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## Review

## A cross-cultural analysis of Jammu, Kashmir and Ladakh (India) medicinal plant use

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## ABSTRACT

**Ethnopharmacological relevance:** Jammu & Kashmir (J&K) is a predominantly Himalayan state in the north-western part of India. It has three geographically distinct divisions viz., Jammu, Kashmir and Ladakh, which are immensely rich in their biological and cultural diversity. Medicinal plants are an important element of indigenous medical system of the region. The main goal of the present article is to examine the use of ethnomedicinal plants in three divisions of J&K and to discuss cross-cultural consensus on the use of medicinal plants in these divisions. The article also discusses the gaps in the current state of knowledge on ethnomedicinal plants of the region and gives recommendations for the future studies.

**Materials and Methods:** Scientific literature on ethnomedicinal field studies conducted in J&K state of India available in the journals, edited books and other scientific databases viz., CAB international, DOAJ, Google Scholar, PubMed, Science direct, SciFinder, Scopus and Web of Science were searched. Only field based ethnomedicinal surveys from last four decades up to December 2013 reporting first hand information on the medicinal plants used to treat human health related ailments by indigenous communities of J&K were included in this study. Venn diagram was used to analyze the cross-cultural consensus on the use of ethnomedicinal plants in the three divisions of J&K.

**Results:** A total of 948 plant taxa (923 angiosperms, 12 gymnosperms and 13 pteridophytes) belonging to 129 families, 509 genera, 937 species and 11 varieties have so far been reported to have a traditional medicinal use by indigenous communities of J&K. Asteraceae (60 genera, 132 spp.) was the most frequently used family followed by Fabaceae (32 genera, 50 spp.) and Lamiaceae (27 genera, 55 spp.). 514, 415 and 397 medicinal plants were used in Jammu, Kashmir and Ladakh divisions, respectively. Sixty eight plant taxa were used in all the three divisions, whereas 95 plants were common between Ladakh and Jammu, 127 plants between Ladakh and Kashmir, and 216 plants between Jammu and Kashmir. Maximum numbers of plant taxa were used for treating dermatological problems (321), followed by cold, cough and throat related ailments (250), fever (224), joint and muscle related ailments (215), gastrointestinal disorders (210), urogenital ailments (199), respiratory ailments (151), body pain (135) and gynecological disorders (127).

**Conclusions:** This is the first study from the J&K state, which has examined the medicinal plant use in three divisions of J&K and discussed the promising medicinal plant species with cross-cultural consensus. The analysis of the data suggested that while large numbers of plants are used medicinally in each division, there is a low interregional consensus and high variation between medicinal plants used in these divisions, which is due to both cultural divergence as well as biological distinctness. The issues related to current status of knowledge on medicinal plants used by indigenous communities of J&K have been discussed and some recommendations have been made for future studies on medicinal plants in J&K region.

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**Abbreviations:** AP, Aerial Parts; Bct, Bract; Bd, Bud; Brk, Bark; Bry, Berry; Bu, Bulb; C, Cultivated; Ex, Exocarp; Fl Bd, Flowering Bud; Fl, Flower; Fr, Fruit; Frd, Frond; Gr, Grains; Gu, Gum; Hds, Heads; HWd, Heartwood; Inf, Inflorescence; J&K, Jammu and Kashmir; J, Jammu; K, Kashmir; Kr, Kernel; L, Ladakh; Lf Gl, Leaf Gall; Lf, Leaf; Lt, Latex; NA, Not Available; Nd, Needle; Oi, Oil; PC, Total number of times part cited in literature; PIC, Prior Informed Consent; Po, Pod; Pt, Petals; Pt, Petiole; PU, Part Used; Res, Resin; Rt/ Rz, Root/ Rhizome; Rt, Root; Rz, Rhizome; Sd, Seed; Sht, Shoot; Sp, Spike; St, Stem; Stl, Stalks; Sto, Stolen; TC, Total number of times plant cited in the literature; Thn, Thorn; TKHs, Traditional Knowledge Holders; Tu, Tuber; Tw, Twig; W & C, Wild and Cultivated; W, Wild; Wd, Wood; WP, Whole Plant

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## 1. Introduction

India, seventh largest country of the world (8.4–37.6°N latitude and 68.7–97.25°E longitude, total area of 32,87,263 km<sup>2</sup>), ranks sixth among the 12 mega biodiversity centers of the world. India is a country of different traditional culture and tribes, and follow different custom and systems of medicine (Ballabh and Chaurasia, 2009). India has 15 Agroclimatic zones and 17,000–18,000 species of flowering plants of which 6000–7000 are estimated to have medicinal usage in folk and documented systems of medicine, like Ayurveda, Siddha, Unani and Homeopathy (NMPB, 2014). Reportedly traditional medicinal systems of India employ large numbers of plant species viz., Ayurveda (2000 spp.), Siddha (1121 spp.), Unani (751 spp.) and Tibetan (337 spp.) (Kala, 2002; Anonymous, 2004). The Himalayan region occupies a special place in the mountain ecosystems of the world and is not only important from the stand point of climate and as a provider of life, giving water to a large part of the Indian subcontinent; but it also harbors a rich variety of flora, fauna and cultural diversity (Singh, 2006). The region is well known for rich Ethnobotanical wealth particularly medicinal plants since ancient time (Ballabh and Chaurasia, 2009).

Jammu & Kashmir (J&K) is a predominantly Himalayan state in the north-western part of India (between 32°17'N–36°58'N latitude and 73°26'E–80°30'E longitude) (Singh, 1995) and has an area of 222,236 km<sup>2</sup> (North to South 640 km, East to West 480 km) (FSI, 2011). It is bigger in size than combined geographical area of nearby Himalayan countries of Bhutan and Nepal. It shares border with the states of Himachal Pradesh and Punjab to the south, and international border with China in the north and east, whereas Line of Control separates it from Pakistan in the west and northwest. The state is mainly mountainous, except for a short belt adjoining the Punjab plains and the valley of Kashmir and it consists of three distinct geographic units or divisions, viz., Jammu, Kashmir and Ladakh (Fig. 1). The state possesses great altitudinal variation, diverse geological formations and different climatic zones viz., subtropical, tropical, temperate, alpine and cold desert, resulting in the immense diversity of its flora. As shown in Fig. 1, some portion of the state is under Pakistani (green part; 78,114 km<sup>2</sup>) and Chinese (yellow part; 42,735 km<sup>2</sup>) control. The present review covers the portion of J&K, which is currently administered by India (blue part; 101,388 km<sup>2</sup>). J&K state is bestowed with a variety of natural resources including numerous important medicinal plants, which



Fig. 1. Map of Jammu & Kashmir (right portion of the map modified from [http://en.wikipedia.org/wiki/File:Kashmir\\_map.svg](http://en.wikipedia.org/wiki/File:Kashmir_map.svg)). (For interpretation of the references to color in this figure legend, the reader is referred to the web version of this article.)

**Table 1**  
Geographic, climatic, vegetative, demographic and cultural characteristics of three divisions of J&K.

Division	Jammu	Kashmir	Ladakh
About	Jammu, main city of Jammu division is the winter capital of the state and is popularly known as "City of Temples".	Due to its scenic beauty, the Kashmir valley is popularly known as "Paradise on Earth".	Ladakh division is popularly known as "The land of high-rising passes" or "Little Tibet".
Number of administrative districts	10 Districts viz., Kathua, Samba, Jammu, Rajouri, Reasi, Udhampur, Ramban, Doda, Kishtwar and Poonch.	10 Districts viz., Anantnag, Kulgam, Pulwama, Shopian, Budgam, Srinagar, Ganderbal, Bandipora, Baramulla and Kupwara.	2 Districts viz., Kargil and Leh.
Coordinates	32°45'–33°45'N latitude and 74° 25'–76° 00'E longitude	33°22'–34° 50'N latitude and 73° 55'–73°33'E longitude (Hassan et al., 2013).	32°15'–36°N latitude and 75°15'–80°15'E longitude (Kala and Mathur, 2002).
Geographical area	26,293 km <sup>2</sup>	15,948 km <sup>2</sup>	59,147 km <sup>2</sup>
Altitudinal range (m asl)	210–4500	550–5000	1500–7680
Location and topography	Major part of the division is hilly or mountainous, including the Pir Panjal range, which separates it from the Kashmir valley and part of the Great Himalayas in the eastern districts of Doda and Kishtwar.	Kashmir valley borders Jammu division to the south, Ladakh division to the east, and the Line of Control with Pakistan in the north and the west. It is located between the Karakoram and the Pir Panjal range. This is the broadest grass-covered part of the Western Himalayas.	It is located between the Kunlun mountain range in the north and the main Great Himalayas to the south. It lies to the north of Kashmir valley and is a high altitude desert type mountainous terrain. More than 80% of the area of Ladakh part lies above 5000 m asl (Chaurasia et al., 2007). Elevations range to 7680 m asl, the top of Saser Kangri, the highest peak which towers from an outlying spur of the range between the upper reaches of the Shyok and Nubra rivers (Kala and Mathur, 2002).
Climate	Temperature in the division generally ranges from minimum of 0 °C in January to maximum of 45 °C in May and June. Middle mountainous zone of the division is temperate climatic zone and enjoys snowfall at higher elevations. Monsoon rainfall occurs from July to last week of September, maximum in August.	Temperature in the division ranges from minimum of –8 °C in January to sometimes up to maximum of 37 °C in summers. The climate is of a temperate continental-cum-Mediterranean type. Maximum rainfall is in months of March–April (as in Europe), with some heavy showers during July and August on account of Southwest Indian Monsoon. The surrounding high Pir Panjal range to the south and the high Zaskar range to the north protect the valley from the high monsoon rainfall and cold-blasts from Ladakh and Tibet.	Ladakh is often referred to as a 'cold desert', presenting a combination of extremely cold conditions and marked water scarcity (de Bello et al., 2011). Ladakh is extremely cold during winter with temperatures down to –30 °C to –40 °C (Kala and Mathur, 2002). It has extremes of weather; intense heat by day and piercing cold by night. Owing to its position, which poses a barrier to seasonal monsoons, the whole area receives very low precipitation i.e., < 100 mm year <sup>-1</sup> (Dvorsky et al., 2011). The region is generally arid and is rarely affected by monsoonal precipitation, which usually fails to cross the high crest of the main Himalayan range (Bhattacharyya, 1989).
Vegetation types	Predominantly subtropical flora. Vegetation is mainly affected by the monsoon. Exact estimates of numbers of plant species from the region are not available but Sharma and Kachroo (1981) have reported 660 plant species from the region. The actual numbers of species in the division may be lot higher than that.	Predominantly temperate flora. It has transitional ecological features, having features of the moist monsoon zone of Punjab and the cold dry belt of Ladakh and Tibet. Extent of endemism is about 36% (Vidyarthi, 2010). According to Dhar and Kachroo (1983) and Singh and Kachroo (1976) number of vascular plant species in division are 1610 and 2928, respectively.	Predominantly alpine desert or dry cold desert flora. According to Kachroo et al. (1977), Kala (2011) and Kachroo (1993) number of vascular plant species in division are 611, 647 and 880, respectively. However, according to recent claims by Klimes and Dickore (2014), the number of plant species in region may range between 1250 and 1500.
Population (Census of India, 2011)	5,378,538	6,888,475	274,289
Religion	Majority of population follows Hinduism (> 65%) followed by Islam (30%) and Sikhism (3%).	Majority of population follows Islam (> 90%), while rest follows Hinduism and Sikhism.	Most of the population follows Tibetan form of Buddhism followed by Islam and Hinduism.
Languages spoken	Dogri (Western Pahari subgroup of Indo-Aryan languages) and Hindi (Hindustani subgroup of Indo-Aryan languages)	Kashmiri (Dardic subgroup of Indo-Aryan languages) and Urdu (Hindustani subgroup of Indo-Aryan languages).	Ladakhi (Tibetan language) and Urdu
Influence of other major traditional systems of medicine of the region	The traditional medicinal systems of Jammu have some influences of Ayurvedic system of medicine, which is a Hindu traditional system of medicine, native to the Indian subcontinent.	The traditional medicinal systems of Kashmir have some influences of Unani-tibb or Unani system of medicine, which is practiced in middle-east & south Asian countries, and refers to a tradition of Graeco-Arabic medicine.	The traditional medicinal system in Ladakh is popularly called "Sowa-rigpa" or "Amchi system of medicine", which is principally based on Tibetan system of medicine (Ballabh and Chaurasia, 2009).
Number of studies reviewed (present study)	24	31	20
Communities covered by the reviewed publications	Chowpan, Gujjar, Bakarwal, Pahari, Gaddhi, Dogri and other local communities.	Chowpan, Gujjar, Bakarwal, Dard, Kashmiri, Pathan, Pahari and other local communities.	Amchier, Bakarwal, Balti, Dard, Changpa, Ladhaki and Zaskari communities.
Number of ethnomedicinal plants (present study)	514	415	397

have attracted considerable global attention from time immemorial. According to Singh et al. (1999), there are 4439 species (1220 genera and 189 families) of Angiosperms in the state of J&K. A number of primitive indigenous societies exist in J&K state of India viz., Gujjars, Bakarwals, Gaddis, Ladakhis, Zanskaris, Padris, Lahulis, Kinnars and Indo-tibetans with little technological development (MOEF, 1988). Nomadic communities such as Gujjars, Bakarwals and Gaddis keep on foraging over large stretches of land (MOEF, 1988). These communities live in harmony with nature and have immense knowledge regarding medicinal uses of the plants growing in the region.

The geographic, climatic, vegetative, demographic and cultural characteristics of these three divisions of J&K are extremely different from each other (Table 1). During past four decades many field studies recording medicinal plants used by different indigenous communities of the region have been conducted by various workers, where studies are mainly concentrated in one particular division or part of J&K only. But we still do not know how much similarity or dissimilarity is there between patterns of usage of medicinal plants in different divisions of J&K. According to Heinrich et al. (1998), most studies on medicinal plants focus on the role of these plants within one culture, i.e., one ethnic group and little emphasis has been given to the comparison of medicinal plant species in various cultures. Although cross-cultural analysis between plants used in various cultures in different parts of the world has been done by many workers (Heinrich et al., 1998; Leonti et al., 2006, 2009, 2010; Lardos and Heinrich, 2013), but in context of India and particularly J&K, such studies are still lacking. Therefore, the main goal of the present article is to examine the use of ethnomedicinal plants in three divisions of J&K and to discuss cross-cultural consensus on the use of medicinal plants in these divisions. The article also discusses the gaps in the current state of knowledge on ethnomedicinal plants of the region and gives recommendations for the future studies.

## 2. Literature review and data analysis

Scientific literature on ethnomedicinal field studies conducted in J&K state of India available in the scientific journals, edited books and other scientific databases viz., CAB international, DOAJ, Google Scholar, PubMed, Science direct, SciFinder, Scopus and Web of Science were searched. Research articles from last four decades up to December 2013 were included in this study. Only field based ethnomedicinal surveys reporting first hand information on ethnomedicinal plants used to treat human ailments by indigenous communities were included in this study. Books and articles based on secondary information were excluded from the present study. Besides that research articles dealing with ethno-veterinary medicine, food plants and other ethnobotanical information were excluded from the present study. Information on botanical names, vernacular names, plant part used and ailment treated were extracted from the publications and were pooled together. To avoid ambiguities and error, ethnopharmacological and any other research on plants requires precise and appropriate use of botanical scientific nomenclature (Rivera et al., 2014). Therefore confusing or erroneous data, where information on plant part, disease or proper botanical identity of plant was not clear, was omitted from the analysis. Valid botanical names with author citations of all the plant species were verified from The Plant List, Version 1.1 (TPL, 2013). For many species different synonyms were used in different publications. In those cases only valid botanical names were retained and synonyms were merged with the valid botanical name. Finally data was analyzed for various parameters viz., number of species in particular region, family, genus, part used, ailment treated, number of times species or plant part cited in the literature, etc. Venn diagram was used to analyze the

cross-cultural consensus on the use of ethnomedicinal plants in the three divisions of J&K.

## 3. Results and discussion

### 3.1. Ethnomedicinal plants used in J&K

Earlier, Kaul (1997) in his book entitled “Medicinal Plants of Kashmir and Ladakh: Temperate and Cold Arid Himalaya” had provided scientific information on 111 selected medicinal plants occurring in Kashmir and Ladakh divisions. In the same book, basing on his personal field experience Kaul (1997) had provided information about 291 ethnomedicinal plants used by the indigenous communities of Kashmir and Ladakh divisions. Similarly, Chaurasia et al. (2007) had recorded uses of 329 ethnomedicinal plants from trans-Himalaya (Ladakh and Lahul-Spiti) in their book entitled “Ethnobotany and Plants of Trans-Himalaya”. Vidyarthi (1997), in his book entitled “Wild & Cultivated plants of Jammu, Kashmir & Ladakh” had given information on the local plants of the region with some medicinal notes. In the present article, we have listed a total of 948 taxa belonging to 129 families, 509 genera, 937 species and 11 varieties, which were used as ethnomedicine in J&K, India. Out of which, 923 were angiospermous taxa belonging to 119 families, 494 genera, 913 species and 10 varieties. Detailed list of ethnomedicinal angiosperms used by indigenous communities of J&K are arranged alphabetically in Appendix A with information about family, accepted botanical name, synonym, plant part used, medicinal property, ailment treated and vernacular names in Ladakh, Kashmir and Jammu divisions. Number of genera and species in fifty medicinally important plant families used by indigenous communities of J&K are given in Table 2. All of these families are well known for their medicinal properties as is evident by occurrence of many important secondary metabolites in members of these families.

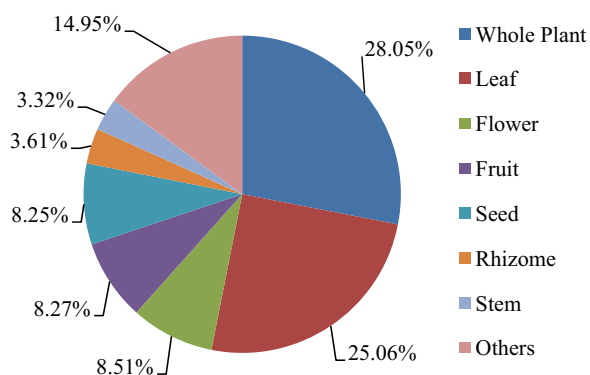
There are approximately 500 species of *Artemisia* in the world, which are mainly found in Asia, Europe and North America (Abad et al., 2012). But there are only 32 species of *Artemisia* present in India, out of which 21 species are present in J&K (Bhellum, 2013). The present review has revealed that from ethnomedicinal point of view, *Artemisia* was one of the important genera of J&K with maximum number of species (17) used by the indigenous communities of the region. Besides that, at least one species of *Artemisia* was cited in 30 of the reviewed studies (see Appendix A). Other ethnomedicinally important genus used by the indigenous communities of J&K is *Saussurea* (12 spp.). Taxonomically also, *Saussurea* is very important genus of the region, according to Butola and Samant (2010), there are 62 species of *Saussurea* in the Indian Himalayan Region (IHR), out of which 37 species are native, 8 are endemic and 21 are near endemic to the IHR. Other ethnomedicinally important genera of J&K were *Nepeta* (12 spp.), *Ranunculus* (11 spp.), *Gentiana* (10 spp.), *Euphorbia* (9 spp.), *Potentilla* (9 spp.), *Allium* (8 spp.), *Berberis* (8 spp.), *Clematis* (8 spp.), *Astragalus* (7 spp.), *Geranium* (7 spp.), *Persicaria* (7 spp.), *Rhodiola* (7 spp.), *Viola* (7 spp.), *Amaranthus* (6 spp.), *Tanacetum* (6 spp.), *Iris* (6 spp.), *Epilobium* (6 spp.), *Pedicularis* (6 spp.), *Corydalis* (6 spp.), *Plantago* (6 spp.), *Delphinium* (6 spp.), *Saxifraga* (6 spp.), *Anaphalis* (5 spp.), *Erigeron* (5 spp.), *Inula* (5 spp.), *Mentha* (5 spp.), *Ficus* (5 spp.), *Nymphaea* (5 spp.), *Rheum* (5 spp.), *Rumex* (5 spp.), *Rosa* (5 spp.) and *Solanum* (5 spp.).

Twelve gymnosperms (4 families, 7 genera, 11 species and 1 variety) were used by indigenous communities of J&K (see Appendix B). Most commonly used gymnospermous family was Pinaceae (6 spp.) followed by Cupressaceae (3 spp.), whereas most widely used gymnospermous genera was *Juniperus* (3 spp.) followed by *Abies* (2 spp.) and *Pinus* (2 spp.). Detailed information about thirteen pteridophytes (6 families, 8 genera and 13 species) used as ethnomedicine by indigenous communities of J&K is given in Appendix C. Pteridaceae



**Table 2**  
Number of genera and species in fifty medicinally important plant families used by indigenous communities of J&K.

Family	No of genera used	No of species used	Family	No of genera used	No of species used
Asteraceae	60	132	Anacardiaceae	5	5
Fabaceae	32	50	Euphorbiaceae	4	12
Lamiaceae	27	55	Crassulaceae	4	11
Apiaceae	21	27	Convolvulaceae	4	9
Rosaceae	18	36	Liliaceae	4	6
Brassicaceae	15	24	Pinaceae	4	6
Poaceae	15	17	Sapindaceae	4	4
Boraginaceae	12	17	Orobanchaceae	3	9
Ranunculaceae	11	46	Salicaceae	3	8
Amaranthaceae	11	20	Asparagaceae	3	7
Caryophyllaceae	11	18	Caprifoliaceae	3	6
Solanaceae	10	19	Oleaceae	3	6
Malvaceae	10	14	Rubiaceae	3	6
Plantaginaceae	9	18	Araceae	3	5
Orchidaceae	9	11	Urticaceae	3	5
Apocynaceae	8	8	Zingiberaceae	3	4
Polygonaceae	7	23	Hydrocharitaceae	3	3
Acanthaceae	7	10	Amaryllidaceae	2	9
Gentianaceae	6	20	Berberidaceae	2	9
Papaveraceae	6	14	Saxifragaceae	2	9
Rutaceae	6	9	Geraniaceae	2	8
Cucurbitaceae	6	8	Iridaceae	2	7
Lythraceae	6	7	Onagraceae	2	7
Primulaceae	5	10	Moraceae	2	6
Cyperaceae	5	8	Nymphaeaceae	2	6



**Fig. 2.** Percentage of plant parts used in medicinal preparations by indigenous communities of J&K.

(4 spp.) was most widely used family of Pteridophytes followed by Dryopteridaceae (3 spp.), Aspleniaceae (2 spp.) and Equisetaceae (2 spp.). Most commonly used genus of Pteridophytes was *Adiantum* (3 spp.) followed by *Asplenium* (2 spp.), *Dryopteris* (2 spp.) and *Equisetum* (2 spp.). As shown in Fig. 2, whole plant was used in maximum number of preparations followed by leaf, flower, fruit, seed, rhizome and stem.

The importance of different medicinal plants in a culture varies (Frei et al., 1998). Some plants are important medicinal resources, while others are hardly ever used (Heinrich, 1989). Out of 948 taxa some were very frequently used to treat large numbers of ailments, while others were used to treat very few ailments. According to number of uses and citations, fifty most commonly used ethnomedicinal plant species of J&K were *Aconitum heterophyllum* Wall. ex Royle, *Taraxacum campyloides* G.E.Haglund, *Achillea millefolium* L., *Saussurea costus* (Falc.) Lipsch., *Juglans regia* L., *Sinopodophyllum hexandrum* (Royle) T.S.Ying, *Datura stramonium* L., *Urtica dioica* L., *Berberis lycium* Royle, *Allium sativum* L., *Punica granatum* L., *Prunella vulgaris* L., *Hyoscyamus niger* L., *Artemisia absinthium* L., *Acorus calamus* L., *Picrorhiza kurroa* Royle ex Benth., *Viola odorata* L., *Thymus serpyllum* L., *Rheum australe* D. Don,

*Cannabis sativa* L., *Inula racemosa* Hook.f., *Geranium wallichianum* D.Don ex Sweet, *Mentha longifolia* (L.) L., *Aesculus indica* (Wall. ex Cambess.) Hook., *Solanum americanum* Mill., *Carum carvi* L., *Cichorium intybus* L., *Juniperus communis* L., *Cuscuta reflexa* Roxb., *Mentha arvensis* L., *Peganum harmala* L., *Aconitum violaceum* Jacquem. ex Stapf, *Rubia cordifolia* L., *Tribulus terrestris* L., *Juniperus communis* L., *Cynodon dactylon* (L.) Pers., *Zanthoxylum armatum* DC., *Verbascum thapsus* L., *Arnebia euchroma* (Royle) I.M.Johnst., *Arnebia euchroma* (Royle) I.M.Johnst., *Colchicum luteum* Baker, *Dioscorea deltoidea* Wall. ex Griseb., *Ajuga integrifolia* Buch.-Ham., *Dactylorhiza hatagirea* (D.Don) Soo, *Meconopsis aculeata* Royle, *Plantago lanceolata* L., *Ephedra gerardiana* Wall. ex Stapf, *Adiantum capillus-veneris* L., *Azadirachta indica* A.Juss. and *Bergenia stracheyi* (Hook.f. & Thomson) Engl. Many of the aforementioned species are also widely used in Ayurvedic and Unani system of medicine. But to our surprise, some highly medicinal plant species like *Bacopa monnieri* (L.) Wettst., *Centella asiatica* (L.) Urb., *Eclipta prostrata* (L.) L. and *Andrographis paniculata* (Burm.f.) Nees, which are widely in Ayurvedic and Unani systems of medicine are not very extensively used by the indigenous communities of the region.

### 3.2. Cross-cultural consensus

Maximum number of ethnomedicinal plant taxa were used in Jammu division (514 taxa) followed by Kashmir division (415 taxa) and Ladakh division (397 taxa). These results do not necessarily mean that Jammu region is ethnomedicinally more diverse than other regions. But it may mean that further ethnomedicinal studies are needed in other divisions to explore additional ethnomedicinal information from those divisions. In Jammu division, 514 plant taxa (117 families, 348 genera, 511 species and 3 varieties) were used as ethnomedicine. Most commonly used genera in Jammu were *Ranunculus* (9 spp.), *Epilobium* (5 spp.), *Mentha* (5 spp.), *Persicaria* (5 spp.), *Solanum* (5 spp.), *Amaranthus* (4 spp.), *Artemisia* (4 spp.), *Clematis* (4 spp.), *Euphorbia* (4 spp.), *Ficus* (4 spp.), *Gentiana* (4 spp.), *Rumex* (4 spp.), *Viola* (4 spp.) and *Ziziphus* (4 spp.). A total of 415 plant taxa (94 families, 272 genera, 412 species, 1 sub species and 2 varieties) were used by indigenous communities of Kashmir. Most commonly used genera in Kashmir

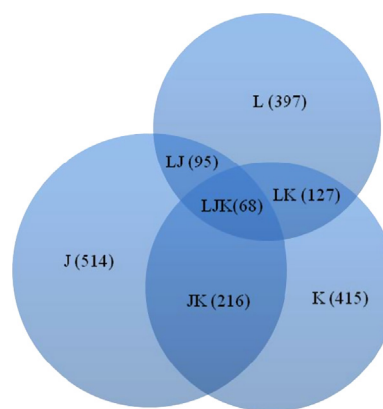
**Table 3**  
Principal ethnomedicinal plants used in different divisions of J&K according to number of times they are cited in the literature.

Jammu division	Kashmir division	Ladakh division
<i>Zanthoxylum armatum</i> DC. (11)	<i>Saussurea costus</i> (Falc.) Lipsch. (18) <sup>a</sup>	<i>Taraxacum campyloides</i> G.E.Haglund (10) <sup>a</sup>
<i>Berberis lycium</i> Royle (11)	<i>Urtica dioica</i> L. (18)	<i>Achillea millefolium</i> L. (9) <sup>a</sup>
<i>Punica granatum</i> L. (10)	<i>Aconitum heterophyllum</i> Wall. ex Royle (16) <sup>a</sup>	<i>Aconitum heterophyllum</i> Wall. ex Royle (9) <sup>a</sup>
<i>Mentha longifolia</i> (L.) L. (10)	<i>Arnebia benthamii</i> (Wall. ex G.Don) I.M.Johnst. (14)	<i>Carum carvi</i> L. (9)
<i>Cynodon dactylon</i> (L.) Pers. (9)	<i>Datura stramonium</i> L. (14)	<i>Peganum harmala</i> L. (9)
<i>Azadirachta indica</i> A.Juss. (9)	<i>Juglans regia</i> L. (13) <sup>a</sup>	<i>Prangos pabularia</i> Lindl. (9)
<i>Vitex negundo</i> L. (8)	<i>Achillea millefolium</i> L. (12) <sup>a</sup>	<i>Sinopodophyllum hexandrum</i> (Royle) T.S.Ying (9) <sup>a</sup>
<i>Calotropis procera</i> (Aiton) Dryand. (8)	<i>Hyoscyamus niger</i> L. (12)	<i>Arnebia euchroma</i> (Royle) I.M.Johnst. (8)
<i>Saussurea costus</i> (Falc.) Lipsch. (7) <sup>a</sup>	<i>Mentha arvensis</i> L. (12)	<i>Ephedra Gerardiana</i> Wall. ex Stapf (8)
<i>Rhododendron arboreum</i> Sm. (7)	<i>Viola odorata</i> L. (12)	<i>Dactylorhiza hatagirea</i> (D.Don) Soo (7)
<i>Justicia adhatoda</i> L. (7)	<i>Allium sativum</i> L. (11)	<i>Meconopsis aculeata</i> Royle (7)
<i>Juglans regia</i> L. (7) <sup>a</sup>	<i>Artemisia absinthium</i> L. (11)	<i>Picrorhiza kurroa</i> Royle ex Benth. (7)
<i>Geranium wallichianum</i> D.Don ex Sweet (7)	<i>Cichorium intybus</i> L. (11)	<i>Tribulus terrestris</i> L. (7)
<i>Ficus religiosa</i> L. (7)	<i>Sinopodophyllum hexandrum</i> (Royle) T.S.Ying (11) <sup>a</sup>	<i>Bergenia stracheyi</i> (Hook.f. & Thomson) Engl. (6)
<i>Cedrus deodara</i> (Roxb. ex Lamb.) G.Don (7)	<i>Taraxacum campyloides</i> G.E.Haglund (11) <sup>a</sup>	<i>Gentiana moorcroftiana</i> (Wall. ex Griseb.) Airy Shaw (6)
<i>Acorus calamus</i> L. (7) <sup>a</sup>	<i>Acorus calamus</i> L. (10) <sup>a</sup>	<i>Juniperus communis</i> L. (6)
<i>Achyranthes aspera</i> L. (7)	<i>Inula racemosa</i> Hook.f. (10)	<i>Thlaspi arvense</i> L. (6)
<i>Taraxacum campyloides</i> G.E.Haglund (6) <sup>a</sup>	<i>Prunella vulgaris</i> L. (10)	<i>Thymus serpyllum</i> L. (6)

<sup>a</sup> Used in more than one division.

were *Artemisia* (8 spp.), *Allium* (7 spp.), *Euphorbia* (7 spp.), *Ranunculus* (6 spp.), *Delphinium* (5 spp.), *Iris* (5 spp.), *Mentha* (5 spp.), *Potentilla* (5 spp.), *Viola* (5 spp.), *Epilobium* (4 spp.), *Nymphaea* (4 spp.), *Persicaria* (4 spp.), *Rumex* (4 spp.) and *Saussurea* (4 spp.). Total of 397 plant taxa (70 families, 224 genera, 392 species, 1 sub-species and 4 varieties) were used by indigenous communities of Ladakh. Most commonly used genera in Ladakh were *Artemisia* (13 spp.), *Nepeta* (9 spp.), *Saussurea* (9 spp.), *Gentiana* (7 spp.), *Astragalus* (6 spp.), *Corydalis* (6 spp.), *Pedicularis* (6 spp.), *Rhodiola* (6 spp.), *Berberis* (5 spp.), *Plantago* (5 spp.), *Rheum* (5 spp.) and *Tanacetum* (5 spp.). Table 3 lists the principal ethnomedicinal plant species used in different divisions of J&K according to number of times they are cited in the literature. Out of these frequently cited plant species, *Acorus calamus* L., *Juglans regia* L. and *Saussurea costus* (Falc.) Lipsch. were common between Jammu division and Kashmir division, whereas *Achillea millefolium* L., *Aconitum heterophyllum* Wall. ex Royle, *Sinopodophyllum hexandrum* (Royle) T.S.Ying and *Taraxacum campyloides* G.E.Haglund were common between Kashmir division and Ladakh division. *Taraxacum campyloides* G.E.Haglund was commonly used in all the three divisions.

Ladakh division is the largest division of J&K but it has lowest population among all the three divisions of J&K because of its rough terrain and extreme climatic conditions, whereas Kashmir division has lowest geographical area but highest number of inhabitants due to its temperate climate (Table 1). Although these three divisions are part of the same state but they have marked variation in their topography and climate, which is directly reflected in the pattern of vegetation and plant diversity in these divisions. Where Jammu division is mainly affected by the monsoon rains like south Asian mainland, Kashmir division has climate similar to Europe and Ladakh has arid climate similar to Tibet. This variability gives rise to three distinct vegetation types making J&K state very rich in plant diversity as a whole. Vegetations of Jammu and Ladakh divisions are extremely different from each other with very little similarity, but vegetation of Kashmir has some components of both Jammu and Ladakh divisions. In addition to that inhabitants of these three divisions are also culturally very different from each other except few nomadic communities which traditionally travel between Jammu and Kashmir divisions viz., Gujjar, Bakarwal, Gaddhi and Pahari. Where Ladakh is Buddhist dominated division, Kashmir division is dominated by the Muslims and Jammu division is dominated by Hindus. Besides all these differences there is some influence of other major traditional systems of medicines of the region on the use of ethnomedicinal plants in different divisions. Jammu region has some influence of Ayurvedic system of medicine, Kashmir division has some influence of



**Fig. 3.** Venn diagram showing number of medicinal plant taxa in three divisions of J&K (L=Ladakh, K=Kashmir, and J=Jammu).

Unani-tibb or Unani system of medicine and Ladakh division has main influence of Tibetan system of medicine.

Venn diagram, showing number of plants used as ethnomedicine in three divisions of J&K is given in Fig. 3. Sixty eight plants were used in all the three divisions, whereas 127 plants were common between Ladakh and Kashmir divisions, 216 plants were common between Jammu and Kashmir divisions, and 95 plants were common between Ladakh and Jammu divisions. The consensus of Ladakh division was very low with both Jammu and Kashmir divisions. The possible reason for low consensus of Ladakh division with other two divisions is its extremely unique vegetation and distinct culture. The reason for highest consensus between Jammu and Kashmir divisions is due to little similarity between vegetation of these two divisions. Besides that the other main reason could be due to survey of same nomadic tribes in the reviewed publications viz., Gujjar, Bakarwal, Gaddhi and Pahari, which traditionally travel between these two regions and utilize plants from both the divisions. Due to its transitional ecological features, of the moist monsoon zone of Punjab and the cold dry belt of Ladakh and Tibet, Kashmir division had higher consensus with both the other divisions. The comparison between topography, climate, geography, vegetation and culture of these three divisions is given in Table 1, which are collectively responsible for the low consensus observed in the present study. It can be easily observed from Table 1, that small consensus and high variation between medicinal plants used in the three divisions of J&K is due to both cultural divergence as well as biological distinctness.

Table 4

Ethnomedicinal plants with consensus in all the three divisions of J&amp;K.

Family/botanical name [*Synonym]	Distribution <sup>a</sup> ; altitudinal range in m asl; habitat (TC)	PU (PC)	Medicinal properties/ailments treated <sup>b</sup>	Some selected compounds [biological activities <sup>c</sup> ]
<b>Acanthaceae</b>				
<i>Justicia adhatoda</i> L. [* <i>Adhatoda vasica</i> Nees]	Throughout India; up to 1600; W (8)	Fl (1)	Whooping cough <sup>68</sup>	Vasicinone [Shows bronchodilator and weak hypotensive inotropic action] Vasicinol [Transient hypotensive agent, cardiac depressant, Histamine antagonist, shows mild anticholinesterase activity] 2,3-Dihydropyrrolo[2,1- <i>b</i> ]quinazolin-9(1 <i>H</i> )-one [Claimed to show cholinergic activity] Vasicinine [Bronchodilator, expectorant]
		Lf (7)	Abscess <sup>72</sup> , Asthma <sup>65, 68, 70, 73</sup> , Blood purifier <sup>72</sup> , Bronchial trouble <sup>61</sup> , Bronchitis <sup>65, 70</sup> , Chest pain <sup>65</sup> , Cough <sup>65, 68, 70</sup> , Diarrhoea <sup>61</sup> , Dysentery <sup>61</sup> , Headache <sup>72</sup> , Pruritis <sup>55</sup> , Tumour <sup>61</sup>	
		Rt (2)	Asthma <sup>65</sup> , Epistaxis <sup>72</sup> , Cough <sup>65</sup> , Nausea <sup>72</sup> , Chest pain <sup>65</sup> , Bronchitis <sup>65</sup>	
		WP (1)	Asthma <sup>67</sup> , Bronchitis <sup>67</sup>	
<b>Acoraceae</b>				
<i>Acorus calamus</i> L.	Throughout India in damp marshy places; 900 to 1800; W & C (16)	Lf (1)	Wounds <sup>54</sup> , Worms <sup>54</sup>	1-(4-Hydroxyphenyl)-2-propen-1-ol [Inhibits tumour promotion by TPA JW]26 on ICR mouse skin] 4-Acoren-3-one [Inhibits chloramphenicol acyltransferase, shows multidrug resistance (MDR) inhibitory activity on bacteria] 2,5-Dihydroxy-1,4-benzoquinone [Mildly active against Gram-positive bacteria and mycobacteria]
		Rz (12)	Abdominal pain <sup>28</sup> , Acidity <sup>47</sup> , Anthelmintic <sup>40</sup> , Antiallergic <sup>65</sup> , Appetizer <sup>72</sup> , Arthritis <sup>46</sup> , Asthma <sup>73</sup> , Bronchitis <sup>54, 58</sup> , Carminative <sup>26, 58, 61</sup> , Chest congestion <sup>28</sup> , Cold <sup>54, 58</sup> , Cough <sup>28, 47, 54</sup> , Diarrhoea <sup>47</sup> , Dyspepsia <sup>47</sup> , Emetic <sup>58</sup> , External parasites <sup>72</sup> , Fever <sup>58</sup> , Heart troubles <sup>54</sup> , Lung diseases <sup>26, 47, 54</sup> , Memory enhancer <sup>72</sup> , Rheumatism <sup>47</sup> , Speech disorders <sup>72</sup> , Stimulant <sup>26, 61</sup> , Stomach ailments <sup>43</sup> , Stomachache <sup>61</sup> , Stomachic <sup>58</sup> , Tonic <sup>26, 61</sup> , Toothache <sup>72</sup> , Intestinal worms <sup>61, 72</sup>	
		Rt (2)	Cough <sup>39</sup> , Diarrhoea <sup>37, 39</sup> , Fever <sup>37</sup> , Joint pain <sup>39</sup> , Kidney trouble <sup>37</sup> , Liver ailments <sup>37</sup> , Rheumatism <sup>37</sup> , Stomach pain <sup>37</sup>	
		WP (2)	Cold <sup>3, 57</sup> , Cough <sup>3, 57</sup> , Eye ailments <sup>3</sup> , Fever <sup>57</sup> , Headache <sup>57</sup> , Stomachache <sup>57</sup> , Intestinal worms <sup>57</sup>	
<b>Amaranthaceae</b>				
<i>Achyranthes aspera</i> L. [* <i>Achyranthes aspera</i> var. <i>argentea</i> Hk.f.]	Throughout tropical and subtropical region of India; up to 2100; W (8)	Lf (7)	Asthma <sup>73</sup> , Cough <sup>67</sup> , Diarrhoea <sup>67, 68</sup> , Diuretic <sup>62</sup> , Scorpion sting <sup>61</sup> , Toothache <sup>60, 72</sup>	3-Pyrrolidinecarboxylic acid [Vasodilator, diuretic, purgative, antihypertensive agent] 17-Pentatriacontanol [Exhibits antifungal activity]
		Rt (3)	Abortifacient <sup>61</sup> , Cough <sup>67</sup> , Diarrhoea <sup>67</sup> , Indigestion <sup>63</sup>	
		Sd (1)	Cough <sup>68</sup> , Throat infection <sup>68</sup>	
<i>Chenopodium album</i> L.	Common herb throughout India; 360-3000; W & C (6)	Sp (1)	Fever <sup>72</sup> , Scorpion sting <sup>72</sup> , Toothache <sup>72</sup>	3-Hydroxy-4-methoxyphenethylamine [Bacterial efflux pump emitter] 3-Hydroxy-5,7-megastigmadien-9-one [Growth inhibitor] 2,4-Hexadienedial [Antifungal agent]
		Lf (3)	Laxative <sup>61</sup> , Painful urination <sup>17</sup> , Stomachache <sup>61, 63</sup>	
		NA (1)	Biliousness <sup>54</sup> , Eye ailments <sup>54</sup> , Laxative <sup>54</sup> , Piles <sup>54</sup>	
WP (2)	Anemia <sup>67</sup> , Anthelmintic <sup>23</sup> , Constipation <sup>67</sup> , Laxative <sup>23</sup>			
<b>Amaryllidaceae</b>				
<i>Allium sativum</i> L.	Throughout India; -; C (17)	Bu (16)	Abscess <sup>72</sup> , Alopecia <sup>33, 34</sup> , Anthelmintic <sup>40</sup> , Appetizer <sup>19</sup> , Asthma <sup>45</sup> , Baldness <sup>36, 43</sup> , Boils <sup>33, 34</sup> , Dandruff <sup>36</sup> , Earache <sup>39</sup> , Expectorant <sup>7</sup> , Fertility <sup>39</sup> , Hair regeneration <sup>32</sup> , Hypertension <sup>45, 62</sup> , Joint pain <sup>72</sup> , Muscular pain <sup>62</sup> , Nausea <sup>72</sup> , Otalgia <sup>72</sup> , Potency male <sup>48</sup> , Skin diseases <sup>31</sup> , Stimulant <sup>7</sup> , Stomach acidity <sup>48</sup> , Stomach problems <sup>45</sup> , Toothache <sup>30, 60</sup> , Vomiting <sup>19, 72</sup> , Weight reduction <sup>39</sup>	Ajoene [Potent inhibitor of platelet aggregation, anticancer props, strong activity against Gram-positive and -negative bacteria and yeasts, antioxidant] 3-(Methylsulfinyl)-1-propenyl] 2-propenyl disulfide [Shows wide spectrum of antimicrobial activity] Alliin [Shows antibacterial, antineoplastic properties and limited platelet antiaggregatory activity. Inhibits cholesterol synthesis <i>in vitro</i> . Antihyperglycaemic agent. Also possesses insecticidal properties] Allithiamine [Has vitamin B1 activity. Investigated as a dietary supplement to enhance muscle performance and as treatment for thiamine deficiency] <i>N</i> - $\gamma$ -Glutamylmethionine [Used to combat renal toxicity due to metals or nephrotoxic drugs] 2-Propen-1-ol [Phytotoxic soil sterilant] S-(Allylthio)cysteine [Shows protective activity on liver cells] 2',4,4'-Trihydroxychalcone [Antidiabetic and chemotactic agent, antitumour promoter, antioxidant. Aldose reductase and ornithine
		Lf (2)	Appetizer <sup>21</sup> , Boils <sup>32</sup> , Digestion <sup>21</sup> , Vomiting <sup>21</sup>	
		Rt (1)	Appetizer <sup>21</sup> , Vomiting <sup>21</sup>	
		Sd (2)	Toothache <sup>60</sup> , Joint pain <sup>72</sup>	

Table 4 (continued)

Family/botanical name [ <sup>a</sup> Synonym]	Distribution <sup>a</sup> ; altitudinal range in m asl; habitat (TC)	PU (PC)	Medicinal properties/ailments treated <sup>b</sup>	Some selected compounds [biological activities <sup>c</sup> ]
				decarboxylase inhibitor. Shows antineoplastic, antiinflammatory, antimutagenic and antifungal activity] Alliumin [Shows antifungal and antiproliferative activities. Active against <i>Pseudomonas fluorescens</i> ] Allixin [Antitumour agent] Di-2-propenyl trisulfide [Human platelet aggregation inhibitor, Ca antagonist, antihypercholesterolaemic, antihypertensive agent and fungicide] Methyl 2-propenyl trisulfide [Possesses cytotoxic properties] Di-2-propenyl disulfide and Di-2-propenyl tetrasulfide [Fungicide] Di-2-propenyl pentasulfide and Di-2-propenyl hexasulfide [Antioxidant]
<b>Apiaceae</b>				
<i>Coriandrum sativum</i> L.	Throughout India; –; C (5)	Lf (3) Sd (4)	Dyspepsia <sup>72</sup> , Insomnia <sup>38</sup> , Jaundice <sup>18</sup> , Stomachache <sup>38</sup> Hair fall <sup>43</sup> , Headache <sup>48</sup> , Jaundice <sup>18, 48, 72</sup>	Coriandrin [Antiviral agent]
<i>Daucus carota</i> L.	Throughout India; –; C (8)	Lf (3) Rt (5)	Toothache <sup>22, 29, 52</sup> Anthelmintic <sup>40</sup> , Dysentery <sup>19</sup> , Fatigue <sup>48</sup> , Gynecological disorders <sup>20</sup> , Jaundice <sup>18</sup> , Stomachache <sup>19</sup>	1,9-Heptadecadiene-4,6-diyne-3,8-diol [Antifungal, antibiotic and analgesic activity. Antinociceptive agent, DNA topoisomerase inhibitor. Shows phytotoxic, allelochemical, antimutagenic and antiproliferative properties] 4-Acoren-3-one [Inhibits chloramphenicol acyltransferase. Shows multidrug resistance (MDR) inhibitory activity on bacteria] 1,2,4-Trimethoxy-5-(1-propenyl)benzene [Shows hypolipidaemic, antiplatelet and insecticidal activity. Also shows hepatocarcinogenicity in rodents] 1,9-Heptadecadiene-4,6-diyne-3-ol [Cytotoxic, platelet aggregation inhibitor, neuronal activation inducer, shows antiplatelet activity] 1-(3-Methoxy-4,5-methylenedioxyphenyl)-1,2-propanediol [Cytotoxic] Cycleanine [Antiplasmodial agent, sedative, antineoplastic agent]
<i>Heracleum candicans</i> Wall. ex DC.	Common in Western Himalaya; 2000–4000; W (7)	Fr (3) Rt (3) WP (1)	Aphrodisiac <sup>23, 27, 54</sup> , Nerve tonic <sup>23, 54</sup> Gynecological disorders <sup>20</sup> , Joint pain <sup>44</sup> , Leucoderma <sup>5</sup> Aphrodisiac <sup>26</sup> , Nerve tonic <sup>26</sup>	
<b>Asparagaceae</b>				
<i>Polygonatum verticillatum</i> (L.) All.	Temperate Himalaya; 2600–4000; W (5)	NA (1) Rz (2) Rt (2)	Asthma <sup>54</sup> , Terculosis <sup>54</sup> Gynecological disorders <sup>20</sup> , Painful urination <sup>17</sup> , Promotes urination <sup>17</sup> Appetizer <sup>19, 42</sup> , Backache <sup>42</sup> , Menstrual irregularities <sup>42</sup>	–
<b>Asteraceae</b>				
<i>Achillea millefolium</i> L.	Western Himalaya from Kashmir to Kumaon; 900–3000; W (27)	Fl (5) Lf (14) NA (1) Rt (4) WP (9)	Astringent <sup>21</sup> , Bile <sup>10</sup> , Cold <sup>21</sup> , Diaphoretic <sup>21</sup> , Diuretic <sup>62</sup> , Gum problem inflammation <sup>21</sup> , Headache <sup>21</sup> , Laxative <sup>62</sup> , Liver troubles <sup>10</sup> , Stimulant <sup>62</sup> , Tonic <sup>62</sup> , Toothache <sup>21, 47, 70</sup> , Urinary problem <sup>21</sup> Astringent <sup>21</sup> , Bladder/urine tract burning sensation <sup>17</sup> , Cold <sup>21, 42, 62</sup> , Diaphoretic <sup>21</sup> , Ear inflammation <sup>54</sup> , Eyes inflammation <sup>54</sup> , Fever <sup>41</sup> , Gum problem inflammation <sup>21, 25</sup> , Headache <sup>21, 41</sup> , Kidney pain <sup>17</sup> , Stomach ailments <sup>15</sup> , Stomachache <sup>19, 42</sup> , Tonic <sup>42</sup> , Toothache <sup>21, 25, 31, 41, 43, 47, 70</sup> , Urinary complaints <sup>15, 21, 41</sup> Cold <sup>26</sup> , Diaphoretic <sup>26</sup> , Fever <sup>26</sup> , Stimulant <sup>26</sup> , Tonic <sup>26</sup> Toothache <sup>30, 60, 72</sup> , Dysentery <sup>54</sup> Anthelmintic <sup>40</sup> , Blood purifier <sup>62</sup> , Cold <sup>4, 6, 8, 16, 23, 27</sup> , Diaphoretic <sup>23</sup> , Epilepsy <sup>6</sup> , Fever <sup>4, 6, 8, 23, 27, 62</sup> , Gastritis <sup>4, 8</sup> , Hysteria <sup>6</sup> , Liver ailments <sup>27</sup> , Snake bite <sup>36</sup> , Stimulant <sup>4, 8, 23</sup> , Tonic <sup>4, 8, 23</sup> , Toothache <sup>4, 6, 8</sup> , Worms <sup>6</sup>	4-Hydroxy-1,1-dimethylpyrrolidinium-2-carboxylate [Antiinflammatory properties] 2,4-Decadienoic acid isobutylamide [Produces intense formication and local anaesthesia of the mucous membranes. Insecticide] Achimilic acid [Possesses antitumour activity]
<i>Artemisia absinthium</i> L.	Jammu & Kashmir; 1000–3500; W (17)	Inf (2) Lf (6)	Dandruff <sup>26</sup> , Fever intermitent <sup>26</sup> , Stomach pain <sup>36</sup> , Tonic <sup>26</sup> , Vermifuge <sup>26</sup> , Worm intestinal <sup>36</sup> Abdominal pain <sup>47</sup> , Dandruff <sup>22</sup> , Diabetes <sup>47</sup> , Fever <sup>47</sup> , Intestinal worms <sup>29</sup> , Joint pain <sup>26</sup> , Roundworm <sup>47</sup> , Stomach pain <sup>36</sup> , Worms <sup>22, 26, 52, 36</sup>	Absinthin [Bitter principle present in absinthe. Weak HIV-1 protease inhibitor] 3-Thujanone [GABA <sub>A</sub> receptor modulator, convulsant, used in homeopathic medicine]



		WP (11)	Abdominal pain <sup>33, 37</sup> , Anthelmintic <sup>40</sup> , Diabetes <sup>43</sup> , Epilepsy <sup>23, 27</sup> , Fever <sup>5, 8, 23, 27, 33, 37</sup> , Gastric disorders <sup>23</sup> , Gynecological disorders <sup>20</sup> , Malaria <sup>21</sup> , Obesity <sup>43</sup> , Rheumatism <sup>21</sup> , Vermifuge <sup>5, 8</sup> , Antiworm <sup>21</sup>	3,4-Dihydroxy-3',4'-methylenedioxy-7,9' [Platelet-activating factor inhibitor]
<i>Artemisia maritima</i> L.	Western Himalaya from Kashmir to Kumaon; 2100–2700; W (6)	Lf (2) St (1) WP (5)	Worm intestinal <sup>21, 58</sup> , Skin diseases <sup>21</sup> , Stomach problem <sup>58</sup> Intestinal parasites <sup>21</sup> , Skin diseases <sup>21</sup> Abdominal pain <sup>1</sup> , Anthelmintic <sup>1, 5, 40</sup> , Antiseptic <sup>5</sup> , Cuts <sup>5</sup> , Flatulence <sup>5</sup> , Gastric disorders <sup>5</sup> , Worm intestinal <sup>23, 27</sup> , Wounds <sup>5</sup>	–
<i>Cichorium intybus</i> L.	Native to Europe, commonly occurs in North West India; up to 3000; W (13)	Lf (3) Rt (9) WP (2)	Appetizer <sup>48</sup> , Body weakness <sup>48</sup> , Joints swelling <sup>25</sup> , Liver tonic <sup>48</sup> , Muscular pain <sup>48</sup> , Rheumatism <sup>2</sup> Antiinflammatory <sup>70</sup> , Gout <sup>38</sup> , Jaundice <sup>38</sup> , Joints swelling <sup>25</sup> , Liver ailments <sup>27</sup> , Menstrual disorder <sup>27</sup> , Rheumatism <sup>2, 38, 70</sup> , Scabies <sup>39</sup> , Spleen disorder <sup>27</sup> , Typhoid <sup>31, 33, 35, 39</sup> , Wound <sup>39</sup> Blood purifier <sup>37</sup> , Fever <sup>37</sup> , Liver ailments <sup>23</sup> , Menstrual disorder <sup>23</sup> , Rheumatic pain <sup>37</sup> , Spleen problems <sup>23</sup> , Stomach ailments <sup>37</sup> , Ulcer internal <sup>37</sup>	Chicoric acid [Immunostimulator and HIV-1 integrase inhibitor. Collagen degradation inhibitor; also known to inhibit botulinum neurotoxins] 2-Oxo-3-guaien-12,6-olide [Phytoalexin]
<i>Inula royleana</i> DC.	Temperate and alpine Himalaya from Chitral to Nepal; 1500–4200; W (6)	Rt (5) Sht (1) WP (1)	Inflammation <sup>66</sup> , Blood pressure reduction <sup>26, 58</sup> , Expectorant <sup>23, 27</sup> Dermatitis <sup>10</sup> Skin diseases <sup>27</sup>	8,11,13-Abietatrien-12-ol [Shows antihypertensive and antimicrobial activity. Cytotoxic agent]
<i>Saussurea costus</i> (Falc.) Lipsch. [* <i>Saussurea lappa</i> (Decne.) Sch.Bip.]	Kashmir, Himachal Pradesh and Garhwal. Cultivated in Kashmir and neighboring region; 2500–3000; W & C (26)	Rt (24)	Anthelmintic <sup>11</sup> , Aphrodisiac <sup>23</sup> , Arthritis <sup>31, 35, 38, 46, 47, 55, 58, 62</sup> , Asthma <sup>26, 33, 37, 42</sup> , Bronchial asthma <sup>38</sup> , Bronchitis <sup>42, 70</sup> , Cardiac stimulant <sup>62</sup> , Carminative <sup>62, 64</sup> , Cholera <sup>26</sup> , Cold <sup>16</sup> , Cough <sup>16, 26, 33, 37, 42, 58, 70</sup> , Dental troubles <sup>42</sup> , Depurative <sup>23</sup> , Diuretic <sup>11, 62</sup> , Dysentery <sup>42</sup> , Expectorant <sup>62</sup> , Fever <sup>16, 23</sup> , Headache <sup>55</sup> , Heart problems <sup>42</sup> , Hysteria <sup>42</sup> , Insect bite <sup>37</sup> , Joint pain <sup>27, 33, 37, 39, 47, 58, 59</sup> , Joint swelling <sup>11, 28</sup> , Kidney stone <sup>47</sup> , Menstrual irregularities <sup>42</sup> , Rheumatism <sup>22, 23, 26, 27, 29, 64, 70</sup> , Scabies <sup>39</sup> , Skin diseases <sup>26, 47, 64</sup> , Stimulant <sup>64</sup> , Stomach pain <sup>28</sup> , Stomach problems <sup>47</sup> , Stomachic <sup>23</sup> , Tonic <sup>23, 64</sup> , Toothache <sup>60</sup> , Wounds <sup>39</sup>	1(10),4,11(13)-Germacatrien-12,6-olide [Shows antimycobacterial activity. Nitric oxide synthase inhibitor, antimutagenic agent, alcohol absorption inhibitor. Shows activity against Gram-positive bacteria. Piscicide] 1-Hydroxy-3,11(13)-eudesmadien-12,6-olide [Shows antimycobacterial activity and significant antitumour activity <i>in vitro</i> ] 1-Hydroxy-4(15),11(13)-eudesmadien-12,6-olide [Shows antimycobacterial props. Inhibits CINC-1, antiinflammatory, alcohol absorption inhibitor, platelet aggregation Inhibitor] 5,11(13)-Eudesmadien-12,8-olide [Antibacterial, antineoplastic, antihypertensive agent and anthelmintic] 4',5,6,7-Tetrahydroxy-3'-(3-hydroxy-5,5-dimethyl-1-cyclopenten-1-yl)flavone [Antifungal agent]
<i>Senecio chrysanthemoides</i> DC.	Montane and alpine north western Himalaya; 2400–3600; W (5)	WP (1) OI (1) Rz (1) Fl (2) Lf (1) NA (1) Rt (2) WP (2)	Stomachache <sup>38</sup> Rheumatism <sup>1</sup> Backache <sup>36</sup> , Dysentery <sup>36</sup> , Fever <sup>36</sup> , Joint pain <sup>36</sup> , Ulcer <sup>36</sup> Eyesight <sup>47</sup> , Wounds <sup>58</sup> Cuts <sup>47</sup> , Eczema <sup>47</sup> , Skin rashes <sup>47</sup> Aphrodisiac <sup>54</sup> , Depurative <sup>54</sup> , Fever <sup>54</sup> , Rheumatism <sup>54</sup> , Stomachic <sup>54</sup> , Tonic <sup>54</sup> Dysentery <sup>47</sup> , Stomach problems <sup>47</sup> , Urinary disorder <sup>47</sup> , Rheumatic pain <sup>58</sup> Dysentery <sup>19, 21</sup>	–
<i>Tanacetum dolichophyllum</i> (Kitam.) Kitam.	Montane and alpine Himalaya from Kashmir to Bhutan; 3300–4400; W (5)	Fl (2) Lf (3) Rt (1) WP (2)	Intestinal worms <sup>19</sup> , Worms <sup>42</sup> Indigestion <sup>58</sup> , Stomach pain <sup>58</sup> , Intestinal worms <sup>19, 42</sup> Worms <sup>42</sup> Fever <sup>16</sup> , Intestinal worms <sup>15</sup>	–
<i>Taraxacum campylodes</i> G.E.Haglund [* <i>Taraxacum officinale</i> (L.) Weber ex F.H.Wigg]	Widely distributed in Himalaya; up to 4000; W (27)	Fl (2) Lf (10) NA (1) Rt (18)	Stimulant <sup>42</sup> , Alcoholism <sup>21</sup> , Digestive system <sup>21</sup> , Indigestion <sup>42</sup> , Intestinal worms <sup>21</sup> , Laxative <sup>42</sup> , Liver ailments <sup>21</sup> , Mouth blisters <sup>21</sup> , Stomach disorders <sup>42</sup> , Tonic <sup>42</sup> , Worms <sup>42</sup> Backache <sup>28</sup> , Blood purifier <sup>70</sup> , Bodyache <sup>26</sup> , Bone fracture <sup>36</sup> , Diarrhoea <sup>70</sup> , Dislocated joints <sup>52</sup> , Dysentery <sup>70</sup> , Fracture <sup>28</sup> , Gastric ulcer <sup>70</sup> , General weakness <sup>47</sup> , Jaundice <sup>47</sup> , Joint dislocation <sup>22, 54, 70</sup> , Liver ailments <sup>28</sup> , Swelling <sup>72</sup> , Tonic <sup>58</sup> , Urinary irritation <sup>47</sup> Indigestion <sup>19</sup> , Stomachache <sup>19</sup> Abdominal pain <sup>47</sup> , Antipyretic <sup>8, 9</sup> , Blood diseases <sup>7</sup> , Blood purifier <sup>9</sup> , Burning sensation of urine <sup>17</sup> , Chest infection <sup>43</sup> , Cold <sup>47</sup> , Diuretic <sup>6, 8, 14, 15, 58, 61, 70</sup> , Dropsy <sup>23, 54</sup> , Dyspepsia <sup>23, 54</sup> , Fever <sup>26</sup> , Gastro-intestinal troubles <sup>9, 8</sup> , Headache <sup>6</sup> , Hepatic <sup>54</sup> , Hepatic stimulant <sup>23, 27</sup> , Indigestion <sup>42</sup> , Intestinal worms <sup>19</sup> , Jaundice <sup>23, 27, 54</sup> , Kidney complaints <sup>6, 8, 61</sup> , Laxative <sup>42, 58</sup> , Liver ailments <sup>6, 8, 61</sup> , Regulates urine discharge <sup>17</sup> , Rheumatism <sup>58</sup> , Sedative <sup>17</sup> , Skin diseases <sup>23, 54</sup> , Stimulant <sup>42, 54</sup> , Stomach disorders <sup>42</sup> , Tonic <sup>14, 15, 42, 58, 61</sup> , Vertigo <sup>6</sup> , Vertilago <sup>8</sup> , Worms <sup>42</sup>	1-Tridecanol [Toxic to the bacteria, <i>Vibrio fischeri</i> and <i>Staphylococcus aureus</i> , and shows fungicidal activity against <i>Saccharomyces cerevisiae</i> ; it is also toxic to mammals by mouth] 20(30)-Taraxasten-3-ol [EBV-EA induction inhibitor and cancer chemopreventive agent. Antitumour promoter] 14-Taraxeren-3-ol [EBV-EA induction inhibitor. Cancer chemopreventive agent. Possesses antiulcer properties]

Table 4 (continued)

Family/botanical name [ <sup>a</sup> Synonym]	Distribution <sup>a</sup> ; altitudinal range in m asl; habitat (TC)	PU (PC)	Medicinal properties/ailments treated <sup>b</sup>	Some selected compounds [biological activities <sup>c</sup> ]
		WP (3)	Abdominal swelling <sup>33, 37</sup> , Acidity <sup>33, 37</sup> , Asthma <sup>33, 37</sup> , Cough <sup>33, 37</sup> , Fever <sup>16</sup> , Infection <sup>33</sup> , Stomach cramps <sup>33, 37</sup> , Ulcer internal <sup>33</sup> , Urine irritation <sup>33, 37</sup>	
<b>Balsaminaceae</b>				
<i>Impatiens glandulifera</i> Royle [* <i>Impatiens roylei</i> Walp.]	Temperate Western Himalaya from Kashmir to Kumaon; 1600–4300; W (5)	Fl (2) Lf (1) Rt (2) Sd (2)	Tonic <sup>62</sup> , Snake bite <sup>58</sup> Burns <sup>62</sup> Cooling effects <sup>8</sup> , Mental tension <sup>58</sup> Aphrodisiac <sup>23</sup> , Tonic <sup>6</sup>	2-Hydroxy-1,4-naphthoquinone [Antitumour agent]
<b>Berberidaceae</b>				
<i>Berberis lycium</i> Royle	North west Himalaya; up to 2000; W (20)	Brk (1) Fr (7)  Lf (4) Rt (15)  St (2) WP (2)	Cooling agent <sup>58</sup> Acidity <sup>58</sup> , Coagulant <sup>51</sup> , Constipation <sup>58</sup> , Diarrhoea <sup>19, 42</sup> , Intestinal problem <sup>19</sup> , Jaundice <sup>42</sup> , Liver ailments <sup>42</sup> , Piles <sup>53</sup> , Stomachache <sup>19, 42</sup> , Wounds <sup>36, 44</sup>  Antiseptic <sup>62</sup> , Blemishes <sup>72</sup> , Jaundice <sup>66</sup> , Throat pain <sup>26</sup> Antiseptic <sup>47, 70</sup> , Cold <sup>16</sup> , Constipation <sup>36, 44</sup> , Cooling agent <sup>42, 70</sup> , Cough <sup>16</sup> , Diabetes <sup>47, 72</sup> , Dropsy <sup>47</sup> , Eczema <sup>47</sup> , Eye ailments <sup>1, 41</sup> , Eye lotion <sup>42</sup> , Eyesore <sup>70</sup> , Fever <sup>26</sup> , Gastric tonic <sup>63</sup> , Indigestion <sup>36, 44</sup> , Irregular bowl moments <sup>36</sup> , Jaundice <sup>18, 61, 72</sup> , Laxative <sup>26, 63</sup> , Ophthalmia <sup>26</sup> , Piles <sup>26, 70, 72</sup> , Stomach disorders <sup>1, 26</sup> , Tonic <sup>26, 62</sup> , Toothache <sup>60</sup> , Urinary problem <sup>47</sup> , Wounds <sup>47</sup>  Eye ailments <sup>1</sup> , Stomach disorders <sup>1</sup> , Jaundice <sup>18</sup> Astringent <sup>62</sup> , Boils <sup>62</sup> , Chest problem <sup>62</sup> , Cough <sup>62</sup> , Conjunctivitis <sup>61</sup> , Ophthalmia <sup>61</sup> , Splenic trouble <sup>62</sup>	–
<i>Sinopodophyllum hexandrum</i> (Royle) T.S.Ying [* <i>Podophyllum hexandrum</i> Royle; <i>Podophyllum emodi</i> Wall. ex Hook.f. & Thomson]	Inner ranges of the Himalaya, from Kashmir to Sikkim; 1800–4000; W & C (22)	Fl (1) Fr (8)  Lf (4) NA (1) Rz (5)  Rt (13) Sd (1)	Skin diseases <sup>21</sup> , Constipation <sup>21</sup> , Dysentery (Blood dysentery) <sup>21</sup> Chest congestion <sup>13</sup> , Constipation <sup>21, 38</sup> , Controls urination <sup>17</sup> , Diarrhoea <sup>38</sup> , Dysentery (Blood dysentery) <sup>21</sup> , Dyspepsia <sup>47</sup> , Fever <sup>16</sup> , Gastric disorders <sup>44, 58</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Kidney complaints <sup>17</sup> , Skin diseases <sup>21</sup> , Stomach ulcer <sup>47</sup> , Urinary disorder <sup>17</sup>  Skin diseases <sup>58</sup> , Skin diseases <sup>44</sup> , Boils <sup>32, 34</sup> Hepatic stimulant <sup>23</sup> , Purgative <sup>23</sup> Constipation <sup>62</sup> , Diarrhoea <sup>42</sup> , Gynecological disorders <sup>20</sup> , Hepatic stimulant <sup>26</sup> , Liver ailments <sup>42</sup> , Menstrual disorder <sup>62</sup> , Purgative <sup>26, 42, 62</sup> , Skin diseases <sup>62</sup> , Tumour <sup>38</sup>  Acidity <sup>37</sup> , Constipation <sup>33, 37</sup> , Diarrhoea <sup>5, 6, 8, 33, 37</sup> , Eczema <sup>47</sup> , Hepatic disease <sup>5, 6, 8, 33, 37</sup> , Hepatic enlargement <sup>27</sup> , Hepatic stimulant <sup>26</sup> , Liver ailments <sup>7</sup> , Purgative <sup>26</sup> , Skin diseases <sup>44, 47, 58</sup> , Tumour <sup>33, 37</sup> Diarrhoea <sup>38</sup>	3,3',4',5,7-Pentahydroxy-2',8-diprenylflavone [Cytotoxic] 3',4',5'-Trimethoxy-4,5-methylenedioxy-7-oxo-2,7'-cycloignan-9',9'-olide [Antitumour and antifungal agent] Podorhizol [Shows antimicrobial and cytotoxic properties] Podophyllotoxin [Antineoplastic agent, potent cytotoxin, cell division inhibitor, inhibitor of human DNA topoisomerase II, antimitotic agent. Used topically for treatment of external anogenital warts and plantar warts. Also shows ichthyotoxic, insecticidal and phytotoxic properties]
<b>Betulaceae</b>				
<i>Betula utilis</i> D.Don	From Kashmir to Bhutan; 3000–4500; W (6)	Brk (5)  Bu (1) Rt (1)	Anemia <sup>58</sup> , Antiseptic <sup>23, 27, 54, 58</sup> , Blood diseases <sup>54</sup> , Carminative <sup>23</sup> , Cough <sup>58</sup> , Ear ailments <sup>54</sup> , Hysteria <sup>23</sup> , Jaundice <sup>54</sup> , Obesity <sup>58</sup> , Rheumatism <sup>1</sup> , Primogenital diseases <sup>58</sup>  Bronchitis <sup>21</sup> , Burns <sup>21</sup> , Jaundice <sup>21</sup> , Leprosy <sup>21</sup> Bronchitis <sup>21</sup> , Burns <sup>21</sup> , Jaundice <sup>21</sup> , Leprosy <sup>21</sup>	–
<b>Boraginaceae</b>				
<i>Arnebia euchroma</i> (Royle) I.M.Johnst.	Alpine Himalaya from Kashmir to Kumaon; 3000–4800; W (10)	Fl (1) Lt (1) Lf (1) Rt (6)  WP (2) Wd (1)	Backache <sup>13</sup> Alopecia <sup>72</sup> Antiphlogistic <sup>72</sup> Antiinflammatory <sup>42</sup> , Antipyretic <sup>42</sup> , Backache <sup>21</sup> , Blood vomiting <sup>21</sup> , Cold <sup>16, 21</sup> , Cough <sup>16, 21</sup> , Cuts <sup>42</sup> , Earache <sup>42</sup> , Eye ailments <sup>42</sup> , Gynecological disorders <sup>20</sup> , Hair tonic <sup>13, 21</sup> , Kidney complaints <sup>17</sup> , Kidney inflammation and bleeding <sup>17</sup> , Lung problems <sup>21</sup> , Toothache <sup>42</sup> , Urinary disorder <sup>17</sup> , Wounds <sup>42</sup>  Backache <sup>5, 6</sup> , Bodyache <sup>5, 6</sup> Tooth brush <sup>12</sup>	5,8-Dihydroxy-2-(1-hydroxy-4-methyl-3-pentenyl)-1,4-naphthalenedione [Antineoplastic agent. Possesses wound-healing props. Used in the treatment of ulcer oruris. Topoisomerase inhibitor. Antibacterial agent. Shows antimicrobial activity against methicillin-resistant <i>Staphylococcus aureus</i> (MRSA) and vancomycin-resistant enterococci (VRE)] Rabdosiin [Used for treatment of gastrointestinal disorders. Tanning agent. Exhibits anti-HIV activity]

2,3-Dihydroxy-12-ursen-28-oic acid [Shows anticancer and cytotoxic activity. Inhibits protein kinase C]  
Deacetylshikonofuran A [Antibacterial agent]

#### Brassicaceae

<i>Capsella bursa-pastoris</i> (L.) Medik.	Throughout India as a weed in cultivated areas and waste places, particularly in the temperate regions; up to 4200; W (7)	Lf (4)	Abdominal pain <sup>47</sup> , Bile secretion <sup>69</sup> , Hemorrhage of Kidney <sup>17</sup> , Intestinal problems <sup>47</sup> , Obesity <sup>47</sup> , Vomiting <sup>21</sup>	-
		NA (1)	Antiscorbutic <sup>26</sup> , Astringent <sup>26</sup> , Dropsy <sup>26</sup> , Haematuria <sup>26</sup>	
		WP (2)	Astringent <sup>52</sup> , Diarrhoea <sup>52</sup> , Gynecological disorders <sup>20</sup> , Hemorrhage diseases <sup>52</sup>	

<i>Descurainia sophia</i> (L.) Webb ex Prantl [* <i>Sisymbrium sophia</i> L.]	From Kashmir to Kumaon also in eastern Himalaya; 2200–4100; W (9)	Lf (1)	Fever <sup>44</sup>	Di-2-propenyl disulfide [Insecticidal and fungicide]
		Sd (8)	Bronchitis <sup>26</sup> , Chicken pox <sup>22, 29, 54</sup> , Dysentery <sup>26</sup> , Expectorant <sup>26</sup> , Gastric disorders <sup>44</sup> , Intestinal disorder <sup>44</sup> , Measels <sup>25, 28</sup> , Stomachache <sup>19</sup> , Tonic <sup>26</sup>	
		St (1)	Chicken pox <sup>21</sup>	

#### Caprifoliaceae

<i>Morina longifolia</i> Wall. ex DC.	Common on alpine meadows; 3000–4600; W (3)	Rt (2)	Allergy <sup>66</sup> , Boils <sup>66</sup> , Wounds <sup>42</sup>	-
		WP (1)	Indigestion <sup>19</sup>	

<i>Valeriana jatamansi</i> Jones [* <i>Valeriana wallichii</i> DC.]	Temperate Himalaya from Kashmir to Bhutan; above 1300–3200; W (7)	Rt (7)	Abdominal pain <sup>37, 47</sup> , Antiseptic <sup>70</sup> , Antispasmodic <sup>28</sup> , Diarrhoea <sup>37, 47</sup> , Dysentery <sup>37</sup> , Epilepsy <sup>70</sup> , Fever <sup>47</sup> , Gynecological disorders <sup>20</sup> , Heart diseases <sup>37</sup> , Hysteria <sup>61</sup> , Nerve tonic <sup>28</sup> , Nervous disorder <sup>61</sup> , Sedative <sup>42, 70</sup> , Urinary disorder <sup>47</sup> , Wormicide <sup>37, 47</sup> , Wounds <sup>47</sup>	1(10),4-Lepidozadien-15-al [Phytotoxic] 10(14)-Guaien-4-ol [Antineoplastic agent]
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#### Colchicaceae

<i>Colchicum luteum</i> Baker	Temperate Himalaya from Kashmir to Himachal Pradesh; 1500–3000; W (10)	Bu (9)	Cough <sup>49</sup> , Dandruff <sup>32, 34</sup> , Fever <sup>28, 49</sup> , Gout <sup>21, 26, 28, 42, 64</sup> , Gynecological disorders <sup>20</sup> , Kills lice <sup>32, 34</sup> , Liver ailments <sup>26, 42</sup> , Rheumatism <sup>26, 42, 64</sup> , Skin diseases <sup>64</sup> , Spleen disorder <sup>26</sup>	-
		Sd (1)	Constipation <sup>49</sup> , Stomach pain <sup>49</sup>	
		WP (1)	Rheumatism <sup>54</sup> , Skin diseases <sup>54</sup>	

#### Crassulaceae

<i>Sedum ewersii</i> Ledeb.	Throughout Himalaya; 2000–4000; W (7)	Lf (2)	Wounds <sup>42</sup> , Dysentery <sup>19, 42</sup>	-
		Sht (2)	Wounds <sup>42</sup> , Dysentery <sup>19, 42</sup>	
		WP (5)	Appetizer <sup>4, 8</sup> , Toothache <sup>21</sup> , Cooling agent <sup>58</sup> , Emollient <sup>26</sup> , Vulnerary <sup>26</sup>	

#### Cupressaceae

<i>Juniperus communis</i> L.	Distributed in Western Himalaya from Kumaon westwards; 1700–4200; W (12)	Bry (2)	Carminative <sup>5, 8</sup> , Diuretic <sup>5, 8</sup> , Dysmenorrhea <sup>5, 8</sup> , Skin diseases <sup>5, 8</sup> , Stimulant <sup>5, 8</sup>	2-Hydroxy-4(6)-isopropyl-2,4,6-cycloheptatrien-1-one [Antioxidant, tyrosinase and carboxypeptidase A inhibitor. Shows antifungal, antibacterial, insecticidal and plant growth inhibitory properties]
		Fl (1)	Asthma <sup>42</sup> , Diuretic <sup>42</sup> , Tumour <sup>42</sup> , Warts <sup>42</sup>	8,11,13-Abietatriene-7,11,12-triol [Shows cytotoxicity towards A2780 human ovarian cancer cells]
		Fr (7)	Anthelmintic <sup>40</sup> , Asthma <sup>42, 73</sup> , Carminative <sup>26</sup> , Coetaneous diseases <sup>26</sup> , Diuretic <sup>26, 42</sup> , Dropsy <sup>26</sup> , Gynecological disorders <sup>20</sup> , Kidney complaints <sup>21</sup> , Stimulant <sup>7, 26</sup> , Tumour <sup>42</sup> , Warts <sup>42</sup>	3,4',5,7-Tetrahydroxyflavan [Shows antioxidant activity]
		OI (1)	Rheumatism <sup>58</sup>	4-Cadinen-10-ol [Shows cytotoxic activity]
		Rt (1)	Intestinal swelling <sup>69</sup> , Stomachache <sup>69</sup>	12-Hydroxy-8,11,13-abietatrien-7-one [Antiinflammatory agent]
		WP (1)	Toothache <sup>60</sup>	

#### Euphorbiaceae

<i>Euphorbia nerifolia</i> L.	Grown as a field and boundary fence and as curious on rockeries in gardens; -; C (3)	Lt (2)	Anthelmintic <sup>53</sup> , Toothache <sup>60</sup>	-
		Rt (1)	Asthma <sup>73</sup>	

#### Fabaceae

<i>Indigofera heterantha</i> Brandis [* <i>Indigofera gerardiana</i> Baker]	Throughout Himalaya; 1500–3000; W (8)	Lf (2)	Asthma <sup>73</sup> , Toothache <sup>26</sup>	6-Hydroxy-6-methyl-1-(2,4,6-trihydroxyphenyl)-1-heptanone [Urease inhibitor]
		Rt (3)	Abdominal pain <sup>70</sup> , Cough <sup>54</sup> , Muscular pain <sup>54</sup> , Toothache <sup>26</sup>	
		St (3)	Toothache <sup>37, 44, 60</sup>	4-(5-Methylhexyl)phenol [Urease inhibitor]
		Brk (1)	Abdominal pain <sup>41</sup>	

#### Juglandaceae

<i>Juglans regia</i> L.	Native to Iran, Cultivated in Kashmir, Himachal Pradesh, Khasi hills and Uttarakhand; 1000–3300; C (23)	Brk (7)	Anthelmintic <sup>40, 61</sup> , Constipation <sup>33</sup> , Gum problems <sup>33</sup> , Liver ailments <sup>33</sup> , Skin diseases <sup>33</sup> , Teeth cleaning <sup>27, 41</sup> , Toothache <sup>23, 68</sup> , Wounds <sup>33</sup>	3,4-Dihydro-4-hydroxy-1(2H)-naphthalenone [Exhibits antileishmanial activity. Protein tyrosine phosphatase inhibitor]
		Fl (1)	Toothache <sup>21</sup> , Constipation <sup>21</sup>	Quercetin 3-glycosides; Monosaccharides, 3-O- $\alpha$ -L-Arabinofuranoside [Shows antibacterial activity against <i>Microcystis aeruginosa</i> , <i>Anabaena flos-aquae</i> and <i>Staphylococcus aureus</i> ]
		Fr (2)	Alopecia <sup>72</sup> , Sore throat <sup>1</sup>	

Table 4 (continued)

Family/botanical name [*Synonym]	Distribution <sup>a</sup> ; altitudinal range in m asl; habitat (TC)	PU (PC)	Medicinal properties/ailments treated <sup>b</sup>	Some selected compounds [biological activities <sup>c</sup> ]
		Fr Ex (10) Kr Ol (1) Lf (8) NA (1) Rt Brk (4) St Brk (1)	Constipation <sup>10, 26</sup> , Frostbite <sup>22, 29, 54, 26</sup> , Hair dye <sup>26, 32, 33, 34</sup> , Hair fall <sup>48</sup> , Joint pain <sup>48</sup> , Skin diseases <sup>58</sup> Skin eruptions <sup>28</sup> Anemia <sup>33</sup> , Anthelmintic <sup>40</sup> , Astringent <sup>61</sup> , Baldness <sup>33</sup> , Chilblain <sup>48</sup> , Conjunctivitis <sup>33</sup> , Diarrhoea <sup>33</sup> , Eye irritation <sup>33</sup> , Hair loss <sup>33</sup> , Intestinal worms <sup>41</sup> , Leukorrhea <sup>58</sup> , Rheumatism <sup>26</sup> , Skin diseases <sup>33</sup> , Skin eruptions <sup>28</sup> , Wounds <sup>33</sup> Frostbite <sup>52</sup> , Vermifugal <sup>52</sup> Mouth ulcers <sup>48</sup> , Tooth cleaning <sup>7, 48</sup> , Toothache <sup>26, 60</sup> Antiseptic <sup>1</sup>	Glansrin A, Glansrin B, Glansrin C and Glansrin D [Antioxidants]
<b>Lamiaceae</b>				
<i>Mentha longifolia</i> (L.) L. [ <i>*Mentha sylvestris</i> L.]	Native to Europe and Asia, cultivated in Kashmir, Maharashtra, Uttar Pradesh and Punjab; -; C (14)	Lf (13) NA (1) Sht (1) WP (5)	Abdominal spasms <sup>72</sup> , Antiemetic <sup>1</sup> , Antiseptic <sup>7</sup> , Appetizer <sup>37, 72</sup> , Asthma <sup>37, 67</sup> , Carminative <sup>1, 7, 27, 61, 63</sup> , Coolant <sup>58, 61</sup> , Cough <sup>67</sup> , Diarrhoea <sup>19, 21, 63, 67</sup> , Digestive ailments <sup>45, 61</sup> , Dysentery <sup>19, 21, 63</sup> , Fever <sup>37, 45</sup> , Flatulence <sup>45, 72</sup> , Headache <sup>45</sup> , Indigestion <sup>37</sup> , Rheumatic pain <sup>52</sup> , Stimulant <sup>61, 63</sup> , Stomachache <sup>1, 19</sup> , Stomachic <sup>61</sup> , Vomiting <sup>19, 21</sup> Carminative <sup>54</sup> , Diarrhoea <sup>54</sup> , Headache <sup>54</sup> , Rheumatism <sup>54</sup> , Stimulant <sup>54</sup> , Vomiting <sup>54</sup> Diarrhoea <sup>21</sup> , Dysentery <sup>21</sup> , Vomiting <sup>21</sup> Anthelmintic <sup>40</sup> , Antiseptic <sup>3</sup> , Carminative <sup>23</sup> , Fever <sup>3</sup> , Headache <sup>53</sup> , Indigestion <sup>39</sup> , Rheumatism <sup>53</sup> , Stimulant <sup>3, 23, 39</sup> , Tonsillitis <sup>39</sup>	3',5,7-Trihydroxy-4'-methoxyflavanone [Lipase inhibitor, coronary stimulant. Shows anti-rotavirus effect] Stigmast-5-en-3-ol [Shows antiulcerogenic activity]
<i>Ocimum basilicum</i> L.	Cultivated throughout India; -; C (4)	Lf (2) Sd (3)	Fever <sup>47</sup> , Hair fall <sup>47</sup> , Headache <sup>47</sup> , Muscular pain <sup>47</sup> , Stomachache <sup>19</sup> , Vomiting <sup>19</sup> Anthelmintic <sup>40</sup> , Constipation <sup>47</sup> , Cooling effect <sup>72</sup> , Fatigue <sup>47</sup> , Fever <sup>47</sup> , Kidney stone <sup>47</sup> , Urinary problem <sup>47</sup>	2,3,19-Trihydroxy-12-ursen-28-oic acid [Shows weak antifungal activity and hypoglycemic props. Cytotoxic agent]
<i>Prunella vulgaris</i> L.	Himalaya from Kashmir to Bhutan; 1400–4000; W (16)	Fl (9) Lf (4) Rt (1) WP (4)	Brain disorders <sup>4, 8</sup> , Cerebral disorders <sup>4, 8</sup> , Cold <sup>4, 8</sup> , Cough <sup>7</sup> , Diarrhoea <sup>37</sup> , Fever <sup>7, 22, 26, 36, 47</sup> , Frost bite <sup>37</sup> , Gastric disorders <sup>4, 8, 37</sup> , Hair fall <sup>47</sup> , Headache <sup>4, 8, 22, 26, 36, 37, 47</sup> , Muscular pain <sup>36, 47</sup> , Sore throat <sup>37</sup> , Wounds <sup>41, 47</sup> Abscess <sup>69</sup> , Blood purifier <sup>69</sup> , Bodyache <sup>43</sup> , Brain disorders <sup>4, 8</sup> , Breathing problems <sup>69</sup> , Cerebral disorders <sup>4, 8</sup> , Cold <sup>4, 8</sup> , Gastric disorders <sup>4, 8, 69</sup> , Hair growth <sup>69</sup> , Headache <sup>4, 8</sup> , Muscular problem <sup>69</sup> , Wounds <sup>69</sup> Anthelmintic <sup>40</sup> Brain disorders <sup>6</sup> , Breathing problems <sup>6</sup> , Cold <sup>1, 6</sup> , Headache <sup>1, 6</sup> , Liver ailments <sup>1, 6</sup> , Lung troubles <sup>1, 6</sup> , Piles <sup>1, 23</sup> , Rheumatism <sup>43</sup> , Swelling <sup>1</sup>	2,3,23-Trihydroxy-12-oleanen-28-oic acid [Skin tumour proliferation inhibitor]
<i>Thymus serpyllum</i> L.	Native to North America, found in Temperate Himalaya from Kashmir to Nepal; 1500–4400; W & C (15)	NA (1) Fr (1) Lf (3) OI (1) Sd (2) WP (11)	Weak vision <sup>54</sup> , Menstrual disorder <sup>54</sup> , Fever <sup>54</sup> , Hepatic <sup>54</sup> , Gastric disorders <sup>54</sup> Appetizer <sup>26</sup> , Asthma <sup>26</sup> , Laxative <sup>26</sup> , Tonic <sup>26</sup> Asthma <sup>73</sup> , Baldness <sup>36</sup> , Blood purifier <sup>62</sup> , Bronchitis <sup>62</sup> , Colic complaints <sup>62</sup> , Eye ailments <sup>62</sup> , Itching <sup>36</sup> , Laxative <sup>62</sup> , Skin eruptions <sup>36</sup> , Stomachic <sup>62</sup> , Tonic <sup>62</sup> Toothache <sup>62</sup> Vermifuge <sup>26</sup> , Worm <sup>36</sup> Abdominal pain <sup>1</sup> , Anthelmintic <sup>6, 8</sup> , Antiseptic <sup>26, 37</sup> , Carminative <sup>26, 37</sup> , Delivery easy <sup>25</sup> , Epilepsy <sup>42</sup> , Eyesight <sup>23</sup> , Fever <sup>1, 23</sup> , Gastric disorders <sup>23</sup> , Gastrointestinal problems <sup>19</sup> , Hepatic disorders <sup>23</sup> , Liver ailments <sup>6, 8, 26</sup> , Menstrual disorder <sup>23</sup> , Skin diseases <sup>6, 8, 26, 37</sup> , Smoothens delivery <sup>13</sup> , Stomach ailments <sup>6, 8, 26</sup> , Stomachache <sup>19</sup> , Stomachic <sup>37</sup> , Tonic <sup>26</sup> , Vision weak <sup>37</sup> , Vomiting <sup>7</sup> , Weak vision <sup>26</sup> , Whooping cough <sup>42</sup>	–



<b>Liliaceae</b>					
<i>Fritillaria cirrhosa</i> D.Don [ <i>*Fritillaria roylei</i> Hook.]	Central and Western Himalaya; 3700–5350; W (8)	Bu (5) NA (1) WP (2)	Anthemintic <sup>40</sup> , Asthma <sup>28, 73</sup> , Cardiac ailments <sup>24</sup> , Diuretic <sup>28, 35</sup> , Diuretic <sup>35</sup> , Mumps <sup>28</sup> Asthma <sup>54</sup> , Tuberculosis <sup>54</sup> , Tonic <sup>54</sup> Asthma <sup>23</sup> , Broncho-asthma <sup>27</sup> , Tuberculosis <sup>23, 27</sup>	–	
<b>Lythraceae</b>					
<i>Punica granatum</i> L.	Native to Iran but cultivated throughout India; -; C (17)	Brk (1) Bd (1) Ex (3) Fl (1) Fr (7) Lf (2) Rt (3) Sd (5) St Brk (2) St Tw (1)	Anthemintic <sup>68</sup> Toothache <sup>60</sup> Diarrhoea <sup>22, 29, 54</sup> Anthemintic <sup>40</sup> Anthemintic <sup>72</sup> , Antispasmodic <sup>72</sup> , Appetizer <sup>49, 70</sup> , Astringent <sup>61</sup> , Blood enrichment <sup>67</sup> , Cough <sup>68</sup> , Diarrhoea <sup>49, 61</sup> , Dysentery <sup>54, 61</sup> , Fever <sup>49</sup> , Jaundice <sup>49, 68, 72</sup> , Kidney complaints <sup>67</sup> , Liver ailments <sup>67</sup> , Tonic <sup>49</sup> , Urinary problem <sup>49</sup> , Tapeworm <sup>70</sup> Anthemintic <sup>68</sup> , Pneumonia <sup>53</sup> Anthemintic <sup>68</sup> , Rheumatism <sup>53</sup> , Sciatic pain <sup>53</sup> , Toothache <sup>60</sup> , Worms <sup>68</sup> Anemia <sup>58</sup> , Anthemintic <sup>68</sup> , Appetizer <sup>58</sup> , Burns <sup>38</sup> , Cooling agent <sup>58</sup> , Diarrhoea <sup>1</sup> , Dysentery <sup>38</sup> , General weakness <sup>58</sup> , Gynecological disorders <sup>20</sup> , Insomnia <sup>38</sup> , Jaundice <sup>58</sup> , Vomiting <sup>1</sup> Anthemintic <sup>61</sup> , Worms <sup>68</sup> Toothache <sup>30</sup>	–	Estrone [Used therapeutically in combination with other natural estrogens] 1,2,6-Trigalloylglucose [Shows cytotoxic activity. Inhibits squalene epoxidase and reverse transcriptase. Antiviral agent] Punicalin [Shows anti-HIV activity] Punicacortein D [Shows anti-HIV activity] Sinapyl alcohol [Antioxidant] 3-(3,4-Dihydroxyphenyl)-2-propen-1-ol [Antioxidant] Diellagilactone [Antiinflammatory agent] Pomegranin [Antifungal agent]
<b>Malvaceae</b>					
<i>Alcea rosea</i> L. [ <i>*Althaea rosea</i> (L.) Cav.]	Cultivated in Kashmir and Himachal Pradesh; -; C (8)	Fl (4) Rt (6) WP (2)	Cough <sup>37</sup> , Asthma <sup>37</sup> , Throat infection <sup>37</sup> , Urinary irritation <sup>37</sup> , Boils <sup>22</sup> , Kidney pain <sup>47</sup> , Jaundice <sup>47</sup> , Urinary irritation <sup>47</sup> , Boils <sup>52</sup> Bladder/ urine tract burning sensation <sup>17</sup> , Dandruff <sup>26, 52</sup> , Dermatitis <sup>22</sup> , Easy delivery <sup>22, 26</sup> , Goitre <sup>22, 29, 52</sup> , Gynecological disorders <sup>20</sup> , Kidney pain/Inflammation <sup>17</sup> Dandruff <sup>47</sup> , Delivery easy <sup>52</sup> , Dermatitis <sup>52</sup> , Emollient <sup>52</sup>	–	
<b>Onagraceae</b>					
<i>Epilobium angustifolium</i> L.	Throughout Himalaya to South China; 3000–4300; W & C (6)	Fr (1) NA (1) St (1) WP (4)	Abdominal pain <sup>21</sup> , Intestinal complaints <sup>21</sup> , Renal complaints <sup>21</sup> Astringent <sup>54</sup> Abdominal pain <sup>21</sup> , Intestinal complaints <sup>21</sup> , Renal complaints <sup>21</sup> Abdominal ailments <sup>6, 8</sup> , Abdominal pain <sup>19</sup> , Astringent <sup>23</sup> , Hepatic diseases <sup>6, 8</sup> , Intestinal diseases <sup>6, 8, 19</sup> , Renal diseases <sup>6, 8, 19</sup> , Stomachache <sup>19</sup>	–	1,2,3,6-Tetragalloylglucose [Inhibits reverse transcriptase. Shows antitumour effects by inhibition of tumour cell adhesion and invasion. Apoptosis inducer. Antiviral agent] 2,3-Dihydroxy-12-ursen-28-oic acid [Shows anticancer and cytotoxic activity. Inhibits protein kinase C] 4,6-(Hexahydroxydiphenyl)glucose [Antiviral and antifungal agent]
<b>Orchidaceae</b>					
<i>Dactyloporhiza incarnata</i> (L.) Soo [ <i>*Orchis latifolia</i> L.]	Himalayan region from Chitral to Bhutan; 2800–4000; W (5)	Rt (2) Tu (2) WP (1)	Aphrodisiac <sup>7, 27</sup> Aphrodisiac <sup>8</sup> , Cough <sup>54</sup> , Cuts <sup>54</sup> , Nervous disorder <sup>54</sup> , Tonic <sup>8, 54</sup> , Wound <sup>54</sup> Astringent <sup>23</sup> , Expectorant <sup>23</sup>	–	
<b>Orobanchaceae</b>					
<i>Pedicularis pectinata</i> Wall. ex Benn.	From Kashmir eastwards extending to Sikkim; 2000–4300; W (9)	Fl (2) Lf (1) NA (2) WP (4)	Chest complaints <sup>24, 25</sup> Dysentery <sup>66</sup> Diuretic <sup>23, 54</sup> Backache <sup>4, 8</sup> , Bodyache <sup>4, 8</sup> , Fever <sup>16</sup> , Sedative <sup>4, 8</sup> , Urine flow increase <sup>27</sup>	–	
<b>Papaveraceae</b>					
<i>Corydalis goviana</i> Wall.	West Himalaya from Kashmir to Kumaon; 2400–4800; W (8)	AP (1) Fl (2) Lf (1) Rt (6)	Asthma <sup>36</sup> , Chest infections <sup>36</sup> , Respiratory disorders <sup>36</sup> , Whooping cough <sup>36</sup> Headache <sup>44, 58</sup> , Vermicide <sup>58</sup> Antipyretic <sup>21</sup> , Febrifuge <sup>21</sup> , Fever <sup>21</sup> , Muscular pain <sup>21</sup> , Gastric disorders <sup>21</sup> , Diuretic <sup>21</sup>	–	Ophiocarpine [Shows cytotoxic and antimicrobial properties] Corlumine [GABA antagonist. Convulsive agent]

Table 4 (continued)

Family/botanical name [ <sup>a</sup> Synonym]	Distribution <sup>a</sup> ; altitudinal range in m asl; habitat (TC)	PU (PC)	Medicinal properties/ailments treated <sup>b</sup>	Some selected compounds [biological activities <sup>c</sup> ]
<i>Meconopsis aculeata</i> Royle	Western Himalaya from Kashmir to Kumaon; 3300–4500; W (10)	Sd (1)	Antipyretic <sup>21</sup> , Carminative <sup>10</sup> , Diuretic <sup>21, 70</sup> , Dysentery <sup>44</sup> , Eye infection <sup>28, 70</sup> , Febrifuge <sup>21</sup> , Fever <sup>16, 21</sup> , Gastric disorders <sup>21</sup> , Muscular pain <sup>21</sup>	–
		Fl (1)	Carminative <sup>10</sup>	
		Lf (2)	Cardiac ailments <sup>9</sup>	
		Rt (4)	Backache <sup>59</sup> , Headache <sup>21</sup> , Liver ailments <sup>21</sup> , Lung diseases <sup>21</sup> , Pharyngitis <sup>21</sup> , Stomachache <sup>21</sup> , Ulcer <sup>21</sup>	
		Sht (1)	Cardiac ailments <sup>9</sup> , Headache <sup>21</sup> , Heat troubles <sup>7</sup> , Liver ailments <sup>21</sup> , Lung diseases <sup>21</sup> , Narcotic <sup>23</sup> , Pharyngitis <sup>21</sup> , Stomachache <sup>21</sup> , Ulcer <sup>21</sup>	
		WP (5)	Headache <sup>21</sup> , Liver ailments <sup>21</sup> , Lung diseases <sup>21</sup> , Pharyngitis <sup>21</sup> , Stomachache <sup>21</sup> , Ulcer <sup>21</sup>	
<b>Phyllanthaceae</b> <i>Phyllanthus emblica</i> L. [ <sup>a</sup> <i>Emblica officinalis</i> Gaertn.]	Native to tropical southeast Asia, distributed throughout India, also planted in public parks; -; C (8)	Brk (1)	Backache <sup>6, 8</sup> , Gynecological disorders <sup>20</sup> , Renal colic <sup>6, 8</sup> , Stomachache <sup>19</sup> , Wound <sup>66</sup>	Putranjivain A [Inhibitor of HIV-1 reverse transcriptase] 3,4,5-Trihydroxybenzoic acid [Possesses bactericidal properties] Cosmosiin [Cytotoxic] Phyllemntannin and Phyllaemblic acid [Antitumour agent]
		Fr (7)	Bronchitis <sup>53</sup> , Stomach pain <sup>53</sup>	
<b>Pinaceae</b> <i>Abies pindrow</i> (Royle ex D.Don) Royle	Kashmir, Himachal Pradesh, Tehri Garhwal and other areas of Northern India; 2100–3600; W (6)	Brk (2)	Acidity <sup>29</sup> , Acne <sup>72</sup> , Appetizer <sup>72</sup> , Asthma <sup>65</sup> , Astringent <sup>61</sup> , Blood purifier <sup>68, 72</sup> , Bronchitis <sup>65</sup> , Cold <sup>65</sup> , Constipation <sup>68</sup> , Cooling <sup>61</sup> , Cough <sup>65</sup> , Diuretic <sup>61</sup> , Eyesight <sup>72</sup> , Gynecological disorders <sup>20</sup> , Hair fall <sup>72</sup> , Jaundice <sup>68</sup> , Laxative <sup>61</sup> , Stomach disorder <sup>51</sup> , Vomiting <sup>68</sup>	–
		Lf (4)	Constipation <sup>61</sup> , Rheumatism <sup>58</sup>	
		NA (1)	Asthma <sup>61, 73</sup> , Astringent <sup>61</sup> , Bronchitis <sup>61</sup> , Carminative <sup>61</sup> , Cold <sup>56</sup> , Cough <sup>56</sup> , Expectorant <sup>61</sup> , Tonic <sup>61</sup> , Rheumatism <sup>70</sup> , Ulcer <sup>70</sup>	
		Res (2)	Antispasmodic <sup>23</sup> , Carminative <sup>23</sup> , Expectorant <sup>23</sup> , Stomachic <sup>23</sup> , Tonic <sup>23</sup> , Cuts <sup>58</sup> , Rheumatism <sup>70</sup> , Ulcer <sup>70</sup> , Wounds <sup>58</sup>	
<b>Plantaginaceae</b> <i>Picrorhiza kurroa</i> Royle ex Benth.	Alpine Himalaya from Kashmir to Sikkim; 3300–4300; W & C (16)	Fl (1)	Rheumatic arthritis <sup>42</sup> , Fever <sup>42</sup> , Hepatoprotective <sup>42</sup>	Picrorhiza acid [Cox-2 inhibitor]
		Rz (3)	Antiperiodic <sup>26</sup> , Appetizer <sup>26</sup> , Bile <sup>26</sup> , Dropsy <sup>26</sup> , Fever <sup>42</sup> , Hepatoprotective <sup>42</sup> , Intestinal infection <sup>47</sup> , Joint pain <sup>47</sup> , Rheumatic arthritis <sup>42</sup> , Roundworm <sup>47</sup> , Stomach problems <sup>47</sup> , Tonic <sup>26</sup> , Whooping cough <sup>47</sup>	
		Rt (13)	Appetizer <sup>58</sup> , Bronchial asthma <sup>38</sup> , Cold <sup>16, 54</sup> , Controls urination <sup>17</sup> , Cough <sup>16, 54</sup> , Dyspepsia <sup>8, 23, 38</sup> , Fever <sup>7, 8, 16, 23, 28, 54, 58</sup> , Gynecological disorders <sup>20</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Jaundice <sup>18, 27</sup> , Kidney complaints <sup>17</sup> , Liver ailments <sup>7, 28</sup> , Liver tonic <sup>28</sup> , Purgative <sup>8</sup> , Rheumatoid arthritis <sup>38</sup> , Scorpion sting <sup>23</sup> , Stomach ailments <sup>7, 28</sup> , Stomachache <sup>19</sup> , Stomachic <sup>8</sup> , Tonic <sup>19</sup> , Urinary disorder <sup>17</sup>	
		St (1)	Aphrodisiac <sup>7</sup> , Fever <sup>7</sup> , Liver ailments <sup>7</sup> , Stomach ailments <sup>7</sup>	
		WP (2)	Rheumatic arthritis <sup>42</sup> , Fever <sup>42</sup> , Hepatoprotective <sup>42</sup>	
<i>Plantago major</i> L.	Temperate and alpine Himalaya from Kashmir to Bhutan; 600–3500; W (6)	Lf (1)	Rheumatic arthritis <sup>42</sup> , Fever <sup>42</sup> , Hepatoprotective <sup>42</sup>	Hydroxytyrosol 1-glycosides [Exhibits antibacterial activity against <i>Escherichia coli</i> , <i>Staphylococcus aureus</i> and several plant pathogenic bacteria. Decreases some human leukocyte functions]  3',4',5',7'-Pentahydroxyflavanone [Mannosidase inhibitor, immunomodulatory agent]
		Rt (1)	Antiperiodic <sup>26</sup> , Appetizer <sup>26</sup> , Bile <sup>26</sup> , Dropsy <sup>26</sup> , Fever <sup>42</sup> , Hepatoprotective <sup>42</sup> , Intestinal infection <sup>47</sup> , Joint pain <sup>47</sup> , Rheumatic arthritis <sup>42</sup> , Roundworm <sup>47</sup> , Stomach problems <sup>47</sup> , Tonic <sup>26</sup> , Whooping cough <sup>47</sup>	
		Sd (2)	Appetizer <sup>58</sup> , Bronchial asthma <sup>38</sup> , Cold <sup>16, 54</sup> , Controls urination <sup>17</sup> , Cough <sup>16, 54</sup> , Dyspepsia <sup>8, 23, 38</sup> , Fever <sup>7, 8, 16, 23, 28, 54, 58</sup> , Gynecological disorders <sup>20</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Jaundice <sup>18, 27</sup> , Kidney complaints <sup>17</sup> , Liver ailments <sup>7, 28</sup> , Liver tonic <sup>28</sup> , Purgative <sup>8</sup> , Rheumatoid arthritis <sup>38</sup> , Scorpion sting <sup>23</sup> , Stomach ailments <sup>7, 28</sup> , Stomachache <sup>19</sup> , Stomachic <sup>8</sup> , Tonic <sup>19</sup> , Urinary disorder <sup>17</sup>	
		St (1)	Aphrodisiac <sup>7</sup> , Fever <sup>7</sup> , Liver ailments <sup>7</sup> , Stomach ailments <sup>7</sup>	
		WP (2)	Rheumatic arthritis <sup>42</sup> , Fever <sup>42</sup> , Hepatoprotective <sup>42</sup>	
<b>Poaceae</b> <i>Zea mays</i> L.	Native to South America, grown as a food crop in Northern India; -; C (5)	Kr (1)	Rheumatic arthritis <sup>42</sup> , Fever <sup>42</sup> , Hepatoprotective <sup>42</sup>	1,2-Dihydroxy-1,2,3-propanetricarboxylic acid [Shows antiviral properties] Maize basic peptide 1 [Defensin. Shows antimicrobial and antifungal activity]
		Gr (1)	Antiperiodic <sup>26</sup> , Appetizer <sup>26</sup> , Bile <sup>26</sup> , Dropsy <sup>26</sup> , Fever <sup>42</sup> , Hepatoprotective <sup>42</sup> , Intestinal infection <sup>47</sup> , Joint pain <sup>47</sup> , Rheumatic arthritis <sup>42</sup> , Roundworm <sup>47</sup> , Stomach problems <sup>47</sup> , Tonic <sup>26</sup> , Whooping cough <sup>47</sup>	
		Inf (1)	Appetizer <sup>58</sup> , Bronchial asthma <sup>38</sup> , Cold <sup>16, 54</sup> , Controls urination <sup>17</sup> , Cough <sup>16, 54</sup> , Dyspepsia <sup>8, 23, 38</sup> , Fever <sup>7, 8, 16, 23, 28, 54, 58</sup> , Gynecological disorders <sup>20</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Jaundice <sup>18, 27</sup> , Kidney complaints <sup>17</sup> , Liver ailments <sup>7, 28</sup> , Liver tonic <sup>28</sup> , Purgative <sup>8</sup> , Rheumatoid arthritis <sup>38</sup> , Scorpion sting <sup>23</sup> , Stomach ailments <sup>7, 28</sup> , Stomachache <sup>19</sup> , Stomachic <sup>8</sup> , Tonic <sup>19</sup> , Urinary disorder <sup>17</sup>	
		Sp (2)	Aphrodisiac <sup>7</sup> , Fever <sup>7</sup> , Liver ailments <sup>7</sup> , Stomach ailments <sup>7</sup>	
		WP (2)	Rheumatic arthritis <sup>42</sup> , Fever <sup>42</sup> , Hepatoprotective <sup>42</sup>	

				Synergistic antifungal protein [Enhances the antifungal activity of polyoxins, amphoterics and, especially, nikkomyicins] Chaetoglobosin P [Mycotoxin] <i>N,N</i> -Dicinnamoylputrescine [Lipoxygenase inhibitor. Antioxidant] 13-Hydroxy-10-oxo-11-octadecenoic acid [Cytotoxic agent] Zeatin [Cytokinin] 2,3-Dihydro-7-hydroxy-2-oxo-1 <i>H</i> -indole-3-acetic acid [Antioxidant] Zeamatin [Antifungal agent]
<b>Polygonaceae</b>				
<i>Persicaria amplexicaulis</i> (D.Don) Ronse Decr. [* <i>Polygonum amplexicaule</i> D.Don; <i>Bistorta amplexicaulis</i> (D.Don) Greene]	Western Himalaya; 1200–2500; W (9)	Lf (1) Rt/ Rz (8)	Fever <sup>62</sup> , Joint pain <sup>62</sup> Asthma <sup>70, 73</sup> , Burns <sup>49</sup> , Cold <sup>72</sup> , Cough <sup>72</sup> , Fever <sup>37</sup> , Headache <sup>37</sup> , Heart stimulant <sup>54</sup> , Indigestion <sup>37</sup> , Joint inflammation <sup>70</sup> , Rheumatism <sup>26, 37, 66</sup> , Stomach pain <sup>37</sup> , Tonic <sup>26</sup> , Wounds <sup>49</sup>	Isokhellactone [Antioxidant]
<i>Rheum australe</i> D. Don [* <i>Rheum emodi</i> Wall.]	Sub-alpine Himalaya, from Kashmir to Sikkim; 3300–5200; W & C (15)	Rt (15)	Abdominal pain <sup>39</sup> , Boils <sup>32, 34</sup> , Bone fracture <sup>21</sup> , Burns <sup>49</sup> , Cough <sup>39</sup> , Cuts <sup>42, 58, 66</sup> , General weakness <sup>21</sup> , Indigestion <sup>21</sup> , Internal injuries <sup>21</sup> , Joint pain <sup>58, 59</sup> , Joint swelling <sup>11</sup> , Joints dislocation <sup>28</sup> , Mumps <sup>42, 58</sup> , Muscular swelling <sup>42, 58</sup> , Rheumatic pain <sup>33, 37</sup> , Stomach problem <sup>58</sup> , Stomachache <sup>42</sup> , Tonsillitis <sup>58</sup> , Ulcer <sup>11, 49, 66</sup> , Wounds <sup>28, 29, 33, 36, 42, 49, 58, 66</sup>	1-(3,4-Dihydroxyphenyl)-2-(3,5-dihydroxyphenyl)ethylene [Shows antioxidative activity] 1,8-Dihydroxy-3-methylantraquinone [Cytotoxic]
<i>Rumex patientia</i> L. [* <i>Rumex patientia</i> subsp. <i>tibeticus</i> (Rech. f.) Rech. f.]	Afghanistan to Himachal Pradesh; 2100–4100; W (4)	Lf (3) Rt (1) Sht (1)	Backache <sup>13, 21</sup> , Fever <sup>21</sup> , Respiratory disorders <sup>3</sup> , Rheumatism <sup>13, 21</sup> , Skin diseases <sup>21</sup> , Throat sores <sup>3</sup> Purgative <sup>26</sup> Backache <sup>21</sup> , Fever <sup>21</sup> , Rheumatism <sup>21</sup> , Skin diseases <sup>21</sup>	3,3',4',5,7-Pentahydroxyflavan [Antioxidant]
<b>Primulaceae</b>				
<i>Primula denticulata</i> Sm.	Temperate Himalaya from Kashmir to Bhutan and in Khasi and Jaintia hills; 1300–4300; W (5)	Fl (1) Sht (1) WP (4)	Diabetes <sup>69</sup> , Urinary ailments <sup>69</sup> Cold <sup>21</sup> , Gastric disorders <sup>21</sup> , Headache <sup>21</sup> Anodyne <sup>26</sup> , Bowel complaints <sup>69</sup> , Giddiness <sup>5, 8</sup> , Headache <sup>5, 8</sup> , Piles <sup>69</sup> , Pulmonary diseases <sup>5, 8</sup>	2,2'-Dihydroxychalcone [Shows bactericidal properties]
<b>Ranunculaceae</b>				
<i>Aconitum heterophyllum</i> Wall. ex Royle	Found in northwestern Himalaya, cultivated in Himachal Pradesh; 2000–4000; W & C (28)	NA (2) Rt (26)	Aphrodisiac <sup>26</sup> , Astringent <sup>26</sup> , Cough <sup>26</sup> , Diarrhoea <sup>23</sup> , Dysentery <sup>23</sup> , Dyspepsia <sup>26</sup> , Inflammation <sup>23</sup> , Tonic <sup>23, 26</sup> Abdominal ailments <sup>29, 31, 44</sup> , Abdominal pain <sup>7, 13, 19, 35, 37, 47</sup> , Anthelmintic <sup>1, 40</sup> , Antiperiodic <sup>21</sup> , Arthritis <sup>46, 47</sup> , Cough <sup>36</sup> , Diabetes <sup>19, 35</sup> , Diarrhoea <sup>1, 5, 6, 7, 8, 27, 28, 37, 42</sup> , Dysentery <sup>1, 5, 6, 8, 27, 28, 37</sup> , Dyspepsia <sup>35, 47</sup> , Fever <sup>16, 21, 27, 28, 37, 42, 47</sup> , Gastric disorders <sup>19, 21</sup> , Gastro-intestinal complaints <sup>5, 6, 8</sup> , General weakness <sup>42</sup> , Headache <sup>21, 36, 39, 47</sup> , Hysteria <sup>35</sup> , Impotency <sup>42</sup> , Intestinal inflammation <sup>19</sup> , Intestinal worms <sup>13</sup> , Joint pain <sup>39</sup> , Malarial fever <sup>54</sup> , Piles <sup>6</sup> , Skin problems <sup>39</sup> , Spleen enlargement <sup>27</sup> , Stomach ailments <sup>21</sup> , Stomachache <sup>19, 37</sup> , Throat infection <sup>35</sup> , Throat swelling <sup>37</sup> , Tonic <sup>7</sup> , Toothache <sup>21, 30, 60</sup> , Urinary infection <sup>39</sup> , Vomiting <sup>19, 35, 37, 47</sup> , Worms <sup>5, 6, 8</sup>	–
<i>Aconitum violaceum</i> Jacquem. ex Stapf	Alpine zone of the Himalaya from Gilgit to Kumaon; 3600–4800; W (12)	WP (1) NA (1) Pt (1) Rt (10)	Febrifuge <sup>35</sup> Toothache <sup>23</sup> Cold <sup>47</sup> , Cough <sup>47</sup> , Fever <sup>47</sup> , Liver ailments <sup>47</sup> , Stomach problems <sup>47</sup> Anthelmintic <sup>40</sup> , Appetizer <sup>58</sup> , Asthma <sup>21</sup> , Cold <sup>21</sup> , Cough <sup>14, 21</sup> , Fever <sup>16, 21, 25, 58</sup> , Gastric disorders <sup>21</sup> , Gastrointestinal disorder <sup>6</sup> , Joint pain <sup>47</sup> , Renal pain <sup>6</sup> , Rheumatism <sup>6</sup> , Stomachic <sup>6</sup> , Toothache <sup>27, 47, 60</sup>	–
<i>Ranunculus trichophyllus</i> Chaix ex Vill.	Kashmir to Sikkim; up to 3200; W (3)	WP (1) Lf (1) WP (2)	Rheumatism <sup>8</sup> , Renal pain <sup>8</sup> Gum troubles <sup>3</sup> , Toothache <sup>3</sup> Diarrhoea <sup>19, 42</sup>	–
<b>Rubiaceae</b>				
<i>Rubia cordifolia</i> L.	Throughout India; up to 3700; W (12)	AP (1) Lf (1) Rt (10)	Ulcer <sup>49</sup> Astringent <sup>70</sup> , Menstrual disorder <sup>70</sup>	RA-IX [Exhibits virtually no antitumour activity] Bouvardin [Cytotoxic. Exhibits antitumour activities. Protein biosynth. inhibitor]

Table 4 (continued)

Family/botanical name [ <sup>a</sup> Synonym]	Distribution <sup>a</sup> ; altitudinal range in m asl; habitat (TC)	PU (PC)	Medicinal properties/ailments treated <sup>b</sup>	Some selected compounds [biological activities <sup>c</sup> ]
		St (3)	Astringent <sup>53</sup> , Cold <sup>16</sup> , Controls urination <sup>17</sup> , Cough <sup>16</sup> , Fever <sup>16</sup> , Gynecological disorders <sup>20</sup> , Indigestion <sup>19</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Jaundice <sup>18, 38</sup> , Kidney complaints <sup>17</sup> , Snake bite <sup>53</sup> , Stomach ailments <sup>26, 49</sup> , Stomachache <sup>19, 27, 38</sup> , Urinary disorder <sup>17</sup>	Rubicordifolin [Cytotoxic] 2,3-Epoxy-3-prenyl-1,4-naphthoquinone-2-carboxylic acid [Cytotoxic agent] Mollugin [Antiproliferative and cancer chemopreventive agent] RA-VIII, RA-IX and Bouvardin [Antitumour agents]
<b>Salicaceae</b>				
<i>Salix alba</i> L.	North western Himalaya; up to 2400; W & C (6)	Brk (3) Bu (1) Fl (1) Tw (1)	Anthelmintic <sup>40</sup> , Astringent <sup>61</sup> , Psoriasis <sup>61</sup> , Rheumatism <sup>61</sup> , Teeth cleaning <sup>58</sup> , Tonic <sup>61</sup> Fever <sup>21</sup> , Knee pain <sup>21</sup> , Hip pain <sup>21</sup> Nerve tonic <sup>62</sup> Tooth sticks <sup>52</sup>	–
<b>Saxifragaceae</b>				
<i>Bergenia ciliata</i> (Haw.) Sternb.	Temperate Himalaya from Kashmir to Bhutan; 900–3000; W (9)	Lf (2) Rt/ Rz (9)	Fever <sup>47, 69</sup> , Headache <sup>47</sup> Asthma <sup>73</sup> , Abrasions <sup>62</sup> , Bladder stone <sup>27</sup> , Diarrhoea <sup>63</sup> , Digestive ailments <sup>69</sup> , Kidney stone <sup>27, 42</sup> , Menstrual irregularities <sup>69</sup> , Pulmonary infections <sup>65</sup> , Skin diseases <sup>67</sup> , Tonic <sup>27, 69</sup> , Wounds <sup>42, 47, 67</sup>	–
<i>Bergenia stracheyi</i> (Hook.f. & Thomson) Engl.	Western Himalaya from Afghanistan to Uttarakhand; 3300–4500; W (9)	WP (1) Fl (1) Lf (1) Rt/ Rz (8) WP (1)	Wounds <sup>69</sup> Cuts <sup>21</sup> , Stomachache <sup>21</sup> , Stone problems <sup>21</sup> , Urinary problem <sup>21</sup> , Wounds <sup>21</sup> Cuts <sup>21</sup> , Stomachache <sup>21</sup> , Stone problems <sup>21</sup> , Urinary problem <sup>21</sup> , Wounds <sup>21</sup> Carminative <sup>7</sup> , Cuts <sup>21, 58</sup> , Diarrhoea <sup>23</sup> , Diuretic <sup>17</sup> , Fever <sup>23</sup> , Gynecological disorders <sup>20</sup> , Joints swelling <sup>58</sup> , Kidney stone <sup>17, 23</sup> , Mouth ulcer <sup>44</sup> , Ophthalmia <sup>23</sup> , Stomachache <sup>19, 21</sup> , Stone problems <sup>21</sup> , Tonic <sup>23</sup> , Urinary problem <sup>21</sup> , Wounds <sup>21, 58</sup> Renal calculi <sup>5</sup>	–
<b>Scrophulariaceae</b>				
<i>Verbascum thapsus</i> L.	Temperate Himalaya, Western Ghats and the Nilgiris; up to 2500; W (11)	Fl (2) Fr (1) Lf (6) NA (1) Rt (1) Sd (2) St (1) WP (1)	Burns <sup>49</sup> , Ear ailments <sup>25</sup> Blood diseases <sup>21</sup> , Cuts <sup>21</sup> , Diuretic <sup>21</sup> , Infection <sup>21</sup> , Sores <sup>21</sup> , Wounds <sup>21</sup> Abscess <sup>72</sup> , Asthma <sup>49, 65</sup> , Blood diseases <sup>21</sup> , Burns <sup>49</sup> , Cold <sup>58</sup> , Constipation <sup>63</sup> , Cuts <sup>21</sup> , Diuretic <sup>21</sup> , Dysentery <sup>58</sup> , Infection <sup>21</sup> , Mental relaxation <sup>58</sup> , Pulmonary problems <sup>65</sup> , Sores <sup>21</sup> , Styptic <sup>72</sup> , Wounds <sup>21, 58</sup> Asthma <sup>23</sup> , Inflammation <sup>23</sup> , Pulmonary complaints <sup>23</sup> Burns <sup>26</sup> Asthma <sup>49</sup> , Gynecological disorders <sup>20</sup> Blood diseases <sup>21</sup> , Cuts <sup>21</sup> , Diuretic <sup>21</sup> , Infection <sup>21</sup> , Sores <sup>21</sup> , Wounds <sup>21</sup> Asthma <sup>73</sup>	Rotenone [Antineoplastic agent. Contact insecticide and pesticide. Potent mitochondrial poison. Toxic against <i>Artemia salina</i> (brine shrimp)] 11,13(18)-Oleanadiene-3,16,23,28-tetrol [Shows antiinflammatory properties] Aucubigenin [Antibacterial and phytotoxic agent. Antihistamine releasing inhibitor. Germination inhibitor. Inhibitor of 5-lipoxygenase and cAMP phosphodiesterase]
<b>Solanaceae</b>				
<i>Datura stramonium</i> L.	From Kashmir to Sikkim and hilly districts of Central and South India; up to 2700; W (22)	Lf (9) NA (1) Ol (1) Sd (13) St (1)	Antispasmodic <sup>26</sup> , Asthma <sup>26, 38, 73</sup> , Boils <sup>32, 34</sup> , Bronchitis <sup>26</sup> , Ear ailments <sup>21</sup> , Impotency <sup>21</sup> , Insect bite <sup>47</sup> , Intestinal worms <sup>21</sup> , Jaundice <sup>18</sup> , Narcotic <sup>26</sup> , Respiratory disorders <sup>21</sup> , Swelling <sup>72</sup> Narcotic <sup>52</sup> , Antispasmodic <sup>52</sup> Boils <sup>58</sup> , Headache <sup>58</sup> , Skin diseases <sup>58</sup> Anthelmintic <sup>40</sup> , Antiseptic <sup>33</sup> , Antispasmodic <sup>26</sup> , Asthma <sup>26, 33, 38</sup> , Bronchitis <sup>26</sup> , Chilblain <sup>47</sup> , Cough <sup>41</sup> , Dandruff <sup>33, 38</sup> , Frostbite <sup>43</sup> , Hair loss <sup>33</sup> , Headache <sup>41, 47</sup> , Joint pain <sup>59</sup> , Narcotic <sup>26</sup> , Rheumatism <sup>22, 26, 29, 43, 47, 52, 54</sup> , Tonic <sup>43</sup> , Toothache <sup>30, 33, 43, 47</sup>	Tropine tropate [Mydriatic, antispasmodic and cycloplegic agent. Smooth muscle relaxant. Used in preanaesthetic medication to prevent reflex bradycardia and bronchospasm and to decrease gland secretions. Reduces rigidity in parkinsonism. Antidote to poisoning with parasympathomimetic agents, e.g. nerve gases, organophosphorus insecticides. Cause of deliberate and accidental poisoning of humans and livestock] Apotropine [Antispasmodic agent]



<i>Hyoscyamus niger</i> L.	Native to Europe and Asia, occurs in the temperate Himalaya from Kashmir to Garhwal; 2100–3300; W (16)	WP (3)	Aphrodisiac <sup>21</sup> , Ear ailments <sup>21</sup> , Impotency <sup>21</sup> , Intestinal worms <sup>21</sup> , Respiratory disorders <sup>21</sup>	1-Amino-8-azabicyclo[3.2.1]octane-2,3,4-triol [Shows glycosidase inhibitory activity]
		Fl (1)	Antiseptic <sup>37</sup> , Asthma <sup>37</sup> , Dandruff <sup>67</sup> , Hair loss <sup>37</sup> , Insanity <sup>70</sup> , Jaundice <sup>54</sup> , Narcotic <sup>37</sup> , Stomach troubles <sup>54</sup> , Toothache <sup>37</sup>	
		Fr (1)	Asthma <sup>42</sup> , Nervousness <sup>42</sup> , Whooping cough <sup>42</sup>	
		Lf (6)	Asthma <sup>26</sup> , Narcotic <sup>26</sup> , Sedative <sup>26</sup> , Whooping cough <sup>26</sup> , Arthritis <sup>47</sup> , Asthma <sup>5, 8, 21, 26, 42</sup> , Cough <sup>21</sup> , Headache <sup>21</sup> , Narcotic <sup>26</sup> , Nervousness <sup>42</sup> , Sedative <sup>5, 8, 21, 26, 47</sup> , Toothache <sup>21</sup> , Whooping cough <sup>5, 8, 26, 42</sup>	
		NA (2)	Asthma <sup>23</sup> , Dysentery <sup>54</sup> , Indigestion <sup>54</sup> , Intestinal worms <sup>54</sup> , Whooping cough <sup>23</sup>	
<i>Solanum americanum</i> Mill. [ <i>Solanum nigrum</i> L.]	Throughout India, in dry parts; up to 2100; W (14)	Sd (11)	Abdominal pain <sup>28</sup> , Arthritis <sup>46</sup> , Asthma <sup>73</sup> , Astringent <sup>5, 8</sup> , Pain <sup>26</sup> , Toothache <sup>30, 31, 35, 36, 47</sup>	Verazine [Shows antifungal activity] GMD 1630 [Shows antitumour activity]
		St (1)	Asthma <sup>21</sup> , Cough <sup>21</sup> , Headache <sup>21</sup> , Sedative <sup>21</sup> , Toothache <sup>21</sup>	
		WP (1)	Asthma <sup>27</sup> , Whooping cough <sup>27</sup>	
		Fr (5)	Cold <sup>16</sup> , Constipation <sup>45</sup> , Cough <sup>16, 67</sup> , Eyesight <sup>45</sup> , Fever <sup>16</sup> , Gynecological disorders <sup>20</sup> , Heart palpitation <sup>45</sup> , Jaundice <sup>45, 67</sup> , Painful urination <sup>17</sup> , Piles <sup>67</sup> , Promotes urination <sup>17</sup> , Stomach problems <sup>45</sup>	
		Lf (5)	Acne <sup>72</sup> , Boils <sup>22</sup> , Eye inflammation <sup>72</sup> , Goitre <sup>22, 29</sup> , Jaundice <sup>72</sup> , Kidney inflammation <sup>70</sup> , Oedema <sup>70</sup> , Pimples <sup>72</sup> , Stomachache <sup>19</sup>	
Sd (2)	Boils <sup>22</sup> , Goitre <sup>22, 29</sup>			
WP (4)	Abdominal pain <sup>37</sup> , Appetizer <sup>26</sup> , Asthma <sup>26</sup> , Dysentery <sup>26</sup> , Fever <sup>26</sup> , Headache <sup>28</sup> , Heart diseases <sup>37</sup> , Hepatitis <sup>37</sup> , Laxative <sup>26</sup> , Rheumatism <sup>64</sup> , Skin diseases <sup>26, 28</sup> , Stomach ailments <sup>26</sup> , Tonic <sup>26</sup> , Ulcer <sup>26</sup>			
<b>Taxaceae</b>				
<i>Taxus wallichiana</i> Zucc. [ <i>Taxus baccata</i> subsp. <i>wallichiana</i> (Zucc.) pilg.]	Temperate Himalaya, Khasi Hills and Manipur; 2100–3400; W (8)	Brk (4)	Arthritis <sup>46, 49</sup> , Asthma <sup>27, 49, 73</sup> , Bronchitis <sup>27</sup> , Giddiness <sup>49</sup> , Headache <sup>49</sup>	Taxol [Antileukaemic and antineoplastic agent, esp. against melanoma and ovarian tumours. Use limited by low solubility. Biochemical tool extensively used to study cellular shape and function. Also shown to be active against oomycete fungi] 5,20-Epoxy-1,2,4,7,10,13,19-heptahydroxy-11-taxen-9-one and 4,20-Epoxy-11-taxene-1,2,5,7,9,10,13-heptol [Tubulin assembly promoters] $\alpha$ -Conidendrin [Shows potent cytotoxic activity] 3,3',4,4',9-Pentahydroxy-7,9'-epoxylignan [Shows anticancer activity against various human cell lines] Secoisolaricresinol [Shows potent cytotoxic activity]
Fr (1)	Antiseptic <sup>56</sup> , Sedative <sup>56</sup>			
Lf (4)	Asthma <sup>23, 65, 73</sup> , Bronchitis <sup>23, 65</sup> , Cough <sup>65</sup> , Epilepsy <sup>23</sup> , Indigestion <sup>63</sup>			
<b>Urticaceae</b>				
<i>Urtica dioica</i> L.	North western Himalaya from Kashmir to Nepal; 2400–3600; W (22)	AP (1)	Dandruff <sup>26</sup>	9-Hydroxy-10,12-octadecadienoic acid [Prostaglandin agonist/antagonist, adenylyl cyclase regulator in thrombocytes] 3'-Hydroxyacetophenone [Phytoanticipin active against <i>Fusarium</i> sp.] 14-Octacosanol [Aromatase inhibitor]
Lf (10)	Anthelmintic <sup>40</sup> , Hypertension <sup>47</sup> , Blood purifier <sup>69</sup> , Boils <sup>22, 26</sup> , Dandruff <sup>22, 32, 34, 38</sup> , Hair stimulant <sup>32</sup> , Rheumatism <sup>38, 43</sup> , Skin infections <sup>25</sup> , Wounds <sup>22, 26</sup>			
NA (1)	Anthelmintic <sup>23</sup> , Astringent <sup>23</sup> , Diuretic <sup>23</sup> , Jaundice <sup>23</sup> , Nephritic <sup>23</sup>			
Rt (9)	Blister <sup>47</sup> , Cuts <sup>58</sup> , Dandruff <sup>32, 34</sup> , Hair stimulant <sup>32</sup> , Joint pain <sup>36</sup> , Paralysis <sup>58</sup> , Rheumatism <sup>31, 35, 39</sup> , Toothache <sup>30</sup> , Wounds <sup>31, 35, 39, 47, 58</sup>			
WP (6)	Bone fracture <sup>69</sup> , Dandruff <sup>33, 37</sup> , Fever <sup>33, 37, 41</sup> , Fracture <sup>33, 37</sup> , Gastric disorders <sup>69</sup> , Gout <sup>70</sup> , Hyperacidity <sup>69</sup> , Jaundice <sup>18, 41</sup> , Rheumatism <sup>69</sup> , Skin infections <sup>33, 37</sup> , Sprain <sup>70</sup> , Stomachache <sup>33, 37</sup> , Wounds <sup>33, 37, 41</sup>			
<b>Zygophyllaceae</b>				
<i>Tribulus terrestris</i> L.	Throughout India; up to 5400; W (12)	Fl (1)	Nausea <sup>53</sup>	Spirost-5-ene-1,3-diol [Antiinflammatory agent, venotonic, used in the local treatment of haemorrhoids] Furost-5-ene-3,22,26-triol [Cytotoxic. Nucleic acid and protein synthesis inhibitor] 7-Hydroxy-1-methyl- $\beta$ -carboline [Shows antiparasitic activity. Active against Gram-positive bacteria and fungi] 4-Hydroxyphenethylamine [Lipoxygenase inhibitor. Antioxidant]
Fr (9)	Kidney stone <sup>70</sup> , Urinary tract infection <sup>70</sup> , Diuretic <sup>44</sup> , Jaundice <sup>49</sup> , Kidney complaints <sup>44</sup> , Kidney stone <sup>49</sup> , Urinary infection <sup>44</sup> , Uterine disorders <sup>49</sup> , Cold <sup>16</sup> , Controls urination <sup>17</sup> , Cough <sup>16</sup> , Diuretic <sup>5, 8, 15</sup> , Gynecological disorders <sup>20</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Kidney complaints <sup>5, 8, 17</sup> , Lithonriptic <sup>5, 8</sup> , Micturation <sup>8</sup> , Urinary disorder <sup>17</sup>			

Table 4 (continued)

Family/botanical name [Synonym]	Distribution <sup>a</sup> ; altitudinal range in m asl; habitat (TC)	PU (PC)	Medicinal properties/ailments treated <sup>b</sup>	Some selected compounds [biological activities] <sup>c</sup>
	Sd (2) Impotency male <sup>72</sup> , Diuretic <sup>72</sup> , Urinary disorder <sup>7</sup> WP (1) Burns <sup>69</sup>			N,N'-Dicinnamoylputrescine [Lipoxygenase inhibitor: Antioxidant] Grossamide [Hepatoprotective agent] Spirostane-2,3-diol [Antiinflammatory agent] Terrestrial acid [Antifungal agent]
<p><b>Abbreviations:</b> AP=Aerial Parts, Bct=Bract, Bd=Bud, Bk=Berry, Bu=Bulb, C=Cultivated, Ex=Exocarp, Fl Bd=Flowering Bud, Fl=Flower, Fr=Fruit, Frd=Frond, Gr=Grains, Gu=Gum, Hds=Heads, HWd=Heartwood, Inf=Inflorescence, J=Jammu, K=Kashmir, Kr=Kernell, L=Ladakh, Lf=Leaf, Lt=Latex, NA=Not Available, Nd=Needle, Ol=Oil, PC=Total number of times plant part cited in literature, Po=Pod, Pt=Petals, Pt=Petiole, PU=Part Used, Res=Resin, Rt=Root, Rz=Rhizome, Sd=Seed, Sht=Shoot, Sp=Spine, St=Stem, Stl=Stalks, Sto=Stolon, TC=Total number of times plant part cited in the literature, Thn=Thorn, Tu=Tuber, Tw=Twig, W &amp; C=Wild and Cultivated, W=Wild, Wd=Wood, and WP=Whole Plant.</p> <p><sup>a</sup> Source: Gaur (1999) and Khare (2007).</p> <p><sup>b</sup> Studies from Ladakh division (source nos. 1, 4–21 and 73), Kashmir division (source nos. 3, 22–50 and 73) and Jammu division (source nos. 1, 2 and 51–72). Source: 1=Sand and Badola (1987), 2=Sharma (1991), 3=Kak (2007), 4=Gupta et al. (1980), 5=Gupta et al. (1981), 6=Shrivastava et al. (1981), 7=Uniyal (1981), 8=Shrivastava and Gupta (1982), 9=Uniyal and Issar (1988), 10=Navchoo and Buth (1989), 11=Kaul et al. (1990a), 12=Bhattacharya (1991), 13=Dhar and Siddique (1993), 14=Chaurasia et al. (1999), 15=Chaurasia et al. (2003), 16=Ballabh and Chaurasia (2007), 17=Ballabh et al. (2008a), 18=Ballabh et al. (2008b), 19=Ballabh and Chaurasia (2009), 20=Ballabh and Chaurasia (2011), 21=Angmo et al. (2012), 22=Dar et al. (1984), 23=Shrivastava et al. (1984), 24=Katiyar et al. (1990), 25=Kaul et al. (1990b), 26=Naqshi et al. (1993), 27=Kapahi et al. (1993), 28=Singh (2002), 29=Beigh et al. (2003), 30=Ganai and Nawchoo (2003), 31=Khan et al. (2004), 32=Chak et al. (2008), 33=Baba et al. (2012), 34=Chak et al. (2009), 35=Tantray et al. (2009), 36=Malik et al. (2011a), 37=Malik et al. (2011b), 38=Bhat et al. (2012), 39=Mala et al. (2012), 40=Tariq and Tantry (2012), 41=Khan et al. (2013), 42=Gupta et al. (2013), 43=Hassan et al. (2013), 44=Jeelani et al. (2013), 45=Lone and Bhardwaj (2013b), 47=Lone and Bhardwaj (2013c), 48=Lone et al. (2013a), 49=Lone et al. (2013b), 50=Shapoo et al. (2013), 51=Lee et al. (1984), 52=Kumar and Naqshi (1990), 53=Kapoor and Nanda (1992), 55=Kumar et al. (1993), 56=Kim et al. (1999), 57=Mahmud et al. (2008), 58=Kumar et al. (2009), 59=Kumar and Hamal (2011), 60=Khan et al. (2012), 61=Kumar and Bhagat (2012), 62=Mahajan et al. (2012), 63=Rashid (2012a), 64=Kashid (2012b), 65=Rashid (2012c), 66=Shah et al. (2012), 67=Azad and Bhat (2013), 68=Bhushan and Kumar (2013), 69=Dangwal and Singh (2013), 70=Kumari et al. (2013), 71=Azad (2013), 72=Bhatia et al. (2014), and 73=Singh (1995).</p> <p><sup>c</sup> Source: DNP (2014).</p>				

Ethnomedicinal plant species with consensus in all the three divisions of J&K are given in Table 4 along with their botanical name, family, synonym, distribution, altitudinal range (m asl), habitat, number of times species cited, plant part used, number of times plant part cited, medicinal property/ailment treated and some selected compounds extracted from the plant with their biological activities. Eleven plant species used in all the three divisions were cultivated viz., *Alcea rosea* L., *Allium sativum* L., *Coriandrum sativum* L., *Daucus carota* L., *Euphorbia nerifolia* L., *Juglans regia* L., *Mentha longifolia* (L.) L., *Ocimum basilicum* L., *Phyllanthus emblica* L., *Punica granatum* L. and *Zea mays* L., whereas 47 plant species were wild. Remaining ten plant species were both cultivated as well as available in the wild viz., *Aconitum heterophyllum* Wall. ex Royle, *Acorus calamus* L., *Chenopodium album* L., *Epilobium angustifolium* L., *Picrorhiza kurroa* Royle ex Benth., *Rheum australe* D. Don, *Salix alba* L., *Saussurea costus* (Falc.) Lipsch., *Sinopodophyllum hexandrum* (Royle) T.S.Ying and *Thymus serpyllum* L. Since some of these plant species like *Aconitum heterophyllum* Wall. ex Royle, *Acorus calamus* L., *Picrorhiza kurroa* Royle ex Benth., *Rheum australe* D. Don, *Saussurea costus* (Falc.) Lipsch. and *Sinopodophyllum hexandrum* (Royle) T.S.Ying are in high demand in the international market, agrotechnology has been developed for them, but they are still cultivated at low very scale in the region. Therefore, even after cultivation they are mainly collected from the wild. The study has also revealed that there are some plant species, such as *Mentha longifolia* (L.) L., *Juglans regia* L., *Punica granatum* L., *Phyllanthus emblica* L. and *Zea mays* L., which are not native to the region but have found important role in the ethnomedicine of the region and are used in all the three divisions.

### 3.3. Ethnomedicinal plant taxa used to treat major ailments

The present study has revealed that indigenous communities of J&K use large number of ethnomedicinal plants to treat almost all the diseases prevalent in the region. We have tried to group plant species according to the similar types of diseases affecting same part of the body (Table 5). Cause or mode of a particular disease even in same group may vary according to causal agent or nature of the disease. Therefore, readers should practice caution while deducing strict inferences from them, and consult Appendix A–C and original publications with all the details to come to any solid conclusion. Nevertheless this grouping will help us in understanding general medicinal qualities of the plants used in the region. Maximum numbers of medicinal taxa were used for treating dermatological or skin related diseases (321 taxa). Recently, Sharma et al. (2013a) and Sharma et al. (in preparation) have also reported 109 and 90 medicinal plants used to treat various skin diseases by Gujjar and Tharu communities of Sub-Himalayan tract of Uttarakhand, India, respectively. A total of 250 taxa were used for treatment of cold, cough and throat related ailments, besides that 224 taxa were used to treat fever. There is a lack of epidemiological studies in the state of J&K, but diseases like cold, cough and fever are very common in the region, which may be the main reason for use of large numbers of plants to treat these diseases. According to Rehman et al. (2004), the most common ailment prevalent in the Ladakh division is arthritis followed by peptic disorders, whereas diseases like diabetes, malaria, TB, carcinomas, heart ailments, mental disorders etc are less prevalent in the region. Their study also showed that the physical environment and socio-economic conditions were associated with the prevalence of these diseases (Rehman et al., 2004). Similarly about one-fourth of the population in Jammu has rheumatic complaints (Mahajan et al., 2003). The present study has listed 215 taxa to treat joint and muscle related ailments. In the present study 12 taxa were found to be used for treating epilepsy in the J&K. Recently, Sharma et al. (2013b), have recorded 24 taxa used for treatment of epilepsy by indigenous communities of sub-Himalayan region of Uttarakhand, India. In the same article Sharma et al. (2013b) have also provided a list of 125

**Table 5**

Disease groups according to medicinal property/ailment treated using medicinal plants by indigenous communities of J&amp;K, India.

Disease group	Medicinal property/ailment treated
Anthelmintic	Guinea worm, Roundworm, Tapeworm, Thread worm, Other internal worms
Anti inflammatory	Antiphlogistic, Anti inflammatory
Antidote for animal bite	Snake bite, Scorpion sting, Insect bite
Aphrodisiac	Aphrodisiac
Appetizer	Appetizer, Stomachic
Astringent	Astringent, Styptic
Blood related ailments	Anemia, Blood enhancer, Blood infection, Blood purifier, Coagulant, Hemorrhage, Haemostatic, Hypertension
Body pain	Analgesic, Anodyne, Backache, Body ache, Headache, Hemicrania, Hip pain, Lumbago, Lumbar pain, Neck pain, Shoulder pain
Cardiac ailments	Angina pectoris, Cardiac stimulant, Cardio tonic, Heart pain, Heart palpation
CNS, Brain and memory related disorders	Analeptic, Anxiety, Cerebral disorders, Cerebral tonic, Concussions, Contusions, Convulsions, Depression, Epilepsy, Giddiness, Hysteria, Insanity, Insomnia, Madness, Melancholia, Memory enhancer, Mental disorders, Mental relaxation, Mental tension, Mental weakness, Migraine, Narcotic, Nerve sedative, Nerve tonic, Nervous disorder, Nervous stimulant, Nervousness, Neuralgia, Neurological problem, Mental Retardness, Rheumatic arthritis, Sciatica, Sedative, Stimulant, Vertigo
Cold, cough and throat related ailments	Expectorant, Cold, Cough, Demulcent, Pharyngitis, Sore throat, Throat infection, Throat problems, Throat ache, Whooping cough
Dental or oral ailments	Antiscorbutic, Gum pain, Gum swelling, Gums bleeding, Mouth blisters, Mouth diseases, Mouth wash, Oral ulcers, Stomatitis, Tongue diseases, Tooth cleaning, Tooth infection, Toothache
Dermatological problems	Abrasions, Abscess, Acne, Blemishes, Blisters, Boils, Bruises, Burns, Carbuncles, Chilblain, Cracked heels, Cuts, Dermatitis, Eczema, Emollient, Face nourishment, Frost bite, Frozen feet, Gangrene, Itching, Leucoderma, Pimples, Pruritus, Psoriasis, Pus, Ringworm, Rubefacient, Scabies, Skin allergies, Skin cracks, Skin eruptions, Skin fissures, Skin infections, Skin inflammation, Skin irritation, Skin rashes, Skin sores, Tumor, Vitiligo, Vesicating, Warts, Wounds
Diabetes	Diabetes
Dropsy	Dropsy
Ear ailments	Ear inflammation, Earache, Otagia, Otorrhoea
Anti-Emetic	Emetic
External parasites	Hair Lice
Fever	Antipyretic, Febrifuge, Fever, Hay fever, Hyperpyrexia, Intermittent fever, Pneumonia, Pyrexia
Gastrointestinal disorders	Abdominal ailments, Abdominal cramps, Abdominal gas, Abdominal pain, Abdominal spasms, Abdominal swelling, Abdominal upset, Acidity, Aperients, Bladder diseases, Bladder irritation, Bladder ulceration, Bladder/ urine tract burning sensation, Bowel infections, Carminative, Cholera, Colic complaints, Constipation, Depurative, Diarrhoea, Dysentery, Dyspepsia, Flatulence, Food poisoning, Gall bladder problems, Gastric disorders, Gastritis, Gastroenteritis, Gastrointestinal disorder, Hyperacidity, Intestinal complaints, Intestinal cramps, Intestinal infections, Intestinal inflammation, Intestinal swelling, Intestinal ulcers, Laxative, Peptic ulcers, Purgative, Stomach cramps, Stomach upset, Stomachache
General health	Asthenia, Debility, Energy boosting, General debility, Health promoting, Kwashiorkor, Life span increasing, Marasmus, Muscle strength, Obesity, Rejuvenating, Revitalizing, Tonic
Gynecological disorders	Abortifacient, Amenorrhoea, Birth control, Dysmenorrhoea, Easy Delivery, Emmenagogue, Female weakness, Galactagogue, General weakness after delivery, Labour pain, Leucorrhoea, Menorrhoea, Menstrual cramps, Menstrual disorder, Sexual weakness in women
Hair complaints	Alopecia, Baldness, Dandruff, Hair damage, Hair dye, Hair fall, Hair regeneration, Hair tonic, Hair wash
Joint and muscle related ailments	Antispasmodic, Arthralgia, Arthritis, Cervicalgia, Dislocated joints, Gout, Joint inflammation, Joint pain, Joint stiffness, Joint swelling, Knee pain, Muscular atrophy, Muscular pain, Muscular strength, Muscular swelling, Rheumatic pain, Rheumatism, Sprain
Liver complaints	Ascites, Biliary disorders, Hepatic disorders, Hepatic enlargement, Hepatic stimulant, Hepatitis, Hepatoprotective, Jaundice, Liver cirrhosis, Liver tonic
Malaria	Malaria
Male genital problems	Fertility, vitality, Impotency, Semen deficiency, Seminal debility, Spermatorrhoea, Testicular swelling
Ophthalmological disorders	Abscesses of eye lid, Conjunctivitis, Defective eye vision, Eye disinfectant/ lotion, Eye infection, Eye irritation/ itching/ redness, Eye pain, Eye sight improvement, Eye sores, Eye swelling, Mydriatic, Ophthalmia, Other ophthalmic ailments
Piles and fissures	Piles, Fissure, Fistular sores, Hemorrhoids
Respiratory disorders	Asthma, Bronchial catarrh, Bronchial troubles, Bronchitis, Bronchodilator, Chest congestion, Chest infection, Chest inflammation, Chronic bronchitis, Lung pain, Lung problems, Lung tuberculosis, Lungs sputum, Measles
Body stones	Gall bladder stones, Kidney stone, Renal calculi, Renal colic, Lithontriptic
Urogenital disorders	Controls urination, Cystitis, Diuretic, Dysuria, Haematuria, Hemorrhage of Kidney, Kidney inflammation and bleeding, Kidney laceration, Micturition, Nephritic, Painful urination, Promotes kidney function, Removes blocked urine, Renal complaints, Renal pain, Urinary bladder pain, Urinary irritation, Urinary problem, Urinary tract infection, Uterine bleeding, Uterine diseases, Uterine tumors

plant species used to treat epilepsy by various indigenous communities in India. We have also recorded that 58 taxa are used for the treatment of Jaundice in J&K region. Earlier, [Sharma et al. \(2012\)](#) have recorded 40 ethnomedicinal plant species used for treatment of Jaundice by the indigenous communities of sub-Himalayan region of Uttarakhand, India. [Sharma et al. \(2012\)](#) had also reviewed ethnomedicinal literature of India and provided a detailed list of 214 hepatoprotective plant species used by the indigenous communities of India. In the present study we have listed 143 taxa used for the treatment of dysentery and diarrhoea. Recently, [Gairola et al. \(2013\)](#) have reported 50 ethnomedicinal plant species used by Bhoja community of district Dehradun, Uttarakhand, India to treat dysentery and diarrhoea.

Large numbers of medicinal plants were also used by the indigenous communities of J&K to treat various other ailments viz., gastrointestinal disorders (210 taxa), urogenital ailments (199 taxa), respiratory ailments (151 taxa), body pain (135 taxa), gynecological

disorders (127 taxa), general health (118 taxa), central nervous system, brain and memory related disorders (115 taxa), dental or oral ailments (114 taxa), anthelmintic (113 taxa), liver complaints (109 taxa), blood related ailments (85 taxa), ophthalmological (73 taxa), appetizer (67 taxa), astringent (63 taxa), cardiac ailments (49 taxa), hair complaints (47 taxa), piles and fissures (41 taxa), antidote for animal bite (39 taxa), body stones (33 taxa), dropsy (26 taxa), diabetes (25 taxa), ear ailments (24 taxa), anti inflammatory (22 taxa), aphrodisiac (21 taxa), male genital problems (17 taxa), malaria (14 taxa), anti emetic (11 taxa) and external parasites (6 taxa) ([Appendix A–C](#)).

### 3.4. Vernacular names

Although the official language of J&K is Urdu, but various other languages like Hindi, Kashmiri, Ladakhi and Dogri with varying local dialects are spoken by various indigenous communities in the region

(Table 1). Therefore, there is a wide range of diversity in vernacular names spoken by various indigenous communities at local scale. Earlier, Kak (1983) had compiled a list of Kashmiri names for 500 plant species. In the present article we have tried to compile available vernacular names of the listed plant species used by the indigenous communities in the three divisions of J&K. Vernacular names for almost all the listed plant species are given after botanical names in Appendix A–C with information about region in which they are spoken.

Many of the listed medicinal plants in the present study are not only used by these indigenous communities, but these plants are also traded in the domestic as well as in international market in large amounts after extraction from the wild. As these species are collected from the wild by the local people, they are collected and traded solely on the basis of their vernacular names. Besides that these plants are mainly known by their local or vernacular names in the market since traders do not have scientific knowledge, which causes a lot of scope of adulteration, substitution or confusion. For example, plants with vernacular names of Banafsha or Bunufsha, Kala jeera, Pahend, Rasaunt, etc have very large demand in the market. But there are many plants in the region which are known by these vernacular names. In many cases taxonomic identity of the plant solely basing on the popular name in the market and having specific medicinal properties is difficult to ascertain, if we do not have knowledge about both vernacular and botanical names of the plants. It is pertinent to point out here, that many plants with same vernacular name are generally interchangeably used for the same purpose; these groups of plants may have similar medicinal properties or group of compounds. It would be interesting to study similarity in the medicinal properties or chemical profiles of these plants, which is a topic of further research.

In many cases different spellings or variants of the same vernacular name of the plant species were observed. For example, spelling of vernacular name of *Prunella vulgaris* L. in Kashmir was given as “Kalaveuth, Kal-veoth, Kalvuth and Kalweoth” in different articles, which may be due to differences in translation from native language to the English language. According to Samarín (1967), Pike (1971) and Lipp (1989), unless the researcher has received linguistic training in phonemic and phonetic transcription or uses a tape recorder, his only recourse is to make the best, approximate attempt at transcription, using ordinary phonetic orthography. Nevertheless, we have retained all these variants in Appendix A–C, so that these variants could help future researchers in making educated guess about the identity of the plant species. This information will be very useful for future field research projects where these names may give general idea about the botanical identity of the plant species in the field itself. Moreover, due to location of the state of J&K, these names are also of use to at least three countries viz., India, Pakistan and China, where same or similar vernacular names are spoken for many of these species in the adjoining regions.

Even though vernacular names can give some rough clue about the identity of the plant species in question, but present study also confirms that vernacular names are not exactly suitable for final identification of the plant species. Present study showed that more than one vernacular name is used by different communities of J&K for the same plant species in most of the cases. Besides that in many cases same vernacular name is used for more than one species. For example, all the seven species of *Viola* listed in the present study viz., *Viola biflora*, *Viola canescens*, *Viola indica*, *Viola kunawurensis*, *Viola odorata*, *Viola pilosa* and *Viola sylvatica* are known as “Banafsha or Bunufsha” in the local languages in both Jammu and Kashmir divisions. Similarly, five species of *Artemisia* viz., *Artemisia absinthium*, *Artemisia dracunculus*, *Artemisia maritima*, *Artemisia moorcroftiana* and *Artemisia gmelinii* are known as “Burtse” in Ladakh. All the three species of *Rumex* viz., *Rumex acetosa*, *Rumex dentatus* and *Rumex nepalensis* are known by same vernacular names in Kashmir i.e., Abij or Abuj. *Cortia depressa* and three species of *Thalictrum* viz.,

*Thalictrum minus*, *Thalictrum foetidum* and *Thalictrum foliolosum* are known as “Chakchoo or Chakchu” in Ladakh. In Kashmir, all the three species of *Jurinea* viz., *Jurinea ceratocarpa*, *Jurinea dolomiaea* and *Jurinea macrocephala* are known as “Dhupa”; *Euphorbia helioscopia*, *Lavatera kashmiriana*, *Malva sylvestris* and *Ranunculus arvensis* are known as “Gur sochal or Gursauchal”; both *Thymus linearis* and *Thymus serpyllum* are known as “Jangli Javind”; *Ajuga integrifolia* and *Ajuga parviflora* are known as “Jan-i-adam”; *Bunium persicum* and *Carum carvi* are known as “Kala jeera”; *Berberis lycium* and *Berberis aristata* are known as “Kawdach”; *Centaurea iberica* and *Dioscorea deltoidea* are known as “Krech”; *Althaea officinalis*, *Alcea rosea* and *Lavatera kashmiriana* are known as “Saze posh”; three species of *Bergenia* viz., *Bergenia ciliata*, *Bergenia pacumbis* and *Bergenia stracheyi* are known as “Pahend”; three species of *Iris* viz., *Iris hookeriana*, *Iris kashmiriana* and *Iris × germanica* are known as “Mazar mund”.

*Artemisia brevifolia*, *Delphinium cashmerianum* and *Delphinium denudatum* are known as “Mori” in Kashmir, whereas *Aconitum violaceum* and *Delphinium roylei* are known by the same name in Jammu. Parpata is vernacular name of *Arabis tibetica* and *Hypecoum leptocarpum* in Ladakh and *Fumaria indica* in Jammu. In Ladakh, *Microula tibetica*, *Onosma hispida*, *Arnebia guttata* and *Arnebia euchroma* are known as “Demok”; *Taraxacum campyloides* and *Taraxacum sikkimense* are known as “Han”; *Artemisia brevifolia*, *Artemisia sieversiana* and *Tanacetum gracile* are known as “Khamchu”; *Artemisia brevifolia*, *Artemisia laciniata*, *Artemisia macrocephala* and *Descurainia sophia* are known as “Khampa”; *Berberis ulicina* and *Berberis vulgaris* are known as “Kirsing”; *Rheum spiciforme*, *Rheum webbianum* and *Rheum tibeticum* are known as “Lacchu”; *Anemone falconeri* and *Achillea millefolium* are known as “Phareng”; *Gentiana algida*, *Gentiana tianschanica*, *Gentianella moorcroftiana*, *Lomatogonium carinthiacum*, *Swertia petiolata* and *Swertia thomsonii* are known as “Tikta”. In Jammu, *Barleria cristata* and *Barleria prionitis* are known as “Kali Brenkad”; *Allium rubellum* and *Drimys indica* are known as “Jangli Piyaz”; *Morina longifolia*, *Solanum surattense* and *Solanum virginianum* are known as “Kandayri or Kandiyari”; *Ajuga integrifolia*, *Meconopsis aculeata* and *Gentiana kurroo* are known as “Neel Kanth”; *Fumaria indica* and *Fumaria parviflora* are known as “Pitpapa”; *Achyranthes aspera* and *Achyranthes bidentata* are known as “Puthkanda”; *Berberis lycium* and *Berberis asiatica* are known as “Rasaunt”. Jangli methi is vernacular name of *Desmodium triflorum* and *Melilotus officinalis* subsp. *alba* in Jammu. *Delphinium roylei* and *Delphinium denudatum* are known as Mameri in Kashmir, whereas *Thalictrum foliolosum* and *Caltha palustris* are known by the same name in Jammu. *Mentha × piperita*, *Mentha longifolia* and *Mentha arvensis* are known as “Pudhina” in both Jammu and Kashmir. “Ratanjot” is vernacular name of *Arnebia euchroma*, *Onosma hispida* and *Geranium wallichianum* in Kashmir and of *Jatropha curcas* and *Arnebia euchroma* in Jammu. Similarly many other examples can be observed in Appendix A–C, where we can find same vernacular name for different species in same genus or for various taxonomically diverse species. According to Rivera et al. (2014), neither vernacular names nor pharmacopoeia names are subject to formal controls nor do they have any scientific merit since the meaning associated with these names are not ultimately tied to reference specimens as is the case for scientific plant names, thus articles failing to cite the scientific name of a plant cannot guarantee the identity of the plants involved nor considered scientifically sound. Therefore, researcher may use these vernacular names for some clue but they should always take scientific characters of plant specimens in account before finalizing the identity of the plant.

### 3.5. Gaps in present state of ethnomedicinal knowledge in J&K

During review of the scientific literature some general trends and gaps in the present state of the ethnomedicinal knowledge in J&K were observed. Basing on that following points are being



recommended for the future studies to improve the ethnomedical knowledge of the region:

1. In ethnopharmacological field work, scientific methods of investigation must be used and adhered to as strictly as in any other field of scientific endeavor and well-made voucher specimens are essential for botanical identification and to authenticate statements made about the plant (Lipp, 1989). It was observed that in more than half of the studies (51%), herbarium specimens were not prepared and submitted at any recognized herbarium of the region. The researchers working in the field should always make an attempt to submit voucher specimens of the recorded plants. In remaining 49% of the studies voucher specimens were submitted in the recognized herbariums. Following is the list of recognized herbariums of the region where voucher specimens related to these studies were submitted. Researchers can consult these herbariums during their future studies. Major herbariums of the region are Janaki Ammal Herbarium (RRLH) at CSIR-IIIM, Jammu (earlier known as herbarium of Regional Research Laboratory, Jammu), Sher e Kashmir University of Agricultural Sciences and Technology herbarium (Srinagar), herbariums of Srinagar Branch of Regional Research Laboratory (now CSIR-IIM), Kashmir University herbarium (KASH, Srinagar), Regional Research Centre herbarium (CCRAS, Jammu), Department of Botany herbarium, University of Jammu (Jammu) and Field Research Laboratory herbarium (DRDO, Leh-Ladakh).
2. In almost all the publications only reference to particular disease was made and proper description of symptoms used to identify that particular illness was missing. As correct identification of disease is the most important part of treatment, future researchers should try to document this essential information in their studies.
3. Information on sexual, dietary or other plant drug restrictions associated with the use of that particular herbal remedy was also missing from all the publications. An effort should be made to collect this information in the future studies.
4. Despite the United Nations Convention on Biological Diversity (1992) requiring the rendering of due credit and benefit to local biodiversity conservators and Traditional Knowledge Holders (TKHs), very few examples of benefit sharing can be seen on the ground in India (Singh, 2008). According to Singh et al. (2013), in majority of cases, research on indigenous knowledge or traditional knowledge systems in India and elsewhere also is pursued with very least follow-up of ethical guidelines and Prior Informed Consent (PIC) of community partners and TKHs. In all the publications reviewed in the present study, PIC with TKHs was missing. According to Singh et al. (2013), this approach indicates that local communities and TKHs were deprived of being true collaborators in the research process. Recently some reputed journals like “Journal of Ethnopharmacology” and “Indian Journal of Traditional Knowledge” have stressed on the need of obtaining PIC from TKHs (Singh et al., 2013), which should be kept in mind in future by the researchers working in the region to provide more credibility to their research.
5. Except for only two publications recently published in “Journal of Ethnopharmacology” (Angmo et al., 2012; Bhatia et al., 2014), statistical analysis of the recorded data is absent from all the other studies. Although most of these studies have gathered very important information from the field, the lack of statistical analysis reduces the quality of the article. Therefore, it is recommended that the researchers in the region should effectively design their studies and subject them to rigorous statistical analysis. They may use some important statistical techniques used in the field of ethnomedicine viz., use value of the plant species, Informant Consensus Index, Fidelity level, etc to improve their studies and come to any solid conclusion.

#### 4. Conclusions

This is the first study from the J&K state, which has examined the medicinal plant use in three divisions of J&K and discussed the promising medicinal plant species with cross-cultural consensus. The analysis of the data suggested that while large numbers of plants are used medicinally in each division, there is a low interregional consensus and high variation between medicinal plants used in these divisions, which is due to both cultural divergence as well as biological distinctness. The detailed research on the plants with consensus in two or more divisions, principal medicinal plants from each division and plants with large number of citations in literature may be undertaken to provide new alternative treatments and validate claims of the indigenous communities about such plants. Taking a plant derived compound from the field to the pharmacy requires the expertise of ethnobotanists, plant taxonomists, phytochemists, pharmacologists, medicinal chemists, physicians and clinicians among others (Bennett and Balick, 2013). So proper identification of plant species by plant taxonomist and reliable clue by ethnobotanists regarding important medicinal plants used by indigenous communities are primary steps in drug discovery. The present study will serve as a baseline data for future ethnomedical, pharmacological, phytochemical, biochemical, toxicological and clinical studies. Further research may be undertaken on plants with same vernacular name, which are generally interchangeably used for the same purpose, to assess similarities or otherwise in their medicinal properties or chemical profiles.

Expert-curated databases are needed to manage the data generated from research findings and published literature (Morgan et al., 2004). According to Heinrich et al. (2009), a rigorous methodological approach in ethnopharmacology invariably requires the use of a database that ideally serves two main functions: storage of data, and facilitation of analysis, such as quantification and comparisons. There is a need of extensive online open access database with information about available taxonomical, distributional, ethnomedical, chemical, pharmacological, phytochemical and toxicological profiles of the medicinal species of the state of J&K, which will be useful for the practical application of the recorded information. This database could also be linked with the already existing online herbarium of the region viz., online Janaki Ammal Herbarium (<http://www.iiim.res.in/herbarium/index.htm>) or with other national and international online databases as a ready source of reference for future studies.

There is a need for more extensive and focused studies in the region with submission of proper voucher specimens, proper information on symptoms of the diseases treated and advanced statistical analysis of the results, which were lacking in most of the earlier studies. Present study has also revealed that very little information is available regarding medicinal taxa belonging to lower group of plants like bryophytes, pteridophytes, mushrooms and lichens, and there is a need of further ethnomedical studies concentrating on these groups of plants. Further studies on role of exotic flora in ethnomedicine, relationship between food and medicinal plants and status and uses of endemic plants in the ethnomedicine of the region are needed. Besides that, more ethnopharmacological field studies are required in some remote and unexplored regions of the state, especially in Kashmir division. Many of the plant species listed in the present study are from rare and endangered category, which are collected from the wild only. Therefore, there is an urgent need to develop agrotechnology and bring these plants under captive cultivation, so that demand of these plants for commercial as well as for scientific purposes could be catered from the cultivated sources. This will not only help in conservation of these medicinal plants but will also help in elevating socioeconomic conditions of the people of the region, who are the main custodian of this traditional knowledge.

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## Appendix A

See Table A1.

## Appendix B

See Table B1.

**Table A1**

Angiosperms used for treatment of various ailments by indigenous communities of J&K, India.

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<b>Acanthaceae</b>				
<i>Andrographis paniculata</i> (Burm.f.) Nees	J: Kaalmegh, Kiryata	1	WP (1)	Kidney complaints <sup>67</sup>
<i>Barleria cristata</i> L.	J: Jhinti, Kali Barenker, Kali Brenkad	3	Lf (3) Rt (2)	Cough <sup>65</sup> , Toothache <sup>61</sup> , Snake bite <sup>72</sup> Cough <sup>65</sup> , Anemia <sup>61</sup>
<i>Barleria prionitis</i> L.	J: Kanda Barenker, Kali Brenkad	2	Lf (1) Rt (2)	Cough <sup>61</sup> Whooping cough <sup>72</sup> , Asthma <sup>72</sup> , Cough <sup>61</sup>
<i>Dicliptera bupleuroides</i> Nees	J: Kalu Kaa, Kalu-gha, Jhudu-mudu	2	Lf (1) WP (1)	Hematuria <sup>72</sup> Tonic <sup>61</sup>
<i>Dicliptera paniculata</i> (Forssk.) I.Darbysh. [* <i>Peristrophe paniculata</i> (Forssk.) Brummitt]	J: Jannahru	1	WP (1)	Pyrexia <sup>72</sup> , Arthralgia <sup>72</sup>
<i>Hygrophila auriculata</i> (Schumach.) Heine [* <i>Asteracantha longifolia</i> Nees]	J: Talmakhena	1	Rt (1)	Diuretic <sup>64</sup>
<i>Justicia adhatoda</i> L. [* <i>Adhatoda vasica</i> Nees]	J: Brenkar, Barakanda, Barenkar, Brenkad, Lumbar pa, Vasa, Adhotoda	8	Sd (1) Fl (1) Lf (7) Rt (2) WP (1)	Rheumatism <sup>64</sup> Whooping cough <sup>68</sup> Abscess <sup>72</sup> , Asthma <sup>65, 68, 70, 73</sup> , Blood purifier <sup>72</sup> , Bronchial trouble <sup>61</sup> , Bronchitis <sup>65, 70</sup> , Chest pain <sup>65</sup> , Cough <sup>65, 68, 70</sup> , Diarrhoea <sup>61</sup> , Dysentery <sup>61</sup> , Headache <sup>72</sup> , Pruritis <sup>55</sup> , Tumour <sup>61</sup> , Asthma <sup>65</sup> , Epistaxis <sup>72</sup> , Cough <sup>65</sup> , Nausea <sup>72</sup> , Chest pain <sup>65</sup> , Bronchitis <sup>65</sup> Asthma <sup>67</sup> , Bronchitis <sup>67</sup>
<i>Lepidagathis cristata</i> Willd.	J: Suryakantha	1	WP (1)	Antiallergic <sup>53</sup>
<i>Strobilanthes atropurpureus</i> Nees	J: Bakre	1	Lf (1)	Abscess <sup>69</sup>
<i>Strobilanthes dalhousieanus</i> (Nees) C.B. Clarke	J: Karvi	1	Brk (1) Fl (1) Lf (1)	Tetanus <sup>54</sup> , Fever <sup>54</sup> Tetanus <sup>54</sup> , Fever <sup>54</sup> Tetanus <sup>54</sup> , Fever <sup>54</sup>
<b>Acoraceae</b>				
<i>Acorus calamus</i> L.	K: Bauch, Via-gander, Vai J: Bachh, Nag Russ, Braiyaan, Barian, Bach	16	Lf (1) Rz (12) Rt (2) WP (2)	Wounds <sup>54</sup> , Worms <sup>54</sup> Abdominal pain <sup>28</sup> , Acidity <sup>47</sup> , Anthelmintic <sup>40</sup> , Antiallergic <sup>65</sup> , Appetizer <sup>72</sup> , Arthritis <sup>46</sup> , Asthma <sup>73</sup> , Bronchitis <sup>54, 58</sup> , Carminative <sup>26, 58, 61</sup> , Chest congestion <sup>28</sup> , Cold <sup>54, 58</sup> , Cough <sup>28, 47, 54</sup> , Diarrhoea <sup>47</sup> , Dyspepsia <sup>47</sup> , Emetic <sup>58</sup> , External parasites <sup>72</sup> , Fever <sup>58</sup> , Heart troubles <sup>54</sup> , Lung diseases <sup>26, 47, 54</sup> , Memory enhancer <sup>72</sup> , Rheumatism <sup>47</sup> , Speech disorders <sup>72</sup> , Stimulant <sup>26, 61</sup> , Stomach ailments <sup>43</sup> , Stomachache <sup>61</sup> , Stomachic <sup>58</sup> , Tonic <sup>61</sup> , Toothache <sup>72</sup> , Intestinal worms <sup>61, 72</sup> Cough <sup>39</sup> , Diarrhoea <sup>37, 39</sup> , Fever <sup>37</sup> , Joint pain <sup>39</sup> , Kidney trouble <sup>37</sup> , Liver ailments <sup>37</sup> , Rheumatism <sup>37</sup> , Stomach pain <sup>37</sup> Cold <sup>3, 57</sup> , Cough <sup>3, 57</sup> , Eye ailments <sup>3</sup> , Fever <sup>57</sup> , Headache <sup>57</sup> , Stomachache <sup>57</sup> , Intestinal worms <sup>57</sup>
<b>Adoxaceae</b>				
<i>Sambucus wightiana</i> Wall. ex Wight & Arn.	J: Kown K: Gandula, Faqual, Ganduk Faklua	5	Brk (1) Fr (1) Lf (1) Rt (1) WP (3)	Diuretic <sup>58</sup> , Purgative <sup>58</sup> Stomach disorders <sup>36</sup> Purgative <sup>58</sup> Purgative <sup>58</sup> , Diuretic <sup>58</sup> Diuretic <sup>23, 37</sup> , Dropsy <sup>23</sup> , Expectorant <sup>23, 37</sup> , Purgative <sup>23, 26</sup>
<i>Viburnum cotinifolium</i> D. Don <i>Viburnum grandiflorum</i> Wall. ex DC. [* <i>Viburnum foetens</i> Decne.]	K: Kulmosh K: Kulmanch, Kilmunch J: Chalandar, Guch, Kulmaach, Kuch, Gouch	1 8	Fr (1) AP (1) Fr (3) Lf (1) Sd (3) Tw (1) WP (1)	Kwashiorkar <sup>38</sup> , Marasmus <sup>38</sup> Laxative <sup>35</sup> Blood enrichment <sup>52</sup> , Blood purifier <sup>62</sup> , Cough <sup>49</sup> , Eyesight <sup>49</sup> , Laxative <sup>62</sup> Abdominal pain <sup>58</sup> , Constipation <sup>58</sup> , Eye infections <sup>58</sup> Eczema <sup>49</sup> , Respiratory disorders <sup>31</sup> , Typhoid <sup>36</sup> , Whooping cough <sup>31, 36</sup> Toothache <sup>60</sup> Fracture <sup>35</sup>
<i>Viburnum nervosum</i> D. Don	J	1	NA (1)	Diuretic <sup>54</sup> , Dropsy <sup>54</sup> , Expectorant <sup>54</sup> , Purgative <sup>54</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<b>Alismataceae</b>				
<i>Alisma plantago-aquatica</i> L.	J	2	Fr (1) Lf (1) Rt (2)	Wounds <sup>3</sup> Skin itching <sup>57</sup> Leukemia <sup>3</sup> , Hydrophobia <sup>3</sup> , Headache <sup>57</sup> , Stomach cancer <sup>3</sup>
<i>Sagittaria latifolia</i> Willd.	J: Keow	1	Tu (1)	Dermal diseases <sup>3</sup>
<i>Sagittaria sagittifolia</i> L.	J	1	WP (1)	Skin allergies <sup>57</sup>
<i>Sagittaria trifolia</i> L.	J: Keow	1	Bu (1)	Health promoting <sup>3</sup>
<b>Amaranthaceae</b>				
<i>Achyranthes aspera</i> L. [* <i>Achyranthes aspera</i> var. <i>argentea</i> Hk.f.]	J: Parkanda, Puthkanda,	8	Lf (7) Rt (3) Sd (1) Sp (1)	Asthma <sup>73</sup> , Cough <sup>67</sup> , Diarrhoea <sup>67, 68</sup> , Diuretic <sup>62</sup> , Scorpion sting <sup>61</sup> , Toothache <sup>60, 72</sup> Abortifacient <sup>61</sup> , Cough <sup>67</sup> , Diarrhoea <sup>67</sup> , Indigestion <sup>63</sup> Cough <sup>68</sup> , Throat infection <sup>68</sup> Fever <sup>72</sup> , Scorpion sting <sup>72</sup> , Toothache <sup>72</sup>
<i>Achyranthes aspera</i> var. <i>sicula</i> L.	J: Puthkanda	1	Rt (1)	Wounds <sup>51</sup>
<i>Achyranthes bidentata</i> Blume	J: Kandara, Purkandi, Puthkanda	3	Lf (2) Rt (2)	Abdominal pain <sup>70</sup> , Fever <sup>70</sup> , Insect bite <sup>70</sup> , Mouth Blisters <sup>54</sup> , Scorpion sting <sup>70</sup> , Skin eruptions <sup>54</sup> , Snake bite <sup>54, 70</sup> Pneumonia <sup>53</sup> , Skin eruptions <sup>54</sup> , Snake bite <sup>54</sup>
<i>Aerva lanata</i> (L.) Juss.	J: Dhui Bui	1	WP (1)	Diuretic <sup>72</sup>
<i>Alternanthera caracasana</i> Kunth [* <i>Alternanthera peploides</i> (Humb. & Bonpl. ex Schult.) Urb.]	J	1	Sht (1)	Eye sores or irritation <sup>3</sup>
<i>Alternanthera sessilis</i> (L.) R.Br. ex DC.	J: Kandili Jari	2	Lf (1) WP (1)	Antiphlogistic <sup>72</sup> , Snake bite <sup>72</sup> Febrifuge <sup>61</sup>
<i>Amaranthus caudatus</i> L.	K: Leesa	4	Lf (3) WP (1)	Boils <sup>47</sup> , Diarrhoea <sup>41</sup> , Fever <sup>33, 41</sup> , Kidney complaints <sup>47</sup> Expectorant <sup>37</sup> , Fever <sup>37</sup>
<i>Amaranthus cruentus</i> L. [* <i>Amaranthus paniculatus</i> L.]	J: Seul	1	WP (1)	Abscess <sup>53</sup> , Boils <sup>53</sup> , Eczema <sup>53</sup>
<i>Amaranthus retroflexus</i> L.	K: Ganhaar	1	Sd (1) WP (1)	Measles <sup>48</sup> Dandruff <sup>48</sup>
<i>Amaranthus spinosus</i> L.	L: Chulai, Neu	3	Lf (3)	Abscess <sup>61</sup> , Emollient <sup>61</sup> , Expectorant <sup>15</sup> , Piles <sup>61</sup> , Promotes kidney function <sup>17</sup> , Wound <sup>61</sup> Laxative <sup>61</sup>
<i>Amaranthus tricolor</i> L. [* <i>Amaranthus gangeticus</i> L.]	J: Kand Chalera J: Bari Ghanar, Jangli Ganhar	2	Rt (1) Sd (2)	Diarrhoea <sup>63</sup> , Dysentery <sup>63</sup> , Joint pain <sup>51</sup>
<i>Amaranthus viridis</i> L.	J: Dhimdo, Chelari	2	Lf (1) Sd (1)	Leukorrhea <sup>54</sup> , Leprosy <sup>54</sup> Labour pain <sup>72</sup>
<i>Celosia argentea</i> L.	K: Moval J: Kukarsira	2	AP (1) Lf (1) Sd (1)	Indigestion <sup>38</sup> Aperients <sup>72</sup> Diarrhoea <sup>38</sup>
<i>Chenopodium album</i> L.	J: Bathu, Batwa, Bethusag, Bathua L: Neung, Emn K:	6	Lf (3) NA (1) WP (2)	Laxative <sup>61</sup> , Painful urination <sup>17</sup> , Stomachache <sup>61, 63</sup> Biliousness <sup>54</sup> , Eye ailments <sup>54</sup> , Laxative <sup>54</sup> , Piles <sup>54</sup> Anemia <sup>67</sup> , Anthelmintic <sup>23</sup> , Constipation <sup>67</sup> , Laxative <sup>23</sup>
<i>Chenopodium glaucum</i> L.	L: Sanek	1	Lf (1)	Purgative <sup>21</sup>
<i>Deeringia amaranthoides</i> (Lam.) Merr.	J: Angoseph	1	WP (1)	Jaundice <sup>54</sup>
<i>Dysphania ambrosioides</i> (L.) Mosyakin & Clemants [* <i>Chenopodium ambrosioides</i> L.]	K: Ganhar	2	WP (2)	Anthelmintic <sup>35, 40</sup>
<i>Dysphania botrys</i> (L.) Mosyakin & Clemants [* <i>Chenopodium botrys</i> L.]	L: Snue, Jangchi, Vastuk K: Kulkuli akh, Kunoo	6	Fl (1) Lf (1) WP (5)	Anthelmintic <sup>21</sup> , Laxative <sup>21</sup> , Stomach ailments <sup>21</sup> Abdominal pain <sup>7</sup> , Anthelmintic <sup>5, 7, 8, 23, 37</sup> , Asthma <sup>37</sup> , Diuretic <sup>5, 8</sup> , Expectorant <sup>37</sup> , Laxative <sup>5, 8</sup> , Liver ailments <sup>5, 7, 8</sup> , Stomach ailments <sup>5, 8, 37</sup> , Vomiting <sup>37</sup> , Weakness <sup>37</sup>
<i>Halogeton glomeratus</i> (M.Bieb.) Ledeb.	L: Ischermang	1	Lf (1)	Itching <sup>10</sup>
<i>Krascheninnikovia ceratoides</i> (L.) Gueldenst.	L: Gabsan	1	Lf (1)	Hyperacidity <sup>10</sup>
<i>Spinacia oleracea</i> L.	L: Vilayati palak	2	Fr (1) Lf (1) Sd (1)	Bladder irritation reduction <sup>17</sup> , Promotes urination <sup>17</sup> Jaundice <sup>18</sup> Jaundice <sup>18</sup>
<b>Amaryllidaceae</b>				
<i>Allium carolinianum</i> DC.	L: Arum, Skotse, Skiche K: Praan, Gogcheegma	4	Bu (3) Lf (1) WP (1)	Constipation <sup>21</sup> , Feminine problems <sup>21</sup> , Indigestion <sup>42</sup> , Joint pain <sup>21</sup> , Swollen joints <sup>10</sup> Constipation <sup>21</sup> , Feminine problems <sup>21</sup> , Joint pain <sup>21</sup> Constipation <sup>8</sup>
<i>Allium cepa</i> L.	K: Gande	1	Lf (1)	Hair health <sup>32</sup>
<i>Allium consanguineum</i> Kunth	K: Ruhan haak	1	Bu (1)	Aphrodisiac <sup>26</sup> , Stimulant <sup>26</sup>
<i>Allium proliferum</i> (Moench) Schrad. ex Willd.	K: Praan	1	Bu (1)	Joint pain <sup>49</sup> , Pus <sup>49</sup>
<i>Allium przewalskianum</i> Regel [* <i>Allium stoliczki</i> Regel]	L: Skotse, Skotche, Kangmar K: Schothach	4	Bu (1) Lf (2) WP (1)	Women after delivery to boost energy <sup>10</sup> Dysentery <sup>19, 21</sup> , Stomachache <sup>19, 21</sup> Abdominal gas <sup>37</sup> , Hypertension <sup>37</sup> , Stomach pain <sup>37</sup>
<i>Allium rubellum</i> M.Bieb.	J: Jangli Piaz	1	WP (1)	Earache <sup>53</sup> , Expectorant <sup>53</sup> , Giddiness <sup>53</sup> , Insect bite <sup>53</sup> , Respiratory troubles <sup>53</sup>
<i>Allium sativum</i> L.	K: Gande, Gundh, Rohun, Gand, Rhoon, Rohan, Ruhan	17	Bu (16)	Abscess <sup>72</sup> , Alopecia <sup>33, 34</sup> , Anthelmintic <sup>40</sup> , Appetizer <sup>19</sup> , Asthma <sup>45</sup> , Baldness <sup>36, 43</sup> , Boils <sup>33, 34</sup> , Dandruff <sup>36</sup> , Earache <sup>39</sup> , Expectorant <sup>7</sup> , Fertility <sup>39</sup> , Hair regeneration <sup>32</sup> , Hypertension <sup>45</sup> , Joint pain <sup>72</sup> , Muscular pain <sup>62</sup> , Nausea <sup>72</sup> , Otagia <sup>72</sup> , Potency

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
	J: Pyaaz, Ganda, Thoom, Toom L: tSong, Gogps, Sgogpa, Skokpa		Lf (2) Rt (1) Sd (2)	male <sup>48</sup> , Skin diseases <sup>31</sup> , Stimulant <sup>7</sup> , Stomach acidity <sup>48</sup> , Stomach problems <sup>45</sup> , Toothache <sup>30, 60</sup> , Vomiting <sup>19, 72</sup> , Weight reduction <sup>39</sup>
<i>Allium victorialis</i> L.	J: Palyari	3	Bu (1)	Appetizer <sup>21</sup> , Boils <sup>32</sup> , Digestion <sup>21</sup> , Vomiting <sup>21</sup>
<i>Narcissus tazetta</i> L.	K: Ban Pran J: Nargis K: Yamberzel, Yamberzol	4	Lf (2) Bu (4)	Appetizer <sup>21</sup> , Vomiting <sup>21</sup> Toothache <sup>60</sup> , Joint pain <sup>72</sup> Toothache <sup>60</sup> Diarrhoea <sup>24, 25</sup> Anemia <sup>51, 26</sup> , Boils <sup>22, 26, 29</sup>
<b>Anacardiaceae</b>				
<i>Cotinus coggygria</i> Scop. [* <i>Rhus cotinus</i> L.]	J: Tunga	1	WP (1)	Dysentery <sup>54</sup> , Diuretic <sup>54</sup>
<i>Lannea coromandelica</i> (Houtt.) Merr.	J: Kambela, Kaimbla, Gandabal	2	Brk (2)	Boils <sup>72</sup> , Burns <sup>72</sup> , Toothache <sup>61</sup> , Astringent <sup>61</sup> , Ulcer <sup>61</sup>
<i>Mangifera indica</i> L.	J: Aam, Amb	3	Fr (1) Lf (2)	Menorrhoea <sup>71</sup> Diabetes <sup>68</sup> , Dysentery <sup>72</sup>
<i>Pistacia chinensis</i> subsp. <i>integerrima</i> (J. L. Stewart ex Brandis) Rech. f. [* <i>Pistacia integerrima</i> J. L. Stewart ex Brandis]	J: Kangar, Kakarsinghi	4	Lf Gl (3) Pod (1)	Appetite loss <sup>62</sup> , Asthma <sup>62, 65</sup> , Cough <sup>62, 65</sup> , Diarrhoea <sup>62</sup> , Dysentery <sup>62, 63</sup> , Dyspepsia <sup>63</sup> , Fever <sup>62</sup> , Respiratory troubles <sup>65</sup> , Scorpion sting <sup>62</sup> , Snake bite <sup>62</sup> , Vomiting <sup>62</sup>
<i>Rhus succedanea</i> L.	J: Aarkhar K: Arkhur	2	Fr (1) WP (1)	Asthma <sup>72</sup> , Cough <sup>72</sup> , Flatulence <sup>72</sup> Colic complaints <sup>53</sup> Allergy <sup>26</sup> , Tuberculosis (Phthisis) <sup>26</sup> , Vesicating <sup>26</sup>
<b>Apiaceae</b>				
<i>Angelica archangelica</i> L.	K	1	Sht (1)	Antispasmodic <sup>26</sup> , Carminative <sup>26</sup> , Diaphoretic <sup>26</sup> , Expectorant <sup>26</sup> , Stimulant <sup>26</sup> , Stomachic <sup>26</sup> , Tonic <sup>26</sup>
<i>Angelica archangelica</i> var. <i>himalaica</i> (C.B. Clarke) Nasir	K: Chora	3	Fr (3)	Diaphoretic <sup>5, 23</sup> , Expectorant <sup>5, 23, 27</sup> , Stimulant <sup>5, 23</sup>
<i>Angelica glauca</i> Edgew.	L K: Chorche, Chora J: Chora, Choura	7	Rt (3) NA (1) Rt (4)	Diaphoretic <sup>5, 23</sup> , Expectorant <sup>5, 23, 27</sup> , Stimulant <sup>5, 23</sup> Dyspepsia <sup>26</sup> , Flatulence <sup>26</sup> , Stimulant <sup>26</sup> Asthma <sup>37</sup> , Dysentery <sup>37</sup> , Expectorant <sup>37</sup> , Influenza <sup>37</sup> , Stomach disorder <sup>49</sup> , Stomach pain <sup>58</sup> , Toothache <sup>49, 60</sup> , Vomiting <sup>37</sup>
<i>Anthriscus nemorosa</i> (M.Bieb.) Spreng. <i>Bunium persicum</i> (Boiss.) B.Fedtsch.	L: Sunak K: Kala zeera, Kalajeera, Sia zeera	2 7	WP (2) Fr (1) Sd (5)	Mental disorder <sup>27</sup> , Cardiac stimulant <sup>23, 27</sup> , Dyspepsia <sup>23</sup> Inflammation <sup>4, 10</sup> , Rheumatism <sup>4, 10</sup> Brain tonic <sup>48</sup> , Digestive ailments <sup>48</sup> , Joint pain <sup>48</sup> , Lumbago <sup>48</sup> Antiperiodic <sup>23</sup> , Anxiety <sup>42</sup> , Appetizer <sup>42</sup> , Bronchitis <sup>42</sup> , Carminative <sup>19, 23, 37, 42</sup> , Convulsions <sup>42</sup> , Depression <sup>42</sup> , Digestive ailments <sup>27</sup> , Dysentery <sup>19, 42</sup> , General debility <sup>37</sup> , Indigestion <sup>19, 42</sup> , Lactagogue <sup>23</sup> , Lactation <sup>27</sup> , Leprosy <sup>42</sup> , Stomachic <sup>37</sup>
<i>Bupleurum falcatum</i> L.	L: Zera nakpo, Zeur K: Bormuje J: Kalizewar		St (1) 3 Rt (2) WP (1)	Abdominal pain <sup>21</sup> , Backache <sup>21</sup> , Appetite loss <sup>21</sup> , Cold <sup>21</sup> , Cough <sup>21</sup> , Fever <sup>21</sup> , Liver ailments <sup>21</sup> Abdominal pain <sup>37</sup> , Liver ailments <sup>54</sup> Liver ailments <sup>27</sup>
<i>Bupleurum hoffmeisteri</i> Klotzsch [* <i>Bupleurum falcatum</i> var. <i>hoffmeisteri</i> (Klotzsch) C.B. Clarke]	K	1	Rt (1)	Liver ailments <sup>23</sup>
<i>Bupleurum longicaule</i> Wall. ex DC. [* <i>Bupleurum himalayense</i> Klotzsch]	L: Sah-kukchak	3	Fl (1) WP (2) Fl (1)	Tonic <sup>21</sup> , Stomachache <sup>21</sup> , Gastric disorders <sup>21</sup> Gastrointestinal disorder <sup>6, 8</sup> , Hepatitis <sup>6, 8</sup> , Renal colic <sup>6, 8</sup> Antidote <sup>21</sup>
<i>Bupleurum marginatum</i> Wall. ex DC. <i>Carum carvi</i> L. [* <i>Carum carvi</i> var. <i>gracile</i> (Lindl.) H. Wolff]	L: Zeera Karpo L: Chagma, Go- sNyod, Khonat, Kosginit, Kosnyot, Kumblik, Seera- karpo, Umbu, Zeera-Karpo	1 13	Rt (1) Fr (3) Rt (1)	Liver ailments <sup>8</sup> Abdominal pain <sup>7</sup> , Abdominal ailments <sup>27</sup> , Carminative <sup>7, 23</sup> , Lactagogue <sup>23</sup> , Leukorrhoea <sup>27</sup> , Menstrual disorder <sup>27</sup> , Stomachic <sup>23</sup>
			Rt (1) Sd (8)	Carminative <sup>21</sup> , Cold <sup>21</sup> , Nose pain <sup>21</sup> , Stimulant <sup>21</sup> , Stomachache <sup>21</sup> , Tonic <sup>21</sup> Appetizer <sup>26</sup> , Bladder irritation reduction <sup>17</sup> , Carminative <sup>6, 8, 19</sup> , Cold <sup>6</sup> , Cough <sup>6</sup> , Digestive <sup>1, 6, 8</sup> , Dyspepsia <sup>6</sup> , Dyspepsia <sup>8</sup> , Febrifuge <sup>19</sup> , Fever <sup>6</sup> , Gastric disorders <sup>26</sup> , Gynecological disorders <sup>20</sup> , Promotes urination <sup>17</sup> , Stomachic <sup>6, 8</sup>
<i>Centella asiatica</i> (L.) Urb.	K: Kala jeera, Zeera, Siyahzera J: Brahmi, Brahmi Booti		WP (1) 4 Lf (3)	Carminative <sup>10</sup> , Digestive ailments <sup>10</sup> , Stomachic <sup>10</sup> Dysentery <sup>67</sup> , Improve memory <sup>68</sup> , Jaundice <sup>72</sup> , Memory enhancer <sup>72</sup> , Mental weakness <sup>68</sup> , Rheumatism <sup>67</sup>
<i>Chaerophyllum reflexum</i> Aitch. <i>Chaerophyllum villosum</i> Wall. ex DC. <i>Conium maculatum</i> L. <i>Coriandrum sativum</i> L.	L: Lcha-wa, Young J: Meethapatis K: Moharkutch J: Dhania K: Dhaniwal, Danival L	1 1 1 5	Rt (1) Rt (1) Fr (1) Lf (3) Sd (4)	Skin diseases <sup>53</sup> , Tonic <sup>53</sup> Promotes urination <sup>17</sup> , Painful urination <sup>17</sup> Carminative <sup>54</sup> Anodyne <sup>26</sup> , Antispasmodic <sup>26</sup> , Cancer <sup>26</sup> , Sedative <sup>26</sup> Dyspepsia <sup>72</sup> , Insomnia <sup>38</sup> , Jaundice <sup>18</sup> , Stomachache <sup>38</sup> Hair fall <sup>43</sup> , Headache <sup>48</sup> , Jaundice <sup>18, 48, 72</sup>
<i>Cortia depressa</i> (D.Don) C.Norman <i>Daucus carota</i> L.	L: Chakchoo J: Jangli gazer K: Jangli Gazir, Gazzer, Moharmunj Ghasa	1 8	WP (1) Lf (3) Rt (5)	Abdominal ailments <sup>6</sup> , Stomachic <sup>6</sup> , Sedative <sup>6</sup> , Rheumatism <sup>6</sup> Toothache <sup>22, 29, 52</sup> Anthelmintic <sup>40</sup> , Dysentery <sup>19</sup> , Fatigue <sup>48</sup> , Gynecological disorders <sup>20</sup> , Jaundice <sup>18</sup> , Stomachache <sup>19</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Ferula jaeschkeana</i> Vatke	L: Sarakhturam	8	AP (1) Res (5) Lt (1) Lf (1) Rt (1) St (1)	Toothache <sup>29</sup> Toothache <sup>22, 26</sup> , Bruises <sup>26</sup> , Wounds <sup>1, 6, 8, 26</sup> Gastric disorders <sup>44</sup> Wounds <sup>44</sup> Chest pain <sup>21</sup> Chest pain <sup>21</sup>
	K: Yang, Hapath kanpapur, Sampharu			
<i>Foeniculum vulgare</i> Mill.	K: Badiyan, Bodiyaan, Jangli Badyan, Jangli Bodian	9	Rt (1)	Purgative <sup>26</sup>
	J: Saunf, Sow		Sd (9)	Abdominal pain <sup>43, 48</sup> , Acidity <sup>48</sup> , Antispasmodic <sup>72</sup> , Aperients <sup>72</sup> , Appetizer <sup>72</sup> , Blood purifier <sup>48</sup> , Chest disease <sup>37</sup> , Cold <sup>48</sup> , Constipation <sup>48, 58</sup> , Cough <sup>41, 48</sup> , Digestion <sup>39</sup> , Diuretic <sup>26</sup> , Dyspepsia <sup>48</sup> , Fever <sup>48</sup> , Jaundice <sup>48</sup> , Kidney complaints <sup>37, 41</sup> , Spleen disease <sup>37</sup> , Stomach disorders <sup>41</sup> , Toothache <sup>22, 41</sup> , Weight reduction <sup>39</sup>
<i>Heracleum candicans</i> Wall. ex DC.	K: Churu, Mirkul, Krandel, Hakhabuel	7	WP (1) Fr (3) Rt (3)	Painful joints <sup>48</sup> Aphrodisiac <sup>23, 27, 54</sup> , Nerve tonic <sup>23, 54</sup> Gynecological disorders <sup>20</sup> , Joint pain <sup>44</sup> , Leucoderma <sup>5</sup>
	J: Candle L: Ganduli		WP (1)	Aphrodisiac <sup>26</sup> , Nerve tonic <sup>26</sup>
<i>Heracleum pinnatum</i> C.B. Clarke	L: sPru-ma, Spisho	3	Rt (2) St (1)	Fever <sup>16</sup> , Gynecological disorders <sup>20</sup> Leprosy <sup>21</sup> , Small pox <sup>21</sup> , Chicken pox <sup>21</sup>
<i>Pimpinella diversifolia</i> DC.	K: Hyo-kachh	2	WP (2)	Carminative <sup>23, 27</sup>
<i>Pleurospermum candollei</i> Benth. ex C.B. Clarke	L: Supka	1	Fr (1) WP (1)	Renal pain <sup>5</sup> , Dyspepsia <sup>5</sup> , Stomachache <sup>5</sup> , Flatulence <sup>5</sup> Backache <sup>5</sup>
<i>Prangos pabularia</i> Lindl.	L: Plano, Prangos, Plans, Plany, Prangs, Palano, Prangus	9	Fr (9)	Carminative <sup>4, 6, 8, 21</sup> , Diuretic <sup>4, 8, 21</sup> , Stimulant <sup>4, 8, 21</sup> , Stomachic <sup>4, 6, 8</sup> , Controls urination <sup>17</sup> , Diarrhoea <sup>4, 6, 7, 8</sup> , Diuretic <sup>4, 6, 8</sup> , Gynecological disorders <sup>20</sup> , Indigestion <sup>19</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Itching <sup>4, 6, 8</sup> , Kidney complaints <sup>17</sup> , Rheumatism <sup>13</sup> , Urinary disorder <sup>17</sup>
			Sd (2)	Abdominal pain <sup>7</sup> , Diabetes <sup>7</sup> , Carminative <sup>19</sup>
<i>Selinum vaginatum</i> C.B. Clarke	J: Bhoot kesi	2	WP (2)	Carminative <sup>54</sup> , Fever <sup>54</sup> , Worms <sup>53</sup>
<i>Seseli libanotis</i> (L.) W.D.J. Koch	L: Khumbak K	2	Sht (1) WP (1)	Stimulant <sup>5</sup> Vulnerary <sup>26</sup>
<i>Sium latijugum</i> C.B. Clarke	J&K	1	Lf (1)	Boils <sup>3</sup> , Burns <sup>3</sup> , Skin diseases <sup>3</sup> , Vermifuge <sup>3</sup> , Worm intestinal <sup>3</sup>
<i>Trachyspermum ammi</i> (L.) Sprague	J: Ajwain	1	Sd (1)	Abdominal spasms <sup>72</sup> , Appetizer <sup>72</sup> , Flatulence <sup>72</sup>
<b>Apocynaceae</b>				
<i>Asclepias curassavica</i> L.	J: Rattphul	1	Lf (1)	Intestinal worms <sup>72</sup>
<i>Calotropis procera</i> (Aiton) Dryand.	J: Aak, Arka, Nikka aak, Desi aak, Daryai aak	8	Fl (2)  Lt (4) Lf (3) Rt (2) Rt Brk (1) Lt (1)	Asthma <sup>65</sup> , Boils <sup>53</sup> , Cough <sup>65</sup> , Skin diseases <sup>53</sup>  Abscess <sup>72</sup> , Scorpion sting <sup>61</sup> , Toothache <sup>60, 72</sup> , Wounds <sup>51</sup> Asthma <sup>68</sup> , Cough <sup>68</sup> , Joint pain <sup>72</sup> , Swelling <sup>53</sup> Tooth brush <sup>60</sup> , Skin diseases <sup>68</sup> Diarrhoea <sup>55</sup> , Dysentery <sup>55</sup> Abscess <sup>72</sup>
<i>Carissa spinarum</i> L. [* <i>Carissa opaca</i> Stapf ex Haines]	J: Garna, Girna, Garanda	5	Lf (2) Rt (4)	Cough <sup>72</sup> , Fever <sup>61</sup> , Herpes <sup>72</sup> , Pneumonia <sup>72</sup> Fever <sup>72</sup> , Indigestion <sup>63</sup> , Purgative <sup>61</sup> , Sores <sup>62</sup> , Stomach ailments <sup>61</sup> , Wounds <sup>62</sup>
			WP (1)	Eye ailments <sup>54</sup> , Scabies <sup>54</sup>
<i>Catharanthus roseus</i> (L.) G. Don	J: Sadabahar	2	Fl (1) Lf (2)	Diabetes <sup>68</sup> Abscess <sup>72</sup> , Diabetes <sup>68</sup>
<i>Cryptolepis dubia</i> (Burm.f.) M.R. Almeida [* <i>Cryptolepis buchananii</i> Roem. & Schult.]	J: Kali Tareni	1	Lt (1)	Ringworm <sup>72</sup>
<i>Holarrhena pubescens</i> Wall. ex G. Don [* <i>Holarrhena antidyenterica</i> (Roth) Wall. ex A.D.C.]	J: Kogar, Kura, Inderjoe	3	Lf (1) Brk (2)	Joint dislocation <sup>72</sup> Antispasmodic <sup>72</sup> , Dysentery <sup>53, 72</sup> , Worms <sup>53</sup>
			Sd (3)	Dysentery <sup>53, 70, 72</sup> , Indigestion <sup>70</sup> , Joint pain <sup>70</sup> , Nausea <sup>70</sup>
<i>Nerium oleander</i> L. [* <i>Nerium indicum</i> Mill.]	J: Lal Gandila, Kaner	2	Lt (1) Lf (1)	Abscess <sup>72</sup> , Hair growth <sup>72</sup> , Insect bite <sup>72</sup> Blisters <sup>54</sup> , Boils <sup>54</sup>
<i>Vincetoxicum canescens</i> (Willd.) Decne. [* <i>Cynanchum canescens</i> (Willd.) K. Schum.]	L: Tung-Me-Yung	1	WP (1)	Dysentery <sup>5</sup>
<b>Araceae</b>				
<i>Arisaema flavum</i> (Forssk.) Schott	J: Sapp googli	1	Tu (1)	Snake bite <sup>58</sup>
<i>Arisaema jacquemontii</i> Blume	K: Kawawari, Hapat makei, Hapat Gogej	8	NA (1)  Rz (3) Rt (1) Tu (3)	Respiratory disorders <sup>26</sup>  Blister <sup>31, 35, 39</sup> , Muscular strength <sup>35</sup> , Pimples <sup>31, 35, 39</sup> Boils <sup>37</sup> Boils <sup>32, 33, 34</sup> , Blister <sup>33</sup> , Burn <sup>33</sup> , Pimples <sup>33</sup>
<i>Arisaema tortuosum</i> (Wall.) Schott	J: Saap di khumb, maakh	1	Bu (1) Sd (1)	Snake bite <sup>67</sup> , Stomachache <sup>67</sup> Snake bite <sup>67</sup> , Stomachache <sup>67</sup>
<i>Arum jacquemontii</i> Blume	K: Sourma Gund	1	WP (1)	Rheumatism <sup>26</sup>
<i>Spirodela polyrhiza</i> (L.) Schleid.	J	1	Lf (1)	Fever <sup>57</sup> , Measles <sup>57</sup>



Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<b>Araliaceae</b>				
<i>Hedera helix</i> L.	J: Banbatkari, Banda	2	Bry (1) Lf (1)	Cathartic <sup>62</sup> , Diaphoretic <sup>62</sup> , Rheumatism <sup>62</sup> , Ulcer <sup>62</sup> Purgative <sup>54</sup> , Stimulant <sup>54</sup>
<i>Hedera nepalensis</i> K.Koch	J: Karuri, Ktambari	2	Lf (2)	Cathartic <sup>61, 70</sup> , Diaphoretic <sup>61, 70</sup> , Rheumatism <sup>70</sup> , Stimulant <sup>61, 70</sup>
<b>Arecaceae</b>				
<i>Phoenix sylvestris</i> (L.) Roxb.	J: Deshi Kajur, Khajoor	2	Lf (1) Rt (1)	Diarrhoea <sup>53</sup> , Dysentery <sup>53</sup> Toothache <sup>61</sup>
<b>Asparagaceae</b>				
<i>Asparagus adscendens</i> Roxb.	J: Sansspore, Sahn's Pound, Sainpod, Sainsmaya	3	Rz (1)  Rt (1) Tu (1) WP (1)	Aphrodisiac <sup>70</sup> , Lactagogue <sup>70</sup>  Galactagogue <sup>72</sup> Cooling <sup>61</sup> , Demulcent <sup>61</sup> , Diaphoretic <sup>61</sup> Weakness <sup>72</sup>
<i>Asparagus filicinus</i> Buch.-Ham. ex D.Don	K: Huleon, Allipali	2	Rt (1) Sd (1)	Anthelmintic <sup>40</sup> Delivery easy <sup>31</sup>
<i>Asparagus officinalis</i> L.	K: Huleon	1	Sd (1)	Easy delivery <sup>26</sup> , Rheumatism <sup>26</sup>
<i>Asparagus racemosus</i> Willd.	J: Sanspod, Zaru, Manjani	2	Rt (1) WP (1)	Headache <sup>68</sup> Rheumatism <sup>64</sup>
<i>Drimia indica</i> (Roxb.) Jessop [* <i>Urginea indica</i> (Roxb.) Kunth]	J: Jangli Piyaz, Janli-Ganda, Ban Piyazi	2	Bu (2)	Bronchitis <sup>54</sup> , Cardiac ailments <sup>54</sup> , Diuretic <sup>54</sup> , Rheumatism <sup>64</sup> , Skin diseases <sup>64</sup> , Stimulant <sup>54</sup>
<i>Polygonatum multiflorum</i> (L.) All.	L: Ra-mnye J	3	NA (1) Rz (2)	Astringent <sup>54</sup> , Female weakness <sup>54</sup> , Tonic <sup>54</sup> Gynecological disorders <sup>20</sup> , Painful urination <sup>17</sup> , Promotes urination <sup>17</sup>
<i>Polygonatum verticillatum</i> (L.) All.	L: Ra-mnye K: Salam dana, mishri, mithadodhu  J	5	NA (1) Rz (2)  Rt (2)	Asthma <sup>54</sup> , Tulousis <sup>54</sup> Gynecological disorders <sup>20</sup> , Painful urination <sup>17</sup> , Promotes urination <sup>17</sup> Appetizer <sup>19, 42</sup> , Backache <sup>42</sup> , Menstrual irregularities <sup>42</sup>
<b>Asteraceae</b>				
<i>Achillea millefolium</i> L.	L: Chuang, Saigun, Saijum Pharngi, Sepushi  J: Sultani Booti, Pahale kutch, Rojmari, Chaus, Dannd peerah di jari  K: Bariguer, Bergeur, Gandana, Pahale Kutch, Pahale gassa, Monudnu	26	Fl (5)   Lf (14)  NA (1) Rt (4) WP (9)	Astringent <sup>21</sup> , Bile <sup>10</sup> , Cold <sup>21</sup> , Diaphoretic <sup>21</sup> , Diuretic <sup>62</sup> , Gum problem inflammation <sup>21</sup> , Headache <sup>21</sup> , Laxative <sup>62</sup> , Liver troubles <sup>10</sup> , Stimulant <sup>62</sup> , Tonic <sup>62</sup> , Toothache <sup>21, 47, 70</sup> , Urinary problem <sup>21</sup>  Astringent <sup>21</sup> , Bladder/ urine tract burning sensation <sup>17</sup> , Cold <sup>21, 42, 62</sup> , Diaphoretic <sup>21</sup> , Ear inflammation <sup>54</sup> , Eyes inflammation <sup>54</sup> , Fever <sup>41</sup> , Gum problem inflammation <sup>21, 25</sup> , Headache <sup>21, 41</sup> , Kidney pain <sup>17</sup> , Stomach ailments <sup>15</sup> , Stomachache <sup>19, 42</sup> , Tonic <sup>42</sup> , Toothache <sup>21, 25, 31, 41, 43, 47, 70</sup> , Urinary complaints <sup>15, 21, 41</sup>  Cold <sup>26</sup> , Diaphoretic <sup>26</sup> , Fever <sup>26</sup> , Stimulant <sup>26</sup> , Tonic <sup>26</sup> Toothache <sup>30, 60, 72</sup> , Dysentery <sup>54</sup> Anthelmintic <sup>40</sup> , Blood purifier <sup>62</sup> , Cold <sup>4, 6, 8, 16, 23, 27</sup> , Diaphoretic <sup>23</sup> , Epilepsy <sup>6</sup> , Fever <sup>4, 6, 8, 23, 27, 62</sup> , Gastritis <sup>4, 8</sup> , Hysteria <sup>6</sup> , Liver ailments <sup>27</sup> , Snake bite <sup>36</sup> , Stimulant <sup>4, 8, 23</sup> , Tonic <sup>4, 8, 23</sup> , Toothache <sup>4, 6, 8</sup> , Worms <sup>6</sup>
<i>Ageratum conyzoides</i> (L.) L.	J: Neeli Jhadi	1	Lf (1)	Nerve tonic <sup>61</sup>
<i>Ajania fruticulosa</i> (Ledeb.) Poljakov [* <i>Tanacetum fruticosum</i> Ledeb.]	L	1	Fl (1)	Gastric disorders <sup>14</sup>
<i>Allardia tomentosa</i> Decne. [* <i>Waldheimia tomentosa</i> (Decne.) Regel]	L: Lukmik sepo, Saloo-karpo, Solokarpo	4	Lf (1) WP (4)	Gastric disorders <sup>14</sup> Headache <sup>21</sup> , Joint pain <sup>21</sup> , Rheumatism <sup>4, 8, 10</sup>
<i>Anaphalis busua</i> (Buch.-Ham.) DC.	L: Shishing	1	Lf (1)	Cold <sup>21</sup> , Cough <sup>21</sup>
<i>Anaphalis margaritacea</i> (L.) Benth. & Hook.f. [* <i>Anaphalis cinnamomea</i> (DC.) C.B. Clarke]	J: Vernapata	1	Lf (1)	Cuts <sup>54</sup> , Wounds <sup>54</sup>
<i>Anaphalis nepalensis</i> var. <i>nepalensis</i> [* <i>Anaphalis cuneifolia</i> (DC.) Hook.f.; <i>Anaphalis triplinervis</i> var. <i>intermedia</i> (DC.) Airy Shaw]	L: Simula, Yakso	2	WP (2)	Skin diseases <sup>14, 15</sup>
<i>Anaphalis nubigena</i> DC.	K: Daderi Dawa	1	WP (1)	Skin eruptions <sup>37</sup> , Wounds <sup>37</sup>
<i>Anaphalis triplinervis</i> (Sims) Sims ex C.B. Clarke	L: Spra-rgo	1	Fl (1)  Fr (1) Lf (1) St (1)	Genital problems <sup>21</sup> , Wounds <sup>21</sup>  Genital problems <sup>21</sup> , Wounds <sup>21</sup> Genital problems <sup>21</sup> , Wounds <sup>21</sup>
<i>Anthemis cotula</i> L.	K: Fuckghasa	1	Lf (1) WP (1)	Insect bite <sup>47</sup> Muscular pain <sup>47</sup>
<i>Arctium lappa</i> L.	K: Cheerkachh, Phagorra	5	Rt (4)  WP (1)	Antiphlogistic <sup>23</sup> , Depurative <sup>23</sup> , Diaphoretic <sup>23, 26</sup> , Diuretic <sup>17, 23, 26, 27</sup> , Kidney stone <sup>17</sup>
<i>Artemisia absinthium</i> L.	L: Micah, Pizums, Jisung K: Tethwan Chhuma-jom	16	WP (1) Inf (2)	Astringent <sup>21</sup> , Blisters <sup>21</sup> , Burns <sup>21</sup> , Ulcer <sup>21</sup> Dandruff <sup>26</sup> , Fever intermitent <sup>26</sup> , Stomach pain <sup>36</sup> , Tonic <sup>26</sup> , Vermifuge <sup>26</sup> , Worm intestinal <sup>36</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
	J: Tethwan L: Burse, Burtse-kar		Lf (6) WP (11)	Abdominal pain <sup>47</sup> , Dandruff <sup>22</sup> , Diabetes <sup>47</sup> , Fever <sup>47</sup> , Intestinal worms <sup>29</sup> , Joint pain <sup>26</sup> , Roundworm <sup>47</sup> , Stomach pain <sup>36</sup> , Worms <sup>22, 26, 52, 36</sup> Abdominal pain <sup>33, 37</sup> , Anthelmintic <sup>40</sup> , Diabetes <sup>43</sup> , Epilepsy <sup>23, 27</sup> , Fever <sup>5, 8, 23, 27, 33, 37</sup> , Gastric disorders <sup>23</sup> , Gynecological disorders <sup>20</sup> , Malaria <sup>21</sup> , Obesity <sup>43</sup> , Rheumatism <sup>21</sup> , Vermifuge <sup>5, 8</sup> , Antiworm <sup>21</sup>
<i>Artemisia annua</i> L.	L	1	Fl (1) Lf (1)	Jaundice <sup>18</sup> Jaundice <sup>18</sup>
<i>Artemisia biennis</i> Willd. <i>Artemisia brevifolia</i> Wall.	L: Magrass L: Khampa, Khamchu, Phur-nag K: Moori, Joon, tarkha	1 5	Sd (1) Fl (1) Lf (5)	Obesity <sup>10</sup> Anthelmintic <sup>21</sup> , Antiseptic <sup>21</sup> , Aphrodisiac <sup>21</sup> , Blood purifier <sup>21</sup> , Gastrointestinal disorder <sup>21</sup> , Laxative <sup>21</sup> Anthelmintic <sup>21</sup> , Antiseptic <sup>21</sup> , Aphrodisiac <sup>21</sup> , Appetizer <sup>19, 42</sup> , Blood purifier <sup>21</sup> , Fever <sup>16</sup> , Gastrointestinal disorder <sup>21</sup> , Intestinal disorder <sup>19</sup> , Intestinal worms <sup>14, 19, 42</sup> , Laxative <sup>21</sup> , Stomach problem <sup>19</sup> , Stomachache <sup>42</sup>
<i>Artemisia desertorum</i> Spreng. <i>Artemisia dracunculul</i> L.	L L: tsa-chheh, Shersing, Burtse	1 4	WP (1) Fl (1) WP (3)	Antiseptic <sup>5</sup> , Vermifuge <sup>5</sup> Intestinal disorder <sup>19</sup> , Indigestion <sup>19</sup> Bladder irritation reduction <sup>17</sup> , Diuretic <sup>14</sup> , Gynecological disorders <sup>20</sup> , Menstrual irregularities <sup>14</sup> , Promotes urination <sup>17</sup> , Toothache <sup>14</sup>
<i>Artemisia gmelinii</i> Weber ex Stechm.	L: Nurcha, Burtse, Khamchu, Burmak, Khampa Shridi	3	Fl (1) Lf (2)	Cold <sup>16</sup> , Cough <sup>16</sup> , Fever <sup>16</sup> Cold <sup>14</sup> , Cough <sup>14</sup> , Abdominal upset <sup>19</sup> , Stomachache <sup>19</sup>
<i>Artemisia japonica</i> Thunb. <i>Artemisia laciniata</i> Willd. <i>Artemisia macrocephala</i> Jacquem. ex Besser	K: Zieo L: Khampa L: Khampa K: Khampa	1 1 3	AP (1) Rt (1) WP (3)	Skin infections <sup>25</sup> , Diarrhoea <sup>25</sup> Cuts <sup>10</sup> , Wounds <sup>10</sup> Joint pain <sup>8</sup> , Rheumatism <sup>5, 8</sup> , Skin infections <sup>25</sup>
<i>Artemisia maritima</i> L.	K: Tethwan, Moorni, Noorie L: Burtse, Phunkar Khanaba J: Moonin	6	Lf (2) St (1) WP (5)	Worm intestinal <sup>21, 58</sup> , Skin diseases <sup>21</sup> , Stomach problem <sup>58</sup> Intestinal parasites <sup>21</sup> , Skin diseases <sup>21</sup> Abdominal pain <sup>1</sup> , Anthelmintic <sup>1, 5, 40</sup> , Antiseptic <sup>5</sup> , Cuts <sup>5</sup> , Flatulence <sup>5</sup> , Gastric disorders <sup>5</sup> , Worm intestinal <sup>23, 27</sup> , Wounds <sup>5</sup>
<i>Artemisia moorcroftiana</i> Wall. ex DC. <i>Artemisia nilagirica</i> (C.B.Clarke) Pamp. <i>Artemisia parviflora</i> D.Don <i>Artemisia roxburghiana</i> Wall. ex Besser	K: Jangli Tethewan L: Burtse K L: Khamang J: Chuo	4 1 3 1	Lf (2) WP (2) WP (1) WP (3) Lf (1) St (1)	Abdominal pain <sup>25, 28</sup> , Gas formation <sup>28</sup> , Indigestion <sup>28</sup> Abdominal pain <sup>37</sup> , Fever <sup>37</sup> , Malarial fever <sup>21</sup> , Wormicide <sup>37</sup> Asthma <sup>23</sup> , Nervous disorder <sup>23</sup> Diuretic <sup>15</sup> , Gynecological disorders <sup>20</sup> , Promotes urination <sup>17</sup> Allergy <sup>69</sup> Allergy <sup>69</sup> , Abscess <sup>69</sup>
<i>Artemisia sieversiana</i> Ehrh.	L: Khamchu	2	Lf (1)	Bladder/ urine tract burning sensation <sup>17</sup> , Kidney pain/ Inflammation <sup>17</sup>
<i>Artemisia vulgaris</i> L.	K: Atantin J: Jaau	1	WP (1) Lf (1) WP (1)	Skin diseases <sup>28</sup> Nose bleeding <sup>54</sup> Measles <sup>54</sup>
<i>Aster amellus</i> L. <i>Aster diplostephioides</i> (DC.) C.B.Clarke <i>Aster flaccidus</i> Bunge	J: Babru L: Me-tog Lug-mig rigs-dang-po L: Lukmik	1 1 1	Rt (1) Fl (1) Fl (1)	Cough <sup>53</sup> Cold <sup>16</sup> , Cough <sup>16</sup> , Fever <sup>16</sup> Eye treatment <sup>21</sup> , Fever <sup>21</sup> , Liver ailments <sup>21</sup>
<i>Aster flaccidus</i> var. <i>flaccidus</i> Bunge [* <i>Aster tibeticus</i> Hoof.f.]	L: Skalzangmentok, Utpalvanpo	2	St (1) Fl (2)	Eye treatment <sup>21</sup> , Fever <sup>21</sup> , Liver ailments <sup>21</sup> Bronchial troubles <sup>10</sup> , Cold <sup>16</sup> , Cough <sup>16</sup> , Fever <sup>16</sup>
<i>Bidens cernua</i> L. <i>Bidens pilosa</i> L.	J&K L: Gurgur Cha J: Kumber	1 3	Rt (1) Lf (2) WP (1)	Fever <sup>3</sup> , Headache <sup>3</sup> Eye pain <sup>61</sup> , Ulcer <sup>61</sup> , Cold <sup>16</sup> , Cough <sup>16, 61</sup> Cough <sup>65</sup>
<i>Bidens tetraspinosa</i> Majeed Kak & Javeid <i>Blumea lacera</i> (Burm.f.) DC.	J&K J	1 1	Lf (1) Lf (1) Rt (1) WP (1)	Boils <sup>3</sup> , Rheumatism <sup>3</sup> Febrifuge <sup>61</sup> , Astringent <sup>61</sup> , Diuretic <sup>61</sup> , Anthelmintic <sup>61</sup> Cholera <sup>61</sup> Antipyretic <sup>61</sup>
<i>Baccharoides anthelmintica</i> (L.) Moench [* <i>Centratherum anthelminticum</i> (L.) Kuntze ex Gamble]	J: Banjiri	1	Sd (1)	Appendicitis <sup>72</sup> , Chest pain <sup>72</sup> , Pneumonia <sup>72</sup>
<i>Calendula officinalis</i> L.	K: Hamesh Bahar	3	Fl (1) Lf (3)	Abscesses of eye lid <sup>48</sup> , Boils <sup>48</sup> , Burns <sup>48</sup> , Pneumonia <sup>48</sup> Abscesses of eye lid <sup>48</sup> , Boils <sup>32, 34, 48</sup> , Burns <sup>48</sup> , Pneumonia <sup>48</sup>
<i>Carduus onopordioides</i> Fisch. ex M.Bieb. <i>Carthamus tinctorius</i> L. <i>Centaurea depressa</i> M.Bieb.	K: Kandi-chhar J: Kusum L: Prsaka, Vasaka, Pahaka, Vashakha	1 1 5	Fl (1) Sd Ol (1) Fl (1) Fr (1) Lf (3)	Blood purifier <sup>23</sup> , Febrifuge <sup>23</sup> Rheumatism <sup>64</sup> , Sores <sup>64</sup> , Purgative <sup>64</sup> Abdominal pain <sup>9</sup> , Chest pain <sup>9</sup> , Congestion <sup>9</sup> , Fever <sup>9</sup> Abdominal ailments <sup>10</sup> , Cough <sup>10</sup> , Chest pain <sup>10</sup> , Fever <sup>10</sup> , Headache <sup>10</sup> Abdominal ailments <sup>7</sup> , Abdominal pain <sup>9</sup> , Chest pain <sup>7, 9</sup> , Congestion <sup>9</sup> , Fever <sup>7, 9</sup> , Gynecological disorders <sup>20</sup> , Headache <sup>7</sup> , Malarial fever <sup>9</sup>
<i>Centaurea iberica</i> Trevir.	K: Krets, Krech, Kretz	3	WP (1) Hds (1) Lf (2) Thn (1)	Cold <sup>16</sup> , Cough <sup>16</sup> , Fever <sup>16</sup> Eczema <sup>22</sup> Eyesight <sup>48</sup> , Lactation <sup>48</sup> , Eczema <sup>29</sup> Burns <sup>48</sup> , Skin rashes <sup>48</sup>
<i>Ceratocephalus falcatus</i> (L.) Pers.	K: Kainil	1	WP (1)	Skin diseases <sup>28</sup> , Ringworm <sup>28</sup> , Warts <sup>28</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Chremanthopodium arnicoides</i> (DC. ex Royle) R.D.Good	L: Reskunsemar	1	Fl (1)	Dysentery <sup>8</sup> , Liver ailments <sup>8</sup> , Peptic ulcers <sup>8</sup>
<i>Cichorium intybus</i> L.	K: Handhposh, Kasni, Wari Hundh, Gungli hand, Jugli-hand, Kazal-Handh, Saze hand, Kaw hand	13	Lf (3)  Rt (9)	Appetizer <sup>48</sup> , Body weakness <sup>48</sup> , Joints swelling <sup>25</sup> , Liver tonic <sup>48</sup> , Muscular pain <sup>48</sup> , Rheumatism <sup>2</sup>  Antiinflammatory <sup>70</sup> , Gout <sup>38</sup> , Jaundice <sup>38</sup> , Joints swelling <sup>25</sup> , Liver ailments <sup>27</sup> , Menstrual disorder <sup>27</sup> , Rheumatism <sup>2, 38, 70</sup> , Scabies <sup>39</sup> , Spleen disorder <sup>27</sup> , Typhoid <sup>31, 33, 35, 39</sup> , Wound <sup>39</sup>
	L: Handhposh J: Kashni		WP (2)	Blood purifier <sup>37</sup> , Fever <sup>37</sup> , Liver ailments <sup>23</sup> , Menstrual disorder <sup>23</sup> , Rheumatic pain <sup>37</sup> , Spleen problems <sup>23</sup> , Stomach ailments <sup>37</sup> , Ulcer internal <sup>37</sup>
<i>Cirsium arvense</i> (L.) Scop.	J: Jhshkant	3	Inf (1) Lf (2)	Emetic <sup>58</sup> Headache <sup>21</sup> , Indigestion <sup>10</sup> , Vomiting <sup>21</sup>
<i>Cotula anthemoides</i> L.	K: Thul-babul, Thulibabuel, Bobul	8	AP (5) Rt (1) WP (2)	Bone-fracture <sup>38</sup> , Rheumatism <sup>22, 29, 38, 54, 64</sup> Constipation <sup>43</sup> Chilblain <sup>47</sup> , Cold <sup>26</sup> , Fever <sup>47</sup> , Hair fall <sup>47</sup> , Headache <sup>47</sup> , Muscular pain <sup>47</sup> , Rheumatism <sup>26</sup>
<i>Cousinia thomsonii</i> C.B.Clarke	L: Biangtsernakpo, Kreatising	2	Fl (1) Lf (1) Rt (1) Sht (1) Fl (1)	Arthritis <sup>21</sup> , Bodyache <sup>21</sup> , Sprain <sup>21</sup> Arthritis <sup>21</sup> , Bodyache <sup>21</sup> , Sprain <sup>21</sup> Arthritis <sup>21</sup> , Bodyache <sup>21</sup> , Sprain <sup>21</sup> Diuretic <sup>10</sup> Dysentery <sup>21</sup> , Fever <sup>21</sup> , Liver ailments <sup>21</sup> , Peptic ulcers <sup>21</sup>
<i>Cremanthodium arnicoides</i> (DC. ex Royle) R.D. Good	L: Nimma-gorgos	1	Fl (1)  St (1) WP (1)	Dysentery <sup>21</sup> , Fever <sup>21</sup> , Liver ailments <sup>21</sup> , Peptic ulcers <sup>21</sup> Bodyache <sup>5</sup> , Sedative <sup>5</sup>
<i>Cremanthodium decaisnei</i> C.B.Clarke	L: Rhend	1	WP (1)	Fever <sup>16</sup>
<i>Cremanthodium ellisii</i> (Hook.f.) Kitam.	L: Ming-chen-ser-po	1	WP (1)	Joint pain <sup>24</sup>
<i>Cremanthodium retusum</i> (DC.) R.D.Good	K: Rich-kut	1	St (1)	Constipation <sup>5, 8</sup>
<i>Crepis nicaeensis</i> Balb. ex Pers. [ <i>Crepis flexuosa</i> Kit.]	L: Samboo, Gulthak	3	Lt (2)  WP (1)	Abdominal ailments <sup>21</sup> , Backache <sup>21</sup> , Fever <sup>21</sup> , Urinary problem <sup>21</sup>
<i>Echinops cornigerus</i> DC.	L: Ekzima, Akjema	3	Fl (1) Rt (1) St (1) WP (2)	Food poisoning <sup>21</sup> , Tonic <sup>21</sup> Food poisoning <sup>21</sup> , Tonic <sup>21</sup> Food poisoning <sup>21</sup> , Tonic <sup>21</sup> Cough <sup>8</sup> , Fever <sup>8</sup> , General weakness <sup>8</sup> , Jaundice <sup>18</sup>
<i>Eclipta prostrata</i> (L.) L [ <i>Eclipta alba</i> (L.) Hassk.]	J: Bhringraj	4	AP (1)  Lf (2) WP (2)	Snake bite <sup>68</sup>  Abscess <sup>72</sup> , Acidity <sup>72</sup> , Antipyretic <sup>72</sup> , Cold <sup>72</sup> , Cough <sup>72</sup> , Epistaxis <sup>72</sup> , Hair Baldness <sup>53</sup> Hair fall <sup>68</sup> , Skin diseases <sup>68</sup> , Tuberculosis <sup>68</sup> , Wounds <sup>3</sup>
<i>Erigeron bonariensis</i> L.	J: Shesherda K: Shasherda	2	Lf (1) Sht (1)	Heart burn sensation <sup>70</sup> Heart burning sensations <sup>25</sup>
<i>Erigeron canadensis</i> L. [ <i>Conyza canadensis</i> (L.) Cronquist]	K: Shallut, Zarkash	3	Lf (1)  WP (1) Rt (1)	Cough <sup>48</sup> , Cooling effect <sup>48</sup> , Fever <sup>48</sup> , Internal injuries <sup>48</sup> , Stomach gases <sup>48</sup> Styptic <sup>72</sup> Astringent <sup>26</sup> , Bronchial catarrh <sup>26</sup> , Cystitis <sup>26</sup> , Diarrhoea <sup>26</sup> , Diuretic <sup>26</sup> , Dysentery <sup>26</sup> , Haemostatic <sup>26</sup> , Scabies <sup>26</sup> , Stimulent <sup>26</sup>
<i>Erigeron multiradiatus</i> Benth.	L: Rayhanda	1	WP (1)	Brain tonic <sup>5</sup> , Renal pain <sup>5</sup> , Stomach pain <sup>5</sup>
<i>Erigeron poncinsii</i> (Franch.) Botsch. [ <i>Psychrogeton andryaloides</i> (DC.) Novopokr. ex Krasch.]	L: Luchehugba, Lukchung	3	WP (3)	Worms <sup>6, 8</sup> , Wounds <sup>21</sup>
<i>Erigeron umbrosus</i> (Kar. & Kir.) Boiss. [ <i>Brachyactis umbrosa</i> (Kar. & Kir.) Benth.]	L: Sathi	1	WP (1)	Rheumatism <sup>8</sup>
<i>Filago arvensis</i> L.	L: Panksa	4	WP (4)	Gout <sup>4, 8, 10</sup> , Rheumatism <sup>2, 4, 8, 10</sup>
<i>Galinsoga parviflora</i> Cav.	K: Marchawagan Ghasa	1	WP (1)	Painful joints <sup>48</sup>
<i>Gerbera gossypina</i> (Royle) Beauverd	J: Bhurjali	1	Lf (1) WP (1)	Lactation <sup>70</sup> Lactation <sup>70</sup>
<i>Gerbera maxima</i> (D.Don) Beauverd [ <i>Gerbera nepalensis</i> (DC.) Sch.Bip.]	K	1	WP (1)	Chest complaints <sup>26</sup> , Earache <sup>26</sup>
<i>Gnaphalium stewartii</i> (Holub) C.B.Clarke ex Hook.f.	L: Gnatzemetz	1	Rt (1)  Sht (1)	Antipyretic <sup>10</sup>  Antipyretic <sup>10</sup>
<i>Helianthus annuus</i> L.	K: Gulaftab	3	Sd (3)	Burning sensation of bladder <sup>17</sup> , Burning sensation of urine <sup>17</sup> , Gynecological disorders <sup>20</sup> , Kidney pain/Inflammation <sup>17</sup> , Painful joints <sup>48</sup> , Whooping cough <sup>48</sup>
<i>Hippolytia senecionis</i> (Jacquem. ex Besser) Poljakov ex Tzvelev [ <i>Tanacetum senecionis</i> (Jacquem. ex Besser) J.Gay]	L: Kangleanyesher L: Purnak	1	WP (1)	Colic complaints <sup>8</sup> , Earache <sup>8</sup> , Otorrhoea <sup>8</sup>
<i>Inula cappa</i> (Buch.-Ham. ex D.Don) DC	J: Khardmalli	1	Rt (1)	Oedema <sup>70</sup> , Ulcers mouth <sup>70</sup>
<i>Inula obtusifolia</i> A.Kerner	L: Ukchha	1	WP (1)	Headache <sup>5</sup>
<i>Inula racemosa</i> Hook.f.	L: Manu	14	Lf (2)	Acidity <sup>21</sup> , Anthelmintic <sup>35</sup> , Aphrodisiac <sup>35</sup> , Diuretic <sup>35</sup> , Gastro-intestinal complaints <sup>21</sup> , Rheumatism <sup>21</sup>
	K: Poshkar, Hasub kual, Bhoot Poshkarmool			

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
			Rt (14)	Abdominal pain <sup>37</sup> , Acidity <sup>21</sup> , Anthelmintic <sup>40</sup> , Antiinflammatory <sup>42</sup> , Antipyretic <sup>42</sup> , Antiseptic <sup>42</sup> , Asthma <sup>1, 23, 27, 42</sup> , Bronchitis <sup>1, 23, 27</sup> , Chest pain <sup>1, 23, 47</sup> , Cold <sup>16</sup> , Cough <sup>16, 47</sup> , Diarrhoea <sup>37</sup> , Expectorant <sup>26, 35</sup> , Fever <sup>16, 47</sup> , Gastro-intestinal complaints <sup>5, 8, 21</sup> , Gynecological disorders <sup>20</sup> , Liver ailments <sup>2</sup> , Rheumatism <sup>2, 5, 8, 21</sup> , Wounds <sup>47</sup>
<i>Inula rhizocephala</i> Schrenk [* <i>Inula rhizocephala</i> var. <i>rhizocephala</i> ]	L: Riamko, Turjit, Turzit	3	Sd (1) Rt (2)	Aphrodisiac <sup>26</sup> Chest complaints <sup>14</sup> Cold <sup>14, 16</sup> , Cough <sup>14, 16</sup> , Fever <sup>16</sup>
<i>Inula royleana</i> DC.	J: Chaki phool, Mulain	6	WP (1) Rt (5)	Chest pain <sup>21</sup> , Cold <sup>21</sup> , Constipation <sup>21</sup> , Intestinal infections <sup>21</sup> , Ulcer <sup>21</sup> Inflammation <sup>66</sup> , Blood pressure reduction <sup>26, 58</sup> , Expectorant <sup>23, 27</sup>
<i>Jurinea ceratocarpa</i> (Dcne.) Benth. & Hook.f.	K: Maline, Punara, Poshkar L: Minchenmarpo K: Dhupa	6	Sht (1) WP (1) Rt (4)	Dermatitis <sup>10</sup> Skin diseases <sup>27</sup> Asthma <sup>21</sup> , Backache <sup>21</sup> , Bronchitis <sup>21</sup> , Constipation <sup>10</sup> , Eyesight <sup>31</sup> , Headache <sup>21</sup> , Lung Tuberculosis <sup>21</sup> , Vision improvement <sup>35</sup>
<i>Jurinea dolomiaea</i> Boiss.	L: Turzith, Pashka K: Dupha, Thandi Jaid, Guggal Dooph	3	WP (2) Rt (2)	Headache <sup>6, 8</sup> , Lumbar pain <sup>6, 8</sup> , Renal colic <sup>6, 8</sup> Arthritis <sup>47</sup> , Cold <sup>47</sup> , Fever <sup>47</sup> , Gout <sup>58</sup> , Headache <sup>47</sup> , Rheumatism <sup>58</sup> , Skin eruptions <sup>58</sup> , Wounds <sup>47</sup>
<i>Jurinea macrocephala</i> DC.	J: Guggal K: Dhooa, Dhup, Dhupa	5	WP (1) Rt (4)	Boils <sup>32</sup> Antiseptic <sup>28</sup> , Colic complaints <sup>23, 27</sup> , Cuts <sup>28</sup> , Eye health <sup>28</sup> , Fever <sup>23</sup> , Skin eruptions <sup>28</sup> , Small pox <sup>25, 28</sup>
<i>Koelpinia linearis</i> Pall.	L: Nodar	2	WP (1) WP (2)	Boils <sup>34</sup> Rheumatism <sup>6, 8</sup>
<i>Lactuca lessertiana</i> (Wall. ex DC.) Wall. ex C.B. Clarke	L: Tharnue, Chhumasseo	2	Lf (1)	Rheumatism <sup>21</sup>
<i>Lactuca tatarica</i> (L.) C.A.Mey.	L: Bshakha, Chimati, Tarno	4	Sht (1) WP (1) Lf (1) WP (3)	Rheumatism <sup>21</sup> Renal colic <sup>8</sup> Fever <sup>21</sup> , Headache <sup>21</sup> , Internal wounds <sup>21</sup> Vomiting <sup>7</sup> , Gastric disorders <sup>9</sup> , Rheumatism <sup>8</sup>
<i>Lactuca serriola</i> L. [* <i>Lactuca scariola</i> L.]	L: Kahu K: Kahu	1	Sd (1)	Asthma <sup>73</sup>
<i>Leontopodium himalayanum</i> DC.	L: Tawa	1	Lf (1)	Headache <sup>21</sup> , Wounds septic <sup>21</sup>
<i>Leontopodium leontopodium</i> (Scop.) H.Karst.	L: Spanktsa	1	WP (1)	Cold <sup>5</sup> , Cough <sup>5</sup> , Fever <sup>5</sup> , General weakness <sup>5</sup> , Headache <sup>5</sup>
<i>Leontopodium nanum</i> (Hook.f. & Thomson ex Hook.f. & Thomson) Hand.-Mazz.	L: Tzigma	1	Rt (1)	Dysentery <sup>10</sup>
<i>Leontopodium nivale</i> subsp. <i>alpinum</i> (Cass.) Greuter [* <i>Leontopodium alpinum</i> Colm. ex Cass.]	L: Apanktsa, Tzima	2	WP (2)	Cold <sup>8</sup> , Cough <sup>8</sup> , Fever <sup>8</sup> , General weakness <sup>8</sup> , Headache <sup>8</sup> , Wounds septic <sup>21</sup>
<i>Ligularia jacquemontiana</i> (Decne.) M.A.Rau [* <i>Senecio jacquemontianus</i> (Decne.) Benth. ex Hook.f.]	K: Khalar, Richkut, Kutganna, Mutakesh, Pahand	6	Rt (6)	Nerve tonic <sup>23, 27</sup> , Rheumatic pain <sup>2</sup> , Joint pain <sup>28</sup> , Boils <sup>22, 29</sup>
<i>Matricaria chamomilla</i> L.	K: Chammomile, Bahul J: Dhok na chau	3	AP (1) Fl (1) Lf (2) Rt (1)	Anthelmintic <sup>40</sup> Toothache <sup>60</sup> Insect bite <sup>28</sup> , Thread worm <sup>28</sup> , Toothache <sup>60</sup> Joint swelling <sup>11</sup>
<i>Parasenecio chenopodifolius</i> (DC.) Grierson [* <i>Senecio chenopodifolius</i> DC.]	K: Richkuth	1	Rt (1)	Throat problems <sup>58</sup>
<i>Pseudognaphalium hypoleucum</i> (DC.) Hillard & B.L.Burt [* <i>Gnaphalium hypoleucum</i> DC.]	J: Chhar, Balraksha	2	Fl (1) Lf (1) Fl (1)	Astringent <sup>54</sup> , Vulnerary troubles <sup>54</sup> Fever <sup>16</sup>
<i>Pyrethrum pyrethroides</i> (Kar. & Kir.) B.Fedtsch. ex Krasch. [* <i>Chrysanthemum pyrethroides</i> (Kar. & Kir.) B.Fedtsch.]	L: Serpan or A-byag-gzer-joms	1	Lf (1) Fl (1)	
<i>Rhaponticum repens</i> (L.) Hidalgo [* <i>Acroptilon repens</i> (L.) DC.; <i>Centaurea picris</i> Pall.]	L: Ayu, Basaka, Vasak	3	WP (3)	Antipyretic <sup>5, 6</sup> , Blood purifier <sup>5, 8</sup> , Skin diseases <sup>5, 8</sup>
<i>Saussurea albescens</i> Hook. f & Thomson	K: Banpushkar, Puskar	2	Rt (2)	Skin diseases <sup>25, 28</sup>
<i>Saussurea bracteata</i> Decne. [* <i>Saussurea schultzei</i> Hook.f.]	L: Phansi, Spangsetobo, Spangsi-tawo, Jar-bag	5	AP (1) Fl (2) Lf (1) Rt (1) St (1) WP (2)	Cold <sup>15</sup> , Cough <sup>15</sup> Boils <sup>21</sup> , Cold <sup>16</sup> , Cough <sup>16, 21</sup> , Cuts <sup>21</sup> , Fever <sup>21</sup> , Headache <sup>21</sup> , Wounds <sup>21</sup> Cough <sup>21</sup> , Fever <sup>21</sup> , Headache <sup>21</sup> , Throatache <sup>21</sup> Boils <sup>21</sup> , Cough <sup>21</sup> , Cuts <sup>21</sup> , Fever <sup>21</sup> , Headache <sup>21</sup> , Wounds <sup>21</sup> Cough <sup>21</sup> , Fever <sup>21</sup> , Headache <sup>21</sup> , Throatache <sup>21</sup> Cardiac ailments <sup>9</sup> , Cold <sup>5</sup> , Cough <sup>5</sup> , Fever <sup>5</sup> , Liver ailments <sup>9</sup> , Mental disorders <sup>9</sup>
<i>Saussurea costus</i> (Falc.) Lipsch. [* <i>Saussurea lappa</i> (Decne.) Sch.Bip.]	J: Kustha, Kuth, Chobi-i-qut	26	Rt (24)	Anthelmintic <sup>11</sup> , Aphrodisiac <sup>23</sup> , Arthritis <sup>31, 35, 38, 46, 47, 55, 58, 62</sup> , Asthma <sup>26, 33, 37, 42</sup> , Bronchial asthma <sup>38</sup> , Bronchitis <sup>42, 70</sup> , Cardiac stimulant <sup>62</sup> , Carminative <sup>62, 64</sup> , Cholera <sup>26</sup> , Cold <sup>16</sup> , Cough <sup>16, 26, 33, 37, 42, 58, 70</sup> , Dental troubles <sup>42</sup> , Depurative <sup>23</sup> , Diuretic <sup>11, 62</sup> , Dysentery <sup>42</sup> , Expectorant <sup>62</sup> , Fever <sup>16, 23</sup> , Headache <sup>55</sup> , Heart problems <sup>42</sup> , Hysteria <sup>42</sup> , Insect bite <sup>37</sup> , Joint pain <sup>27, 33, 37, 39, 47, 58, 59</sup> , Joint swelling <sup>11, 28</sup> , Kidney stone <sup>47</sup> , Menstrual irregularities <sup>42</sup> , Rheumatism <sup>22, 23, 26, 27, 29, 64, 70</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
				Scabies <sup>39</sup> , Skin diseases <sup>26, 47, 64</sup> , Stimulant <sup>64</sup> , Stomach pain <sup>28</sup> , Stomach problems <sup>47</sup> , Stomachic <sup>23</sup> , Tonic <sup>23, 64</sup> , Toothache <sup>60</sup> , Wounds <sup>39</sup>
	K: Koth, Beare, Minar, Kouth, Kuth, Beare, Minar, Kuste Himid L: Kuth		WP (1) OI (1) Rz (1)	Stomachache <sup>38</sup> Rheumatism <sup>1</sup> Backache <sup>36</sup> , Dysentery <sup>36</sup> , Fever <sup>36</sup> , Joint pain <sup>36</sup> , Ulcer <sup>36</sup>
<i>Saussurea glacialis</i> Herder	L: Pangchee	1	Fl (1) Lf (1)	Mental disorders <sup>7</sup> , Heart troubles <sup>7</sup> , Throat troubles <sup>7</sup> Mental disorders <sup>7</sup> , Heart troubles <sup>7</sup> , Throat troubles <sup>7</sup>
<i>Saussurea gnaphalodes</i> (Royle ex Royle) Sch. Bip.	L: Yuliang	2	Fl (1) Lf (1) Rt (1) WP (1)	Depression <sup>21</sup> , Retardness <sup>21</sup> Depression <sup>21</sup> , Retardness <sup>21</sup> Promotes urination <sup>17</sup> , Painful urination <sup>17</sup>
<i>Saussurea gracilis</i> Maxim.	L: Pangchi	1	WP (1)	Cardiac ailments <sup>9</sup> , Liver ailments <sup>9</sup> , Mental disorders <sup>9</sup>
<i>Saussurea heteromalla</i> (D.Don) Hand.-Mazz.	J: Batola	1	Lf (1)	Cooling effect <sup>72</sup> , Styptic <sup>72</sup>
<i>Saussurea jacea</i> (Klotzsch) C.B.Clarke	L: Pashuk, Shirut	2	WP (2)	Controls painful urination <sup>17</sup> , Stomachache <sup>19</sup>
<i>Saussurea obvallata</i> (DC.) Edgew.	K: Jogi gag, Pangehi L: Yuling	3	Bct (1) Fl Bd (1) WP (1)	Cough <sup>42</sup> , Respiratory disorders <sup>42</sup> Boils <sup>14</sup> Kidney problems <sup>21</sup>
<i>Saussurea simpsoniana</i> (Fielding & Gardner) Lipsch. [* <i>Saussurea sacra</i> Edgew.]	J: Jogiphoool, Jogi badshah	5	WP (5)	Asthma <sup>42</sup> , Astringent <sup>26</sup> , Boils <sup>32, 34</sup> , Gynecological disorders <sup>42</sup> , Stimulant <sup>26</sup> , Tonic <sup>26</sup> , Toothache <sup>60</sup>
<i>Saussurea stoliczkae</i> C.B.Clarke	K: Jugebadsha, Zoog padsha L: Lupha	1	Fl (1) Lf (1)	Fever <sup>10</sup> Fever <sup>10</sup>
<i>Saussurea taraxacifolia</i> (Lindl.) Wall. ex DC. [* <i>Saussurea caespitosa</i> Wall.]	L: Spangsea	2	WP (2)	Headache <sup>6, 8</sup>
<i>Scorzonera divaricata</i> Turcz.	L: Tharnoo	1	WP (1)	Rheumatism <sup>8</sup>
<i>Scorzonera virgata</i> DC.	L	1	WP (1)	Jaundice <sup>18</sup>
<i>Senecio chrysanthemoides</i> DC.	K: Bagghu J: Jarjam L: Trubelamintho, Heching rGu-drus, Rgu-dus	5	Fl (2) Lf (1) NA (1) Rt (2)	Eyesight <sup>47</sup> , Wounds <sup>58</sup> Cuts <sup>47</sup> , Eczema <sup>47</sup> , Skin rashes <sup>47</sup> Aphrodisiac <sup>54</sup> , Depurative <sup>54</sup> , Fever <sup>54</sup> , Rheumatism <sup>54</sup> , Stomachic <sup>54</sup> , Tonic <sup>54</sup> Dysentery <sup>47</sup> , Stomach problems <sup>47</sup> , Urinary disorder <sup>47</sup> , Rheumatic pain <sup>58</sup>
<i>Senecio graciliflorus</i> (Wall.) DC.	K: Baggu, Phagu	2	WP (2) Lf (2) WP (1)	Dysentery <sup>19, 21</sup> Appetizer <sup>24, 25</sup> , Cooling effects <sup>25</sup> , Skin irritation <sup>24</sup> Skin irritation <sup>25</sup>
<i>Senecio krascheninnikovii</i> Schischk. [* <i>Senecio pedunculatus</i> Edgew.]	L: Umarswah, Sianthi	2	WP (2)	Headache <sup>4, 8</sup>
<i>Senecio tibeticus</i> Hook.f.	L: Niyamgar	1	Lf (1)	Burning sensation of urine <sup>17</sup> , Sedative <sup>17</sup> , Regulates urine discharge <sup>17</sup>
<i>Sigesbeckia orientalis</i> L.	J	2	WP (2)	Cardiac ailments <sup>53</sup> , Rheumatism <sup>64</sup> , Skin diseases <sup>53</sup> , Ulcer <sup>53</sup>
<i>Solidago virga-aurea</i> L.	K: Bagakachh	3	Rt (1) WP (2)	Diarrhoea <sup>28</sup> , Urinary trouble <sup>28</sup> Antiseptic <sup>23</sup> , Carminative <sup>23, 27</sup> , Bladder stone <sup>23</sup> , Diuretic <sup>23, 27</sup>
<i>Sonchus arvensis</i> L.	K: Dudh Kandij J: Sochal	2	Lt (1) Rt (1)	Boils <sup>45</sup> , Wounds <sup>45</sup> Asthma <sup>65</sup> , Bronchitis <sup>65</sup> , Cough <sup>65</sup> , Whooping cough <sup>65</sup>
<i>Sonchus asper</i> (L.) Hill	J: Dodli	1	WP (1)	Swelling <sup>69</sup>
<i>Sonchus oleraceus</i> (L.) L.	K: Dudije L	2	Lf (1) WP (1)	Jaundice <sup>18</sup> Fever <sup>37</sup> , Infection <sup>37</sup> , Indigestion <sup>37</sup> , Ulcer internal <sup>37</sup>
<i>Sonchus wightianus</i> DC.	J: Dudhli	1	Lf (1)	Abscess <sup>72</sup> , Boils <sup>72</sup>
<i>Spathipappus griffithii</i> (C.B.Clarke) Tzvelev [* <i>Chrysanthemum griffithii</i> C.B. Clarke]	L: Serpan, Chackerkeh	3	Fl (2) WP (1)	Burning sensation of bladder <sup>17</sup> , Burning sensation of urine <sup>17</sup> , Kidney pain/Inflammation <sup>17</sup> , Gynecological disorders <sup>20</sup> Joint pain <sup>10</sup>
<i>Synedrella nodiflora</i> (L.) Gaertn	J: Jari	1	Lf (1)	Styptic <sup>72</sup>
<i>Tagetes erecta</i> L.	J: Gutta L: Kanglanyesher	2	Lf (2)	Aperients <sup>72</sup> , Otagia <sup>72</sup> , Removes blocked urine <sup>17</sup>
<i>Tagetes minuta</i> L.	J: Guta K: Janlijafar	3	Fl (2) Lf (1) OI (1) Rt (1)	Blood purifier <sup>26</sup> , Dyspepsia <sup>63</sup> , Ulcer <sup>26</sup> Fever <sup>26</sup> Bronchodilator <sup>65</sup> Fever <sup>26</sup>
<i>Tanacetum dolichophyllum</i> (Kitam.) Kitam.	L: Khampaserpo Seigmanlo K: Lidd guggli J: Amritdhara-ghas	5	Fl (2) Lf (3) Rt (1) WP (2)	Intestinal worms <sup>19</sup> , Worms <sup>42</sup> Indigestion <sup>58</sup> , Stomach pain <sup>58</sup> , Intestinal worms <sup>19, 42</sup> Worms <sup>42</sup> Fever <sup>16</sup> , Intestinal worms <sup>15</sup>
<i>Tanacetum emodi</i> R.Khan [* <i>Chrysanthemum tibeticum</i> C.B.Clarke]	L: Pematso	1	Sht (1)	Antiseptic <sup>21</sup>
<i>Tanacetum gracile</i> Hook.f. & Thomson	L: Khamchu, Thorchokma	3	Fl (2) Lf (2) WP (1)	Anthelmintic <sup>21</sup> , Intestinal worms <sup>19</sup> Anthelmintic <sup>21</sup> , Intestinal worms <sup>19</sup> Fever <sup>16</sup>
<i>Tanacetum macrophyllum</i> (Waldst. & Kit.) Sch. Bip.	J: Mathrogass, Madra, Sapan	1	WP (1)	Cold <sup>69</sup> , Fever <sup>69</sup> , Intestinal problems <sup>69</sup> , Mouth ulcers <sup>69</sup> , Gastric disorders <sup>69</sup>
<i>Tanacetum tenuifolium</i> Jacquem. ex DC.	L: Autang	2	WP (2)	Angina pectoris <sup>5, 8</sup> , Bodyache <sup>5, 8</sup> , Headache <sup>5, 8</sup> , Renal colic <sup>5, 8</sup>
<i>Tanacetum tomentosum</i> DC.	L: Khankar, Purnak	1	WP (1)	Colic complaints <sup>5</sup> , Diarrhoea <sup>5</sup> , Earache <sup>5</sup>



Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Taraxacum campylodes</i> G.E.Haglund [* <i>Taraxacum officinale</i> (L.) Weber ex F.H. Wigg]	L: Han, Kharchu, Khurchot, Khurmano, Khursa, Kurmang, Panghi, Rasuk, Sanma, Yamngi	27	Fl (2)  Lf (10)	Stimulant <sup>42</sup> , Alcoholism <sup>21</sup> , Digestive system <sup>21</sup> , Indigestion <sup>42</sup> , Intestinal worms <sup>21</sup> , Laxative <sup>42</sup> , Liver ailments <sup>21</sup> , Mouth blisters <sup>21</sup> , Stomach disorders <sup>42</sup> , Tonic <sup>42</sup> , Worms <sup>42</sup> Backache <sup>28</sup> , Blood purifier <sup>70</sup> , Bodyache <sup>26</sup> , Bone fracture <sup>36</sup> , Diarrhoea <sup>70</sup> , Dislocated joints <sup>52</sup> , Dysentery <sup>70</sup> , Fracture <sup>28</sup> , Gastric ulcer <sup>70</sup> , General weakness <sup>47</sup> , Jaundice <sup>47</sup> , Joint dislocation <sup>22, 54, 70</sup> , Liver ailments <sup>28</sup> , Swelling <sup>72</sup> , Tonic <sup>58</sup> , Urinary irritation <sup>47</sup>
	J: Bathur, Phul Dudhli, Handh, Pili Jhari, Khusra K: Haend, Handh, Madan Hund, Handri, Sanma, Handri, Zear-gulay		NA (1)  Rt (18)	Indigestion <sup>19</sup> , Stomachache <sup>19</sup>  Abdominal pain <sup>47</sup> , Antipyretic <sup>8, 9</sup> , Blood diseases <sup>7</sup> , Blood purifier <sup>9</sup> , Burning sensation of urine <sup>17</sup> , Chest infection <sup>43</sup> , Cold <sup>47</sup> , Diuretic <sup>6, 8, 14, 15, 58, 61, 70</sup> , Dropsy <sup>23, 54</sup> , Dyspepsia <sup>23, 54</sup> , Fever <sup>26</sup> , Gastro-intestinal troubles <sup>9, 8</sup> , Headache <sup>9</sup> , Hepatic <sup>54</sup> , Hepatic stimulant <sup>23, 27</sup> , Indigestion <sup>42</sup> , Intestinal worms <sup>19</sup> , Jaundice <sup>23, 27, 54</sup> , Kidney complaints <sup>6, 8, 61</sup> , Laxative <sup>42, 58</sup> , Liver ailments <sup>6, 8, 61</sup> , Regulates urine discharge <sup>17</sup> , Rheumatism <sup>58</sup> , Sedative <sup>17</sup> , Skin diseases <sup>23, 54</sup> , Stimulant <sup>42, 54</sup> , Stomach disorders <sup>42</sup> , Tonic <sup>14, 15, 42, 58, 61</sup> , Vertigo <sup>6</sup> , Vertigo <sup>8</sup> , Worms <sup>42</sup> Abdominal swelling <sup>33, 37</sup> , Acidity <sup>33, 37</sup> , Asthma <sup>33, 37</sup> , Cough <sup>33, 37</sup> , Fever <sup>16</sup> , Infection <sup>33</sup> , Stomach cramps <sup>33, 37</sup> , Ulcer internal <sup>33</sup> , Urine irritation <sup>33, 37</sup>
<i>Taraxacum sikkimense</i> Hand.-Mazz.	K: Hundh L: Han, Khur-mang-karpo	2	Fl (1) Lt (1) Lf (1) Rt (1)	Fever <sup>38</sup> Warts <sup>38</sup> Anemia <sup>38</sup> Burning sensation of urine <sup>17</sup> , Sedative <sup>17</sup> , Regulates urine discharge <sup>17</sup>
<i>Tragopogon dubius</i> Scop. <i>Tragopogon gracilis</i> D.Don <i>Tragopogon pratensis</i> L.	K: Dudege L: Tharnoo L: Tharnoo	1 1 3	Lt (1) Fl (1) Rt (1)	Wounds <sup>25</sup> Laxative <sup>21</sup> Appetizer <sup>23</sup> , Liver ailments <sup>23</sup>
	K		WP (2)	Gout <sup>6, 8</sup> , Rheumatism <sup>6, 8</sup>
<i>Tridax procumbens</i> (L.) L. <i>Tussilago farfara</i> L.	J: Kumra, Gorakhmundi K: Watpan	1 1	Lf (1) Lf (1)	Styptic <sup>72</sup> Asthma <sup>28</sup> , Bronchitis <sup>28</sup>
<i>Waldheimia glabra</i> (Decne.) Regel <i>Waldheimia stoliczkae</i> (C.B.Clarke) Ostenf.	L: Thumba L: Solo nagpo	2 2	WP (2) WP (2)	Fever <sup>21</sup> , Headache <sup>21</sup> , Wounds <sup>14</sup> Blood purifier <sup>4</sup> , Cold <sup>16</sup> , Cough <sup>4, 16</sup> , Fever <sup>4, 16</sup> , Headache <sup>4</sup> , Vomiting <sup>4</sup>
<i>Xanthium strumarium</i> L.	J: Bhakhra	2	Fl (1) Rt (1)	Toothache <sup>53</sup> Boils <sup>52</sup> , Ulcer <sup>52</sup> , Tonic <sup>52</sup>
<b>Balanophoraceae</b>				
<i>Balanophora involucrata</i> Hook.f. & Thomson	J: Mastani	1	WP (1)	Toothache <sup>60</sup>
<b>Balsaminaceae</b>				
<i>Impatiens balsamina</i> L. <i>Impatiens edgeworthii</i> Hook.f. <i>Impatiens glandulifera</i> Royle [* <i>Impatiens roylei</i> Walp.]	J: Teera J: Buntal J: Buntal, Hillu	1 1 5	Lf (1) Lf (1) Fl (2)	Antiphlogistic <sup>72</sup> Burns <sup>62</sup> , Gonorrhoea <sup>62</sup> Tonic <sup>62</sup> , Snake bite <sup>58</sup>
	L: Mava, Mewa K: Phulong		Lf (1) Rt (2) Sd (2)	Burns <sup>62</sup> Cooling effects <sup>8</sup> , Mental tension <sup>58</sup> Aphrodisiac <sup>23</sup> , Tonic <sup>6</sup>
<b>Berberidaceae</b>				
<i>Berberis aristata</i> DC.	J: Kareel kaimbal, Daruharidra, Kaemblu	6	Fr (1)  Rt (3)	Laxative <sup>58</sup>  Backache <sup>2, 33</sup> , Fracture <sup>33</sup> , Jaundice <sup>33</sup> , Rejuvenation <sup>55</sup> , Rheumatism <sup>2</sup> , Weakness <sup>33</sup>
	K: Kasmal, Dandlether, Dandleder, Kawe dach		Rt Brk (2)	Backache <sup>37</sup> , Eye ailments <sup>68</sup> , Fracture <sup>37</sup> , Jaundice <sup>37</sup> , Malarial fever <sup>68</sup> , Weakness <sup>37</sup>
<i>Berberis asiatica</i> Roxb. ex DC. <i>Berberis brandisiana</i> Ahrendt	K: Rasaut, Kasmal L: Skerpa	1 1	Rt (1) Bu (1)	Backache <sup>28</sup> , Joint pain <sup>28</sup> Eye ailments <sup>21</sup> , Tonic <sup>21</sup>
<i>Berberis lycium</i> Royle	J: Cambel, Kaimal, Kamble, Kamblu, Kavelli, Krumbal, Kurmal, Rasaunt, Simblu, Simloo, Simlu	20	Brk (1)  Fr (7)  Lf (4) Rt (15)	Cooling agent <sup>58</sup>  Acidity <sup>58</sup> , Coagulant <sup>51</sup> , Constipation <sup>58</sup> , Diarrhoea <sup>19, 42</sup> , Intestinal problem <sup>19</sup> , Jaundice <sup>42</sup> , Liver ailments <sup>42</sup> , Piles <sup>53</sup> , Stomachache <sup>19, 42</sup> , Wounds <sup>36, 44</sup> Antiseptic <sup>62</sup> , Blemishes <sup>72</sup> , Jaundice <sup>66</sup> , Throat pain <sup>26</sup> Antiseptic <sup>47, 70</sup> , Cold <sup>16</sup> , Constipation <sup>36, 44</sup> , Cooling agent <sup>42, 70</sup> , Cough <sup>16</sup> , Diabetes <sup>47, 72</sup> , Dropsy <sup>47</sup> , Eczema <sup>47</sup> , Eye ailments <sup>1, 41</sup> , Eye lotion <sup>42</sup> , Eyesore <sup>70</sup> , Fever <sup>26</sup> , Gastric tonic <sup>63</sup> , Indigestion <sup>36</sup> , Irregular bowel moments <sup>36</sup> , Jaundice <sup>18, 61, 72</sup> , Laxative <sup>26, 63</sup> , Ophthalmia <sup>26</sup> , Piles <sup>26, 70, 72</sup> , Stomach disorders <sup>1, 26</sup> , Tonic <sup>26, 62</sup> , Toothache <sup>60</sup> , Urinary problem <sup>47</sup> , Wounds <sup>47</sup>
	L: Daruhaldi, Dama			
		K: Kowdach, Kaodauch, Kawdach, Khawaray		



Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
	K: Ratanjot		WP (2)	complaints <sup>17</sup> , Kidney inflammation and bleeding <sup>17</sup> , Lung problems <sup>21</sup> , Toothache <sup>42</sup> , Urinary disorder <sup>17</sup> , Wounds <sup>42</sup>
			Wd (1)	Backache <sup>5,6</sup> , Bodyache <sup>5,6</sup>
<i>Arnebia guttata</i> Bunge	L: Deemok	2	Rt (2)	Tooth brush <sup>12</sup>
<i>Asperugo procumbens</i> L.	L: Til	2	Sd (2)	Blood purifier <sup>15, 21</sup> , Hair tonic <sup>21</sup>
<i>Cordia dichotoma</i> G.Forst.	J: Lasuda	2	Fr (2)	Rheumatism <sup>6, 8</sup>
<i>Cordia myxa</i> L.	J: Lasuda	1	Lf (1)	Anthelmintic <sup>61</sup> , Astringent <sup>61</sup> , Cholera <sup>68</sup> , Diuretic <sup>61</sup> , Dropsy <sup>68</sup> , Dysentery <sup>68</sup>
<i>Cynoglossum glochidiatum</i> Wall. ex Benth. [* <i>Cynoglossum wallichii</i> var. <i>glochidiatum</i> (Wall. ex Benth.) Kazmi]	L: Krishkeot	1	Sd (1)	Diarrhoea <sup>70</sup>
<i>Cynoglossum lanceolatum</i> Forssk. [* <i>Cynoglossum micranthum</i> Poir.]	J: Adhopuspi	1	Rt (1)	Potency and fertility <sup>10</sup>
<i>Cynoglossum wallichii</i> G.Don	L: Nima-jarma K	2	Fl (1) Lf (1) Rt (1) Sht (1)	Vomiting <sup>54</sup>
<i>Eritrichium canum</i> var. <i>fruticulosum</i> (Klotzsch) L Y.J. Nasir [* <i>Eritrichium fruticulosum</i> Klotzsch]	L	1	WP (1)	Cough <sup>21</sup> , Swelling <sup>21</sup> , Vomiting <sup>21</sup> , Wounds <sup>21</sup> Cough <sup>21</sup> , Swelling <sup>21</sup> , Wounds <sup>21</sup> , Vomiting <sup>21</sup> Antiallergic <sup>26</sup> , Swelling <sup>26</sup> , Vomiting <sup>26</sup> Cough <sup>21</sup> , Swelling <sup>21</sup> , Wounds <sup>21</sup> , Vomiting <sup>21</sup> Gynecological disorders <sup>20</sup>
<i>Lindelofia macrostyla</i> (Bunge) Popov [* <i>Lindelofia anchusoides</i> (Lindl.) Lehm.]	L: Shapur	1	Lf (1)	Hypertension <sup>13</sup>
<i>Mattiastrum thomsonii</i> (C.B. Clarke) Kazmi	L	1	Lf (1)	Diuretic <sup>14</sup> , Intestinal worms <sup>14</sup>
<i>Microula tibetica</i> Benth.	L: Demok, Charoknenma	2	Rt (1) WP (1)	Lung diseases <sup>7</sup> , Ulcers internal <sup>7</sup> Cough <sup>5</sup> , Pulmonary diseases <sup>5</sup>
<i>Myosotis sylvatica</i> Hoffm.	K	1	WP (1)	Rheumatic pain <sup>26</sup>
<i>Onosma hispida</i> Wall. ex G. Don	L: Demok K: Ratanjot, Ratmundi, Hundheu	5	Rt (3) WP (2)	Abdominal ulcers <sup>9</sup> , Bladder stone <sup>27</sup> , Hair treatment <sup>42</sup> , Kidney stone <sup>27</sup> , Rheumatism <sup>42</sup> , Ulcer <sup>27</sup>
<i>Trichodesma indicum</i> (L.) Lehm.	J: Chhota, Dholi Andholi	2	WP (2)	Antiallergic <sup>23</sup> , Cardiac ailments <sup>23</sup> , Rheumatism <sup>23, 26</sup> , Stimulant <sup>23</sup> , Tonic <sup>26</sup> Cough <sup>54</sup> , Fever <sup>54</sup> , Flatulence <sup>72</sup>
<b>Brassicaceae</b>				
<i>Arabis recta</i> Vill.	L: Solo	1	Rt (1)	Cooling agent <sup>9</sup> , Chest diseases <sup>9</sup> , Gastric disorders <sup>9</sup>
<i>Arabis tibetica</i> Hook.f. & Thomson	L: Parpata, Parpats	2	WP (2)	Blood purifier <sup>9</sup> , Blood diseases <sup>7</sup> , Cough <sup>9</sup> , Fever <sup>7, 9</sup>
<i>Brassica nigra</i> (L.) K.Koch	K: Aaossur	1	Sd (1)	Anthelmintic <sup>40</sup>
<i>Brassica oleracea</i> L. [* <i>Brassica oleracea</i> var. <i>acephala</i> DC.]	K: Haak	1	Lf (1)	Boils <sup>22</sup>
<i>Brassica rapa</i> L. [* <i>Brassica campestris</i> L.; <i>Brassica rapa</i> subsp. <i>campestris</i> (L.) A.R. Clapham]	K: Telgogul	6	Sd (4)	Dandruff <sup>32, 34, 45</sup> , Hair fall <sup>32, 34, 35</sup> , Hair growth <sup>32</sup> , Hair tonic <sup>32</sup> , Rheumatic pain <sup>45</sup> , Skin eruptions <sup>45</sup> , Toothache <sup>30</sup>
<i>Capsella bursa-pastoris</i> (L.) Medik.	L: Medikus, Shamso, Sog-ka K: Kralmund, Kralmond J: Krayl mond, Methyia gass	7	Sd Ol (2) Lf (4) NA (1) WP (2)	Boils <sup>22</sup> , Dandruff <sup>33</sup> , Hair fall <sup>33</sup> , Hair tonic <sup>33</sup> Abdominal pain <sup>47</sup> , Bile secretion <sup>69</sup> , Hemorrhage of Kidney <sup>17</sup> , Intestinal problems <sup>47</sup> , Obesity <sup>47</sup> , Vomiting <sup>21</sup> Antiscorbutic <sup>26</sup> , Astringent <sup>26</sup> , Dropsy <sup>26</sup> , Haematuria <sup>26</sup> Astringent <sup>52</sup> , Diarrhoea <sup>52</sup> , Gynecological disorders <sup>20</sup> , Hemorrhage diseases <sup>52</sup>
<i>Cardamine flexuosa</i> With.	J&K	1	St (1)	Toothache <sup>3</sup>
<i>Cardamine macrophylla</i> Willd.	K: Pahal laish	1	WP (1)	Asthma <sup>37</sup> , Diuretic <sup>37</sup> , Fever <sup>37</sup> , Tumour <sup>37</sup> , Wormicide <sup>37</sup>
<i>Christolia crassifolia</i> Camb.	L: Khahla	1	Rt (1)	Purgative <sup>10</sup>
<i>Crucihimalaya himalaica</i> (Edgew.) Al-Shehbaz, O'Kane & R.A.Price [* <i>Arabis himalaica</i> (Edgew.) O.E.Schulz]	L: Byi'u laphug, Sbiu-lapug	2	WP (2)	Appetizer <sup>21</sup> , Indigestion <sup>19, 21</sup>
<i>Descurainia sophia</i> (L.) Webb ex Prantl [* <i>Sisymbrium sophia</i> L.]	K: Khaempa, Chari-lacheg, Charilasij, Charilecheg, Tseri Latchij J: Tserilatchij L: Khampa	9	Lf (1) Sd (8) St (1)	Fever <sup>44</sup> Bronchitis <sup>26</sup> , Chicken pox <sup>22, 29, 54</sup> , Dysentery <sup>26</sup> , Expectorant <sup>26</sup> , Gastric disorders <sup>44</sup> , Intestinal disorder <sup>44</sup> , Measels <sup>25, 28</sup> , Stomachache <sup>19</sup> , Tonic <sup>26</sup> Chicken pox <sup>21</sup>
<i>Dontostemon glandulosus</i> (Kar. & Kir.) O.E. Schulz [* <i>Arabis glandulosa</i> Kar. & Kir.]	L: Umakno	2	Lf (1) WP (1)	Abdominal pain <sup>19</sup> Diarrhoea <sup>14</sup>
<i>Eurycarpus lanuginosus</i> (Hook.f. & Thomson) Botsch. [* <i>Ermania lanuginosa</i> (Hook.f. & Thomson) O.E.Schulz]	L: Measlo	2	Lf (2)	Cuts <sup>14</sup> , Hemorrhage of Kidney <sup>17</sup>
<i>Lepidium didymum</i> L. [* <i>Coronopus didymus</i> (L.) Sm.]	J: Jangali Halian, Puth Ajvan L: Seoji, Sangso, Sauson	3	WP (2) Lf (1) St (1) WP (3)	Arthralgia <sup>72</sup> , Joint dislocation <sup>72</sup> , Stomachache <sup>69</sup> , Vomiting <sup>69</sup> Rheumatism <sup>21</sup> Rheumatism <sup>21</sup>
<i>Lepidium latifolium</i> L.		4	WP (3)	Abscess <sup>8</sup> , Hemorrhage of Kidney <sup>17</sup> , Rheumatism <sup>4</sup> , Wounds <sup>8</sup>
<i>Lepidium sativum</i> L.	J: Halian	2	Sd (2)	Delivery easy <sup>1</sup> , Fractured bone <sup>72</sup>
<i>Nasturtium officinale</i> R.Br.	J: Chho	5	Lf (5)	

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
				Blood purifier <sup>67</sup> , Cold <sup>57, 67</sup> , Constipation <sup>57</sup> , Cough <sup>57, 65, 67</sup> , Indigestion <sup>57</sup> , Intestinal infection <sup>36, 44</sup> , Intestinal worms <sup>57</sup> , Stomach ulcer <sup>36, 44</sup> , Stomachache <sup>57</sup>
	K: Kulhak			
<i>Raphanus raphanistrum</i> subsp. <i>sativus</i> (L.) Domin [* <i>Raphanus sativus</i> L.]	K: Mujh	7	WP (1) Rt (5)	Asthma <sup>65</sup> Anthelmintic <sup>40</sup> , Appetite loss <sup>45</sup> , Constipation <sup>45</sup> , Diarrhoea <sup>19</sup> , Diuretic <sup>17</sup> , Indigestion <sup>45</sup> , Jaundice <sup>18, 45</sup> , Kidney stone <sup>17</sup> , Liver ailments <sup>18</sup> , Urinary problem <sup>45</sup>
	L: Labook			
<i>Rorippa islandica</i> (Oeder) Borbas	K: Thru	2	Rt (2)	Dandruff <sup>32, 34</sup> , Hair fall <sup>32, 34</sup> Asthma <sup>49</sup> , Diuretic <sup>3</sup> , Measles <sup>3</sup>
<i>Rorippa sylvestris</i> (L.) Besser	K: Van telgugal	1	Sd (1)	Cold <sup>31</sup> , Headache <sup>31</sup>
<i>Sisymbrium irio</i> L.	K: Cheri Laschij	2	Sd (1)	Cold <sup>45</sup> , Cough <sup>45</sup> , Fever <sup>45</sup> , Muscular pain <sup>45</sup> , Headache <sup>45</sup> , Measles <sup>45</sup>
<i>Sisymbrium orientale</i> L.	J: Khubkali		WP (1)	Astringent <sup>70</sup> , Expectorant <sup>70</sup>
	L: Taga, Staga	3	Sd (2)	Appetizer <sup>4, 8</sup> , Carminative <sup>4, 8</sup> , Dyspepsia <sup>4, 8</sup> , Stomachache <sup>4</sup> , Stomachic <sup>8</sup>
<i>Thlaspi alpestre</i> Jacq.	L: Bumbuk, Bre-ga	3	St (1) Sd (1)	Appetizer <sup>21</sup> , Carminative <sup>21</sup> Controls painful urination <sup>17</sup>
<i>Thlaspi arvense</i> L.	L: Braga, Treka, Trekalyamegesha	6	WP (2) Sd (5)	Gynecological disorders <sup>20</sup> , Indigestion <sup>19</sup> Backache <sup>6</sup> , Controls painful urination <sup>17</sup> , Gynecological disorders <sup>20</sup> , Rheumatism <sup>6, 8</sup> , Soar throat <sup>13</sup>
			WP (2)	Digestion <sup>21</sup> , Gastritis <sup>21</sup> , Pulmonary disease <sup>6</sup> , Renal disease <sup>6</sup>
<b>Butomaceae</b>				
<i>Butomus umbellatus</i> L.	J&K: Koungi tour	1	Lf (1) Rt (1)	Throatache <sup>3</sup> Intestinal disorders <sup>3</sup>
<b>Buxaceae</b>				
<i>Sarcococca pruniformis</i> Lindl. [* <i>Sarcococca saligna</i> Mull.Arg.]	J: Ranthali	1	Rt (1)	Anxiety <sup>69</sup> , Heart diseases <sup>69</sup> , Jaundice <sup>69</sup> , Worms stomach <sup>69</sup>
<b>Cactaceae</b>				
<i>Opuntia ficus-indica</i> (L.) Mill. [* <i>Opuntia vulgaris</i> Mill.]	J: Trappar Sula	1	WP (1)	Otalgia <sup>72</sup>
<b>Campanulaceae</b>				
<i>Codonopsis ovata</i> Benth.	L: Lurdud-dorjey	3	Lf (1)	Blood diseases <sup>21</sup> , Chest congestion <sup>21</sup> , Liver ailments <sup>21</sup> , Lung problems <sup>21</sup> , Pus <sup>21</sup> , Ulcer <sup>21</sup>
	K: Kunzalwan		Rt (1) Sht (1)	Ulcer <sup>27</sup> , Wounds <sup>27</sup> Blood diseases <sup>21</sup> , Chest congestion <sup>21</sup> , Liver ailments <sup>21</sup> , Lung problems <sup>21</sup> , Pus <sup>21</sup> , Ulcer <sup>21</sup>
<i>Codonopsis rotundifolia</i> Benth.	K: Bibdi	2	WP (1) Rt (2)	Bruises <sup>23</sup> , Ulcer <sup>23</sup> , Wounds <sup>23</sup> Aphrodisiac <sup>42</sup> , Cutaneous eruptions <sup>10</sup>
	L: Kaeremapo			
<b>Cannabaceae</b>				
<i>Cannabis sativa</i> L.	K: Bange, Bang, Bunga, Bangh, Charis	14	Fl (1) Lf (11)	Narcotic <sup>41</sup> Alopecia <sup>72</sup> , Anthelmintic <sup>40</sup> , Appetizer <sup>47</sup> , Arthritis <sup>47</sup> , Blood purifier <sup>39</sup> , Cholera <sup>33, 38</sup> , Dandruff <sup>38</sup> , Diarrhoea <sup>33</sup> , Diuretic <sup>47</sup> , Gastroenteritis <sup>72</sup> , Lice control <sup>58</sup> , Menstrual disorder <sup>31</sup> , Narcotic <sup>33, 41, 47</sup> , Piles <sup>39, 67, 72</sup> , Rheumatism <sup>33, 38</sup> , Scorpion sting <sup>72</sup> , Skin diseases <sup>33</sup> , Urinary infection <sup>68</sup> , Wormicide <sup>33</sup>
	J: Bhang		Rt (1) St (1) WP (3)	Toothache <sup>30</sup> Rheumatism <sup>38</sup> Analgesic <sup>61</sup> , Appetizer <sup>58</sup> , Cholera <sup>37</sup> , Diarrhoea <sup>37</sup> , Narcotic <sup>37, 58</sup> , Rheumatism <sup>37</sup> , Sedative <sup>58, 61</sup> , Skin diseases <sup>37</sup> , Wormicide <sup>37</sup>
<i>Celtis australis</i> L.	K: Brimij	3	Fr (2)	Amenorrhoea <sup>26</sup> , Colic complaints <sup>26</sup> , Rheumatism <sup>64</sup>
	J: Khirak, Brimij		Sd (1)	Amenorrhoea <sup>32</sup>
<b>Capparaceae</b>				
<i>Capparis decidua</i> (Forssk.) Edgew.	J: Karer	1	Rt (1) St (1)	Inflammation <sup>64</sup> , Rheumatism <sup>64</sup> Inflammation <sup>64</sup> , Rheumatism <sup>64</sup>
<i>Capparis himalayensis</i> Jafri [* <i>Capparis spinosa</i> var. <i>himalayensis</i> (Jafri) Jacob]	L: Kabia, Kabra, Almose, Capra	6	WP (1)	Hepatitis <sup>18</sup> , Jaundice <sup>18</sup> , Liver cirrhosis <sup>18</sup>
	J: Himsra		Fr (2) Lf (2) Rt (2) Sht (1) WP (1)	Anthelmintic <sup>7</sup> , Dismenorrhoea <sup>7, 9</sup> , Spleen disorder <sup>7</sup> Tonic <sup>21</sup> , Gout <sup>21</sup> , Toothache <sup>21</sup> , Paralysis <sup>21</sup> , Hyperacidity <sup>10</sup> Tonic <sup>21</sup> , Gout <sup>21</sup> , Toothache <sup>21</sup> , Paralysis <sup>21</sup> , Anthelmintic <sup>9</sup> Tonic <sup>21</sup> , Gout <sup>21</sup> , Toothache <sup>21</sup> , Paralysis <sup>21</sup>
<i>Cratava adansonii</i> DC.	J: Barni	1	Brk (1)	Rheumatism <sup>54</sup> , Pain <sup>54</sup> , Tumour <sup>54</sup> Appetizer <sup>61</sup> , Laxative <sup>61</sup> , Stimulant <sup>61</sup> , Urinary infection <sup>61</sup>
<b>Caprifoliaceae</b>				
<i>Dipsacus inermis</i> Wall.	K: Wopal Hakh, Wupal-hawkh	3	Lf (3)	Cough <sup>45</sup> , Swelling <sup>45</sup> , Bodyache <sup>26</sup> , Sore throat <sup>38</sup> , Pain <sup>38</sup>
<i>Morina coulteriana</i> Royle	K: Kin	1	Rt (1)	Worm (Ringworm) <sup>28</sup>
<i>Morina longifolia</i> Wall. ex DC.	J: Kandayri	3	Rt (2)	Allergy <sup>66</sup> , Boils <sup>66</sup> , Wounds <sup>42</sup>
	K: Kandmook, Kim		WP (1)	Indigestion <sup>19</sup>
	L: Kim			
<i>Valeriana hardwickii</i> Wall.	K: Mushkbala	2	Rt (2)	Antispasmodic <sup>23</sup> , Carminative <sup>23</sup> , Epilepsy <sup>23, 27</sup> , Hysteria <sup>23, 27</sup> , Stimulant <sup>23</sup>
	K: Mushkbala, Budjeeth	7	Rt (7)	

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Valeriana jatamansi</i> Jones [* <i>Valeriana wallichii</i> DC.]	J: Mushkbala, Mushkhibala L			Abdominal pain <sup>37, 47</sup> , Antiseptic <sup>70</sup> , Antispasmodic <sup>28</sup> , Diarrhoea <sup>37, 47</sup> , Dysentery <sup>37</sup> , Epilepsy <sup>70</sup> , Fever <sup>47</sup> , Gynecological disorders <sup>20</sup> , Heart diseases <sup>37</sup> , Hysteria <sup>61</sup> , Nerve tonic <sup>28</sup> , Nervous disorder <sup>61</sup> , Sedative <sup>42, 70</sup> , Urinary disorder <sup>47</sup> , Wormicide <sup>37, 47</sup> , Wounds <sup>47</sup>
<i>Valeriana officinalis</i> L. [* <i>Valeriana dubia</i> Bunge]	J: Murma	1	Rt (1)	Dandruff <sup>58</sup>
<b>Caricaceae</b>				
<i>Carica papaya</i> L.	J: Papita	1	Fr (1)	Piles <sup>72</sup> , Stones <sup>72</sup>
<b>Caryophyllaceae</b>				
<i>Arenaria bryophylla</i> Fernald	L: Lekhum	1	WP (1)	Bladder/ urine tract burning sensation <sup>17</sup> , Kidney pain/ Inflammation <sup>17</sup>
<i>Arenaria festuoides</i> Benth.	L: Umarchua	1	Rt (1)	Increases lactation <sup>13</sup>
<i>Arenaria serpyllifolia</i> L.	L: Rtswa-a-krong K	2	WP (2)	Cystitis <sup>23</sup> , Promotes kidney function <sup>17</sup>
<i>Cerastium cerastoides</i> (L.) Britton	L: Spang-yan-karpo, Spangian-karpo	3	Lf (1) Sht (1) WP (2)	Bodyache <sup>21</sup> , Headache <sup>21</sup> , Renal colic <sup>21</sup> Bodyache <sup>21</sup> , Headache <sup>21</sup> , Renal colic <sup>21</sup> Renal pain <sup>5</sup> , Backache <sup>5</sup> , Bodyache <sup>5</sup> , Headache <sup>5, 8</sup> , Renal colic <sup>8</sup>
<i>Cerastium glomeratum</i> Thuill. [* <i>Cerastium vulgatum</i> L.]	J: Dadpasha	1	WP (1)	Haemorrhage <sup>54</sup> , Refrigerant <sup>54</sup>
<i>Cucubalus baccifer</i> L. [* <i>Silene baccifera</i> (L.) Roth]	K	1	WP (1)	Haemorrhage <sup>23</sup>
<i>Dianthus anatolicus</i> Boiss.	L: Thangthorn	1	Lf (1)	Cold <sup>21</sup> , Cough <sup>21</sup> , Stomach ailments <sup>21</sup>
<i>Eremogone griffithii</i> (Boiss.) Ikonn. [* <i>Arenaria griffithii</i> Boiss.]	L: Oma-strwa	2	Lf (1)  Sht (1) WP (1)	Bile disorder <sup>21</sup> , Menstrual disorder <sup>21</sup>  Bile disorder <sup>21</sup> , Menstrual disorder <sup>21</sup> Gynecological disorders <sup>20</sup>
<i>Herinaria hirsuta</i> L.	K: Chikil	1	WP (1)	Throat sore <sup>26</sup>
<i>Minuartia kashmirica</i> (Edgew. & Hook. f.) Mattf.	L: Pangyankarpo	1	WP (1)	Headache <sup>8</sup>
<i>Sagina saginoides</i> (L.) H.Karst.	L: Gangachon, Kanganchhoo	3	WP (3)	Cold <sup>21</sup> , Diarrhoea <sup>21</sup> , Fever <sup>21</sup> , Food poisoning <sup>21</sup> , Headache <sup>6, 8</sup>
<i>Silene coronaria</i> (Desr.) Clairv. ex Rchb. [* <i>Lychnis coronaria</i> Desr.]	K: Angaarda, Shosh gass, Chutjal	4	Fl (1)  Rt (4)	Liver ailments <sup>44</sup> , Lung troubles <sup>44</sup>  Constipation <sup>45</sup> , Cough <sup>45</sup> , Liver ailments <sup>26, 37, 44</sup> , Lung diseases <sup>26, 37, 44</sup>
<i>Silene graminifolia</i> Otth [* <i>Silene tenuis</i> Willd.]	L: Leivet	1	Sd (1)	Soar throat <sup>13</sup>
<i>Silene moorcroftiana</i> Wall. ex Benth. [* <i>Silene persica</i> subsp. <i>moorcroftiana</i> (Wall. ex Benth.) Chowdhuri]	L: Sugpadagbyed, Tariakan	2	Lf (1)  WP (1)	Anemia <sup>21</sup> , Ear ailments <sup>21</sup> , Nose problems <sup>21</sup>  Backache <sup>5</sup> , Rheumatism <sup>5</sup> , Renal colic <sup>5</sup>
<i>Silene vulgaris</i> (Moench) Garcke	J: Takla, Lately booti K: Giago	2	St (1) WP (1)	Demulcent <sup>72</sup> Ophthalmia <sup>23</sup>
<i>Spergula arvensis</i> L.	K	1	WP (1)	Diuretic <sup>23</sup>
<i>Stellaria aquatica</i> (L.) Scop. [* <i>Myosoton aquaticum</i> (L.) Moench.]	J&K	1	St (1)	Teeth cleaning <sup>3</sup>
<i>Stellaria media</i> (L.) Vill.	J: Badeola, Koku K: Losdhi	5	NA (1) Sd (2) WP (2)	Joint stiffness <sup>54</sup> Allergy <sup>44</sup> , Skin infections <sup>36, 44</sup> , Wounds <sup>36, 44</sup> Cough <sup>37</sup> , Diuretic <sup>37</sup> , Fever <sup>37</sup> , Fracture bone <sup>61</sup> , Stomach pain <sup>37</sup>
<b>Celastraceae</b>				
<i>Celastrus paniculatus</i> Willd.	J: Kangani, Malkangni	3	Sd (3)	Backache <sup>51</sup> , Gout <sup>64, 70</sup> , Rheumatism <sup>64, 70</sup>
<i>Parnassia ovata</i> Ledeb.	L: Pangyan-Karpo	1	WP (1)	Cold <sup>6</sup> , Cough <sup>6</sup> , Dyspepsia <sup>6</sup> , Fever <sup>6</sup> , Stomachic <sup>6</sup>
<b>Ceratophyllaceae</b>				
<i>Ceratophyllum demersum</i> L.	J	1	Lf (1)	Diarrhoea <sup>57</sup> , Fever <sup>57</sup>
<b>Cleomaceae</b>				
<i>Cleome gynandra</i> L. [* <i>Gynandropsis gynandra</i> (L.) Briq.]	J: Khar boli, Peeli Neoli	2	Lf (2)  Sd (1)	Rheumatism <sup>64</sup> , Rubefacient <sup>64</sup> , Otagia <sup>72</sup>  Intestinal worms <sup>72</sup>
<b>Colchicaceae</b>				
<i>Colchicum luteum</i> Baker	K: Suranjan, Whirkin posh, Chingposh, Vir Kim Posh, Virkum	10	Bu (9)  Sd (1)  WP (1)	Cough <sup>49</sup> , Dandruff <sup>32, 34</sup> , Fever <sup>28, 49</sup> , Gout <sup>21, 26, 28, 42, 64</sup> , Gynecological disorders <sup>20</sup> , Kills lice <sup>32, 34</sup> , Liver ailments <sup>26, 42</sup> , Rheumatism <sup>26, 42, 64</sup> , Skin diseases <sup>64</sup> , Spleen disorder <sup>26</sup> Constipation <sup>49</sup> , Stomach pain <sup>49</sup>  Rheumatism <sup>54</sup> , Skin diseases <sup>54</sup>
<i>Gloriosa superba</i> L.	J: Kaneru phool, Karianaga	2	Fl (1) Lf (1) Rt (1)	Rheumatism <sup>64</sup> Rheumatism <sup>64</sup> Snake bite <sup>70</sup> , Purgative <sup>70</sup>
<b>Combretaceae</b>				
<i>Terminalia belirica</i> Wall.	J: Bhera, Bahera L	3	Brk (1) Fr (3)	Urinary disorder <sup>53</sup> Diarrhoea <sup>68</sup> , Digestion <sup>68</sup> , Dropsy <sup>68</sup> , Fever <sup>68</sup> , Gynecological disorders <sup>20</sup> , Leprosy <sup>68</sup> , Piles <sup>68</sup> , Urinary disorder <sup>53</sup>
<i>Terminalia chebula</i> Retz.	J: Harad, Harar L	4	Fr (3) Sd (1)	Gynecological disorders <sup>20</sup> , Cough <sup>68</sup> , Hair colour <sup>51</sup> Cold <sup>65</sup>



Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<b>Commelinaceae</b>				
<i>Commelina benghalensis</i> L.	J: Chura, Churra	2	Lf (1) WP (1)	Antiphlogistic <sup>72</sup> , Eye redness <sup>72</sup> Demulcent <sup>61</sup> , Refrigerant <sup>61</sup> , Leprosy <sup>61</sup> , Laxative <sup>61</sup>
<b>Convolvulaceae</b>				
<i>Convolvulus arvensis</i> L.	J: Hiran Padi, Hiran Khuri, Rajbala K: Harangi, Haroli	4	AP (1) Lf (1) Rt (1) WP (1)	Purgative <sup>25</sup> Acne <sup>72</sup> Dandruff <sup>70</sup> , Piles <sup>70</sup> Cathartic <sup>23</sup>
<i>Cuscuta approximata</i> Bab. <i>Cuscuta capitata</i> Roxb.	L L: Deelasazin, Detasangeen, Handathapa	1 4	WP (1) WP (4)	Warts <sup>14</sup> Antiseptic <sup>6, 8</sup> , Bladder irritation reduction <sup>17</sup> , Blood diseases <sup>7</sup> , Cuts <sup>6</sup> , Fever <sup>6, 8</sup> , Malenchoia <sup>6, 8</sup> , Promotes urination <sup>17</sup> , Ulcer <sup>6</sup> , Wounds <sup>6</sup>
<i>Cuscuta europaea</i> L.	K: Kukilpot, Kokili poth L: Gulthak	4	St (1) WP (3)	Hair fall <sup>41</sup> , Testicle swelling <sup>41</sup> Abdominal ailments <sup>13</sup> , Backache <sup>13</sup> , Chest and lung infection <sup>29</sup> , Gynecological disorders <sup>20</sup>
<i>Cuscuta reflexa</i> Roxb.	J: Amar bel, Aandal-Kaandal, Amarbela K: Janeo-bal, Kukli pot, Kukliporte, Kul kuli pot	12	Sd (1) St (1) WP (12)	Bilious disorders <sup>68</sup> , Anthelmintic <sup>68</sup> Bilious disorders <sup>68</sup> Asthma <sup>39</sup> , Bilious disorders <sup>23</sup> , Boils <sup>23</sup> , Chest disorder <sup>26</sup> , Dandruff <sup>32, 34, 47</sup> , Dermatitis <sup>54</sup> , Fever <sup>37</sup> , Hair damage <sup>39</sup> , Hair fall <sup>37</sup> , Hair nourishment <sup>32</sup> , Headache <sup>37, 54</sup> , Itching <sup>68, 72</sup> , Joint pain <sup>39</sup> , Joints swelling <sup>55</sup> , Migrane <sup>47</sup> , Ringworm <sup>72</sup> , Skin diseases <sup>37, 47</sup> , Sores <sup>37</sup> , Testicular swelling <sup>37, 54</sup> , Tonsilitis <sup>26</sup> , Wounds <sup>23, 27, 39</sup>
<i>Evolvulus alsinoides</i> (L.) L.	J: Vishnukrant	1	Lf (1)	Asthma <sup>53</sup> , Bronchitis <sup>53</sup> , Diarrhoea <sup>53</sup> , Fever <sup>53</sup> , Indigestion <sup>53</sup>
<i>Ipomoea fistulosa</i> Mart. ex Choisy [* <i>Ipomoea carnea</i> subsp. <i>fistulosa</i> (Mart. ex Choisy) D.F. Austin]	J: Bilaitti Aak	1	Lf (1)	Joint pain <sup>72</sup> , Abscess <sup>72</sup>
<i>Ipomoea hispida</i> Zuccagni <i>Ipomoea pes-tigridis</i> L.	J: Mak Bhel J: Panja Bel	1 1	WP (1) Lf (1)	Rheumatism <sup>64</sup> Acne <sup>72</sup>
<b>Crassulaceae</b>				
<i>Bryophyllum pinnatum</i> (Lam.) Oken <i>Rhodiola fastigiata</i> (Hook. f. & Thomson) S.H. Fu	J: Patharchat L: Rholo mukpo	1 1	Lf (1) WP (1)	Wounds <sup>62</sup> Cough <sup>21</sup> , Chest congestion <sup>21</sup>
<i>Rhodiola heterodonta</i> (Hook. f. & Thomson) Boriss. [* <i>Sedum heterodontum</i> Hook. f. & Thomson]	K: Miswak, Lutkul L: Shro-lo dkar-po	2	Rt (1) St (1)	Cold <sup>16</sup> , Cough <sup>16</sup> , Fever <sup>16</sup> Constipation <sup>44</sup> , Indigestion <sup>44</sup>
<i>Rhodiola himalensis</i> (D. Don) S.H. Fu	L: Rholo J: Dand jari	2	Lf (1) Sht (1) St Brk (1)	Headache <sup>21</sup> Headache <sup>21</sup> Teeth infection <sup>58</sup>
<i>Rhodiola imbricata</i> Edgew.	J: Dhodlli L: Rholo karpoo, Shrolo-marpo	4	Rt (4) Fl (1)	Fatigue <sup>66</sup> , Tonic <sup>21</sup> , Cold <sup>16</sup> , Cough <sup>16</sup> , Fever <sup>16</sup> , Gynecological disorders <sup>20</sup> Expectorant <sup>9</sup> , Emetic <sup>9</sup>
<i>Rhodiola tibetica</i> (Hook. f. & Thomson) S.H. Fu [* <i>Sedum tibeticum</i> Hook. f. & Thomson]	J: Kindut L	2	Rt (2) WP (1) Fl (1)	Laxative <sup>54</sup> , Ascites <sup>9</sup> Urogenital disorders <sup>9</sup> Expectorant <sup>9</sup> , Emetic <sup>9</sup>
<i>Rhodiola trifida</i> (Hook.f. & Thomson) Jacobsen [* <i>Sedum trifidum</i> Hook. f. & Thomson]	L	1	Rt (1) WP (1) Fl (1)	Ascites <sup>9</sup> Urogenital disorders <sup>9</sup> Tooth brush <sup>44</sup>
<i>Rhodiola wallichiana</i> (Hook.) S.H. Fu [* <i>Sedum wallichianum</i> Hook.] <i>Sedum ewersii</i> Ledeb.	K: Miswak, Puhulmund K: Shrolo, aggjadi, Shurupa, Parrhunnar L: Shurupa, Gomni, Dachungpa, Churuppa J: Kupadd jari L: Lugmickh	1 7	St Brk (1) Lf (2) Sht (2) WP (5)	Wounds <sup>42</sup> , Dysentery <sup>19, 42</sup> Wounds <sup>42</sup> , Dysentery <sup>19, 42</sup> Appetizer <sup>4, 8</sup> , Toothache <sup>21</sup> , Cooling agent <sup>58</sup> , Emollient <sup>26</sup> , Vulnerary <sup>26</sup>
<i>Sedum quadrifidum</i> Pall.	L: Lugmickh	1	Fl (1) Rt (1) WP (1)	Expectorant <sup>9</sup> , Emetic <sup>9</sup> Ascites <sup>9</sup> Urogenital disorders <sup>9</sup>
<i>Tillaea schimperi</i> subsp. <i>Schimperi</i> [* <i>Tillaea pentandra</i> Royle ex Edgew.]	J&K	1	WP (1)	Kidney complaints <sup>3</sup> , Urinary infection <sup>3</sup>
<b>Cucurbitaceae</b>				
<i>Citrullus colocynthis</i> (L.) Schrad.	K: Hoon Haendwaend J: Indryan	2	Rt (2)	Toothache <sup>45</sup> , Rheumatism <sup>64</sup>
<i>Cucumis melo</i> L. <i>Cucumis sativus</i> L.	K: Kharbooza K: Laer	1 1	Sd (1) Fr (1) Sd (1)	Cooling drink <sup>22</sup> Fever <sup>48</sup> , Headache <sup>48</sup> Burning sensation of urine <sup>48</sup> , Kidney stone <sup>48</sup> , Stomach heatup <sup>48</sup>
<i>Cucurbita pepo</i> L. <i>Lagenaria siceraria</i> (Molina) Standl.	K: Gol Aal, Duli Aal K: Kashir Aull	2 1	Fl (2) Fr (1)	Diarrhoea <sup>22, 29</sup> Cold <sup>48</sup> , Cough <sup>48</sup> , Chest pain <sup>48</sup> , Fever <sup>48</sup> , Kidney stone <sup>48</sup> , Stomach heatup <sup>48</sup> , Stomach ulcers <sup>48</sup>
<i>Momordica charantia</i> L.	J: Karela	1	Fr (1) Lf (1)	Diabetes <sup>72</sup> , Piles <sup>72</sup> Otagia <sup>72</sup> , Oral ulcers <sup>72</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Momordica dioica</i> Roxb. ex Willd.	J: Murella	1	Rt (1)	Bowel infections <sup>61</sup> , Piles <sup>61</sup> , Urinary complaints <sup>61</sup>
<i>Solena amplexicaulis</i> (Lam.) Gandhi	K: Khakri	1	Rz (1)	Diarrhoea <sup>31</sup>
<b>Cyperaceae</b>				
<i>Bolboschoenus maritimus</i> (L.) Palla [* <i>Schoenoplectus maritimus</i> (L.) Lye]	J&K	1	Rz (1)	Laxative <sup>3</sup> , Vomiting <sup>3</sup>
<i>Cyperus difformis</i> L.	J&K	1	Lf (1)	Diarrhoea <sup>3</sup>
<i>Cyperus glomeratus</i> L.	J&K	1	WP (1)	Nervous stimulant <sup>3</sup>
<i>Cyperus rotundus</i> L.	J: Dila	1	Rt (1)	Antidote <sup>68</sup>
<i>Fimbristylis dichotoma</i> (L.) Vahl	J&K	1	WP (1)	Bowel complaints <sup>3</sup> , Fever <sup>3</sup>
<i>Pycnus sanguinolentus</i> (Vahl) Nees	J&K	1	Rz (1) WP (1)	Pain relief neck and shoulder <sup>3</sup> Demulcent <sup>3</sup> , Tonic <sup>3</sup> , Diarrhoea <sup>3</sup>
<i>Schoenoplectus tabernaemontani</i> (C.C.Gmel.) Palla [* <i>Scirpus validus</i> Vahl]	J: Kesrur	1	Fr (1) Rt (1) Tu (1)	Sores <sup>57</sup> , Wounds <sup>57</sup> Fever <sup>57</sup> , Constipation <sup>57</sup> Diuretic <sup>3</sup>
<i>Schoenoplectus triqueter</i> (L.) Palla	J&K	1	Tu (1)	Diuretic <sup>3</sup>
<b>Daphniphyllaceae</b>				
<i>Daphniphyllum himalense</i> (Benth.) Mull. Arg.	J: Chandre	1	Lf (1)	Leukorrhoea <sup>69</sup>
<b>Datisceae</b>				
<i>Datisca cannabina</i> L.	J: Akalbir, Bhangjala	1	Rt (1)	Sedative <sup>64</sup> , Rheumatism <sup>64</sup>
<b>Dioscoreaceae</b>				
<i>Dioscorea bulbifera</i> L.	J: Ratalu	1	Bu (1)	Abdominal pain <sup>54</sup> , Dysentery <sup>54</sup> , Piles <sup>54</sup>
<i>Dioscorea deltoidea</i> Wall. ex Griseb.	K: Kraeth, Dioscore, Kruch, Krech	10	Lf (1) Rz (5)	Ophthalmic infections <sup>36</sup> Birth control <sup>38</sup> , Rheumatism <sup>38</sup> , Ophthalmic disorder <sup>58</sup> , Rheumatism <sup>58</sup> , Lice control <sup>54</sup> , Ophthalmic diseases <sup>26</sup> , Kill lice <sup>26</sup> , Rheumatism <sup>26</sup> , Swelling <sup>52</sup>
	J: Kinns, Krench, Singlimingli		Rt Tu (4)	Arthritis <sup>33</sup> , Asthma <sup>33</sup> , Constipation <sup>33, 41</sup> , Joint pain <sup>41</sup> , Roundworm <sup>33</sup> , Ophthalmic ailments <sup>70</sup> , Rheumatism <sup>70</sup> , Lice control <sup>49</sup>
<i>Dioscorea melanophyma</i> Prain & Burkill	K: Suadhu	1	Tu (1)	Rheumatism <sup>2</sup>
<i>Dioscorea pentaphylla</i> L.	J: Suadhu	1	Tu (1)	Joints swelling <sup>2</sup>
<b>Ebenaceae</b>				
<i>Diospyros montana</i> Roxb. [* <i>Diospyros cordifolia</i> Roxb.]	J: Rajaan	1	Lf (1)	Abscess <sup>72</sup> , Toothache <sup>72</sup>
<b>Elaeagnaceae</b>				
<i>Elaeagnus rhamnoides</i> (L.) A.Nelson [* <i>Hippophae rhamnoides</i> L.]	L: Tsestallullu, Tarbu, Chakdum	7	Fl (1) Fr (6)	Cold <sup>21</sup> , Memory restoration <sup>21</sup> , Antiageing <sup>21</sup> , Energy boosting <sup>21</sup> Abdominal ailments <sup>7</sup> , Bronchial asthma <sup>42</sup> , Eye ailments <sup>42</sup> , Gynecological disorders <sup>20</sup> , Hepatic enlargement <sup>27</sup> , Liver ailments <sup>42</sup> , Lung diseases <sup>23</sup> , Stomach upset <sup>13, 42</sup> , Tumors
	K: Charma, tirkku, buru		Lf (1) St (1)	Antiageing <sup>21</sup> , Cold <sup>21</sup> , Energy boosting <sup>21</sup> , Memory restoration <sup>21</sup> Antiageing <sup>21</sup> , Cold <sup>21</sup> , Energy boosting <sup>21</sup> , Memory restoration <sup>21</sup>
<i>Elaeagnus umbellata</i> Thunb.	J: Kankoli	1	Tw (1)	Toothache <sup>60</sup>
<i>Hippophae salicifolia</i> D.Don	L: Tarboo, Aami	1	Brk (1) Fr (1)	Wounds <sup>9</sup> Appetizer <sup>9</sup>
<i>Hippophae tibetana</i> Schldt.	L: Chitaka, Chharboo	2	Fl (1) Fr (1) Lf (1) St (1)	Rejuvenating <sup>21</sup> Appetizer <sup>4</sup> Rejuvenating <sup>21</sup> Revitalizing <sup>21</sup>
<b>Ericaceae</b>				
<i>Rhododendron anthopogon</i> D. Don	J: Shutenger	2	Fl (1) Lf (2)	Cold <sup>58</sup> , Cough <sup>58</sup> , Fever <sup>58</sup> , Skin problems <sup>58</sup> Cold <sup>58</sup> , Cough <sup>58</sup> , Skin problems <sup>58</sup> , Expectorant <sup>7</sup>
<i>Rhododendron arboreum</i> Sm.	J: Bilis, Harduli, Ardul, Ardulli, Matahal, Burans	7	Brk (1) Fl (5) Lf (3) Pt (1)	Digestive ailments <sup>69</sup> , Respiratory disorders <sup>69</sup> Blood enhancer <sup>70</sup> , Diarrhoea <sup>54, 67</sup> , Digestive ailments <sup>69</sup> , Dysentery <sup>67</sup> , Jaundice <sup>62</sup> , Respiratory disorders <sup>69</sup> Headache <sup>53, 54, 66</sup>
<i>Rhododendron campanulatum</i> D. Don	J: Kashmiri Patha, Gaggar, Chita Hardul, Nichni, Shutengar, Inga	6	Fl (3) Lf (4) Tw (1)	Cough <sup>6, 8</sup> , Dysentery <sup>54</sup> , Fever <sup>6, 8</sup> , Rheumatism <sup>54</sup> , Tonic <sup>8</sup> Cold <sup>58</sup> , Cough <sup>8</sup> , Dysentery <sup>54</sup> , Fever <sup>8</sup> , Rheumatism <sup>54, 64</sup> , Scabies <sup>54</sup> , Tonic <sup>8</sup> Toothache <sup>60</sup>
<i>Lyonia ovalifolia</i> (Wall.) Drude	L: Tama, Tajagsena J: Allan, Aon.	1	Lf (1)	Skin eruptions <sup>61</sup>
<b>Eriocaulaceae</b>				
<i>Eriocaulon cinereum</i> R.Br.	J&K	1	Lf (1)	Pimples <sup>3</sup>
<b>Euphorbiaceae</b>				
<i>Euphorbia helioscopia</i> L.	K: Gur-Sochal, Gurisochol, Gandi booti	7	AP (1) Lt (4)	Arthritis <sup>46</sup> Abscess <sup>72</sup> , Arthritis <sup>48</sup> , Eruptions <sup>39</sup> , Ringworm <sup>72</sup> , Skin eruptions <sup>48</sup> , Warts <sup>48</sup> , Constipation <sup>48</sup> , Indigestion <sup>48</sup> , Ringworm <sup>31</sup> , Worms <sup>48</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
	J: Dudhal-patal, Doodhli		Rt (1) Sd (3) St Lt (1)	Anthelmintic <sup>61</sup> Cholera <sup>39, 52, 61</sup> Ringworm <sup>31</sup>
<i>Euphorbia hirta</i> L.	J: Doodul, Jatli dodal, Bue amla, Dodhi, Lal Dudhli	4	WP (2) AP (1)	Abdominal cramps <sup>39</sup> , Wounds <sup>52</sup> Asthma <sup>67</sup>
<i>Euphorbia hispida</i> Boiss.	K: Sanpanth, Sarpanth	3	Lt (1) WP (2)	Asthma <sup>65</sup> , Bronchial infection <sup>65</sup> , Cough <sup>65</sup> Anthelmintic <sup>53</sup> , Liver ailments <sup>53</sup> , Piles <sup>72</sup>
<i>Euphorbia neriiifolia</i> L.	J: Granda, Thor L: Sehund	3	WP (3) Lt (2) Rt (1)	Antidermatotic <sup>26</sup> , Leprosy <sup>26</sup> , Wounds <sup>22, 29</sup> Anthelmintic <sup>53</sup> , Toothache <sup>60</sup> Asthma <sup>73</sup>
<i>Euphorbia pilosa</i> L.	K: Burse kachh	2	WP (2)	Fistular sores <sup>23, 27</sup>
<i>Euphorbia royleana</i> Boiss.	K: Guir sochel J: Sula, Thor	3	AP (1) Lt (1) WP (1)	Anthelmintic <sup>40</sup> Ear ailments <sup>51</sup> Abscess <sup>72</sup> , Leucoderma <sup>72</sup>
<i>Euphorbia thomsoniana</i> Boiss.	K: Hirtiz L: Titri	3	AP (1) Lt (2) WP (2)	Anthelmintic <sup>40</sup> Eruptions <sup>8</sup> , Skin diseases <sup>6, 8</sup> Purgative <sup>6, 8</sup>
<i>Euphorbia tibetica</i> Boiss.	L: Tharnu, Kekchua	3	Lt (2) Rt (3)	Purgative <sup>5, 8</sup> Inflammation <sup>13</sup> , Purgative <sup>5, 8</sup>
<i>Euphorbia wallachii</i> Hook.f.	K: Dub, Guri-dud, Harbi	5	Lt (2) Lf (1) Rz (1) Sd (1) WP (2)	Skin infections <sup>39, 47</sup> , Warts <sup>47</sup> Digestive <sup>33</sup> , Dropsy <sup>33</sup> , Nerve troubles <sup>33</sup> , Purgative <sup>33</sup> , Skin infections <sup>33</sup> Asthma <sup>39</sup> Digestive <sup>33</sup> , Dropsy <sup>33</sup> , Nerve troubles <sup>33</sup> , Purgative <sup>33</sup> , Skin infections <sup>33</sup> Digestive <sup>35</sup> , Dropsy <sup>35</sup> , Fistular sores <sup>23</sup> , Nerve troubles <sup>35</sup> , Purgative <sup>23, 35</sup> , Skin infections <sup>35</sup>
<i>Jatropha curcas</i> L.	J: Ratanjot	1	Lt (1)	Boils <sup>53</sup> , Skin diseases <sup>53</sup>
<i>Ricinus communis</i> L.	J: Aarind, Arandi, Aren, Areni, Arind, Eranda	6	Lf (5) Sd (3)	Boils <sup>53, 55</sup> , Carbuncles <sup>55</sup> , Headache <sup>68</sup> , Joint pain <sup>70, 72</sup> , Joints swelling <sup>55</sup> , Otagia <sup>72</sup> , Skin diseases <sup>53</sup> Expectorant <sup>70</sup> , Intestinal worms <sup>51</sup> , Itching <sup>68</sup>
<i>Mallotus philippensis</i> (Lam.) Mull.Arg.	J: Kameela, Kamla, Camela	4	Fr (3) Sd (1)	Anthelmintic <sup>61</sup> , Cathartic <sup>61</sup> , Intestinal worms <sup>68</sup> , Styptic <sup>61, 72</sup> Worm intestinal <sup>51</sup>
<b>Fabaceae</b>				
<i>Abrus precatorius</i> L.	J: Rakantha bail, Ratti, Rakat	4	Lf (2) Rt (1) Sd (2)	Stomach pain <sup>63</sup> , Menstrual cramps <sup>70</sup> , Nerve tonic <sup>70</sup> Cough <sup>61</sup> , Cold <sup>61</sup> , Colic complaints <sup>61</sup> , Rheumatism <sup>61</sup> Abscess <sup>72</sup> , Menstrual cramps <sup>70</sup> , Nerve tonic <sup>70</sup>
<i>Acacia catechu</i> (L.f.) Willd.	J: Khair, Khai, Katha	3	Brk (1) HWd (1) St (1)	Mouth ulcer <sup>61</sup> Oral ulcers <sup>72</sup> , Pharyngitis <sup>72</sup> Astringent <sup>68</sup> , Cough <sup>68</sup> , Diarrhoea <sup>68</sup> , Throat infection <sup>68</sup>
<i>Acacia modesta</i> Wall.	J: Phalai	1	Brk (1)	Astringent <sup>61</sup>
<i>Acacia nilotica</i> (L.) Delile [* <i>Acacia arabica</i> (Lam.) Willd.]	J: Babul, Kikar K: Kekar	4	Brk (3) Fl (1) Gu (1) Lf (2) Po (2) Rt (1)	Anthelmintic <sup>40</sup> , Diabetes <sup>68</sup> , Piles <sup>61, 68</sup> , Skin diseases <sup>61, 68</sup> Dysentery <sup>68</sup> , Diarrhoea <sup>68</sup> , Tonic <sup>68</sup> Asthma <sup>68</sup> Dysentery <sup>67</sup> , Itching <sup>68</sup> , Sore throat <sup>67</sup> Dysentery <sup>67</sup> , Sore throat <sup>67</sup> , Urinogenital disorders <sup>68</sup> Wounds <sup>68</sup>
<i>Albizia chinensis</i> (Osbeck) Merr.	J: Oola	1	Brk (1)	Cuts <sup>61</sup> , Wound <sup>61</sup>
<i>Albizia lebbek</i> (L.) Benth.	J: Sirin, Sarih, Sareen, Dhrienk	4	Brk (1) Fl (1) Fr (1) Lf (1) Rt (1)	Asthma <sup>72</sup> , Impotency <sup>72</sup> Asthma <sup>68</sup> , Cough <sup>68</sup> Stomach infection <sup>63</sup> Cough <sup>68</sup> , Earache <sup>68</sup> Aphrodisiac <sup>61</sup>
<i>Alhagi pseudalhagi</i> (M. Bieb.) Desv. ex B. Keller & Shap.	J: Jwasa	1	Lf Ol (1)	Rheumatic pain <sup>64</sup>
<i>Alysicarpus vaginalis</i> (L.) DC.	J: Chevra	1	Rt (1)	Cough <sup>65</sup>
<i>Astragalus grahamianus</i> Benth. [* <i>Astragalus cicerifolius</i> Fisch.]	L: Yakpo	1	Rt (1)	Vomiting <sup>10</sup>
<i>Astragalus himalayanus</i> Klotzsch	L	1	Rt (1)	Cold <sup>9</sup> , Cough <sup>9</sup> , Chronic bronchitis <sup>9</sup> , Tonic <sup>9</sup>
<i>Astragalus munori</i> Bunge	L	1	Rt (1)	Cold <sup>9</sup> , Cough <sup>9</sup> , Chronic bronchitis <sup>9</sup> , Tonic <sup>9</sup>
<i>Astragalus polyacanthus</i> Benth.	K	1	Rt (1) WP (1)	Ophthalmic diseases <sup>26</sup> , Tooth brush <sup>26</sup> , Toothache <sup>26</sup> Colic complaints <sup>26</sup> , Leprosy <sup>26</sup>
<i>Astragalus rhizanthus</i> Benth.	L: Kretseng	2	Rt (2)	Heart stimulant <sup>10</sup> , Cold <sup>9</sup> , Cough <sup>9</sup> , Chronic bronchitis <sup>9</sup> , Tonic <sup>9</sup>
<i>Astragalus rhizanthus</i> subsp. <i>candolleanus</i> (Benth.) Podlech	L	1	Rt (1)	Cold <sup>9</sup> , Cough <sup>9</sup> , Chronic bronchitis <sup>9</sup> , Tonic <sup>9</sup>
<i>Astragalus tribulifolius</i> Bunge	L: Yanglo	2	WP (2)	Bladder irritation reduction <sup>17</sup> , Diuretic <sup>14</sup> , Kidney complaints <sup>14</sup> , Promotes urination <sup>17</sup>
<i>Astragalus zanskarensis</i> Bunge	L: Chisigma, Dianko	2	Rt (1) Sd (1)	Intestinal worms <sup>21</sup> Anthelmintic <sup>10</sup>
<i>Bauhinia vahlii</i> Wight & Arn. [* <i>Phanera vahlii</i> (Wight & Arn.) Benth.]	J: Kalari bhel, Malungad, Maloongarh	3	Brk (1) Bd (1) Lf (1)	Diarrhoea <sup>63</sup> Diarrhoea <sup>61</sup> , Dysentery <sup>61</sup> , Piles <sup>61</sup> Cold <sup>72</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Bauhinia variegata</i> L.	J: Kaliar, Karal, Kachnar, Kaliari, Kartair, Karar	5	Rt (1)	Dyspepsia <sup>61</sup>
			Brk (1)	Intestinal cramps <sup>63</sup>
			Brk (1)	Anthelmintic <sup>68</sup> , Blood purifier <sup>68</sup> , Flatulence <sup>68</sup>
			Bd (1) Fl (3) Lf (1) Tw (1)	Diarrhoea <sup>63</sup> , Dysentery <sup>63</sup> , Intestinal cramps <sup>63</sup> Antispasmodic <sup>72</sup> , Cough <sup>68</sup> , Laxative <sup>68</sup> , Piles <sup>68</sup> , Skin diseases <sup>53</sup> Skin diseases <sup>53</sup> Toothache <sup>60</sup>
<i>Butea monosperma</i> (Lam.) Taub.	J: Pala, Palash	2	Gu (1)	Diarrhoea <sup>68</sup>
			Rt Brk (1)	Blood pressure <sup>68</sup>
			Sd (1)	Worms <sup>68</sup>
			WP (1)	Skin ailments <sup>70</sup>
<i>Caesalpinia bonduc</i> (L.) Roxb.	J: Karanj	1	WP (1)	Fever <sup>53</sup>
			<i>Caragana versicolor</i> Benth.	L: Trama
<i>Cassia fistula</i> L.	J: Amaltas, Karangal K: Faloosa	5	Fr (1)	Snake bite <sup>26</sup> , Rheumatism <sup>26</sup>
			Lf (1) Rt Brk (1) Sd (3) WP (2)	Laxative <sup>26</sup> Laxative <sup>26</sup> Aperients <sup>72</sup> , Laxative <sup>26, 51</sup> , Toothache <sup>51</sup> , Throatache <sup>51</sup> Fever <sup>67</sup> , Skin diseases <sup>53</sup>
<i>Chesneya cuneata</i> (Benth.) Ali [* <i>Caragana cuneata</i> (Benth.) Baker]	L: Taskya	1	WP (1)	Ulcers of Gastro-intestinal tract <sup>9</sup> , Ulcer Gastrodeudenol <sup>9</sup>
<i>Cicer microphyllum</i> Benth.	L: Sari, Seri	2	Lf (1) Sd (1)	Sore throat <sup>21</sup> , Jaundice <sup>21</sup> Adaptogen <sup>15</sup>
<i>Cicer songaricum</i> DC. [* <i>Cicer soongaricum</i> DC.]	L: Merkhukhani	1	Rt (1)	Expectorant <sup>7</sup>
<i>Dalbergia sissoo</i> DC.	J: Shisham, Taali, Tali	4	Brk (1)	Leprosy <sup>67</sup> , Skin diseases <sup>67</sup>
			Lf (2) Rt (2)	Arthralgia <sup>72</sup> , Eyesight <sup>68</sup> , Toothache <sup>72</sup> Boils <sup>61</sup> , Leprosy <sup>61, 67</sup> , Skin diseases <sup>67</sup> , Skin eruptions <sup>61</sup> , Vomiting <sup>61</sup>
<i>Desmodium elegans</i> DC.	J: Shemar	1	Lf (1)	Cuts <sup>58</sup> , Teeth cleaning <sup>58</sup> , Wounds <sup>58</sup>
<i>Desmodium microphyllum</i> (Thunb.) DC.	J: Mathuri	1	Rt (1)	Female reproductive problems <sup>70</sup>
<i>Desmodium triflorum</i> (L.) DC.	J: Jangli methi	2	Lf (2)	Boils <sup>52</sup> , Eye ailments <sup>67</sup> , Spleen disorders <sup>67</sup> , Wounds <sup>52</sup>
<i>Glycyrrhiza glabra</i> L.	K: Shangir, Mulhatti	2	Rt (2)	Abdominal pain <sup>26</sup> , Bronchitis <sup>26</sup> , Chest and lung infection <sup>29</sup> , Cold <sup>29</sup> , Cough <sup>26, 29</sup> , Throat sore <sup>26</sup> , Ulcer <sup>26</sup>
<i>Indigofera heterantha</i> Brandis [* <i>Indigofera gerardiana</i> Baker]	K: Kats, Zand, Keiche J: Kath, Manja, Sakena	8	Lf (2)	Asthma <sup>73</sup> , Toothache <sup>26</sup>
			Rt (3) St (3) Brk (1)	Abdominal pain <sup>70</sup> , Cough <sup>54</sup> , Muscular pain <sup>54</sup> , Toothache <sup>26</sup> Toothache <sup>37, 44, 60</sup> Abdominal pain <sup>41</sup>
<i>Indigofera tinctoria</i> L.	J: Neel	2	WP (2)	Boils <sup>61</sup> , Bronchitis <sup>61, 65</sup> , Epilepsy <sup>61</sup> , Nervous disorder <sup>61</sup> , Ulcer <sup>61</sup>
<i>Lens culinaris</i> Medik. [* <i>Lens esculenta</i> Moench]	K: Masur	1	Sd (1)	Small Pox <sup>22</sup>
<i>Lupinus polyphyllus</i> Lindl.	K: Trum, Lopine	1	Lf (1)	Boils <sup>41</sup> , Wounds <sup>41</sup>
<i>Medicago lupulina</i> L.	L: Burahang	1	WP (1)	Jaundice <sup>8</sup> , Liver ailments <sup>8</sup> , Pneumonia <sup>8</sup> , Lung diseases <sup>8</sup>
<i>Medicago sativa</i> L.	L	1	Sd (1)	Gynecological disorders <sup>20</sup>
<i>Melilotus officinalis</i> subsp. <i>alba</i> (Medik.) H. Ohashi & Tateishi [* <i>Melilotus alba</i> Ledeb.]	J: Janglimethi	2	Lf (1)	Stomachic <sup>54</sup>
<i>Mimosa pudica</i> L.	L: Ole J: Chui-mui, lajwanti	4	WP (1)	Fever <sup>16</sup>
			Lf (2) Rt (1) WP (1)	Diabetes <sup>68</sup> , Wounds <sup>68</sup> , Menorrhoea <sup>71</sup> Abdominal spasms <sup>72</sup> , Jaundice <sup>72</sup> , Dysentery <sup>72</sup> , Dyspepsia <sup>72</sup> Fever <sup>67</sup>
<i>Mucuna pruriens</i> (L.) DC. [* <i>Mucuna prurita</i> (L.) Hook.]	J: Jajooli	1	Rt (1)	Fever <sup>67</sup> , Paralysis <sup>67</sup> , Nerve tonic <sup>67</sup> , Rheumatism <sup>67</sup>
<i>Oxytropis mollis</i> Benth.	L: Sheli-Dhambo-koya	1	WP (1)	Wounds <sup>6</sup>
<i>Oxytropis tatarica</i> Baker	L: Sarkash	2	WP (2)	Ascites <sup>4, 8</sup> , Diuretic <sup>4, 8</sup>
<i>Pongamia pinnata</i> (L.) Pierre	J: Karanja	1	Brk (1)	Eczema <sup>54</sup> , Malaria <sup>54</sup>
<i>Pueraria tuberosa</i> (Willd.) DC.	J: Bida, Siali	1	Rt (1)	Rheumatism <sup>64</sup>
<i>Robinia pseudoacacia</i> L.	K: Keeker	2	Fl (1) Lf (1) Rt (1)	Chilblain <sup>49</sup> , Fever <sup>49</sup> , Hernia <sup>49</sup> , Joint swelling <sup>49</sup> Digestive ailments <sup>37</sup> , Wound <sup>37</sup> Toothache <sup>49</sup>
<i>Senna occidentalis</i> (L.) link [* <i>Cassia occidentalis</i> L.]	J: Baddi Aelma	1	Sd (1)	Skin troubles <sup>61</sup>
<i>Senna tora</i> (L.) Roxb. [* <i>Cassia tora</i> L.]	J: Loki Haedma, Aayroun, Chakra Marda	3	Lf (1)	Purgative <sup>61</sup>
			Lf (1)	Dyspepsia <sup>72</sup>
<i>Tephrosia purpurea</i> (L.) Pers.	J: Sarphank, Sirphonka	3	Sd (2)	Arthritis <sup>55</sup> , Leucoderma <sup>72</sup> , Lumbago <sup>55</sup> , Neuralgia <sup>55</sup> , Stomachache <sup>72</sup>
			Fr (1)	Purgative <sup>61</sup>
<i>Thermopsis inflata</i> Cambess.	L: Dughrad	1	WP (1)	Cough <sup>65</sup> , Lung pain <sup>65</sup> , Rheumatism <sup>64</sup> , Typhoid <sup>72</sup>
<i>Trifolium pratense</i> L.	K: Lalchopati	3	WP (3)	Swelling <sup>21</sup> Asthma <sup>23</sup> , Bronchitis <sup>23</sup> , Expectorant <sup>27</sup> , Memory enhancer <sup>69</sup> , Ulcer <sup>23</sup> , Whooping cough <sup>23</sup>
<i>Trigonella emodi</i> Benth.	J: Biken Boti L: Shamilik	1	Lf (1)	Anemia <sup>21</sup> , Fever <sup>21</sup> , Peptic ulcers <sup>21</sup>
			St (1)	Anemia <sup>21</sup> , Fever <sup>21</sup> , Peptic ulcers <sup>21</sup>
<i>Trigonella foenum-graecum</i> L.	K: Meth J: Methi	4	Lf (1) Sd (4)	Sore throat <sup>38</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
				Arthralgia <sup>72</sup> , Backache <sup>43, 45</sup> , Cold <sup>45</sup> , Constipation <sup>45</sup> , Diabetes <sup>38, 45, 72</sup> , Eye itching <sup>45</sup> , Heart problems <sup>45</sup> , Intestinal infection <sup>45</sup> , Liver ailments <sup>45</sup> , Lumbago <sup>45</sup> , Menstrual irregularities <sup>45</sup> , Stomach problems <sup>45</sup>
<b>Fagaceae</b>				
<i>Castanea sativa</i> Mill.	J	1	Fl (1)	Constipation <sup>70</sup> , Piles <sup>70</sup>
<i>Quercus oblongata</i> D.Don [* <i>Quercus leucotrichophora</i> A. Camus.]	J: Banj, Banjh, Ree, Chidhaar	3	Brk (1)	Toothache <sup>72</sup> , Piles <sup>72</sup>
			Lf (1)	Astringent <sup>61</sup> , Diarrhoea <sup>61</sup>
			Res (1)	Stomachache <sup>70</sup>
<b>Gentianaceae</b>				
<i>Comastoma tenellum</i> (Rottb.) Toyok. [* <i>Gentiana borealis</i> Bunge]	L: Pangane Snungpo	1	Fl (1)	Cough <sup>9</sup> , Fever <sup>9</sup> , Respiratory disorders <sup>9</sup>
<i>Gentiana algida</i> Pall.	L: Tikta	1	Fl (1)	Fever <sup>16</sup>
<i>Gentiana argentea</i> (Royle ex D.Don) Royle ex D.Don	Karu	1	Rt (1)	Stomachic <sup>54</sup> , Febrifuge <sup>54</sup> , Tonic <sup>54</sup> , Urinary disorder <sup>54</sup>
<i>Gentiana carinata</i> (D.Don) Griseb.	J: Neela phool	2	Rt (2)	Appetizer <sup>66</sup> , Tonic <sup>66</sup> , Stomach ailments <sup>14</sup>
	L			
<i>Gentiana decumbens</i> L.f.	J: NeeliBooti	1	Rt (1)	Stomachic <sup>62</sup>
<i>Gentiana kurroo</i> Royle	K: Neel kanth, Tikta	2	Rt (1)	Blood tonic <sup>62</sup>
	J		WP (1)	Blood purifier <sup>42</sup> , Cough <sup>42</sup> , Fever <sup>42</sup> , Liver ailments <sup>42</sup> , Headache <sup>42</sup>
<i>Gentiana nubigena</i> Edgew.	L: Spangyanmentok	1	Lf (1)	Cold <sup>21</sup> , Cough <sup>21</sup> , Bronchitis <sup>21</sup> , Throat infection <sup>21</sup>
<i>Gentiana prostrata</i> Haenke	L: Wanglucktsetz	1	WP (1)	Tonic <sup>10</sup>
<i>Gentiana squarrosa</i> Ledeb.	L: Ziang	1	Rt (1)	Burning sensation of urine <sup>17</sup> , Sedative <sup>17</sup> , Regulates urine discharge <sup>17</sup>
<i>Gentiana tianschanica</i> Rupr. ex Kusn.	K: Nilkanth	3	Rz (1)	Appetizer <sup>26</sup>
	L: Pangane munpo, Tikta		WP (2)	Blood purifier <sup>7, 9</sup> , Antipyretic <sup>9</sup>
<i>Gentiana tubiflora</i> (G.Don) Griseb.	L: Spangyan snonpo	1	WP (1)	Appetite loss <sup>21</sup> , Cough <sup>21</sup> , Joint pain <sup>21</sup> , Stomach disorder <sup>21</sup>
<i>Gentianella moorcroftiana</i> (Wall. ex Griseb.) Airy Shaw [* <i>Gentiana moorcroftiana</i> Wall. ex G.Don]	L: Chhumbi-Tikt, Sweeti Sheeti, Chhuketin, Chubeething, Chumbutik, Spang-Gain-karpo, Tikta, Chhuketin	7	Fl (2)	Chest congestion <sup>13</sup> , Cold <sup>8</sup> , Cough <sup>8</sup> , Giddiness <sup>8</sup> , Nausea <sup>8</sup> , Soar throat <sup>13</sup>
			WP (7)	Blood purifier <sup>6, 8</sup> , Chest congestion <sup>13</sup> , Cold <sup>5, 6, 16, 21, 28</sup> , Cough <sup>5, 6, 16, 21, 28</sup> , Fever <sup>5, 6, 8, 16, 21</sup> , Giddiness <sup>21</sup> , Headache <sup>5, 6</sup> , Nausea <sup>21</sup> , Soar throat <sup>13</sup>
	K: Phangri			
<i>Gentianopsis detonsa</i> (Rottb.) Ma [* <i>Gentianella detonsa</i> (Rottb.) G.Don]	L: Sheeti, Multik	2	Fl (2)	Check Nausea <sup>5</sup> , Cough <sup>5, 8</sup> , Fever <sup>5, 8</sup> , Headache <sup>5, 8</sup> , Nausea <sup>8</sup>
<i>Gentianopsis paludosa</i> (Hook.f.) Ma [* <i>Gentiana stracheyi</i> (C.B.Clarke) Kitam.]	L: Chubeething	1	Fl (1)	Boils <sup>13</sup>
<i>Lomatogonium carinthiacum</i> (Wulfen) A.Braun	L: Tikta	2	WP (2)	Blood purifier <sup>6</sup> , Cold <sup>6, 16</sup> , Cough <sup>6, 16</sup> , Antipyretic <sup>6</sup> , Fever <sup>16</sup>
<i>Lomatogonium rotatum</i> (L.) Fr. ex Fernald	L: Tsemrang	1	WP (1)	Cold <sup>16</sup> , Cough <sup>16</sup>
<i>Swertia chirata</i> Buch.-Ham. ex Wall.	J: Chireta	2	Fr (1)	Fever <sup>54</sup>
			WP (1)	Cold <sup>53</sup> , Cough <sup>53</sup> , Fever <sup>53</sup>
<i>Swertia cordata</i> (Wall. ex G. Don) C.B. Clarke	K: Chirayata, Tikta	1	WP (1)	Antipyretic <sup>42</sup> , Cough <sup>42</sup> , Joint pain <sup>42</sup> , Leucoderma <sup>42</sup> , Stomachache <sup>42</sup>
<i>Swertia petiolata</i> D. Don	J: Chirayetta	4	Lf (1)	Anthelmintic <sup>62</sup> , Antipyretic <sup>62</sup> , Asthma <sup>62</sup> , Bodyache <sup>62</sup> , Bronchitis <sup>62</sup> , Cooling <sup>62</sup> , Inflammation <sup>62</sup> , Laxative <sup>62</sup> , Leucoderma <sup>62</sup> , Leukorrhea <sup>62</sup> , Piles <sup>62</sup> , Ulcer <sup>62</sup> , Urinary discharge <sup>62</sup>
	L: Tikta, Zatik, Zanktik		WP (3)	Bodyache <sup>4, 21</sup> , Fever <sup>16</sup> , Headache <sup>4, 21</sup>
<i>Swertia thomsonii</i> C.B.Clarke	Tickta, Tikya, Tikta	5	Lf (1)	Abdominal pain <sup>13</sup>
			WP (4)	Fever <sup>4, 8</sup> , Headache <sup>4, 8</sup> , Stomachache <sup>19</sup> , Stomach disorder <sup>21</sup>
<b>Geraniaceae</b>				
<i>Erodium tibetanum</i> Edgew. & Hook.f.	L: Zemma, Zema	2	Fl (1)	Burns <sup>21</sup> , Hair tonic <sup>21</sup> , Wounds <sup>21</sup>
			St (2)	Burns <sup>21</sup> , Constipation <sup>10</sup> , Flatulence <sup>10</sup>
			Sd (1)	Hair tonic <sup>21</sup> , Wounds <sup>21</sup>
<i>Geranium mascatense</i> Boiss. [* <i>Geranium ocellatum</i> Jacquem. ex Cambess.]	J: Bhanda	1	NA (1)	Astringent <sup>54</sup> , Diuretic <sup>54</sup>
<i>Geranium nepalense</i> Sweet	J: Bhanda, Baanda	2	NA (1)	Astringent <sup>54</sup>
			WP (1)	Astringent <sup>61</sup> , Renal disorder <sup>61</sup>
<i>Geranium pratense</i> L.	L: Ga-dur, Gugchuk, Katur	6	Fl (2)	Hair growth <sup>32, 34</sup>
	K: Gugchuk, Ringresh, Karipat		Lf (3)	Diarrhoea <sup>19, 42</sup> , Dysentery <sup>19, 42</sup> , Fever <sup>16</sup>
			WP (1)	Analgesic <sup>21</sup> , Influenza <sup>21</sup> , Pneumonia <sup>21</sup> , Swelling <sup>21</sup>
<i>Geranium rivulare</i> Vill. [* <i>Geranium aconitifolium</i> L'Her.]	L: Padam, Palto, Changhra	2	Fl (2)	Insect bite <sup>6, 8</sup>
			Rt (1)	Rheumatism <sup>6</sup>
			WP (1)	Blood purifier <sup>6</sup> , Cold <sup>6</sup> , Cough <sup>6</sup> , Fever <sup>6</sup> , Headache <sup>6</sup>
<i>Geranium sibiricum</i> L.	L: Eyamlomentok	1	Lf (1)	Diarrhoea <sup>14</sup>
<i>Geranium tuberaria</i> Cambess.	L: Yusiang	1	WP (1)	Painful urination <sup>17</sup>
<i>Geranium wallichianum</i> D.Don ex Sweet	K: Ratanjog Rathen joth, Ashud, Ratanjot, Kawashud	14	Lf (3)	Muscle strength <sup>39</sup> , Styptic <sup>72</sup> , Blood purifier <sup>62</sup> , Vision problem <sup>62</sup>
			NA (1)	Rheumatic pain <sup>54</sup> , Toothache <sup>54</sup>
			Rt (10)	Abdominal pain <sup>25</sup> , Backache <sup>59, 66</sup> , Delivery pain <sup>39</sup> , Diarrhoea <sup>37, 58</sup> , Dysentery <sup>58</sup> , Fever <sup>49</sup> , General weakness <sup>37</sup> ,



Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
	J: Rattan Jot, Lal Jari, Rattanjyot, Gul-e-Sanobar, Ang jari, Laal jehari, Swucha fullal		WP (4)	Jaundice <sup>62</sup> , Joint pain <sup>49</sup> , Kidney problem <sup>62</sup> , Muscular pain <sup>49</sup> , Rheumatism <sup>25, 37</sup> , Spleen trouble <sup>62</sup> , Throat infection <sup>37</sup> , Tonic <sup>31, 44</sup> Astringent <sup>26, 61</sup> , Conjunctivitis <sup>61</sup> , Rheumatic pain <sup>58</sup> , Toothache <sup>23, 26, 58, 61</sup>
<b>Hamamelidaceae</b>				
<i>Parrotiopsis jacquemontiana</i> (Decne.) Rehder	Poh	1	St (1)	Bodyache <sup>37</sup> , Skin eruptions <sup>37</sup> , Skin infections <sup>37</sup>
<b>Hydrocharitaceae</b>				
<i>Hydrilla verticillata</i> (L.f) Royle	J&K: Hill	1	WP (1)	Boils <sup>3</sup> , Cuts <sup>3</sup>
<i>Najas marina</i> L.	J&K	1	Lf (1)	Boils <sup>3</sup> , Goiter <sup>3</sup>
<i>Vallisneria spiralis</i> L.	J: Sawala	1	Lf (1)	Stomachache <sup>57</sup>
<b>Hypericaceae</b>				
<i>Hypericum oblongifolium</i> Choisy	J: Basantharad	1	Rt (1)	Antispasmodic <sup>70</sup> , Bronchodilator <sup>70</sup>
<i>Hypericum perforatum</i> L.	K: Bassam, Balsana, Therma J: Bassant, Basant, Basanti phool	8	Fl (1) NA (1) Rt (1) St Brk (1) WP (6)	Sores <sup>28</sup> , Wounds <sup>28</sup> Toothache <sup>54</sup> Joint pain <sup>59</sup> Uterine troubles <sup>28</sup> Anthelmintic <sup>26</sup> , Astringent <sup>26</sup> , Bruises <sup>26</sup> , Diuretic <sup>26</sup> , Dysentery <sup>63</sup> , Emmenagogue <sup>26</sup> , General weakness <sup>37</sup> , Rheumatism <sup>28, 37, 41, 44</sup> , Rosolutive <sup>26</sup> , Urinary irritation <sup>37, 44</sup> , Wounds <sup>26</sup>
<b>Iridaceae</b>				
<i>Crocus sativus</i> L.	J: Kesar L	2	St (1) WP (1)	Gynecological disorders <sup>20</sup> Aphrodisiac <sup>58</sup> , Nerve sedative <sup>58</sup> , Stimulant <sup>58</sup>
<i>Iris decora</i> Wall. [* <i>Iris nepalensis</i> D.Don]	K: Sosal J: Sosan	2	Rt (2)	Boils <sup>32</sup> , Bilious troubles <sup>54</sup> , Pimples <sup>54</sup> , Sores <sup>54</sup> , Diuretic <sup>54</sup>
<i>Iris ensata</i> Thunb.	J: Haimvanti K: Krishem	2	NA (1) Rt (1)	Asthma <sup>54</sup> , Fever <sup>54</sup> , Rheumatism <sup>54</sup> Blood purifier <sup>26</sup> , Dropsy <sup>26</sup> , Liver ailments <sup>26</sup>
<i>Iris hookeriana</i> Foster	K: Mazar mund L: Tesma	3	Rt (2) WP (1)	Frozen feet <sup>33, 35</sup> Burning sensation of urine <sup>17</sup> , Regulates urine discharge <sup>17</sup> , Sedative <sup>17</sup>
<i>Iris kashmiriana</i> Baker	K: Mazarmund	4	Bu (2) Rz (2)	Rheumatism <sup>22, 29</sup> General weakness <sup>47</sup> , Joint pain <sup>47</sup> , Rheumatism <sup>26</sup> , Eczema <sup>47</sup> , Wounds <sup>47</sup>
<i>Iris kemaonensis</i> Wall. ex D.Don	J: Sosan	1	Rz (1)	Joint pain <sup>59</sup>
<i>Iris × germanica</i> L. [* <i>Iris nepalensis</i> Wall. ex Lindl.]	K: Mazarmund, Sosan, Sonsale mond	4	Bu (1)  Rz (1) Rt (2)	Joints swelling <sup>28</sup> , Boils <sup>28</sup>  Pimples <sup>26</sup> , Sores <sup>26</sup> Expectorant <sup>37</sup> , Rheumatic pain <sup>37</sup> , Throat swelling <sup>37</sup> , Boils <sup>34</sup>
<b>Juglandaceae</b>				
<i>Juglans regia</i> L.	K: Akhrot, Doon, Doon kul, Diunkul  J: Akhrot, Ban akhrot L: Starga	23	Brk (7)  Fl (1) Fr (2) Fr Ex (10)  Kr OI (1) Lf (8)  NA (1) Rt Brk (4) St Brk (1)	Anthelmintic <sup>40, 61</sup> , Constipation <sup>33</sup> , Gum problems <sup>33</sup> , Liver ailments <sup>33</sup> , Skin diseases <sup>33</sup> , Teeth cleaning <sup>27, 41</sup> , Toothache <sup>23, 68</sup> , Wounds <sup>33</sup> Toothache <sup>21</sup> , Constipation <sup>21</sup> Alopecia <sup>72</sup> , Sore throat <sup>1</sup> Constipation <sup>10, 26</sup> , Frostbite <sup>22, 29, 54, 26</sup> , Hair dye <sup>26, 32, 33, 34</sup> , Hair fall <sup>48</sup> , Joint pain <sup>48</sup> , Skin diseases <sup>58</sup> Skin eruptions <sup>28</sup> Anemia <sup>33</sup> , Anthelmintic <sup>40</sup> , Astringent <sup>61</sup> , Baldness <sup>33</sup> , Chilblain <sup>48</sup> , Conjunctivitis <sup>33</sup> , Diarrhoea <sup>33</sup> , Eye irritation <sup>33</sup> , Hair loss <sup>33</sup> , Intestinal worms <sup>41</sup> , Leukorrhoea <sup>58</sup> , Rheumatism <sup>26</sup> , Skin diseases <sup>33</sup> , Skin eruptions <sup>28</sup> , Wounds <sup>33</sup> Frostbite <sup>52</sup> , Vermifugal <sup>52</sup> Mouth ulcers <sup>48</sup> , Tooth cleaning <sup>7, 48</sup> , Toothache <sup>26, 60</sup> Antiseptic <sup>1</sup>
<b>Juncaceae</b>				
<i>Juncus articulatus</i> L. [* <i>Juncus lampocarpus</i> Ehrh. ex Hoffm.]	L: Imbuke	2	Brk (1)	Bone dislocation <sup>7</sup> , Bone fracture <sup>7</sup>
<i>Juncus bufonius</i> L.	J		Lf (1)	Urinary infection <sup>57</sup>
<b>Juncaginaceae</b>				
<i>Triglochin palustris</i> L.	L: Marcha, Kasum	1	WP (1)	Diarrhoea <sup>3</sup> , Rashes <sup>3</sup>
<b>Lamiaceae</b>				
<i>Ajuga integrifolia</i> Buch.-Ham. [* <i>Ajuga bracteosa</i> Wall. ex Benth.]	K: Janiadam, Jain-i-adam  J: Jo-aaran, Neel kanthi	10	Lf (6)  NA (1) WP (5)	Astringent <sup>61</sup> , Blood purifier <sup>70</sup> , Diarrhoea <sup>41</sup> , Diuretic <sup>26, 61</sup> , Fever <sup>26</sup> , Gastric disorders <sup>58</sup> , Headache <sup>72</sup> , Jaundice <sup>58</sup> , Leukorrhoea <sup>70</sup> , Malaria <sup>58</sup> , Oral ulcers <sup>58, 72</sup> , Stimulant <sup>26, 61</sup> , Stomachache <sup>70</sup> , Styptic <sup>72</sup> , Wounds <sup>41</sup>
<i>Ajuga parviflora</i> Benth.	K: Jan-i-adam, Ratijadi  J: Neelkanthi	4	Lf (2)  Rt (1) WP (2)	Astringent <sup>26</sup> , Tonic <sup>26</sup> Abdominal pain <sup>37</sup> , Anthelmintic <sup>40</sup> , Blood purifier <sup>37</sup> , Fever <sup>37, 61</sup> , Hair tonic <sup>37</sup> , Hair wash <sup>43</sup> , Intestinal worms <sup>28</sup> , Malarial fever <sup>28</sup> , Rheumatism <sup>37</sup> , Wounds <sup>37</sup> Cough <sup>47</sup> , Fever <sup>47</sup> , Intestinal infection <sup>47</sup> , Indigestion <sup>47</sup> , Stomach problems <sup>47</sup> , Piles <sup>54</sup> Malarial fever <sup>54</sup> Fever intermittent <sup>53</sup> , Gonorrhoea <sup>53</sup> , Purgative <sup>31</sup> , Diuretic <sup>31</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Brunella vulgaris</i> L.	J: Ustukhdoos K: Kal-veoth	2	Sd (1) WP (2)	Antipyretic <sup>62</sup> , Antispasmodic <sup>62</sup> , Diuretic <sup>62</sup> , Expectorant <sup>62</sup> , Eyesight <sup>62</sup> , Heart diseases <sup>62</sup> , Inflammation <sup>62</sup> , Laxative <sup>62</sup> , Tonic <sup>62</sup> Cough <sup>62</sup> , Expectorant <sup>27</sup> , Fever <sup>27, 62</sup> , Piles <sup>27</sup>
<i>Clinopodium umbrosum</i> (M.Bieb.) Kuntze [* <i>Calamintha umbrosa</i> (M. Bieb.) Fisch. & C. A. Mey.]	J	1	Rz (1)	Astringent <sup>54</sup>
<i>Clinopodium vulgare</i> L.	K: Kunakul	1	WP (1)	Astringent <sup>23</sup> , Carminative <sup>23</sup> , Cardiotonic <sup>23</sup>
<i>Colebrookea oppositifolia</i> Sm.	J: Chitti Suaali, Swali, Duss	4	Lf (4)	Abscess <sup>72</sup> , Bruises <sup>61</sup> , Headache <sup>61</sup> , Wound <sup>61</sup> , Eye sores <sup>51</sup> , Joint pain <sup>72</sup> , Sprain <sup>72</sup> , Stomachache <sup>70, 72</sup> , Toothache <sup>51</sup>
<i>Dracocephalum heterophyllum</i> Benth.	L: Zinzer, Zypsi, Jimthiglae, Zimthigle	5	AP (1) Fl (1) Lf (1) Sht (1) WP (3)	Eye disinfectant <sup>10</sup> Hypertension <sup>21</sup> , Cold <sup>21</sup> , Peptic ulcers <sup>21</sup> Cold <sup>21</sup> , Hypertension <sup>21</sup> , Peptic ulcers <sup>21</sup> Hypertension <sup>21</sup> , Cold <sup>21</sup> , Peptic ulcers <sup>21</sup> Cold <sup>16</sup> , Eye ailments <sup>5, 8</sup>
<i>Dracocephalum stamineum</i> Kar. & Kir.	L: Ghiromanko	1	WP (1)	Cough <sup>14</sup> , Headache <sup>14</sup>
<i>Elsholtzia densa</i> Benth.	L	1	WP (1)	Gynecological disorders <sup>20</sup>
<i>Elsholtzia eriostachya</i> (Benth.) Benth.	L	1	WP (1)	Gynecological disorders <sup>20</sup>
<i>Elsholtzia fruticosa</i> (D.Don) Rehder [* <i>Elsholtzia polystachya</i> Benth.]	J: Nirpathe	1	Fr (1)	Constipation <sup>53</sup>
<i>Hyssopus officinalis</i> L.	K: Tengu, tyangu	1	Fl (1)	Blood diseases <sup>42</sup> , Liver ailments <sup>42</sup>
<i>Isodon rugosus</i> (Wall. ex Benth.) Codd [* <i>Rabdosia rugosa</i> (Wall. ex Benth.) H.Hara; <i>Plectranthus rugosus</i> Wall. ex Benth.]	J: Maldah, Sheshak, Sloi, Solie	6	Lf (6)	Abdominal pain <sup>37</sup> , Insect bite <sup>37</sup> , Ophthalmic diseases <sup>37</sup> , Snake bite <sup>26, 31, 35, 37</sup> , Stomach pain <sup>58</sup> , Stomachache <sup>70</sup> , Vermicide <sup>58</sup>
<i>Lamium album</i> L.	K: Salai K: Zakhmi Dawa	2	Rt (1) WP (1)	Astringent <sup>23</sup> Burns <sup>37</sup> , Nose bleeding <sup>37</sup> , Wounds <sup>37</sup>
<i>Lavandula angustifolia</i> Mill. [* <i>Lavandula officinalis</i> Chaix]	K: Lavander	1	Fl (1)	Headache <sup>38</sup> , Skin inflammation <sup>38</sup>
<i>Leonurus cardiaca</i> L.	K: Kanakul	2	Lf (1) WP (1)	Abdominal pain <sup>28</sup> Stomachic <sup>23</sup> , Diaphoretic <sup>23</sup>
<i>Leucas aspera</i> (Willd.) Link	J: Safed Kandiarie, Kahnu, Bara halkasa	3	Lf (2) WP (1)	Eye redness <sup>53</sup> , Psoriasis <sup>64</sup> , Rheumatism <sup>64</sup> , Scabies <sup>64</sup> Stimulant <sup>70</sup>
<i>Marrubium vulgare</i> L.	K: Trapaed, Troper J: Troper	6	Lf (6) WP (1)	Arthritis <sup>46, 48</sup> , Boils <sup>22</sup> , Cough <sup>38</sup> , Diuretic <sup>52</sup> , Expectorant <sup>52</sup> , Eye swelling <sup>48</sup> , Rheumatism <sup>22, 29, 38</sup>
<i>Mentha aquatica</i> L.	J&K: Pudina	1	WP (1)	Abdominal pain <sup>48</sup> , Chilblain <sup>48</sup> , Muscular pain <sup>48</sup>
<i>Mentha arvensis</i> L.	K: Pudna, Pudhna, Pudina, Sheogandle, Pudinakachh	12	AP (1) Lf (10)	Diarrhoea <sup>7</sup> , Stomach troubles <sup>3</sup> Constipation <sup>36</sup> , Cough <sup>36</sup> , Indigestion <sup>36</sup> , Sore throat <sup>36</sup> Abdominal spasms <sup>47, 72</sup> , Acidity <sup>47</sup> , Appetizer <sup>72</sup> , Asthma <sup>38</sup> , Carminative <sup>27</sup> , Constipation <sup>47</sup> , Diarrhoea <sup>38</sup> , Dysentery <sup>47</sup> , Dyspepsia <sup>47</sup> , Fever <sup>41</sup> , Flatulence <sup>72</sup> , Gastroenteritis <sup>31, 33, 35</sup> , Indigestion <sup>26, 38, 41</sup> , Memory enhancer <sup>43</sup> , Rheumatic pain <sup>26</sup> , Worms intestinal <sup>47</sup>
<i>Mentha longifolia</i> (L.) L. [* <i>Mentha sylvestris</i> L.]	L: Chhiruk, Foloing, Pholoing J: Jangali Pootna, Jangli pudina, Pudhina, Venu K: Jangli pudina, Pudina Kachh, Jangli, Phootneh, Safaidpudina, Pudinakachh, Wun pudina	14	Lf (13) WP (3)	Antispasmodic <sup>23</sup> , Asthma <sup>33, 37</sup> , Carminative <sup>23</sup> , Cough <sup>33, 37</sup> , Diarrhoea <sup>33, 37</sup> , Diuretic <sup>23</sup> , Indigestion <sup>33, 37</sup> , Rheumatism <sup>33, 37</sup> Abdominal spasms <sup>72</sup> , Antiemetic <sup>1</sup> , Antiseptic <sup>7</sup> , Appetizer <sup>37, 72</sup> , Asthma <sup>37, 67</sup> , Carminative <sup>1, 7, 27, 61, 63</sup> , Coolant <sup>58, 61</sup> , Cough <sup>67</sup> , Diarrhoea <sup>19, 21, 63, 67</sup> , Digestive ailments <sup>45, 61</sup> , Dysentery <sup>19, 21, 63</sup> , Fever <sup>37, 45</sup> , Flatulence <sup>45, 72</sup> , Headache <sup>45</sup> , Indigestion <sup>37</sup> , Rheumatic pain <sup>52</sup> , Stimulant <sup>61, 63</sup> , Stomachache <sup>1, 19</sup> , Stomachic <sup>61</sup> , Vomiting <sup>19, 21</sup>
<i>Mentha spicata</i> L.	J&K	1	Lf (1)	Diarrhoea <sup>3</sup> , Intestinal troubles <sup>3</sup>
<i>Mentha × piperita</i> L.	K: Pudina J: Pudhina, Vilayati pudnae	4	Fl (1) Lf (3) OI (1) WP (1)	Diarrhoea <sup>26</sup> , Flatulence <sup>26</sup> , Nausea <sup>26</sup> , Vomiting <sup>26</sup> Diarrhoea <sup>22, 26</sup> , Dysentery <sup>51</sup> , Flatulence <sup>26</sup> , Headache <sup>26</sup> , Nausea <sup>26</sup> , Stomach trouble <sup>22</sup> , Vomiting <sup>26</sup> Antiseptic <sup>26</sup> , Cough <sup>26</sup> , Headache <sup>26</sup> , Rheumatic pain <sup>26</sup> , Stomach disorders <sup>26</sup> Antiseptic <sup>3</sup> , Diarrhoea <sup>3</sup> , Nausea <sup>3</sup> , Stomach troubles <sup>3</sup> , Vomiting <sup>3</sup>
<i>Nepeta annua</i> Pall. [* <i>Nepeta botryoides</i> Aiton]	L: Khamyu	1	WP (1)	Arthritis <sup>10</sup>
<i>Nepeta cataria</i> L.	K: Gand soi, barei gassa	7	Lf (4)	

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Nepeta ciliaris</i> Benth. [* <i>Nepeta leucophylla</i> Benth.]	J: Thukmalanga	1	WP (3)	Diarrhoea <sup>49</sup> , Dysentery <sup>22, 26</sup> , Fever <sup>49</sup> , Toothache <sup>26</sup> , Vomiting <sup>41</sup> , Worms <sup>49</sup>
			Fl (1)	Abdominal pain <sup>37</sup> , Anthelmintic <sup>40</sup> , Bodyache <sup>28</sup> , Cough <sup>28</sup> , Dysentery <sup>37</sup> , Fever <sup>28, 37</sup> , Worms <sup>37</sup> , Wounds <sup>37</sup>
<i>Nepeta coerulea</i> Maxim.	L: Neimlo, Khora	2	Lf (1)	Cardiotonic <sup>54</sup> , Carminative <sup>54</sup> , Stimulant <sup>54</sup>
			Sd (1)	Cardiotonic <sup>54</sup> , Carminative <sup>54</sup> , Stimulant <sup>54</sup>
<i>Nepeta discolor</i> Royle ex Benth.	L: Nyomalo, Shamalolo	2	WP (2)	Dysentery <sup>19</sup> , Eye ailments <sup>5</sup> , Stomachache <sup>19</sup>
<i>Nepeta eriostachya</i> Benth.	L: Pebul-durse, Zimthik-le	2	Lf (2)	Cold <sup>14, 16</sup> , Cough <sup>14, 16</sup> , Fever <sup>16</sup>
<i>Nepeta floccosa</i> Benth.	L: Buboo-swah, Stalpaks, Jimthegala, Shamagok, Skiling	2	WP (2)	Eyesight <sup>6, 8</sup> , Eye redness <sup>8</sup>
<i>Nepeta glutinosa</i> Benth.	L: Gimanka, Jatukpa	5	Fl (1)	Blood purifier <sup>8</sup> , Fever <sup>8</sup>
			Fl (3)	Blood purifier <sup>8</sup> , Cold <sup>16, 21</sup> , Cough <sup>16, 21</sup> , Fever <sup>8, 16, 21</sup>
<i>Nepeta laevigata</i> (D.Don) Hand.-Mazz.	J: Muskbala	1	WP (1)	Blood purifier <sup>5</sup> , Carminative <sup>5</sup> , Eye ailments <sup>5</sup> , Fever <sup>5</sup> , Tonic <sup>5</sup>
			Fl (2)	Diarrhoea <sup>14, 19, 21</sup> , Stomachache <sup>19, 21</sup>
<i>Nepeta leucolaena</i> Benth. ex Hook.f. [* <i>Nepeta salviifolia</i> Royle ex Benth.]	L: Bossthe, Zatak-pa	2	WP (2)	Fever <sup>5, 8</sup> , Pneumonia <sup>5, 8</sup>
<i>Nepeta longibracteata</i> Beth.	L: Dyanku, Piangu, Ptreang-Ku	3	Sd (1)	Dysentery <sup>62</sup>
<i>Nepeta podostachys</i> Benth.	L: Bathse, Shangukaram	1	WP (2)	Cerebral tonic <sup>5, 8</sup> , Madness <sup>5, 8</sup>
			WP (1)	Abdominal pain <sup>9</sup> , Acidity <sup>21</sup> , Kidney complaints <sup>21</sup> , Liver ailments <sup>9, 21</sup> , Respiratory disorders <sup>9</sup> , Stomach ailments <sup>21</sup>
<i>Ocimum americanum</i> L.	J: Ghareda	1	Lf (1)	Acidity <sup>21</sup> , Kidney complaints <sup>21</sup> , Liver ailments <sup>21</sup> , Stomach ailments <sup>21</sup>
<i>Ocimum basilicum</i> L.	K: Babber, Babire baeol	4	Lf (2)	Fever <sup>15</sup>
<i>Ocimum tenuiflorum</i> L. [* <i>Ocimum sanctum</i> L.]	J: Tulsi	3	WP (1)	Promotes kidney function <sup>17</sup>
			Sd (3)	Stomachache <sup>70</sup>
<i>Origanum vulgare</i> L.	K: Baber, Marzanjosh	3	Fr (1)	Fever <sup>47</sup> , Hair fall <sup>47</sup> , Headache <sup>47</sup> , Muscular pain <sup>47</sup> , Stomachache <sup>19</sup> , Vomiting <sup>19</sup>
			Sd (1)	Anthelmintic <sup>40</sup> , Constipation <sup>47</sup> , Cooling effect <sup>72</sup> , Fatigue <sup>47</sup> , Fever <sup>47</sup> , Kidney stone <sup>47</sup> , Urinary problem <sup>47</sup>
<i>Origanum vulgare</i> subsp. <i>viridulum</i> (Martin-Donos) Nyman [* <i>Origanum normale</i> D.Don]	K: Marzanjosh	1	WP (1)	Antipyretic <sup>72</sup> , Flatulence <sup>72</sup> , Pharyngitis <sup>72</sup>
			WP (1)	Laxative <sup>22</sup>
<i>Perovskia abrotanoides</i> Kar.	L: Iskiling, sTarobu	2	Lf (2)	Cold <sup>53</sup> , Cough <sup>53</sup> , Earache <sup>53</sup> , Fever <sup>53</sup>
<i>Phlomis bracteosa</i> (Royle ex Benth.) Kamelin & Makhm. [* <i>Phlomis bracteosa</i> Royle ex Benth.]	J: Neel Trath	1	Fl (1)	Diarrhoea <sup>52</sup> , Rheumatism <sup>52</sup> , Stimulant <sup>52</sup> , Tonic <sup>52</sup> , Toothache <sup>52</sup>
<i>Phlomis rotata</i> (Benth. ex Hook.f.) Mathiesen [* <i>Phlomis rotata</i> Benth. ex Hook.f.]	L: Tapaq	2	Lf (1)	Cooling effect <sup>37</sup> , Diuretic <sup>37</sup> , Fever <sup>37</sup>
			WP (1)	Menstrual suppression <sup>27</sup>
<i>Pogostemon benghalensis</i> (Burm.f.) Kuntze	J: Kali Suaali	1	Lf (1)	Amenorrhoea <sup>23</sup> , Asthma <sup>23</sup> , Bronchitis <sup>23</sup> , Earache <sup>23</sup> , Hemicrania <sup>23</sup>
<i>Premna barbata</i> Wall. ex Schauer	J: Sankhir	1	Sd (1)	Controls painful urination <sup>17</sup> , Fever <sup>5</sup>
<i>Prunella vulgaris</i> L.	L: Keeche, Syangara	17	Fl (9)	Toothache <sup>58</sup> , Laxative <sup>58</sup>
<i>Salvia hians</i> Royle ex Benth.	J: Cerseri, Harnoi	1	Lf (1)	Cold <sup>58</sup> , Cough <sup>58</sup>
			WP (2)	Bone fracture <sup>21</sup> , Joint swelling <sup>21</sup>
<i>Salvia mococtiana</i> Wall. ex Benth.	K: Kalaveuth, Kal-veoth, Kalvuth, Kalweoth, Kalyat	17	Fl (9)	Cold <sup>72</sup> , Cough <sup>72</sup> , Dyspepsia <sup>72</sup>
<i>Salvia mococtiana</i> Wall. ex Benth.	J: Gaddo	1	Sd (1)	Bodyache <sup>72</sup>
			Fl (1)	Brain disorders <sup>4, 8</sup> , Cerebral disorders <sup>4, 8</sup> , Cold <sup>4, 8</sup> , Cough <sup>7</sup> , Diarrhoea <sup>37</sup> , Fever <sup>7, 22, 26, 36, 47</sup> , Frost bite <sup>37</sup> , Gastric disorders <sup>4, 8, 37</sup> , Hair fall <sup>47</sup> , Headache <sup>4, 8, 22, 26, 36, 37, 47</sup> , Muscular pain <sup>36, 47</sup> , Sore throat <sup>37</sup> , Wounds <sup>41, 47</sup>
<i>Salvia mococtiana</i> Wall. ex Benth.	K: Buder tuned, Gankual, Sholar, Shollari, Kaikok, Kallijarri, Shrematus	1	Fl (5)	Abscess <sup>69</sup> , Blood purifier <sup>69</sup> , Bodyache <sup>43</sup> , Brain disorders <sup>4, 8</sup> , Breathing problems <sup>69</sup> , Cerebral disorders <sup>4, 8</sup> , Cold <sup>4, 8</sup> , Gastric disorders <sup>4, 8, 69</sup> , Hair growth <sup>69</sup> , Headache <sup>4, 8</sup> , Muscular problem <sup>69</sup> , Wounds <sup>69</sup>
			Lf (5)	Anthelmintic <sup>40</sup>
<i>Salvia mococtiana</i> Wall. ex Benth.	K: Buder tuned, Gankual, Sholar, Shollari, Kaikok, Kallijarri, Shrematus	1	Rt (1)	Brain disorders <sup>6</sup> , Breathing problems <sup>6</sup> , Cold <sup>1, 6</sup> , Headache <sup>1, 6</sup> , Liver ailments <sup>1, 6</sup> , Lung troubles <sup>1, 6</sup> , Piles <sup>1, 23</sup> , Rheumatism <sup>43</sup> , Swelling <sup>1</sup>
			WP (4)	Haemorrhoides <sup>26</sup>
<i>Salvia mococtiana</i> Wall. ex Benth.	K: Buder tuned, Gankual, Sholar, Shollari, Kaikok, Kallijarri, Shrematus	1	Fl (1)	Stomach pain <sup>49</sup>
			Fl (5)	Boils <sup>32, 34</sup> , Cuts <sup>43</sup> , Itching <sup>26</sup> , Mouth wash <sup>41</sup> , Throat swelling <sup>41</sup> , Guinea Worm <sup>26</sup> , Wounds <sup>26, 43</sup>
<i>Salvia mococtiana</i> Wall. ex Benth.	K: Buder tuned, Gankual, Sholar, Shollari, Kaikok, Kallijarri, Shrematus	1	Rt (4)	Boils <sup>49</sup> , Chest congestion <sup>28</sup> , Cold <sup>26, 58</sup> , Cough <sup>26, 28, 58</sup> , Headache <sup>28</sup> , Stomach pain <sup>58</sup>
			Sd (3)	Acidity <sup>49</sup> , Backache <sup>49</sup> , Boils <sup>26</sup> , Colic complaints <sup>26</sup> , Constipation <sup>49</sup> , Cough <sup>49</sup> , Dysentery <sup>26, 58</sup> , Emetic <sup>26, 58</sup> , Haemorrhoides <sup>26</sup> , Joint pain <sup>49</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
			WP (1)	Cough <sup>37</sup> , Dysentery <sup>37</sup> , Fever <sup>37</sup> , Skin infections <sup>37</sup> , Stomach pain <sup>37</sup> , Wounds <sup>37</sup>
<i>Salvia plebeia</i> R.Br.	J: Kakrontha	1	Lf (1)	Diarrhoea <sup>70</sup>
<i>Salvia sclarea</i> L.	K: Buder tunde	1	WP (1)	Burns <sup>37</sup> , Wounds <sup>37</sup>
<i>Scutellaria heydei</i> Hook.f.	L	1	WP (1)	Fever <sup>4</sup> , Headache <sup>4</sup>
<i>Stachys floccosa</i> Benth.	K	1	WP (1)	Emmenagogue <sup>26</sup> , Tonic <sup>26</sup> , Diuretic <sup>26</sup>
<i>Stachys tibetica</i> Vatke	L: Churukpa, Yakjak	2	Sht (1)	Lice control <sup>21</sup>
			WP (1)	Fever <sup>16</sup>
<i>Thymus linearis</i> Benth.	K: Javen, Jangli Javind	4	AP (1)	Dropsy <sup>45</sup>
	L: Tumburu		Sd (1)	Pneumonia <sup>45</sup>
			WP (4)	Appetite loss <sup>45</sup> , Asthma <sup>45</sup> , Chest infections <sup>45</sup> , Cold <sup>45</sup> , Cough <sup>41</sup> , 45, Fever <sup>41, 45</sup> , Flatulence <sup>27</sup> , Gastro-intestinal complaints <sup>21</sup> , Indigestion <sup>45</sup> , Menstrual disorder <sup>27</sup> , Stomachache <sup>21</sup>
<i>Thymus serpyllum</i> L.	J: Banajwain, Jeven, Jangliajwain	15	NA (1)	Weak vision <sup>54</sup> , Menstrual disorder <sup>54</sup> , Fever <sup>54</sup> , Hepatic <sup>54</sup> , Gastric disorders <sup>54</sup>
			Fr (1)	Appetizer <sup>26</sup> , Asthma <sup>26</sup> , Laxative <sup>26</sup> , Tonic <sup>26</sup>
	K: Ajwan, Jamajunsha, Jangli Javind, Jawand, Javen, Marchi		Lf (3)	Asthma <sup>73</sup> , Baldness <sup>36</sup> , Blood purifier <sup>62</sup> , Bronchitis <sup>62</sup> , Colic complaints <sup>62</sup> , Eye ailments <sup>62</sup> , Itching <sup>36</sup> , Laxative <sup>62</sup> , Skin eruptions <sup>36</sup> , Stomachic <sup>62</sup> , Tonic <sup>62</sup>
			Ol (1)	Toothache <sup>62</sup>
	L: Tumba, Tumbra, Tmumbra, Tumburu, Tumbrak		Sd (2)	Vermifuge <sup>26</sup> , Worm <sup>36</sup>
			WP (11)	Abdominal pain <sup>1</sup> , Anthelmintic <sup>6, 8</sup> , Antiseptic <sup>26, 37</sup> , Carminative <sup>26, 37</sup> , Delivery easy <sup>25</sup> , Epilepsy <sup>42</sup> , Eyesight <sup>23</sup> , Fever <sup>1, 23</sup> , Gastric disorders <sup>23</sup> , Gastrointestinal problems <sup>19</sup> , Hepatic disorders <sup>23</sup> , Liver ailments <sup>6, 8, 26</sup> , Menstrual disorder <sup>23</sup> , Skin diseases <sup>6, 8, 26, 37</sup> , Smoothens delivery <sup>13</sup> , Stomach ailments <sup>6, 8, 26</sup> , Stomachache <sup>19</sup> , Stomachic <sup>37</sup> , Tonic <sup>26</sup> , Vision weak <sup>37</sup> , Vomiting <sup>7</sup> , Weak vision <sup>26</sup> , Whooping cough <sup>42</sup>
<i>Vitex negundo</i> L.	J: Bana, Banna, Chita Bana, Nilpushpi	8	Fl (2)	Diarrhoea <sup>68</sup> , Pneumonia <sup>51</sup>
			Lf (3)	Abscess <sup>72</sup> , Arthritis <sup>70</sup> , Cold <sup>68</sup> , Cough <sup>68</sup> , Diuretic <sup>72</sup> , Rheumatism <sup>70</sup> , Worms <sup>68</sup>
			Rt (1)	Diarrhoea <sup>63</sup> , Dyspepsia <sup>63</sup>
			Tw (2)	Toothache <sup>60, 72</sup>
			WP (1)	Arthritis <sup>67</sup> , Cold <sup>67</sup> , Cough <sup>67</sup>
			Rt (1)	Diuretic <sup>64</sup> , Febrifuge <sup>64</sup> , Rheumatism <sup>64</sup> , Tonic <sup>64</sup>
<b>Lauraceae</b>				
<i>Cinnamomum tamala</i> (Buch.-Ham.) T.Nees & Eberm.	J: Tejpatrar	1	Lf (1)	Carminative <sup>64</sup> , Rheumatic pain <sup>64</sup>
<b>Liliaceae</b>				
<i>Fritillaria cirrhosa</i> D.Don[* <i>Fritillaria roylei</i> Hook.]	K: Sheethkar	8	Bu (5)	Anthelmintic <sup>40</sup> , Asthma <sup>28, 73</sup> , Cardiac ailments <sup>24</sup> , Diuretic <sup>28</sup> , 35, Diuretic <sup>35</sup> , Mumps <sup>28</sup>
	J: Kshirakakoli		NA (1)	Asthma <sup>54</sup> , Tuberculosis <sup>54</sup> , Tonic <sup>54</sup>
			WP (2)	Asthma <sup>23</sup> , Broncho-asthma <sup>27</sup> , Tuberculosis <sup>23, 27</sup>
<i>Fritillaria imperialis</i> L.	K: Pranik	1	WP (1)	Diuretic <sup>26</sup> , Emollient <sup>26</sup>
<i>Gagea gageoides</i> (Zucc.) Vved.	L: Gudgi	1	Rz (1)	Whooping cough <sup>10</sup>
<i>Gagea serotina</i> (L.) Ker Gawl. [* <i>Lloydia serotina</i> (L.) Rchb.]	L: Kangkar, Tsa-wa, Awa	3	Bu (1)	Blood purifier <sup>14</sup>
			Fl (1)	Eye ailments <sup>21</sup> , Fever <sup>21</sup>
			WP (1)	Ophthalmic diseases <sup>7</sup>
<i>Notholirion thomsonianum</i> (Royle) Stapf	K: Salamisri	1	Bu (1)	Menstrual disorder <sup>49</sup> , Muscular pain <sup>49</sup>
<i>Tulipa clusiana</i> DC. [* <i>Tulipa stellata</i> Hook.]	L: Kapichung	3	Bu (2)	Tonic <sup>7, 26</sup> , Rheumatism <sup>7</sup>
	K: Neuv		Rt (1)	Tonic <sup>9</sup> , Rheumatism <sup>9</sup>
<b>Linaceae</b>				
<i>Linum usitatissimum</i> L.	K: Alish	4	Sd (4)	Abscess <sup>72</sup> , Arthritis <sup>46</sup> , Boils <sup>48</sup> , Demulcent <sup>26</sup> , Laxative <sup>26</sup> , Purgative <sup>26</sup> , Rheumatic pain <sup>48</sup>
	J: Alsi			
<b>Loranthaceae</b>				
<i>Dendrophthoe falcata</i> (L.f.) Ettingsh.	J: Banda	1	Brk (1)	Wounds <sup>54</sup>
			St (1)	Wounds <sup>54</sup>
<b>Lythraceae</b>				
<i>Ammannia auriculata</i> Willd.	J&K	1	Lf (1)	Intestinal worms <sup>3</sup>
			WP (1)	Fever <sup>3</sup>
<i>Ammannia baccifera</i> L.	J&K	1	WP (1)	Appetizer <sup>3</sup> , lungs sputum <sup>3</sup>
<i>Lawsonia inermis</i> L.	J: Mahendi	2	Lf (2)	Antiphlogistic <sup>72</sup> , Itching <sup>72</sup> , Leucoderma <sup>72</sup> , Toothache <sup>30</sup>
	K: Manz			
<i>Punica granatum</i> L.	J: Daduni, Darooni, Dasuni, Daruna, Dharudni, Dhaadma, Anaar	17	Brk (1)	Anthelmintic <sup>68</sup>
			Bd (1)	Toothache <sup>60</sup>
			Ex (3)	Diarrhoea <sup>22, 29, 54</sup>
	K: Daain, Daein, Daan		Fl (1)	Anthelmintic <sup>40</sup>
	L		Fr (7)	Anthelmintic <sup>72</sup> , Antispasmodic <sup>72</sup> , Appetizer <sup>49, 70</sup> , Astringent <sup>61</sup> , Blood enrichment <sup>67</sup> , Cough <sup>68</sup> , Diarrhoea <sup>49, 61</sup> , Dysentery <sup>54, 61</sup> , Fever <sup>49</sup> , Jaundice <sup>49, 68, 72</sup> , Kidney

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
				complaints <sup>67</sup> , Liver ailments <sup>67</sup> , Tonic <sup>49</sup> , Urinary problem <sup>49</sup> , Tapeworm <sup>70</sup>
			Lf (2)	Anthelmintic <sup>68</sup> , Pneumonia <sup>53</sup>
			Rt (3)	Anthelmintic <sup>68</sup> , Rheumatism <sup>53</sup> , Sciatic pain <sup>53</sup> , Toothache <sup>60</sup> , Worms <sup>68</sup>
			Sd (5)	Anemia <sup>58</sup> , Anthelmintic <sup>68</sup> , Appetizer <sup>58</sup> , Burns <sup>38</sup> , Cooling agent <sup>58</sup> , Diarrhoea <sup>1</sup> , Dysentery <sup>38</sup> , General weakness <sup>58</sup> , Gynecological disorders <sup>20</sup> , Insomnia <sup>38</sup> , Jaundice <sup>58</sup> , Vomiting <sup>1</sup>
			St Brk (2)	Anthelmintic <sup>61</sup> , Worms <sup>68</sup>
			St Tw's (1)	Toothache <sup>30</sup>
<i>Rotala indica</i> (Willd.) Koehne	J&K	1	WP (1)	Respiratory disorders <sup>3</sup> , Stomach disorders <sup>3</sup>
<i>Trapa natans</i> L.	K: Gaer Kul	1	Fr (1)	Cancer <sup>45</sup> , Constipation <sup>45</sup> , Diabetes <sup>45</sup> , Leukorrhea <sup>45</sup>
<i>Woodfordia fruticosa</i> (L.) Kurz	J: Dhaen, Dhai, Tavi	4	Fl (4)	Appetizer <sup>54</sup> , Diarrhoea <sup>68</sup> , Dysentery <sup>72</sup> , Fever <sup>68</sup> , Headache <sup>68</sup> , Nausea <sup>54</sup> , Skin diseases <sup>68</sup> , Ulcer <sup>68</sup> , Wounds <sup>62, 68</sup>
			Lf (1)	Gall bladder problems <sup>68</sup>
<b>Malvaceae</b>				
<i>Abutilon indicum</i> (L.) Sweet	J: Kangi, Atibala,	1	Lf (1)	Uterus displacement <sup>71</sup>
<i>Alcea rosea</i> L. [* <i>Althaea rosea</i> (L.) Cav.]	L: mDog-ldan pho-lcam., Mo-tog-ha-lo	8	Fl (4)	Cough <sup>37</sup> , Asthma <sup>37</sup> , Throat infection <sup>37</sup> , Urinary irritation <sup>37</sup> , Boils <sup>22</sup> , Kidney pain <sup>47</sup> , Jaundice <sup>47</sup> , Urinary irritation <sup>47</sup> , Boils <sup>52</sup>
	J: Sazposh		Rt (6)	Bladder/ urine tract burning sensation <sup>17</sup> , Dandruff <sup>26, 52</sup> , Dermatitis <sup>22</sup> , Easy delivery <sup>22, 26</sup> , Goitre <sup>22, 29, 52</sup> , Gynecological disorders <sup>20</sup> , Kidney pain/Inflammation <sup>17</sup>
	K: Sazeposh, Saj Posh, Sazahmulh		WP (2)	Dandruff <sup>47</sup> , Delivery easy <sup>52</sup> , Dermatitis <sup>52</sup> , Emollient <sup>52</sup>
<i>Althaea officinalis</i> L.	K: Saze posh	2	Rt (2)	Asthma <sup>33, 73</sup> , Cough <sup>33</sup> , Throat infection <sup>33</sup> , Urinary irritation <sup>33</sup>
	L: Suzmool			
<i>Bombax ceiba</i> L.	J: Simbal	3	Brk (1)	Wounds <sup>68</sup>
			Fr (1)	Bladder ulceration <sup>68</sup> , Kidney ulceration <sup>68</sup>
			Rt (3)	Aphrodisiac <sup>61</sup> , Diarrhoea <sup>68</sup> , Stimulant <sup>61</sup> , Stomachache <sup>63</sup> , Tonic <sup>61</sup>
<i>Hibiscus rosa-sinensis</i> L.	J: Gudaal, Jabakusam	2	Fl (2)	Alopecia <sup>72</sup> , Diuretic <sup>72</sup> , White discharge cure in ladies <sup>71</sup>
<i>Kydia calycina</i> Roxb.	J: Pulla	1	Lf (1)	Bodyache <sup>61</sup>
<i>Lavatera kashmiriana</i> Mast. [* <i>Lavatera cachemiriana</i> Cambess.]	K: Gursaunchal, Reshma khatmi, Sazmul, Sozposh, Swanchal, Wansochal	9	Fl (2)	Mumps <sup>36, 44</sup>
			Rt (4)	Respiratory disorders <sup>42</sup> , Rheumatism <sup>27</sup> , Kidney pain <sup>24, 25</sup> , Diuretic <sup>24, 25</sup>
			Sd (1)	Antiseptic <sup>26</sup>
			WP (2)	Analgesic <sup>23</sup> , Controls painful urination <sup>17</sup>
<i>Malva neglecta</i> Wallr.	J: Sochial, Suchhal	9	Lf (5)	Appetizer <sup>33, 37</sup> , Constipation <sup>47</sup> , Cough <sup>33, 37</sup> , Laxative <sup>58</sup> , Nerve tonic <sup>33, 37</sup> , Stomach cramps <sup>33, 37</sup> , Swelling <sup>33, 37</sup> , Ulcer <sup>33, 37</sup> , Wounds <sup>33, 37, 39</sup>
	K: Sothchal, Sotsal, Sochal, Soachal		Pt (4)	Laxative <sup>22, 26, 29, 52</sup>
			Sd (1)	Blood purifier <sup>47</sup> , Cold <sup>47</sup> , Constipation <sup>47</sup> , Cough <sup>47</sup> , Fever <sup>47</sup> , Jaundice <sup>47</sup>
<i>Malva parviflora</i> L.	J: Sonchal	2	Lf (1)	Cold <sup>72</sup> , Cough <sup>72</sup> , Pyrexia <sup>72</sup>
	L: Khubazi		Sd (1)	Cold <sup>8</sup> , Cough <sup>8</sup> , Fever <sup>8</sup> , Pulmonary affections <sup>8</sup>
<i>Malva sylvestris</i> L.	K: Sotsal, Gur sachal	4	AP (1)	Eyesight <sup>43</sup>
			Sd (1)	Cough <sup>36</sup> , Fever <sup>36</sup>
			WP (2)	Diarrhoea <sup>33, 37</sup> , Dysentery <sup>33, 37</sup> , Stomach cramps <sup>33, 37</sup>
<i>Malva verticillata</i> L.	L: lCam-pa ma-ning, Chiroti, Suchili, lCam-pa-ma-ning	4	Lf (1)	Whooping cough <sup>16</sup>
	K: Swanchal		Rt (1)	Piles <sup>21</sup>
			Sd (1)	Whooping cough <sup>16</sup>
			St (1)	Piles <sup>21</sup>
			WP (2)	Digestion <sup>23</sup> , Removes blocked urine <sup>17</sup>
<i>Malvastrum coromandelianum</i> (L.) Garcke	J: Baddi Bareaar, Baddi Beryaad	2	Lf (1)	Styptic <sup>72</sup>
			WP (1)	Dysentery <sup>61</sup> , Emollient <sup>61</sup>
<i>Sida rhombifolia</i> L.	J: Chikama	2	Lf (1)	Spermatorrhoea <sup>53</sup>
			WP (1)	Leukorrhea <sup>70</sup>
<b>Melanthiaceae</b>				
<i>Trillium govanianum</i> Wall. ex D.Don	K: Surmganda, Reech ki Jadi	1	Rz (1)	Boils <sup>49</sup> , Worms <sup>49</sup>
<b>Meliaceae</b>				
<i>Azadirachta indica</i> A.Juss. [* <i>Melia azadirachta</i> L.]	J: Draink, Neem, Nim, Drake, Dhrek, Daraink, Kourh	9	Brk (4)	Antiperiodic <sup>68</sup> , Astringent <sup>68</sup> , Malarial fever <sup>67</sup> , Skin diseases <sup>61, 68</sup> , White discharge cure in ladies <sup>71</sup>
			Fl (2)	Malarial fever <sup>67</sup> , Stomachic <sup>61</sup> , Tonic <sup>61</sup>
			Fr (1)	Cracked skin <sup>51</sup>
			Lf (6)	Acne <sup>72</sup> , Antipruritic <sup>53</sup> , Antiseptic <sup>61</sup> , Blood purifier <sup>53, 72</sup> , Boils <sup>61, 68</sup> , Dandruff <sup>72</sup> , Eczema <sup>61</sup> , Headache <sup>72</sup> , Intestinal worms <sup>68</sup> , Malarial fever <sup>67</sup> , Mumps <sup>70</sup> , Parasites internal <sup>72</sup> , Skin diseases <sup>53, 68</sup> , Ulcer <sup>61</sup>
			Sd (2)	Antiseptic <sup>53</sup> , Dysentery <sup>63</sup>
			Tw (1)	Teeth cleaning <sup>61</sup>
<i>Toona ciliata</i> M.Roem. [* <i>Toona hexandra</i> M.Roem.]	J: Tooni	1	Fl (1)	Menstrual disorder <sup>68</sup>
			Lf (1)	Tonic <sup>68</sup> , Dysentery <sup>68</sup>



Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<b>Menispermaceae</b>				
<i>Cissampelos pareira</i> L.	J: Baatal bail, Battal bel, Patakey di bel, Korh-Sumbi	4	Lf (1) Rt (2)	Antispasmodic <sup>72</sup> , Diarrhoea <sup>72</sup> , Dysentery <sup>72</sup> Boils <sup>70</sup> , Eye ailments <sup>70</sup> , Leukorrhoea <sup>61</sup> , Pimples <sup>70</sup> , Snake bite <sup>61</sup> , Stomachache <sup>70</sup> , Toothache <sup>61</sup>
<i>Tinospora sinensis</i> (Lour.) Merr. [ <i>*Tinospora cordifolia</i> (Willd.) Miers]	J: Gloe Gloh Giloe, Gadoh	6	WP (1) Lf (1) Rt (1) St (4)	Urinary disorder <sup>1</sup> Antipyretic <sup>51</sup> Asthma <sup>65</sup> Dengue <sup>70</sup> , Hyperpyrexia <sup>72</sup> , Jaundice <sup>68</sup> , Stomach troubles <sup>63</sup> , Urinary disorder <sup>68</sup>
<b>Menyanthaceae</b>				
<i>Menyanthes trifoliata</i> L.	J: Bhue	1	WP (1)	Tonic <sup>64</sup> , Gout <sup>64</sup> , Rheumatism <sup>64</sup> , Purgative <sup>64</sup>
<i>Nymphoides indica</i> (L.) Kuntze	J: Jal phool	1	Lf (1) Rz (1)	Worm ringworm scars <sup>57</sup> Fever <sup>57</sup>
<i>Nymphoides peltatum</i> (S.G. Gmel.) Britten & Rendle	J&K: Khor	1	WP (1)	Cardiotonic <sup>3</sup>
<b>Moraceae</b>				
<i>Ficus benghalensis</i> L.	J: Borh, Bargad, Bor	3	Brk (2) Fr (1) Lt (2) Lf (1) St (1)	Diabetes <sup>61, 72</sup> , Diarrhoea <sup>61</sup> , Dysentery <sup>61</sup> , Tonic <sup>61</sup> Aphrodisiac <sup>53</sup> Toothache <sup>53</sup> , Rheumatism <sup>61</sup> , Lumbago <sup>61</sup> Diabetes <sup>72</sup> Diabetes <sup>72</sup>
<i>Ficus carica</i> L.	K: Anjeer, Anjir, Anjour	8	Fr (6) Lt (3) Lf (3) Sht (1)	Abdominal pain <sup>47</sup> , Anthelmintic <sup>40</sup> , Asthma <sup>47</sup> , Blood purifier <sup>47</sup> , Cold <sup>47</sup> , Constipation <sup>47</sup> , Cough <sup>41</sup> , Face nourishment <sup>39</sup> , Gallbladder stones <sup>47</sup> , Heart diseases <sup>35</sup> , Indigestion <sup>47</sup> , Jaundice <sup>47</sup> , Kidney stone <sup>47</sup> , Lactation <sup>47</sup> , Skin diseases <sup>29</sup> , Throat problems <sup>41</sup> Eczema <sup>47</sup> , Insect bite <sup>39</sup> , Skin diseases <sup>22</sup> , Warts <sup>39</sup> Liver ailments <sup>35</sup> , Skin diseases <sup>26, 29, 35</sup> , Wounds <sup>26</sup> Skin diseases <sup>29</sup>
<i>Ficus palmata</i> Forssk.	J: Fagwara, Khemri, Kamri, Feku, Phugwada, Phagwara	5	Fr (4) Lt (1) Lf (1)	Constipation <sup>58</sup> , Lung diseases <sup>61, 65, 67</sup> , Skin diseases <sup>67</sup> , Bladder diseases <sup>61</sup> , Demulcent <sup>61</sup> , Laxative <sup>61</sup> Skin diseases <sup>58</sup> Abscess <sup>72</sup> , Styptic <sup>72</sup>
<i>Ficus racemosa</i> L. [ <i>*Ficus glomerata</i> Roxb.]	J: Rumbli, Rumbal, Gular, Udumbara	4	Brk (1) Fr (2) Lt (2) Tw (1)	Antispasmodic <sup>72</sup> Analeptic <sup>53</sup> , Carminative <sup>53</sup> , Cough <sup>68</sup> , Diarrhoea <sup>53</sup> , Kidney complaints <sup>68</sup> Dysentery <sup>55</sup> , Wounds <sup>68</sup> Tooth brush <sup>53</sup>
<i>Ficus religiosa</i> L.	J: Pipal, Bar, Peepal	7	Brk (2) Fr (2) Lt (1) Lf (4) Rt (1) Sd (2) Sht (1)	Astringent <sup>61</sup> , Scabies <sup>61</sup> , White discharge cure in ladies <sup>71</sup> Antidote <sup>68</sup> , Asthma <sup>68</sup> , Cooling effect <sup>52</sup> , Laxative <sup>52</sup> Tonic <sup>53</sup> Piles <sup>72</sup> , Constipation <sup>68</sup> , Purgative <sup>61</sup> , Skin diseases <sup>52</sup> Gum diseases <sup>68</sup> Whooping cough <sup>51</sup> , Urinary trouble <sup>51</sup> , Laxative <sup>52</sup> Skin diseases <sup>52</sup>
<i>Morus alba</i> L.	J: Toot Tul K: Shahtul, Tul	8	Brk (2) Fr (4) Lf (3) Fr (2) Lf (2)	Anthelmintic <sup>40, 61</sup> , Purgative <sup>61</sup> Aperients <sup>72</sup> , Blood enrichment <sup>52</sup> , Dyspepsia <sup>61, 63</sup> , Refrigerant <sup>61</sup> , Sore throat <sup>61</sup> Anthelmintic <sup>40</sup> , Appetizer <sup>68</sup> , Hair growth <sup>68</sup> , Jaundice <sup>72</sup> Constipation <sup>48</sup> , Laxative <sup>26</sup> , Refrigerant <sup>26</sup> , Stomach problems <sup>48</sup> Boils <sup>48</sup> , Burns <sup>48</sup> , Sores <sup>26</sup> , Wounds <sup>26, 48</sup>
<b>Musaceae</b>				
<i>Musa × paradisiaca</i> L.	J: Kela	3	Fl (1) Rz (1) St (1)	Whooping cough <sup>51</sup> Tonsillitis <sup>72</sup> Menorrhoea <sup>71</sup>
<b>Myrtaceae</b>				
<i>Psidium guajava</i> L.	J: Amrood	1	Fr (1) Lf (1)	Headache <sup>72</sup> Oral ulcers <sup>72</sup> , Toothache <sup>72</sup>
<i>Syzygium cumini</i> (L.) Skeels	Jamnu, Jaamnoo, Tallay	2	Brk (1) Lf (1) Sd (1)	Diarrhoea <sup>63</sup> Oral ulcers <sup>72</sup> , Piles <sup>72</sup> Diabetes <sup>72</sup>
<b>Nelumbonaceae</b>				
<i>Nelumbo nucifera</i> Gaertn. [ <i>*Nelumbium nuciferum</i> Gaertn.]	K: Nadroo, Pamposh J	3	Fl (1) Lf (1) Rz (2) Sd (1) WP (2)	Cardiotonic <sup>57</sup> Jaundice <sup>57</sup> Constipation <sup>48</sup> , Dysentery <sup>48</sup> , Stomach problems <sup>48</sup> , Ringworm <sup>57</sup> Semen deficiency <sup>48</sup> , Urinary problem <sup>48</sup> , Vomiting <sup>48</sup> Anthelmintic <sup>40</sup> , Fever <sup>57</sup>
<b>Nitrariaceae</b>				
<i>Peganum harmala</i> L.	L: Harmal, Sepan, Ispanid K: Isband	12	Lf (2) Sd (9)	Gout <sup>8</sup> , Fever <sup>16</sup> , Rheumatism <sup>8</sup> Anthelmintic <sup>40</sup> , Asthma <sup>14, 73</sup> , Bladder irritation reduction <sup>17</sup> , Eye sore <sup>26, 22</sup> , Fever <sup>14, 16</sup> , Gynecological disorders <sup>20</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
				Influenza <sup>22, 26</sup> , Promotes urination <sup>17</sup> , Rheumatism <sup>14</sup> , Stomachache <sup>19</sup>
			St (1)	Asthma <sup>21</sup> , Eye ailments <sup>21</sup> , Measles <sup>21</sup> , Menstrual disorder <sup>21</sup> , Stomach ailments <sup>21</sup>
			WP (2)	Abortifacient <sup>6, 8</sup> , Emmenagogue <sup>6, 8</sup> , Gout <sup>6</sup> , Rheumatism <sup>6</sup>
<b>Nyctaginaceae</b>				
<i>Boerhavia diffusa</i> L.	J: Itt-Sitt, Ittsitt, Saandthi, Punarnava, Lal dodal	6	Lf (1)	Snake bite <sup>72</sup>
			Rt (4)	Asthma <sup>61, 65</sup> , Diuretic <sup>61</sup> , Expectorant <sup>61</sup> , Eye ailments <sup>61</sup> , Fever <sup>1</sup> , Gangrene <sup>70</sup> , Inflammation <sup>61</sup> , Jaundice <sup>61</sup> , Laxative <sup>61, 70</sup> , Oedema <sup>61</sup>
			WP (1)	Jaundice <sup>67</sup>
<i>Mirabilis jalapa</i> L.	J: Galwasi, Gulabans	2	Lf (1)	Abscess <sup>72</sup> , Bodyache <sup>72</sup> , Eye inflammation <sup>72</sup>
			Rt (1)	Pain <sup>53</sup>
			Tu (1)	Piles <sup>72</sup>
<b>Nymphaeaceae</b>				
<i>Euryale ferox</i> Salisb.	K: Juwar, Kena bub	1	Sd (1)	Whooping cough <sup>48</sup> , Semen deficiency <sup>48</sup> , Stomach problems <sup>48</sup>
<i>Nymphaea alba</i> L.	K: Boomb, Brimposh	4	Fl (2)	Boils <sup>22, 29</sup>
	J		Lf (2)	Boils <sup>22, 29</sup>
			Rz (1)	Diarrhoea <sup>63</sup>
			WP (1)	Anthelmintic <sup>40</sup>
<i>Nymphaea lotus</i> L.	J: Kamal	1	Rz (1)	Diarrhoea <sup>57</sup>
			Rt (1)	Piles <sup>57</sup>
			Sd (1)	Constipation <sup>57</sup> , Stomachache <sup>57</sup>
<i>Nymphaea mexicana</i> Zucc.	K: Bumiposh, Gul-e-nelofar	1	Fl (1)	Fever <sup>48</sup> , Heart palpitation <sup>48</sup> , Liver ailments <sup>48</sup> , Urinary problem <sup>48</sup>
			Rz (1)	Boils <sup>48</sup> , Hair fall <sup>48</sup> , Diabetes <sup>48</sup> , Rheumatism <sup>48</sup>
<i>Nymphaea nouchali</i> Burm.f. [ <i>Nymphaea stellata</i> Willd.]	K: Bumposh, Buni posh	2	Fl (2)	Diabetes <sup>33</sup> , Indigestion <sup>33</sup> , Kidney stone <sup>37</sup>
<i>Nymphaea tetragona</i> Georgi	J&K	1	Pt (1)	Laxative <sup>3</sup>
<b>Oleaceae</b>				
<i>Jasminum multiflorum</i> (Burm.f.) Andrews	J: Dhoo Malti	2	Fl (1)	Emetic <sup>61</sup>
			Lf (2)	Ulcer <sup>52, 61</sup>
			Rt (1)	Snake bite <sup>61</sup>
<i>Jasminum officinale</i> L.	J: Chamba	1	NA (1)	Ringworm <sup>54</sup>
<i>Jasminum humile</i> L.	J: Sanairad, Jard Siyoon.	1	Fl (1)	Tonic <sup>61</sup>
			Rt (1)	Ringworm <sup>61</sup>
<i>Nyctanthes arbor-tristis</i> L.	J: Haar-shringaar	1	Lf (1)	Intestinal worms <sup>72</sup>
<i>Olea europaea</i> subsp. <i>cuspidata</i> (Wall. & G. Don) Cif. [ <i>Olea cuspidata</i> Wall. & G. Don]	J: Kav	1	Tw (1)	Toothache <sup>60</sup>
<i>Olea ferruginea</i> Wall. ex Aitch.	J: Kaow	2	Lf (2)	Antipyretic <sup>61</sup> , Astringent <sup>61</sup> , Debility <sup>61</sup> , Fever <sup>61</sup> , Gonorrhoea <sup>61</sup> , Whooping cough <sup>61, 65</sup>
<b>Onagraceae</b>				
<i>Epilobium angustifolium</i> L.	L: Utpalwampo, Utpal-wanbo	6	Fr (1)	Abdominal pain <sup>21</sup> , Intestinal complaints <sup>21</sup> , Renal complaints <sup>21</sup>
			NA (1)	Astringent <sup>54</sup>
	J		St (1)	Abdominal pain <sup>21</sup> , Intestinal complaints <sup>21</sup> , Renal complaints <sup>21</sup>
			K	WP (4)
				Abdominal ailments <sup>6, 8</sup> , Abdominal pain <sup>19</sup> , Astringent <sup>23</sup> , Hepatic diseases <sup>6, 8</sup> , Intestinal diseases <sup>6, 8, 19</sup> , Renal diseases <sup>6, 8, 19</sup> , Stomachache <sup>19</sup>
<i>Epilobium latifolium</i> L. [ <i>Chamaenerion latifolium</i> (L.) Sweet]	L: Utpalwampo	4	Fl (4)	Acidity <sup>21</sup> , Stomachic <sup>8</sup> , Renal pain <sup>4, 8, 10</sup> , Stomachache <sup>4, 10</sup>
<i>Epilobium laxum</i> Royle.	J&K	1	Lf (1)	Gum pain <sup>3</sup> , Mouth sores <sup>3</sup>
<i>Epilobium palustre</i> L.	J&K	1	Lf (1)	Toothache <sup>3</sup>
<i>Epilobium roseum</i> (Schreb.) Schreb.	J	1	NA (1)	Astringent <sup>54</sup>
<i>Epilobium royleanum</i> Hausskn.	J&K	1	Lf (1)	Inflammation <sup>3</sup>
<i>Oenothera rosea</i> L'Her. ex Aiton	J: Darraati	1	Lf (1)	Colic complaints <sup>72</sup>
<b>Orchidaceae</b>				
<i>Cephalanthera longifolia</i> (L.) Fritsch	K: Lampatter	1	Rz (1)	Weakness <sup>50</sup>
<i>Cypripedium cordigerum</i> D. Don	K: Pholaan	1	Rz (1)	Tonic <sup>45</sup> , Heart palpitation <sup>45</sup> , Joint pain <sup>45</sup>
<i>Dactylorhiza hatagirea</i> (D. Don) Soo	K: Hatapanja, Wangbolakpa, Salam panja, Salab, hathpanja	10	Fl (2)	Blood purifier <sup>13</sup> , Cold <sup>50</sup> , Cough <sup>50</sup> , Diarrhoea <sup>50</sup>
			Lf (2)	Aphrodisiac <sup>21</sup> , Tonic <sup>21</sup> , Wound healing <sup>50</sup>
			Rt (2)	Boils <sup>42</sup> , Roundworm <sup>42</sup> , Kidney complaints <sup>14</sup>
	L: Sanchu, Ambolakpa		Tu (6)	Aphrodisiac <sup>50</sup> , Backache <sup>26</sup> , Burning sensation of urine <sup>17</sup> , Cold <sup>50</sup> , Cough <sup>50</sup> , Diarrhoea <sup>50</sup> , Fever <sup>16</sup> , Fracture <sup>50</sup> , Gynecological disorders <sup>20</sup> , Headache <sup>50</sup> , Promotes urination <sup>17</sup> , Sedative <sup>17</sup> , Stomachic <sup>50</sup> , Urine regulation <sup>17</sup> , Vermifuge <sup>50</sup> , Weakness of nervous system <sup>50</sup> , Worm stomach <sup>19</sup> , Wound healing <sup>50</sup>
			WP (1)	General weakness after delivery <sup>50</sup>
<i>Dactylorhiza incarnata</i> (L.) Soo	L: Banglakh, Baraf-ke-guthali, Boknha	5	Rt (2)	Aphrodisiac <sup>7, 27</sup>
[ <i>Orchis latifolia</i> L.]			Tu (2)	Aphrodisiac <sup>8</sup> , Cough <sup>54</sup> , Cuts <sup>54</sup> , Nervous disorder <sup>54</sup> , Tonic <sup>8, 54</sup> , Wounds <sup>54</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Epipactis helleborine</i> (L.) Crantz [ <i>Epipactis latifolia</i> (L.) All.]	K: Nar-Mada		WP (1)	Astringent <sup>23</sup> , Expectorant <sup>23</sup>
	J: Salap			
<i>Epipactis royleana</i> Lindl.	K: Sabazl poosh-e- panja, lkchha-neuli	4	Lf (1)	Fever <sup>50</sup>
	L: Penginlo		Rz (1) Tu (1) WP (3)	Boils <sup>50</sup> , Nerve tonic <sup>50</sup> Aphrodisiac <sup>50</sup> Heart pain <sup>23, 27</sup> , Cold <sup>16</sup> , Cough <sup>16</sup>
	K: Wazul poosh-e- panja	1	Rz (1)	Aphrodisiac <sup>50</sup> , General weakness <sup>50</sup> , Seminal debility <sup>50</sup> , Wounds <sup>50</sup>
<i>Goodyera repens</i> (L.) R.Br.	K: Meend	1	Lf (1)	Insect bite <sup>50</sup> , Irregular menstruation <sup>50</sup> , Toothache <sup>50</sup>
<i>Pedicularis longiflora</i> Rudolph	L: Lugru, Luguruk serpo	3	Fl (2) Lf (1)	Insect bite <sup>50</sup> , Irregular menstruation <sup>50</sup> Ascites <sup>9</sup> , Gynecological disorders <sup>20</sup> , Oedema <sup>9</sup> Diuretic <sup>21</sup> , Edema <sup>21</sup> , Gall bladder problems <sup>21</sup> , Liver ailments <sup>21</sup> , Vertigo <sup>21</sup>
			St (1)	Diuretic <sup>21</sup> , Edema <sup>21</sup> , Gall bladder problems <sup>21</sup> , Liver ailments <sup>21</sup> , Vertigo <sup>21</sup>
	<i>Pedicularis longiflora</i> var. <i>tubiformis</i> (Klotzsch) Tsoong	L: Lugruserpo	1	Fl (1)
<i>Pedicularis oederi</i> Vahl	L: Luguruk serpo	1	WP (1)	Sedative <sup>21</sup> , Backache <sup>21</sup> , Bodyache <sup>21</sup> , Headache <sup>21</sup> , Food poisoning <sup>21</sup>
<i>Pedicularis pectinata</i> Wall. ex Benn.	K: Kalbeut, Khar-ghas, Khara	9	Fl (2) Lf (1)	Chest complaints <sup>24, 25</sup> Dysentery <sup>66</sup>
	J: Singi phool, Mishran		NA (2)	Diuretic <sup>23, 54</sup>
	L: Lugromarpo, Memerang		WP (4)	Backache <sup>4, 8</sup> , Bodyache <sup>4, 8</sup> , Fever <sup>16</sup> , Sedative <sup>4, 8</sup> , Urine flow increase <sup>27</sup>
<i>Pedicularis pyramidata</i> Royle ex Benth.	L: Lungro-marpo	1	WP (1)	Headache <sup>6</sup>
<b>Oxalidaceae</b>				
<i>Oxalis acetosella</i> L.	K: Chokchin	1	WP (1)	Antiscorbutic <sup>26</sup> , Diuretic <sup>26</sup> , Refrigerant <sup>26</sup>
<i>Oxalis corniculata</i> L.	J: Anrul, Chhuku, Chukichin, Khattibooti, Nikki Ammi, Khat emli	8	AP (1)	Abscess <sup>58</sup> , Boils <sup>58</sup> , Eczema <sup>58</sup> , Wounds <sup>58</sup>
			Lf (4)	Antidote <sup>72</sup> , Antiseptic <sup>52</sup> , Cooling refrigrant <sup>52</sup> , Eye inflammation <sup>72</sup> , Gums bleeding <sup>45</sup> , Jaundice <sup>45</sup> , Stomach disorder <sup>45</sup> , Stomachic <sup>54</sup>
	K: Khatti Golda, Check chein		WP (4)	Abdominal pain <sup>37, 44</sup> , Blood purifier <sup>37, 44</sup> , Cuts <sup>54</sup> , Diarrhoea <sup>54</sup> , Eyesight <sup>69</sup> , Giddiness <sup>69</sup> , Headache <sup>69</sup> , Malaria <sup>37, 44</sup> , Migraine <sup>69</sup> , Piles <sup>54</sup> , Skin diseases <sup>54</sup>
<b>Paeoniaceae</b>				
<i>Paeonia emodi</i> Royle	J	3	Fl (1)	Diarrhoea <sup>52</sup>
	K: Mydh		Rt (3)	Bodyache <sup>41</sup> , Uterine diseases <sup>28, 52</sup>
<b>Papavaraceae</b>				
<i>Argemone mexicana</i> L.	J: Srigala, Peeli Kandiyari, Satyanashi	5	Lt (2) Lf (3) Sd (2)	Conjunctivitis <sup>54</sup> , Scabies <sup>54</sup> Eye ailments <sup>10</sup> , Eczema <sup>10</sup> , Worm Ringworm <sup>72</sup> , Skin diseases <sup>53</sup> Skin diseases <sup>61</sup> , Sores <sup>53</sup>
<i>Corydalis falconeri</i> Hook.f. & Thomson	L: Gailshe		Sht (1)	Cold <sup>10</sup> , Fever <sup>10</sup>
	L: Ralchat	1	Sht (1)	Fever <sup>5</sup>
<i>Corydalis flabellata</i> Edgew.	L: Tongil, Gyatu k-masuerapo	1	WP (1)	
<i>Corydalis goviana</i> Wall.	J: Bhoot nashni, Bhutyata	8	AP (1)	Asthma <sup>36</sup> , Chest infections <sup>36</sup> , Respiratory disorders <sup>36</sup> , Whooping cough <sup>36</sup>
	K: Bhutkeshi, Sangi-harb		Fl (2)	Headache <sup>44, 58</sup> , Vermicide <sup>58</sup>
	L: Stongzil Ralchatnakpo		Lf (1)	Antipyretic <sup>21</sup> , Febrifuge <sup>21</sup> , Fever <sup>21</sup> , Muscular pain <sup>21</sup> , Gastric disorders <sup>21</sup> , Diuretic <sup>21</sup>
			Rt (6)	Antipyretic <sup>21</sup> , Carminative <sup>10</sup> , Diuretic <sup>21, 70</sup> , Dysentery <sup>44</sup> , Eye infection <sup>28, 70</sup> , Febrifuge <sup>21</sup> , Fever <sup>16, 21</sup> , Gastric disorders <sup>21</sup> , Muscular pain <sup>21</sup>
			Sd (1)	Carminative <sup>10</sup>
<i>Corydalis megacalyx</i> Ludlow & Stearn	L: Stongzil	1	WP (1)	Pus <sup>21</sup>
<i>Corydalis meifolia</i> Wall.	L: Stokzil, Stongzil, Tongrusilva	3	WP (3)	Fever <sup>21</sup> , Headache <sup>5</sup> , Hepatoprotective <sup>8</sup> , Liver ailments <sup>5</sup> , Stomachic <sup>5, 8</sup>
<i>Corydalis rutifolia</i> (Sm.) DC.	L: Chilmo	1	WP (1)	Skin diseases <sup>14</sup>
<i>Fumaria indica</i> (Hausskn.) Pugsley	K: Shahtar	9	Sht (1)	Cooling agent <sup>44</sup> , Diarrhoea <sup>44</sup>
	J: Parpata, Pit papra, Pit-pappada		WP (9)	Asthma <sup>72</sup> , Asthma <sup>48</sup> , Blood purifier <sup>44, 48, 51</sup> , Body weakness <sup>48</sup> , Breathing problems <sup>48</sup> , Defective eye vision <sup>48</sup> , Defective urination <sup>48</sup> , Digestive ailments <sup>61</sup> , Diuretic <sup>70</sup> , Dropsy <sup>48</sup> , Dyspepsia <sup>53</sup> , Fever <sup>44, 55</sup> , Impotency male <sup>48</sup> , Jaundice <sup>72</sup> , Liver ailments <sup>53, 61</sup> , Liver tonic <sup>44</sup> , Menstrual irregularities <sup>48</sup> , Nausea <sup>72</sup> , Palpation of heart <sup>48</sup> , Pus <sup>48</sup> , Skin diseases <sup>43, 48, 53</sup> , Skin rashes <sup>48</sup> , Vomiting <sup>72</sup>
<i>Fumaria parviflora</i> Lam.	J: Pitpapra	1	WP (1)	Anthelmintic <sup>54</sup> , Blood purifier <sup>54</sup> , Diuretic <sup>54</sup> , Skin diseases <sup>54</sup>
<i>Hypocoum leptocarpum</i> Hook. f. & Thomson	L: Parpapata Parpata	5	Lf (1)	Stomachic <sup>10</sup>
			Rt (1)	Acidity <sup>21</sup> , Stomach disorder <sup>21</sup>
			WP (3)	Abdominal ailments <sup>8</sup> , Stomachic <sup>8</sup> , Stomachache <sup>4, 19</sup>
<i>Meconopsis aculeata</i> Royle	L: AchaK-srmum, Gul-e-neelam, Landrementok, Ut-Pal sngon-po, Chairingum	10	Fl (1)	Cardiac ailments <sup>9</sup>
			Lf (2)	Backache <sup>59</sup> , Headache <sup>21</sup> , Liver ailments <sup>21</sup> , Lung diseases <sup>21</sup> , Pharyngitis <sup>21</sup> , Stomachache <sup>21</sup> , Ulcer <sup>21</sup>
	J: Neel kanth		Rt (4)	

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
	K			Cardiac ailments <sup>9</sup> , Headache <sup>21</sup> , Heat troubles <sup>7</sup> , Liver ailments <sup>21</sup> , Lung diseases <sup>21</sup> , Narcotic <sup>23</sup> , Pharyngitis <sup>21</sup> , Stomachache <sup>21</sup> , Ulcer <sup>21</sup>
			Sht (1)	Headache <sup>21</sup> , Liver ailments <sup>21</sup> , Lung diseases <sup>21</sup> , Pharyngitis <sup>21</sup> , Stomachache <sup>21</sup> , Ulcer <sup>21</sup>
			WP (5)	Backache <sup>6, 8</sup> , Gynecological disorders <sup>20</sup> , Renal colic <sup>6, 8</sup> , Stomachache <sup>19</sup> , Wound <sup>66</sup>
<i>Papaver dubium</i> L.	K: Rut Gulala	1	Fl (1)	Memory enhancer <sup>45</sup>
<i>Papaver nudicaule</i> L.	L: Tshersngoserpo	2	Lf (2)	Analgesic <sup>21</sup> , Cold <sup>21</sup>
<i>Papaver somniferum</i> L.	K: Posht, Khas-khash, Khush-Khash	4	Fl (1)	Diarrhoea <sup>39</sup> , Bronchitis <sup>39</sup>
			Fr (1)	Alleviate pain <sup>49</sup> , Potency male <sup>49</sup> , Stomach disorder <sup>49</sup>
			Fr Ex (2)	Cough <sup>38, 43</sup>
			Sd (1)	Weak memory <sup>38</sup>
<b>Phrymaceae</b>				
<i>Lancea tibetica</i> Hook. f. & Thomson	L: Raksa, sPa-yang rtsa-ba	3	Fr (1)	Gynecological disorders <sup>20</sup>
			Lf (1)	Cough <sup>21</sup> , Heart diseases <sup>21</sup> , Chest congestion <sup>21</sup>
			Rt (1)	Cough <sup>21</sup> , Heart diseases <sup>21</sup> , Chest congestion <sup>21</sup>
			WP (1)	Cold <sup>16</sup> , Cough <sup>16</sup>
<b>Phyllanthaceae</b>				
<i>Phyllanthus emblica</i> L. [ <i>Emblica officinalis</i> Gaertn.]	J: Amla	8	Brk (1)	Bronchitis <sup>53</sup> , Stomach pain <sup>53</sup>
	K: Amla		Fr (7)	Acidity <sup>29</sup> , Acne <sup>72</sup> , Appetizer <sup>72</sup> , Asthma <sup>65</sup> , Astringent <sup>61</sup> , Blood purifier <sup>68, 72</sup> , Bronchitis <sup>65</sup> , Cold <sup>65</sup> , Constipation <sup>68</sup> , Cooling <sup>61</sup> , Cough <sup>65</sup> , Diuretic <sup>61</sup> , Eyesight <sup>72</sup> , Gynecological disorders <sup>20</sup> , Hair fall <sup>72</sup> , Jaundice <sup>68</sup> , Laxative <sup>61</sup> , Stomach disorder <sup>51</sup> , Vomiting <sup>68</sup>
	L			
<b>Phytolaccaceae</b>				
<i>Phytolacca acinosa</i> Roxb.	K: Metha Kaffal, Brand Hakh, Paddar hack, Hapat chuiiri	7	Fr (1)	Blood purifier <sup>26</sup>
			Lf (3)	Cough <sup>41</sup> , Stomach disorder <sup>49</sup> , Sedative <sup>58</sup>
			Rt (5)	Arthritis <sup>46, 49</sup> , Wounds <sup>37</sup> , Diarrhoea <sup>37</sup> , Dysentery <sup>37</sup> , Stomach cramps <sup>37</sup> , Joint pain <sup>58, 59</sup>
	J: Brand, Ariel			
<b>Plantaginaceae</b>				
<i>Bacopa monnieri</i> (L.) Wettst.	J: Jal bramhi, jal neem	1	WP (1)	Nervous disorder <sup>67</sup> , Constipation <sup>67</sup>
<i>Callitriche fehmedianii</i> Majeed Kak & Javeid	J&K	1	WP (1)	Burns <sup>3</sup> , Cuts <sup>3</sup> , Wounds <sup>3</sup>
<i>Callitriche palustris</i> L.	J&K	1	Lf (1)	Sores <sup>3</sup> , Urinary bladder pain <sup>3</sup>
<i>Callitriche stagnalis</i> Scop.	J&K	1	Lf (1)	Wounds <sup>3</sup>
<i>Digitalis lanata</i> Ehrh.	K	1	Lf (1)	Cardiac stimulant <sup>26</sup> , Tonic <sup>26</sup>
<i>Digitalis purpurea</i> L.	J: Tilmohri	2	Lf (1)	Epilepsy <sup>70</sup> , Heart tonic <sup>70</sup>
			WP (2)	Asthma <sup>37</sup> , Boils <sup>37</sup> , Cough <sup>37</sup> , Eyesight <sup>45</sup> , Heart diseases <sup>37</sup> , Urinary irritation <sup>37</sup> , Wounds <sup>37</sup>
<i>Plantago major</i> L.	L: Tharam, Kakrache, Zimbrejhar	6	Lf (1)	Bruises <sup>8</sup>
			Rt (1)	Anthelmintic <sup>13</sup>
	K: Bud Gulla		Sd (2)	Constipation <sup>47</sup> , Diarrhoea <sup>8</sup> , Dysentery <sup>8, 47</sup> , Fever <sup>47</sup> , Gastric disorders <sup>8</sup> , Urinary irritation <sup>47</sup>
			St (1)	Dysentery <sup>21</sup> , Gastric disorders <sup>21</sup> , Gum problem <sup>21</sup> , Toothache <sup>21</sup>
			WP (2)	Backache <sup>37</sup> , Cough <sup>37</sup> , Dysentery <sup>37</sup> , Fever <sup>37</sup> , Rheumatism <sup>37</sup> , Urinary irritation <sup>37</sup> , Wounds <sup>54</sup>
<i>Veronica beccabunga</i> L.	K: Sheo-kachh	1	NA (1)	Burns <sup>23</sup> , Ulcer <sup>23</sup>
<i>Veronica persica</i> Poir.	K: Poethkaich	1	WP (1)	Dermatitis <sup>38</sup> , Indigestion <sup>38</sup>
<i>Wulfeniopsis amherstiana</i> (Benth.) D.Y. Hong	K: Badikakbai	1	Lf (1)	Fever <sup>49</sup> , Muscular pain <sup>49</sup>
	[* <i>Wulfenia amherstiana</i> Benth.]			
<b>Platanaceae</b>				
<i>Platanus orientalis</i> L.	K: Boim, Chinar	1	Brk (1)	Anthelmintic <sup>40</sup>
<b>Plumbaginaceae</b>				
<i>Acantholimon lycopodioides</i> (Girard) Boiss.	L: Longzey, Lonze	2	Fl (1)	Cardiac ailments <sup>21</sup>
			Lf (1)	Cardiac ailments <sup>21</sup>
			WP (1)	Cardiac ailments <sup>15</sup>
<i>Plumbago zeylanica</i> L.	J: Chitra, Chitta Chitra	2	Rt (2)	Abortifacient <sup>72</sup> , Muscular pain <sup>53</sup>
<b>Poaceae</b>				
<i>Arundo donax</i> L.	J: Nard, Naur, Naal, Narsaal	3	Lf (1)	Cold <sup>57</sup> , Fever <sup>57</sup> , Stomachache <sup>57</sup>
			Rz (1)	Diuretic <sup>61</sup> , Emollient <sup>61</sup>
			Rt (1)	Abortifacient <sup>72</sup>
<i>Avena sativa</i> L.	L: Yupo	1	Sd (1)	Burning sensation of urine <sup>17</sup> , Sedative <sup>17</sup> , Regulates urine discharge <sup>17</sup>
<i>Bambusa bambos</i> (L.) Voss [ <i>Bambusa arundinacea</i> Willd.]	J: Baans	1	Rt (1)	Kidney stone <sup>72</sup>
<i>Cynodon dactylon</i> (L.) Pers.	K: Dramun, Daramun	11	Fl (1)	Menorrhoea <sup>71</sup>
	J: Khabl, Khblu, Khabbal, Durva, Doob, Dub, Doobgrass		Lf (1)	Eye infection <sup>72</sup>
			Rt (2)	Diuretic <sup>61, 68</sup> , Dropsy <sup>68</sup> , Gout <sup>61</sup> , Memory enhancer <sup>61</sup> , Piles <sup>61, 68</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
			Stl (1) WP (8)	Impotency <sup>53</sup> Antiseptic <sup>61</sup> , Cold <sup>36, 45</sup> , Diuretic <sup>54</sup> , Dropsy <sup>54</sup> , Dysentery <sup>45, 54</sup> , Eye ailments <sup>45</sup> , Fever <sup>45</sup> , Gall stones <sup>45</sup> , Kidney stone <sup>45</sup> , Leprosy <sup>67</sup> , Menorrhoea <sup>71</sup> , Micturition <sup>55</sup> , Muscular pain <sup>45</sup> , Rheumatism <sup>64</sup> , Skin diseases <sup>54</sup> , Weakness <sup>45</sup> , Wound <sup>61</sup>
<i>Cymbopogon martini</i> (Roxb.) W.Watson	J: Makoda Kaa	1	WP (1)	Skin diseases <sup>61</sup>
<i>Dendrocalamus strictus</i> (Roxb.) Nees	J: Baans	1	Lt (1)	Astringent <sup>61</sup> , Tonic <sup>61</sup>
<i>Echinochloa colona</i> (L.) Link	J&K	1	WP (1)	Spleen diseases <sup>3</sup>
<i>Echinochloa crus-galli</i> (L.) P.Beauv.	J&K	1	NA (1) WP (1)	Mouth diseases <sup>3</sup> Spleen diseases <sup>3</sup>
<i>Elymus repens</i> (L.) Gould [* <i>Agropyron repens</i> (L.) P.Beauv.]	L: Zamak	2	Rz (2)	Promotes urination <sup>17</sup> , Gynecological disorders <sup>20</sup>
<i>Hordeum vulgare</i> L.	K: Washka J: Jau	3	Gr (2) Lf (1)	Urinary disorder <sup>22, 29</sup> Eye inflammation <sup>72</sup>
<i>Hygrorhiza aristata</i> (Retz.) Nees ex Wight & Arn.	J: Jungli dal	1	Rt (1)	Diarrhoea <sup>57</sup> , Skin allergies <sup>57</sup>
<i>Melica persica</i> Kunth [* <i>Melica jacquemontii</i> Decne.]	L: Aswa Awa	3	WP (3)	Eye ailments <sup>6, 8, 21</sup> , Gout <sup>6, 8, 21</sup> , Joint pain <sup>6, 8, 21</sup> , Rheumatism <sup>6, 8, 21</sup>
<i>Saccharum spontaneum</i> L.	J: Kosa	1	WP (1)	Lactagogue <sup>54</sup> , Urinary disorder <sup>54</sup> , Uterine bleeding <sup>54</sup>
<i>Sorghum bicolor</i> (L.) Moench [* <i>Sorghum vulgare</i> Pers.]	L: Toue	1	Gr (1)	Appetizer <sup>19</sup> , Cooling agent <sup>19</sup> , Constipation <sup>19</sup>
<i>Sorghum halepense</i> (L.) Pers.	J: Barun K: Durhum	3	Lf (1) Rt (1) Sd (1)	Snake bite <sup>51</sup> Antidote <sup>37</sup> , Boils <sup>37</sup> , Skin infections <sup>37</sup> Demulcent <sup>52</sup> , Diuretic <sup>52</sup>
<i>Triticum aestivum</i> L.	K: Kanik, Kaenak	2	Gr (2)	Backache <sup>49</sup> , Fever <sup>49</sup> , Toothache <sup>49</sup> , Worm <sup>36</sup> , Wormicide <sup>49</sup>
<i>Zea mays</i> L.	K: Makkai L: Manmeselotok J: Makkai, Mak	5	Kr (1) Gr (1) Inf (1) Sp (2)	Dandruff <sup>38</sup> , Kidney stone <sup>38</sup> , Warts <sup>38</sup> Stomachache <sup>19</sup> Promotes kidney function <sup>17</sup> Diuretic <sup>72</sup> , Kidney trouble <sup>51</sup>
<b>Polygonaceae</b>				
<i>Aconogonum alpinum</i> Schur	J: Palkach	1	Rt (1)	Arthritis <sup>59</sup> , Joint pain <sup>59</sup>
<i>Fagopyrum esculentum</i> Moench	L: Bro, Brozun	2	Rt (1) Sd (1)	Painful urination <sup>17</sup> Abdominal ailments <sup>8</sup> , Colic complaints <sup>8</sup>
<i>Oxyria digyna</i> (L.) Hill	L: Chumtswa, Churboo, Patan, Lamanchu, Chu-Lchum, Chumcha, Chung-Chhangh	4	Lf (3)	Appetizer <sup>8, 21</sup> , Gastritis <sup>19, 21</sup> , Indigestion <sup>19</sup>
			Sht (1) WP (1)	Appetizer <sup>21</sup> , Gastritis <sup>21</sup> Appetizer <sup>4</sup>
<i>Persicaria alpina</i> (All.) H.Gross [* <i>Polygonum alpinum</i> All.]	K: Chita-hole, Chokladdur	3	Rt (3)	Astringent <sup>26</sup> , Backache <sup>11, 28</sup> , Bone fracture <sup>28</sup> , Joint swelling <sup>11, 28</sup>
<i>Persicaria amplexicaulis</i> (D.Don) Ronse Decr. [* <i>Polygonum amplexicaule</i> D.Don; <i>Bistorta amplexicaulis</i> (D.Don) Greene]	J: Masloon, Jangli Chai	9	Lf (1)	Fever <sup>62</sup> , Joint pain <sup>62</sup>
	K: Machirun, Maachran Chai, Machrum chaay		Rt/ Rz (8)	Asthma <sup>70, 73</sup> , Burns <sup>49</sup> , Cold <sup>72</sup> , Cough <sup>72</sup> , Fever <sup>37</sup> , Headache <sup>37</sup> , Heart stimulant <sup>54</sup> , Indigestion <sup>37</sup> , Joint inflammation <sup>70</sup> , Rheumatism <sup>26, 37, 66</sup> , Stomach pain <sup>37</sup> , Tonic <sup>26</sup> , Wounds <sup>49</sup>
	L: Metcheran			
<i>Persicaria capitata</i> (Buch.-Ham. ex D.Don) H. Gross [* <i>Polygonum capitatum</i> Buch.-Ham. ex D.Don]	J: Chodru	1	AP (1)	Eye ailments <sup>70</sup> , Urinary infection <sup>70</sup>
<i>Persicaria hydropiper</i> (L.) Delarbre [* <i>Polygonum hydropiper</i> L.]	K: Chock Chine, Mirchgassa, Pipla J: Jal mirchi, Pakurmul	6	Lf (4) Rt (1) Sd (1) WP (2)	Abdominal pain <sup>45</sup> , Blood pressure high <sup>45</sup> , Dysuria <sup>45</sup> , Hair regeneration <sup>25, 28</sup> , Intestinal worms <sup>57</sup> , Jaundice <sup>45</sup> Toothache <sup>57</sup> , Skin allergies <sup>57</sup> Boils <sup>57</sup>
<i>Persicaria maculosa</i> Gray [* <i>Polygonum persicaria</i> L.]	J: Maslooni	1	WP (1)	Antiseptic <sup>3</sup> , Burns <sup>3</sup> , Cuts <sup>3, 54</sup> , Wounds <sup>54</sup> Cold <sup>65</sup> , Cough <sup>65</sup>
<i>Persicaria nepalensis</i> (Meisn.) Miyabe [* <i>Polygonum nepalense</i> Meisn.]	J: Rattan jot	1	Lf (1)	Burns <sup>53</sup>
<i>Persicaria vivipara</i> (L.) Ronse Decr. [* <i>Bistorta vivipara</i> (L.) Delarbre; <i>Polygonum viviparum</i> L.]	L: Langna, Katur K: Drop, Mashun, Manchiren, Churkee	6	Fl (1) NA (1)	Abdominal pain <sup>21</sup> , Backache <sup>21</sup> Diarrhoea <sup>23</sup> , Dysentery <sup>23</sup> , Fever <sup>23</sup> , Haemorrhage <sup>23</sup> , Sore throat <sup>23</sup>
			Rt (3)	Abdominal pain <sup>28</sup> , Astringent <sup>26</sup> , Chest complaints <sup>28</sup> , Diarrhoea <sup>27</sup> , Dysentery <sup>27</sup> , Leukorrhoea <sup>26</sup> , Sore throat <sup>26</sup> , Ulcer <sup>26, 27</sup>
			St (1) WP (2)	Abdominal pain <sup>21</sup> , Backache <sup>21</sup> Diarrhoea <sup>6, 8</sup> , Dysentery <sup>6, 8</sup> , Lung diseases <sup>6, 8</sup>
<i>Rumex nepalensis</i> Spreng.	J: Herbel K: Aabuj	3	Lf (1) Rt (2)	Cuts <sup>58</sup> , Skin eruptions <sup>58</sup> , Wounds <sup>58</sup> Constipation <sup>38, 41</sup> , Cough <sup>41</sup> , Dislocated joints <sup>38</sup> , Skin diseases <sup>41</sup>
			WP (1)	Skin sores <sup>38</sup>
<i>Rumex patientia</i> L. [* <i>Rumex patientia</i> subsp. <i>tibeticus</i> (Rech. f.) Rech. f.]	L: Shoma K: Obij	4	Lf (3)	Backache <sup>13, 21</sup> , Fever <sup>21</sup> , Respiratory disorders <sup>3</sup> , Rheumatism <sup>13, 21</sup> , Skin diseases <sup>21</sup> , Throat sores <sup>3</sup>



Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated*
			Rt (1) Sht (1)	Purgative <sup>26</sup> Backache <sup>21</sup> , Fever <sup>21</sup> , Rheumatism <sup>21</sup> , Skin diseases <sup>21</sup>
<b>Pontederiaceae</b>				
<i>Eichhornia crassipes</i> (Mart.) Solms	J	1	Fl (1) Rt (1)	Rheumatism <sup>57</sup> Gout <sup>57</sup> , Toothache <sup>57</sup>
<i>Monochoria vaginalis</i> (Burm.f.) C.Presl	J&K	1	Lf (1)	Cough <sup>3</sup>
<b>Portulacaceae</b>				
<i>Portulaca oleracea</i> L.	K: Nunar, Nunner	3	Sd (1) WP (2)	Vermifuge <sup>26</sup> Blood purifier <sup>47</sup> , Bodyache <sup>47</sup> , Constipation <sup>47</sup> , Cough <sup>37</sup> , Eyesight <sup>47</sup> , Heart diseases <sup>37</sup> , Liver ailments <sup>37</sup> , Weakness <sup>47</sup> Aperients <sup>61</sup> , Diuretic <sup>61</sup>
<i>Portulaca grandiflora</i> Hook.	J: Dupahar Raja	1	Lf (1)	
<b>Potamogetonaceae</b>				
<i>Potamogeton crispus</i> L.	J	1	Lf (1)	Diabetes <sup>57</sup>
<b>Primulaceae</b>				
<i>Anagallis arvensis</i> L.	K: Chaire seben J: Aananne dhad, Dhaanri	3	WP (3)	Allergy <sup>37</sup> , Epilepsy <sup>61</sup> , Lice control <sup>37</sup> , Skin itches <sup>48</sup>
<i>Androsace aizoon</i> Duby	L: Zatikmukpo	1	St (1) WP (1)	Cough <sup>21</sup> , Fever <sup>21</sup> , Indigestion <sup>21</sup> Cough <sup>21</sup> , Fever <sup>21</sup> , Indigestion <sup>21</sup>
<i>Androsace mucronifolia</i> Watt	L: Singtezing	2	WP (2)	Abdominal pain <sup>14</sup> , Ringworm <sup>10</sup>
<i>Androsace rotundifolia</i> Hardw.	K: Uzm posh	2	Rz (1)	Ophthalmic disorder <sup>31</sup>
	L: Zigsolo marpo		WP (1)	Tonic <sup>21</sup>
<i>Lysimachia maritima</i> (L.) Galasso, Banfi & Soldano [* <i>Glaux maritima</i> L.]	L: Spengcha	1	Rt (1)	Antiseptic <sup>10</sup>
			Sht (1)	Anthelmintic <sup>10</sup>
<i>Myrsine africana</i> L.	J: Googly Gugil K: Guggil	3	Fr (1) Lf (2) WP (1)	Anthelmintic <sup>61</sup> , Colic complaints <sup>61</sup> , Dropsy <sup>61</sup> , Laxative <sup>61</sup> Blood purifier <sup>54, 61</sup> Anthelmintic <sup>40</sup>
<i>Primula denticulata</i> Sm.	J: Chandi Chama L: Tarla-ichin, Khilche-karoo, Khilchekarpo	5	Fl (1) Sht (1)	Diabetes <sup>69</sup> , Urinary ailments <sup>69</sup> Cold <sup>21</sup> , Gastric disorders <sup>21</sup> , Headache <sup>21</sup>
			WP (4)	Anodyne <sup>26</sup> , Bowel complaints <sup>69</sup> , Giddiness <sup>5, 8</sup> , Headache <sup>5, 8</sup> , Piles <sup>69</sup> , Pulmonary diseases <sup>5, 8</sup>
	K: Chailaduer			
<i>Primula inayatii</i> Duthie	J&K	1	Lf (1)	Ringworm <sup>3</sup>
<i>Primula macrophylla</i> D.Don	L: Khi-chey, Sulumentok	2	WP (2)	Cold <sup>16, 21</sup> , Cough <sup>16, 21</sup> , Joint pain <sup>21</sup>
<i>Primula rosea</i> Royle	L: Troma	1	Rt (1)	Muscularpain <sup>21</sup>
<b>Ranunculaceae</b>				
<i>Aconitum chasmanthum</i> Stapf ex Holmes	K: Hongisafed, Patress, Patis	3	NA (1) Rt (2)	Neuralgia <sup>23</sup> , Rheumatism <sup>23</sup> Anthelmintic <sup>40</sup> , Neurological problem <sup>27</sup> , Rheumatism <sup>27</sup>
<i>Aconitum heterophyllum</i> Wall. ex Royle	L: Buwan, Paunkar, Boga-karpo, BOI	28	NA (2)	Aphrodisiac <sup>26</sup> , Astringent <sup>26</sup> , Cough <sup>26</sup> , Diarrhoea <sup>23</sup> , Dysentery <sup>23</sup> , Dyspepsia <sup>26</sup> , Inflammation <sup>23</sup> , Tonic <sup>23, 26</sup> Abdominal ailments <sup>29, 31, 44</sup> , Abdominal pain <sup>7, 13, 19, 35, 37, 47</sup> , Anthelmintic <sup>1, 40</sup> , Antiperiodic <sup>21</sup> , Arthritis <sup>46, 47</sup> , Cough <sup>36</sup> , Diabetes <sup>19, 35</sup> , Diarrhoea <sup>1, 5, 6, 7, 8, 27, 28, 37, 42</sup> , Dysentery <sup>1, 5, 6, 8, 27, 28, 37</sup> , Dyspepsia <sup>35, 47</sup> , Fever <sup>16, 21, 27, 28, 37, 42, 47</sup> , Gastric disorders <sup>19, 21</sup> , Gastro-intestinal complaints <sup>5, 6, 8</sup> , General weakness <sup>42</sup> , Headache <sup>21, 36, 39, 47</sup> , Hysteria <sup>35</sup> , Impotency <sup>42</sup> , Intestinal inflammation <sup>19</sup> , Intestinal worms <sup>13</sup> , Joint pain <sup>39</sup> , Malarial fever <sup>54</sup> , Piles <sup>6</sup> , Skin problems <sup>39</sup> , Spleen enlargement <sup>27</sup> , Stomach ailments <sup>21</sup> , Stomachache <sup>19, 37</sup> , Throat infection <sup>35</sup> , Throat swelling <sup>37</sup> , Tonic <sup>7</sup> , Toothache <sup>21, 30, 60</sup> , Urinary infection <sup>39</sup> , Vomiting <sup>19, 35, 37, 47</sup> , Worms <sup>5, 6, 8</sup>
	K: Pivak, Patis, Patrees, Paewakh, Bandalnag		Rt (26)	
	J: Patrees		WP (1)	Febrifuge <sup>35</sup>
<i>Aconitum rotundifolium</i> Kar. & Kir.	L: Poma Karpo	2	WP (2)	Antidote <sup>6</sup> , Antipyretic <sup>6</sup> , Headache <sup>6, 8</sup>
<i>Aconitum violaceum</i> Jacquem. ex Stapf	K: Atis, Bishmool, Mohand, Mori	12	NA (1) Pt (1)	Toothache <sup>23</sup> Cold <sup>47</sup> , Cough <sup>47</sup> , Fever <sup>47</sup> , Liver ailments <sup>47</sup> , Stomach problems <sup>47</sup>
	J: Mori, Patrishi		Rt (10)	Anthelmintic <sup>40</sup> , Appetizer <sup>58</sup> , Asthma <sup>21</sup> , Cold <sup>21</sup> , Cough <sup>14, 21</sup> , Fever <sup>16, 21, 25, 58</sup> , Gastric disorders <sup>21</sup> , Gastrointestinal disorder <sup>6</sup> , Joint pain <sup>47</sup> , Renal pain <sup>6</sup> , Rheumatism <sup>6</sup> , Stomachic <sup>6</sup> , Toothache <sup>27, 47, 60</sup>
	L: Boga-karpo, Bona-nagpo, Jhimba, Yangtso, Jhimba		WP (1)	Rheumatism <sup>8</sup> , Renal pain <sup>8</sup>
<i>Actaea cimicifuga</i> L. [* <i>Cimicifuga foetida</i> L.]	J: Jiunti, Yangcher	1	WP (1)	Rheumatism <sup>64</sup> , Bronchitis <sup>64</sup> , Purgative <sup>64</sup> , Emetic <sup>64</sup>
<i>Actaea spicata</i> L.	K: Banparthi	2	Fr (1) NA (1) Rt (1)	Paralysis <sup>45</sup> Emetic <sup>23</sup> , Snake bite <sup>23</sup> , Nerve sedative <sup>23</sup> , Purgative <sup>23</sup> Sprain <sup>45</sup> , Paralysis <sup>45</sup> , Wounds <sup>45</sup>
<i>Anemone falconeri</i> Thomson	L: Pharengue	1	WP (1)	Cold <sup>10</sup> , Fever <sup>10</sup> , Gastritis <sup>10</sup>
<i>Anemone obtusiloba</i> D.Don	K: Kawashud, Rattanjot J: Rattanjota	4	Rt (2) Sd (2) WP (1)	Boils <sup>44</sup> , Contusions <sup>26</sup> Purgative <sup>26</sup> , Vomiting <sup>26</sup> , Rheumatism <sup>23</sup> Concussions <sup>54</sup> , Vomiting <sup>54</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Anemone rivularis</i> Buch.-Ham. ex DC.	L: Kikisorng, Srub-kb, Zukpa	2	Fr (1) WP (1)	Indigestion <sup>19</sup> Cold <sup>21</sup> , Cough <sup>21</sup> , Fever <sup>21</sup> , Cuts <sup>21</sup> , Wounds <sup>21</sup>
<i>Anemone tetrasepala</i> Royle	K: Rattan jot	1	NA (1)	Backache <sup>26</sup>
<i>Aquilegia fragrans</i> Benth.	K: Abeithnoth, Kalumb, Jangli kuth	3	Rt (2)  Sd (1)	Blood sugar <sup>42</sup> , Cystitis <sup>42</sup> , Eczema <sup>42</sup> , Gout <sup>42</sup> , Jaundice <sup>41</sup> , Psoriasis <sup>42</sup> , Wound <sup>41</sup> Jaundice <sup>18</sup>
<i>Aquilegia moorcroftiana</i> Wall. ex Royle	L K: Maneri L: Maneri	1	Fl (1)	Asthma <sup>73</sup>
<i>Aquilegia pubiflora</i> Wall. ex Royle	J: Jora	1	Rt (1)	Snake bite <sup>66</sup>
<i>Aquilegia vulgaris</i> L.	K: Mineri	1	Lf (1)	Muscular swelling <sup>28</sup>
<i>Caltha palustris</i> L.	J: Mamiri, Tatnu, Panjali Kanval	3	Fl (1) Rt (1) Rt (2) Sht (2) WP (1)	Inflammation <sup>58</sup> Cough <sup>58</sup> , Diuretic <sup>58</sup> , Urinary infection <sup>58</sup> Antiseptic <sup>13</sup> , Cold <sup>10</sup> , Cough <sup>10</sup> , Fever <sup>10</sup> Cold <sup>10</sup> , Cough <sup>10</sup> , Fever <sup>10</sup> , Swelling <sup>21</sup> , Wounds <sup>21</sup> Ascites <sup>6</sup> , Dropsy <sup>6</sup> , Renal pain <sup>6</sup>
<i>Delphinium denudatum</i> Wall. ex Hook.f. & Thomson	K: Mori, Mameri, Mohend  J: Nirbisi, Mori Larkspur	5	Fl (1)  Rt (3) Sd (3) WP (1)	Liver ailments <sup>28</sup> , Toothache <sup>28</sup>  Fever <sup>28, 70</sup> , Gout <sup>44</sup> , Muscular atrophy <sup>44</sup> , Piles <sup>44</sup> , Toothache <sup>70</sup> Anthelmintic <sup>40</sup> , Skin eruptions <sup>44, 70</sup> Antidote <sup>54</sup> , Fever <sup>54</sup> , Ulcer <sup>54</sup> , Urinary disorder <sup>54</sup>
<i>Delphinium elatum</i> L.	K: Jadwar, hin	1	WP (1)	Anthelmintic <sup>40</sup>
<i>Delphinium roylei</i> Munz	K: Mameri, Mamri, Morri J: Mori, Mameri	6	Rt (5) Sd (1)	Backache <sup>11, 59</sup> , Rheumatism <sup>24, 25</sup> , Toothache <sup>24, 25, 44</sup> Skin eruptions <sup>58</sup>
<i>Delphinium viscosum</i> Hook.f. & Thomson	L: Chargos, Bilamonckh	3	Fl (1) Rt (1) St (1) WP (2)	Cold <sup>21</sup> , Cough <sup>21</sup> , Fever <sup>21</sup> Cold <sup>21</sup> , Cough <sup>21</sup> , Fever <sup>21</sup> Cough <sup>21</sup> , Cold <sup>21</sup> , Fever <sup>21</sup> Joint pain <sup>8</sup> , Oedema <sup>4, 8</sup> , Inflammation <sup>4</sup>
<i>Halerpestes tricuspis</i> (Maxim.) Hand.-Mazz.	L: Chitaka	1	WP (1)	Stomachic <sup>8</sup> , Gastro-intestinal troubles <sup>8</sup>
<i>Paraquilegia microphylla</i> (Royle) J.R. Drumm. & Hutch.	L: Yumo deujin	1	Fl (1)	Blood diseases <sup>21</sup> , Gynecological disorders <sup>21</sup> , Uterine tumors <sup>21</sup>
<i>Ranunculus arvensis</i> L.	J: Churmula, Chambul, Khatholi	6	Lf (1) St (1) Lf (2) NA (1) WP (3)	Blood diseases <sup>21</sup> , Gynecological disorders <sup>21</sup> , Uterine tumors <sup>21</sup> Blood diseases <sup>21</sup> , Gynecological disorders <sup>21</sup> , Uterine tumors <sup>21</sup> Eczema <sup>29, 51</sup> Asthma <sup>54</sup> , Fever <sup>54</sup>
<i>Ranunculus brotherusii</i> Freyn	K: Chumul, Ghasa, Gur-sochal L: Chu-rugpa	1	Fr (1) Lf (1) St (1)	Asthma <sup>65</sup> , Constipation <sup>38</sup> , Diarrhoea <sup>38</sup> , Eczema <sup>49</sup> Indigestion <sup>21</sup> Indigestion <sup>21</sup> Indigestion <sup>21</sup>
<i>Ranunculus distans</i> D.Don	K: Drial J	2	NA (1) WP (1)	Rheumatism <sup>23</sup> Asthma <sup>61</sup> , Fever <sup>61</sup> , Gout <sup>61</sup>
<i>Ranunculus hirtellus</i> Royle	J: Mangol L: Chepcha-mendok	2	AP (1) WP (1)	Cooling effects <sup>54</sup> Anthelmintic <sup>6</sup>
<i>Ranunculus hyperboreus</i> Rottb.	L: Chechah	1	Sd (1)	Fertility and vitality <sup>10</sup>
<i>Ranunculus laetus</i> Wall. ex Hook. f. & J.W. Thomson	J: Darrili  K: Kakandel	2	Lt (1)  Rt (1) WP (1)	Hair growth <sup>72</sup>  Toothache <sup>72</sup> Malaria <sup>26</sup>
<i>Ranunculus lingua</i> L.	J&K	1	WP (1)	Swollen parts pain <sup>3</sup>
<i>Ranunculus muricatus</i> L.	J	1	WP (1)	Asthma <sup>52</sup> , Fever <sup>52</sup>
<i>Ranunculus rionii</i> Lagger	J&K	1	WP (1)	Stomach ailments <sup>3</sup>
<i>Ranunculus sceleratus</i> L.	J: Dail	1	Rt (1)	Nausea <sup>69</sup>
<i>Ranunculus trichophyllum</i> Chaix ex Vill.	K: Rengo L: Rengo J	3	Lf (1) WP (2)	Gum troubles <sup>3</sup> , Toothache <sup>3</sup> Diarrhoea <sup>19, 42</sup>
<i>Thalictrum alpinum</i> L.	L: Chakheus	1	Rt (1)	Abdominal pain <sup>7</sup> , Eye ailments <sup>7</sup>
<i>Thalictrum foetidum</i> L. [* <i>Thalictrum vaginatum</i> Royle]	L: Chak-choo, Maniron	2	Rt (1)  WP (1)	Eye ailments <sup>1</sup>  Eye ailments <sup>4</sup>
<i>Thalictrum foliolosum</i> DC.	J: Mamira L: Chakchu	3	Rt (2) WP (1)	Eyesight <sup>53</sup> , Improve eyesight <sup>54</sup> , Ophthalmia <sup>53, 54</sup> , Malaria <sup>54</sup> Gout <sup>5</sup> , Rheumatism <sup>5</sup>
<i>Thalictrum minus</i> L. [* <i>Thalictrum minus</i> subsp. <i>majus</i> (Crantz) Rouy & Fauc.]	L: Chak-ackoo  K: Gendhoor	6	Lf (4)  Rt (3) Sht (1) WP (2)	Gout <sup>21</sup> , Conjunctivitis <sup>5</sup> , Fever <sup>5, 23, 26</sup> , Rheumatism <sup>21</sup>  Conjunctivitis <sup>5</sup> , Fever <sup>5, 23, 26</sup> Gout <sup>21</sup> , Rheumatism <sup>21</sup> Conjunctivitis <sup>6</sup> , Eye redness <sup>8</sup> , Fever <sup>6</sup>
<b>Rhamnaceae</b>				
<i>Rhamnus prostrata</i> Jacq.	J: Mangol	1	Lf (1) Rt (1)	Fever <sup>54</sup> Fever <sup>54</sup>
<i>Ziziphus jujuba</i> Mill. [* <i>Ziziphus mauritiana</i> Lam.]	K: Brei  J: Bair, Ber	9	Brk (1)  Fr (5)	Diarrhoea <sup>26</sup>  Blood purifier <sup>26, 49</sup> , Cold <sup>49, 53</sup> , Constipation <sup>49</sup> , Cough <sup>49, 53</sup> , Dandruff <sup>72</sup> , Delivery after <sup>52</sup> , Fever <sup>49, 53</sup> , Hair fall <sup>72</sup> , Jaundice <sup>49</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
	K: Singli, Brag, Kund		Lf (4)	Cold <sup>53</sup> , Cough <sup>53</sup> , Diabetes <sup>49</sup> , Fever <sup>53</sup> , Hair fall <sup>49</sup> , Rheumatic pain <sup>22</sup> , Scabies <sup>49</sup> , Skin rashes <sup>36</sup>
			Rt (3)	Fever <sup>26</sup> , Jaundice <sup>44</sup> , Oral ulcers <sup>72</sup> , Pharyngitis <sup>72</sup> , Ulcer <sup>26</sup> , Wounds <sup>26</sup>
			Sd (2)	Diabetes <sup>72</sup> , Jaundice <sup>31</sup>
<i>Ziziphus mauritiana</i> var. <i>fruticosa</i> (Haines) Seb. And Balab.	J: Malahj Granda	1	Lf (1)	Whooping cough <sup>51</sup>
<i>Ziziphus nummularia</i> (Burm.f.) Wight & Arn.	J: Jangli ber, Ramas	1	St Brk (1)	Diarrhoea <sup>53</sup>
<i>Ziziphus oxyphylla</i> Edgew.	J: Ber	2	Fr (2)	Bronchitis <sup>5</sup> , Throat disorder <sup>5</sup> , 33
<b>Rosaceae</b>				
<i>Acomastylis elata</i> var. <i>elata</i> [* <i>Geum elatum</i> Wall. ex G.Don]	K: Goglimool, Zahradawa	2	Rt (1)	Diarrhoea <sup>28</sup> , Dysentery <sup>28</sup>
			WP (1)	Astringent <sup>26</sup> , Diarrhoea <sup>26</sup> , Dysentery <sup>26</sup> , Sore throat <sup>26</sup> , Stomachic <sup>26</sup> , Tonic <sup>26</sup>
<i>Agrimonia pilosa</i> Ledeb. [* <i>Agrimonia pilosa</i> var. <i>nepalensis</i> (D.Don) Nakai]	K	1	Rt (1)	Cough <sup>23</sup>
<i>Alchemilla xanthochlora</i> Rothm. [* <i>Alchemilla vulgaris</i> auct.]	K: Jangalpun	1	Lf (1)	Boils <sup>44</sup>
<i>Cotoneaster microphyllus</i> Wall. ex. Lindl.	J: Luni, Rej, Brithal	2	Sto (2)	Astringent <sup>61</sup> , 62
<i>Crataegus songarica</i> K. Koch	J: Dakh	3	Fr (3)	Constipation <sup>58</sup> , Heart diseases <sup>26</sup> , 58, Hypertension <sup>49</sup> , Heart palpation <sup>49</sup>
	K: Rhing, Reng Kul, Dakh		Fl (1)	Asthma <sup>48</sup> , Cold <sup>48</sup> , Cough <sup>48</sup> , Muscular pain <sup>48</sup>
<i>Cydonia oblonga</i> Mill.	K: Bumchuont	1	Fl (1)	
<i>Potentilla nepalensis</i> Hook.	K: Panzpatar	4	Lf (3)	Boils <sup>2</sup> , 34, 44
	J: Rattenjot		Rt (1)	Burns <sup>62</sup>
<i>Potentilla nubicola</i> (Lindl. ex Hook.f.) Mabb.	K: Budmew	1	Rz (1)	Tonitis <sup>44</sup>
<i>Potentilla reptans</i> L.	K: Ringa Chai	2	Rt (2)	Headache <sup>49</sup> , Muscular pain <sup>4</sup>
<i>Potentilla supina</i> L.	J: Nakhchhikni	2	Rt (2)	Astringent <sup>26</sup> , Febrifuge <sup>26</sup> , Tonic <sup>26</sup> , 54
	K			
<i>Prinsepia utilis</i> Royle	J: Burkhui, Bhekla, Bhikal, Bekkra, Cherara	3	Fr (1)	Allergy <sup>69</sup> , Tonsillitis <sup>69</sup>
			Lf (1)	Allergy <sup>69</sup> , Tonsillitis <sup>69</sup>
			Rt (1)	Stomachache <sup>69</sup>
			Sd (1)	Rheumatism <sup>61</sup>
			WP (1)	Rheumatism <sup>54</sup>
<i>Prunus armeniaca</i> L.	J: Haadi, Saadi, Khubani	4	Kr (2)	Rheumatism <sup>58</sup> , Skin diseases <sup>58</sup> , Tumor <sup>54</sup>
			Sd (2)	Constipation <sup>38</sup> , Worm lodging <sup>38</sup> , Toothache <sup>72</sup>
<i>Prunus persica</i> (L.) Batsch	K: Chenun, Chachen Kual, Aru	3	Fr (1)	Indigestion <sup>45</sup>
			Lf (3)	Abdominal pain <sup>41</sup> , Burns <sup>45</sup> , Chilblain <sup>45</sup> , Cough <sup>45</sup> , Joint pain <sup>45</sup> , Vermicide <sup>37</sup> , Wound <sup>37</sup> , 45
<i>Pyrus communis</i> L.	K: Faraish Tung	1	Fr (1)	Constipation <sup>45</sup> , Diuretic <sup>45</sup> , Heart palpitation <sup>45</sup> , Kidney stone <sup>45</sup>
<i>Pyrus pashia</i> Buch.-Ham. ex D.Don	J: Kenthi, Batangi	1	Tw (1)	Toothache <sup>60</sup>
<i>Rosa indica</i> L.	J: Gulab	1	Fl (1)	Aperients <sup>72</sup> , Dyspepsia <sup>72</sup> , Flatulence <sup>72</sup>
<i>Rosa macrophylla</i> Lindl.	J: Wan Gulab	1	Rt (1)	Burns <sup>58</sup> , Eye troubles <sup>58</sup>
<i>Rosa moschata</i> Herrm. [* <i>Rosa brunonii</i> Lindl.]	J: Karir, Kojaih, Kareer	2	Fl (1)	Acne <sup>72</sup> , Eye inflammation <sup>72</sup>
			Rt (1)	Eye ailments <sup>61</sup>
<i>Rosa webbiana</i> Wall. ex Royle	K: Gulab	6	Fl (2)	Cold <sup>39</sup> , Cough <sup>39</sup> , Liver ailments <sup>21</sup>
	L: Sai marpo, Sargotdazboo, Siah		Fr (2)	Bleeding <sup>21</sup> , Fever <sup>16</sup> , Jaundice <sup>21</sup> , Liver ailments <sup>21</sup>
			Pt (1)	Nasal bleeding <sup>15</sup>
			WP (2)	Jaundice <sup>5</sup> , 8, Liver ailments <sup>6</sup> , 8
<i>Rosa × damascena</i> Herrm.	K: Jangli gulab, Kashur gulab	3	Fl (2)	Asthma <sup>49</sup> , Bronchitis <sup>49</sup> , Chicken pox <sup>49</sup> , Cold <sup>41</sup> , 49, Cough <sup>41</sup> , 49, Diarrhoea <sup>49</sup> , Fever <sup>49</sup> , Headache <sup>49</sup> , Measles <sup>49</sup> , Muscular pain <sup>49</sup> , Skin diseases <sup>41</sup> , Throat infection <sup>49</sup>
			Pt (1)	Chest infections <sup>26</sup>
<i>Rubus ellipticus</i> Sm.	J: Aakhey, Hinsalu	2	Fr (2)	Aperients <sup>72</sup> , Tonic <sup>54</sup>
			Lf (1)	Oral ulcers <sup>72</sup>
			Rt (1)	Dysentery <sup>54</sup>
			WP (1)	Astringent <sup>54</sup>
<i>Rubus fruticosus</i> L.	K	1	Rt (1)	Emetic <sup>35</sup>
<i>Rubus hoffmeisterianus</i> Kunth & Bouch	J: Aassaa	1	Fr (1)	Skin diseases <sup>58</sup>
			Lf (1)	Skin diseases <sup>58</sup>
<i>Rubus niveus</i> Thunb.	J: Kale akkha	1	Fr (1)	Blood enhancer <sup>70</sup>
<i>Sorbaria tomentosa</i> (Lindl.) Rehder	J: Kaanhai	1	Fl (1)	Burns <sup>58</sup> , Wounds <sup>58</sup>
<b>Rubiaceae</b>				
<i>Galium aparine</i> L.	L: Ranche	6	Lf (1)	Burning sensation of urine <sup>17</sup> , Sedative <sup>17</sup> , Regulates urine discharge <sup>17</sup>
	J: Kanchari, Khoorti, Khori machete, Ranghe		WP (5)	Allergy <sup>69</sup> , Antiscorbutic <sup>5</sup> , 61, Diuretic <sup>5</sup> , 10, 76
<i>Galium hypocarpium</i> (L.) Endl. ex Griseb. [* <i>Galium pauciflorum</i> Willd. ex DC.]	L: Rangche, Phomongo	3	Lf (1)	Throat infection <sup>21</sup>
			WP (2)	Fever <sup>16</sup> , Throat infection <sup>10</sup>
<i>Galium rotundifolium</i> L.	J	1	NA (1)	Cutaneous eruptions <sup>54</sup> , Diuretic <sup>54</sup> , Epilepsy <sup>54</sup> , Hysteria <sup>54</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Galium serphylloides</i> Royle ex Hook.f.	L: Pemantso	2	Lf (2)	Diuretic <sup>14</sup> , Kidney complaints <sup>14</sup> , Painful urination <sup>17</sup> , Promotes urination <sup>17</sup> , Purgative <sup>14</sup>
<i>Rubia cordifolia</i> L.	J: Manjit, Majeeth L: bTsod K: Manjithi, Rubes	12	AP (1) Lf (1) Rt (10)  St (3)	Ulcer <sup>49</sup> Astringent <sup>70</sup> , Menstrual disorder <sup>70</sup> Astringent <sup>53</sup> , Cold <sup>16</sup> , Controls urination <sup>17</sup> , Cough <sup>16</sup> , Fever <sup>16</sup> , Gynecological disorders <sup>20</sup> , Indigestion <sup>19</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Jaundice <sup>18, 38</sup> , Kidney complaints <sup>17</sup> , Snake bite <sup>53</sup> , Stomach ailments <sup>26, 49</sup> , Stomachache <sup>19, 27, 38</sup> , Urinary disorder <sup>17</sup> Astringent <sup>23</sup> , Indigestion <sup>19</sup> , Scorpion sting <sup>23</sup> , Snake bite <sup>23</sup> , Stomachache <sup>19</sup> , Tonic <sup>23</sup> , Toothache <sup>49</sup>
<i>Spermadictyon suaveolens</i> Roxb. [* <i>Hamiltonia suaveolens</i> (Roxb.) Roxb.]	J: Gida-sawa	1	Rt (1)	Fever <sup>54</sup> , Wounds <sup>54</sup>
<b>Rutaceae</b>				
<i>Aegle marmelos</i> (L.) Correa	J: Bael, Bel, Bill	4	Fr (3) Lf (1) Rt Brk (1) Sd (1)	Appetizer <sup>68</sup> , Cooling drink <sup>53</sup> , Digestion <sup>68</sup> , Dysentery <sup>53</sup> , Laxative <sup>51</sup> , Stomach disorder <sup>53</sup> Asthma <sup>72</sup> , Jaundice <sup>72</sup> Fever <sup>68</sup> Diuretic <sup>72</sup>
<i>Boenninghausenia albiflora</i> (Hook.) Rchb. ex Meisn.	J: Pissumar	1	Rt (1)	Toothache <sup>54</sup>
<i>Citrus limon</i> (L.) Osbeck	J: Nimbu	1	Fr (1)	Dandruff <sup>72</sup> , Hair fall <sup>72</sup> , Hematuria <sup>72</sup>
<i>Citrus medica</i> L.	J: Garghal	1	Lf (1)	Tonsillitis <sup>72</sup>
<i>Dictamnus albus</i> L.	K	1	Rt (1)	Skin diseases <sup>26</sup>
<i>Skimmia anquetilia</i> N.P.Taylor & Airy Shaw	K: Naera	1	Lf (1)	Abdominal pain <sup>49</sup> , Sore throat <sup>49</sup> , Whooping cough <sup>49</sup> , Muscular pain <sup>49</sup> , Dysentery <sup>49</sup> , Urinary infection <sup>49</sup>
<i>Skimmia arborescens</i> T. Anderson ex Gamble	K: Naer	2	Lf (2)	Urinary infection <sup>31, 35</sup>
<i>Skimmia laureola</i> Franch.	K: Butputer J: Nehar, Singli-mingli	2	Lf (2)	Abdominal pain <sup>37</sup> , Small Pox <sup>53</sup> , Wormicide <sup>37</sup>
<i>Zanthoxylum armatum</i> DC. [* <i>Zanthoxylum alatum</i> Roxb.]	J: Timbru, Tirmiru, Timber, Timru, Timro, Temer	11	Brk (2)  Fr (5)  Sd (2) St (5) WP (3)	Cholera <sup>61</sup> , Dyspepsia <sup>61</sup> , Fever <sup>61</sup> , Stomachache <sup>68</sup> , Toothache <sup>68</sup> Abdominal pain <sup>1, 55</sup> , Anthelmintic <sup>61</sup> , Antispasmodic <sup>55</sup> , Appetizer <sup>55</sup> , Asthma <sup>72</sup> , Blood purifier <sup>72</sup> , Carminative <sup>55, 61</sup> , Digestive <sup>55</sup> , Flatulence <sup>55</sup> , Hair lotion <sup>61</sup> , Indigestion <sup>55</sup> , Roundworm <sup>61</sup> , Stomach troubles <sup>63</sup> , Stomachic <sup>61</sup> , Toothache <sup>61</sup> Fever <sup>54</sup> , Madness <sup>54</sup> , Stomach disorders <sup>54</sup> , Tonic <sup>68</sup> Stomatitis <sup>55</sup> , Tooth brush <sup>72</sup> , Toothache <sup>1, 55, 60, 62</sup> Anthelmintic <sup>70</sup> , Itching <sup>70</sup> , Rheumatism <sup>53, 54</sup> , Stomachache <sup>70</sup> , Toothache <sup>54, 70</sup>
<b>Salicaceae</b>				
<i>Flacourtia indica</i> (Burm.f.) Merr.	J: Kakkoya	1	Fr (1)	Jaundice <sup>61</sup>
<i>Populus alba</i> L.	K: Frass J: Safeda, Janglifras, Chitla	2	Brk (1) Lf (1)	Anthelmintic <sup>40</sup> Rheumatism <sup>64</sup>
<i>Populus ciliata</i> Wall. ex Royle	K: Rikin	1	Brk (1)	Blood purifier <sup>23</sup> , Tonic <sup>23</sup>
<i>Populus nigra</i> L.	K: Frass J: Kashur phrus	2	Lf (1) Brk (1)	Cold <sup>52</sup> Anthelmintic <sup>40</sup>
<i>Populus nigra</i> var. <i>italica</i> Munchh.	K: Kashur-phras	1	Sd (1)	Wounds <sup>22</sup>
<i>Salix acmophylla</i> Boiss.	K: Kril Veer	1	Lf (1) Tw (1)	Boils <sup>49</sup> , Chilblain <sup>49</sup> , Fever <sup>49</sup> , Hernia <sup>49</sup> , Joints swelling <sup>49</sup> Stomach problems <sup>49</sup> , Toothache <sup>49</sup>
<i>Salix alba</i> L.	K: Bota Vir J: Chitta Baida, Beesa, Bhinsa	6	Brk (3) Bu (1) Fl (1) Tw (1)	Anthelmintic <sup>40</sup> , Astringent <sup>61</sup> , Psoriasis <sup>61</sup> , Rheumatism <sup>61</sup> , Teeth cleaning <sup>53</sup> , Tonic <sup>61</sup> Fever <sup>21</sup> , Knee pain <sup>21</sup> , Hip pain <sup>21</sup> Nerve tonic <sup>62</sup> Tooth sticks <sup>52</sup>
<i>Salix denticulata</i> Andersson	L: Malchang L: Langma	1	Lf (1) St (1)	Joint pain <sup>21</sup> , Menstrual disorder <sup>21</sup> Joint pain <sup>21</sup> , Menstrual disorder <sup>21</sup>
<i>Salix disperma</i> Roxb. ex D.Don. [* <i>Salix wallichiana</i> Andersson]	J: Kankori K: Danthiveer	2	Brk (1) Fr (1) Lf (1)	Eyesight <sup>69</sup> Heart diseases <sup>69</sup> Bodyache <sup>36</sup> , Fever <sup>36</sup>
<b>Santalaceae</b>				
<i>Santalum album</i> L.	L	1	Wd (1)	Gynecological disorders <sup>20</sup>
<i>Viscum album</i> L.	K: Banada, Kaw-Khoor J: Banda	6	Fr (1) Lf (1) NA (1) WP (4)	Epilepsy <sup>38</sup> , Rheumatism <sup>38</sup> Migrane <sup>38</sup> , Rheumatism <sup>38</sup> Tumour <sup>54</sup> , Wounds <sup>54</sup> Abscess <sup>23</sup> , Fracture <sup>31, 39</sup> , Joint pain <sup>27</sup> , Laxative <sup>31, 39</sup> , Rheumatism <sup>27</sup> , Tumour <sup>23</sup> , Wounds <sup>23</sup>
<b>Sapindaceae</b>				
<i>Aesculus indica</i> (Wall. ex Cambess.) Hook.	J: Ban Khodi, Gugu, Van khodi, Bankhar, Ban Khor, Khori	14	Fl (2)  Fr (2)	Astringent <sup>61, 70</sup> , Tonic <sup>61</sup> Boils <sup>48</sup> , Burns <sup>48</sup> , Chilblain <sup>48</sup> , Eruptions <sup>48</sup> , Headache <sup>48</sup> , Hair growth <sup>26</sup> , Joint pain <sup>48</sup> , Skin rashes <sup>48</sup> , Wounds <sup>48</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Cardiospermum halicacabum</i> L. <i>Dodonaea viscosa</i> (L.) Jacq.	K: Handoon, Hane, Handun, Guen	Kr (2)	Lf (1)	Cracked heels <sup>22, 54</sup> , Skin fissures <sup>22, 54</sup>
	J: Kanphurti, Kanphari	1	Lf (1)	Whooping cough <sup>65</sup>
<b>Saxifragaceae</b> <i>Bergenia ciliata</i> (Haw.) Sternb.	J: Santha	3	Lf (3)	Colic complaints <sup>58</sup> , Dandruff <sup>32, 34</sup> , Frostbite <sup>43</sup> , Loose motion <sup>2</sup> , Pain relief <sup>28</sup> , Rheumatism <sup>2, 58, 61, 70</sup> , Wounds <sup>26</sup>
	J: Rethan, Retha.	1	Fr (1)	Rheumatism <sup>64</sup>
<i>Bergenia pacumbis</i> (Buch.-Ham. ex D.Don) C.Y. Wu & J.T.Pan [* <i>Bergenia ligulata</i> Engl.]	J: Kanpar, Sapdotri, Zakhme-e-hayat, Batpaia	9	Lf (2)	Arthralgia <sup>72</sup> , Abortifacient <sup>61</sup> , Burn <sup>61</sup> , Febrifuge <sup>61</sup> , Styptic <sup>72</sup> , Worm intestinal <sup>51</sup> , Wound <sup>61</sup>
	K: Zakhmiyat, Palpati, Pahend, Korasadun		Rt/ Rz (9)	Epilepsy <sup>61</sup> , Emetic <sup>61</sup>
<i>Bergenia stracheyi</i> (Hook.f. & Thomson) Engl.	L: Palpout		WP (1)	Fever <sup>47, 69</sup> , Headache <sup>47</sup>
	K: Palpashand, Patharchuri, Pashanbeda, Pahend, Korasadun, Pulfort, Zakhmi hayat	8	Lf (2)	Asthma <sup>73</sup> , Abrasions <sup>62</sup> , Bladder stone <sup>27</sup> , Diarrhoea <sup>63</sup> , Digestive ailments <sup>69</sup> , Kidney stone <sup>27, 42</sup> , Menstrual irregularities <sup>69</sup> , Pulmonary infections <sup>65</sup> , Skin diseases <sup>67</sup> , Tonic <sup>27, 69</sup> , Wounds <sup>42, 47, 67</sup>
<i>Saxifraga flagellaris</i> Willd.	J: Zakhm-e-hayat		Rt/ Rz (7)	Acidity <sup>37</sup> , Boils <sup>32, 34</sup> , Cough <sup>37</sup> , Dysentery <sup>37</sup> , Fever <sup>23, 37</sup> , Kidney stone <sup>23</sup> , Diarrhoea <sup>23</sup> , Headache <sup>37</sup> , Internal injuries <sup>37</sup> , Intestinal complaints <sup>39</sup> , Ophthalmia <sup>23</sup> , Stomach disorder <sup>53</sup> , Tonic <sup>23</sup> , Wounds <sup>28, 37</sup>
	L: Gatikpa, Smaranga, Tiang, Gatilas	9	Fl (1)	Cuts <sup>21</sup> , Stomachache <sup>21</sup> , Stone problems <sup>21</sup> , Urinary problem <sup>21</sup> , Wounds <sup>21</sup>
<i>Saxifraga jacquemontiana</i> Decne.	K: Pahend, Korasadun, Gatilas		Rt/ Rz (8)	Cuts <sup>21</sup> , Stomachache <sup>21</sup> , Stone problems <sup>21</sup> , Urinary problem <sup>21</sup> , Wounds <sup>21</sup>
	J: Dhad kopdi		WP (1)	Carminative <sup>7</sup> , Cuts <sup>21, 58</sup> , Diarrhoea <sup>23</sup> , Diuretic <sup>17</sup> , Fever <sup>23</sup> , Gynecological disorders <sup>20</sup> , Joints swelling <sup>58</sup> , Kidney stone <sup>17, 23</sup> , Mouth ulcer <sup>44</sup> , Ophthalmia <sup>23</sup> , Stomachache <sup>19, 21</sup> , Stone problems <sup>21</sup> , Tonic <sup>23</sup> , Urinary problem <sup>21</sup> , Wounds <sup>21, 58</sup>
<i>Saxifraga oppositifolia</i> L.	L: Teetasarzing, Sumchutik	2	Lf (1)	Renal calculi <sup>5</sup>
<i>Saxifraga sibirica</i> L.	J: Agg jari	1	Lf (1)	Wounds <sup>10</sup>
<i>Saxifraga stenophylla</i> Royle	L: Sasomantso	1	WP (1)	Life span increasing <sup>21</sup>
<i>Saxifraga stolonifera</i> Curtis [* <i>Saxifraga ligulata</i> Murray]	K: Rudhposh	1	Lf (1)	Wounds <sup>58</sup>
<b>Scrophulariaceae</b> <i>Scrophularia koelzii</i> Pennell	L	1	WP (1)	Tonic <sup>14</sup>
<i>Verbascum thapsus</i> L.	J: Pathar phorh	1	Lf (1)	Wound <sup>44</sup>
<i>Verbascum thapsus</i> L.	L: Khirah, Yarma	3	Sd (3)	Gynecological disorders <sup>20</sup>
	K: Dandashah, Wantamook	11	Fl (2)	Leukorrhea <sup>70</sup> , Kidney stone <sup>70</sup> , Wounds <sup>70</sup>
<b>Simaroubaceae</b> <i>Ailanthus excelsa</i> Roxb.	L: Ngo-serjee		Fr (1)	Rheumatic pain <sup>2</sup> , Sciatica <sup>6, 8</sup>
	J: Ban Tambaku, Soottamakoo, Gidat tamakoo		Lf (6)	Burns <sup>49</sup> , Ear ailments <sup>25</sup>
<b>Solanaceae</b> <i>Atropa acuminata</i> Royle ex Lindl.			NA (1)	Blood diseases <sup>21</sup> , Cuts <sup>21</sup> , Diuretic <sup>21</sup> , Infection <sup>21</sup> , Sores <sup>21</sup> , Wounds <sup>21</sup>
	K: Belladonna, Brand, Jalakajal, Chella lubbar, Meithkafal, Yabrooj	9	Lf (3)	Abscess <sup>72</sup> , Asthma <sup>49, 65</sup> , Blood diseases <sup>21</sup> , Burns <sup>49</sup> , Cold <sup>58</sup> , Constipation <sup>63</sup> , Cuts <sup>21</sup> , Diuretic <sup>21</sup> , Dysentery <sup>58</sup> , Infection <sup>21</sup> , Mental relaxation <sup>58</sup> , Pulmonary problems <sup>65</sup> , Sores <sup>21</sup> , Styptic <sup>72</sup> , Wounds <sup>21, 58</sup>
<i>Atropa belladonna</i> L.	J: Brand, Nachan Ariel		NA (1)	Asthma <sup>23</sup> , Inflammation <sup>23</sup> , Pulmonary complaints <sup>23</sup>
	J: Saangangur	1	WP (1)	Burns <sup>26</sup>
<i>Atropa belladonna</i> L.			Rt (1)	Asthma <sup>49</sup> , Gynecological disorders <sup>20</sup>
			Sd (2)	Blood diseases <sup>21</sup> , Cuts <sup>21</sup> , Diuretic <sup>21</sup> , Infection <sup>21</sup> , Sores <sup>21</sup> , Wounds <sup>21</sup>
<i>Atropa belladonna</i> L.			St (1)	Asthma <sup>73</sup>
			WP (1)	Asthma <sup>73</sup>
<i>Atropa belladonna</i> L.			Brk (1)	Asthma <sup>73</sup>
			Lf (1)	Asthma <sup>73</sup>
<i>Atropa belladonna</i> L.			Lf (3)	Analgesic <sup>23, 27</sup> , Diuretic <sup>23, 26, 27</sup> , Mydriatic <sup>26</sup> , Narcotic <sup>23, 26</sup> , Sedative <sup>23, 26, 27</sup>
			Rt (8)	Abdominal pain <sup>39</sup> , Analgesic <sup>23, 27</sup> , Antispasmodic <sup>42</sup> , Aphrodisiac <sup>42</sup> , Asthma <sup>37, 42</sup> , Burns <sup>28</sup> , Cough <sup>37, 39</sup> , Diuretic <sup>23, 26, 27, 42</sup> , Eye ailments <sup>37</sup> , Inflammation <sup>26</sup> , Joint dislocated <sup>28</sup> , Joint pain <sup>59</sup> , Muscular pain <sup>28</sup> , Mydriatic <sup>26</sup> , Narcotic <sup>23, 26</sup> , Neuralgia <sup>26</sup> , Rheumatism <sup>26, 37</sup> , Sedative <sup>23, 26, 27</sup>
<i>Atropa belladonna</i> L.			WP (1)	Boils <sup>41</sup> , Cough <sup>41</sup> , Rheumatism <sup>41</sup>
			WP (1)	Arthritis <sup>70</sup> , Intestinal cramps <sup>70</sup>



Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
<i>Capsicum annuum</i> L.	J: Mirch, Marchi	2	Fr (2)	Appetizer <sup>72</sup> , Toothache <sup>60</sup>
<i>Datura innoxia</i> Mill.	J: Datura	1	WP (1)	Pain relief <sup>51</sup>
<i>Datura metel</i> L.	J: Aak-Datura, Datura	2	Fr (2) Lf (1)	Dandruff <sup>68</sup> , Hair fall <sup>68</sup> , Skin infections <sup>62</sup> Asthma <sup>68</sup> , Whooping cough <sup>68</sup>
<i>Datura stramonium</i> L.	J: Datura	22	Lf (9)	Antispasmodic <sup>26</sup> , Asthma <sup>26, 38, 73</sup> , Boils <sup>32, 34</sup> , Bronchitis <sup>26</sup> , Ear ailments <sup>21</sup> , Impotency <sup>21</sup> , Insect bite <sup>47</sup> , Intestinal worms <sup>21</sup> , Jaundice <sup>18</sup> , Narcotic <sup>26</sup> , Respiratory disorders <sup>21</sup> , Swelling <sup>72</sup>
	K: Datur		NA (1) OI (1) Sd (13)	Narcotic <sup>52</sup> , Antispasmodic <sup>52</sup> Boils <sup>58</sup> , Headache <sup>58</sup> , Skin diseases <sup>58</sup> Anthelmintic <sup>40</sup> , Antiseptic <sup>33</sup> , Antispasmodic <sup>26</sup> , Asthma <sup>26, 33, 38</sup> , Bronchitis <sup>26</sup> , Chilblain <sup>47</sup> , Cough <sup>41</sup> , Dandruff <sup>33, 38</sup> , Frostbite <sup>43</sup> , Hair loss <sup>33</sup> , Headache <sup>41, 47</sup> , Joint pain <sup>59</sup> , Narcotic <sup>26</sup> , Rheumatism <sup>22, 26, 29, 43, 47, 52, 54</sup> , Tonic <sup>43</sup> , Toothache <sup>30, 33, 43, 47</sup>
			St (1)	Aphrodisiac <sup>21</sup> , Ear ailments <sup>21</sup> , Impotency <sup>21</sup> , Intestinal worms <sup>21</sup> , Respiratory disorders <sup>21</sup>
			WP (3)	Antiseptic <sup>37</sup> , Asthma <sup>37</sup> , Dandruff <sup>37</sup> , Hair loss <sup>37</sup> , Insanity <sup>70</sup> , Jaundice <sup>54</sup> , Narcotic <sup>37</sup> , Stomach troubles <sup>54</sup> , Toothache <sup>37</sup>
<i>Hyoscyamus niger</i> L.	K: Bajerbhang, murg jawain L: Gyalantang, Phagun J: Parasikyavari	17	Fl (1) Fr (1) Lf (6)	Asthma <sup>42</sup> , Nervousness <sup>42</sup> , Whooping cough <sup>42</sup> Asthma <sup>26</sup> , Narcotic <sup>26</sup> , Sedative <sup>26</sup> , Whooping cough <sup>26</sup> Arthritis <sup>47</sup> , Asthma <sup>5, 8, 21, 26, 42</sup> , Cough <sup>21</sup> , Headache <sup>21</sup> , Narcotic <sup>26</sup> , Nervousness <sup>42</sup> , Sedative <sup>5, 8, 21, 26, 47</sup> , Toothache <sup>21</sup> , Whooping cough <sup>5, 8, 26, 42</sup>
			NA (2)	Asthma <sup>23</sup> , Dysentery <sup>54</sup> , Indigestion <sup>54</sup> , Intestinal worms <sup>54</sup> , Whooping cough <sup>23</sup>
			Sd (11)	Abdominal pain <sup>28</sup> , Arthritis <sup>46</sup> , Asthma <sup>73</sup> , Astringent <sup>5, 8</sup> , Pain <sup>26</sup> , Toothache <sup>30, 31, 35, 36, 47</sup>
			St (1)	Asthma <sup>21</sup> , Cough <sup>21</sup> , Headache <sup>21</sup> , Sedative <sup>21</sup> , Toothache <sup>21</sup>
			WP (1)	Asthma <sup>27</sup> , Whooping cough <sup>27</sup>
<i>Hyoscyamus pusillus</i> L.	L: Lungthang, Sastalulu	2	Lf (2) Rt (1) Sd (1)	Antiseptic <sup>21</sup> , Diuretic <sup>21</sup> , Expectorant <sup>21</sup> , Vermifuge <sup>7</sup> Vermifuge <sup>7</sup> Vermifuge <sup>7</sup>
<i>Lycium ruthenicum</i> Murray	L: Umila	2	Lf (2)	Removes blocked urine <sup>17</sup> , Diuretic <sup>14</sup>
<i>Lycopersicon esculentum</i> Mill.	J: Tamatar	1	Lf (1)	Ringworm <sup>72</sup> , Styptic <sup>72</sup>
<i>Physalis alkekengi</i> L.	L: Shoklo	2	Fr (2)	Gynecological disorders <sup>20</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Kidney complaints <sup>17</sup> , Controls urination <sup>17</sup> , Urinary disorder <sup>17</sup>
<i>Physalis minima</i> L.	J: Thaumori, Pataka	2	Lf (1) WP (1)	Otalgia <sup>72</sup> Earache <sup>53</sup> , Laxative <sup>53</sup> , Purgative <sup>53</sup> , Diuretic <sup>53</sup>
<i>Physochlaina praealta</i> (Decne.) Miers	L: Langtang, Langtan	3	Fl (1) Lf (3) St (1)	Toothache <sup>21</sup> , Ulcer <sup>21</sup> Boils <sup>5</sup> , Toothache <sup>21</sup> , Ulcer <sup>5, 8, 21</sup> Toothache <sup>21</sup> , Ulcer <sup>21</sup>
<i>Solanum americanum</i> Mill. [* <i>Solanum nigrum</i> L.]	L: Tsigma	14	Fr (5)	Cold <sup>16</sup> , Constipation <sup>45</sup> , Cough <sup>16, 67</sup> , Eyesight <sup>45</sup> , Fever <sup>16</sup> , Gynecological disorders <sup>20</sup> , Heart palpitation <sup>45</sup> , Jaundice <sup>45, 67</sup> , Painful urination <sup>17</sup> , Piles <sup>67</sup> , Promotes urination <sup>17</sup> , Stomach problems <sup>45</sup>
	K: Kumb kual, Kambii, Kambai J: Makoi, Kach-mach, Kaya koti, Kaayankothi, Peelkaan, Makoy		Lf (5) Sd (2) WP (4)	Acne <sup>72</sup> , Boils <sup>22</sup> , Eye inflammation <sup>72</sup> , Goitre <sup>22, 29</sup> , Jaundice <sup>72</sup> , Kidney inflammation <sup>70</sup> , Oedema <sup>70</sup> , Pimples <sup>72</sup> , Stomachache <sup>19</sup> Boils <sup>22</sup> , Goitre <sup>22, 29</sup> Abdominal pain <sup>37</sup> , Appetizer <sup>26</sup> , Asthma <sup>26</sup> , Dysentery <sup>26</sup> , Fever <sup>26</sup> , Headache <sup>28</sup> , Heart diseases <sup>37</sup> , Hepatitis <sup>37</sup> , Laxative <sup>26</sup> , Rheumatism <sup>64</sup> , Skin diseases <sup>26, 28</sup> , Stomach ailments <sup>26</sup> , Tonic <sup>26</sup> , Ulcer <sup>26</sup>
<i>Solanum incanum</i> L.	J: Kachmach	1	Lf (1)	Antiseptic <sup>62</sup>
<i>Solanum surattense</i> Burm. f.	J: Neeli Kandiyari, Kandiyari, Moukri	3	Fr (2) Rt (2) WP (1)	Arthralgia <sup>72</sup> , Toothache <sup>60</sup> Intestinal infection <sup>72</sup> , Toothache <sup>60</sup> Swollen part <sup>51</sup>
<i>Solanum tuberosum</i> L.	K: Aalu, Aalum, Alua J: Aalu	5	Tu (5)	Headache <sup>72</sup> , Blisters <sup>49</sup> , Burns <sup>36, 49</sup> , Frost bite <sup>22, 29</sup>
<i>Solanum virginianum</i> L. [* <i>Solanum xanthocarpum</i> Schrad. & H. Wendl.]	J: Kateli, Kandiyari	2	Lf (1)	Anthelmintic <sup>68</sup> , Chest pain <sup>68</sup> , Heart diseases <sup>68</sup>
			NA (1)	Asthma <sup>54</sup> , Catarrh <sup>54</sup> , Dropsy <sup>54</sup> , Expectorant <sup>54</sup> , Fever <sup>54</sup> , Gonorrhoea <sup>54</sup> , Rheumatism <sup>54</sup> , Sore throat <sup>54</sup>
<i>Withania somnifera</i> (L.) Dunal	J: Ashwagandha, Asgandh	3	Lf (1) Rt (1) WP (1)	Memory enhancer <sup>72</sup> , Obesity <sup>72</sup> Sexual weakness in women <sup>71</sup> Stomachache <sup>54</sup>
<b>Tamaricaceae</b>				
<i>Myricaria elegans</i> Royle	L: Umbu	1	Lf (1)	Blood purifier <sup>21</sup>
<b>Thymelaeaceae</b>				
<i>Daphne mucronata</i> Royle	K: Kutelal	1	Lf (1)	Boils <sup>25</sup>
<i>Daphne oleoides</i> Schreb.	J: Kalishadi	2	Lf (1)	Skin diseases <sup>58</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated*
<i>Daphne papyracea</i> Wall. ex G. Don [ <i>*Daphne cannabina</i> Wall.]	K: Vethur, Gandhenu		Rt (1)	Purgative <sup>26</sup>
	J: Muhtatta sangulu, Satpura	2	Lf (2)	Skin diseases <sup>54</sup> , Gonorrhoea <sup>54, 61</sup>
<b>Typhaceae</b> <i>Typha elephantina</i> Roxb.	J&K: Petch, Dal nabad, Kalroon	1	Rt (2)	Skin diseases <sup>54</sup> , Gonorrhoea <sup>54, 61</sup>
			WP (1)	Febrifuge <sup>61</sup> , Purgative <sup>61</sup>
<b>Urticaceae</b> <i>Debregeasia saeneb</i> (Forssk.) Hepper & J.R.I. Wood [ <i>*Debregeasia salicifolia</i> (D.Don) Rendle]	J: Kurkuna, Sansaaru	2	Brk (1)	Tuberculosis <sup>69</sup>
			St (1) Tw (1)	Tuberculosis <sup>69</sup> Otagia <sup>72</sup>
<i>Girardinia diversifolia</i> (Link) Friis [ <i>*Girardinia heterophylla</i> (Vahl) Decne.]	J: Bada Bichu, Cell kinji	2	Lf (2)	Fever <sup>54</sup> , Joint swelling <sup>54</sup> , Headache <sup>54</sup> , Gonorrhoea <sup>69</sup>
<i>Urtica dioica</i> L.	K: Sooi, Shadar, Tsoii	22	Rt (1)	Swelling <sup>69</sup>
	J: Panayali, Kinji, Soyi		AP (1) Lf (10)	Dandruff <sup>26</sup> Anthelmintic <sup>40</sup> , Hypertension <sup>47</sup> , Blood purifier <sup>69</sup> , Boils <sup>22, 26</sup> , Dandruff <sup>22, 32, 34, 38</sup> , Hair stimulant <sup>32</sup> , Rheumatism <sup>38, 43</sup> , Skin infections <sup>25</sup> , Wounds <sup>22, 26</sup>
<i>Urtica hyperborea</i> Jacq. ex Wedd.	L	4	NA (1)	Anthelmintic <sup>23</sup> , Astringent <sup>23</sup> , Diuretic <sup>23</sup> , Jaundice <sup>23</sup> , Nephritic <sup>23</sup>
			Rt (9)	Blister <sup>47</sup> , Cuts <sup>58</sup> , Dandruff <sup>32, 34</sup> , Hair stimulant <sup>32</sup> , Joint pain <sup>36</sup> , Paralysis <sup>58</sup> , Rheumatism <sup>31, 35, 39</sup> , Toothache <sup>30</sup> , Wounds <sup>31, 35, 39, 47, 58</sup>
			WP (6)	Bone fracture <sup>69</sup> , Dandruff <sup>33, 37</sup> , Fever <sup>33, 37, 41</sup> , Fracture <sup>33, 37</sup> , Gastric disorders <sup>69</sup> , Gout <sup>70</sup> , Hyperacidity <sup>69</sup> , Jaundice <sup>18, 41</sup> , Rheumatism <sup>69</sup> , Skin infections <sup>33, 37</sup> , Sprain <sup>70</sup> , Stomachache <sup>33, 37</sup> , Wounds <sup>33, 37, 41</sup>
<i>Urtica parviflora</i> Roxb.	L: dZaZut	1	Lf (1)	Bladder irritation reduction <sup>17</sup> , Promotes urination <sup>17</sup>
<b>Verbenaceae</b> <i>Lantana camara</i> L. <i>Lantana × aculeata</i> L. [ <i>*Lantana camara</i> var. <i>aculeata</i> (L.) Moldenke]	J: Panjfulli jadi	1	Lf (1)	Antiseptic <sup>68</sup> , Scabies <sup>68</sup> , Skin itches <sup>68</sup> , Wounds <sup>68</sup>
	J: Panjphulli, Panjfulli Jarri	2	Lf (2)	Alopecia <sup>72</sup> , Eczema <sup>61</sup>
<i>Verbena officinalis</i> L.	K: Huthmool J	3	WP (1)	Malaria <sup>61</sup> , Rheumatism <sup>61</sup> , Tetanus <sup>61</sup>
			Lf (1) Rt (1)	Nervous disorder <sup>70</sup> , Joint disease <sup>70</sup> , Rheumatism <sup>70</sup> Snake bite <sup>70</sup>
			WP (2)	Anthelmintic <sup>37</sup> , Boils <sup>47</sup> , Food poisoning <sup>37, 47</sup> , Indigestion <sup>37, 47</sup> , Menstrual disorder <sup>37</sup> , Nervous disorder <sup>37</sup> , Wounds <sup>37, 47</sup>
<b>Violaceae</b> <i>Viola biflora</i> L.	J: Banafsha K: Banfsha	2	Fl (1) Lf (1) WP (1)	Antiseptic <sup>54</sup> , Diaphoretic <sup>54</sup> , Pectoral <sup>54</sup> , Skin irritation <sup>54</sup> Skin eruptions <sup>54</sup> , Laxative <sup>54</sup> Antiseptic <sup>37</sup> , Asthma <sup>37</sup> , Cold <sup>37</sup> , Cough <sup>37</sup> , Diaphoretic <sup>37</sup> , Fever <sup>37</sup>
	J: Bnafsha, Banksha, Vanaksha		Fl (1) WP (1)	Cough <sup>65</sup> , Sore throat <sup>65</sup> Pulmonary problems <sup>61</sup>
<i>Viola canescens</i> Wall.	J: Bnafsha, Banksha, Vanaksha	2	Fl (1) WP (1)	Demulcent <sup>26</sup> , Lung diseases <sup>26</sup> Throatache <sup>26</sup>
<i>Viola indica</i> W.Becker	K	1	Fl (1) Pt (1) WP (1)	Antipyretic <sup>26</sup> , Diaphoretic <sup>26</sup>
<i>Viola kunawurensis</i> Royle <i>Viola odorata</i> L.	L: Rholo	1	Fl (1)	Heart diseases <sup>21</sup>
	K: Banafsha, Numposh, Bunfsha		Fl (14)	Bronchitis <sup>45</sup> , Chest congestion <sup>37, 45</sup> , Cold <sup>22, 29, 45</sup> , Cough <sup>29, 36, 38, 44, 45, 62</sup> , Demulcent <sup>26</sup> , Fever <sup>36, 44, 62</sup> , Headache <sup>22, 45, 54</sup> , Lung diseases <sup>26</sup> , Muscular pain <sup>45</sup> , Purgative <sup>51</sup> , Respiratory infections <sup>31, 39</sup> , Sore throat <sup>36, 38, 44</sup> , Swelling <sup>37, 45</sup> , Throat infection <sup>28, 37, 45</sup> , Throatache <sup>22, 51</sup> , Toothache <sup>54</sup>
<i>Viola pilosa</i> Blume [ <i>*Viola serpens</i> Wall. ex Ging.]	J: Banafsha	8	Lf (3)	Toothache <sup>54</sup> , Cold <sup>29</sup> , Cough <sup>29</sup> , Throatache <sup>22</sup>
			Pt (1)	Throatache <sup>26</sup>
			Rz (1)	Headache <sup>41</sup>
			Rt (4)	Cervicalgia <sup>72</sup> , Cough <sup>41, 72</sup> , Diuretic <sup>62</sup> , Expectorant <sup>62</sup> , Fever <sup>72</sup> , Laxative <sup>28</sup> , Purgative <sup>62</sup> , Tonic <sup>62</sup>
			WP (3)	Antipyretic <sup>26</sup> , Asthma <sup>62</sup> , Bronchitis <sup>62</sup> , Diaphoretic <sup>26</sup> , Jaundice <sup>72</sup> , Malaria <sup>62</sup>
<i>Viola pilosa</i> Blume [ <i>*Viola serpens</i> Wall. ex Ging.]	K: Bunufsha	8	Fl (4)	Cold <sup>58</sup> , Cough <sup>58</sup> , Demulcent <sup>26</sup> , Jaundice <sup>44</sup> , Lung diseases <sup>26, 70</sup> , Throat problems <sup>58</sup>
			Lf (1) Pt (1)	Tonsillitis <sup>69</sup> Throatache <sup>26</sup>
			Rz (1)	Bronchitis <sup>70</sup> , Cough <sup>70</sup>

Table A1 (continued)

Family/Botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>#</sup>
			WP (6)	Antipyretic <sup>26</sup> , Cold <sup>1, 42, 54</sup> , Cough <sup>1, 42, 54</sup> , Diaphoretic <sup>26</sup> , Ear ailments <sup>70</sup> , Eye ailments <sup>70</sup> , Fever <sup>1</sup> , Skin diseases <sup>70</sup> , Sore throat <sup>54, 69</sup>
<i>Viola sylvatica</i> Fr.	K: Banafsha	2	NA (1) WP (1)	Cold <sup>23</sup> , Cough <sup>23</sup> , Chest problem <sup>23</sup> , Wounds <sup>23</sup> Cold <sup>27</sup> , Cough <sup>27</sup>
<b>Vitaceae</b>				
<i>Vitis heyneana</i> Roem. & Schult. [* <i>Vitis lanata</i> Roxb.]	Sohmanjuren	1	St (1)	Eyes sore <sup>54</sup>
<i>Vitis vinifera</i> L.	K: Dauch, Dachh, Daech, Dush	7	Fr (3) Lf (5)	Diuretic <sup>17</sup> , Fever <sup>49</sup> , Jaundice <sup>18</sup> , Kidney stone <sup>17</sup> Boils <sup>22, 32, 34, 49</sup> , Eruptions <sup>36</sup> , Heart problems <sup>49</sup> , Itching <sup>49</sup> , Skin rashes <sup>36, 49</sup> , Sores <sup>36</sup> , Toothache <sup>22</sup>
	L: Gun		Tw (1)	Blood purifier <sup>49</sup> , Memory enhancer <sup>49</sup> , Hair fall <sup>49</sup>
<b>Xanthorrhoeaceae</b>				
<i>Aloe vera</i> (L.) Burm.f. [* <i>Aloe barbadensis</i> Mill.]	J: Kuaargandal, Akbar Gandal	5	Lt (1) Lf (3) WP (2)	Abscess <sup>72</sup> , Burns <sup>72</sup> , Headache <sup>72</sup> Boils <sup>53</sup> , Gonorrhoea <sup>53</sup> , Irregular periods <sup>71</sup> , Purgative <sup>62</sup> , Refrigerant <sup>53</sup> , Skin diseases <sup>53</sup> , Vermicidal <sup>53</sup> , Wounds <sup>62</sup> Aperients <sup>72</sup> , Diabetes <sup>72</sup> , Skin diseases <sup>57</sup>
<b>Zingiberaceae</b>				
<i>Curcuma aromatica</i> Salisb.	J: Ban haldi	1	Rz (1)	Wounds <sup>68</sup>
<i>Curcuma longa</i> L. [* <i>Curcuma domestica</i> Valetton]	J: Haldi	1	Rz (1)	Toothache <sup>60</sup>
<i>Hedychium spicatum</i> Sm.	J: Daru haldi, Sitruit	1	Rz (1)	Hypoglycaemic <sup>53</sup> , Antiinflammatory <sup>53</sup>
<i>Zingiber officinale</i> Roscoe	J: Adrak	3	Rz (3)	Cold <sup>72</sup> , Cough <sup>72</sup> , Pyrexia <sup>72</sup> , Toothache <sup>60</sup> , Gynecological disorders <sup>20</sup>
	L:			
<b>Zygophyllaceae</b>				
<i>Tribulus terrestris</i> L.	J: Pakhra, Gokshru, Gokhru K: Meitcher kund	12	Fl (1) Fr (9)	Nausea <sup>53</sup> Kidney stone <sup>70</sup> , Urinary tract infection <sup>70</sup> , Diuretic <sup>44</sup> , Jaundice <sup>49</sup> , Kidney complaints <sup>44</sup> , Kidney stone <sup>49</sup> , Urinary infection <sup>44</sup> , Uterine disorders <sup>49</sup> , Cold <sup>16</sup> , Controls urination <sup>17</sup> , Cough <sup>16</sup> , Diuretic <sup>5, 8, 15</sup> , Gynecological disorders <sup>20</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Kidney complaints <sup>5, 8, 17</sup> , Lithontriptic <sup>5, 8</sup> , Micturation <sup>8</sup> , Urinary disorder <sup>17</sup>
	L: Zama, Trikanta, gZe-ma, Zemmas, Jena, Kokoshoke		Sd (2) WP (1)	Impotency male <sup>72</sup> , Diuretic <sup>72</sup> , Urinary disorder <sup>7</sup> Burns <sup>49</sup>

Abbreviations and references are same as in Table 4.

Table B1

Gymnosperms used for treatment of various ailments by indigenous communities of J&amp;K, India.

Family/botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>b</sup>
<b>Cupressaceae</b>				
<i>Juniperus communis</i> L.	K: Beter, Bethri, Dhoop, Nuch, Pama, Wethur J: Bithur, Bitru, Mithro L: Sukpa, Sukpa	12	Bry (2) Fl (1) Fr (7) Ol (1) Rt (1) WP (1)	Carminative <sup>5, 8</sup> , Diuretic <sup>5, 8</sup> , Dysmenorrhea <sup>5, 8</sup> , Skin diseases <sup>5, 8</sup> , Stimulant <sup>5, 8</sup> Asthma <sup>42</sup> , Diuretic <sup>42</sup> , Tumour <sup>42</sup> , Warts <sup>42</sup> Anthelmintic <sup>40</sup> , Asthma <sup>42, 73</sup> , Carminative <sup>26</sup> , Coetaneous diseases <sup>26</sup> , Diuretic <sup>26, 42</sup> , Dropsy <sup>26</sup> , Gynecological disorders <sup>20</sup> , Kidney complaints <sup>21</sup> , Stimulant <sup>7, 26</sup> , Tumour <sup>42</sup> , Warts <sup>42</sup> Rheumatism <sup>58</sup> Intestinal swelling <sup>69</sup> , Stomachache <sup>69</sup> Toothache <sup>60</sup>
<i>Juniperus communis</i> var. <i>saxatilis</i> Pall. [* <i>Juniperus communis</i> subsp. <i>nana</i> Syme]	J: Bitru L: Sukpa	2	Fr (2)	Burning sensation of urine <sup>17</sup> , Carminative <sup>56</sup> , Diuretic <sup>56</sup> , Leukorrhea <sup>56</sup> , Regulates urine discharge <sup>17</sup> , Sedative <sup>17</sup> , Skin diseases <sup>56</sup> , Stimulant <sup>56</sup>
<i>Juniperus polycarpus</i> var. <i>seravschanica</i> (Kom.) Kitam. [* <i>Juniperus macropoda</i> Boiss.]	L: Sukpa K: Shur	4	Fr (2) Lf (1) Rt (1)	Gynecological disorders <sup>20</sup> , Inflammation and bleeding of kidney <sup>17</sup> , Kidney complaints <sup>17</sup> , Urinary disorder <sup>17</sup> Anthelmintic <sup>40</sup> Asthma <sup>73</sup>
<i>Juniperus recurva</i> Buch.-Ham. ex D.Don	L: Sukpa, Lha-shook J: Bitru, Bithar, Itru	4	Fr (1) Lf (2) Ol (1)	Promotes kidney function <sup>17</sup> Emetic <sup>56</sup> , Cough <sup>21</sup> , Kidney complaints <sup>21</sup> , Paralysis <sup>21</sup> , Skin diseases <sup>21</sup> , Diarrhoea <sup>21</sup> , Indigestion <sup>21</sup> Rheumatism <sup>58</sup>
<b>Ephedraceae</b>				
<i>Ephedra Gerardiana</i> Wall. ex Stapf		9		Blood diseases <sup>7</sup> , Liver ailments <sup>7</sup>

Table B1 (continued)

	L: Chhapat, Chhefut, Chheldum, Thayon, Trano, Tse, Tsepath		AP (1) Fr (1) Heart stimulant <sup>21</sup> , Rheumatism <sup>21</sup> , Asthma <sup>21</sup> Lf (2) Asthma <sup>5, 8</sup>
	K: Asmanibuti, Rachi, Trudak, Tutfoor		Rt (3) Blood purifier <sup>5, 8</sup> , Hepatic disease <sup>5, 8</sup> , Rheumatism <sup>5, 8, 26</sup> St (5) Asthma <sup>14, 21</sup> , Blood purifier <sup>5, 8</sup> , Fever <sup>16</sup> , Heart stimulant <sup>21</sup> , Hepatic disease <sup>5, 8</sup> , Rheumatism <sup>5, 8, 21</sup>
			Tw (2) Asthma <sup>42</sup> , Cardiac stimulant <sup>42</sup> , Hay fever <sup>42</sup> , Respiratory disorders <sup>42</sup> , Sunburn <sup>42</sup> , Tooth brush <sup>12</sup> WP (4) Bile complaints <sup>10</sup> , Blood infection <sup>10</sup> , Expectorant <sup>10</sup> , Teeth cleaning <sup>5, 7, 8</sup>
<b>Pinaceae</b>			
<i>Abies pindrow</i> (Royle ex D.Don) Royle	J: Raas, Sal, Salla, Tung	6 Brk (2)	Constipation <sup>61</sup> , Rheumatism <sup>58</sup>
	K: Badar, Ragha	Lf (4)	Asthma <sup>61, 73</sup> , Astringent <sup>61</sup> , Bronchitis <sup>61</sup> , Carminative <sup>61</sup> , Cold <sup>56</sup> , Cough <sup>56</sup> , Expectorant <sup>61</sup> , Tonic <sup>61</sup> , Rheumatism <sup>70</sup> , Ulcer <sup>70</sup>
		NA (1)	Antispasmodic <sup>23</sup> , Carminative <sup>23</sup> , Expectorant <sup>23</sup> , Stomachic <sup>23</sup> , Tonic <sup>23</sup>
		Res (2)	Cuts <sup>58</sup> , Rheumatism <sup>70</sup> , Ulcer <sup>70</sup> , Wounds <sup>58</sup>
<i>Abies spectabilis</i> (D.Don) Mirb.	J: Panchali Tung	1 Gu (1)	Headache <sup>56</sup>
		Lf (1)	Antiperiodic <sup>56</sup> , Asthma <sup>56</sup> , Astringent <sup>56</sup> , Bronchitis <sup>56</sup> , Carminative <sup>56</sup> , Expectorant <sup>56</sup> , Stomachic <sup>56</sup>
<i>Cedrus deodara</i> (Roxb. ex Lamb.) G.Don	J: Diar, Deodar, Devdaru, Devdar, Diyar	9 Brk (1)	Diarrhoea <sup>63</sup> , Dysentery <sup>63</sup>
	K: Devdoor	HWd (1)	Rheumatic pain <sup>56</sup> , Piles <sup>56</sup> , Skins disorders <sup>56</sup> , Ulcer <sup>56</sup>
		Lf (1)	Toothache <sup>60</sup>
		St Ol (3)	Arthritis <sup>46, 47</sup> , Itching <sup>47</sup> , Skin rashes <sup>47</sup> , Ulcers external <sup>58</sup>
		Wd (3)	Arthritis <sup>55</sup> , Bodyache <sup>55</sup> , Cough <sup>55</sup> , Diabetes <sup>68</sup> , Kidney stone <sup>68</sup> , Piles <sup>68</sup> , Pulmonary disorder <sup>65</sup> , Urinary disorder <sup>68</sup>
<i>Picea smithiana</i> (Wall.) Boiss.	J: Toos, Paddal Roi, Riar	2 Res (2)	Cracked heels <sup>56</sup> , Wounds <sup>56, 61</sup>
<i>Pinus roxburghii</i> Sarg.	J: Chir	4 Res (3)	Chronic bronchitis <sup>65</sup> , Cracked heels <sup>56</sup> , Ulcer <sup>68</sup>
	K: Chad	Sd (1)	Weakness <sup>39</sup>
<i>Pinus wallichiana</i> A.B.Jacks.	K: Kayiur, Kayur	6 Nd (1)	Anthelmintic <sup>40</sup>
	J: Biar, Chew, Kail	Res (5)	Boils <sup>38, 45</sup> , Cold <sup>65</sup> , Cough <sup>65</sup> , Cracked heels <sup>38, 56</sup> , Cuts <sup>58</sup> , Influenza <sup>38</sup> , Intestinal infection <sup>45</sup> , Respiratory troubles <sup>65</sup> , Wormicide <sup>45</sup> , Wounds <sup>45, 58</sup>
<b>Taxaceae</b>			
<i>Taxus wallichiana</i> Zucc. [* <i>Taxus baccata</i> subsp. <i>wallichiana</i> (Zucc.) pilg.]	J: Barmi	8 Brk (4)	Arthritis <sup>46, 49</sup> , Asthma <sup>27, 49, 73</sup> , Bronchitis <sup>27</sup> , Giddiness <sup>49</sup> , Headache <sup>49</sup>
	K: Postul, Brammi	Fr (1)	Antiseptic <sup>56</sup> , Sedative <sup>56</sup>
		Lf (4)	Asthma <sup>23, 65, 73</sup> , Bronchitis <sup>23, 65</sup> , Cough <sup>65</sup> , Epilepsy <sup>23</sup> , Indigestion <sup>63</sup>

Abbreviations and references are same as in Table 4.

## Appendix C

See Table C1.

Table C1

Pteridophytes used for treatment of various ailments by indigenous communities of J&amp;K, India.

Family/botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>b</sup>
<b>Aspleniaceae</b>				
<i>Asplenium adiantoides</i> (L.) C. Chr. [* <i>Asplenium falcatum</i> Lam.]	K: Dade	1	WP (1)	Burn <sup>37</sup> , Expectorant <sup>37</sup> , Headache <sup>37</sup>
<i>Asplenium trichomanes</i> L.	J: Kanndeyi, Khandie	2	Lf (2) WP (1)	Cold <sup>61, 65</sup> , Chest pain <sup>61</sup> Expectorant <sup>61</sup> , Laxative <sup>61</sup>
<b>Athyriaceae</b>				
<i>Diplazium esculentum</i> (Retz.) Sw.	J: Kasrot	1	Frd (1)	Constipation <sup>53</sup>
<b>Dennstaedtiaceae</b>				
<i>Pteridium aquilinum</i> (L.) Kuhn	J	1		Anthelmintic <sup>53</sup>

Table C1 (continued)

Family/botanical name [*Synonym]	Vernacular name	TC	PU (PC)	Medicinal properties/ailments treated <sup>b</sup>
			Rz (1)	
<b>Dryopteridaceae</b>				
<i>Dryopteris barbigera</i> (T. Moore ex Hook.) Kuntze	K: Dade, Kunji	1	Lf (1) Rz (1)	Constipation <sup>45</sup> Dysentery <sup>45</sup> , Worms <sup>45</sup>
<i>Dryopteris filix-mas</i> (L.) Schott	J	1	Rz (1)	Vermifuge <sup>53</sup>
<i>Polystichum aculeatum</i> (L.) Roth ex Mert.	K: Kakai	1	Frd (1)	Diarrhoea <sup>25</sup> , Dysentery <sup>25</sup>
<b>Equisetaceae</b>				
<i>Equisetum arvense</i> L.	K: Bandak, Brahm Gund, Gandum Gud, Gandum Gund, Sategandie L: Kihnn, Rugosika	7	Sht (1) WP (6)	Diabetes <sup>25</sup> , Urinary irritation <sup>25</sup> Acidity <sup>6, 8, 21, 37</sup> , Diuretic <sup>21</sup> , Dropsy <sup>6, 8</sup> , Dyspepsia <sup>6, 8</sup> , Kidney complaints <sup>21</sup> , Kidney stone <sup>37</sup> , Scabies <sup>37</sup> , Tooth brush <sup>47</sup> , Toothache <sup>37</sup> , Urine infection <sup>43</sup> , Weakness <sup>37</sup>
<i>Equisetum ramosissimum</i> Desf.	L: Askut, Gushik, Dambro	1	WP (1)	Swelling <sup>5</sup>
<b>Pteridaceae</b>				
<i>Adiantum capillus-veneris</i> L. [* <i>Adiantum capillus Sw.</i> ]	J: Hains-paidi, Hansraj, Parshoshan K: Gaou theer, Geutheer	9	Frd (4) NA (1) Rz (1) WP (5)	Bladder stone <sup>68</sup> , Chest infections <sup>47</sup> , Chest pain <sup>68</sup> , Chilblain <sup>47</sup> , Dandruff <sup>47</sup> , Febrifuge <sup>53</sup> , Fever <sup>47</sup> , Headache <sup>68</sup> , Jaundice <sup>47</sup> , Kidney stone <sup>68</sup> , Nasal catarrh <sup>47</sup> , Respiratory problems <sup>68</sup> , Swelling <sup>67</sup> , Tumour <sup>67</sup> , Urinary problem <sup>47</sup> Demulcent <sup>26</sup> , Diuretic <sup>26</sup> , Emmenagogue <sup>26</sup> , Expectorant <sup>26</sup> , Fever <sup>26</sup> , Tonic <sup>26</sup> Wound <sup>61</sup> Bronchial disorder <sup>53</sup> , Cough <sup>53</sup> , Demulcent <sup>61</sup> , Diuretic <sup>61, 70</sup> , Emmenagogue <sup>61</sup> , Expectorant <sup>37, 61</sup> , Febrifuge <sup>61, 70</sup> , Fissure <sup>70</sup> , Hair tonic <sup>37</sup> , Piles <sup>70</sup> , Stomach pain <sup>37</sup> , Tonic <sup>54, 61</sup>
<i>Adiantum lunulatum</i> Burm. f.	J: Hanspadi	1	WP (1)	Eczema <sup>55</sup>
<i>Adiantum venustum</i> D. Don	K: Geu Theer, Guetter, Kackyew, Kakbai, Kakei, Kali Kakei J: Geutheer, Kalbatra	9	Frd (9) Stl (1)	Astringent <sup>61</sup> , Bilioussness <sup>53</sup> , Chest inflammation <sup>53</sup> , Cold <sup>53</sup> , Cough <sup>41, 48</sup> , Diarrhoea <sup>37</sup> , Digestive <sup>37</sup> , Diuretic <sup>37, 61</sup> , Emetic <sup>61, 63</sup> , Emmenagogue <sup>61</sup> , Expectorant <sup>37, 61</sup> , Fever <sup>22, 29, 54, 61</sup> , Headache <sup>53</sup> , Jaundice <sup>48</sup> , Ophthalmia <sup>53</sup> , Piles <sup>61</sup> , Stomach ailments <sup>48</sup> , Stomach pain <sup>37, 41</sup> , Tonic <sup>61</sup> , Tumour <sup>53</sup> , Urinary disorder <sup>41</sup> , Wound <sup>61</sup> Tooth sticks <sup>48</sup>
<i>Pteris vittata</i> L.	J: Lingru	1	Pt (1)	Wounds <sup>53</sup>

Abbreviations and references are same as in Table 4.

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