii</i> Spr. <i>Syn. C. decandrum</i> Roxb.	Combretaceae	Ruel, Roel, Roylee, Patajar	Snake-Bite, Wounds	RT., LF.



<i>Coriaria nepalensis</i> Wall.	Coriariaceae	Mosroi, Mansoor, Munsoorie, Gangeru, Gangara	Asthma	SD.
<i>Cotoneaster microphyllus</i> Wall ex Lindl.	Rosaceae	Bugarchilla, Wann	Diarrhea, Wounds	LF., FR., RT.
<i>Crotalaria prostrata</i> Rottl. ex Willd.	Fabaceae	Chunchui	Dysentery	RT.
<i>Curcuma domestica</i> (Medik) Valh Syn <i>C. longa</i> L.	Zingiberaceae	Kachchi haldi	Abdominal Pain, Internal Wounds	RZ.
<i>Curcuma zedoaria</i> Rosc.	Zingiberaceae	Kachoor	Infant's Abdominal Pain	RZ.
<i>Cuscuta europaea</i> Bove & Engelm.	Cuscutaceae	Akash-laguli	Dermatitis	WH. PL.
<i>Cyathula tomentosa</i> Miq. Syn. <i>Achyranthes tomentosa</i> Roth	Amaranthaceae	Sirli	Boils	RT., FR.
<i>Cynodon dactylon</i> (L.) Pers.	Poaceae	Doob, Dubla	Dysentery, Fever	WH. PL., RT.
<i>Cynoglossum zeylanicum</i> Thunb.	Boraginaceae	Othung, Uthung	Stomachache	LF.
<i>Dactylorrhiza hatagirea</i> (D. Don) Soo Syn. <i>Orchis latifolia</i> Auct. non L.	Orchidaceae	Salam Panja, Salam Misri, Sakloi	Nose Bleed	TUB. RT.
<i>Daphne papyracea</i> Walld ex Steud.	Thymelaeaceae	Satpura	Eczema	LF.
<i>Daphniphyllum himalayense</i> (Benth.) Muell.-Arg	Euphorbiaceae	Ratendu, Chirnai, Ratniali	Baldness, Fungal Infections	EXD.
<i>Datura stramonium</i> L. Syn <i>Datura suaveolens</i> H&B.	Solanaceae	Safed Dhatura	Facial Skin Problems, Ear-ache, Asthma	RT., LF.
<i>Debregeacia velutina</i> Gaudich.	Urticaceae	Tusara/ Sausaru	Bone Fracture	ST. BK.
<i>Delphinium denudatum</i> Wall. ex Hook. f & Thoms.	Ranunculaceae	Nirvishi, Jud-war	Toothache, Snake-Bite, Cough	RT.
<i>Dicliptera bupleuroides</i> Nees & <i>Dicliptera roxburghiana</i> Nees	Acanthaceae	Saundi, Kulartore, Kuthi	Pneumonia, Cough, Gastroenteritis, Bleeding Wounds	WH. PL., LF.
<i>Dioscorea bulbifera</i> L.	Dioscoreaceae	Gainthi	Bronchitis, Antiseptic, Burn, Wound	TUB. RT.
<i>Dioscorea deltoidea</i> Wall ex Kunth.	Dioscoreaceae	Tairu	Uro-genital Disorders	RZ.
<i>Eleusine coracana</i> (L.) Gaertn.	Poaceae	Kodhu, Manduva	Typhoid	LF.
<i>Embllica officinalis</i> Gaertn.	Euphorbiaceae	Amla	Stomach Diseases, Hair Tonic	FR.
<i>Ephedra gerardiana</i> Wallich ex C.A. Meyer	Ephedraceae	Tutgautha	Low Blood Pressure, Arthritis	RT.
<i>Eupatorium adenophorum</i> Spreng	Asteraceae	Kharna/ Bakura	Wounds	LF.
<i>Euphorbia hirta</i> L.	Euphorbiaceae	Dudhibari	Hemorrhoids, Bronchitis, Asthma	EXD.
<i>Evolvulus alsinoides</i> L.	Convolvulaceae	Sankhpushpi	Cough, Cold, Asthma, Bronchitis	FL., WH. PL.
<i>Ficus religiosa</i> L.	Moraceae	Peepal	Burn	ST. BK.
<i>Galium asperifolium</i> Wallich	Rubiaceae	Leswakuri/ Kuri	Dermatitis	WH. PL.
<i>Galium elegans</i> Wall. Ex Roxb.	Rubiaceae	Kutab, Manjeethee	Colic, Dyspepsia, Jaundice	WH. PL.



<i>Geranium nepalense</i> Sweet	Geraniaceae	Ratanjot	Fever, Renal Disorders, Eczema	WH. PL.
<i>Geranium wallichianum</i> Don ex Sw.	Geraniaceae	Ninai (Ninoee)/ Laljari	Boils, Ophthalmic Disorders	RT.
<i>Gloriosa superba</i> L.	Liliaceae	Langlya	Painful Delivery, Difficulty in Urination	LF., TUB. RT.
<i>Grewia optiva</i> J.R. Drumm. ex Burret	Malvaceae	Bimal, Bhimal	Bone Fracture	ST. BK.
<i>Hedychium spicatum</i> Buch. Ham.	Zingiberaceae	Kapoorkachri/ Banhaldi/ Kachoor	Dyspepsia, Asthma, Arthritis, Inflammation, Wounds	RT., ST. BK., FR.
<i>Juglans regia</i> L.	Juglandaceae	Akhor, Akhrot	Tooth Brush	ST., LF.
<i>Kalanchoe pinnata</i> (Lam) Pers. <i>Syn.</i> <i>Bryophyllum calycinum</i> Salisb; <i>Cotyledon</i> <i>pinnatum</i> (Lam.) Oken	Crassulaceae	Dard Patta	Bodyache	LF.
<i>Leucas cephalotes</i> (Roth.) Spreng.	Lamiaceae	Dronpushpi	Diaphoretic, Snake Bite, Worms	WH. PL.
<i>Litsea glutinosa</i> (Lour.) Robins	Lauraceae	Maida-lakri	Bone Fracture, Wounds	WD.
<i>Mallotus philippensis</i> (Lam.) Muell.-Arg.	Euphorbiaceae	Kamil, Kamlu	Itching, Abdominal Pain	SD., LF.
<i>Melia azedarach</i> L.	Meliaceae	Bakain	Dermatitis, Rheumatic Pain, Worms	WH. PL.
<i>Mentha arvensis</i> L.	Lamiaceae	Pudeena	Dysentery	LF.
<i>Moringa oleifera</i> Lam. <i>syn.</i> <i>M. pterygosperma</i> Gaertn.	Moringaceae	Sondhi, Sondi	Scorpion Bite, Snake Bite	LF.
<i>Murraya koenigii</i> (L.) Spreng.	Rutaceae	Gandheli	Antihelminthic	LF.
<i>Myrica esculenta</i> Buch.-Ham	Myricaceae	Kaphal	Headache	LF.
<i>Nardostachys jatamansi</i> DC.	Valerianaceae	Jatamasi	Epilepsy, Hysteria	RZ.
<i>Nasturtium officinale</i> R. Br.	Brassicaceae	Jairi	Goitre, Vermifuge, Constipation.	WH. PL.
<i>Nepeta hindostana</i> (Roth) Haines	Lamiaceae	Billilotan	Fever, Gonorrhoea, Cardiac Tonic	WH. PL.
<i>Nicotiana tabacum</i> L.	Solanaceae	Tobacco	Scabies	LF.
<i>Ocimum sanctum</i> L.	Lamiaceae	Tulsi	Fever, Cough	WH. PL.
<i>Origanum vulgare</i> L.	Lamiaceae	Bantulsi	Bronchitis, Cough, Diarrhoea, Abdominal Pain	LF.
<i>Oxalis corniculata</i> L.	Oxalidaceae	Salmudi, khatti- mithi, Bhilmori	Abdominal Pain, Fever, Vomiting, Cataract, Conjunctivitis	LF.
<i>Papaver somniferum</i> L.	Papaveraceae	Post	Bodyache	EXD.
<i>Paris polyphylla</i> Smith	Melanthiaceae	Satwa	Antihelminthic	RZ.
<i>Picea smithiana</i> (Wall.) Boiss.	Pinaceae	Rai	Wounds, Bodyache	EXD.
<i>Pinus roxburghii</i> Sarg.	Pinaceae	Chir	Sprain	EXD.
<i>Pistacia integerrima</i> J.L. Swewart ex Brandis	Anacardiaceae	Kalera, Kakroi, Kakrasringi	Asthma, Cough, Fever	LF.
<i>Pittosporum eriocarpum</i> Royle	Pittosporaceae	Agni	Expectorant, Bronchitis	ST. BK.



<i>Plantago depressa</i> Willd.	Plantaginaceae	Luhurya/Isabgol	Wounds, Piles, Abdominal Problems	LF., SD.
<i>Potentilla fruticosa</i> (L.) Rydb.	Rosaceae	Shrubby Cinguefoil	Burns	RT.
<i>Potentilla fulgans</i> Hook. & <i>P. gerardiana</i> Lindley	Rosaceae	Bajradanti	Stomatitis, Wounds	FR., RT.
<i>Potentilla nepalensis</i> Hook.	Rosaceae	Jok-jari	Antihelminthic	WH. PL.
<i>Primula denticulata</i> Hook.	Primulaceae	Jalkutra	Diabetes, Urinary Disorders	FL.
<i>Prinsepia utilis</i> Royle	Rosaceae	Bhekkoi, Bhaikul	Boils, Rheumatoid Arthritis, Diarrhoea	SD., RT. BK.
<i>Prunus armeniaca</i> L.	Rosaceae	Chula	Headache	SD.
<i>Prunus cerasoides</i> D. Don	Rosaceae	Panya	Psychological Disorders, Inflammation	ST. BK., LF.
<i>Prunus persica</i> Batsch	Rosaceae	Aadu ki gutli	Acne	SD. CT.
<i>Punica granatum</i> L.	Punicaceae	Darim, Damoi, Anar	Abdominal Distension, Cough, Fever	FR., ST. BK.
<i>Pyrus pashia</i> Buch.-Ham. Ex. D. Don	Rosaceae	Mehal, Mole, Melu	Digestive Disorders	FR.
<i>Quercus leucotrichophora</i> A. Camus	Cupuliferae	Baanj	Gonorrhoea, Digestive Disorder, Scorpion Bite	ST. BK., EXD.
<i>Rauwolfia serpentina</i> (L) Benth. ex Kurz	Apocynaceae	Sargandha	Fever, Anxiety, Epilepsy, Abdominal Disorders	RT.
<i>Reinwardtia indica</i> Dumortier	Linaceae	Phinuli	Tongue Wash	FL.
<i>Rhamnus virgatus</i> Roxb.	Rhamnaceae	Chentuli, Chodelu	Eczema, Ring Worm	ST. BK.
<i>Rheum australe</i> D. Don Syn <i>Rheum emodi</i> Wall., ex Meissn	Polygonaceae	Archa, Archu/Dolu	Headache, Muscular Pain	RZ.
<i>Rhododendron arboretum</i> Sm.	Ericaceae	Burans	Dysentery	FL.
<i>Ricinus communis</i> L.	Euphorbiaceae	Indaru, Khanash	Pain, Inflammation, Bodyache	LF., RT., SD. OIL
<i>Rubia cordifolia</i> L.	Rubiaceae	Charchora	Snake-Bite, Boils, Blisters	WH. PL.
<i>Rubus niveus</i> Thunb.	Rosaceae	Kali achoi/ kali heesar	Wounds	RT. WH. PL.
<i>Rumex hastatus</i> D. Don	Polygonaceae	Almoda/ Halmoda	Wounds, Burn	RT. WH. PL.
<i>Saccharum spontaneum</i> L.	Poaceae	Kushka, Kusha	Septic Conditions	LF.
<i>Sapindus mukorossi</i> Gaertn.	Sapindaceae	Reethachilka	Hair Tonic	SD.
<i>Sarocococca saligna</i> Meull-Arg.	Euphorbiaceae	Tiliari	Piles	RT.
<i>Siegesbeckia orientalis</i> L.	Asteraceae	Kachoori	Snake Bite	RT.
<i>Smilax aspera</i> L.	Smilacaceae	Kukardara	Diuretic, Rheumatoid Arthritis	RT.
<i>Solanum ferox</i> L.	Solanaceae	Bhut-kataia	Vomiting	LF.
<i>Solanum nigrum</i> L.	Solanaceae	Khalarkoi, Bhomolan, Makoi	Fever, Skin Disease, Acne, Diarrhoea, Eye Ailments, Piles	LF.
<i>Sonchus brachyotus</i> DC.	Asteraceae	Choply	Cough, Bronchitis	RT.
<i>Spondias pinnata</i> (L.f.) Kerz	Anacardiaceae	Amra	Ear-ache, Abdominal Discomfort	FR., EXD.



<i>Stephania glabra</i> (Thunb.) Miers	Menispermaceae	Gindaru	Tuberculosis, Asthma, Fever	TUB. RT.
<i>Swertia angustifolia</i> Buch.-Ham. ex D.Don	Gentianaceae	Chirotu	Blood Disorders, Malaria	WH. PL.
<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	Jamun	Diabetes	FR., ST. BK.
<i>Taraxacum officinale</i> Weber ex Wiggers	Asteraceae	Dudhla	Rabies	RT.
<i>Taxus baccata</i> L.	Taxaceae	Thuner	Asthma, Boils, Headache	ST. BK., SD.
<i>Terminalia bellirica</i> Roxb.	Combretaceae	Baheda	Edema, Abdominal Disorders	SD., FR.
<i>Terminalia chebula</i> Retz.	Combretaceae	Hera	Abdominal Disorders, Cold, Cough	SD., FR.
<i>Thalictrum foliolosum</i> DC.	Ranunculaceae	Mamiri	Ophthalmic Inflammation, Fever, Stomachache	RT.
<i>Thymus linearis</i> Benth.	Lamiaceae	Jangli jwan	Arthritis	SD.
<i>Tinospora sinensis</i> (Lour.) Merrill	Menispermaceae	Giloy	Debility, Leprosy, Urinary Disorders, Malaria	ST., LF.
<i>Toona ciliata</i> M.Roem.	Meliaceae	Tun	Baldness	ST. BK.
<i>Trachyspermum ammi</i> (L.) Sprague	Apiaceae	Ajwain	Cold, Abdominal Pain	SD.
<i>Urtica ardens</i> Link	Urticaceae	Kushka	Dermatitis	RT.
<i>Urtica dioica</i> L.	Urticaceae	Kandali	Dysmenorrhea, Sciatica, Rheumatism, Skin Diseases	WH. PL.
<i>Valeriana jatamansi</i> Jones	Valerianaceae	Samewa, Khamuri	Aphrodisiac, Mental Disorders, Tooth Problems	RT.
<i>Viola betonicifolia</i> J. E. Sm. <i>Var. napaulensis</i> (Ging.) Bech.	Violaceae	Banafsa	Sinusitis, Skin Disorders, Fever, Cough	WH. PL., LF., FL.
<i>Vitex nigundo</i> L.	Verbenaceae	Sinwali	Rheumatoid Arthritis, Antihelminthic	LF., RT., FR.
<i>Withania somnifera</i> (L.) Dunal	Solanaceae	Ashwagandha	Urinary Disorders, Fever, Insomnia	LF., RT.
<i>Wolfenia amherstiana</i> Benth.	Plantaginaceae	Dande ka Kadu	Stomachache	RT.
<i>Woodfordia fruticosa</i> (L.) Kertz	Lythraceae	Dhuala	Haemorrhoids, Vaginitis	LF., ST. BK., FL.
<i>Zanthoxylum armatum</i> DC.	Rutaceae	Timru, Timbur	Toothache, Tooth Decay	FR., ST. BK.
<i>Zingiber officinale</i> Rosc.	Zingiberaceae	Adrak	Dysentery, Bronchitis	RZ.

ABBREVIATIONS FOR PARTS OF PLANTS

Exudates- EXD., Flower- FL., Fruit- FR., Heart Wood- HT. WD., Leaf- LF., Root Bark- RT. BK., Root- RT., Rhizome RZ., Seed- SD., Stem Bark- ST. BK., Stem- ST., Tuberos Root- TUB. RT., Whole Plant- WH. PL. (AFI PART-I, VOL.-VI)



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