

## Medicinal and aromatic plants: A synopsis of Makawanpur district, central Nepal

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### Abstract

**Objective:** All people of the world depend largely upon plant resources for their existence as majority of food, medicine, fiber and clothes, fuel (firewood), construction materials etc. are derived from plants. This paper aims to provide an inventory based research work on medicinal plants carried out at various places of Makawanpur district.

**Methods:** The data was collected by cataloguing existing information, personal interviews (Key informant interviews), field observation, consultative meeting/ workshops, focus group discussion etc.

**Results:** A total of 193 species of medicinal plants belonging to 77 families were recorded. Most of the medicinal plants recorded in this study were herb (43%) followed by tree and shrub. Specific uses of each plant along with botanical name, local name, family, habit and parts used were recorded.

**Conclusion:** Except highly communicable diseases and emergency cases, people of the many areas of developing countries still depend and rely on their own traditional medicinal system.

**Keywords:** Medicinal plants, Aromatic plants, Makawanpur, Herbs

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### Introduction

People in all country of the world to a large extent depend on plant species which provide wide range of useful products like food, medicine, timber, fodder, ornament etc. The basic needs are obtained from the plants which meet the daily requirement of human life. Moreover, many plants have been used for medicine from the time immemorable. In the present context of extensive use of modern system of treatment still there is a wide space for the plants having medicinal property and have been used in different ways. More than 80% people of the developing country depend largely on these plants for the betterment of their livelihood.

Although modern systems of remedy like allopathy, surgery are common in practice in the cities and a few remote areas of Nepal, most of the rural people rely upon the nature to fight against the germs and worms even today. Except highly communicable diseases and emergency cases, people of the many areas still depend on traditional medicinal practices in the treatment of various common diseases such as dysentery, diarrhea, stomach problem, gastritis, jaundice, skin related problems, etc. The dependence of people on these plants for health care is associated with their traditional belief on the effectiveness for curing rather than just poverty. A large number of people in the Himalayan region derive employment and income from the collection, processing and trade of medicinal plants. However, due to increase in

demand, unorganized and haphazard methods of collection ultimately lead to the declination of the resources.

### Materials and methods

The study was mainly based on questionnaire and personal interview with villagers, collectors, traditional healers, community forest staffs with the objective of obtaining better information about the local names, part/s used, and purpose of use.

#### Study area

The study was conducted from December, 2014 to June 2015 in Namtar, Bharta, Sarikhet, Makwanpur Gadhi VCDs, Daman of Thaha municipality, Padam Pokhari and Hatiya village of Hetauda sub-metropolitan city. Among these, Padam Pokhari and Hatiya village lie in Churiya range of Tropical zone; Namtar, Bharta, Sarikhet and Makwanpur Gadhi in Mahabharat range of sub-tropical zone and Daman in Temperate zone. The points in the map indicate the study area.

#### Data collection

The study was primarily based on questionnaire method and participants were chosen to represent both genders and all age groups as far as possible. A semi-structured questionnaire was used and the questions aimed mainly to collect information on the basis of purpose of uses. Plant collection and exhibition of plant species were performed during the group or individual interviews. Additional key

informants like plant collectors, cultivators, traditional healers, traders, community heads and community forest staffs were purposively selected for interviews. The specimens collected

were identified using relevant literatures like Hara et al. (1978, 1979, 1982), Malla et al. (1986), Pande (1967), Press et al. (2000), Stainton (1988), Suwal (1969) etc. [1-6, 13].



Figure 1: Dots indicating the study area

### Results and discussion

During the field survey, some 193 species of medicinal plants belonging to 77 families were recorded. Most of the medicinal plants recorded in this study were herb (43%) followed by tree

and shrub. A few climber species were also equally important to cure various diseases. Among the reported species, the family Leguminosae was the largest representing 20 species followed by Asteraceae, Poaceae and so on.

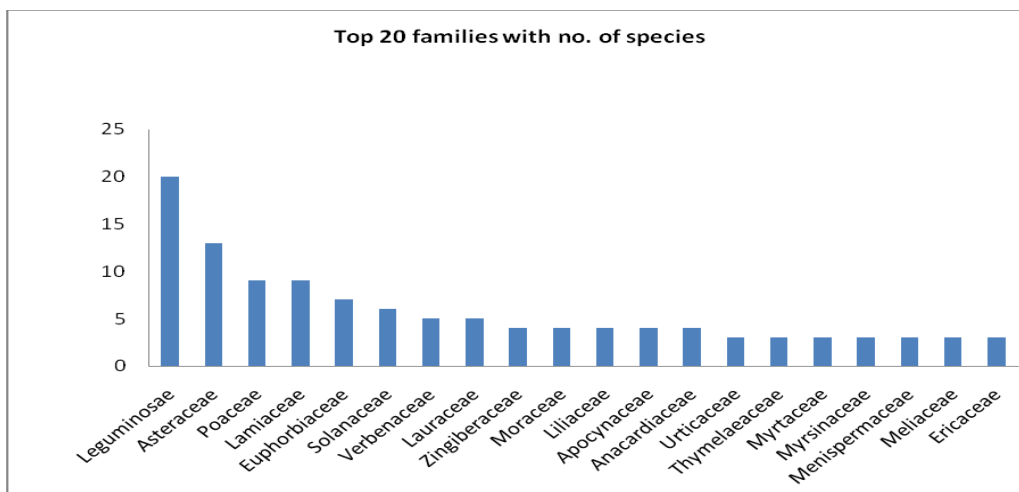


Figure 2: Top 20 families with no. of species

Table 1: List of plant species along with their uses

Scientific name	Local name	Family	Habit	Part/s used	Use in
<i>Acacia catechu</i> (L. f.) Willd.	Khayar	Leguminosae	Tree	Stem	Fracture,
<i>Acacia nilotica</i> (L.) Willd. ex Delile	Babul	Leguminosae	Shrub	Stem	Tooth paste

<i>Acacia rugata</i> (Lam.) Voigt	Sikakai	Leguminosae	Shrub	Leaf, Fruit	Constipation, urinary trouble, malaria, Scabies, to make soap
<i>Achyranthus aspera</i> L.	Datiwan	Amaranthaceae	Herb	Root	Typhoid
<i>Aconitum ferox</i> Wall. ex Ser.	Bisma	Ranunculaceae	Herb	Whole plant	Cough, fever, asthma, diarrhea, throat problem, anthelmintic
<i>Aconitum spicatum</i> (Bruhl) Stapf	Bikh	Ranunculaceae	Herb	Whole plant	Cough, fever, asthma, diarrhea, throat problem, anthelmintic
<i>Acorus calamus</i> L.	Bojho	Araceae	Herb	Rhizome	Cold & cough, toothache, insecticide, anthelmintic, rheumatism
<i>Aegle marmelos</i> (L.) Correa	Bel	Rutaceae	Tree	Bark, Fruit	To get relief from heat, typhoid, dysentery, diarrhea, jaundice, fever
<i>Agave americana</i> L.	Kettuke	Agavaceae	Shrub	Leaf	Wound
<i>Ageratum conyzoides</i> L.	Gandhe	Asteraceae	Herb	Leaf	Cut & wound
<i>Ageratum houstonianum</i> Mill.	Nilo gandhe	Asteraceae	Herb	Leaf	Heart pain
<i>Ageretina adenophora</i> (Spreng.) King & H. Rob.	Banmara	Asteraceae	Herb	Leaf	Cut & wound, fever
<i>Ainsliaea latifolia</i> (D. Don) Sch. Bip.	Sahadeva/ sahadavi	Asteraceae	Herb	Leaf	Ferment in brewing
<i>Albizia julibrissin</i> Durazz.	Patke siris	Leguminosae	Tree	Bark	Dandruff
<i>Albizia lebbek</i> (L.) Benth.	Kalo siris	Leguminosae	Tree	Bark	Snake & scorpion bite
<i>Aloe vera</i> (L.) Burm. f.	Ghiu kumari	Liliaceae	Herb	Leaf	Heat stroke, Joint pain, constipation, piles, rheumatism
<i>Alstonia scholaris</i> (L.) R. Br.	Chhatiwan	Apocynaceae	Tree	Bark	Temporary family planning, fever, skin diseases, ulcer, diarrhea
<i>Amomum subulatum</i> Roxb.	Alainchi	Zingiberaceae	Herb	Fruit	Spice, stomachache, appetizer, indigestion, common cold, mouth infection
<i>Andrographis paniculata</i> (Brum. f.) Nees	Kalomegh	Acanthaceae	Herb	Whole plant	To get relief from heat stroke, appetizer, fever, snake bite, diarrhea
<i>Artemisia indica</i> Willd.	Tite pati	Asteraceae	Herb	Leaf	Fever, cut & wound, scabies, anthelmintic, dysentery, diarrhea
<i>Asparagus racemosus</i> Willd.	Kurilo	Asparagaceae	Shrub	Root	Tonic, laxative, jaundice
<i>Astilbe rivularis</i> Buch.-Ham. ex D. Don	Thulo okhati	Saxifragaceae	Herb	Whole plant	Body pain, tonic, diarrhea, dysentery, menstrual problem
<i>Atropa belladonna</i> L.	Beladona	Solanaceae	Herb	Root, Leaf	Hooking cough, urinary disorder, gastritis, ulcer, rheumatism, Sleeplessness
<i>Azadirachta indica</i> A. Juss.	Neem	Meliaceae	Tree	Leaf, Bark, Fruit	Fever, cough, skin disease, insecticide, asthma, scabies, ulcer, to make soap
<i>Bauhinia purpurea</i> L.	Tanki	Leguminosae	Tree	Flower, Bark	Severe diarrhea,

<i>Bauhinia vahlii</i> Wight & Arn.	Vorla	Leguminosae	Climber	Root, Bark	Piles, dysentery
<i>Belamcanda chinensis</i> (L.) Redoute	Tarbare ful	Iridaceae	Herb	Root	To check abortion
<i>Berberis aristata</i> DC.	Chutro	Berberidaceae	Shrub	Bark	Malaria, skin disease, eye problem, jaundice, piles, to make wine, dye
<i>Bergenia ciliata</i> (Haw.) Sternb.	Pakhan Ved	Saxifragaceae	Herb	Whole plant	Cut & wounds, diarrhea, stone, urinary problem, anthelmintic, fever
<i>Betula alnoides</i> Buch.-Ham. ex D. Don	Saur	Betulaceae	Tree	Bark	Dysentery
<i>Betula utilis</i> D. Don	Vojpatra	Betulaceae	Tree	Bark	Anthelmintic, urinary disorder, jaundice, to make paper
<i>Boehmeria rugulosa</i> Wedd.	Dar	Urticaceae	Tree	Bark	Putting in wood furniture
<i>Boerrhavia diffusa</i> L.	Punarwa	Nyctaginaceae	Shrub	Whole plant	Cough, stomachache, urinary disorder, piles, rheumatism, asthma, hernia, jaundice, blood purifier
<i>Bombax ceiba</i> L.	Simal	Bombacaceae	Tree	Flower, Bark	Severe diarrhea
<i>Bryophyllum pinnatum</i> (Lam.) Oken	Patthar churna	Crassulaceae	Herb	Pseudobulb	Swelling, fracture
<i>Butea monosperma</i> (Lam.) Kuntze	Palans	Leguminosae	Tree	Flower	Anthelmintic, skin disease, urinary problem, diarrhea
<i>Callicarpa arborea</i> Roxb.	Guyalo	Verbenaceae	Tree	Bark	Fever
<i>Callicarpa macrophylla</i> Vahl.	Dahichamle	Verbenaceae	Shrub	Root	Fever
<i>Calotropis gigantea</i> (L.) Dryand.	Aank	Asclepiadaceae	Herb	Latex	Scorpion bite, crack, asthma, nasal catarrh cough, dysentery, skin diseases
<i>Camellia kissi</i> Wall.	Hinguwa	Theaceae	Shrub	Fruit	To make soap
<i>Canarium bengalense</i> Roxb.	Gokuldhup	Burseraceae	Tree	Latex	To be away from ghosts and spirits, to make incense
<i>Cannabis sativa</i> L.	Ganja	Cannabaceae	Herb	Leaf, Fruit	Diarrhea of cattle
<i>Careya arborea</i> Roxb.	Kumvi	Lecythidaceae	Tree	Bark	Snake bite
<i>Caryopteris odorata</i> (D. Don) B.L. Robinson	Mohani	Verbenaceae	Shrub	Flower	To get relief from heat
<i>Cassia alata</i> L.	Dadpat	Leguminosae	Shrub	Leaf	Skin disease
<i>Cassia fistula</i> L.	Rajbrikcha	Leguminosae	Tree	Bark, Fruit	Severe diarrhea, constipation, ulcer, piles
<i>Catharanthus roseus</i> (L.) G. Don	Sadabahar	Apocynaceae	Herb	Whole plant	Cancer (lungs, intestine and stomach)
<i>Centella asiatica</i> (L.) Urb.	Ghodtapre	Apiaceae	Herb	Whole plant	To get relief from heat, memory improvement, high blood pressure, uric acid, sleeplessness
<i>Cheilanthes bicolor</i> (Forssk.) Kaulf.	Ranisinka	Pteridaceae	Herb	Leaf	Wound
<i>Chenopodium album</i> L.	Bethe	Chenopodiaceae	Herb	Fruit, Leaf	Body pain
<i>Chlorophytum borivilianum</i> L.	Seto musli	Liliaceae	Herb	Root	Diarrhea, jaundice, asthma, diabetes, scabies, piles,

					sexual stimulant
<i>Choerospondias axillaris</i> (Roxb.) B. L. Burtt & A. W. Hill	Lapsi	Anacardiaceae	Tree	Fruit	To make pickle
<i>Chromolaena odorata</i> (L.) King & H.E. Robins.	Banmara	Asteraceae	Herb	Leaf	Cut and wound
<i>Chrysanthemum cinerariifolium</i> (Trevir.) Vis.	Pairethram	Asteraceae	Herb	Flower	Pesticide
<i>Cinnamomum glaucescens</i> (Nees.) Nand.Mazz	Sugandhakokila	Lauraceae	Tree	Fruit	Scent
<i>Cinnamomum tamala</i> (Buch.- Ham.) Nees & Eberm.	Tejpat	Lauraceae	Tree	Leaf, Bark	Flavoring agent, stomachache, stimulant
<i>Cinnamomum zeylanicum</i> Breyn.	Dalchini	Lauraceae	Tree	Bark	Spice
<i>Cissampelos pariera</i> L.	Gujar gano	Menispermaceae	Climber	Rhizome	Sleeplessness, wickedness, gastritis
<i>Cleistocalyx operculata</i> (Roxb.) Merr. & Perry	Kyamuno	Myrtaceae	Tree	Leaf, Bark	Headache, nasal catarrh
<i>Coccinea grandis</i> (L.). Voigt.	Gol kakri	Cucurbitaceae	Climber	Root	Typhoid
<i>Colebrookea oppositifolia</i> Sm.	Dhusure	Lamiaceae	Shrub	Leaf	Snake bite, toothache
<i>Coriandrum sativum</i> L.	Dhaniya	Apiaceae	Herb	Fruit	Spice
<i>Costus speciosus</i> (Koenig) Sm.	Betlauri	Zingiberaceae	Herb	Rhizome	Fever, indigestion, skin disease, cough, snake bite, rheumatism
<i>Curculigo orchoides</i> Gaertn.	Syal dhote	Amaryllidaceae	Herb	Root	Gastritis, asthma, sexual stimulant, piles, stomach disorder, ulcer, jaundice, itching, to check bleeding
<i>Curcuma angustifolia</i> Roxb.	Haledo	Zingiberaceae	Herb	Rhizome	Jaundice
<i>Cuscuta reflexa</i> Roxb.	Akashbeli	Convolvulaceae	Climber	Whole plant	Jaundice and Cancer
<i>Cymbopogon flexuosus</i> (Nees ex Steud.) W. Watson	Kagati ghans	Poaceae	Herb	Leaf	Scent, insecticide, tea
<i>Cymbopogon martinii</i> (Roxb.) W. Watson	Pamarosa	Poaceae	Herb	Leaf	Scent
<i>Cymbopogon winterianus</i> Jowitt	Citronella	Poaceae	Herb	Leaf	To make soap and scent
<i>Cynodon dactylon</i> (L.) Pers.	Dubo	Poaceae	Herb	Whole plant	High blood pressure, cuts and wounds
<i>Daphne bholua</i> Buch.-Ham. ex D. Don	Lokta	Thymelaeaceae	Shrub	Bark	To make paper, anthelmintic, stomachache, fish poisoning
<i>Daphne papyracea</i> Wall. ex Steud.	Barua	Thymelaeaceae	Shrub	Bark	Paper making
<i>Datura metel</i> L.	Kalo Dhaturu	Solanaceae	Herb	Fruit	Anti rabies, asthma, parkinson's disease
<i>Dendrocalamus strictus</i> (Roxb.) Nees	Bans	Poaceae	Shrub	Root	To cure boil
<i>Dillenia pentagyna</i> Roxb.	Tatari	Dilleniaceae	Tree	Exudates, Bark	Centipede bite
<i>Dioscorea deltoidea</i> Wall. ex Griseb.	Ban tarul	Dioscoreaceae	Climber	Fruit	Dysentery, gastritis, constipation, family planning, fish poisoning, to cure louse
<i>Diploknema butyracea</i> (Roxb.) Baehni	Chiuri	Sapotaceae	Tree	Seed, Fruit	Scabies, gastritis
<i>Drymaria diandra</i> Blume	Avijalo	Caryophyllaceae	Herb	Whole plant	Nasal catarrh

<i>Eclipta prostrata</i> L.	Vringaraj	Asteraceae	Herb	Leaf	Jaundice, skin disease, blood purifier, high blood pressure, fever, wound
<i>Edgeworthia gardneri</i> (Wall.) Meisn.	Kaghuti / Argeli	Thymelaeaceae	Shrub	Root	Eye problem, fish poisoning, to make paper
<i>Elephantopus scaber</i> L.	Sayajari	Asteraceae	Herb	Leaf	Ferment in brewing
<i>Embelia tsjeriam-cottam</i> (Roem. & Schult.) A. DC.	Bayu bidang	Myrsinaceae	Shrub	Fruit	Anthelmintic, skin disease, blood purifier
<i>Entada phaseoloides</i> (L.) Merr.	pangra	Leguminosae	Shrub	Fruit	Tonic, fish poisoning
<i>Ephedra gerardiana</i> Wall. ex Stapf	Somlata	Ephedraceae	Herb	Whole plant	Asthma, nasal catarrh
<i>Erythrina stricta</i> Roxb.	Phaledo	Leguminosae	Tree	Bark	Chronic disease of cattle
<i>Eulaiopsis binnata</i> (Retz.) C. E. Hubb.	Babiyo	Poaceae	Herb	Whole plant	Eat ashes with cow milk to cure pain due to fall down
<i>Euphorbia hirta</i> L.	Dhudhe Jhar	Euphorbiaceae	Herb	Exudates	Cut and wound
<i>Euphorbia royleana</i> Boiss.	Siudi	Euphorbiaceae	Tree	Exudates, Leaf	Massage, swelling
<i>Ficus benghalensis</i> L.	Bar	Moraceae	Tree	Exudates	To get relief from heat
<i>Ficus hispida</i> L.	Khasreto	Moraceae	Tree	Sap	Ear problem
<i>Ficus racemosa</i> L.	Dumri	Moraceae	Tree	Fruit	Appetite
<i>Ficus semicordata</i> Buch.-Ham. ex Sm.	Khanyu	Moraceae	Tree	Exudates	Boil
<i>Gaultheria fragrantissima</i> Wall.	Dhasingre	Ericaceae	Shrub	Leaf	Massage, scabies
<i>Girardinia diversifolia</i> (Link) Friis	Allo	Urticaceae	Herb	Bark	Diabetes, to get fiber
<i>Glycyrrhiza glabra</i> L.	Jethimathu	Leguminosae	Herb	Root	Common cold, skin disease, acidity
<i>Holarrhena pubescens</i> (Buch.-Ham.) Wall. ex G. Don	Khirro	Apocynaceae	Shrub	Bark	Piles, dysentery, toothache
<i>Imperata cylindrica</i> (L.) P. Beauv.	Siru	Poaceae	Herb	Root	Anthelmintic
<i>Indigofera heterantha</i> Wall. ex Brandis	Sakino	Leguminosae	Shrub	Flower	To make pickle
<i>Inula cappa</i> (Buch.-Ham. ex D. Don) DC.	Gaitihare	Asteraceae	Herb	Flower, Leaf	Ferment in brewing
<i>Jasminum humile</i> L.	Jai	Oleaceae	Shrub	Root	Wound of mouth
<i>Jatropha curcas</i> L.	Sajiwan	Euphorbiaceae	Shrub	Fruit	Biogas
<i>Juglans regia</i> L.	Okhar	Juglandaceae	Tree	Fruit, Bark	Pesticide, dyeing
<i>Juniperus horizontalis</i> Moench	Dhupi	Cupressaceae	Shrub	Wood	Incense
<i>Juniperus indica</i> Bertol.	Dhupi	Cupressaceae	Shrub	Wood	Incense
<i>Juniperus recurva</i> Buch.-Ham. ex D. Don	Dhupi	Cupressaceae	Shrub	Wood	Incense
<i>Justicia adhatoda</i> L.	Asuro, Vashak	Acanthaceae	Shrub	Leaf	Asthma, rheumatism, malaria, insecticide
<i>Lepidium sativum</i> L.	Chamsur	Brassicaceae	Herb	Fruit	Body pain
<i>Leucas cephalotes</i> (Roth) Spreng.	Dronapuspi	Lamiaceae	Herb	Flower	Jaundice, asthma, common cold, rheumatism, piles, scabies, anthelmintic
<i>Lindera neesiana</i> (Wall. ex Nees) Kurz	Siltimur	Lauraceae	Tree	Fruit	Antivenom, gastritis
<i>Lobelia pyramidalis</i> Wall.	Eklebir	Lobeliaceae	Herb	Root	Cough, rheumatism, fever
<i>Lycopodium clavatum</i> L.	Bhutle lahara	Lycopodiaceae	Climber	Whole plant	Rheumatism, lung & kidney problem, fracture, to make gun powder

<i>Lygodium japonicum</i> (Thunb.) Sw.	Janai laharo	Lygodiaceae	Shrub	Whole plant	Gastritis
<i>Lyonia ovalifolia</i> (Wall.) Drude	Angeri	Ericaceae	Tree	Leaf	Scabies
<i>Macrotyloma uniflorum</i>	Gahat	Leguminosae	Herb	Seed	Stone
<i>Maesa macrophylla</i> (Wall.) DC.	Vogate	Myrsinaceae	Shrub	Bark, Leaf	Fish poisoning
<i>Mangifera indica</i> L.	Aamp	Anacardiaceae	Tree	Bark	Typhoid
<i>Matricaria chamomilla</i> L.	Kamomail	Asteraceae	Herb	Flower	Scent, gastritis,
<i>Melia azedarach</i> L.	Bakaino	Meliaceae	Tree	Bark	Headache, nasal catarrh
<i>Mentha arvensis</i> L.	Pudina	Lamiaceae	Herb	Leaf	Fever, tooth paste, scent
<i>Milletia extensa</i> Benth.	Gaujo	Leguminosae	Shrub	Root	Scabies
<i>Mimosa pudica</i> L.	Lajjawati	Leguminosae	Herb	Root	Infertility
<i>Mimosa rubicaulis</i> Lam.	Arari	Leguminosae	Shrub	Leaf	Massage
<i>Morchella conica</i> Pers.	Guchchhi chyaw	Helvellaceae	Herb	Fruit	Tonic, fever
<i>Mucuna pruriens</i> (L.) DC.	Kauso	Leguminosae	Herb	Fruit	Dysentery, paralysis, urinary problem, tonic, scorpion bite
<i>Musa paradisiaca</i> L.	Kera	Musaceae	Herb	Fruit	Jaundice
<i>Mussaenda macrophylla</i> Wall.	Dhobini	Rubiaceae	Shrub	Root	Typhoid
<i>Myrica esculenta</i> Buch.-Ham. ex D. Don	Kaphal	Myricaceae	Tree	Bark	Bronchitis, tickling in the throat
<i>Myrsine semiserrata</i> Wall.	Kalikath	Myrsinaceae	Tree	Seed	Tapeworm
<i>Nicotiana tabacum</i> L.	Surti	Solanaceae	Herb	Leaf	Antihelm
<i>Nyctanthes arbor-tristis</i> L.	Parijat	Oleaceae	Shrub	Leaf, Flower	Pneumonia
<i>Ocimum basilicum</i> L.	Babari	Lamiaceae	Herb	Leaf	Asthma, common cold, urinary problem, gastritis, wound
<i>Ocimum sanctum</i> L.	Tulasi	Lamiaceae	Herb	Leaf	Common cold
<i>Ocimum tenuiflorum</i> L.	Tulasi	Lamiaceae	Herb	Leaf	Common cold, fever, asthma, ear pain, headache, blood purifier, to control sugar, to make tea
<i>Operculina turpethum</i> (L.) Silva Manso	Nisodh	Convolvulaceae	Climber	Fruit	Piles, jaundice, fever, tumor
<i>Oroxylum indicum</i> (L.) Kurz	Tatelo	Bignoniaceae	Tree	Bark, Seed	Wound, fever
<i>Paris polyphylla</i> Sm.	Satuwa	Liliaceae	Herb	Rhizome	Anthelmintic, cut & wound, dysentery, diarrhea, tonic
<i>Phyllanthus amarus</i> Schum. & Thomsoni	Bhui amala	Euphorbiaceae	Shrub	Fruit	Acidity, asthma, common cold, skin disease, bronchitis, anemia, jaundice
<i>Phyllanthus emblica</i> L.	Amala	Euphorbiaceae	Tree	Fruit	Cough, dysentery, to aid vitamin 'c'
<i>Piper longum</i> L.	Pipla	Piperaceae	Climber	Fruit	Asthma, jaundice, pails, sleeplessness, stomach pain
<i>Plumbago zeylanica</i> L.	Chitu	Plumbaginaceae	Shrub	Whole plant	Rheumatism, nasal catarrh
<i>Pogostemon benghalensis</i> (Brum. f.) Kuntze	Rudilo	Lamiaceae	Herb	Leaf	Cough, pneumonia
<i>Premna latifolia</i> L.	Ginneri	Verbenaceae	Tree	Bark, Root	Massage in pain, to check abortion, fever
<i>Prunus persica</i> (L.) Batsch.	Aaru	Rosaceae	Tree	Young tip	Wound, to cure disease with boils affecting the



					hoofs and mouth of animals
<i>Psidium guajava</i> L.	Amba	Myrtaceae	Tree	Bark	Gastritis, dysentery
<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC	Birali ko lahara	Leguminosae	Climber	Whole plant	Dysentery
<i>Rabdosia lophanthoides</i> (Buch.-Ham. ex D. Don) Hara.	Mirre	Lamiaceae	Herb	Leaf	Fever
<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz	Sarpagandha	Apocynaceae	Herb	Root	High blood pressure, diarrhea, fever, snake & other insect bite
<i>Rheum australe</i> D. Don	Padam chal	Polygonaceae	Herb	Petiole	Constipation, diarrhea, rheumatism, fracture, to make pickle
<i>Rhododendron anthopogon</i> D. Don	Sunpate	Ericaceae	Shrub	Leaf	Common cold, bronchitis, massage
<i>Rhus wallichii</i> Hook. f.	Valayo	Anacardiaceae	Tree	Fruit	To cure swelling due to its touch
<i>Ricinus communis</i> L.	Ader	Euphorbiaceae	Shrub	Leaf, Root	Burn wound, asthma, jaundice, skin disease, fever
<i>Rubia manjith</i> Roxb. ex Fleming	Majitho	Rubiaceae	Climber	Root	Skin disease, allergy, swelling, heat stroke, ulcer, dysentery, scorpion bite to make dye, rheumatism
<i>Rubus ellipticus</i> Sm.	Aiselu	Rosaceae	Shrub	Root, Fruit	Wound, jaundice
<i>Sapindus mukorossi</i> Gaertn.	Riththa	Sapindaceae	Tree	Fruit	Cough, epilepsy, toothache, fish poisoning, to make soap
<i>Sapium inisgne</i> (Royle) Benth.ex Hook.f.	Khirro	Euphorbiaceae	Tree	Latex	Fish poisoning
<i>Saurauia napaulensis</i> DC.	Gogan	Saurauiaceae	Tree	Bark	Fever, typhoid
<i>Schima wallichii</i> (DC.) Korth.	Chilaune	Theaceae	Tree	Bark	Antivenom, Fish poisoning
<i>Scutellaria discolor</i> Colebr.	Ratopate	Lamiaceae	Herb	Root	Fever, typhoid
<i>Selinum wallichianum</i> (DC.) Raizada & Saxena	Vutkesh	Apiaceae	Herb	Whole plant	Common cold, cut & wound, gastritis, anthelmintic, indigestion, fever, spice, sleeplessness
<i>Semecarpus anacardium</i> L.f.	Valayo	Anacardiaceae	Tree	Fruit	To make foot soft and glorious
<i>Shorea robusta</i> Gaertn.	Saal	Dipterocarpaceae	Tree	Bark, Latex	Incense, severe diarrhea
<i>Sida cordifolia</i> L.	Balu	Malvaceae	Herb	Root	Rheumatism
<i>Smilax aspera</i> L.	Kukurdaino	Liliaceae	Herb	Root	To be away from ghosts and spirits
<i>Solanum anguivi</i> Lam.	Thulo bihi	Solanaceae	Herb	Root, Fruit	Toothache, cough
<i>Solanum virginianum</i> L.	Kalcheda	Solanaceae	Herb	Fruit	Tonic, scorpion bite, fever
<i>Spilanthes paniculata</i> Wall.ex DC.	Marauti	Asteraceae	Herb	Fruit	Toothache, fish poisoning, stomach disorder
<i>Stellaria monosperma</i> Buch.-Ham. ex D. Don	Jethi madhu	Caryophyllaceae	Herb	Whole plant	Whooping cough
<i>Stephania glandulifera</i> Miers	Batulpate	Menispermaceae	Climber	Leaf	Menstrual disorder, hemorrhage
<i>Swertia angustifolia</i> Buch.-Ham. ex D. Don	Chiraito	Gentianaceae	Herb	Whole plant	Fever



<i>Swertia chirayita</i> (Roxb. ex Fleming) Karsten	Chiraito	Gentianaceae	Herb	Whole plant	Anthelmintic, severe fever, jaundice, wound, high blood pressure, to make wine
<i>Syzygium cumini</i> (L.) Skeels	Jamuna	Myrtaceae	Tree	Bark	Massage in pain, toothache, dysentery
<i>Taraxacum officinale</i> Wigg.	Tuki phool	Asteraceae	Herb	Whole plant	Urinary disorder, stomach problem, hepatic disorder & spleen problem
<i>Taxus wallichiana</i> Zucc.	Lauth sallo	Taxaceae	Tree	Leaf	Cancer, cough, asthma
<i>Tectaria macrodonta</i> (Fee) C.Chr.	Kali niuro	Aspidiaceae	Herb	Leaf	Dysentery, stomach disorder
<i>Terminalia alata</i> Heyne ex Roth	Saj	Combretaceae	Tree	Bark	Dye, dysentery, snake bite
<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Barro	Combretaceae	Tree	Fruit	Cough, gastritis, fever, skin problem, stimulant, diarrhea
<i>Terminalia chebula</i> Retz.	Harro	Combretaceae	Tree	Fruit	Cough, constipation, jaundice, stone & theca problem, high blood pressure
<i>Thunbergia coccinea</i> Wall. ex D.Don	Thapali lahara	Acanthaceae	Climber	Root	Fever
<i>Thysanolaena maxima</i> (Roxb.) Kuntze	Amriso	Poaceae	Herb	Root	Typhoid, wound
<i>Tinospora sinensis</i> (Lour.) Merr.	Gurjo	Menispermaceae	Climber	Root	Jaundice, constipation, to check abortion
<i>Toona ciliata</i> M.Roem.	Tuni	Meliaceae	Tree	Wood	To make bee-hive
<i>Tribulus terrestris</i> L.	Gokhur	Zygophyllaceae	Herb	Rhizome	Urinary problem, stone, tonic, scabies
<i>Trichosanthes tricuspidata</i> Lour.	Indreni	Cucurbitaceae	Climber	Seed	Abortion, to check bleeding, asthma, rheumatism, jaundice, ear pain, constipation
<i>Urena lobata</i> L.	Nalu kurro	Malvaceae	Herb	Root	Wound
<i>Urtica dioica</i> L.	Sisno	Urticaceae	Herb	Root, Leaf	Diabetes, fracture
<i>Vetiveria zizanioides</i> (L.) Nash	Khas khas	Poaceae	Herb	Leaf	Massage in body pain, anthelmintic, fever
<i>Vitex negundo</i> L.	Simali	Verbenaceae	Shrub	Leaf	Nasal catarrh, cough, scabies, swelling, gastritis, insecticide
<i>Withania somnifera</i> (L.) Dunal	Ashwogandha	Solanaceae	Herb	Root	Tonic, joint pain, scabies, sleeplessness
<i>Woodfordia fruticosa</i> (L.) Kurz	Dhayero	Lythraceae	Shrub	Flower	Severe diarrhea, dye
<i>Zanthoxylum armatum</i> DC.	Timur	Rutaceae	Shrub	Fruit	Gastritis, toothache, fever,
<i>Zingiber officinale</i> (Willd.) Roscoe	Aduwa	Zingiberaceae	Herb	Rhizome	Common cold, asthma, indigestion
<i>Zizyphus mauritiana</i> Lam.	Bayer	Rhamnaceae	Shrub	Seed	Diabetes
<i>Zizyphus rugosa</i> Lam.	Rukh bayer	Rhamnaceae	Tree	Bark	Diarrhea

The plant parts used for medicinal preparations are bark, flowers, fruits, leaves, rhizomes, roots, sap, seeds, stems and young shoots. In some cases, the whole plant including the roots was utilized [7-12, 14-18]. The local people use these plants and their parts for the treatment of ailments following

traditional practices. Moreover, in some cases the people are seeking help from the traditional healers when their illness was not cured by modern medicines. The people living near by the forest have good information of using pattern of medicinal plants. Similarly, women and elderly people have

the deep knowledge. The knowledge level differed heavily with respect to generation. Traditional beliefs and practices are deeply rooted in their culture so that the ideas of using these plants have been transferred from one generation to another through oral communication, this vital knowledge needed to be scientifically and systematically documented before it is lost due to rapid change in their lifestyle.

Most of people interviewed were familiar with the species dealing with common ailments like cold/cough, digestive problems, fever, headache, skin infections and plant remedies were used on regular basis. The most popular medicinal preparation is infusion, decoction, paste or juice. Most of the information is good enough to precede scientific investigation as a research tool. Similarly, a large number of people in the Himalayan region derive employment and income from the collection, processing and trade of medicinal plants.

### Conclusion

The medicinal plants have an important role in primary health care and livelihood of the local people. Except highly communicable diseases and emergency cases, people of the many areas of developing countries still depend and rely on traditional medicinal practices.

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