

Ethno-medicinal Plants Used by Chepang Community in Nepal

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Abstract

This study was conducted in four Chepang inhabitant district of Nepal, namely Dhading (Dhusa VDC), Gorkha (Makaising VDC), Chitwan (Chandibhanjyang VDC) and Makwanpur (Manahari, Raksirang, Khairang, Bharta, Kalikatar and Sarikhet VDCs) district from the year of 2014 to 2016. The semi-structured questionnaire was taken with key-informants like traditional healers between the aged of 25 to 70 years. All together 226 species of medicinal plants has been using in Chepang community of Nepal which belongs to 198 genus and 93 families, among them 95 herb, 38 shrub, 69 tree and 24 climber in habit. The Fabaceae was largest family of medicinal plants having 21 species.

Keywords: Chepang community, ethno-medicine, Nepal

Introduction

Ethno-botany is the science of documentation and conservation of original knowledge which has been using by ethnic people since ancient history (Manandhar, 1989, Rijal, 2011). The Chepang community is an indigenous people, they inhabit nearby the forests, in remote, steep terrains and inaccessible hills of Nepal (Manandhar 2002, Rijal, 2011). They highly concentrated in 29 Village Development Committee (VDC) of lower Mahabharat hills of Nepal including south of Dhading district, southeast of Gorkha, northwest of Chitwan and west of Makwanpur district (Gurung, 1987, Manandhar, 2002, Piya et al, 2011, Thapa Magar, 2008). Total population of Chepang is 68,399 among them 34,620 male and 33,779 female. Out of them 70.8% of population has been spoken their mother language (CBS, 2011). They are classified under the 'highly marginalized' category on the basis of different socio-economic indicators, such as education, occupation, land ownership and house type (UN Report 2012).

The Chepangs has been preserved their unique tribal identity by maintaining their traditional knowledge system due to food deficit and insufficient health services (Rijal, 2011). They used different plants as medical cure and veterinary medicine. The road reaches up to the relatively flat land area and most

of these roads are seasonal, only drive in winter season. The hilly Chepang area (Bumrang, Khairang) lies 4-5 hours walking distance from the road. They mainly depend upon agriculture products such as maize and millet which grow in marginal land and *Khoriya*, slash and burn farming system for food. Wild animals visit and damage the crops in their field. So, they make tall cottage (*Machan*) for the security of crops. The forests provide staple and supplemental foods (yams), timber, non-timber forest products, firewood, fodder, litter, farm inputs, medicines for their use as well as for financial support (Thapa Magar, 2008, Piya et al, 2011, Rijal, 2011).

Materials and Methods

This study was conducted in four Chepang inhabitant district of Nepal, namely Dhading (Dhusa VDC), Gorkha (Makaising VDC), Chitwan (Chandibhanjyang VDC) and Makwanpur (Manahari, Raksirang, Khairang, Bharta, Kalikatar and Sarikhet VDCs) districts in the year of 2014 to 2016. Geographically, this study area lies in Mahabharat zone between the altitudes of 400m to 1200m. The natural vegetation mainly comprises the components of tropical and sub-tropical climatic zone, *Shorea robusta* (sal), *Acacia catechu* (Khayar), *Dalbergia sissoo* (Sisau), *Schima wallichii* (Chilaune), *Bombax ceiba* (Simal), *Castanopsis tribuloides* (Masure katush),

Terminalia alata (Saj), *Haldina cordifolia* (Karam), *Dillenia pentagyna* (Tatari), *Semecarpus anacardium* (Valayo) etc. The semi-structured questionnaire was taken with key-informants between the aged of 25 to 70 years. Mainly traditional healers, *Dhami*, *Jhakri* and elderly people were selected as informants in each randomly selected area. In Makwanpur and Chitwan district, artifact/interview (Martin, 1995) were also used involving asking questions about the use of plants for different purposes and making forest visits to identify the plant species used. Books having color photographs of wild plant species (Polunin & Stainton, 1987, Chapagain et al, 2016) also used for asking questions. During the forest visits and showing photographs, queries were made about plants not mentioned in the interviews.



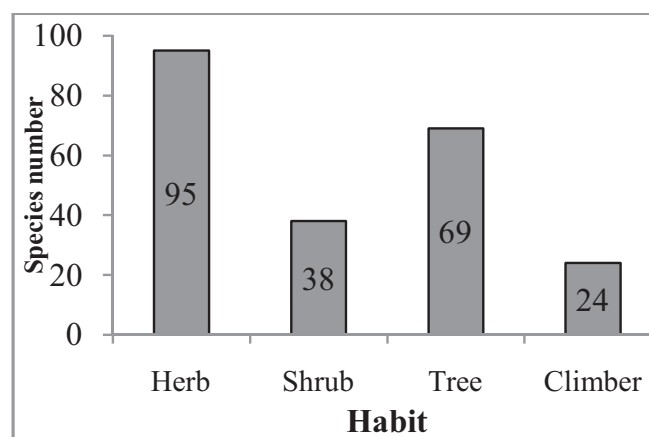
Figure 1: Map of study area
(Source: <http://www.un.org.np/maps/Nepal>)

The plants were collected and identified with help of photographs and related literatures (Polunin and Stainton, 1984, Baral and Kurmi, 2006, Press et al., 2000, Shrestha, 1996) and the herbarium housed in National Herbarium and Plant laboratories (KATH), Godawari.

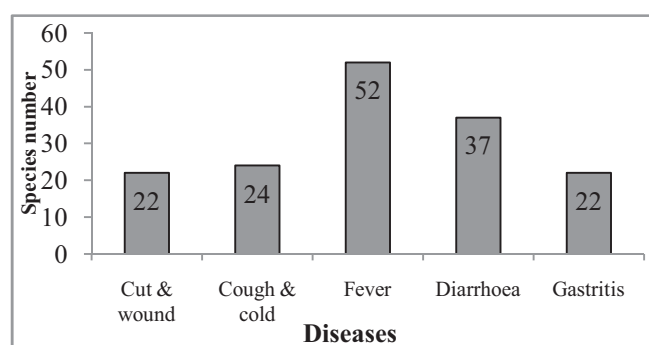
Results and Discussion

Total of 226 species of medicinal plants belong to 198 genus and 93 families has been using in Chepang community of Nepal (Appendix 1). Among the total species, 95 species were herbaceous, 38 shrub, 69 tree and 24 climber in habit. The Fabaceae was largest medicinal plant family having 21 species, similarly Asteraceae (16), Euphorbiaceae (9),

Poaceae (8), Lamiaceae and Moraceae has 6 medicinal species. *Acorus calamus* (Bojho) and *Colebrookea oppositifolia* (Dhursela) has been used in 7 different diseases, similarly *Azadirachta indica* (Neem), *Bergenia ciliata* (Pakhanved), and *Oroxylum indicum* (Totelo) has been used in 6 diseases. Different species of plant used to cure same diseases, maximum number of 52 species used in fever and it is followed by 37 species in diarrhoea, 24 species in cough & common cold, 22 species in cut & wound as well as in gastritis (Appendix 1) troubles. The Chepangs community found to be knowledgeable regarding use of plant resources in medicinal purposes. The total number of medicinal plants used by Chepang community (226 species) in Nepal was found higher than Baram (84 species, Tamang & Sedai, 2016) and Tamang (161 species, Luitel et al, 2014) community.

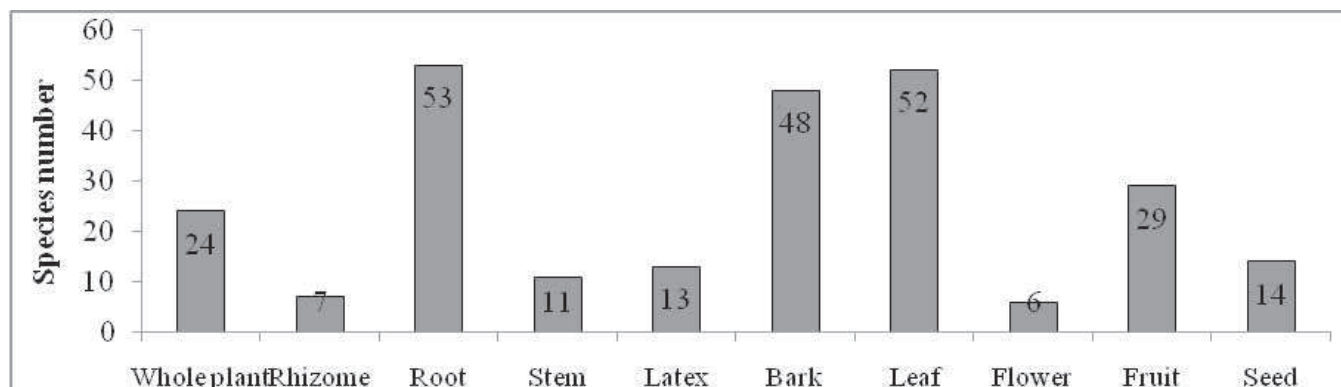


Graph 1: Number of species in different habit



Graph 2: Number of species in cure different diseases

Different part of plant has been used to cure different diseases by applying various application methods. Among them whole plant of 24 species, rhizome (7), root (53), stem (11), latex (13), bark (48), leaf (52),



Graph 3: Number of parts used of plant

flower (6), fruit (29) and seed of 14 species has been used for medicinal purpose since ancient past.

In most cases of common diseases the treatments may be effective but for a small number may be dangerous too. Nowadays, due to access to modern treatment nearby the village, the use of medicinal plants has become limited in rural areas. So, the knowledge regarding use of medicinal plants is going to decrease in young generations in Nepal.

Conclusion

There is 226 species of plants has been using to cure different diseases by the Chepang community in Nepal. Ethno-medicinal use of plants in cure of different diseases in rural area of Chepang community is very important for First Aid treatment. The least development and poor health facilities promote the conservation of ethnic knowledge. The knowledge regarding use of medicinal plants is going to decrease in young people. So, we need to document it in time for conservation of traditional knowledge.

Acknowledgements

We would like to thanks to Chepang people of Dhading, Gorkha, Chitwan and Makwanpur districts for their informations and kind help during field work. Our sincere thanks go to Sanjeev Kumar Rai, Acting DG of Department of Plant Resources for encouragement and valuable suggestions. Our great thanks go to Rajkishor Pandit, Sagir Husen and all staffs of District Plant Resources Office, Makwanpur for their kind help and cooperations.

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Appendix 1: List of ethno-medicinal plants used by Chepang community in Nepal.

(Habit: H=herb, S=shrub, T=tree, C=climber, Parts used: Wh=whole plant, Rh=rhizome, Rt=root, Tb=tuber, St=stem, Lx=latex, Br=Bark, Fl=flower, Fr=fruit, Sd=seed, Wa=watery juice)

SN	Scientific name	Local name	Family	Habit	Part used	Case/Disease
1	<i>Acacia catechu</i> (L. f.) Willd.	Khayar	Fabaceae	T	stem	fracture, bodyache
2	<i>Acacia pennata</i> (L.) Willd.	Arerikanda	Fabaceae	T	whole plant	snake bite, fish poisoning
3	<i>Achyranthus aspera</i> L.	Ultewan	Amaranthaceae	H	root	typhoid, fever, piles
4	<i>Acorus calamus</i> L.	Bojho	Araceae	H	rhizome	cold, cough, asthma, toothache, dysentery, diarrhea, fever
5	<i>Aegle marmelos</i> (L.) Correa	Belasi	Rutaceae	T	bark, fruit	typhoid, fever, dysentery, diarrhea, jaundice
6	<i>Agave americana</i> L.	Kettuke	Agavaceae	S	leaf	wound, wormicide, fish poisoning
7	<i>Ageratum conyzoides</i> L.	Gandhe	Asteraceae	H	leaf	cut, wound
8	<i>Ageratum houstonianum</i> Mill.	Dakhin	Asteraceae	H	leaf	cut, heart problem
9	<i>Ageratina adenophora</i> (Spreng.) King & H. Rob.	Galosala	Asteraceae	H	leaf	cut, fever
10	<i>Albizia lebbek</i> (L.) Benth.	Kalo siris	Fabaceae	T	bark	snake bite, scorpion sting, diarrhea
11	<i>Allium sativum</i> L.	Bin	Amaryllidaceae	H	bulb	gastritis
12	<i>Aloe vera</i> (L.) Burm. f.	Ghiu kumari	Liliaceae	H	leaf juice	burn, uric acid, constipation, piles
13	<i>Alstonia scholaris</i> (L.) R. Br.	Chhatwan	Apocynaceae	T	bark	diarrhoea, skin disease, ulcer, abortion
14	<i>Alternanthera sessilis</i> (L.) DC.	Mambolan	Amaranthaceae	H	leaf	dysentery, scabies
15	<i>Amaranthus spinosus</i> L.	Lhude	Amaranthaceae	H	leaf	boils, burns
16	<i>Anaphalis contorta</i> (D. Don.) Hook. f.	Buki ful	Asteraceae	H	whole plant	cold, cough
17	<i>Antidesma bunius</i> (L.) Merr.	Archale	Euphorbiaceae	S	bark	dysentery
18	<i>Ardisia solanacea</i> Roxb.	Damai fal	Myrsinaceae	S	root	indigestion
19	<i>Argemone maxicana</i> L.	Thakal	Papavaraceae	H	root	jaundice
20	<i>Artemisia indica</i> Willd.	Tite pati	Asteraceae	H	leaf	fever, cut, scabies, anthelmintic
21	<i>Artocarpus lacucha</i> Buch.-Ham.	Tupsi	Moraceae	T	latex	mumps, cracked skin
22	<i>Asparagus filicinus</i> Buch.-Ham ex D. Don	Jyordung	Asparagaceae	H	root	lactation promotor, tonic
23	<i>Asparagus racemosus</i> Willd.	Gaidung	Asparagaceae	S	root	jaundice, lactation promotor, tonic
24	<i>Astilbe rivularis</i> Buch.-Ham. ex D. Don	Thulo okhati	Saxifragaceae	H	root	tonic, diarrhea, dysentery
25	<i>Azadirachta indica</i> A. Juss.	Neem	Meliaceae	T	leaf	fever, cough, skin disease, wormicide, asthma, ulcer
26	<i>Bauhinia purpurea</i> L.	Gotsai	Fabaceae	T	bark	diarrhea, dysentery
27	<i>Bauhinia vahlii</i> Wight & Arn.	Maklo	Fabaceae	C	fruit, root, latex	piles, diarrhea, dysentery, gastritis, tonic
28	<i>Begonia picta</i> Smith.	Magar kache	Begoniaceae	H	whole plant	mumps
29	<i>Benincasa hispida</i> (Thunb.) Cogn.	Kuvindo	Cucurbitaceae	C	seed, fruit	typhoid, fever, abortion
30	<i>Berberis aristata</i> DC.	Chutro	Berberidaceae	S	bark, leaf	skin disease, jaundice, piles
31	<i>Bergenia ciliata</i> (Haw.) Sternb.	Pakhan Ved	Saxifragaceae	H	rhizome	cut, diarrhea, kidney stone, dysentery, anthelmintic, fever
32	<i>Betula alnoides</i> Buch.-Ham. ex D. Don	Betchhi	Betulaceae	T	bark	dysentery, gastritis
33	<i>Boehmeria platyphylla</i> D. Don.	Cheklo	Urticaceae	H	leaf	cut
34	<i>Boenninghausenia albiflora</i> (Hook.) Reichenb. ex Meissn.	Makhe mauro	Rutaceae	H	whole plant	insecticide
35	<i>Bombax ceiba</i> L.	Glausi	Bombacaceae	T	flower, latex	diarrhea, dysentery
36	<i>Bridelia retusa</i> (L.) Spreng.	Rapsi	Euphorbiaceae	T	bark	fracture
37	<i>Buddleja paniculata</i> Wall.	Vimsen pati	Scrophulariaceae	T	leaf	fermentation, fish poisoning

38	<i>Butea butiformis</i> (Voigt) Mabb.	Dibhar	Fabaceae	S	fruit	wormicide
39	<i>Butea monosperma</i> (Lam.) Taub	Palans	Fabaceae	T	flower	anthelmintic, diarrhea, dysentery
40	<i>Callicarpa arborea</i> Roxb.	Chansi	Verbenaceae	T	bark, fruit, bark	fever
41	<i>Callicarpa macrophylla</i> Vahl.	Tichansi	Verbenaceae	S	fruit	fever, typhoid
42	<i>Calotropis gigantea</i> (L.) Dryand.	Aank	Asclepiadaceae	H	latex	fracture, asthma, pinas, scorpion sting
43	<i>Cannabis sativa</i> L.	Ganja	Cannabaceae	H	leaf	diarrhea, headache
44	<i>Capsicum annuum</i> L.	Khursani	Solanaceae	H	root	fever
45	<i>Careya arborea</i> Roxb.	Kumvi	Lecythidaceae	T	bark	snake bite
46	<i>Carica papaya</i> L.	Mewa	Caricaceae	S	fruit	jaundice
47	<i>Caryopteris bicolor</i> (Roxb ex Hard.) Mabblerley	Mhelap	Verbenaceae	S	bark, leaf	heat sickness, scabies
48	<i>Cassia fistula</i> L.	Rajbrikcha	Fabaceae	T	fruit, bark	diarrhea, constipation
49	<i>Cassia tora</i> L.	Tapre	Fabaceae	H	root	ringworm
50	<i>Castanopsis tribuloides</i> (Sm.) A. DC.	Musure katush	Fagaceae	T	root	heat sickness
51	<i>Catharanthus roseus</i> (L.) G. Don	Sadabahar	Apocynaceae	H	whole plant	cancer, stomachache
52	<i>Centella asiatica</i> (L.) Urb.	Ghodtapre	Apiaceae	H	root	heat sickness, to improve memory, diuretic
53	<i>Cheilanthes bicolor</i> (Forssk.) Kaulf.	Ranisinka	Pteridaceae	H	whole plant	wound
54	<i>Chenopodium album</i> L.	Bethe	Chenopodiaceae	H	leaf	bodyache
55	<i>Choerospondias axillaris</i> (Roxb.) B. L. Burt & A. W. Hill	Lapsi	Anacardiaceae	T	fruit	menstruation disorder
56	<i>Chromolaena odorata</i> (L.) King & H.E. Robins.	Sala	Asteraceae	H	leaf	cut, skin ring
57	<i>Cinnamomum tamala</i> (Buch.-Ham.) Nees & Eberm.	Tejpat	Lauraceae	T	leaf	stomachache, diarrhea, spice
58	<i>Cissampelos pariera</i> L.	Torala	Menispermaceae	C	leaf, root	gastritis
59	<i>Cissus repens</i> Lam.	Charchare lahara	Vitaceae	C	stem	fracture
60	<i>Cleistocalyx operculatus</i> (Roxb.) Merr. & Perry	Kyamuno	Myrtaceae	T	bark, leaf	headache, diarrhea, pinas, diabetes
61	<i>Clematis buchananiana</i> DC.	Juge lahara	Ranunculaceae	C	stem	pinas, cut, wound, fermentation/beverage
62	<i>Clerodendrum viscosum</i> Vent.	Sitapati	Verbenaceae	S	leaf	throat pain
63	<i>Coccinea grandis</i> (L.) Voigt.	Gol kakri	Cucurbitaceae	C	root	typhoid, fever
64	<i>Colebrookea oppositifolia</i> Sm.	Dhursela	Lamiaceae	S	leaf juice	snake bite, ear pain, cold, typhoid, fever, cough, pinas
65	<i>Combretum roxburghii</i> Roxb.	Dars	Combretaceae	C	root, stem	fever, fermentation/beverage
66	<i>Commelina benghalensis</i> L.	Kane sag	Commelinaceae	H	whole plant	burns
67	<i>Coriaria nepalensis</i> Wall.	Machhyan	Coriariaceae	S	bark	stomachache, poisoning
68	<i>Costus speciosus</i> (Koenig) Sm.	Mumbhas	Zingiberaceae	H	root, stem	fever, skin disease, cough, snake bite, ear problem
69	<i>Crassocephalum crepidiodes</i> (Benth.) S. Moore	Salayo	Asteraceae	H	whole plant	fermentation/beverage
70	<i>Curculigo orchioides</i> Gaertn.	Bhakmat	Hypoxidaceae	H	root	gastritis, jaundice, asthma, diarrhea, skin itching
71	<i>Curcuma domestica</i> Valetton	Besar	Zingiberaceae	H	rhizome	Jaundice
72	<i>Cuscuta reflexa</i> Roxb.	Taro lahara	Convolvulaceae	C	whole plant	jaundice, cancer
73	<i>Cynodon dactylon</i> (L.) Pers.	Dubo	Poaceae	H	whole plant	blood pressure, cut, typhoid, fever
74	<i>Cynoglossum zeylanicum</i> (Vahl ex Hornem.) Thunb. ex Lehm.	Yumuja	Boraginaceae	H	root, seed	typhoid, fever, wound, cut, boils
75	<i>Datura metel</i> L.	Kalo Dhaturu	Solanaceae	H	seed	cough, asthma, rabies

76	<i>Dendrocalamus strictus</i> (Roxb.) Nees	Ruing	Poaceae	S	watery juice	Enuresis
77	<i>Desmodium oojeinense</i> (Roxb.) Ohashi	Sandan	Fabaceae	T	bark	cut, wound
78	<i>Dichroa febrifuga</i> Lour.	Aseru	Hydrangeaceae	S	root	Fever
79	<i>Dichrocephala benthami</i> C.B Clarke	Chhiuke jhar	Asteraceae	H	whole plant	nasal infection, cold
80	<i>Didymocarpus albicalyx</i> C.B. Clarke	Pyakchheu	Gesneriaceae	H	leaf	kidney troubles, incense
81	<i>Dillenia pentagyna</i> Roxb.	Tatari	Dilleniaceae	T	bark	scorpion sting
82	<i>Dioscorea alata</i> L.	Pangnang	Dioscoreaceae	C	tuber	wormicide
83	<i>Dioscorea bulbifera</i> L.	Lak	Dioscoreaceae	C	tuber	wormicide, piles, dysentery
84	<i>Dioscorea deltoidea</i> Wall. ex Griseb.	Ban goi	Dioscoreaceae	C	tuber	soap, wormicide, fish poisoning
85	<i>Diospyros melanoxydon</i> Roxb.	Greusi	Ebenaceae	T	fruit	diarrhea
86	<i>Diospyros sp.</i>	Gale kath	Ebenaceae	T	bark	jaundice
87	<i>Diplocyclos palmatus</i> (L.) C. Jeffrey.	Siva lingi	Cucurbitaceae	C	fruit	tonic
88	<i>Diploknema butyracea</i> (Roxb.) H.J.Lam.	Yosai	Sapotaceae	T	seed, bark	scabies, gastritis, anthelmintic
89	<i>Dolichus lablab</i> L.	Rinsai	Fabaceae	C	leaf	skin ring
90	<i>Drymaria cordata</i> (L.) Willd.ex Schult	Avijalo	Caryophyllaceae	H	whole plant	pinas, sinusitis
91	<i>Drynaria propinqua</i> (Wall.ex Mett.) Bedd.	Hadjoda	Polypodiaceae	H	rhizome	fracture
92	<i>Dryoathyrium boryanum</i> (Willd.) Ching	Kalo neuro	Woodsiaceae	H	root	dysentery
93	<i>Eclipta prostrata</i> (L.) L.	Vringaraj	Asteraceae	H	whole plant	jaundice, blood pressure, fever, wound
94	<i>Ehretia laevis</i> Roxb.	Datarunga	Boraginaceae	T	bark	fever
95	<i>Elephantopus scaber</i> L.	Mulapate	Asteraceae	H	root, whole plant	vomiting, typhoid, fever, fermentation/beverage, diarrhea
96	<i>Embelia tsjeriam-cottam</i> (Roem. & Schult.) A.DC.	Bayu bidang	Myrsinaceae	S	seed	wormicide, skin disease
97	<i>Emilia sonchifolia</i> (L.) DC	Dudhe	Asteraceae	H	whole plant	wound
98	<i>Engelhardia spicata</i> Lesch. ex Blume	Baksi	Juglandaceae	T	bark, leaf	diarrhea, fish poisoning
99	<i>Entada phaseoloides</i> (L.) Merr.	pangra	Fabaceae	S	seed	jointache, burn, wormicide, fish poisoning, mumps
100	<i>Erythrina arborescens</i> Roxb.	Phaledo	Fabaceae	T	bark	dysentery
101	<i>Erythrina stricta</i> Roxb.	Leksi	Fabaceae	T	bark	fever, typhoid, asthma
102	<i>Eulaiopsis binnata</i> (Retz.) C. E. Hubb.	Babiyo	Poaceae	H	whole plant	bodyache due to hit
103	<i>Euphorbia hirta</i> L.	Byauli	Euphorbiaceae	H	latex	cut, wound
104	<i>Euphorbia royleana</i> Boiss.	Siudi	Euphorbiaceae	T	latex	fracture
105	<i>Ficus auriculata</i> Lour.	Kaitak	Moraceae	T	latex	mumps
106	<i>Ficus benghalensis</i> L.	Bar	Moraceae	T	latex	heat sickness, mumps
107	<i>Ficus benjamina</i> L.	Swami	Moraceae	T	latex	mumps
108	<i>Ficus hispida</i> L.	Kautyak	Moraceae	T	watery juice	ear problem
109	<i>Ficus semicordata</i> Buch.-Ham. ex Sm.	Koksi	Moraceae	T	latex	boils, mumps
110	<i>Garuga pinnata</i> Roxb.	Dabdabe	Burseraceae	T	bark	veterinary medicine
111	<i>Girardinia diversifolia</i> (Link) Friis	Ma nelau	Urticaceae	H	bark	diabetes, fibre, fracture
112	<i>Gonostegia hirta</i> (Blume) Miq.	Kuchyurung	Urticaceae	H	root, leaf	anti-poisoning
113	<i>Hedyotis scandens</i> Roxb.	Bokre lahara	Rubiaceae	C	root	indigestion
114	<i>Hemiphragma heterophyllum</i> Wall.	Nas jhar	Scrophulariaceae	H	whole plant	cut, wound

115	<i>Holarrhena pubescens</i> Wall. ex G. Don	Dutyalo	Apocynaceae	S	bark, seed	diarrhea, dysentery, piles, fever
116	<i>Houttuynia cordata</i> Thunb.	Gane	Saururaceae	H	root	indigestion, skin disease
117	<i>Imperata cylindrica</i> (L.) P. Beauv.	Kiyon	Poaceae	H	root	cough, cold, fever
118	<i>Inula cappa</i> (Buch.-Ham. ex D. Don) DC.	Gai tihare	Asteraceae	H	flower, leaf	jaundice, blood clotting, fermentation/beverage
119	<i>Jasminum humile</i> L.	Jai	Oleaceae	S	fruit	wound
120	<i>Jatropha curcas</i> L.	Dhuching	Euphorbiaceae	S	stem	teeth problem
121	<i>Juglans regia</i> L.	Okhar	Juglandaceae	T	bark	anthelmintic, dye, anthelmintic
122	<i>Justicia adhatoda</i> L.	Asuro	Acanthaceae	S	leaf	fever, asthma, cough, wormicide
123	<i>Lagerstroemia parviflora</i> Roxb.	Chyansi	Lythraceae	T	bark	fever
124	<i>Lecanthus peduncularis</i> (Royle) Wedd.	Kholejhar	Urticaceae	H	root	sprains
125	<i>Leea crispa</i> Royen ex L.	Dhakkal sai	Leeaceae	H	leaf	snake bite
126	<i>Lepidium sativum</i> L.	Chamsur	Brassicaceae	H	leaf, seed	bodyache, fracture
127	<i>Lindera neesiana</i> (Wall. ex Nees) Kurz	Siltimur	Lauraceae	T	fruit	gastritis, stomache, anti-poison
128	<i>Lygodium japonicum</i> (Thunb.) Sw.	Janai laharo	Lygodiaceae	S	root	gastritis
129	<i>Lyonia ovalifolia</i> (Wall.) Drude	Angeri	Ericaceae	T	leaf	scabies, insecticide
130	<i>Macrotyloma uniflorum</i> (Lam.) Verdc.	Gahat	Fabaceae	H	seed	kidney stone, diuretic
131	<i>Maesa macrophylla</i> (Wall.) DC.	Vogate	Myrsinaceae	S	bark, leaf	fish poisoning
132	<i>Mallotus philippensis</i> (Lam.) Mull. Arg.	Dhusi	Euphorbiaceae	T	bark	diarrhea, dysentery
133	<i>Mangifera india</i> L.	Taksai	Anacardiaceae	T	bark, fruit	fever, typhoid, fever, diarrhea
134	<i>Maoutia puya</i> (Hook.) Wedd.	Hilang	Urticaceae	S	root	dysentery, boils
135	<i>Marsdenia roylei</i> Wight	Dudhe lahara	Asclepiadaceae	C	stem juice	gastritis, ulcer
136	<i>Melia azedarach</i> L.	Bakaino	Meliaceae	T	bark	headache, vomiting, insecticide
137	<i>Mentha arvensis</i> L.	Pudina	Lamiaceae	H	leaf	cold, tooth paste, aromatic oil
138	<i>Millettia extensa</i> Benth.	Gaujo	Fabaceae	S	root	scabies, skin ring
139	<i>Mimosa pudica</i> L.	Kekru	Fabaceae	H	root	cough, heat sickness, fever
140	<i>Mimosa rubicaulis</i> Lam.	Rangchu	Fabaceae	S	leaf, root	fracture, wound
141	<i>Mucuna monosperma</i> DC.	Goswaro	Fabaceae	C	seed	tonic, cough
142	<i>Mucuna pruriens</i> (L.) DC.	Kauso	Fabaceae	H	seed	dysentery, fever, urine problem
143	<i>Musa paradisiaca</i> L.	Maisai	Musaceae	H	core	jaundice, diarrhea, dysentery
144	<i>Mussaenda macrophylla</i> Wall.	Dhobini	Rubiaceae	S	root	typhoid, fever, vomiting
145	<i>Myrica esculenta</i> Buch.-Ham. ex D. Don	Brionumg	Myricaceae	T	bark	throat pain, diarrhea, dysentery, toothache
146	<i>Nephrolepis cordifolia</i> (L.) Presl	Pani amala	Dryopteridaceae	H	bulbous root	heat sickness
147	<i>Nicotiana tabacum</i> L.	Surti	Solanaceae	H	leaf	wormicide
148	<i>Nyctanthes arbor-tristis</i> L.	Jargat	Oleaceae	S	bark, leaf	pneumonia, cough
149	<i>Ocimum basilicum</i> L.	Babari	Lamiaceae	H	leaf	cold, asthma, gastritis, diarrhea, stomachache
150	<i>Ocimum sanctum</i> L.	Tulasi	Lamiaceae	H	leaf	cold, cough
151	<i>Opuntia monacantha</i> (Willd.) Haw.	Mayanchu	Cactaceae	S	fruit	diabetes
152	<i>Oroxylum indicum</i> (L.) Kurz	Pharaha	Bignoniaceae	T	bark, seed	cut, wound, fever, jaundice, stomachache, gastritis
153	<i>Oxalis corniculata</i> L.	Srok lahara	Oxalidaceae	H	leaf	eye problem, anti-poisoning, stomachache
154	<i>Oxalis latifolia</i> Kunth	Krau jhar	Oxalidaceae	H	leaf	gastritis
155	<i>Paederia foetida</i> L.	Padejhar	Rubiaceae	H	root, fruit	toothache
156	<i>Persicaria barbata</i> (L.) H.Hara	Pirre	Polygonaceae	H	whole plant	scabies, fish poisoning

157	<i>Phoebe lanceolata</i> (Nees) Nees.	Jhakri kath	Lauraceae	T	root	fever
158	<i>Phyllanthus emblica</i> L.	Tausi	Euphorbiaceae	T	bark, fruit	cold, cough, diarrhea, dysentery, jaundice
159	<i>Piper longum</i> L.	Tang	Piperaceae	C	fruit	cold, cough, asthma, stomachache, digestion
160	<i>Plantago major</i> L.	Isabgol	Plantaginaceae	H	whole plant	fever, dysentery
161	<i>Plumbago zeylanica</i> L.	Chitu	Plumbaginaceae	S	whole plant	gastritis, fever, uric acid, piles, diarrhea
162	<i>Plumeria rubra</i> L.	Chuwa	Apocynaceae	T	bark	stomachache
163	<i>Podocarpus neriifolius</i> D.Don	Gunsi	Podocarpaceae	T	bark	diarrhea, dysentery
164	<i>Pogostemon benghalensis</i> (Brum. f.) Kuntze	Nampuni	Lamiaceae	H	leaf	cold, cough, pneumonia
165	<i>Potentilla fulgens</i> Wall. ex Hook.	Bajradanti	Rosaceae	H	whole plant	cold, cough, toothache
166	<i>Premna integrifolia</i> L.	Ginneri	Verbenaceae	T	bark	fever, jaundice, heat sickness
167	<i>Prunus cerasoides</i> D.Don.	Paiyu	Rosaceae	T	latex	jaundice
168	<i>Prunus persica</i> (L.) Batsch.	Bagal	Rosaceae	T	bud	wound
169	<i>Psidium guajava</i> L.	Amba	Myrtaceae	T	bark, fruit	gastritis, diarrhea, dysentery
170	<i>Pteris biaurita</i> L.	Dante niuro	Pteridaceae	H	leaf	cut, wound
171	<i>Punica granatum</i> L.	Darim	Lythraceae	T	bark	diarrhea, dysentery
172	<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz	Chyarangro	Apocynaceae	H	root	blood pressure, diarrhea, fever, sting
173	<i>Reinwardtia indica</i> Dumort.	Titibo	Linaceae	H	leaf	mump, joint problem
174	<i>Rhododendron arboreum</i> Sm.	Takro	Ericaceae	T	flower	dysentery
175	<i>Rhus chinensis</i> Mill.	Vaki amilo	Anacardiaceae	T	fruit	anti-poisoning, diarrhea
176	<i>Ricinus communis</i> L.	Ader	Euphorbiaceae	S	leaf, root	burns, skin disease
177	<i>Rubia manjith</i> Roxb. ex Fleming	Mijuki	Rubiaceae	C	stem, root	dysentery, burn, scorpion sting, skin disease
178	<i>Rubus ellipticus</i> Sm.	Lyansai	Rosaceae	S	root	wound, jaundice, typhoid
179	<i>Saccharum officinarum</i> L.	Ukhu	Poaceae	H	stem	jaundice
180	<i>Saccharum sp</i>	Ukhato	Poaceae	H	root, bud	cough
181	<i>Saccharum spontaneum</i> L.	Kans	Poaceae	H	root	cold, cough, fever
182	<i>Sapindus mukorossi</i> Gaertn.	Riththa	Sapindaceae	T	fruit, fruit bark	cough, fish poisoning, soap
183	<i>Sapium inisgne</i> (Royle) Benth.ex Hook.f.	Ramdhat	Euphorbiaceae	T	latex, leaf	fish poisoning
184	<i>Sarcococca coriacea</i> (Hook.) Sweet.	Aaichuli	Buxaceae	S	root	fever
185	<i>Saurauia napaulensis</i> DC.	Ompsi	Saurauiaceae	T	bark	fever, typhoid, fever
186	<i>Schima wallichii</i> (DC.) Korth.	Kyansi	Theaceae	T	bark	gastritis, liver fluke, fish poisoning
187	<i>Scoparia dulcis</i> L.	Chini jhar	Scrophulariaceae	H	whole plant	warmness, diabetes, fever
188	<i>Scurrula elata</i> (Edgew.) Danser	Teken	Loranthaceae	H	leaf	reduce galls
189	<i>Scutellaria discolor</i> Colebr.	Tapjhar	Lamiaceae	H	root	fever, typhoid, fever, gastritis
190	<i>Semecarpus anacardium</i> L.f.	Tinsai	Anacardiaceae	T	fruit	chapped feet
191	<i>Shorea robusta</i> Gaertn.	Raksi	Dipterocarpaceae	T	latex, bark	diarrhea, dysentery, gastritis
192	<i>Sida rhombifolia</i> L.	Khryat	Malvaceae	S	leaf	boils, wound
193	<i>Siegesbeckia orientalis</i> L.		Asteraceae	H	leaf	cut, wound
194	<i>Smilax aspera</i> L.	Gwardam	Smilacaceae	H	rhizome	skin disease
195	<i>Solanum anguivi</i> Lam.		Solanaceae	H	root, fruit	toothache, cough, rheumatism
196	<i>Solanum surattense</i> Burn.f.	Chusai	Solanaceae	H	fruit	scorpion sting, toothache, parkinson
197	<i>Sonchus arvensis</i> L.	Dudhe	Asteraceae	H	root	throat pain, chest pain
198	<i>Spatholobus parviflorus</i> (Roxb.) Kuntze	Mokare	Fabaceae	C	bark	diarrhea, dysentery

199	<i>Spilanthes paniculata</i> Wall.ex DC.	Marauti	Asteraceae	H	flower	toothache, fish poisoning, gastritis
200	<i>Stephania glandulifera</i> Miers	Gujar gano	Menispermaceae	C	stem bulb	menstruation problem, control bleeding
201	<i>Swertia angustifolia</i> Buch.-Ham. ex D.Don	Chiraito	Gentianaceae	H	whole plant	fever, cold, cough
202	<i>Swertia chirayita</i> (Roxb. ex Fleming) Karsten	Chiraito	Gentianaceae	H	whole plant	anthelmintic, wound, blood pressure, fever
203	<i>Syzygium cumini</i> (L.) Skeels	Jamuna	Myrtaceae	T	bark	fracture, diarrhea, dysentery
204	<i>Tagetes erecta</i> L.	Sayapatri	Asteraceae	H	leaf	throat pain
205	<i>Tectaria macrodonta</i> (Fee) C.Chr.	Uniu	Aspidiaceae	H	root	dysentery, stomachache, gastritis
206	<i>Terminalia alata</i> Heyne ex Roth	Darsi	Combretaceae	T	bark	dysentery, snake bite, dye
207	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Tupsi	Combretaceae	T	fruit	cough, gastritis, cold, fever, diarrhea
208	<i>Terminalia chebula</i> Retz.	Lisi	Combretaceae	T	fruit	cough, constipation, jaundice
209	<i>Tetragium serrulatum</i> (Roxb.) Planch.	Cheru lahara	Vitaceae	C	root	heat sickness, fever
210	<i>Thespesia lampus</i> (Cav.) Dalzell and A. Gibson	Kapas	Malvaceae	S	root	typhoid, fever, jaundice, dysentery
211	<i>Thunbergia coccinea</i> Wall. ex D.Don	Kag chuche	Acanthaceae	C	root	fever, typhoid, fever
212	<i>Thysanolaena maxima</i> (Roxb.) Kuntze	Girai	Poaceae	H	root	typhoid, fever, wound
213	<i>Tinospora sinensis</i> (Lour.) Merr.	Jundro lahara	Menispermaceae	C	stem	eye problem, jaundice, constipation, asthma, tonic
214	<i>Toxicodendron wallichii</i> (Hook. f.) Kuntze	Valayo	Anacardiaceae	T	fruit, root	allergies, wound
215	<i>Trichilia conmaroides</i> (Wight & Arn.) Benth.	Guntovorok	Meliaceae	T	seed, leaf	boils, fish poisoning
216	<i>Trichosanthes tricuspidata</i> Lour.	Bakluk	Cucurbitaceae	C	seed, root	gastritis, jaundice, vomiting
217	<i>Urena lobata</i> L.	Tolo muja	Malvaceae	H	leaf	Wound
218	<i>Urtica dioica</i> L.	Nelau	Urticaceae	H	leaf, root	typhoid, fever, diabetes, chest pain, fracture
219	<i>Viola biflora</i> L.	Bala buti	Violaceae	H	root	fever, typhoid
220	<i>Vitex negundo</i> L.	Siwali	Verbenaceae	S	leaf	pinas, cough, fever, gastritis, wormicide
221	<i>Woodfordia fruticosa</i> (L.) Kurz	Daring	Lythraceae	S	flower	diarrhea, dysentery, gastritis, dye
222	<i>Zantedeschia aethiopica</i> (L.)	DArsane	Araceae	H	rhizome	snake bite, scorpion sting
223	<i>Zanthoxylum armatum</i> DC.	Umpur	Rutaceae	S	fruit	gastritis, toothache, fever, fish poisoning
224	<i>Zingiber officinale</i> Roscoe	Aduwa	Zingiberaceae	H	rhizome	cold, cough, asthma, pirea
225	<i>Zizyphus mauritiana</i> Lam.	Bayar	Rhamnaceae	S	fruit	diabetes, Dadura
226	<i>Zizyphus rugosa</i> Lam.	Bayar	Rhamnaceae	T	bark	Diarrhea