



Diversity, Indigenous Uses and Conservation Status of Medicinal Plants in Baagi and Munjhag Catchments of District Mandi, Himachal Pradesh, North Western Indian Himalaya, India

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ABSTRACT: The Indian Himalayan Region is known for its diverse medicinal plants, which are used to treat various diseases/ailments. However, studies are lacking on medicinal plants specific to the catchments or watershed regions. This study investigates the diversity of medicinal plants in the Baagi and Munjhag Catchments in Himachal Pradesh, North Western Himalaya. The study recorded 580 species with medicinal properties, categorized into 124 families and 375 genera. The most frequently used plant part was leaf (150 spp.), followed by roots (113 spp.), whole plant (87 spp.), seeds (52 spp.), flowers (49 spp.), fruits (43 spp.), and shoots/stem (31 spp.), respectively. Of the total species, 137 species were used for gastrointestinal disorders, 134 for dermatological issues, 128 for musculoskeletal and pain conditions, 91 for respiratory ailments, and 63 for fever. Total 236 species were native to the Himalayan Region, 6 species endemics to the Himalayan region, 90 species near endemic to the Indian Himalayan Region, and 576 species were threatened. The rapid decline in the populations of many species may be attributed to overexploitation and habitat degradation. Frequent monitoring of the species using standard ecological methods has been suggested.

Keywords: Baagi & Munjhag Catchments; Diversity, Medicinal Plants, Indigenous Uses, Native, Threatened, Conservation.

INTRODUCTION

The natural world has long been a cornerstone for medicinal therapies, with plant-based systems continuing to play a vital role in the primary health care of 80% of the global population (Gupta, 2001). The Himalayan region is acknowledged as a crucial area of biodiversity (Myers *et al.*, 2000). The utilization of plants as therapeutic agents for the management of diverse ailments, has been practiced since ancient times. The Indian Himalayan Region (IHR) stands out among the biogeographic provinces of India for its rich diversity of medicinal plants. The area presents a rich variety of physical characteristics, weather patterns, soil classifications, and biological assets. This region is a crucial reservoir of global biological diversity and is acknowledged as a repository of important medicinal plant species (Samant *et al.*, 1998, 2007a). The unique landscape of the IHR, covering around 250,000 km², supports a diverse range of habitats along an elevation gradient, from about 200 to 8,000 m above mean sea level. The IHR functions as a comprehensive collection of various biological and cultural diversities. The existence of around 18,440 plant species in various habitats (Singh and Hajra 1996), The presence of 1,748 medicinal plants (Samant *et al.*, 1998), 675 wild edible

plants (Samant and Dhar 1997), 118 essential oil plants with medicinal properties (Samant and Palni 2000), 155 sacred plants (Samant and Pant 2003), and 279 fodder plants (Samant, 1998) highlights the extraordinary diversity and uniqueness of the IHR. In India, more than 95% of the 400 plant species used in medicinal preparations by different industries are obtained from wild populations (Uniyal *et al.*, 2000).

Similar to other regions of the IHR, the people of Himachal Pradesh rely on forests for a variety of their needs. Numerous underprivileged families in the mountainous areas of the IHR sustain their livelihoods by gathering medicinal plants from the wild. Himachal Pradesh, a state of the IHR, boasts a rich array of biodiversity. The area features a wide variety of floral species tailored to meet local needs and site conditions. The indigenous population has employed this significant source of raw materials in various ways. The community predominantly depends on biological resources for various uses, including medicine, nutrition, animal feed, fuel, timber, agricultural tools, fibre, dyes, and aesthetic applications, among others (Samant *et al.*, 2007a). A significant number of studies focusing on ethnobotany, particularly concerning medicinal plants, have been conducted in Himachal Pradesh by various researchers (Samant *et al.*, 2007a,

2007 b; Rawat *et al.*, 2009; Singh *et al.*, 2009; Sharma & Mishra 2009; Rana and Samant 2011; Samant *et al.*, 2010, 2011; Kaur *et al.*, 2011; Sharma *et al.*, 2011; Thaplyal *et al.*, 2012; Vidyarthi *et al.*, 2013, 2014; Sen & Samant 2013; Goraya *et al.*, 2013; Sharma *et al.*, 2014; Rana & Sharma 2016; Bhardwaj & Seth 2017; Kumar & Chander 2018a, 2018b; Kumari *et al.*, 2018; Bodh *et al.*, 2018 ; Rana *et al.*, 2019; Devi *et al.*, 2019; Marpa *et al.*, 2020, 2021; Kumari & Samant 2021; Barman *et al.*, 2021; Kumar, 2021; Raghuvanshi *et al.*, 2021; Supriya, 2022; Bhatti *et al.*, 2022, 2024; Targe *et al.*, 2022; Samant *et al.*, 2023; Klate *et al.*, 2023; Radha *et al.*, 2023; Kumar *et al.*, 2024; Sharma *et al.*, 2024; Kumar *et al.*, 2024; Thakur *et al.*, 2025).

Despite the endeavours of the aforementioned workers, several biodiversity-rich regions remain unknown or underexplored, like the Baagi and Munjhag Catchments in Mandi District, Himachal Pradesh. Recent research in adjacent regions demonstrates that unsustainable extraction and habitat degradation, among other anthropogenic pressures are exacerbating issues for medicinal populations Kumar *et al.* (2024). However, updated assessments, including comprehensive status evaluations and conservation requirements for these species, are still lacking. Thorough investigations on the status and distribution patterns of commercially significant species are necessary to assess the pressures they face and to formulate effective conservation management plans. Consequently, an effort has been undertaken to: (i) investigate the diversity, distribution, utilization, and indigenous applications of medicinal plants, (ii) identify species preferences, (iii) identify native, endemic, and threatened medicinal plants, and

(iv) suggest conservation strategies for sustainable management.

MATERIALS AND METHODS

A. Study area

The Baagi and Munjhag Catchments (B&MCs) lie in 31°45' to 31°50' N Latitudes and 77°04' to 77°07'E Longitudes with an altitudinal range, 1180 - 3000 m amsl, is located in the Mandi district of Himachal Pradesh, North Western Himalaya (Fig. 1). The vegetation mainly comprises of sub-tropical and sub-alpine types. The forests are dominated by *Abies pindrow*, *Picea smithiana*, *Cedrus deodara*, *Pinus roxburghii*, *P. wallichiana*, *Quercus leucotrichophora*, *Quercus floribunda*; etc. Depending upon the altitude, the climate varies considerably. Altogether, the climate is temperate and sub – alpine types with well-marked three seasons *viz.*, summer (mid-April–mid June), rainy (monsoon) (mid-June-September) and winter (October-March) prevail in the region. The higher reaches of hills get precipitation in the form of snow during the winter season. Climatically the area is unique, the temperature ranges between -4°C and 32°C. Maximum rainfall occurs in the months of July and August. Frequent snowfall during winter occurs from December to March. The altitudinal sprawls, as well as climatic and pedological conditions of this area have resulted into highly diversified vegetation. The distribution of different species follows fairly regular altitudinal stratification. The area is facing various anthropogenic pressures. Due to this, the vulnerability of the floristic elements including medicinal plants is increasing day by day.

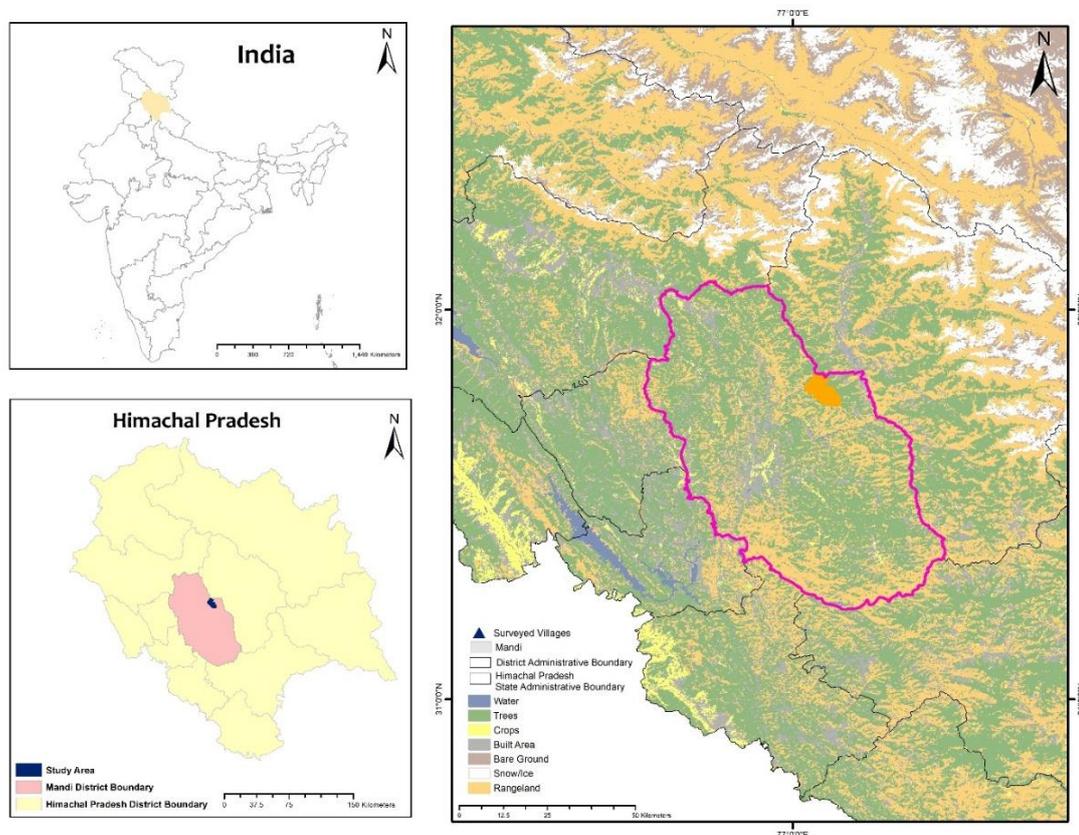


Fig. 1. Map of Study Area.

B. Assessment of Resource Utilization Pattern

The twelve villages namely, Kandhi, Chorinala, Chowki, Tihari, Bambola, Solang, Halgarh, Baagi, Sheghali, Kaafalgalu, Sandoa, and Kundhakh, situated around the Baagi and Munjhag Catchments, were selected for a survey aimed at gathering data on the utilization patterns of medicinal plants by local inhabitants. Interviews were conducted with ten informed individuals and local *Vaidhyas* from each village. In the village, a specialist was hired to investigate and gather information on the plant species utilized for medicinal purposes from their natural environments. Data regarding local names, altitudinal range, life form, part(s) used, and use values, including indigenous knowledge and practices, was collected. Samples of unidentified species were brought to the institute for identification. On spot and laboratory identifications of medicinal plants were done using local and regional floras (Singh, 2018). The botanical names of the plants and their families were confirmed through multiple online resources, including www.theplantlist.org, <http://www.flowersofindia.net>, www.efloras.org, and The World Flora Online. The indigenous uses were primarily gathered from the surveys, and also information on indigenous uses has also been updated through secondary sources (Jain, 1991). Certain species of medicinal plants remain unused by local inhabitants, yet their medicinal applications were recognized from other areas within the state and the IHR. These species have also been added in the inventory of medicinal plants. The data was gathered and examined to assess the diversity, altitudinal distribution, and utilization pattern and indigenous knowledge (Samant *et al.*, 1998; Samant *et al.*, 2007a). For the external use, the part (s) were crushed, converted into paste and applied into the infected part. For internal use, the paste of the plant part(s) was mixed in water as per the requirement and given to the patient twice or thrice a day depending upon the illness (Samant *et al.*, 1998; Samant *et al.*, 2007a).

The species' nativity was identified (Anonymous, 1883-1970; Samant *et al.*, 1996), and endemism was determined based on the species' range (Dhar & Samant 1993). Species originating from or first documented in the Himalayan region, were classified as natives. Species confined distribution to the IHR were classified as endemics, whereas those that have expanded their distribution to adjacent Himalayan countries and Indian states were regarded as near endemics. In a broad sense (Senso Lato), near-endemic species of the IHR become endemic to the Himalayan region. Species threat categories were determined based on habitat choices, population size, distribution range, and use values, in accordance with IUCN standards (Ved *et al.*, 2003).

RESULTS AND DISCUSSION

A. Diversity and Distribution Pattern

A total of 580 species of medicinal plants were documented, comprising 535 angiosperms, 5 gymnosperms, and 40 pteridophytes. These species belong to 124 families and 375 genera. The dominant

families identified include Asteraceae (57 spp.), Lamiaceae (33 spp.), Rosaceae (27 spp.), Fabaceae (21 spp.), Ranunculaceae (20 spp.), Orchidaceae (18 spp.), Apiaceae (14 spp.), Polygonaceae (12 spp.), Poaceae and Euphorbiaceae (11 spp., each), Scrophulariaceae (11 spp.), Rubiaceae (10 spp.), Boraginaceae (08 spp.), Acanthaceae and Urticaceae (9 spp., each), Malvaceae (8 spp.), Gentianaceae, Brassicaceae, Berberidaceae, Caprifoliaceae, Caryophyllaceae and Solanaceae (7 spp., each), Caesalpiniaceae, Crassulaceae, Ericaceae, Liliaceae, and Verbenaceae (6 spp., each), Dioscoreaceae, Rutaceae, Primulaceae, Plantaginaceae and Onagraceae (5 spp., each) Fig. 2(a); Table 2. Among the genera, *Artemisia*, *Impatiens*, *Berberis*, *Rubus*, and *Pteris* (06 spp., each), *Arisaema*, *Clematis* and *Viburnum* (05 spp., each), *Potentilla*, *Erigeron*, *Galium*, *Hypericum*, *Plantago*, *Thalictrum*, *Adiantum*, *Asplenium*, and *Dryopteris* (04 spp., each), and *Viola*, *Rosa*, *Ranunculus*, and *Rhamnus* (03 spp., each), were identified as the dominant genera Fig. 2(b).

The highest diversity of medicinal plants among the total 580 species (Herb: 376; Shrub: 106; Tree: 57; Fern: 40; Climber: 1) was observed in the altitudinal zone of 2500-3000m, with a decline noted as altitude increased. Notable medicinal species found in the altitudinal zone of 2500-3000m include *Juniperus communis*, *Abies pindrow*, *Cedrus deodara*, *Strobilanthes wallichii*, *Acer acuminatum*, *Allium wallichii*, *Achyranthes bidentata*, and *Cyathula capitata*. In the altitudinal zone of 2000–2500m, significant species comprise *Pinus roxburghii*, *Barleria cristata*, *Dicliptera bupleuroides*, *Dicliptera paniculata*, *Strobilanthes tomentosa*, and *Achyranthes aspera*. The prominent medicinal plants found within the altitudinal range of 1180-2000m include *Justicia adhatoda*, *Justicia japonica*, *Peristrophe bicalyculata*, *Strobilanthes dalhousianus*, and *Acer oblongum*, among others. The distribution of species suggests that mid-altitudinal habitats support a greater diversity of medicinal plants, likely due to favourable ecological conditions and enhanced species adaptability in those elevation ranges.

A total of 236 species of medicinal plants were identified as native to the Himalayan region. The remaining species were classified as non-natives to the Himalayan region. Six (06) species were endemic to the IHR, while 90 species were considered near endemic to the IHR.

A total of 576 species have been classified as threatened, comprising 395 categorized as Least Concern (LC), 103 as Near Threatened (NT), 62 as Vulnerable (VU), 14 as Endangered (EN), and 2 as Critically Endangered (CR) *i.e.*, *Angelica glauca* and *Dactylorhiza hatagirea* Fig. 2(c).

B. Utilization Pattern and Indigenous Uses

Various part/s of medicinal plants were utilized in the treatment of ailments affecting different body systems, including the skin, digestive system, respiratory tract, joints and bones, liver, urinary system, eyes, and teeth. A total of 137 species were identified for gastrointestinal disorders, followed by 134 species for dermatological issues, and 128 species for

musculoskeletal and pain conditions. Respiratory ailments accounted for 91 species, while fever was represented by 63 species. Metabolic and endocrine disorders included 46 species, and nervous system and mental disorders comprised 44 species. Urinary and renal problems involved 39 species, cardiovascular and blood disorders had 32 species, and reproductive (gynaecological) issues were associated with 30 species. General health and tonic uses featured 26 species, and ophthalmic (eye) problems included 25 species. Venomous bites and stings, along with instances of poisoning, involved 19 species. Oral and dental issues (09 species) and ear-related concerns (06 species) Fig. 2(d). The complete breakdown of disease categories and the corresponding numbers of species is presented in Table 1. The Table 2 provides details on the indigenous uses of the species. For instance, among medicinal plants, the gall bladders of *Pistacia chinensis* have been utilized for tonic, as expectorant, and cough-relieving properties, as well as for treating asthma, fever, appetite issues, stomach irritability, chronic

pulmonary conditions, dyspepsia, vomiting, and diarrhoea. *Achillea millefolium* has been applied in treating colds, diphtheria, epilepsy, fever, gastric complaints, hysteria, piles, and toothache, while also serving as a stimulant, tonic, carminative, diuretic, and remedy for kidney stones and nasal congestion. *Podophyllum hexandrum* is recognized for its anticancer properties, hepatic stimulation, and purgative effects. *Dioscorea deltoidea* has applications in dysentery, piles, abdominal pain, wounds, burns, anaemia, and acts as an expectorant and sedative. The flowers of *Rhododendron arboreum* are used for dysentery, fever, headache, rheumatism, and wounds, among other conditions (Table 2).

The major parts utilized include leaf (150 species), followed by roots (113 species), whole plants (87 species), seeds (52 species), flowers (49 species), fruits (43 species), shoots/stems (31 species), branches/twigs (23 species), aerial parts (18 species), barks (16 species), tubers (11 species), and rhizomes (10 species) as illustrated in Fig. 2 (e).

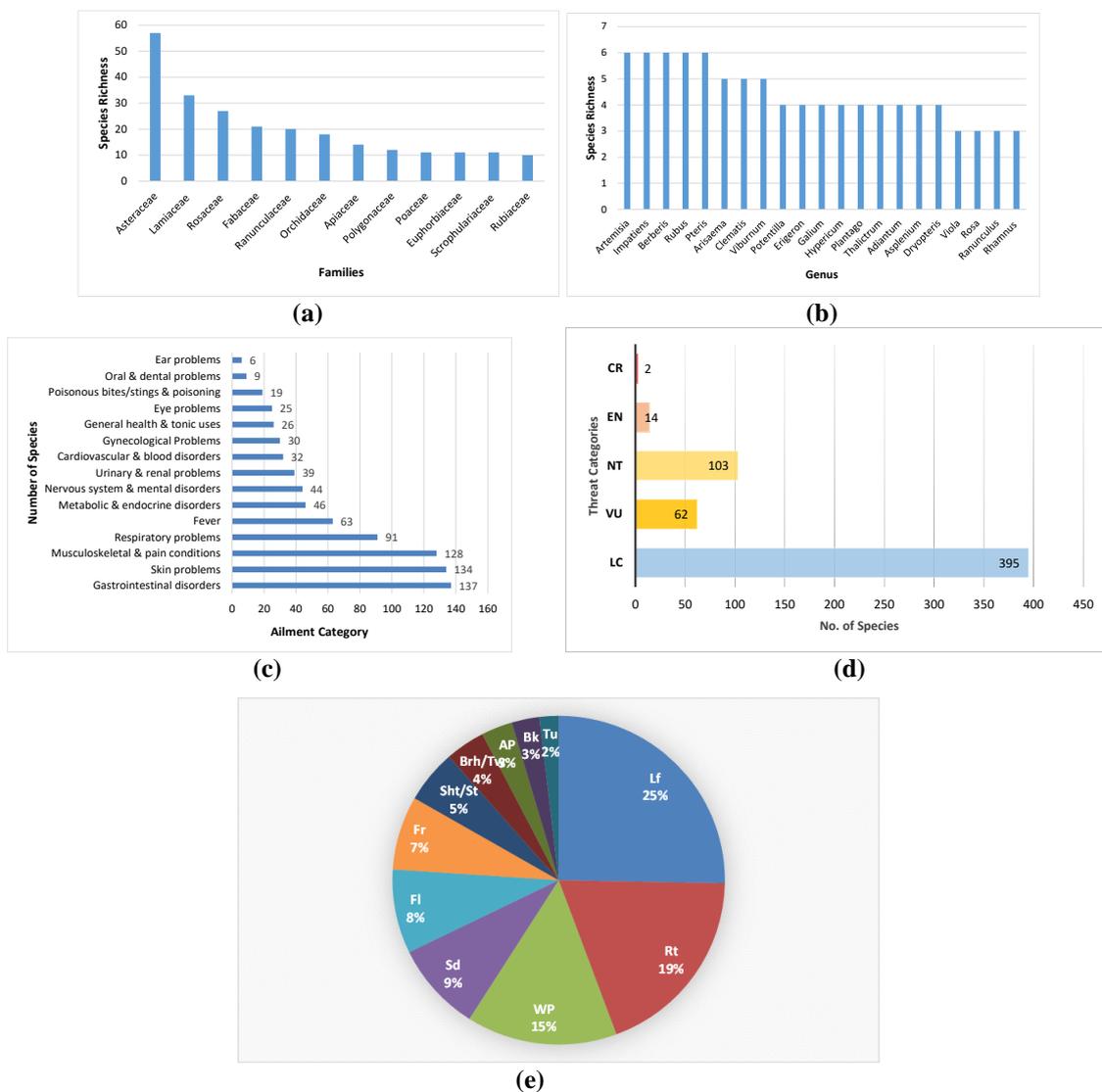


Fig. 2. (a) Dominant families of medicinal plants; (b): Dominant Genera of Medicinal plants; (c): Utilization pattern of medicinal plants in different ailments; (d): Threatened medicinal plants; and (e): Plant parts used in different ailments (AP=Aerial Part; Tw=Twig; Sht=Shoot; St=Stem; Rh=Rhizome; Brh=Branch; Bk=Bark; Lf= Leaves; Sd=Seed; WP=Whole Plant; & Tu=Tuber).

Table 1: Patterns of therapeutic plant use for various illnesses in Baagi and Munjhag catchments of Mandi district in Himachal Pradesh, North Western Himalaya.

Ailments/medicinal properties	No. of species	Ailments/medicinal properties	No. of species	Ailments/medicinal properties	No. of species
Dysentery	76	Insomnia	5	Fungal infections	2
Tonic	54	Flatulence	5	Night blindness	2
Diuretic	44	Dropsy	5	Dislocation of joints	2
Swelling	27	Nervine	5	Antilithic	2
Sores	27	Bodyache	5	Hemostatic	2
Cuts	26	Vermifuge	5	Tootache	2
Astringent	25	Detoxification	5	Food poisoning	2
Infections	25	Ringworm	5	Parasitic infections	2
Snake bite	24	Antispasm	5	Pectoral complaints	2
Piles	19	Cramps	5	Hair problems	2
Arthritis	18	Leucoderma	5	Phthisis	2
Malaria	16	Hepatitis	5	Nerve tonic	2
Vomiting	15	Scurvy	4	Typhoid	2
Antioxidant	15	Hepatic	4	Emmenagogue	2
Blood purifier	15	Abscess	4	Tumours	2
Antidote	15	Rheumatoid	4	Decoction	2
Antiseptic	12	Convulsions	4	Neuralgia	2
Febrifuge	12	Abortifacient	4	Neurological disorders	2
Bleeding	12	Antimicrobial	4	Haemoptysis	2
Sore throat	12	Stomach problems	4	Conjunctivitis	2
Expectorant	12	Appetizer	4	Dandruff	2
Cholera	12	Sciatica	3	Scalds	2
Dyspepsia	12	Influenza	3	Respiratory diseases	2
Laxative	12	Bruises	3	Spleen complaints	2
Leprosy	10	Anthelmintic	3	Wormicide	2
Eczema	10	Styptic	3	Leucorrhoea	2
Antibacterial	10	Nausea	3	Blisters in mouth	2
Stimulant	9	Menstruation	3	Lumbago	2
Aphrodisiac	9	Pulmonary infection	3	Body swelling	2
Sprain	9	Antidote in snake bite	3	Anxiety	2
Purgative	9	Stomachic	3	Acne	2
Veterinary diseases	9	Digestive problems	3	Anti-viral	2
Emetic	8	Mouth sores	3	Carbuncle	2
Antipyretic	8	Anaemia	3	Weakness	2
laxative	8	Cystitis	3	Rhinitis	2
Pneumonia	7	Dermatitis	3	General tonic	2
Insect bite	7	Mastitis	3	Warts	2
Injuries	6	Debility	3	Vulnerary	2
Hysteria	6	Bowel complaints	3	Anti-rheumatic	2
Blisters	6	Emollient	3	Obesity	2
Carminative	6	Ophthalmia	3	Contraceptive	2
Scabies	6	Sinusitis	3	Muscular swellings	2
Urine complaint	6	Bone fractures	3	Antiperiodic	2
Pimples	6	Antifungal	2	Lung diseases	1
Tuberculosis	6	Anti-arthritis	2	Nose bleeding	1
Gastric complaints	6	Syphilis	2	Narcotic	1
Gout	6	Ointment	2	Lipid peroxidation agent	1
Diaphoretic	5	Galactagogue	2	Local anaesthetic	1
Fertility	5	Diarrhoea	2	Muscle rigidity	1

Table 2: Diversity, Distribution, Indigenous Uses, Nativity, Endemism and Status of Medicinal Plants in Baagi and Munjhag Catchments, Mandi District, Himachal Pradesh, North Western Himalaya.

Family/ Taxa	Vernacular Name	Altitudinal range(m)	LF	Part (s) Used	Nativity	End	Threat Status	Indigenous Uses
Angiosperms								
Acanthaceae								
<i>Barleria cristata</i> L.	--	1180-2200	H	WP	Ind Or Burma	--	LC	Anaemia, body pain, headache, swelling in legs, toothache
<i>Dicliptera bupleuroides</i> Nees	--	2000-2500	H	WP, Lf	Ind Or	--	LC	Snakebite, wounds, stomach disorders, fever, and bone fractures, digestion, blood purification, and treating colds and infections
<i>Dicliptera paniculata</i> (Forssk.) I. Darbysh.	Atrilal, Kakajangha	1180-2200	H	St, Lf, Rt	Afr, Arab, Ind Or Temp Trop As Min	--	LC	Antibacterial agent, treat eye infections, anti-inflammatory, analgesic, and antipruritic properties
<i>Justicia adhatoda</i> L.	Basuti	1180-1500	Sh	Rt, Fr	As Trop	--	LC	Anthelmintic, antipyretic, Sedative, antiseptic, antispasm, asthma, constipation and Malaria
<i>J. japonica</i> Don	--	1300-2000	H	Rt, Fr	As et Afr Trop	--	LC	Asthma, boils, child birth and
<i>Peristrophe bicalyculata</i> (Retz.) Nees	Kali aghedi	1180-1600	H	WP	As et Afr Trop	--	NT	Eye disorder, fracture, sprain
<i>Strobilanthes dalhousianus</i> C.B. Cl.	--	1180-1900	H	Rt, Lf, AP	Reg Himal	--	LC	Anti-inflammatory, analgesic, and anti-arthritic properties
<i>Strobilanthes tomentosa</i> (Wall. ex Nees) J.R.I. Wood	--	1180-2200	Sh	Rt, Rh, St, Lf	Ind Or	--	NT	Detoxification, fever reduction, and inflammation, various epidemic diseases and antipyretic
<i>Strobilanthes wallichii</i> Nees*	Dhuda	2000-2800	H	St, Lf	Reg Himal	--	VU	Anti-inflammatory, antimicrobial, and wound healing properties
Aceraceae								
<i>Acer acuminatum</i> Wall. ex D. Don*	Mandru	2900-3000	T	Lf, Br	Reg Himal	--	LC	Treating rheumatism, eye diseases, and pain
<i>Acer oblongum</i> Wall. ex DC.	Parange	1400-1950	T	Lf, Rt, Sd, Br	Reg Himal	--	VU	Rheumatism, bruises, hepatic disorders, eye disease, and pain
Agavaceae								
<i>Agave angustifolia</i> Haw.	Ramban	1300-1600	H	Lf, Rt	Mexico	--	LC	Anti-inflammatory and Anti-arthritic
Alliaceae								
<i>Allium wallichii</i> Kunth	--	2500-3000	H	Blb, AP	Reg Himal	--	EN	Cholera, dysentery, cough, cold and altitude sickness
Amaranthaceae								
<i>Achyranthes aspera</i> L.	Puthkanda	1180-2500	H	WP	Geront Trop	--	LC	Asthma, boils, bronchitis, cold, cough, dysentery, germicide, headache, laxative leucoderma, piles, pneumonia, rheumatism, scabies, skin diseases, sore, stomachache, tonic, toothache, whooping cough, wounds and veterinary diseases
<i>Achyranthes bidentata</i> Bl.	Puthkanda	1180-2600	H	WP	As Trop	--	LC	Blisters in mouth, cholera, scorpion sting and swelling, whooping cough
<i>Aerva sanguinolenta</i> (L.) Bl.	--	1180-1200	H	Lf, Fl, WP	Java	--	VU	Wound healing, anti-inflammatory, diuretic, rheumatic arthritis and pain
<i>Amaranthus spinosus</i> L.	Sariyara	1500-2500	H	Lf, Rt	Am Bor	--	LC	Laxative, diuretic, antipyretic, jaundice and vomiting
<i>Cyathula capitata</i> Moq.	--	1200-2600	H	Rt	Reg Himal	--	NT	Promote blood circulation, remove blood stasis, and enhance diuresis, primarily for conditions like menstrual problems, rheumatism, and pain
<i>Cyathula tomentosa</i> (Roth) Moq.	--	1180-2400	H	Rt, Lf	Reg Himal	N E	NT	Skin diseases
<i>Deeringia amaranthoides</i> (Lam.) Merr.	--	1180-1400	Sh	Rt, Lf	As et Afr Trop	--	VU	Fever, rheumatism, sores and dysentery
Anacardiaceae								
<i>Brucea javanica</i> (L.) Merr.	Titri	1200-2500	T	Fr, Sd, St, Tw	Reg Himal China	--	LC	Intestinal inflammation, diarrhoea, malaria, and cancer
<i>Cotinus coggygria</i> Scop.	Chulli	1180-1800	Sh	Fr, Fl	Reg Mediter Or Reg Himal China	--	LC	Astringent
<i>Lannea coromandelica</i> (Houtt.) Merr.	--	1180-1300	T	Bk, Lf	Ind Or	--	LC	Astringent, bruises, skin eruptions, heart diseases, dysentery, mouth sores, toothache, local swelling and pains
<i>Pistacia chinensis</i> ssp. <i>integerrima</i> (J. L. Stew.) Rech. f.	Kakare	1180-2200	T	Fr	Reg Himal Aegypt Persia	--	LC	Tonic, expectorant, cough, asthma, fever, appetite, irritability of the stomach, chronic pulmonary affection, dyspeptic, vomiting & diarrhoea
<i>Rhus chinensis</i> Mill.	Titri Tittar	1180-2500	T	Fr, Wd	Reg Himal China Ins Sandvic	--	LC	Gastric problem, skin diseases
<i>Searsia parviflora</i> (Roxb.) F.A. Barkley	-	1180-1350	Sh	Fr, St, Br, Lf, Rt	Reg Himal	--	LC	Stomach disorders, anxiety, insomnia, epilepsy, and rheumatoid arthritis
<i>Toxicodendron wallichii</i> (Hk. f.) Kuntze	Rikhad	1500-2400	T	Lf	Reg Himal	--	VU	Skin conditions, paralysis, and arthritis
<i>Toxicodendron succedaneum</i> (L.) Kuntze	Kakad	2000-2400	T	Br, Lf, Fr, Rt	Himalaya to Temp. E. As, N, Sumatera	--	VU	Diarrhea, dysentery and phthisis
Apiaceae								
<i>Angelica glauca</i> Edgew.	Chaura	2000-2800	H	Rh, Rt	Reg Himal	E	CR	Dysentery, gastric complaints, menorrhoea, stomach complaints, vomiting, dyspepsia, constipation and asthma
<i>Bupleurum candolii</i> Wall. ex DC.*	-	2700-3000	H	Rt	Reg Himal	--	LC	Coughs, fevers and influenza
<i>Bupleurum atroviolaceum</i> (Schulz) Nasir*	-	2100-3000	H	Rt	Pak	--	VU	Colds, fever, chest pain, irregular menstruation and regulating metabolism
<i>Bupleurum falcatum</i> L.	Jangli Jeera	1180-3000	H	Rt	Europe Oriens As Bor Reg Himal	--	LC	Abdominal inflammation, fever, liver complaints
<i>Bupleurum hamiltonii</i> Balakr.	-	1900-2500	H	Rt	Reg Himal	--	NT	Treating respiratory infections, fevers, fatigue, and digestive issues
<i>Bupleurum lanceolatum</i> Wall. ex DC.*	-	2000-2600	H	WP	Reg Himal	--	LC	Fever, pain, liver problems, and inflammation
<i>Bupleurum longicaule</i> Wall. ex DC.	-	1400-2800	H	Rt	Reg Himal	--	LC	Fever, pain, inflammation, liver-related issues, respiratory infections and digestive problems
<i>Centella asiatica</i> (L.) Urb.	Brahmi	1300-1600	H	Lf, WP	Reg Trop et	--	LC	Wound healing, improved memory and

					Sub Trop			treatment of skin conditions
<i>Hydrocotyle javanica</i> Thunb.	Mahagotukola	1180-2500	H	Lf	Java	--	LC	Dysentery, indigestion and fever
<i>Ligusticopsis wallichiana</i> (DC.) Pimenov & Kljuykov	Matoshal	2600-3000	H	WP	Reg Himal	--	VU	Incense, insecticidal, nervine tonic and sedative
<i>Pimpinella diversifolia</i> DC.	--	1200-3000	H	Rt	Reg Himal	--	LC	Cold, cough and digestive disorder
<i>Pimpinella acuminata</i> (Edgew.) C.B.Cl.	--	1800-3000	H	Rt, AP	Reg Himal, Ind, NE Pak	--	LC	Antioxidant and antimicrobial agent
<i>Sanicula elata</i> Buch.-Ham. ex D. Don	--	1800-3000	H	WP	Reg Himal	--	LC	Detoxification, hemostasis (stopping bleeding), and treating throat pain
<i>Selinum vaginatum</i> (Edgew.) Cl.	Matoila	2600-3000	H	Rt	Reg Himal	--	LC	Neurological disorders, epilepsy, hysteria and convulsions
Araceae								
<i>Acorus calamus</i> L.	Bare, Bauch	1300-2200	H	Rh, Lf	Reg Bor Temp	--	VU	Analgesic, antipyretic, tonic, anti-obesity, and healing purposes, skin diseases, neurological, gastrointestinal, respiratory and several other health disorders
<i>Arisaema flavum</i> (Forsk.) Schott	Kida alu	2400-3000	H	Bb	Arab		LC	Skin disease
<i>Arisaema intermedium</i> Bl.*	Kida alu	2000-3000	H	Bb	Reg Himal		LC	Ringworm and skin diseases
<i>Arisaema jacquemontii</i> Bl.*	Kida alu	1600-3000	H	Bb	Reg Himal		NT	Ringworm and other skin diseases
<i>Arisaema propinquum</i> Schott	Kida alu	2400-3000	H	Rh	Reg Himal	--	LC	Rheumatism, stomach aches and snake bites
<i>Arisaema tortuosum</i> (Wall.) Schott	Kida alu	1180-3000	H	WP	Reg Himal	--	LC	Veterinary diseases
<i>Colocasia affinis</i> Schott		1200-1700	H	Corn/Rt	Reg Himal	--	NT	Anti-inflammatory and Antiseptic
<i>Remusatia vivipara</i> (Roxb.) Schott	Lalkand	1180-2000	H	Tb	Reg Himal	--	VU	Breast cancer, inflammation, arthritis, analgesic, antioxidant, wound healing, mastitis, abscesses, and swellings
Araliaceae								
<i>Aralia cachemirica</i> Dcne.	--	2500-3000	H	Rt	Reg Himal	N E	VU	Dysentery, gastric complaints and vomiting
<i>Hedera nepalensis</i> Koch.	Mathodi, Grumru	1180-2500	Sh	Fr, Lf	Europe Afr Bor As Temp	--	LC	Cold, cough, stimulant, diaphoretic, cathartic and rheumatism
Areaceae								
<i>Chamaerops humilis</i> L.	Khajara	1180-1500	T	Rt, Lf, Fr	Ind Or		LC	Essential oil has asantibacterial, anticholinesterase, antidiabetic, antilithiasic, anti-inflammatory, antitumoral, antioxidant, antityrosinase, and antihyperlipidemic activities
Apocynaceae								
<i>Marsdenia lucida</i> Edgew. ex Madden	--	2000-2500	Sh	WP	Reg Himal	--	LC	Anti-inflammatory, anti-viral and anti-carcinogenic
<i>Marsdenia roylei</i> Wt.	--	2000-2500	Sh	Rt, St	Reg Himal	--	LC	Gonorrhoea, gastric troubles and peptic ulcers
Aristolochiaceae								
<i>Aristolochia dilatata</i> (Hk.f.) N.E.Br.	Kiramar	1180-2500	H	Lf, Rt	Reg Himal	--	VU	Inflammation, pain and snakebites
Asclepiadaceae								
<i>Asclepias curassavica</i> L.	--	1180-1200	Sh	Rt, Lf, WP, Fl	Am Austr	--	NT	Skin ulcers, wounds and dysentery
<i>Ceropegia wallichii</i> Wt.	--	2500-2900	H	Tu, Sd	Reg Himal	--	NT	Deafness, urinary stones and as a nerve tonic
<i>Cryptolepis buchananii</i> Roem. & Schultes	--	1300-1800	Sh	St, WP	Ind Or	--	NT	Inflammation, arthritis and muscle and joint pains and rickets
Asparagaceae								
<i>Asparagus filicinus</i> Buch.-Ham. ex D. Don	Sansarpali	1500-2700	Sh	Tu, AP	Reg Himal Burma	--	LC	Urinary problems
<i>Asparagus racemosus</i> Willd.	Sansarpali	1300-1700	H	Tu	Ind Or Afr Trop Austr	--	EN	Antihelminthic, aphrodisiac, rheumatism, bleeding from nose, cough, dysentery, febrifuge, gastric complaints, gonorrhoea, headache, menstrual complaints, snake bite, stomachache, tonic and urine complaints
Asteraceae								
<i>Achillea millefolium</i> L.	Fye Gandana	1800-3000	H	WP	Europe	--	LC	Cold, diphtheria, epilepsy, fever, gastric complaints, hysteria, piles, stimulant, tonic, toothache, ulcer, carminative, tonic, stimulant, diuretic, kidney stones, nasal congestion and stomach diseases
<i>Ageratina adenophora</i> (Spreng.) R.M. King & H. Rob.	--	1400-3000	Sh	Lf	C Amer Mexico	--	LC	Cuts, injuries, wounds and stomachache
<i>Ageratum conyzoides</i> L.	Visadoori	1180-2000	H	Lf, Rt, Sd, Fr, Fl	Reg Trop	--	LC	Antilithic for kidney stone, antiseptic, boils, burns, cancer, cuts, diarrhoea, headache, leprosy, muscular pain, piles, ringworm, scabies, snake bite, sores, swellings, tumor, uterine disorders, hair problems and wounds
<i>Ainsliaea aptera</i> DC.	Durwa	2000-3000	H	Rt	Reg Himal	N E	LC	Stomachache
<i>A. latifolia</i> (D. Don) Sch.-Bip.	--	2000-3000	H	Rt	Reg Himal	--	LC	Colic
<i>Anaphalis contorta</i> Hk. f.	--	1800-3000	H	Fl	Reg Himal	--	LC	Antibacterial and checks bleeding
<i>A. triplinervis</i> (Sims.) Cl.	--	1500-3000	H	WP, Lf	Reg Himal	--	LC	Diuretic
<i>Artemisia absinthium</i> L.	-	2200-3000	H	Lf, Fl	Europ	--	LC	Antihelminthic, digestive aid, and in the preparation of absinthe
<i>Artemisia indica</i> Willd.	Nagdauna	2000-2500	H	Lf, Fl, Rt	Ind Or, As	--	LC	Nervous disorders, asthma, and wounds
<i>Artemisia japonica</i> Thunb.	-	1180-2500	H	Lf	Japon		LC	Decoction, treatment of vaginitis, skin diseases
<i>Artemisia nilagirica</i> (Cl.) Pamp.	Kubsh	1180-3000	H	Lf, Rt, Sd	Reg Temp Bor	--	LC	Abscess, analgesic, Antihelminthic, antiseptic, asthma, ear complaints, epilepsy, febrifuge, headache, nervous disorders, skin diseases, sores, stomachache, tonic and wounds
<i>A. roxburghiana</i> Wall. ex Besser	Drubaha	2000-3000	H	Lf	Reg Himal	N E	VU	Pimple and sores
<i>Artemisia vestita</i> Wall. ex DC.	-	2000-2600	H	Lf	Reg Himal China	--	LC	Wound healing, anti-inflammatory, and antimicrobial effects
<i>Aster mollisculus</i> (Lindl. ex DC.) C.B. Cl.	Mulaayam Tara Phool	2000-2500	H	Lf, Fl	Reg Himal	--	LC	Amenorrhoea
<i>Aster verticillatus</i> (Reinw.) Brouillet, Semple & Y.L.Chen	--	1750-2750	H	Fl, Rt	Java	--	LC	Respiratory issues, digestive problems, and anti-inflammatory
<i>Bidens bipinnata</i> L.	-	2000-2500	H	Lf, Rt, Sd	Reg Trop	--	LC	Malaria, diarrhoea, dysentery, infections, laryngeal and bronchial diseases
<i>Bidens pilosa</i> L.	-	1500-2200	H	WP	Ind Occ Am	--	LC	Cough, cuts, ear and eye complaints, headache,

					Austr			inflammation, leprosy, skin diseases, snake bite, sores and wounds
<i>Blumea laciniata</i> (Roxb.) DC.	-	1300-2000	H	Lf	Ind Or Malaya China	--	LC	Eczema and skin disease
<i>Carpesium nepalense</i> Less.	-	2000-2900	H	Fr, AP	Europ As Temp		LC	Liver inflammation, skin infections and parasitic infections
<i>Centipeda minima</i> (L.) A.Br. & Asch.	-	1300-1700	H	WP, Lf	As et Austr Trop Ins Pacif	--	NT	Sinusitis, rhinitis, headaches, allergies, anti-inflammatory, anti-cancer and antiviral
<i>Cirsium verutum</i> D. Don	-	1180-2200	H	Rt	Reg Himal	--	LC	Urinary trouble, fever, stomach disorders, nosebleeds and throat aches
<i>Cirsium wallichii</i> DC.	Bungsee, Tee cho	1800-2500	H	WP	Reg Himal	N E	LC	Swelling, headache and pneumonia
<i>Conyza japonica</i> (Thunb.) Less. ex Less.	--	1180 - 1800	H	Lf, AP	Ind Mal	--	LC	Pneumonia, pleurisy, laryngitis, keratitis, dysentery, hepatitis, malaria, rheumatism, and sore throats, ringworm, skin infections, hemorrhages, gonorrhoea, and bleeding piles
<i>Erigeron bellidioides</i> Benth.*	-	1200-2500	H	WP	Reg Himal		LC	Blood purifier
<i>Erigeron bonariensis</i> L.	--	1180-1700	H	Lf	Am Austr	--	LC	Rheumatism, mouth, throat and skin diseases
<i>E. multiradiatus</i> (DC.) Cl.	--	1180-2200	H	WP	Reg Himal	--	LC	Tonic, renal and stomach pain
<i>Erigeron trilobus</i> (Decne.) Boiss.	-	1180-2200	H	WP	Ind Or Afr Trop	--	LC	Balm for sores, eye medicine for dimness of sight, and as an astringent, diuretic and aid for kidneys or gout
<i>Galinsoga parviflora</i> Cav.	--	1500-2500	H	Lf	Mexic North Am	--	LC	Snake bite and Bleeding
<i>Gerbera gossypina</i> (Royle) Beauv.*	-	1500-3000	H	Rt	Reg Himal	--	LC	Blood pressure and gastric disorders
<i>Gnaphalium affine</i> D. Don	Dhoop	1500-3000	H	WP	Reg Magell	--	LC	Antiperiodic, antitussive, expectorant, febrifuge, influenza, sore throat, productive coughing, rheumatoid arthralgia, traumatic injuries, leucorrhoea, seminal emissions, hives and weeping pruritis of the skin
<i>Gnaphalium hypoleucum</i> DC.	Brunn	1200-2500	H	WP	As Trop	--	LC	Cuts and wounds
<i>Hieracium lachenalii</i> Suter	--	2000-2500	H	Rt, Lf, WP	Eur	--	NT	Digestive issues, liver ailments, and respiratory problems
<i>Jacobaea analoga</i> (DC.) Veldkamp		2500-3000	H	WP	Reg Himal	--	LC	Inflammation of the mouth and sore throat
<i>Jurinea heteromalla</i> (D. Don) N.Garcia, Herrando & Susanna		2200-2800	H	Sd, Lf, Rt	Reg Himal	N E	LC	Carminative, wounds and colic
<i>Laphangium affine</i> (D. Don) Tzvelev	--	1900-2600	H	Rt	Reg Magell	--	LC	Medicinal (Roots used as chest medicine)
<i>L. luteo-album</i> (L.) Tzvelev	Gorbagare	1180-2500	H	Lf	Cosmop	--	LC	Skin diseases, wounds and postnatal care
<i>Lactuca lessertiana</i> (Wall. ex DC.) Wall. ex C.B.Cl.	Dhudhla	2000-3000	H	Lf, St	Reg Himal	--	LC	Cold, digestion and skin problems
<i>Melanoseris macrorhiza</i> (Royle) N. Kilian	-	1800-3000	H	Lf, Fl	Reg Himal	--	LC	Treat fever from poisoning and liver/bile disorders
<i>Myriactis wallichii</i> Less.	--	2000-3000	H	WP	Reg Himal As Centr	--	LC	Rejuvenating tonic, styptic, aphrodisiac, and antioxidant, with cooling properties to treat bleeding, fever, phthisis, and burning sensations
<i>Pseudognaphalium hypoleucum</i> (DC.) Hilliard & B.L. Burt.	Goi phul, Brunn	1180-2200	H	WP	As Trop	--	LC	Cuts and wounds
<i>Parthenium hysterophorus</i> L.	Gajar ghas	1180- 1600	H	Lf, Fl, Rt, St	Amer Bor et Austr	--	LC	Skin infections, dermatitis, eczema, herpeticum, amoebic dysentery, tuberculosis, ague, rheumatism, neuralgia and pest control
<i>Saussurea deltoidea</i> (DC.) Sch.-Bip.	-	2800-3000	H	Rt, Lf	Reg Himal	--	NT	Respiratory problems, cardiovascular disease, and stomach issues
<i>Saussurea fastuosa</i> (Decne) Sch.-Bip.*	-	2800-3000	H	Rt	Sibir	--	NT	Coughs, colds, stomach problems and rheumatism
<i>Synotis cappa</i> (Buch.-Ham. ex D. Don) C. Jeffrey & Y.L. Chen	-	2400-2800	H	Lf, Rt	Reg Himal	--	NT	Indigestion, vomiting, biliousness, abdominal pains, and throat problems
<i>Senecio graciliflorus</i> DC.	-	2000-3000	H	Lf	Reg Himal	--	LC	Skin rashes and eruptions
<i>Senecio laetus</i> Edgew.	--	2400-3000	H	WP	Reg Himal	--	LC	Body swelling, sore throat, debility, antibacterial and antioxidant properties
<i>Sigesbeckia orientalis</i> L.	--	2400-3000	H	AP	As, Afr, Austr	--	LC	Arthritis, joint pain, and muscle pain
<i>Solidago virga- aurea</i> L.	--	1800-2800	H	WP	Reg Bor Temp	--	LC	Anthelmintic, antifungal, anti-inflammatory, carminative and diuretic, febrifuge
<i>Sonchus asper</i> L.	--	1180-2000	H	Lf	Cosmop	--	LC	Cuts and wounds
<i>S. oleraceus</i> L.	--	1180-1800	H	Lf	Cosmop	--	--	Febrifuge, jaundice, galactagogue, liver complaint and tonic
<i>Synotis alata</i> (Wall. ex DC.) C. Jeffrey & Y.L. Chen	-	2700-3000	H	Lf, Rt	Reg Himal	--	LC	Skin infections, as a laxative and for other ailments
<i>Synotis rufinervis</i> (DC.) C. Jeffrey & Y.L. Chen	--	2100-3000	Sh	Fl, Sd	Reg Himal	--	NT	Digestive disorders
<i>Tagetes minuta</i> L.	Jangli Genda	1180-2500	H	WP, Lf, Fl, Sd	Subtrop, Tro p Amer	--	LC	Herbal tea, skin treatments, digestive issues, colds and coughs
<i>Taraxacum campyloides</i> G.E. Haglund	--	1180-2800	H	WP	Am Trop	--	LC	Blisters, blood purifier, bowel complaints, diuretic, dysentery, gastric, ulcer, headache, kidney diseases, liver complaints, tonic and wounds
<i>Taraxacum officinale</i> (L.) Weber ex F.H. Wigg	Kanphul	1180-2100	H	WP	Reg Temp Bor et Austr	--	LC	Blisters, blood purifier, bowel complaints, diuretic, dysentery, gastric, ulcer, headache, kidney diseases, liver complaints, tonic, wounds
<i>Xanthium strumarium</i> L.	-	1600-2100	H	Fr, Sd	Cosmp	--	LC	Rhinitis, sinusitis, headaches, arthritis, anti-inflammatory, antibacterial and antifungal
Balsaminaceae								
<i>Impatiens amphorata</i> Edgew.	Tiltara	2000-3000	H	St, Rt, Fl	Reg Himal	--	LC	Skin afflictions, rheumatism, fractures, and fingernail inflammation
<i>Impatiens cristata</i> Wall.	Tiltara	2000-3000	H	St, Rt, WP	As Bor Or	--	LC	Lumbago, neuralgia, burns, scalds, rheumatism, fractures, superficial infections, bruises, beriberi and fingernail inflammation
<i>Impatiens glandulifera</i> Royle	--	2200-3000	H	Sd, Fl	Reg Himal	--	LC	Cooling and tonic
<i>I. racemosa</i> Hk. f.	--	1600-2700	H	Sd, AP	Reg Himal	N E	LC	Cough, cold and rheumatism
<i>I. scabrada</i> DC.	--	1180-2600	H	Sd, WP	Reg Himal	N E	LC	Mucilaginous substance of the stem used in abortion.
<i>I. thomsonii</i> Hk.f.	--	2000-3000	H	Fl, Lf	Reg Himal	--	VU	Skin conditions and insect bites
Begoniaceae								

<i>Begonia picta</i> Sm.	-	1180-2200	H	WP, Rt	Reg Himal	--	LC	Headaches, sore nipples, conjunctivitis, and peptic ulcers
Berberidaceae								
<i>Berberis aristata</i> DC.	Kasmal	1800-2800	Sh	WP	Ind Or	N E	VU	Antidote to snake bite, malaria and piles
<i>Berberis asiatica</i> Roxb. ex DC.	Kashambal	1200-2000	Sh	Rt, Br	Reg Himal	--	EN	Eye and ear diseases, rheumatism, jaundice and fever
<i>B. chitria</i> Lindl.	Kashmal	1600-2700	Sh	Rt,Fr,Sd,Br	Ind Or	--	VU	Peptic ulcers, Eye inflammations and Enteric infections
<i>B. glaucocarpa</i> Stapf	--	2100-3000	Sh	Rt, Br, Fr	Ind Or	--	EN	Diabetes, Antioxidant and Hypolipidemic
<i>B. kunawurensis</i> Royle	Kashmal	2600-3000	Sh	Lf, Fr	Ind Or	--	VU	Diabetes, arthritis, joint pain, stomach ulcers, jaundice and eye infections
<i>B. lycium</i> Royle	Kasmal	1180-2200	Sh	Rt, Fr	Reg Himal	N E	NT	Jaundice and eye diseases
<i>Podophyllum hexandrum</i> Royle	Bankakri	2600-3000	H	Rh	Reg Himal	E	EN	Anti-cancerous, hepatic stimulant and purgative
Betulaceae								
<i>Alnus nepalensis</i> D. Don	Kosh	1180-2500	T	Lf, Rt, Br	Reg Himal	--	LC	Dysentery, stomach ache, diarrhoea, cuts, and wounds
<i>Alnus nitida</i> (Spach) Endl.	Kosh	1180-2500	T	Lf, St	Reg Himal	N E	LC	Cuts, wounds and stomachache
<i>Betula alnoides</i> Buch.-Ham. ex D.Don	Shoed	1800-2500	T	Br, Lf	Reg Himal Japon	--	VU	Skin disinfectant, diseases of the blood and ear, convulsions, wound healing, bronchitis and leprosy
Boraginaceae								
<i>Cynoglossum glochidiatum</i> Wall.ex Benth.	Balraj	1200-3000	H	Rt	Ind Or Burma	N E	NT	Dyspepsia and digestive disorders
<i>Cynoglossum lanceolatum</i> Foressk.		1400-3000	H	Lf, Rt	Arab	--	LC	Diaphoretic, colic medicine for children, diuretic, expectorant, febrifuge, vermifuge and eye ailments
<i>Cynoglossum microglochis</i> Benth.	-	2500-3000	H	Lf, Rt	Reg Himal	--	LC	Cough, burns, wounds, ear infections, diuretic, expectorant, and vermifuge and eye ailments
<i>C. zeylanicum</i> (Vahl) Brand	--	1200-3000	H	Lf, Rt	Ind Or Malaya	--	LC	Asthma, cough and vomiting
<i>Eritrichium nanum</i> (L.) Schrad. ex Gaudin*	--	2600-3000	H	WP	Ind Or	--	LC	Facilitates children birth
<i>Hackelia uncinata</i> (Benth.) Fisher	-	2200-3000	H	Fl	Reg Himal	--	LC	Antitussive and expectorant, coughs, tumours in the womb, sores, wounds and swelling of the body
<i>Myosotis laxa</i> ssp. <i>caespitosa</i> (Schultz) Hyl. ex Nordh.	-	2400-2900	H	WP	Reg Bor Temp Or	--	LC	Astringent, ophthalmic properties, lotion for eye diseases and externally on wounds
<i>Trichodesma indicum</i> (L.) Lehm.	--	1180-1500	H	WP, Rt, Fl, Lf	Ind Or	--	LC	Anti-inflammatory, antimicrobial, anti-diarrheal, anti-spasmodic, anti-venom, corrosion inhibitor, and antimotile
Brassicaceae								
<i>Capsella bursa-pastoris</i> (L.) Medik.	--	1180-3000	H	WP	Reg Temp	--	LC	Diuretic, diaphoretic, emetic, emmenagogue, laxative rheumatism, lumbago and nervous disease
<i>Cardamine impatiens</i> L.	Ban laiyya	1800-2500	H	St	Asia, Africa; Europe; North America	--	LC	Tonic
<i>Crucihimalaya himalaica</i> (Edgew.)	-	2000-3000	H	AP	Reg Himal	--	LC	Ulcers, body pain, and inflammation
<i>Lepidium apetalum</i> Wild.	--	2500-2900	H	Sd	Russia Sibir	--	LC	Coughs, insomnia, edema, and diuretic
<i>Nasturtium officinale</i> R.Br.	-	1800-3000	H	Lf, Sd	Reg Bor Temp	--	LC	Urinary tract infections, bronchitis, and coughs
<i>Rorippa indica</i> (L.) Hiern	-	1800-2300	H	Lf, Sd	Ind Or China Malaya	--	NT	Diuretic, anti-inflammatory, and antifever
<i>Thlaspi arvense</i> L.	--	1180-2500	H	WP	Europe As Bor	--	LC	Wounds, cuts, Pulmonary infection and swelling
Caesalpinaceae								
<i>Bauhinia vahlii</i> Wt. & Arn.	Taur	1180-1300	Sh	Sd, Fr	Ind Or	--	NT	Antifertility, dysentery, fatness, stomachache and tonic
<i>Bauhinia variegata</i> L.	Kariyala/ Kachnar	1180-1500	T	Lf, Bk, Wd	Ind Or Burma China	--	LC	Antioxidant and anticancer activity
<i>Caesalpinia bonduca</i> (L.) Roxb.	--	1180-1400	Sh	Rt, Bk, Sd	Cosmop Trop	--	LC	Anthelmintic, stomachic, diuretic, anti-pyretic, febrifuge and expectorant
<i>Caesalpinia decapetala</i> Roth.	--	1180-2200	Sh	Sd, Rt, Br, Lf	As Trop	--	LC	Malaria, dysentery, and neuralgia
<i>Cassia mimosoides</i> L.	--	1180-1800	Sh	Rt, Lf, Pulp	Cosmop Trop		LC	Constipation, common cold, fevers, skin disorders and intestinal disorders
<i>Chamaecrista mimosoides</i> (L.) Greene	Patwa ghas	1180-1800	H	WP	Cosmop Trop	--	LC	Coughs, burns, colic pain, wounds, diarrhoea and antibacterial
Campanulaceae								
<i>Campanula pallida</i> Wall.	--	2800-3000	H	Lf, Fl, Rt, WP	Afg SC Chin, Indo- Chin	N E	LC	Expectorant, diuretic, pulmonary complaints, skin diseases, and abdominal problems
<i>Campanula latifolia</i> L.	-	2600-3000	H	Lf, Fl, Sh	Europ Or As Temp	--	VU	Coughs, tuberculosis and oral inflammation
Cannabaceae								
<i>Cannabis sativa</i> L.	Bhang	1180-2000	H	Lf, Bk, Sd, Fr, Fl, St	As Centr Reg Himal Bor Occ	--	LC	Anthelmintic, appetizer, bowel complaints, cold, cough, convulsions, cramps, epilepsy, cuts, dyspepsia, ear complaints, eye diseases, gonorrhoea, laxative, narcotic, nerve stimulant, piles, skin diseases, sleep pills and sores
Caprifoliaceae								
<i>Dipsacus inermis</i> Wall.	--	2000-3000	H	Lf	Reg Himal, Ind, E, As	N E	LC	Leucoderma, digestion, skin infection, wound and leaves infusion to treat Acne
<i>Morina longifolia</i> Wall. ex DC.*	-	2500-3000	H	St, Lf, Fl	Reg Himal	--	VU	Indigestion, vomiting, and nausea
<i>Viburnum cotinifolium</i> Don	Dab	1600-3000	Sh	Lf, Fr, Bk	Reg Himal	N E	NT	Menorrhoea
<i>V. erubescens</i> Wall. ex DC.		2000-3000	Sh	Lf, Fr, Sd	Reg Himal Ind Or	--	NT	Skin diseases, cough, scabies, liver cancer, burns, cuts, diarrhoea, dysentery, fever, stomachache, and wounds
<i>V. grandiflorum</i> Wall. ex DC.	Padara	2200-3000	Sh	Lf, Br, Fl	Reg Himal	N E	VU	Wounds, malaria, diuretic, coughs and colds
<i>V. mullaha</i> Buch.-Ham. ex Don		1600-2800	Sh	Fr, Sd, Br	Reg Himal		VU	Antioxidant and anti-inflammatory
<i>V. nervosum</i> D. Don	Tilnal	2200-3000	Sh	Lf, Br, Rt	Reg Himal	N E	NT	Fever, cough, wounds, scorpion bites and gonorrhoea

Caryophyllaceae								
<i>Arenaria serpyllifolia</i> L.	-	2000-2500	H	AP	Europe As	--	LC	Kidney and bladder problems, diuretic, antitussive, febrifuge properties, dysentery, bladder complaints, calculus troubles, and cystitis
<i>Cerastium glomeratum</i> Thuill.	--	1180-3000	H	Lf, St	Europe, W As, Cosmop	--	LC	Asthma, blood disorders, conjunctivitis, constipation, inflammation, dyspepsia, skin ailments and obesity
<i>Drymaria cordata</i> Edgew. & Hk.	--	1180-2100	H	WP	Cosmop Trop	--	LC	Asthma, burns, cold, dysentery, headache, hay fever, insect bites, laxative, sores, pneumonia, skin diseases, snake bite, stomachache, vomiting and wounds
<i>Gypsophila ceratoides</i> D. Don	--	1700-2700	H	WP	Reg Himal	N E	LC	Backache, bodyache, headache, renal pain and cough
<i>Silene edgeworthii</i> Bacq.*	-	2000-3000	H	Rt	Reg Himal	N E	LC	Colds, as an emollient, eye and skin problems, dysentery and anti-inflammatory
<i>Silene vulgaris</i> (Moench) Garcke	Gudhlu	1800-3000	H	Lf, Sht, Rt	Europ Or	--	LC	Dysentery, bronchitis, gastritis, and kidney/bladder problems
<i>Stellaria media</i> (L.) Vill.	Bariyala	1180-2000	H	WP	Reg Temp	--	LC	Bone fracture
Celastraceae								
<i>Euonymus tingens</i> Wall.	Chopru / Jamana	1700-2200	T	Rt, Bk, Lf	Reg Himal	--	EN	Dysentery, eye diseases, headache, chronic constipation and dyspepsia
<i>E. echinatus</i> Wall.	--	2000-2500	Sh	Rt, Lf, Fr, Br, Sd	Reg Himal	--	LC	Stimulant for sexual debility, eye problems, fevers, arthritis, neurological disorders, regulating menstruation, treating gynaecological diseases, diabetes and hypertension
Chenopodiaceae								
<i>Chenopodium album</i> L.	--	1180-2500	H	Lf, Sd	Reg Temp et Trop	--	LC	Revive taste, skin diseases and urine complaints
<i>Chenopodium botrys</i> L.	Sokana	1600-2200	H	Lf, Sd	Reg Bor	--	LC	Coughs, pectoral complaints, abdominal pain and antihelminthic
Combretaceae								
<i>Terminalia chebula</i> Retz.	--	1200-1600	T	Fr	As Trop	--	LC	Rejuvenative, laxative, astringent, piles, diarrhoea and dysentery
Commelinaceae								
<i>Commelina paludosa</i> Bl.	--	1180-2000	H	WP	Ind Or Malaya	--	LC	Insect stings
<i>Cyanotis cristata</i> (L.) D. Don	--	1500-2000	H	Rt, AP	Ind Or Malaya	--	LC	Veterinary diseases
Convolvulaceae								
<i>Cuscuta reflexa</i> Roxb.	Akash-Bel	1180-1400	H	Sh	Ind. Or	--	LC	Bilious disorders, bodyache, itchy skin and jaundice
<i>Evolvulus alsinoides</i> (L.) L.	Sankhpushpi	1180-1200	H	WP	AmphigTrop	--	LC	Bronchitis, leucoderma, epilepsy and ulcer
<i>Ipomoea carnea</i> Jacq.	-	1180-1200	Sh	Rt, Lf, Sd, St	Am Austr	--	LC	Anti-inflammatory, anti-fungal, hepatoprotective, anti-diabetic and wound-healing
<i>Ipomoea quamoclit</i> L.	Nagarbel	1180-1500	H	Lf, Sd, Rt	Amphig Trop	--	LC	Laxative, fever, piles, purgative and antidote
Coriariaceae								
<i>Coriaria nepalensis</i> Wall.	Fanai	1180-2000	T	St, Lf, Fr	Reg Himal China	--	NT	Emetic and laxative
Cornaceae								
<i>Alangium chinense</i> (Lour.) Harms.	-	1500-2200	T	Rt, Br, Lf, Fl	Ind Or China Japon	--	NT	Rheumatism, skin diseases, diabetes and snakebites
Crassulaceae								
<i>Crassula indica</i> Dene.	-	1800-2800	H	WP	Reg Himal	--	LC	Skin conditions, wounds and minor skin irritations
<i>Rhodiola heterodonta</i> (Hk. & Th.) A. Boriss.	--	2900-3000	H	AP	Reg Himal	N E	EN	Aphrodisiac, stomachache and intestinal disorder
<i>Rosularia adenotricha</i> (Wall. ex Edgew.) C.A. Jansson	-	2000-3000	H	Lf, Rt, St	Reg Himal	--	LC	Wound healing
<i>Rosularia rosulata</i> (Edgew.) H. Ohba	--	2000-3000	H	Lf	Reg Himal	--	LC	Skin disease
<i>Sedum ewersii</i> Ledeb.	--	2500-3000	H	Lf, St	Reg Himal Sibir Altaic	--	LC	Toothache and appetizer
<i>Sedum multicaule</i> Wall. ex Lindl.	--	1200-2500	H	Lf, St, Rt	Reg Himal Sibir Altaic	--	LC	Burns, scalds and sore throats
Cucurbitaceae								
<i>Cayaponia laciniosa</i> (L.) C. Jeffrey	Shivlingi	1180-1400	H	Rt, Sd	Ind Or	--	NT	Pregnancy, fever, cold and rheumatism
<i>Herpetospermum pedunculatum</i> (Ser.) C.B. Cl.	--	2000-2500	H	Sd, Rt, Prcp	Reg Himal China Myan Nep	--	NT	Anti-inflammatory, anti-inflammatory, anti-hepatitis B virus, anti-cholestatic and antioxidant
<i>Solena amplexicaulis</i> (Lam.) Gandhi	--	1180-2000	H	Fr	As Trop et Sub Trop	--	VU	Burns, diarrhoea, dysentery, fever, pneumonia, rheumatism, snake bite, vomiting
<i>Trichosanthes tricuspidata</i> Lour.	--	1180-2300	H	Lf, Rt, Sd, Fr	Cochinch	--	VU	Burns, diarrhoea, dysentery, fever, pneumonia, rheumatism, snake bite and vomiting
Cuscutaceae								
<i>Cuscuta europaea</i> L.		2500-3000	H	WP, Sd, St	Europ Or	--	LC	Vision, kidney and liver function, and treat stomach problems, bone fractures, chronic diarrhea, and heart issues
<i>Cuscuta reflexa</i> Roxb.	Akash bel	1180-2500	H	WP	Ind Or	--	LC	Bodyache, burns, cuts, nervine tonic, swelling of legs, veterinary diseases
Dioscoreaceae								
<i>Dioscorea belophylla</i> Voigt. ex Haines.	Tardi	1180-1800	H	Blb	Guiana	--	NT	Dysentery, syphilis, ulcers, leprosy, diabetes, asthma, and cancer, sore throat, boils, tumor Analgesic and anti-inflammatory, contraceptives
<i>D. bulbifera</i> L.	Tardi	1180-2000	H	Tu	As Trop	--	NT	Abdominal pain, boils, bone fracture, dysentery, piles, jaundice
<i>Dioscorea deltoidea</i> Wall. ex Griseb.	Shingali-Mingali	1600-3000	H	Tu	Ind Or	N E	EN	Dysentery, piles, abdominal pain, wounds, burns, anemia, expectorant and sedative
<i>Dioscorea melanophyma</i> Prain & Burkill	--	1500-2400	H	Tu	Reg Himal	N E	VU	Cough, cold, stomach ache, leprosy, burns, fungal infections, dysentery, skin diseases, rheumatism, arthritis, Haemoptysis, epistaxis, sexual vigor pharyngitis, goiter, scrofula, sprains, and injuries
<i>Dioscorea pentaphylla</i> L.	--	1180-2000	H	Tu	Ind Or Malaya	--	VU	Skin infections, Swellings, Intestinal colic, Biliary colic, Flatulence, Menstrual cramps, Rheumatoid arthritis, Fractured bones,

								Abdominal pain, Body weakness
Ehretiaceae								
<i>Ehretia acuminata</i> R.Br.	Bakli/ Bakaar/ Banchaula	1180-2000	T	Bk, Fr, Wd	As et Austr Trop	--	NT	Sores on tongue
Elaeagnaceae								
<i>Elaeagnus conferta</i> Roxb.	Geai	1180-1800	Sh	Fl, Fr	Ind Or	N E	NT	Sores, ulcer
Ericaceae								
<i>Gaultheria nummularioides</i> D.Don*	-	2100-3000	Sh	Lf	Reg Himal Java	--	LC	Heumatoid arthritis, anti-inflammatory and analgesic properties
<i>G. trichophylla</i> Royle	--	2000-3000	H	Lf, Fr	Reg Himal	--	LC	Cough, cold
<i>Lyonia ovalifolia</i> (Wall.) Drude	Airean, Ebran Allan, Anyar	1180-2800	T	WP	Reg Himal Japan	--	NT	Boils, pimples, skin diseases, wormifuge, wounds
<i>Rhododendron arboreum</i> Sm.	Brash, burans	1400-2700	T	Fl, Lf	Reg Himal	N E	NT	Dysentery, fever, headache, rheumatism, wounds
<i>Rhododendron campanulatum</i> D.Don *	Shargal	2600-3000	Sh	Lf, Fl, Rt, Tw	Reg Himal	N E	NT	Coughs, colds, headaches, fever, rheumatism, sciatica, skin diseases, throat pain, and body aches
<i>Rhododendron lepidotum</i> Wall. ex G. Don	Talshi	2700-3000	Sh	Lf, Fl	Reg Himal	--	VU	Headaches, pain, blood purification
Euphorbiaceae								
<i>Baliospermum solanifolium</i> (Burm.) Suresh	Danti	1180-1500	Sh	Lf, Sd, Rt	Ind Or Malaya	--	LC	Antihelminthic, alexiteric, diuretic, asthma and bronchitis
<i>Euphorbia hirta</i> L.	Dudhli	1180-1800	H	Wp	Amphig Trop		LC	Antidote in snake bite, asthma, boils of mouth, kidney disease, pain in joints, veterinary, bone fracture
<i>E. pilosa</i> L.	--	2000-3000	H	WP	Europe As Bor	--	LC	Fistular sores
<i>E. stracheyi</i> Boiss.	--	2600-3000	H	AP, La	Reg Himal	--	LC	Rheumatism
<i>Falconeria insignis</i> Royle	Dudhla	1180-1900	T	La	Ind Or	--	LC	Germicidal
<i>Jatropha curcas</i> L.	Safed arand	1180-1500	Sh	Lf, Sd	Afr. Trop	--	NT	Burns, wounds
<i>Leptopus cordifolius</i> Decne.	--	1180-2400	Sh	Lf, Fl	Reg Himal, Ind, NE Pak	--	LC	Antihyperlipidemic, Antioxidant, Analgesic and Anti-inflammatory
<i>Mallotus philippensis</i> (Lam.) Müll.-Arg	Kambal	1180-1500	T	Sd, Fr	As et Austr Trop	--	LC	Blisters, Boils, Skin diseases, Snake bite
<i>Phyllanthus emblica</i> L.	Aambla	1180-1400	T	Fr	As. Trop	--	NT	Cures digestive disorders, Fever, Inhance longevity, hair growth, Eye diorder, reduced blood glucose, strengthen the heart
<i>Ricinus communis</i> L.	Arand	1180-1600	Sh	Sd, Rt, Lf, Fr	Reg Trop	--	LC	Antidote, boils, burns, cholera, constipation, contraceptive, dysentery, gum troubles, headache, heat stroke, injury, intestinal worms, joint pain, laxative, muscular pain, purgative, sciatica, skin diseases, sores
<i>Falconeria insignis</i> Royle	Dudhla	1180-1400	T	La	Ind Or	--	LC	Germicide
Fabaceae								
<i>Abrus precatorious</i> L.	Rati	1180-1400	H	Sd, Lf, Rt	Ind Or Malaya	--	NT	Abortifacient, Cold, Cough, itching, tootache
<i>Astragalus chlorostachys</i> Lindl*	-	1500-2500	H	Rt	Reg Himal	--	NT	Adaptogenic, immunostimulant, and anti-inflammatory
<i>Butea monosperma</i> (Lam.) Taub.	Dhak	1200-1600	T	Sd, Fl, Bk, Lf	Ind Or Burma	--	VU	Cold, cough, fever, menstrual disorders, leucorrhea, boils
<i>Codariocalyx motorius</i> (Houtt.) H. Ohashi	--	1180-1600	H	Rt, Lf, Fr	As Trop	--	NT	Rheumatism, wounds
<i>Crotalaria albida</i> Roth.	--	1180-1800	H	Rt	Ind Or	--	LC	Purgative
<i>Dalbergia sissoo</i> Roxb. ex DC.	Tahli	1180-1600	T	Lf, Bk, Wd, Rt	Ind Or Afghanistan	--	LC	Astringent, gonorrhoea, skin diseases, boils
<i>Desmodium elegans</i> DC.	Chagla, Kathi	1180-2700	Sh	AP, Rt, Wd	Reg Himal China	--	LC	Epilepsy, carminative
<i>D. gangeticum</i> (L.) DC.	Chagla	1180-2200	Sh	WP	As Trop Austr	--	VU	Antidote to snake venom, asthma, bronchitis, cough, dysentery, eye infection, fever, tonic, vomiting
<i>D. microphyllum</i> (Thunb.) DC.	--	1180-2000	H	Rt	As Trop Austr	--	LC	Abortifacient
<i>Flemingia semialata</i> Roxb.	--	1180-1700	Sh	Rt, Lf	As Trop	--	LC	Ulcer, neck swelling
<i>F. strobilifera</i> (L.) W.T. Aiton	--	1180-2000	H	Rt, Lf	Ind Or Malaya	--	LC	Epilepsy
<i>F. fruticulosa</i> Wall. ex Benth.	--	1180-2000	Sh	Rt, Lf, FL	As Trop	--	LC	Epilepsy, dysentery, stomach ache, insomnia, and tuberculosis
<i>Indigofera heterantha</i> Wall. ex Brand.	Kali Kathi	1180-2800	Sh	Lf, Wd	Reg Himal	--	LC	Veterinary diseases, urinary problems
<i>I. hebetata</i> Benth. ex Baker	--	2000-3000	Sh	Lf	Reg Himal	--	LC	Skin conditions, respiratory diseases, and gastrointestinal disorders
<i>Lathyrus aphaca</i> L.	--	1180-1200	H	Sd	As Trop	--	NT	Cough, diarrhoea
<i>Parochetus communis</i> Buch.-Ham. ex D. Don.	--	1800-2800	H	Fl	Ind Or Malaya Afr Trop	--	LC	Stomach disorders, earache
<i>Tadehagi triquetrum</i> (L.) H. Ohashi	--	1600-2500	H	WP	As Trop	--	LC	Abdominal pain, cold, cough, fever, snake bite
<i>Tephrosia purpurea</i> (L.) Pers.	--	1180-1600	H	WP	As et Afr Trop	--	NT	Skin disordered, filariasis, wound, scabies, eczema, worms, anorexia
<i>Trifolium repens</i> L.	--	1180-3000	H	WP	Geront BorTemp	--	LC	Astringent
<i>Trigonella fimbriata</i> Benth.	-	1300-1900	H	Sd, Lf	Ind Or China	--	LC	Diabetes, reduce cholesterol, and improve lactation
<i>Vigna vexillata</i> (L.) A. Rich.	--	2000-2800	H	Rt, Sd	Geront Trop	--	NT	Cholera, ulcers
Fumariaceae								
<i>Corydalis cornuta</i> Royle	--	2400-3000	H	Rt	Reg Himal	--	NT	Reduce body swelling, inflammation, fever
<i>Fumaria indica</i> (Hausskn.) Pugsley	--	1180-1800	H	WP	Europe Afr Bor	--	LC	Diarrhoea, fever, liver complaints
Gentianaceae								
<i>Gentiana argentea</i> (Royle ex D. Don) Royle ex D. Don	--	2000-3000	H	Rt, Br	Reg Himal, Ind, E. As	--	LC	Digestion, Inflammation, Fever, Wound healing, Appetite
<i>Gentiana capitata</i> Buch. - Ham. ex D. Don	--	1500-3000	H	WP	Reg Himal	--	LC	Headache, intermittent fever
<i>Gentiana decemfida</i> Buch.-Ham. ex D. Don	--	1800-2500	H	Rt, Br	Reg Argent	--	LC	Digestive issues, Fever, High blood pressure, Appetite
<i>G. carinata</i> Griseb.	--	2800-3000	H	WP	Reg Himal	N E	LC	Headache, fever
<i>Swertia angustifolia</i> Buch.- Ham. ex D. Don	--	1600-2400	H	WP	Reg Himal	--	VU	Malarial fever
<i>S. cordata</i> (G. Don) Wall. ex C. B. Cl.	Charaite	2500-3000	H	WP	Reg Himal	N E	VU	Antihelminthic, antiperiodic, appetizer, laxative

<i>S. paniculata</i> Wall.	Charaite	2000-2600	H	WP	Reg Himal	N E	NT	Fever
Geraniaceae								
<i>Geranium nepalense</i> Sw.	Jibru ghass	1500-3000	H	Rt	Ind Or China	--	LC	Cuts, jaundice, toothache, ulcer, wounds, stomach complaints
<i>G. pratense</i> L.	--	2200-3000	H	WP	Europe As Bor	--	LC	Cough, gastric, cough, headache
<i>G. wallichianum</i> D.Don ex Sw.	Laljari	2000-3000	H	WP Rt	Reg Himal	N E	NT	Astringent, toothache, eye troubles, heal the cuts
Gesneriaceae								
<i>Platystemma violoides</i> Wall.		2300-3000	H	St, Lf, Fl	Reg Himal	--	LC	Boils, pimples, and muscular swellings
Grossulariaceae								
<i>Ribes alpestre</i> Wall. ex Decne.	Chalendhar	2000-3000	Sh	Fr, Rt	China Xizang	--	VU	Jaundice, joint pain, inflammation and arthritis
Hippocastanaceae								
<i>Aesculus indica</i> (Wall. ex Cambess.) Hk.	Khanor	1800-2600	T	Sd, Bk, Rt	Reg Himal	N E	NT	Rheumatism, digestive issues, skin problems, Fever and Anemia
Hydrangeaceae								
<i>Philadelphus tomentosus</i> Wall. ex G. Don	--	2000-3000	Sh	Lf, Fl, Br	Reg Himal	N E	LC	Antimicrobial and anti-inflammatory
Hypericaceae								
<i>Hypericum japonicum</i> Thunb.	--	1600-2600	H	WP	As Temp Or Austr As	--	LC	Skin diseases
<i>H. oblongifolium</i> Choisy	Kharau	1180-2200	Sh	Lf, Fl	Reg Himal	N E	LC	Wounds, boils
<i>H. perforatum</i> L.	--	1900-2400	H	Rt	Europe As Bor	--	EN	Wounds, boils
<i>H. uralum</i> Buch. -Ham. ex D. Don	Bani Wakra	1800-2500	Sh	Sd, Lf	Reg Himal China Japan	--	LC	Food poisoning, abortifacient
Hypoxidaceae								
<i>Curculigo orchioides</i> Gaertn.	--	1180-2000	H	Rh	As Trop	--	LC	Aphrodisiac, alterative, appetizer, useful in piles, jaundice and colic disorders
<i>Hypoxis aurea</i> Lour.	--	1600-2000	H	WP	Cochinch	--	NT	Injuries, swelling
Iridaceae								
<i>Iris milesii</i> Foster	Zora gha	2100-2700	H	Rh	Reg Himal	--	LC	Anti-inflammatory and antioxidant properties
<i>Iris hookeriana</i> Foster*	-	2500-3000	H	Rh	Reg Himal	--	LC	Rheumatism, insomnia, and parasitic infections
<i>Iris kumaonensis</i> Wall. ex D. Don	-	2500-3000	H	Sd, Fl	Reg Himal	N E	LC	Tinnitus and weakening eyesight, analgesic, anthelmintic, and vermifuge properties
Juglandaceae								
<i>Juglans regia</i> L.	Akhrot	1600-2000	T	Fr, Rt, Lf, Fl	As Occ Reg Himal	N E	VU	Diabetes, rheumatic pain, fever, skin problems, and even some infections
Juncaceae								
<i>Juncus articulatus</i> L.	-	1800-3000	H	Fl, Fr, Rt, St	Europ Austr	--	LC	Diuretic, woman's diseases, diarrhea, sedative, hypnagogic, spasmolytic, local anesthetic, and anticancer properties
<i>Juncus concinnus</i> D. Don	-	2000-3000	H	St	Reg Himal	--	LC	Sore throats, jaundice, and swelling
Lamiaceae								
<i>Ajuga integrifolia</i> Buch. -Ham. ex D. Don	Neel kanthi	1180-2600	H	Lf	Afr Trop Ind Or As	N E	NT	Ascariasis, astringent, wounds, diarrhea, diabetes
<i>Ajuga parviflora</i> Benth.*	Neel kanthi	1180-1500	H	Lf	Afr Trop Ind Or As	--	LC	Febrifuge
<i>Anisomeles indica</i> (L.) Kuntze	--	1180-1500	H	Lf	Ind Or	--	LC	Rheumatism, skin eruptions, snake bites
<i>Clinopodium umbrosum</i> K. Koch.	--	1180-2700	H	WP	Oriens Ind Or	--	LC	Astringent, carminative, heart tonic
<i>Clinopodium vulgare</i> L.	--	1800-3000	H	Lf, Fl	Europe, Asia, N. Africa	--	LC	Antibacterial, Anti- inflammatory, Antioxidant, Antitumor, Wound healing, Skin irritation, Gastric ulcers, Diabetes, Mastitis, Prostatitis
<i>Craniotome furcata</i> (Link) Kuntze	--	1180-2500	H	AP	Reg Himal	N E	LC	Antimicrobial
<i>Elsholtzia flava</i> (Benth.) Benth.	Pothi, Jaunkra	1600-2000	H	Lf	Reg Himal	E	LC	Skin diseases, Ointment, stomachache
<i>E. fruticosa</i> (Don) Rehd.	Pothi, Jaunkra	1600-3000	Sh	Lf, Fr, Sd	Reg Himal	--	LC	Relieve sciatica
<i>E. strobilifera</i> Benth.	--	1600-2700	H	Lf, Inf	Reg Himal	--	LC	Internal burns
<i>Isodon coetsa</i> (Buch. -Ham. ex D. Don) Kudo	Chichri	2000-2500	H	Lf	Reg Himal Burma	--	LC	Gastric complaints
<i>Isodon rugosus</i> (Wall. ex Benth.) Codd	--	1500-2600	Sh	Lf	Reg Himal	--	LC	Fever
<i>Isodon lophanthoides</i> (Buch. -Ham. ex D. Don) H. Hara.	-	2000-2600	H	Lf, St	Reg Himal	--	LC	Hepatitis, jaundice, cholecystitis, enteritis, and dysentery
<i>Lamium album</i> L.	--	1800-3000	H	Fl, Lf, St, AP	Europe, Asia	--	LC	Anti-inflammatory, Antiviral, Antioxidant, Antispasmodic, Diuretic, Haemostatic, and Wound healing
<i>Leucas lanata</i> Benth.	--	1180-2800	H	WP	Ind Or China	N E	LC	Headache, stomach-ache, wounds
<i>Mentha longifolia</i> (L.) Huds.	Podina	1180-3000	H	Lf, WP	Europe As Bor	--	LC	Antiseptic, carminative, stimulant, wounds
<i>Mentha piperita</i> L.	--	1180-1800	H	Lf	Europe As et Afr Bor	--	LC	Indigestion, malarial fever
<i>Micromeria biflora</i> (Buch. -Ham. ex D. Don.) Benth.	--	1180-2100	H	Lf	Ind Or Arab Afr Trop	--	LC	Cold, gastroenteritis
<i>Nepeta ciliaris</i> Benth.	--	2000-2600	H	AP, Fl	Reg Himal	--	NT	Fever, Antimicrobial, Anti-inflammatory, Antioxidant, Antispasmodic, Anti-tussive, Diuretic
<i>Nepeta govaniiana</i> (Wall. ex Benth.) Benth.	--	2400-3000	H	WP	Reg Himal	--	VU	Anti-inflammatory, antiseptic, antispasmodic
<i>Nepeta royleana</i> Stew.	--	2000-2800	H	WP	Reg Himal	--	LC	Cerebral tonic, Mental Disorders
<i>Origanum vulgare</i> L.	Bantulsi	1180-3000	H	WP	Europe As	--	LC	Cold, fever, hysteria, influenza, menstrual complaints, stimulant, tonic, rubifacient, colic, diarrhea, rheumatism, tooth hache
<i>Phlomidis bracteosa</i> (Royle ex Benth.) Kamelin & Makhm.	--	2000-3000	H	Fl	Reg Himal	N E	LC	Eye diseases
<i>P. mollis</i> (Falc. ex Benth.) Kamelin & Makhm.	--	1180-1500	H	Sd	Ind Or	--	LC	Rheumatism, tonic
<i>Pogostemon benghalense</i> Kuntze	--	1800-2300	Sh	Lf	Ind Or	N E	LC	Cuts, fever
<i>Prunella vulgaris</i> L.	Patindu	2000-3000	H	WP	Reg Temp	--	LC	Breathing problems, lung complaints, cerebral complaints, cold, fever, gastric complaints, headache, liver complaints
<i>Roylea cinerea</i> (D. Don) Baill	Karnait	1180-1700	Sh	Lf, Rt	Reg Himal	--	VU	Blood purifier, fever, pimples, tonsils

<i>Salvia lanata</i> Roxb.*	Gawandru	1400-2500	H	Rt, Sd, St, Lf	Reg Himal	--	NT	Colds, coughs, dysentery, hemorrhoids, colic, and boils
<i>Salvia moorcroftiana</i> Wall. ex Benth.	--	2000-3000	H	Rt	Reg Himal	N E	LC	Astringent, emetic
<i>Salvia nubicola</i> Wall. ex Sw.	--	1400-2800	H	Lf, Rt	Europe Austr Oriens Reg Himal	N E	NT	Wounds, cold, cough
<i>Scutellaria scandens</i> D. Don	--	1180-2100	H	Lf, Fl	Reg Himal	N E	LC	Dysentery, vomiting
<i>Stachys melissifolia</i> Benth.	--	2100-3000	H	AP, WP, Lf, Tu	Reg Himal	--	LC	Antibacterial, anti-inflammatory, antioxidant, gastrointestinal problems, colds, and respiratory conditions.
<i>Stachys sericea</i> Cav.	-	2000-3000	H	Fl, Lf	Chili	--	LC	Antioxidant, anti-inflammatory, and antibacterial
<i>Thymus linearis</i> Benth.	Ban jira Jangli ajwain	2000-3000	H	WP	Europe As et Afr Bor	--	LC	Anthelmintic, eye disorders, postnatal problems, liver complaints, skin diseases, stomach ache, vermifugal, menstruation, toothache
Lauraceae								
<i>Cinnamomum tamala</i> (Buch. -Ham.) Th. Nees & C.H. Eberm.,	--	1180-1600	T	Bk, Lf	Reg Himal	N E	VU	Heart & throat complaints
<i>Machilus duthiei</i> King ex J. D. Hooker	--	1500-3000	T	Lf, Rt, Br, Sd	Reg Himal	N E	LC	Asthma, bronchitis, indigestion and abdominal pain
<i>Neolitsea pallens</i> (D. Don) Momi. & Hara ex Hara	Chinchari, Pangain, Paror	1500-2800	T	Fr, Lf	Reg Himal	--	LC	Scabies, eczema
Liliaceae								
<i>Asparagus filicinus</i> Buch.-Ham. ex D. Don	--	2200-3000	Sh	Rt, St	Reg Himal	--	LC	Antipyretic, Antitussive, Diuretic, Expectorant, Nervine, Stomachic, Tonic, Fertility, Menstrual cramps, Milk production
<i>Asparagus racemosus</i> Willd.	--	1180-1800	Sh	Rt	Ind, Sri Lanka, SE As	--	LC	Galactagogue, tonic, diuretic, dyspepsia, bleeding disorders, cough, and diabetes
<i>Maianthemum purpureum</i> (Wall.) LaFrankie	--	2100-3000	H	WP, Rh	Reg Himal	--	LC	Anti-tumour
<i>Paris polyphylla</i> Sm.	Kshir-Kakoli	1200-2200	H	Rh	Reg Himal China	--	VU	Analgesic and hemostatic properties
<i>Polygonatum cirrhifolium</i> (Wall.) Royle	Salam-Mishri	2500-3000	H	Tu	Reg Himal As Bor	N E	LC	Aphrodisiac, blood purifier, cuts, wounds
<i>P. verticillatum</i> (L.) All.	Salam-Mishri	2000-3000	H	Tu	Europe As Bor	--	NT	Aphrodisiac, appetite, nerve tonic, tonic
Linaceae								
<i>Reinwardtia indica</i> Dumort.	Piyan	1180-1800	Sh	AP	Ind Or	N E	LC	Mouth sores
Loranthaceae								
<i>Viscum album</i> L.	Rhini	1180-2000	Sh	WP	Europe As Temp	--	NT	Abortifacient, antifertility, bodyache, spleen complaints
Lythraceae								
<i>Ammannia baccifera</i> L.	Dadarbutti	1180-1300	H	WP	Geront.	--	NT	Skin infection, wounds, swelling, fever
<i>Woodfordia fruticosa</i> (L.) Kurz.	Dhwe	1400-1700	Sh	St, Fl, Rt	As et Afr Trop	--	LC	Bone fracture, burns, cholera, cough, dropsy, dysentery, fever, haemorrhage, injuries, menorrhoea, muscle pain, nausea, night blindness, fever, rheumatism, skin disease, small pox, sores, spleen complaints, sprain, ulcer wounds, veterinary sores
Malvaceae								
<i>Abelmoschus manihot</i> (L.) Medikus	--	1180-1500	H	Bk, Fl, Lf	Geront Trop	--	LC	Emmenagogue, Odontalgic, Vulnery
<i>Althaea officinalis</i> L.	Khatmi	1180-1300	H	WP	Europe Oriens	--	LC	Sprains, aching muscles, insect bites, skin inflammations, splinters
<i>Bombax ceiba</i> L.	Semal	1300-1600	T	Rt, Bk, Lf, Gum	Am Austr	--	LC	Acne, pimples, anaemia, antifertility, aphrodisiac, boils, bone fracture, chicken pox, cholera, cough, diarrhoea, fever, gum problem, inflammation, skin diseases, leprosy, tonic, urine complaint
<i>Malva parviflora</i> L.	-	1180-1400	H	Lf, Rt, Sd	As Afr Europ	--	LC	Wound healing, inflammation, and digestive issues
<i>Malva verticillata</i> L.	--	1180-2000	H	WP	Europe As et Afr Bor	--	LC	Cough, emollient pectoral complaints, piles, ulcer, urine complaints
<i>M. neglecta</i> Wallr.	Kubaji	2000-3000	H	Lf, Fl, Fr, Rt	Europe, Asia, Africa	--	NT	Cooling drug, piles
<i>Sida cordifolia</i> L.	--	1700-2200	H	WP	Reg Trop	--	LC	Arthritis, asthma, bronchitis, burning sensation, rheumatism, fever
<i>Urena lobata</i> L.	--	1180-1600	Sh	Rt, St	Reg Trop	--	LC	Diarrhoea, dysentery, rheumatism, body pain
Mimosaceae								
<i>Acacia catechu</i> (L.f.) Willd.	Khair	1180-1700	T	Bk	Ind Or	--	LC	Astringent, diarrhea, skin diseases, Chronic fever
<i>A. nilotica</i> (L.) Delile	Kikker	1180-1500	T	Bk, Lf	Afr As Trop	--	LC	Ulcers, dysentery, toothache, diabetes
<i>Albizia lebbek</i> Benth.	Siris	1180-1500	T	Fl, Sd, Bk, Rt, Lf	Geront Trop	--	LC	Boils, Diarrhoea, dysentery, gonorrhoea, eye sores, night blindness, piles, swelling
Melastomataceae								
<i>Osbeckia stellata</i> Buch.-Ham. ex Don	Kubsh	1400-2000	Sh	Rt, Lf	Reg Himal	N E	LC	Cough, digestion, dysentery, nose bleeding, snake bite, wounds, stomachache, toothache
Meliaceae								
<i>Melia azedarach</i> L.	Darek	1180-1700	T	Lf, Fr, Sd	Reg Himal	--	LC	Skin diseases, rheumatism, antiseptic, wormicide, abortifacient
<i>Toona ciliata</i> M. Roem.	Tooni, Tun	1180-1600	T	Bk, Fr, Lf	Malaya Austr	--	LC	Antiseptic, dysentery, bronchitis, fever, gastric troubles
<i>Toona sinensis</i> (Juss.) M. Roem.	Tooni	2000-2500	T	St	Malaya Austr	--	LC	Antiseptic, gastric troubles
Menispermaceae								
<i>Cocculus laurifolius</i> DC.	--	1180-1500	T	WP, Rt, Lf	Ind Or, Burma	--	LC	Headaches, hypertension, abdominal pain, rheumatic pain, and scalp wounds
<i>Cissampelos pariera</i> L.	--	1180-2000	H	WP	Reg Trop	--	LC	Stomachache, tonic, diuretic & antilithic, astringent, dropsy, urinary diseases
<i>Stephania glabra</i> (Roxb.) Miers.	Bis-khapar	1180-1600	H	Tu	As Trop	--	LC	Asthma, dysentery, fever
<i>Tinospora sinensis</i> (Lour.) Merr.	Gilloy	1180-1600	H	WP	Ind Or Malaya	--	LC	Gout, skin diseases, anemia, chronic fever, jaundice, constipation, dyspepsia, leprosy, diabetes, rheumatic disorders
Monotropaceae								
<i>Monotropa hypopitys</i> L.	--	2400-3000	H	Lf, St, Fl	Reg Himal	--	VU	Eye tonic, Sedative, Analgesic, Love potion, General tonic, Colds and fevers, Bunions and warts

Moraceae								
<i>Ficus palmata</i> Forsk.	Fegra	1180-1800	T	Fr, Lf	Afr Trop Arab Ind Or	--	LC	Digestive disorders
<i>F. racemosa</i> L.	Umreya	1180-1500	T	Fr, La	Ind Or Burma	--	LC	Styptic, burning sensation, leprosy, asthma, piles
Myricaceae								
<i>Myrica esculenta</i> Buch.-Ham. ex D.Don	Kaphal	1400-2400	T	Bk,Fr,Wd	As Trop et Sub Trop	--	NT	Asthma, cholera, cough, fever, indigestion, malaria, rheumatism
Myrsinaceae								
<i>Myrsine africana</i> L.	Kanaru	1600-2500	Sh	AP	Reg Himal Afr Austr et Trop Ins Azor	--	LC	Colic pain, vermifuge
Myrtaceae								
<i>Syzygium cumini</i> (L.) Skeels	Jamun	1200-1600	T	Bk,Fr,Lf	Temp Trop Asia	--	NT	Anti-inflammatory, diabetes, dysentery
Oleaceae								
<i>Jasminum dispersum</i> Wall.	Banmalti	1500-2000	Sh	Lf	Reg Himal	--	NT	Cuts, wounds
<i>J. humile</i> L.	Banmalti	1600-3000	Sh	Fl, Lf, Rt	Reg Himal	--	LC	Skin diseases, blood diseases, heart problems
<i>J. officinale</i> L.	Banmalti Chameli	1180-3000	Sh	Fl, Lf, Rt	Ind Bor Occ China	--	NT	Ringworm
<i>Olea ferruginea</i> Royle	Kahu,Jaitoon	1300-1600	T	LF,Fr	Reg Himal	--	VU	Decoction of the leaves for toothache
Onagraceae								
<i>Circaea alpina</i> L.	--	2200-3000	H	WP	Europe As Bor Am Bor	--	LC	Treatment of wound
<i>Epilobium angustifolium</i> L.	--	1800-3000	H	WP	Europe As Bor Am Bor	--	LC	Abdominal pain, hepatic, intestinal and renal complaints
<i>Epilobium brevifolium</i> D.Don	--	2500-3000	H	Lf, Rt,Fl, Sd	Reg Himal	--	LC	Skin conditions, gastrointestinal issues, minor burns, skin rashes, ulcers, and other skin irritations,gastrointestinal and bronchial complaints
<i>Epilobium laxum</i> Royle	-	2000-3000	H	Lf, Rt	Europ	--	LC	Astringent, demulcent, emollient,
<i>Oenothera rosea</i> L.Hér. ex Aiton	--	1500-2800	H	Lf	Am Trop	--	LC	Hepatic pain, kidney Problems
Orchidaceae								
<i>Calanthe plantaginea</i> Lindl.	--	1800-2800	H	Lf,Bb	Reg Himal	N E	VU	Sores, eczema, aphrodisiac
<i>C. tricarinata</i> Lindl.	--	2200-2500	H	Tu	Reg Himal	--	NT	Anti-inflammatory, anti-tumour, and hair restoration
<i>Dactylorhiza hatagirea</i> (D.Don) Soó	--	2600-3000	H	Tu	Reg Himal	N E	CR	Astringent, bone fracture, expectorant, tonic, wounds
<i>Epipactis helleborine</i> (L.) Crantz	--	1600-2200	H	Lf, Rh	Reg Himal	--	LC	Fever, aphrodisiac
<i>Epipogium roseum</i> (D.Don) Lindl.	--	2800-3000	H	Rh, WP	Asia, Africa	--	EN	Tonic, pain relief, anti-aging
<i>Goodyera biflora</i> (Lindl.) Hk.f.	--	1900-2400	H	Rt, Blb, Lf	Reg Himal	--	NT	Burns, bronchitis, fever, tuberculosis and tonic
<i>G. repens</i> (L.) R. Br.	--	2400-3000	H	AP	Reg Himal	--	NT	Syphilis, blood purifier
<i>Habenaria marginata</i> Colebr.	--	1180-1500	H	Tu	Ind Or	--	LC	Flatulence
<i>Habenaria pectinata</i> (Sm.) D. Don	--	1500-2000	H	Lf,Tu	Reg Himal	N E	NT	Snake bites and arthritis
<i>Herminium lanceum</i> (Thunb. ex Sw.) Vuijk	--	1500-3000	H	Bb	Java	--	LC	Urinary diseases
<i>Herminium monorchis</i> (L.) R. Br.	-	2000-3000	H	Rt, AP	Europ As Bor	--	VU	Coughs, colds, lung illnesses, Wound Healing, Inflammation
<i>Herminium monophyllum</i> (D.Don) P.F.Hunt & Summerh	--	1800-2000	H	Tu, St,WP	Reg Himal		VU	Skin, digestive, and respiratory issues
<i>Crepidium acuminatum</i> (D.Don) Szlach.	-	1600-2500	H	Blb, Sd, Lf	Reg Himal	--	VU	Immunomodulatory, rejuvenative, brain tonic,Antidysenteric and Styptic
<i>Neottia listeroides</i> Lindl.	-	1800-3000	H	Rt, Rh, Fl	Reg Himal	--	NT	Wound healing
<i>Neottia tenuis</i> (Lindl.) Szlach.	--	2800-3000	H	Tu	Reg Himal	--	VU	Bronchitis, fever, tuberculosis, and weakness
<i>Herminium edgeworthii</i> (Hook.f. ex Collett) X.H.Jin, Schuit., Raskoti & Lu Q.Huang	--	2000-2800	H	Tu	Ind Or	N E	NT	Blood purifier, tonic
<i>Saryrium nepalense</i> D.Don	--	1600-3000	H	Tu	Ind Or	--	NT	Malaria, dysentery and tonic
<i>Spiranthes sinensis</i> (Pers.) Ames.	--	1180-2800	H	Tu	China	--	LC	Tuberculosis, haemoptysis, debility, snake bite, sore throat, cough, leucorrhoea, diabetes
Orobanchaceae								
<i>Boschniakia himalaica</i> Hk.f. & Th. ex Hk.f.	-	2700-3000	H	WP, Rt	Reg Himal	--	VU	Regulating Vital Energy, Pain relief, Cough and Sputum relief
Oxalidaceae								
<i>Oxalis corniculata</i> L.	Malori	1180-2200	H	WP	Amphig Temp et Trop	--	LC	Appetizer, cooling, cough, cuts, dysentery, epilepsy, eye complaints, fever, jaundice, scurvy, skin diseases, stomachache, swelling
<i>Oxalis debilis</i> Kunth	-	1700-2500	H	WP	Ins Mascar	--	LC	Dyspepsia and jaundice
<i>O. latifolia</i> Kunth	--	1500-2500	H	WP	Mexico	--	LC	Cuts, dysentery, fever, insect bite, scurvy, skin disease, stomachache, warts
Papaveraceae								
<i>Argemone mexicana</i> L.	--	1180-1500	H	Sd,Rt	Am Bor Mexico	--	LC	Emetic, wormicide, leucorrhoea
Parnassiaceae								
<i>Parnassia nubicola</i> Wall. ex Royle	--	2700-3000	H	Tu	Reg Himal	N E	LC	Food poisoning, snake bite
<i>Phryma leptostachya</i> L.	-	2000-2800	H	Rt	As Bor Reg Himal Am Bor	--	LC	Sores, boils, carbuncles, and cancers
Pittosporaceae								
<i>Pittosporum eriocarpum</i> Royle	Thira	1180-1300	T	Br, Rt	Reg Himal	E	EN	Bronchitis, rheumatism, swelling
Phytolaccaceae								
<i>Phytolacca acinosa</i> Roxb.	Zharka	1800-3000	H	Lf	Reg Himal China	N E	NT	Body pain
Plantaginaceae								
<i>Plantago asiatica</i> ssp. <i>erosa</i> (Wall.) Z.Yu Li.	Isabgol	2200-3000	H	Lf, Sd	Europ As et Am Bor	--	LC	Stomach problems, urinary inflammation, diuretic, antipyretic, and anti-inflammatory
<i>Plantago depressa</i> Willd.	--	2000-3000	H	Lf,Sd	Trop, Subtrop, Ind, Sri Lanka	--	LC	Laxative, Wound healing, nake bite antidote, Cough, bronchitis, Fever, diarrhoea,dysentery
<i>Plantago himalaica</i> Pilg.	Isabgol	2900-3000	H	Sd	Reg Himal	N E	LC	Dysentery, chronic fever, rheumatism, cough, cold
<i>P. lanceolata</i> L.	Isabgol	2000-2800	H	Lf	Reg Himal	--	LC	Blood purifier
<i>Wulfenopsis amherstiana</i> (Benth.) D.Y. Hong	--	1500-2700	H	Rt	Reg Himal	--	NT	Stomach disorders, inflammations or wound healing
Poaceae								
<i>Apluda mutica</i> L.	Mushkneti	1400-2500	H	WP	As Trop Pdynes	--	LC	Mouth sores

<i>Arundinella nepalensis</i> Trin.	Garein	1180-2000	H	WP	Austr Ind Or	--	LC	Ointment
<i>Cymbopogon martini</i> (Roxb.) Wats.	Dantu ghash	1180-1600	H	Lf	Reg Trop	--	LC	Biliousness, rheumatism, skin diseases
<i>Cynodon dactylon</i> (L.) Pers.	Doob	1180-2500	H	WP	Cosmop	--	LC	Cramps, drowsy, dysentery, hysteria, headache, menstrual complaints, piles, sores, tonic, urinary complaints, wounds
<i>Desmostachya bipinnata</i> (L.) Stapf.	Kusha	1200-1700	H	WP	Madag	--	LC	Diuretic, astringent, urino-genital, dysentery, diarrhea, skin disease, blood purifier
<i>Eleusine indica</i> Gaertn.	--	1180-1800	H	WP	Cosmop Trop et Sub Trop	--	LC	Fever
<i>Heteropogon contortus</i> L.	Kumbri	1180-1700	H	WP	Ind Or	--	LC	Asthma, dysentery, fever, muscular pain, piles, rabies, snake bite, toothache
<i>Imperata cylindrica</i> (L.) Raeusch.	--	1180-1900	H	AP, Rt	Reg Calid	--	LC	Antidote, fever, intestinal parasites, liver complaints, piles, tonic
<i>Saccharum filifolium</i> Nees ex Steud*	Philoo	2000-2500	H	St, Rt	Ind Or	--	LC	Skin problems, wounds, and fever
<i>Saccharum spontaneum</i> L.	Surah	1180-2000	H	Lf	Geront Trop	--	LC	Asthma, cholera
<i>Setaria pumila</i> (Poir.) Roem. & Schult.	--	1500-2000	H	Sd, WP	Cosmop	--	LC	Dyspepsia, poor digestion, cholera and fever
Polygonaceae								
<i>Bistorta affinis</i> D. Don*	Roti muhin	2500-3000	H	Rt, Lf, Sd	Reg Himal	--	LC	Diarrhea, fevers, coughs, and dysentery
<i>Bistorta amplexicaulis</i> D. Don	--	1180-2000	H	WP	Reg Himal	--	VU	Antidote in snake bite, insect sting, boils
<i>Fagopyrum acutatum</i> (Lehm.) Mansf. ex K. Hammer	--	1600-3000	H	Lf	Reg Himal China	--	NT	Insect bite
<i>Fagopyrum debortrys</i> (D. Don) Hara	Ban Paphra	1500-2800	H	Lf	Reg Himal China	N E	LC	Insect bite
<i>Oxyria digyna</i> (L.) Hill	-	2700-3000	H	Lf, Rt, WP	Reg Bor Alp et Arct	--	LC	Scurvy and dysentery
<i>Persicaria capitata</i> (D. Don) Gross	Kalovar	1500-2500	H	WP	Reg Himal	--	LC	Antidote in snake bite, boils, insect stings
<i>Persicaria chinensis</i> (L.) H. Gross	--	1200-2500	H	Lf, Rt	As Trop	--	LC	Cough, dysentery, tonic
<i>P. nepalense</i> Meisn.	Nalora	1600-2000	H	Lf	As et Afr Trop et Sub Trop	--	LC	Swelling
<i>P. plebium</i> R.Br.	--	1180-2200	H	Rt, Lf, Sd	Geront Trop et Temp	--	LC	Pneumonia, intestinal disorders, eczema
<i>Polygonum recumbens</i> Royle ex Bab	--	1500-2500	H	AP	Reg Himal	N E	LC	Skin diseases, blood purifier, carbuncle, healing
<i>Rheum australe</i> D. Don*	Chuchi	2500-3000	H	Rt, Rh, Lf	Reg Himal	N E	VU	Constipation, indigestion, and fever
<i>Rumex nepalensis</i> Spr.	Malora	1180-3000	H	Lf, Rt	As Occ Ind Or Malaya Afr Austr	--	LC	Boils, colic, cooling, diuretic, purgative, scurvy, swelling of muscles
Primulaceae								
<i>Anagallis arvensis</i> L.	-	1180-2700	H	Fl, Sd, Lf, AP	Europ As Temp	--	LC	Wound healing, lung problems, kidney stones, and rheumatic conditions
<i>Androsace lanuginosa</i> Wall.	--	1800-3000	H	WP, Lf, Rt, Br	Reg Himal	--	LC	Stomach pain, fever, cold, cough, bleeding, wounds, fungal infections, burns, rheumatic pain, and insect bites
<i>Androsace sarmentosa</i> Wall.*	-	2000-2700	H	WP	Reg Himal	N E	LC	Tumours, inflammations of fluids and other serous fluid disorders
<i>Lysimachia lobelioides</i> Wall.	--	1600-2200	H	Lf	Reg Himal Java	--	LC	Snake bite
<i>Primula denticulata</i> Sm.	--	2000-3000	H	Fl, Lf, Rt	Reg Himal	N E	LC	Wounds, fevers, ulcers, and digestive, neurological, and musculoskeletal diseases
Punicaceae								
<i>Punica granatum</i> L.	Daru	1180-1800	T	Fr	Europe Austr Maurit	--	LC	Stomach disorders, vomiting
Ranunculaceae								
<i>Actaea spicata</i> L.	--	2200-3000	H	Rt	Europe, As	--	LC	Asthma, eye complaints, rheumatism
<i>Anemonastrum obtusilobum</i> (D. Don) Mosyakin	--	2500-3000	H	Rt, Sd	Reg Himal	E	LC	Convulsions, menorrhoea, rheumatism, purgative
<i>Anemone tetrasepala</i> Royle**	-	2500-3000	H	Rt, Rh, WP	Reg Himal	E	LC	Stomach worms, bronchitis, gonorrhoea, cold tumours, and sedative properties
<i>A. vitifolia</i> Buch.-Ham. ex DC.	--	1800-3000	H	Rt, Lf	Reg Himal	--	NT	Ring worm, eczema
<i>Aquilegia pubiflora</i> Wall. ex Royle*	-	1600-2600	H	Lf, Rt	Ind Or	--	NT	Hepatitis, skin burns, wound healing, jaundice, and cardiovascular issues
<i>Eriocapitella rivularis</i> (Buch.-Ham. ex DC.) Christenh. & Byng	Carbini mamiri	2200-3000	H	WP	Ind Or	--	NT	Ear complaints, bone fracture
<i>Caltha palustris</i> L.*	-	2000-2600	H	WP, Rt, Lf, Fl	Ind Or	--	NT	Colds, Sores, Fits and Anaemia
<i>Clematis barbellata</i> Edgew.*	Chabru	1180-2800	Sh	Lf, Rt	Reg Himal	--	NT	Skin diseases, indigestion, diarrhea, dysentery, and sinusitis
<i>Clematis buchananiana</i> DC.	-	1500-3000	Sh	Rt, St, Lf	Reg Himal	--	NT	Swellings, peptic ulcers, toothaches, coughs and colds, indigestion, cuts and wounds
<i>Clematis connata</i> DC.	Budh Kuja	1180-2700	Sh	AP	Reg Himal	--	LC	Joint pain, headaches, rheumatic pain, blisters, ulcers, and chronic skin conditions, fever, eye infections, bone disorders, gout, varicose veins, fluid retention, snake bites, antimalarial agent
<i>C. grata</i> Wall.	--	1180-2700	W C	AP	Reg Himal	--	NT	Dermatitis and anthelmintic
<i>C. montana</i> Buch.-Ham. ex DC.	--	1800-2600	Sh	Rt	Reg Himal	N E	NT	Cold, cough
<i>Delphinium denudatum</i> Wall. ex Hk. f. & Th.	--	2700-3000	H	Rt	Reg Himal	N E	VU	Anthelmintic, toothache, ulcer
<i>Ranunculus arvensis</i> L.	Mingua	2000-2200	H	Lf, St, Rt	Europ As Bor	--	LC	Fever, rheumatism, and gut diseases
<i>Ranunculus diffusus</i> DC.	--	1700-3000	H	WP	Reg Himal	--	LC	Anti-inflammatory, Anti-rheumatic, Rubefacient, Anti-spasmodic, Diaphoretic, Anti-malarial and Antibacterial
<i>Ranunculus hirtellus</i> Royle	--	2500-3000	H	AP	Reg Himal	--	LC	Anthelmintic, vermifuge
<i>Thalictrum chelidonii</i> DC.*	-	2800-3000	H	Rt	Reg Himal	--	LC	As a tonic and an application for ophthalmia
<i>Thalictrum foliolosum</i> DC.	Bharmote, Mamira	1500-2600	H	Rt	Reg Himal	N E	NT	Abdominal pain, blood purifier, eye diseases, leucoderma, rheumatism, jaundice, ophthalmia, fever, dyspepsia, flatulence and visceral obstruction
<i>Thalictrum pauciflorum</i> Royle*	-	2200-3000	H	Rt	Reg Himal	--	LC	Tonic, febrifuge (fever reducer), diuretic, purgative, snakebites and jaundice, clearing sight and brain, relieving toothache
<i>T. secundum</i> Edgew.	Katmeena	2600-3000	H	Rt	Reg Himal	N	LC	Diuretic, eye diseases, tonic

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Rhamnaceae									
<i>Rhamnus purpurea</i> Edgew.	--	1400-2000	Sh	Fr,Wd, Lf	Reg Himal	N E	LC		Purgative
<i>Rhamnus triquetra</i> (Wall.) Brandis	--	1180-2200	Sh	Bk	Reg Himal	N E	LC		Dysentery
<i>Rhamnus virgatus</i> Roxb.	Chathau	1400-2200	Sh	Fr, Lf, Wd	Ind Or Bor	--	LC		Emetic, purgative, infection of spleen
<i>Ziziphus mauritiana</i> Lam.	Jangli ber	1180-1500	Sh	Fr, Lf, Br,Rt, Sd	Ind Or		LC		Fevers, insomnia, and skin issues
Rosaceae									
<i>Agrimonia pilosa</i> Ledeb.	Kanaula	1180-3000	H	AP, Rt	Reg Bor Temp		LC		Cough, urinary problems
<i>Aruncus dioicus</i> (Walter) Fernald	-	2100-2900	H	Fl, AP	Carolina		LC		Blood-stopping, detoxification, and skin care
<i>Cotoneaster bacillaris</i> Wall. ex Lindl.	Rhiunsh	1600-3000	Sh	Fr, St	Reg Himal	N E	NT		Scabies, rheumatism, arthritis
<i>C. microphyllus</i> Wall. ex Lindl.	Chinchri	2000-3000	Sh	Rt, Lf	Reg Himal	--	LC		Astringent
<i>Dasiphora fruticosa</i> (L.) Rydb.	--	2700-3000	Sh	Lf, Rt	Reg Himal	--	LC		Antioxidant, anti-inflammatory, and antimicrobial properties
<i>Duchesnea indica</i> (Jacks.) Focke	--	1600-2500	H	Lf,Fl, Fr, Rt	Ind Or Malaya China	--	LC		Cuts, eye diseases, swelling, ulcer on tongue, veterinary diseases
<i>Filipendula vestita</i> (Wall. ex G. Don) Maxim.	-	2000-2500	H	Rt, Fl,Lf	Reg Himal		LC		Anti-inflammatory and analgesic
<i>Geum elatum</i> Wall. ex G.Don	--	2800-3000	H	Rt	Reg Himal	N E	LC		Astringent, dysentery
<i>G. roylei</i> Wall.ex F.Bolle	--	2000-3000	H	Rt, AP	Reg Himal	N E	NT		Astringent, Anti-inflammatory, Hemostatic and Stomachic
<i>Potentilla atosanguinea</i> Lodd.	--	2500-3000	H	Lf	Reg Himal	N E	LC		Wounds, analgesic
<i>P. argyrophylla</i> Wall. ex. Lehm	--	2500-3000	H	AP	Reg Himal	--	LC		Treatment of colds
<i>P. fulgens</i> Wall. ex Hk.f.	Dora	1800-3000	H	Rt	Reg Himal	N E	NT		Astringent, tooth complaints, tonic
<i>P. nepalensis</i> Hk.	--	2200-3000	H	Rt, St, Lf	Reg Himal	--	LC		Wound healing, Skin conditions, Digestion, Respiratory problems, Inflammation, Menstrual cramps and Premenstrual syndrome
<i>Prinsepia utilis</i> Royle	Bhekhal	1180-2600	Sh	Sd, Fr	Reg Himal	--	LC		Burns, cuts, rheumatism, wounds:muscular pains
<i>Prunus armeniaca</i> L.	Shada, Khumani	1180-2200	T	Sd,Fr, Wd	Reg Caucas	--	LC		Massage oil
<i>Pyracantha crenulata</i> (D.Don) M.Roem.	-	1180-1500	Sh	Fr, Lf, Rt	Reg Himal Europ		LC		Dysentery, heavy bleeding, and burns
<i>Rosa macrophylla</i> Lindl.	Jangali gulab	2200-3000	Sh	Fl	Reg Himal China	N E	LC		Stomachache
<i>R. moschata</i> L.	Kuja/ Shami	1180-1800	Sh	Lf,Fr, Wd	Reg Himal China	--	LC		Diarrhoea, ophthalmia, wounds
<i>R. sericea</i> Lindl.	--	2000-3000	Sh	Rt,Fr, Fl	Reg Himal	--	LC		Uterine diseases
<i>Rubus biflorus</i> Buch.-Ham. ex Sm.	Akhaey/ Heer	1500-2500	Sh	Fr, Rt	Reg Himal	--	LC		Diarrhoea
<i>R. ellipticus</i> Sm.	Akha	1500-1800	Sh	Fr, Rt	Ind Or	--	LC		Dysentery, malaria, stomachache, worms
<i>Rubus foliolosus</i> D.Don	-	1800-2600	Sh	Fr, Lf	Reg Himal		LC		Fevers, coughs, and dysentery
<i>R. macilentus</i> Camb.		1500-3000	Sh	Lf,St, Rt,Fr, Br	Reg Himal	--	LC		Wound healing, jaundice, digestive problems, diabetes,fever and antioxidant
<i>R. niveus</i> Thunb.	Kali-Akha	1180-2800	Sh	Fr	Reg Himal	--	LC		Stomachache
<i>R. paniculatus</i> Sm.	Kalanche, Kala akha	1180-2600	Sh	Lf, Fr	Reg Himal	N E	NT		Diarrhoea, stomach disorder
<i>Sibbaldia cuneata</i> Hor. ex Kuntz	--	2500-3000	H	Fr, Rt	Reg Bor et Austr	--	LC		Menorrhoea, antidote
<i>Spiraea bella</i> Sims.	--	2700-3000	Sh	Sd	Reg Himal	--	LC		Sores, wounds
Rubiaceae									
<i>Catunaregam spinosa</i> (Thunb.) Tirveng.	Madanphal	1180-1300	H	Fl & Bk	Geront Trop	--	LC		Astringent, diarrhea & dysentery,rheumatism
<i>Galium acutum</i> Edgew.	--	1600-3000	H	WP	Reg Himal	--	LC		Skin, genitourinary, and respiratory tract infections
<i>G. aparine</i> L.	Kuri	1180-3000	H	Lf, Fl, Sd	Reg Himal	--	LC		Skin ailments, Venomous bites and stings, Detoxification, Blood pressure, Diuretic, Laxative and Astringent
<i>G. elegans</i> Wall. ex Roxb.	--	1500-3000	H	Br	Reg Himal	--	LC		Bleeding
<i>G. rotundifolium</i> L.	--	2200-3000	H	AP	Europe As Temp	--	LC		Bronchitis, tonsils
<i>Leptodermis lanceolata</i> Wall.	Bilan	1180-3000	Sh	Bk,Lf	Reg Himal	N E	NT		Boils, Blisters in mouth
<i>Pavetta indica</i> L.	Papri	1180-1400	H	Rt,Lf	As et Aust Trop	--	LC		Boils, itches,constipation, anticephalagic, Anthelmintic, febrifuge, diuretic
<i>Rubia cordifolia</i> L.	--	1180-2500	H	Rt, St	Reg Himal, Ind, E. As, Trop	--	LC		Tonic, astringent, antidote, dysentery,fever,utinary disorders,skin diseases
<i>Wendlandia puberula</i> DC.	--	1180-1500	Sh	Rt	Reg Himal	--	VU		Diabetes,reduce inflammation, antimicrobial
Rutaceae									
<i>Boemninghausenia albiflora</i> (Hk.) Reichb.	Pissumar	1180-2900	H	Rt	Reg Himal Japan	N E	NT		Antiseptic, wounds
<i>Glycosmis pentaphylla</i> (Retz.) DC.	Gingging	1180-1500	Sh	St,Rt,Bk,Lf	Asia	--	LC		Fevers, liver complaints and intestinal worms, especially in children.Stems and roots of plant used on ulcers
<i>Murraya koenigii</i> (L.) Spreng.	Kurry patta/Gandhel a	1180-1400	Sh	Lf, Fl& Bk	Ind Or	--	LC		Hair tonic, vomiting, anti-diabetic, dysentery, flatulence and stomach ache and for bites of poisonous animals
<i>Skimmia laureola</i> (DC.) Zucc.	Ner	2500-3000	Sh	Lf	Reg Himal	N E	VU		Tooth care, mouth wash
<i>Zanthoxylum armatum</i> DC.	Tirmara, Trimbar	1180-1800	Sh	Fr, Sd	Reg Himal China	--	VU		Cough, cholera, fever, eczema, itching, leucoderma, piles, rheumatism, tonic, tooth complaints
Salicaceae									
<i>Populus ciliata</i> Wall. ex Royle	Poplar	1200-2200	T	Br, Lf, Wd	Reg Himal		LC		Blood purifier, tonic, stimulant, muscular swellings and rheumatism, menstrual pain and reduce fever
<i>Salix wallichiana</i> Anders.	-	1500-2800	T	Br, Lf, Rt, Wd	Reg Himal		NT		Analgesic, anti-inflammatory, and antipyretic
Sapindaceae									
<i>Sapindus mukorossi</i> Gaertn.	Reetha	1180-1600	T	Fr& Bk	As Trop	--	LC		Expectorant, excessive salivation, chlorosis, epilepsy,healthy hair
Saururaceae									
<i>Houttynia cordata</i> Thunb.	--	1500-2000	H	Lf, Rt	As Temp	--	VU		Blood purifier, boils, sores, cholera, dysentery, skin diseases, stomach complaints

Saxifragaceae								
<i>Astilbe rivularis</i> Buch. -Ham. ex-D.Don	--	1800-2800	H	Lf	Reg Himal	--	LC	Blood purifier, toothache
<i>Bergenia ciliata</i> (Haw.) Sternb.	Silphora	2000-3000	H	Rh, Rt	Reg Himal	--	VU	Kidney stone, Gastrointestinal disorders, Pulmonary infections, Skin infections, Fever, Diarrhea, Burn wounds, Broken bones, Urinary discharge and heart diseases
<i>Bergenia stracheyi</i> (Hk. f. & Th.) Engl.*	Pashan bhed	2700-3000	H	Rt, Lf	Reg Himal	N E	NT	Antiscorbic, astringent, diuretic, fever, ophthalmia, tonic, cuts, wounds
<i>Saxifraga diversifolia</i> Wall. ex Ser.	--	2500-3000	H	WP, Rt	Reg Himal	--	LC	depurative (cleansing), febrifuge (fever-reducing), and suppurative (promoting drainage of pus) properties
Scrophulariaceae								
<i>Antirrhinum majus</i> L.	Snapdragon	1180-1400	H	Lf, Fl	Reg. Mediterr	--	LC	Inflammation, haemorrhoids, burns, diuretic
<i>Hemiphragma heterophyllum</i> Wall.	--	2800-3000	H	WP	Reg Himal	--	LC	Juice of the plant applied to cuts and wounds
<i>Lindenbergia indica</i> (L.) Vatke	--	1180-1800	H	Lf	Ind Or	--	LC	Bronchitis, skin diseases, sore throat, toothache
<i>Lindenbergia macrostachya</i> (Benth.) Benth.	-	2000-2400	H	Rt, Lf, Fr	Reg Himal China		LC	Stomach problems, fevers, and worm infestations, antiseptic and antidote to herbal toxicity
<i>Mazus surculosus</i> D. Don	--	1180-2500	H	WP	Reg Himal	--	LC	Astringent and Wound Healing
<i>Pedicularis pectinata</i> Wall. ex Benth.	--	2500-3000	H	WP	Reg Himal	N E	LC	Bodyache, sedative
<i>Scoparia dulcis</i> L.	--	1500-1800	H	WP	Reg Trop	--	NT	Antiemetic, eye diseases, fever, gout, rheumatism, tonic, urine complaints
<i>Scrophularia decomposita</i> Royle ex Benth.*	-	1500-3000	H	WP	Reg Himal Europ Austr As Occ	--	LC	Anti-inflammatory and wound-healing
<i>Scrophularia himalensis</i> Royle ex Benth.		2000-3000	H	Rt	Reg Himal	N E	NT	Skin conditions, Detoxification, Diuretic, Blood purification and Liver and kidney complaints
<i>Verbascum thapsus</i> L.	Gaddi Tamaku	1180-2800	H	Sd	Europe Afr Reg Himal	--	LC	Asthma, cough, inflammation, leucoderma, veterinary diseases
<i>Veronica serpyllifolia</i> L.		2000-3000	H	AP	Reg Himal	--	LC	Coughs, asthma, and other lung, respiratory diseases, skin problems, stomach and intestinal problems, bladder and kidney problems, Rheumatism, Gout, Liver problems, Spleen, Sore throat and Foot perspiration
Smilacaceae								
<i>Smilax aspera</i> L.	--	1400-2000	Sh	Rt, Lf, St	Europe Oriens Ind Or	--	LC	Skin eruptions, sores, wounds
<i>S. elegans</i> Wall. ex Kunth	--	1180-2000	Sh	Lf, Rt, St, Sh	Reg Himal	--	LC	Toothaches, skin diseases, arthritis and stomach pain
Solanaceae								
<i>Datura innoxia</i> Mill.	--	1180-1600	H	Lf, Sd, Fr	Geront Trop	--	LC	Antihydrophobic, asthma, boils, rheumatism
<i>D. stramonium</i> L.	Datura	1180-1700	H	Lf, Sd, Fr	Cosmo Trop et Temp	--	LC	Asthma, dislocation of joints, jaundice, rheumatism, stomach complaints, toothache
<i>Nicotiana tabacum</i> L.	--	1180-1800	H	WP	Am Austr	--	--	Eczema, itching, toothache, wounds, veterinary anthelmintic
<i>Solanum americanum</i> Mill.	--	1400-2500	H	Fr, Lf, Fl, Sd	Amphig	--	--	Antidote, boils, cough, dysentery, ear complaints, fever, eye complaints, skin diseases, urinary complaints
<i>Solanum lasiocarpum</i> Dunal	--	1180-1800	H	Fr	Reg Trop	--	LC	Asthma, fever, colic
<i>Solanum nigrum</i> L.	Makoi	1200-2500	H	Fr, Lf, Fl, Sd	Ind Or	--	LC	Antidote, boils, cough, dysentery, ear complaints, fever, eye complaints, skin diseases, urinary complaints
<i>S. violaceum</i> Ortega	--	1180-2000	Sh	Fr, Rt, Sd, Lf	Geront Trop	--	LC	Asthma, fever, pain, bronchitis, vomiting, cardiac troubles, dry cough, catarrh, colic, flatulence, gonorrhoea, dysuria, itching and vomiting, Anti-inflammatory, Anti-oxidant, Anti-microbial, Wound healing, Anthelmintic, Anti-pyretic and Anti-nociceptive
Symplocaceae								
<i>Symplocos paniculata</i> (Thunb.) Miq.	Lodge	1500-2000	T	Bk, Lf	Reg Himal Burma China Japan	--	LC	Astringent
Thymelaeaceae								
<i>Daphne papyracea</i> Wall. ex Stued.	Kania/ Patrori	1500-2800	Sh	Rt, Lf	Reg Himal	N E	LC	Intestinal complaints
<i>Wikstroemia canescens</i> Meiss.	Bhojishel	1300-2800	Sh	Lf, Bk	Reg Himal Zeylan China	--	LC	Piscicidal, Paper making
Tiliaceae								
<i>Grewia optiva</i> J.R.Drumm. ex Burret	Bihul	1180-1600	T	Lf, St, Fr, Bk	Reg Himal	N E	LC	Skin diseases, fever, veterinary diseases
Trilliaceae								
<i>Trillium govanianum</i> Wall. ex D.Don	--	2700-3000	H	Tu, Rh	Reg Himal	N E	EN	Wound healing, Menstrual and sexual disorders, Inflammation, Cancer, Arthritis, Hypertension, Sepsis, Giddiness and Dysentery
Ulmaceae								
<i>Ulmus wallichiana</i> Planch.	--	1600-2000	T	WP	Ind Or	N E	VU	Skin infection
Urticaceae								
<i>Boehmeria macrophylla</i> Hornem.	-	1180-1700	H	Lf, Rt, St	Reg Himal Burma		LC	Fevers, boils, dermatitis, and to prevent miscarriages
<i>Boehmeria platyphylla</i> D. Don	Siar	1180-1800	Sh	Lf, St, Bk	As et Afr Trop Ins Pacif	--	LC	Dysentery, eczema
<i>Phenax rugosus</i> (Poir.) Wedd.	-	1500-2500	H	Rt	Ind Or As Temp		LC	Rheumatism, gout
<i>Parietaria debilis</i> G.Forst. .	--	1200-2000	H	Rt	Reg Trop et Sub Trop	--	LC	Dandruff, hair problems
<i>Pilea umbrosa</i> Bl.	--	1200-2700	H	Lf	Reg Himal	--	LC	Wounds
<i>Pouzolzia hirta</i> Bl. ex Hassk.	-	1200-2400	H	Rt	As et Austr Trop		LC	Hair tonic
<i>Pouzolzia zeylanica</i> (L.) Benn.	--		H	Lf, St, Rt		--	LC	Wound healing, Bone fractures, Dysentery and diarrhoea, Worms, Stomachache, Galactagogue, Pyocutaneous disease, Mammary abscess and Toothache
<i>Urtica dioica</i> L.	Kugsh/ Bicchu buti	1180-2300	H	WP, Lf	Reg Bor Temp	--	LC	Antiseptic, dandruff, swelling
<i>U. hyperborea</i> Jacq. ex Wedd.	--	1200-2100	H	WP	Reg Himal	--	LC	Rheumatism, stomachache
Valerianaceae								

<i>Valeriana hardwickii</i> Wall.	Nihani/ Nakh	2000-3000	H	WP	Reg Himal Malaya	--	VU	Skin diseases
<i>V. jatamansi</i> Jones	Nihani Nakhnihani	1200-3000	H	WP	Reg Himal	--	EN	Antidote to sting of insects, hysteria, neurosis, skin diseases
Verbenaceae								
<i>Caryopteris wallichiana</i> Schauer.	-	1300-2000	Sh	Br, Lf	Reg Himal		LC	Fever, common infections, and inflammation
<i>Duranta repens</i> L.	-	1300-1600	Sh	Lf, Fr, St, Fl	Am Mexico		LC	Malaria, intestinal worms, abscesses, fever, and diuretic
<i>Lantana camara</i> L.	--	1200-1500	Sh	Lf, Fr	Am Trop	--	LC	Itching, ringworm, veterinary medicines
<i>Pseudocaryopteris foetida</i> (D. Don) P.D. Cantino	Rumri	1200-2000	Sh	Lf	Reg Himal	N E	LC	Wounds
<i>Verbena officinalis</i> L.	-	1300-1700	H	AP	Europ Mediter	--	LC	Depression, anxiety, tension, gallbladder disease, migraine, headache, fever, cystitis, and inflammation, nerve tonic, antidepressant, cholagogue, diuretic, antispasmodic, and neuroprotective
<i>Vitex negundo</i> L.	Banha	1180-1600	Sh	Lf, Fr, Rt	As Trop et Sub Trop	--	LC	Rheumatism, arthritis, sprains, anthelmintic, analgesic
Violaceae								
<i>Viola biflora</i> L.	Banafsha	2800-3000	H	Lf, Fl	Reg Bor Temp	--	LC	Bronchitis, cold, cough
<i>V. canescens</i> Wall.	Banafsha	1180-2500	H	Lf, Fl	Ind Or Malaya China	N E	NT	Asthma, bronchitis, cold, cough, eye diseases
<i>V. pilosa</i> Bl.	Banafsha	1800-2600	H	Lf, Fl	Ind Or Malaya China	--	NT	Antipyretic, biliousness, cold, cough, fever, lung diseases
Zingiberaceae								
<i>Hedychium spicatum</i> Buch.-Ham. ex Sm.	Ban halder, ShauSati	1180-2500	H	Rh, Lf	Reg Himal	N E	VU	Asthma, blood purifier, bronchitis, nausea
<i>Roscoea alpina</i> Royle	--	2500-3000	H	Rt	Reg Himal	N E	LC	Tonic, veterinary diseases
<i>Roscoea procera</i> Wall.	Musli	2400-3000	H	Rh	Reg Himal Burma		LC	Burn, sprain, liver, skin disease, tonic
<i>Roscoea purpurea</i> Sm.*	Musli	2000-3000	H	Lf, Rt, Fl	Reg Himal Burma		NT	Diabetes, diarrhea, fever, and inflammation
Zygophyllaceae								
<i>Tribulus terrestris</i> L.	Gokharu	1200-1600	H	WP	AmphigTrop	--	VU	Urinary diseases in painful micturition, suppression of urine. cough and asthma
Gymnosperms								
Cupressaceae								
<i>Juniperus communis</i> L.	Bithal	2800-3000	Sh	Lf, Br, Brh	Reg Bor Temp et Arct		NT	Diuretic, Antiseptic, Digestive Aid, Anti-inflammatory
Pinaceae								
<i>Abies pindrow</i> (Royle ex D. Don) Royle	Tosh	2200-3000	T	Res, Lf, Wd	Reg Himal	N E	LC	Rheumatism, ulcer
<i>Cedrus deodara</i> (Royle ex D. Don) G. Don	Kelo, Diar	1500-3000	T	Res, Lf, Wd	Reg Himal	N E	LC	Anthelmintic, rheumatism, ulcers, skin diseases
<i>Pinus roxburghii</i> Sarg.	Chir	1180-2200	T	Sd, Wd, Res	Reg Himal	N E	LC	Boils, bone fracture, cracks in sole of feet, leprosy, skin diseases, snake bite, sprain, swelling, urine complaints
Taxaceae								
<i>Taxus wallichiana</i> (Zucc.) Pilg.	Rakhala/ Talispatra	2300-3000	T	Bk, Lf, Wd	Reg Himal	N E	EN	Anti cancerous, asthma, bronchitis
Pteridophytes								
Adiantaceae								
<i>Adiantum capillus-veneris</i> L.	Barin	1180-2200	Fn	Frd, Lf	Reg Himal	--	LC	Bronchitis, cold, cough, fever, menstrual complaints, throat disorders
<i>Adiantum edgeworthii</i> Hk.	-	1600-2000	Fn	Lf, Rt, St	Afro-Eurasia		LC	Coughs and colds
<i>Adiantum lunulatum</i> Burm. f.	-	1300-1700	Fn	WP	Ind (Malabar Coast), Java		LC	Coughs, colds, bronchitis, and asthma
<i>A. venustum</i> D. Don	--	1800-3000	Fn	Frd	Reg Himal	--	LC	Fever
Aspleniaceae								
<i>Asplenium dalhousiae</i> Hk.	-	1200-2800	Fn	Rh	Ceterach		LC	Typhoid
<i>Asplenium inaequilaterale</i> Willd.	--	1800-2500	Fn	WP	Reg Himal	--	LC	Fever, urinary problems, and body pain
<i>Asplenium trichomanes</i> L.	-	1200-3000	Fn	Rh, Frd	Japon China		NT	Expectorant, diuretic, chest complaints, and irregular menses
<i>Asplenium varians</i> Wall. ex Hk. & Grev.	-	2400-3000	Fn	Rh, Fd	Reg Himal Or Afr		LC	Kidney stones, stomach aches, diuretic and anti-inflammatory
Athyriaceae								
<i>Athyrium atkinsonii</i> Bedd.	-	2000-2800	Fn	Rh	Reg Himal		LC	Anthelmintic
<i>Athyrium foliolosum</i> T. Moore ex R. Sim.	-	1800-2500	Fn	Rt	Reg Himal, E. As		LC	Tonic, diuretic, and to treat conditions like gastric issues, toothaches, and abdominal pain
<i>Diplazium esculentum</i> (Retz.) Sw.	Linger	1180-1800	Fn	Frd	Reg Himal	--	LC	Constipation
Blechnaceae								
<i>Woodwardia unigemmata</i> (Makino) Nakai	-	1200-2400	Fn	Rh	Reg Himal China Japon		LC	Dysentery and skin issues
Botrychiaceae								
<i>Botrychium schaffneri</i> Underw.	--	2000-2800	Fn	Rt, WP	Reg Himal	--	NT	Dysentery
Davalliaceae								
<i>Araostegia beddomei</i> (C. Hope) Ching	-	2500-3000	Fn	Rt, Lf, Sd	Reg Himal, Ind, Sri Lanka	--	LC	Anti-malarial and anti-convulsant, Bronchitis and hepatitis, Snake bite remedy, Anti-inflammatory and anti-pain
Dryopteridaceae								
<i>Dryopteris cochleata</i> C. Chr.	--	1180-1600	Fn	Rh	Reg Himal	--	NT	Cholera
<i>Dryopteris juxtaopposita</i> C. Chr.	-	1400-3000	Fn	Frd	Yunnan		LC	Stomach pain, urinary infections, and fever
<i>Dryopteris panda</i> (C.B. Cl.) C. Chr.	-	2000-2500	Fn	Rt, Lf, Rh	Ind Bor China Austr et Occ		NT	Anti-worm agent, particularly for tapeworm, nosebleeds, heavy menstrual bleeding, wounds, and certain skin ailments
<i>D. sparsa</i> Kuntze	--	1800-2900	Fn	WP	Reg Himal	--	NT	Anthelmintic
<i>Polystichum nepalense</i> (Spreng.) C. Chr.	-	2000-2600	Fn	Rh, Frd	Reg Himal As	--	NT	Diarrhoea, skin sores and boils
<i>Polystichum prescottianum</i> (Wall. ex Mett.) T. Moore	-	2000-2900	Fn	Frd, Sht	Reg Himal	--	LC	Boils, sores, sore throats and tonsillitis
<i>Polystichum squarrosum</i> (D. Don) Fee	-	1200-3000	Fn	Frd,	Reg Himal, Ind, E. As	--	LC	Antibacterial and anti-rheumatic
Equisetaceae								

<i>Equisetum arvense</i> L.	--	1800-3000	Fn	WP	Reg Himal	--	NT	Diuretic, haemostat, Dyspepsia
Hemionitidaceae								
<i>Coniogramme fraxinea</i> (D.Don) Fée ex Diels	-	2000-2800	Fn	Frd, Lf, Rh, WP	Reg Himal, Ind, E. As	--	NT	Fever, sore throat, gastric ulcers, and as a cooling agent for burns and ulcers
<i>Coniogramme intermedia</i> Hieron.	-	1400 - 3000	Fn	WP	Ind Bor China Japon	--	LC	Skin conditions like ulcers and possibly mastitis
<i>Hemionitis vestita</i> (Hk.) J.Sm.	-	1200-2500	Fn	Frd, Rh, Lf	Reg Himal, Ind, E. As	--	VU	Coughs, asthma, female reproductive issues, and TB
Ophioglossaceae								
<i>Ophioglossum petiolatum</i> Hk.	-	2000-2100	Fn	Rh, Lf, AP	Reg Himal, Ind, E. As	--	VU	Wounds and skin ulcers
Polypodiaceae								
<i>Phymatopteris stracheyi</i> (Ching) Pic. Sern.	-	2500-3000	Fn	Rh, Frd	Reg Himal, Ind, E. As	--	VU	Jaundice, cold, cough, and wound healing
<i>Goniophlebium amoenum</i> (Wall. ex Mett.) Bedd.	-	1200-2400	Fn	Rh	E. As, Reg Himal, Ind Mal	--	LC	Muscle rigidity, activate collaterals, and clear heat and detoxify the body
Pteridiaceae								
<i>Onychium contiguum</i> Wall. ex Hope	--	1800-2200	Fn	Rh, WP	Reg Himal	--	LC	Anti-bacterial and lipid peroxidation agent
<i>Onychium fragilis</i> Sw.		1180-2100	Fn	Rh, WP	Trop, Subtrop, As	--	VU	Anti-inflammatory, anti-viral, astringent effects, coughs, colds, fevers, and diarrhoea
<i>Pteridium aquilinum</i> (L.) Kuhn.	--	1600-2500	Fn	Rt, Frd, WP	Reg Himal	--	LC	Anthelmintic, haemostat, cuts, wounds
<i>Pteris biaurita</i> L.	Puai	1500-2000	Fn	Frd	Reg Himal	--	LC	Wounds
<i>Pteris stenophylla</i> Wall. ex Hk. & Grev.	--	2000-2900	Fn	Rh, Rt	Reg Himal	--	VU	Tonic, vulnerary for wounds, heart problems, inflammation, and skin infections
<i>Pteris cretica</i> L.	--	1800-2400	Fn	WP, Frd	Reg Himal	--	LC	Skin diseases, fever, headaches, and wounds
<i>Pteris pseudoquadriaurita</i> Khullar	Baran	1200-2400	Fn	Frd, Rh, Lf	Reg Himal, Ind	--	NT	Fever, cough, asthma, and wounds
<i>Pteris quadriaurita</i> Retz.	Baran	1200-2400	Fn	Rh, Frd	Trop, As, Afr, Amer, Pacif		NT	Anthelmintic and chronic disorders of viscera and spleen
<i>P. vittata</i> L.	--	1800-2500	Fn	Frd	Reg Himal	--	LC	Wound healing
Sinopteridaceae								
<i>Cheilanthes acrostica</i> Tod.	-	1180-2200	Fn	Frd	Mediterr, Afr, As	--	NT	Anti-inflammatory and anti-microbial
<i>Cheilanthes albomarginata</i> C.B. Cl.	Dangtulli	1300-1800	Fn	Rh, Frd, Sht	Kashmir Ind As Trop	--	LC	Stomach ulcers, stomach disorders, cuts, wounds, and general tonic
Thelypteridaceae								
<i>Thelypteris palustris</i> Schott	-	1500 - 2000	Fn	Rh, Frd	Bor, Temp, Cosmop	--	VU	Dysentery, pulmonary infections, and infertility
Abbreviations used: m=Meters; LF = Life Forms; H= Herb; Sh=Shrub; WC =Woody Climber;T=Tree; Fn= Fern AP=Ariel Part; Blb=Bulb; Tw=Twig; Sht=Shoot; Prcp= Pericarp; Blb= Bulbil; Rh=Rhizome; Wd= Wood; Frd= Fronds; Brr=Berries; Brh=Branch; Res= Resin; Bk/Br= Bark; La=Latex; Lf= Leaves; Sd=Seed; WP=Whole Plant; Tb=Tuber; Reg Himal = Regional Himalayas; Ind Or = Indian Oriental; Bor = Borealis (Northern Hemisphere); Temp = Temperate; Arct = Arctic; et = And; As = Asia; Centr = Central; Afr = Africa; Geront = Gerontia; Trop = Tropical; Amphig = Amphigaea; Austr = Australia; Amer = America; N Zel = New Zealand; Orient = Oriental Region; Cosmop = Cosmopolitan; Oec = Occidental; Afgan = Afghanistan; Turkist = Turkistan; Arab = Arabia; Subtrop = Subtropical; Hisp = Hispan; Min = Minor; Polynes = Polynesia; Madag = Madagascar; Alger = Algeria; E = Endemic ; EN=Endangered; NE = Near Endemic / North East; VU = Vulnerable; NT = Near Threatened; CR = Critically Endangered; LC = Least Concern; DD = Data Deficient; E. As = Eastern Asia; Ind Mal = Indo-Malesia; N. Sumatera = Northern Sumatra; Europe = Europe; Oriens = Oriental Region; NE Pak = Northeastern Pakistan; N Ind = Northern India; W Nep = Western Nepal; Baluchist = Baluchistan; Caucas = Caucasus; Mediterr = Mediterranean; Mongol = Mongolia; Ins = Insular; Is = Island; S = South; SE = South East; N = North; Argent = Argentina; Calid = Calidonia; Pacif = Pacific; Helv = Helvet; Zeylan = Zeyland; Sibir = Siberia; USSR = United Soviet Socialist Republic; USA = United States of America; Malaya = Malaysia; Japon = Japan; Rossia = Russia; Norveg = Norway; Mt = Mountain; Alp = Alpine; Corea = Korea; Ross Asiat = Russia Asiatic; W = West; Soongar = Soongarica; and Reg = Region.								

DISCUSSION

The Indian Himalayan Region is renowned for its rich diversity of medicinal plants, hosting a remarkable total of 1,748 species (Samant *et al.*, 1998; Samant *et al.*, 2007a). The inhabitants of remote areas utilize these medicinal plants to treat a variety of diseases and ailments (Samant *et al.*, 1998, 2007a). Nevertheless, there is a lack of studies focused on medicinal plants that are specific to catchment or watershed areas. The present study offers detailed baseline information regarding the diversity, distribution patterns, nativity, endemism, utilization patterns, indigenous uses, threat status and the specific part(s) of medicinal plants used in the Baagi and Munjhag Catchments (B &MCs), Himachal Pradesh, North Western Himalaya. A total of 580 species with medicinal significance were documented from the B&MCs. In this region, the local population, particularly the elderly, tribal communities, and women, extensively utilizes the medicinal plants that are traditionally available. They hold the belief that these plants are easily accessible, cost-effective, and devoid of side effects when compared to contemporary medicine. The presence of 580 species of medicinal plants in B&MCs indicates a significant richness of medicinal plant species in the region. The notable diversity could be attributed to the advantageous environmental conditions that support these species (Samant & Dhar 1997; Samant *et al.*, 1998). Additionally, the flora in this area holds significant value for both herbal and pharmaceutical sectors (Sharma *et al.*,

(Samant *et al.*, 2007a). A comprehensive survey in the Catchment area of Parbati Hydroelectric Project Stage – III identified 104 species of medicinal plants across various life forms, including 23 species of trees, 22 species of shrubs, 57 species of herbs, and 2 species of ferns (Samant *et al.*, 2007). 400 spp. have been documented from central Himachal Pradesh (Kumari *et al.*, 2018), 363 spp. were reported from Khokhan Wildlife Sanctuary (Kumar *et al.*, 2024), 208 spp. in Shikari Devi Wildlife Sanctuary (Bodh *et al.* 2018) and 424 spp. were documented from Pangi Valley (Prakash *et al.*, 2024) 390 spp. of medicinal plants were recorded from Kanawar Wildlife Sanctuary (Devi *et al.*, 2019). The present study in B &MCs have reported significantly more spp. than any other localised area of Himachal Pradesh. Comparatively to other IHR regions, 188 genera were documented to treat 82 ailments from Pauri district of Uttarakhand (Khajuria *et al.*, 2021). The data of 1127 medicinal plant species from 153 families spread throughout 13 districts of Uttarakhand are available according to the Uttarakhand Medicinal Plants Database (Kumar *et al.*, 2018). 82 plant species were documented used to treat 7 types of respiratory diseases. 89 medicinal plants were recorded from sacred groves of Kumaun Himalaya (Singh *et al.*, 2014).

A total of 948 plant taxa have been documented for their traditional medicinal use by indigenous communities of J&K (Gairola *et al.*, 2014). A total of 85 medicinal plant species belonging to 40 families

were documented in the Baramulla district of Jammu and Kashmir (Jan *et al.*, 2022). A total of 112 medicinal plant species, including 87 herbs, 7 shrubs, and 10 trees, were documented, representing 53 families utilized in the traditional health care system in Kupwara district, Jammu and Kashmir (Abdullah *et al.*, 2021). The observed contrasts distinctly indicates that the B & MCs showcase remarkable floristic and ethnomedicinal diversity in the Catchments area.

The documented medicinal plants hold significant value for a range of therapeutic applications, encompassing the skin, digestive system, respiratory tract, joints and bones, liver, urinary system, eyes, and teeth. The excessive use of leaves, roots, whole plants, seeds, flowers, fruits, shoots/stems, branches/twigs, aerial parts, bark, tubers, and rhizomes of many species could result in their premature disappearance from the region. The abundance of medicinal plants is crucial for the sustenance of the local communities in the area. However, as a result of excessive exploitation, habitat degradation, and shifts in environmental conditions, the populations of valuable medicinal plants are rapidly diminishing. Similar trends have also been found by other workers in Himachal Pradesh and other parts of the IHR. The presence of 236 native, 6 endemic, and 90 near endemic and 576 threatened medicinal plants highlights the significant conservation value of the region.

There is similar ethnobotanical studies conducted in other parts of the Indian Himalayan region (IHR). A comprehensive survey identified 357 species of medicinal plants across 98 families and 237 genera utilized by the local population. This collection of medicinal plants includes 27 trees, 269 herbs, 54 shrubs, 2 climbers, and 5 ferns (Sharma *et al.*, 2014). Arya *et al.* (2021) reported a total of 102 medicinal plant species, encompassing 90 genera and 30 families and leaves, galls, fruits, seeds, latex, stem, root, fowers, bark, and rhizomes were used by local informants. According to Singh *et al.* (2014) the highest consensus factor value among informants was observed in liver disorder (0.55), while the lowest was recorded for body pains (0.23). Herbs were the most frequently used life forms at 57.2%, while leaves were the most commonly utilized plant parts at 24.5% (Khajuria *et al.*, 2021). According to Jan *et al.* (2022). The decoction method, accounting for 40%, emerged as the most favored preparation mode for the medicine. The post-partum disorders exhibited the highest ICF value at 87%.

In present study species of considerable importance, including *Angelica glauca*, *Trillium govianum*, *Dactylorhiza hatagirea*, and *Valeriana jatamansi*, are employed in local settings and are also harvested for trade, sometimes in breach of regulations, which significantly affects their wild populations. Several of these species are encountering heightened risks as a result of ongoing livestock grazing in alpine meadows, habitat degradation, and changes associated with climate change. Consequently, it is essential to establish effective policies and ensure their implementation to protect the forests and medicinal plants. Reducing stress on wild populations depends on encouraging sustainable practices, including the cultivation of

medicinal herbs in nearby villages and it is essential to motivate farmers and local communities to engage in the cultivation of medicinal plants on their underutilized and unproductive lands. Incorporating in-situ protection, ex-situ cultivation, seed and tissue culture multiplication, and fostering local community awareness is crucial for effective conservation methods. To identify the active components, present in these plants, it is crucial to conduct a thorough investigation. This arises from the potential applications that companies within the herbal industry may possess. Various entities, such as governmental bodies, community groups, academic experts, and non-profit organizations, must collaborate to efficiently oversee these plant resources. The preservation of genetic diversity in medicinal plants, together with the improvement of rural livelihoods, will be essential for promoting strong partnerships, executing educational programs for farmers, and progressing community-driven conservation initiatives. Each of these will carry considerable significance. The preservation of biodiversity depends on the execution of these policies, which are crucial not only for protecting traditional medical practices but also for guaranteeing future availability of natural remedies.

CONCLUSIONS

The Indian Himalayas are known for their medicinal plant richness. The present study in the Baagi and Munjhag Catchments, Mandi, Himachal Pradesh, showcases a remarkable diversity of medicinal plants, with 580 species documented, highlighting the region's rich ethnobotanical heritage. The local communities, especially the elderly, tribal groups, and women, rely heavily on these plants for traditional healthcare, valuing them for their accessibility and cost-effectiveness compared to modern medicine. However, the over-exploitation of these resources, coupled with habitat degradation and climate change, poses significant threats to their sustainability. The presence of numerous threatened and endemic species underscores the urgent need for conservation efforts. Effective policies must be implemented to promote sustainable practices, including the cultivation of medicinal plants and community awareness initiatives. Collaboration among various stakeholders is essential to ensure the preservation of these valuable resources, which are crucial not only for maintaining traditional medicinal practices but also for enhancing rural livelihoods and biodiversity conservation.

FUTURE SCOPE

The present work offers a basic knowledge of the great variety of medicinal plants and indigenous knowledge systems in the Baagi and Munjhag Catchments of Himachal Pradesh. Long-term ecological monitoring of threatened and endemic species should be the main emphasis of future studies to evaluate population trends under different anthropogenic and climatic stresses. Modern phytochemical and pharmacological studies of highly regarded species could find fresh pharmacologically relevant therapeutic agents. Furthermore, community-based conservation models

including in-situ and ex-situ cultivation of targeted species involving local stakeholders and traditional healers could arise. Geospatial tools like GIS and remote sensing can help to map important habitats and evaluate habitat fragmentation. Encouragement of sustainable use depends on the documentation and standardizing of traditional medicinal formulations supported by validation and safety evaluations. Regionally specific conservation action plans and bioresource management strategies can be developed by means of partnerships with the Ayush sector, local NGOs, and policy-makers. Such multidisciplinary projects not only protect the ethnobotanical richness of the area but also support livelihood-based conservation, so using traditional knowledge as a tool for both environmental and socioeconomic resilience in the Indian Himalayan Region

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