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Medicinal Herbs of Punjab (India)

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ABSTRACT: Herb in botanical sense is a plant lacking a permanent woody stem that produces seeds and flowers that dies after its growing season. In traditional medicine sense herb is small, non woody plant valued for its medicinal, savory or aromatic compounds. It is estimated that about 25% of all modern medicines are directly or indirectly from higher plants and according to World Health Organization, 80% of the people worldwide rely on herbal medicine. However, usage of traditional remedies increases when conventional medicine is ineffective in the treatment of disease, such as in advanced cancer and in the face of new infectious diseases. Villagers chiefly depend on the herbs for all diseases. Herbs are natural or having no or low probability of side effects. These are holistic and oldest and most widely used form of medicine. Herbs are used from ancient time and now are popular among people of both urban and rural areas for cure of different ailments. Herbal medicine offers safe, gentle and effective treatment. It does not just treat the isolated signs and symptoms of disease but treats the whole of us – physically, mentally and emotionally because the healing cannot be fully achieved unless all three are addressed. Herbal medicine is used to treat many conditions, such as allergies, asthma, premenstrual syndrome, chronic fatigue, rheumatoid arthritis, cancer and many more. Different herbs act on different systems of the body. One should know the proper way of using them as medicine or it is advisable not to use them without consulting an experienced ayurvedic physician. Presently, the 151 herbs of Punjab (India) belonging to different families, their common name and the role played by them and their importance in curing different health problems or diseases is summarized.

Keywords: Herbs, Medicinal Properties of Herbs.

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INTRODUCTION

No one knows where and when plants first began to be used to treat disease, but ancient myths seem to trace its beginning to the Stone Age (Francis 2004). The various parts of plants (leaves, roots, seeds, seed oil) are widely used by the tribal and rural communities for the treatment of the ailments. Population rise, inadequate supply of drugs, prohibitive cost of treatments and development of resistance to use drugs for infectious diseases have led to increased emphasis on the use of plant materials as a source of medicines for a wide variety of human ailments. About 80% population of the world depends upon the traditional system of the health care. The economic importance of medicinal plant is much more to countries such as India than to rest of the world. Many drugs listed as conventional medicines are derived from plants. Salicylic acid, a precursor of aspirin, was originally derived from the white yellow bark and the meadowsweet plant. Cinchona bark is source of malaria-fighting quinine. The opium poppy yields morphine, codeine and paregoric, a remedy for diarrhoea.

In fact, most of the major anticancer drugs are natural products either from plants or micro-organisms. Examples include important anticancer drugs such as Bleomycin, Doxorubicin, vinblastine, and now the recent addition of Paclitaxel (Taxol), Ironotecan (a camptothecin derivative) and Etoposide and Tenoposide. Some of the most exciting natural products discovered in recent years are the cholesterol-lowering agents derived from fungi.

Different ethnic groups of the world possess empirical knowledge about the utilization of local flora of the area on which they are immediately and intimately dependent. The Flora found in Punjab is extremely varied and diverse and highly fascinating which includes many religious plants and useful plants. The plains in the state of Punjab do not have thick forest, the only available patches are of grasses, small bushes, herbs, shrubs, climbers and trees. The region that has major cultivation of rich flora can be majorly seen in Shivalik ranges in the state of Punjab. Due to rich flora in Shivalik region, it has been also termed as the zone of micro-endemic in India.

The variety of angiosperms in the area includes 355 different types of herbs, trees of 70 different types, shrubs in all small and big sizes of 70 different kinds, climbers of 19 different kinds while 21 different types of twines can also be seen. Other than angiosperms, other varieties available are 31 kinds of pteridophytes, 27 kinds of bryophytes while a special species of gymnosperms names as *Pinus roxburghii* can be seen in ranges in state of Punjab.

Mostly plants of medicinal properties are attained by Himalayan region but Punjab lie in the foot hills of Himalayas hence present there also like in the Shivalik range in state of Punjab. However, Punjab is a land of agriculture but there are number of medicinal plants. Medicinal plants are considered as a rich source of ingredients which are used in drug development either pharmacopoeial, non-pharmacopoeial or synthetic drugs. Beside other industries in state of Punjab, one more is there of great importance which is processing raw materials to produce medicines and herbal products into an end product like pills, capsules, tea and creams etc. that are further sent for sale in the entire country to various health stores, medical shops and at pharmacists. The herbal products made prepared using leaves, roots, seeds, flowers, fruits, stem etc. to produce the end products like tea, lotions, powder, tinctures etc. Most of the allopathic drugs also comprise extracts taken from medicinal plants. Medicinal plants such as Aloe, Tulsi, Neem, Turmeric and Ginger cure several common ailments. These are also considered as home remedies in many parts of the country. It is known fact that lots of consumers are using Basil (Tulsi) for making medicines, black tea, in pooja and other activities in their day to day life. Today we are more concerned with the lifestyle diseases like depression, high blood pressure, cancer and heart troubles caused by faulty nutrition and stress. The treatment with ayurvedic medicine is available for acute and chronic diseases. The various parts of trees and shrubs are also used to made medicines. Herbal medicine is one of the most commonly used complementary and alternative therapies by people with cancer. The term “medicinal plant” includes various types of plants used in herbalism (herbal medicine). The word “herb” has been derived from the Latin word, “herba” and an old French word “herbe”. Now days, herb refers to any part of the plant like fruit, seed, stem, bark, flower, leaf, stigma, or a root, as well as non-woody plant. Treatment with medicinal plants is considered very safe as there is no or minimal side effects. The golden fact is that, use of herbal treatments is independent of any age groups and the sexes. In several parts of the world many herbs are used to honour their kings showing it as a symbol of luck. Apart from the medicinal uses, herbs are also used in natural dye, pest control, food, perfume, tea and so on. Herbal products today symbolize safety in contrast to the synthetics that are regarded as unsafe to human and environment. Medicinal plants have many medicinal properties like Anticancer, Anti-malarial, Analgesic, Anti-hypersensitive, Antifertility, Antifungal, Antiviral, Antiseptic, Antimicrobial and many more. Antimicrobial plants extracts may inhibit fungal/bacterial growth. Cinchona bark is the source of malaria-fighting quinine. *Ocimum sanctum* is used to treat stomach disorders and kidney stones. Cilantro is used to lower cholesterol and toxic metal cleansing. The scientific study of traditional medicines or concerned medicinal plants are thus of great importance.

Reason behind Choosing Herbs

- Herb has various meanings, but in simplest form, it refers to “crude drugs of vegetable origin utilized for the treatment of diseased, often of a chronic nature, or to attain or maintain a condition of improved health”.
- Herbs are pharmacologically active and therefore serve as raw material for drugs.
- These are less expensive and safer means if treatment, which is why many people are choosing to go back to this traditional idea of medicine.
- Herbs are used for the treatment of chronic and acute conditions, including major health concerns like cardiovascular disease, prostate problems, depression, inflammation and weakened immune system.

Herbal Medicine sometimes referred to Herbalism or Botanical Medicine, is the use of herbs for their therapeutic or medicine value. While drugs may help in times of crisis, they are not designed to heal us or to keep us well.

Herbal Remedies: The effectiveness of herbal remedies, their easy availability, low cost and comparatively being devoid of serum toxic effects popularized them.

1 Natural Remedies really do work. If they didn’t, we wouldn’t have used them for thousands of years.

2 They are safe, have no or little side effect, because plant medicines are natural, they are very compatible to our own bodies so are readily absorbed and rarely cause side effects.

3 They are very affordable as modern medical science certainly comes with a high price tag.

4 These are easily available, herbal products like herbal extracts, essential oils and herbal teas are available in most health food and even grocery stores and don’t need to get prescription before purchasing them and hence, avoid additional health care costs.

5 They are versatile.

6 Herbal medicinestreat us as an individual and are easy to prepare.

7 Herbal consultation will give you time to talk – as important to the healing processes as the medicines.

Currently, here we are having 151medicinal herbs which are found in Punjabwith their common name, family, medicinal properties and references are listed below in the table. The references for some of the medicinal herbs are taken from the book named “Indian Medicinal Plants” by C.P. Khare and other is “Medicinal Plants” by Morshrafuddin Ahmed.

Table 1: Herbs of Punjab.

S.No.	Botanical Name	Common Name	Family	Medicinal Properties	Reference
1.	*Abelmoschus moschatus*	Maskdana	Malvaceae	Antispasmodic, antioxidant, diuretic, diaphoretic, demulcent, emollient, Stimulant, aphrodisiac, carminative, stomachic. **Part used:** Roots, leaves, seeds.	Kumar *et al.*, 2013
2.	*Acalypha indica*	Kuppi	Euphorbiaceae	Anti-inflammatory, analgesic, antiasthmatic, rheumatism, laxative, emetic. **Part used:** Roots and leaves.	Godipurge *et al.*, 2014
3.	*Achyranthes aspera*	Chirchitta	Amaranthaceae	Antimicrobial, antioxidant, astringent, emetic, diuretic, antifungal, antihypertensive, anti-inflammatory, larvicidal, immunostimulant, anti-anasacra, analgesic, hepatoprotective, antiasthmatic, antispasmodic, antihepatitis, antipyretic, antinociceptive, anthelmintic, antiobesity,antidandruff, anticancerous, antifertility. **Part used:** seeds, oil, root.	Dey, 2011
4.	*Achyranthes porphyristachya*	Lat-Jiara	Amaranthaceae	Diuretic, astringent, anti-periodic, anthelmintic, anticancer, antiasthmatic. **Part Used:** Root, seeds.	Ahmed., 2010
5.	*Acorus calamus*	Ghorbach, sweet grass	Araceae	Antispasmodic, antihelmintic, laxative, emmenagogue, stomachic, carminative, emetic, aromatic, expectorant, sedative, stimulant, anticonvulsant, anti-infammatory. **Part used:** Rhizome.	Imam *et al.*, 2013
6	*Adhatoda vasica*	Vasaakaa	Acanthaceae	Antispasmodic, expectorant, abortifacient, antiasthmatic, antitubercular, antiasthmatic, anti-ulcer, anti-allergy, cholagogue, antibacterial, insecticidal. **Part used:** Leaf, root.	Gangwar *et al.*, 2014
7.	*Adiantum incisum*	Nilkantha-shikhaa	Adiantaceae	Antioxidant, antimicrobial, hepatoprotective, antiviral. **Part used:** Leaf, stem,whole plant.	Rai *et al.*, 2016
8.	*Aerva javanica*	Dholphuli	Amaranthaceae	Anti-inflammatory, diuretic, anticalculus, insecticidal, rheumatism. **Part used:** Seed, leaves	Elsaeed *et al.*, 2015
9.	*Aerva lanata*	Paashaanabheda	Amaranthaceae	Urolithiasis, antimicrobial, diuretic, antihyperglycemic, antifertility, antiulcer, antihelmintic, antimetastatic, antineurotoxicity, hepatoprotective, antinociceptive, anti-tumor, anti HIV, antioxidant, antiasthmatic, anti-inflammatory, analgesicanthelmintic, anitidiarrhoel, anticholerin, hepatitis. **Part used:** Leaf, root.	Athira *et al.*, 2017
10.	*Ageratum conyzoides*	Jangli pudina	Asteraceae	Analgesic, anti-inflammatory, antibacterial, anti-allergic, anti-mutagenic, antiviral, anti-thrombotic, antimicrobial, homeostatic. **Part used:** Leaves	Amadi *et al.*, 2012
11.	*Ajuga bracteosa*	Khurbanti	Labiatae	Astringent, stimulant, anticancer, aperient, diuretic, antihypertensive, anti-inflammatory, anticancer, antibacterial, antispasmodic. **Part used:** Leaves	Pal *et al*., 2011
12.	*Allium cepa*	Onion, piyaaz	Liliaceae	Anticholestrol, anticancer, antioxidant, antibiotic, antibacterial, anticoagulant, anti-inflammatory, antiparasitic, anrimicrobial, antimutagenic, antihyperlipidemic, analgesic, hepatoprotective, antipyretic, cardioprotective, insecticidal, antiasthmatic, carminative, anti- spasmodic, anti- diabetic, diuretic **Part used**: Bulb.	Upadhyay *et al.*, 2016
13.	*Allium chinese*	Rakkyo	Liliaceae	Stomachic, anti-fever. **Part used:** Bulb	Ahmed, 2010

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S.No.	Botanical Name	Common Name	Family	Medicinal Properties	Reference
14.	*Allium sativum*	Rason, lasun	Alliaceae	Hepatoprotective, antioxidant, antifungal, antibacterial, anthelmintic, antibiotic, antihypertensive, anticarcinogenic, antiparasitic, antiviral, anti- diabetic, antiprotozoal, anti-tumor, antiasthamatic, diuretic, anti-cancer. **Part used:** Bulb.	Alam *et al.*, 2016
15.	*Aloe barbadensis*	Aloe vera	Agavaceae	Anti-inflammatory, antiaging, antitumor, laxative, diuretic, anthelmintic, emmengogue stomachic, antiseptic, anticancer, antidiabetic, antibacterial, antimicrobial, antifungal, antiviral. **Part used:** Leaf pulp juice, dried leaf pulp juice.	Sahu *et al.*, 2013
16.	*Alocasia macrorrhiza*	Mankanda	Araceae	Anti-cancer, Antidiarrheal, antifungal, anti-helmintic, antihyperglycemic, anti-inflammatory, antimicrobial, antinoceptive, antioxidant, antiprotozoal, antitumor, laxative, diuretic, hepatoprotective, hepatorenal, astringent, rubefacient. **Part used:** Leaves.	Singh *et al.*, 2017
17.	*Amaranthus polygamus*	Laal-shaak	Amaranthaceae	Astringent, antidiarrheal, emollient. **Part used:** Leaf, seed, root.	Khare, 2007
18.	*Argemone mexicana*	Datura	Papaveraceae	Antibacterial, anti-HIV, astringent, anthelmintic, anti-inflammatory, anti-fertility, antiallergic, mematicidal, antifeedant, lousicidal, mollucicidal, fungitoxic, larvicidal, antioxidant, anticancer, antidiabetic, antihepatotoxic. **Part used:** Milky juice, seed, fresh root.	Brahmachari *et al.*, 2013
19.	*Argemone ochroleuca*	Prickly poppy	Papaveraceae	Antiasthmatic, antibacterial, antimicrobial, antifungal, insecticidal, anticonvulsant, antispasmodic, antidiarrheal, antitussive. **Partused:** Leaf, flower, aerialpart, fresh latex.	Ricardo *et al.*, 2018
20.	*Blepharis edulis*	Karadu	Acanthaceae	Aphrodisiac, diuretic, antiasthmatic, anti-inflammatory, expectorant, deobstruent. **Part used:** root, seed, powdered plant.	Pande *et al.*, 2009
21.	*Blepharis linar iaefolia*	Utangana, Asad	Acanthaceae	Antibacterial, antimicrobial. **Part used:** Seeds.	Ibrahim *et al.*, 2017
22.	*Boerhavia diffusa*	Gadaha-purnaa	Nyctaginaceae	Antidiabetic, antibacterial, antinociceptive, hepato-protective, hypoglycemic, antiproliferative, anti-estrogenic, anti-imfammatory, anticonvulsant, antistress, anti-metastatic, antitumor, antiviral, antioxidant. **Part used:** Root, leaves.	Mahesh *et al.*, 2012
23.	*Brassica campestris*	Sarson	Brassiaceae	Diuretic, stimulant, rheumatism **Part used:** Oil, seed.	Tumpa *et al.*, 2014
24.	*Brassica juncea*	Raai	Brassicaceae	Asperient, antimicrobial, antibacterial, antifungal, antioxidant, stimulant, emmengogue,anti-microbial. **Part used:** Seed, oil	Singh *et al.*, 2017
25.	*Brassica napus*	Tukhm shalgham	Brassicaceae	Antioxidant, anti-inflammatory, antithrombotic, emollient, diuretic, anticatarrhal, antithyroid. **Part used**: Oil, seed	Badway *et al.*, 2016
26.	*Brassica nigra*	Raai	Brassicaceae	Antimicrobial, antioxidant, antibacterial, antiseptic, antifungal. **Part used:** Seeds.	Tomar *et al.*, 2014
27.	*Bryophyllum pinnatum*	Parnabija	Crassulaceae	Antimicrobial, anticancer, antilithogenic, Anti-hypertensive, anti-diabetic, hepato-protective, antibacterial, antifungal, anti-inflammatory. **Part used:** Leaves, plant extracts.	Nagaratna *et al.*, 2015
28.	*Calendula officinalis*	Genda	Compositae	Antiinflammatory, anti-HIV, antibacterial, anticancer, hepatoprotective, antioxidant, insecticidal, antispasmolytic, antiviral, antiseptic, stimulant, antihaemorrhagic, styptic, antiprotozoal, antimicrobial. **Part used:** Plant, flower, oil.	Muley *et al.*, 2009

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S.No.	Botanical Name	Common Name	Family	Medicinal Properties	Reference
29.	*Cannabis sativa*	Bhanga	Cannabinaceae	Anti-epileptic, carminative, anti-pyretic, anti-inflammatory, antiemetic, diuretic, antiparasitic, analgesic, antioxidant, antiviral, antifungal. **Part used:** Dried leaves.	Lozano, 2001
30.	*Capsicum annuum*	Surkh mirch	Solanaceae	Antioxidant, antifungal, antiviral, anti-arthritic, antiplatelet, antiangiogenic, antiparasitic, larvicidal, hypoglycemic, antineoplastic, gastroprotective, stimulant, antiseptic, analgesic. **Part used:** fruit.	Fathima, 2015
31.	*Caralluma edulis*	Pimpa	Apocynaceae	Anti-diabetic, antioxidant, anti-nociceptive, alternative, anthelmintic. **Part used:** Whole plant.	Firdoos *et al.*, 2017
32.	*Carthamus tinctorius*	Poli , Kantiaari	Asteraceae	Cardio-protective, hepato-protective, antioxidant, antitumor, diuretic, anti-ulcer **Part used:** Seeds, oil.	Khalid *et al.*, 2017
33.	*Carum carvi*	Shodhana	Apiaceae	Antispasmodic, antihyperglycemic, antibacterial, carminative, astringent, stimulant, antiproliferative, antiulcerogenic, insecticidal, emenagogue, diuretic, nematicidal, antidygalactagogue, antifungal, anti-microbial. **Part used:** Oil and seeds.	Agrahari *et al.*, 2014
34.	*Carum roxburghii*	Ajmoja	Apiaceae	Antigut, antimicrobial, anthelmintic, cardiotonic, stimulant, stomachic, antispasmodic, diuretic. **Part used:** Seeds, oil, fruit.	Paul *et al.*, 2013
35.	*Cassia angustifolia*	Sanaai	Caesalpiniaceae	Laxative, purgative, anti-inflammatory, antimicrobial, antifungal. **Part used:** Leaves.	Ramchander *et al.*, 2017
36.	*Cassia occidentalis*	Kasondi	Calsapiniaceae	Antimicrobial, larvicidal, hepatoprotective, purgative, diuretic, antioxidant, anti-inflammatory, antimalarial, antiperiodic, antianxiety, antidepressant, analgesic, antipyretic, antidiabetic. **Part used:** Leaves, seeds, oil, roots.	Vijayalakshmi *et al.*, 2013
37.	*Cassia tora*	Chakavad	Calsalpiniaceae	Anti-tumor, antigenotoxic, anti-inflammatory, antihepatotoxic, antimutagenic, actinociceptive, antifungal, antioxidant, antibacterial, antithelmintic. **Part used:** Leaves, seed.	Jain *et al.*, 2010
38.	*Celosia argentea*	Surali	Amaranthaceae	Antibacterial, antidiarrhoeal, anticancer, hepato-protective, antiscorbutic, anti-inflammatory, antioxidant. **Part used:** Flowers, seeds, leaves, whole plant.	Varadharaj *et al.*, 2017
39.	*Centella asiatica*	Saraswati	Apiaceae	Antibiotic, antitubercular, antileportic, antigastric, diuretic, antidepressant, antitumour, antiprotozoal, antitubercular, cardioprotective, . **Part used:** Leaves, whole plant.	Singh *et al.*, 2010
40.	*Ceropegia bulbosa*	Khappar-kaddu	Asclepiadacae	Antiurolithic, analgesic, diuretic, antibacterial, antifungal, antioxidant, anticancer, anti-inflammatory, antitumor, antipyretic, antiulcer, antiseptic. **Part used:** Tuberous root.	Arora *et al.*, 2017
41.	*Cleome brachycarpa*	Madhio	Capparidaceae	Anti-inflammatory, ant-irheumatic, anti-dermatosis. **Part used:** whole plant.	Hassan-Abdallah et al., 2013
42.	*Chrozophora prostrata*	Khudi okra	Euphorbiaceae	Antioxidant, depurative, laxative. **Part used:** Leaves, seeds.	Bakhtiar *et al.*, 2015
43.	*Chrozophora rottleri*	Nilakanthi	Euphorbiaceae	Antioxidant, anti-inflammatory, antibacterial. **Part used:** root, leaf, seed.	Khare, 2007
44.	*Cicer arietinum*	Chanaka	Fabaceae	Anti-diabetic, aphrodisiac, antioxidant, anti-inflammatory, hypochlosterolaemic, antidiarrheal, antibilious, anticonvulsant, hepatoprotective, anticancer, antineurolithiasis antistress, anti-hyperlipidemic, diuretic, antifungal, antimicrobial. **Part used:** seeds, whole plant.	Al-Snafi, 2016

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S.No.	Botanical Name	Common Name	Family	Medicinal Properties	Reference
45.	*Cistanche tubulosa*	Desert hyacinth	Orobanchaceae	Antimicrobial, antibacterial, antifungal, antidigestive, increase fertility. **Part used:** whole plant.	Ullah *et al.,* 2016
46.	*Colocasia esculenta*	Arvi	Araceae	Antibacterial, antifungal, antimicrobial, styptic, astringent. **Parts used:** Rhizome, Corn.	Singh *et al.,* 2011
47.	*Coriandrum sativum*	Dhaniyaa	Apiaceae	Diuretic, antioxidant, anti-diabetic, anticonvulsant, sedative, antimicrobial, antimutagenic, antihelmintic, stimulant, antispasmodic, anti-inflammatory, antibacterial, antiviral. **Part used:** seeds, oil, leaves, flower, fruit.	Pathak *et al.,* 2011
48.	*Crassocephalum crepidiodes*	Thick head	Asteraceae	Antibacterial, laxative, purgative, anti-infammatory, haematic, stomachic. **Parts used:** Leaves.	Omotayo *et al.,* 2015
49.	*Crinum latifolium*	Sudarshana	Amaryllidaceae	Antviral, anti-tumor, antiirheumatic, rubefacient, antioxidant. **Part used:** leaf, root, bulb.	Jenny *et al.,* 2011
50.	*Cucurbita moschata*	Kolaro vela	Cucurbitaceae	Anti-inflammatory, antioxidant, antidepressant, ulcerogenic, diuretic, sedative, tonic, refrigerant. **Parts used:** Fruits, seeds, pulp, whole plant.	Eleiwa *et al.,* 2014
51.	*Curcuma longa*	Haridra	Zingiberaceae	Anti-inflammatory, anticancer, anti-diabetic, antioxidant, hepatoprotective, antimicrobial, antiasthmatic, antitumour, antiprotozoal, antioxidant. **Part used:** rhizome.	Nasri *et al.,* 2014
52	*Cucumis melo*	Chibbar	Cucurbitaceae	Antioxidant, anti-inflammatory, diuretic **Part used**: Seed	Vouldoukis *et al.,* 2004
53.	*Cuminum cyminum*	Jeera	Umbelliferae	Antimicrobial, anti-inflammatory, insecticidal, analgesic, antiplatelet, anticancer, antioxidant, carminative, antispasmodic, antibacterial, anti-amyloidogenic, antiosteoprotic, insecticidal, diuretic, emmenagogue, stimulant, galactagogue. **Part used:** Seed, oil	Al-Snafi, 2016
54.	*Cuscuta reflexa*	Amarvalli	Lauraceae	Anticonvulsant, antistereoidogenic, astringent, carminative, antioxidant, diuretic, antibacterial, antispasmodic, antihypertensive, antitumor. **Part used:** seeds, stem.	Vijikumar *et al.,* 2011
55.	*Cyamopsis tetragonoloba*	Guaar	Papilionaceae	Anti-diabetic, anti-ulcer, anticoagulant, anti-microbial, anti-asthmatic, anti-inflammatory, laxative, antibilous, hypolipidaemic. **Part used:** Seeds, pod, gum.s	Sharma *et al.,* 2011
56.	*Cymbopogon citratus*	Lemon grass	Poaceae	Anti-amoebic, antibacterial, anti-diarrheal, anti-fungal,anti-inflammatory, antimalarial, anti-mutagenic, anti-protozoan, antioxidant, stimulant, sudorific, antiperiodic, anticatarrhal, carminative, anti-cholerin, depressant, analgesic, antipyretic. **Part used:** Leaves, oil.	Manvitha *et al.,* 2013
57.	*Cymbopogon schoenanthus*	Rohisha	Poaceae	Antimicrobial, antioxidant, carminative, stimulant, diaphoretic, emmenagogue, antispasmodic. **Part used:** Oil, leaves, roots & rhizome.	Hellali *et al.,* 2015
58.	*Cynodon dactylon*	Duurvaa	Poaceae	Anti-oxidant, antiulcer, anti-arrhythmic, anti-depressant, anti-viral, antimicrobial, anti-inflammatory, astringent, diuretic, antidiarrhoeal, anticatarrhal, antiseptic. **Part used:** roots, whole plant.	Nagori *et al.,* 2011
59.	*Cyperus rotundus*	Mothaa	Cyperaceae	Antipyretic, anti-inflammatory, analgesic, anticonvulsant, anti-emetic, antispatic, gastroprotective, antiobesity, antiarthritic, antioxidant, anti-cancer, antidiabetic, antimicrobial, antibacterial, antimalarial, cytoprotective, astringent, anti-inflammatory, antirheumatic, diuretic. **Part used:** rhizome, oil.	Sivapalan, 2013

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S.No.	Botanical Name	Common Name	Family	Medicinal Properties	Reference
60.	*Datura metel*	Dhatura	Solanaceae	Analgesic, antiviral, anti-cancer, antiperspirant, anti-ulcer, anti-stress, antimicrobial, antifungal, antispasmodic, sedative, anodyne, rheumatism, antiasthmatic. **Parts used:** Leaves, flowers.	Maheshwari *et al.*, 2013
61.	*Daucus carota*	Garjara	Apiaceae	Cytotoxic, antioxidant, antimicrobial, gastroprotective, antidiabetic, anti-inflammatory, diuretic, emmenagogue, spasmolytic, antilithic, palpitation. **Parts used:** Oil, roots, seeds.	Al-Snafi, 2017
62.	*Desmodium triflorum*	Kudaliya	Fabaceae	Anthelmintic, anticonvulsant, antibacterial, antioxidant, antiproliferative, analgesic, anti-inflammatory, expectorant, galactagogue. **Part used:** leaves, root, whole plant.	Thankachan *et al.*, 2017
63.	*Dicliptera roxburghiana*	Roxburgh's Foldwing	Acanthaceae	Antiviral, skin diseases, eczema. **Part used:** leaves.	Khan *et al.*, 2017
64.	*Dioscorea bulbifera*	Bhirvolikanda	Dioscoreaceae	Puragative, aphrodisiac, antihelmintic, antidiabetic, epistaxis, haemoptysis, pharynagitis. **Part used:** Tubers	Subasini *et al.*, 2013
65.	*Eclipta alba*	Bhringraaj	Asteraceae	Anti-hepatotoxic, antimicrobial, antidiabetic, antihyperglycemic, anti-cancer, analgesic, antioxidant, antiviral, antibacterial, anti-venom, deobstruent, anticatarrhal, febrifuge, insomnia, anti-inflammatory. **Part used:** Leaves, seed, stem, oil.	Soni *et al.*, 2017
66.	*Enicostemma littorale*	Chhotaa-chirayataa	Gentianaceae	Antiperiodic, analgesic, antimalarial, hepatoprotective, antitumor, antihyperglycemic, antirheumatic, anti-inflammatory, antipsychotic, anthelmintic, cardiostimulan. **Part used:** Root, whole plant.	Rathod *et al.*, 2013
67.	*Erigeron canadensis*	Jaraayupriya	Asteraceae	Antidiarrheal, antioxidant, antimicrobial, antihaemorrhoidal, astringent, antirheumatic, diuretic, cystitis, anti-inflammatory, antifungal, antibacterial. **Part used:** Oil, whole plant.	Shah *et al.*, 2012
68.	*Eruca sativa*	Safed sarson	Brassicaceae	Antimicrobial, fungicidal, insecticidal, astringent, depurative, laxative, Stomachic, diuretic, antibacterial. **Part used:** Flower, tender leaf, seed.	Koubaa *et al.*, 2015
69.	*Euphorbia helioscopia*	Chattri dodak, lun spurge	Euphorbiaceae	Anti-inflammatory, antiamoebic, antitumor, antiviral, antiallergic, antiasthmatic, antibacterial, antifungal, cytotoxic, antioxidant, hydragogue cathartic, rheumatism, anthelmintic. **Part used:** plant, plant juice, root.	Mohamed *et al.*, 2012
70.	*Euphorbia thymifolia*	Dudhi	Euphorbiaceae	Antimicrobial, hepatoprotective, antiasthmatic, antiarthritic, antispasmodic, antidysentric, antihyperglycemic, anti- inflammatory, antidiarrheal, diuretic, antioxidant, antihelmintic, antistress, galactagogue, emenorrhoea, antidandruff, purgative. **Part used:** root, latex, leaf, seed.	Muthumani *et al.*, 2016
71.	*Fagonia cretica*	Dhamasa	Zygophyllaceae	Diuretic, antimicrobial, analgesic, antipyretic, antihepatotoxic, antidysentric, antidote, antiasthmatic, antitumor, astringent, antiseptic, antiviral, antiamphetaminic, spasmogenic, antianaemic. **Part used:** aerial parts, plant ash, whole plant.	Sajid *et al.*, 2011
72.	*Foeniculum vulgare*	Saunf	Apiaceae	Antibacterial, antifungal, anti-inflammatory, antioxidant, antianxiety, gastoprotective, antidiabetic, anticancer, hepatoprotective, stomachic, antispasmodic, galactagogue, diuretic. **Part used:** Fruit, oil, seed.	Kooti *et al.*, 2015
73.	*Glycine max*	Soyabean	Fabaceae	Anticancer, antidiabetic, antioxidant, hypercholesterolaemic. **Part used:** Seeds.	Sharma *et al.*, 2015
74.	*Glycyrrhiza glabra*	Yashtimadhu	Fabaceae	Antitussive, antioxidant, antibacterial, antimalarial, antiviral, antiallergic, anti-inflammatory, hepatoprotective, anticoagulant antidepressive, antistress, antiulcer, antidiabetic. **Part used:** Oil, gums, root.	Damle, 2014

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S.No.	Botanical Name	Common Name	Family	Medicinal Properties	Reference
75.	*Habenaria edgeworthii*	Riddhi	Orchidaceae	Antiasthmatic, nervine and Cardic tonic. **Part used:** Leaves, tubers, whole plant.	Khajuria *et al.*, 2017
76.	*Helianthus annuus*	Surajmukhi	Asteraceae	Hypertensive, diuretic, expectorant, antimalarial, anticancer, antiviral, antidiabetic. **Part used:** Seed, oil.	Arshad *et al.*, 2012
77.	*Heliotropium eichwaldi*	Bithua	Boraginaceae	Antioxidant, antimicrobial, antiulcer, hypotensive. **Part used:** Leaves.	Sharma *et al.*, 2012
78.	*Hibiscus cannabinus*	Patsan	Malvaceae	Anti-inflammatory, antioxidant, anti-inflammatory, antidiabetic, aphrodisiac, analgesic, purgative, biliousness. **Part used:** Seed, leaf, flowers, stem bark.	Ryu *et al.*, 2017
79.	*Hibiscus sabdariffa*	Laal-ambaadi	Malvaceae	Antioxidant, anticancerous, antihypertensive, digestive, choleretic, antibilious, laxative, diuretic, hypotensive, antimicrobial, antithelmintic, antifungal, antibacterial, antiscorbutic. **Part used:** flowers, seeds, buds, oil.	Puro *et al.*, 2016
80.	*Hordeum vulgare*	Yavam	Poaceae	Anti-inflammatory, antimicrobial, anti-cough, anti-diabetic, antidiarrhoeal, antioxidant, antiallergic, antibacterial. **Part used:** Leaves, dried fruit, dried plant.	Jebor *et al.*, 2013
81.	*Lallemantia royleana*	Tuut-malangaa	Labiatae	Antibacterial, diuretic, sedative, anti-inflammatory. **Part used:** Seeds	Mahmood et al., 2013
82.	*Launaea mucronata*	Dudh-phad	Asteraceae	Galactagogue. **Part used:** Whole plant.	Khare, 2007
83.	*Lens culinaris*	Masur	Fabaceae	Antigastric, ulcers. **Part used:** Seeds.	Vohra *et al.*, 2012
84.	*Lepidium sativum*	Aashaalim	Brassicaceae	Antidiabetic, antihypertensive, bronchoprotective, antipyretic, anti-inflammatory, laxative, hypocholesterolemic, antimicrobial, analgesic, anticoagulant, antidiaarheal, antispasmodic, anti-cancer antiscorbutic, diuretic, antiasthamic. **Part used:** Leaf, seeds.	Doke *et al.*, 2014
85.	*Leptadenia reticulata*	Jivanti	Asclepiadaceae	Stimulant, restorative, aphrodisiac, anticancerous, antibacterial, antimicrobial. **Part used**: Roots, leaves, whole plant.	Bawra *et al.*, 2010
86.	*Leptadenia spartium*	Kheemp	Asclepiadaceae	Antiseptic. **Parts used:** Whole plant.	Khare, 2007
87.	*Leucas aspera*	Chotta kalkusha	Lamiaceae	Antimicrobial, antioxidant, anti-inflammatory, anticancer, antidiabetic, larvicidal, thermogenic, digestive, carminative, antihelmintic, depurative, antibacterial, expectorant. **Parts used:** Leaves, stem, root, flowers.	Kumar *et al.*, 2016
88.	*Leucas cephalotes*	Guumaa	Lamiaceae	Stimulant, diaphoretic, antiseptic, laxative, antihelminthic, insecticidial, germicidal, fungicidal, emmenogogue, expectorant, antipyretic, antiviral. **Part used:** Plant, flowers	Ansari *et al.*, 2012
89.	*Lindenbergia urticaefolia*	Patthar-chatt	Scrophulariaceae	Chronic bronchitis, skin eruptions. **Part used:** Plant juice.	Mahmoud *et al.*, 2013
90.	*Linum usitatissimum*	Alsi	Linaceae	Analgesic, anticancer, antidepressant, antidiabetic, anti-inflammatory, antimicrobial, antioxidant, antipyretic, anti-ulcer, laxative, antilipidemic, antitussive. **Part used:** Seed, flower, oil.	Umer *et al.*, 2017
91.	*Lycopus europaeus*	Jalneem.	Labiatae	Sedative, hypotonic, diuretic, antihaemorrhagic, antitussive. **Part used:** Leaves, whole plant.	Aziz *et al.*, 2013

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S.No.	Botanical Name	Common Name	Family	Medicinal Properties	Reference
92.	*Malva sylvestris*	Gul-khair	Malvaceae	Antibacterial, antifungal, antimicrobial, antitussive, antiviral. **Part used:** Whole plant	Razavi *et al.*, 2011
93.	*Medicago sativa*	Barsem	Fabaceae	Antioxidant, anti-inflammatory, anticholesterolemic, antidiabetic. **Part used:** Seed, flowers.	Karimi *et al.*, 2012
94	*Melilotus indica*	Ban-methi	Fabaceae	Antioxidant, antimicrobial, emollient laxative, astringent. **Part used:** leaf, whole plant	Sonju *et al.*, 2017
95.	*Mentha longifolia*	Pudhinaa, mint	Lamiaceae	Antibacterial, antifungal, cytotoxic, antimicrobial, antiproliferative, antiseptic, digestive. **Part used:** Leaf, flowering tops, oil.	Razvi *et al.*, 2012
96.	*Mentha piperita*	Pippermint	Lamiaceae	Antimicrobial, antispasmodic, diyretic, antiseptic, antiviral, antibacterial, digestive, antipruritic, antiemetic, carminative, anticatarrhal, analgesic, stimulant, emmengogue, antifungal, intestinalcolic. **Part used:** Oil, leaf.	Balkrishnan, 2015
97.	*Mentha spicata*	Putiha	Lamiaceae	Anti-inflammatory, antimicrobial, sedative, carminative, diuretic, antispasmodic, antiemetic, antiseptic, diaphoretic, hypertension. **Part used:** Fowers, leaves, oil	Kee *et al.*, 2017
98.	*Mimosa pudica*	Lajjalu	Mimosaceae	Antidiabetic, diuretic, expectorant, antiasthmatic, aphrodidiac, analgesic, antidepressant, astringent, antiseptic, styptic. **Part used:** Whole plant.	Srivastava *et al.*, 2012
99.	*Mollugo cerviana*	Jeem shaak	Molluginaceae	Stomachic, antiseptic, antibacterial, antimicrobial, rheumatism, diaphoretic. **Part used**: Roots, flowers, shoot, whole plants.	Valarmathi *et al.*, 2012
100.	*Momordica balsamina*	Mokhaa	Cucurbitaceae	Antihypertensive, analgesic, antibacterial, haemorrhoids, hypoglycaemic. **Part used:** Fruit, whole plant.	Khare, 2007
101.	*Nardostachys grandiflora*	Jatilaa	Valerianaceae	Antifungal, hepatoprotective, anticonvulsant, antioxidant, antidiabetic, antihypertensive, antiasthmatic, antibacterial, sedative, hypotensive, antiestrogenic. **Part used:** Roots.	Purnima *et al.*, 2014
102.	*Nelumbo nucifera*	Kamal	Nymphaeaceae	Antidiarrheal, anti-inflammatory, anti-obesity, analgesic, anthelmintic, antioxidant, antidiabetic, antipyretic, antimicrobial, antibacterial, antidepressant, antiviral, anti-hyperlipidemic, antiarrhythmic, anti-fibrosis, astringent, antiproliferative, haemostatic, diuretic, antiemetic, anticoagulant **Part used:** Leaves, seeds, rhizome, flowers, filament, root.	Sheikh, 2014
103.	*Nepeta hindostana*	Baadranjboyaa	Lamiaceae	Antirheumatic, anti-inflammatory, antispasmodic, antiasthmatic. **Part used:** flowering tops, leaves, flowers, plant extract.	Mall *et al.*, 2015
104.	*Ocimum basilicum*	Baabui tulasi	Lamiaceae	Analgesic, anti-inflammatory, hepato-protective, cardio-protective, antihyperlipidemic, antiviral, anti-ulcerative, anticonvulsant, anticancer antimicrobial, antimicobacterial, antiparasitic, antioxidant, stimulant, antispasmodic, diuretic, antidysenteric, antibacterial, antifungal. **Part used:** Flower, seed, oil.	Ahmed *et al.*, 2015
105.	*Ocimum sanctum*	Tulsi sweet	Lamiaceae	Analgesic, anticancer, antidiabetic, antifertility, hepatoprotective, hypotensive, antitussive, antibacterial, antiviral, antispasmodic, antiasthmatic, antirheumatic, antiperiodic, stimulant, genitourinary, antimalarial, antistress, antifungal. **Part used:** Leaf, seed, root, oil.	Vishwabhan *et al.*, 2011
106.	*Ocimum gratissimum*	Tulsi ram	Lamiaceae	Anti-inflammatory, antipyretic, antimicrobial, antidiarrheal, analgesic, anti-mutagenic, antiheumatic, antibacterial, antifungal. **Part used:** Seed, oil, whole plant.	Prabhu *et al.*, 2009

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S.No.	Botanical Name	Common Name	Family	Medicinal Properties	Reference
107.	*Oxalis corniculata*	Changeri	Oxalidaceae	Antibacterial, antifungal, ant-helmintic, antidiarrhoeal, anti-implantation, anti-epileptic, antidiabetic, antiulcer, antiamoebic, anticancer, anti-inflammatory, anti-nociceptive, hepatoprotective, cardio-protctive, diuretic, antioxidant, analgesic, antipyretic, antiscorbutic. **Part used:** Leaves, whole plant.	Sharma *et al.*, 2014
108.	*Papaver somniferum*	Afyum	Papaveraceae	Analgesic, hypotonic, antitussive, antispasmodic, antidiarrhoeal, hypnotic. **Part used:** Seed, oil, capsule.	Heydari *et al.*, 2013
109.	*Pergularia extensa*	Utaran	Periplocaceae	Anthelmintic, antiapyretic, antioxidant, antibacterial, antimicrobial, stimulant, amenorrhoea. **Part used:** leaf, whole plant.	Elayaraja *et al.*, 2015
110.	*Phyllanthus urinaria*	Hazaar-mani	Euphorbiaceae	Anti-cancer, diuretic, astringent, anti-inflammatory, antidiabetic, analgesic, antibacterial, antifungal. **Part used:** Root, stem, leaf.	Haung *et al.*, 2010
111.	*Physalis minima*	Tankaari	Solanaceae	Antimalarial, antigonorrheal, analgesic, antipyretic, antibacterial, anti-ulcer, antifertility, diuretic, aperient, anti-inflammatory. **Part used:** Berries, leaves.	Chothani *et al.*, 2012
112.	*Physochlaina praealta*	Bajarbang	Solanaceae	Anthropogenic, antiemetic, anti-ulcer, narcotic. **Part used:** Leaves.	Bhat et al, 2016
113.	*Pimpinella anisum*	Anisool	Apiaceae	Antifungal, antimicrobial, antibiotic, diuretic, anticholerin, antispasmodic, antiviral, galactagogue. **Part used:** Oil, fruit, seed.	Abulushi *et al.*, 2014
114.	*Plantago amplexicaulis*	Aspaghol	Plantaginaceae	Astringent, demulcent. **Part used:** Seed, seed coat.	Khare, 2007
115.	*Plantago ovata*	Isabgol	Plantaginaceae	Antidiabetic, antidiarrheal, anti-obesity, diuretic, antioxidant, anti-inflammatory, laxative, antibacterial. **Part used:** Seed, husk.	Verma *et al.*, 2013
116.	*Pluchea lanceolata*	Raasna	Asteraceae	Antimicrobial, antimalarial, anti-inflammatory, antihyperglycemic, anticancer, antiallergic, antioxidant, antiviral, antitumor, antiparasitic, analgesic, relaxant. **Part used:** Stem, aerial parts.	Arya *et al.*, 2013
117.	*Plumbago zeylanica*	Chitrak	Plumbaginaceae	Antifungal, antibacterial, antiviral, antiplasmodial, anticarcinogenic, anti-inflammatory, antiovulatory. **Part used:** Roots.	Sharma *et al.*, 2014
118.	*Portulaca oleraceae*	Loni	Portulacaceae	Anti- inflammatory, analgesic, antimicrobial, antihypertensive, antifertility, antioxidant, neuroprotective, ant-inephrotoxic, antihyperglycemic, hepatoprotective, antispasmodic, diuretic, antiscorbutic, antidysenteric. **Part used:** Leaves, stem, seeds, whole plant.	Masoodi *et al.*, 2011
119.	*Psoralea corylifolia*	Somavalli	Fabaceae	Antibacterial, antifungal, analgesic, laxative, anticancer, anti-inflammatory, antipyretic, analgesic, purgative. **Part used:** Seed, fruit.	Anwar *et al.*, 2011
120.	*Pueraria tuberosa*	Suraal	Fabaceae	Antimicrobial, antibacterial, antifungal, analgesic, antiallergic, antirheumatic, anti-tumor, diuretic, galactagogue, demulcent. **Part used:** Tuber, leaf, root.	Sadguna *et al.*, 2015
121.	*Ranunculus muricatus*	Tohlab	Ranunculaceae	Antibacterial, antifungal, antiasthmatic. **Part used:** Whole plant.	Nazir *et al.*, 2013
122.	*Raphanus sativus*	Muuli	Brassicaceae	Anticancer, antimicrobial, antidiabetic, diuretic, antifertility, hypertensive, neuroprotective, gastroprotective, heapatoprotective, antibacterial, antioxidant, purgative, antiviral, antibiotic, antifungal. **Part used:** Whole plant, root, seed.	Khamees, 2017

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S.No.	Botanical Name	Common Name	Family	Medicinal Properties	Reference
123.	*Rauvolfia serpentina*	Sarpagandha	Apocynaceae	Antidiabetic, antipsycotic, antimicrobial, anti-inflammatory, diuretic, antiemetic, antifungal, antiarrhythmic, antimalarial, hypotension. **Part used:** Root, whole plant.	Bunkar, 2017
124.	*Saccharum officinarum*	Gannaa	Poaceae	Anticancerous, antioxidant, anti-inflammatory, antidiarrheal, anti-proliferative, antiplatelet, antiarthritic, laxative, antiseptic, diuretic. **Part used:** Sugarcane juice.	Khan *et al.*, 2015
125.	*Salvia aegyptiaca*	Tukhm-malangaa	Lamiaceae	Antidiarrheal, antiseptic, antitumor, antiviral, antimicrobial, anti-inflammatory, hypotensive, antioxidant, anti-diabetic, antispasmodic. **Part used:** Seed.	Tohamy *et al.*, 2012
126.	*Salvia plebeia*	Bhuu-tulasi	Lamiaceae	Antimicrobial, anthelmintic, diuretic, astringent, antidarrheal, antiseptic. **Part used:** Whole plant.	Shirsat *et al.*, 2014
127.	*Salsola kali*	Barilla	Chenopodiaceae	Antibacterial, cathartic, diuretic, antimicrobial. **Part used:** Plant, juice, seeds.	Mughal *et al.*, 2010
128.	*Sansevieria roxburghiana*	Nagdaman	Liliaceae	Antimicrobial, antidiarrheal, antibacterial, antiasthmatic, hypertensive, rheumatism. **Part used:** Leaf, whole plant.	Sheela *et al.*, 2012
129.	*Saussurea lappa*	Sugandha-kuutth	Asteraceae	Antitumor, anti-inflammatory, antifungal, anti-diabetic, anthelmintic, antimicrobial, anti-hepatoprotective, anti-ulcer, anticancer, anticonvulsant, gastro-protective, antiparasitic, hypoglycaemic, antiviral, anti-hepatoxic, antidiarrheal, antispasmodic, astringent, antiseptic. **Part used:** Root, oil.	Zahara *et al.*, 2014
130.	*Sesamum orientale*	Til	Pedaliaceae	Diuretic, laxative. **Part used:** Seed.	Khare, 2007
131.	*Seseli indicum*	Vanya-yamaani	Apiaceae	Antibacterial, anti-inflammatory, anticonvulsant, antipyretic, antiparasitical, antimicrobial, insecticidal, anthelmintic, carminative, stomachic, stimulant. **Part used:** Seeds.	Singh *et al.*, 2012
132.	*Sisymbrium irio*	Khaaksi	Brassicaceae	Antipyretic, antimicrobial, antioxidant, antibacterial, analgesic, anti-inflammatory, expectorant, febrifuge, rheumatism, antiscorbutic. **Part used:** Seeds.	Alsaffar *et al.*, 2016
133.	*Solanum nigrum*	Makoy	Solanaceae	Antitumor, antioxidant, anticancer, antimicrobial, anti-convulsant, hepatoprotective, antiulcerogenic, antifungal, anti-hyperglycemic, anti-inflammatory, antispasmodic, diuretic, antiseptic, antidiarrheal, antipyretic, antiviral, antirheumatic. **Part used:** Plant, berries, leaves.	Atanu *et al.*, 2010
134.	*Solanum xanthocarpum*	Hadaq	Solanaceae	Antifertility, anticancer, anti-allergy, antifungal, anti-inflammatory, rheumatism, hypoglycaemic, stimulant, antiasthmatic. **Part used:** Whole plant.	Singh *et al.*, 2010
135.	*Spergularia rubra*	Sandwort	Caryophylaceae	Antidiabetic, antioxidant, anti-cholinesterase, antihyperglycaemic, antihypertensive, diuretic. **Part used:** Whole plant.	Vinholes *et al.*, 2011
136.	*Sphaeranthus indicus*	Mundika	Asteraceae	Antiviral, anticancer, antitubercular, antibacterial, antifungal, antiprotozoal, neuroleptic, anticonvulsant, antiamnesic, sedative, antiasthmatic, hepatoprotective, styptic, antidiabetic, antiulcer, antiallergic, anti-inflammatory, antifeedant, antitumor, antimicrobial, antiseptic, anti-pyretic, antioxidant, antiarthritic, anthelmintic, depurative. **Part used:** Leaf juice, flower.	Mahajan *et al.*, 2015

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S.No	Botanical Name	Common Name	Family	Medicinal Properties	Reference
137.	*Tagetes erecta*	Genda	Asteraceae	Antibacterial, antioxidant, antimycotic, antibacterial, anti-diabetic, anti-hyperlipedemic, antiviral, anti-mutagenic, hepatoprotective, analgesic, cytotoxic, insecticidal, antiepileptic, antimutagenic, styptic, diuretic. **Part used:** Leaf.	Karwani *et al.*, 2015
138.	*Teramnus labialis*	Kaamboja	Papilionaceae	Anti-inflammatory, antioxidant, antihyperglycaemic, rheumatism, astringent, stomachic. **Part used:** Fruit.	Sridhar *et al.*, 2006
139.	*Thalictrum foliolosum*	Mamiri	Ranunculaceae	Antimalarial, antipyretic, antiparasitic, antitumor, anti-cancer, antiviral, antimalarial, antibacterial, antirheumatic, antiperiodic. **Part used:** Plant, root.	Walter *et al.*, 2015s
140.	*Tribulus alatus*	Hasaka	Zygophyllaceae	Diuretic, anti-inflammatory, astringent. **Part used:** Fruit, seed.	Khare, 2007
141.	*Tribulus terrestris*	Gokshura	Zygophyllaceae	Antihypertensive, antifungal, antitumor, antimicrobial, anti-cancerous, anthelmintic, aphrodisiac, diuretic, anti-inflammatory, spasmoiytic, hypoglycaemic, stomachic. **Part used**: Leaf, root, fruits.	Hashim *et al.*, 2014
142.	*Trichodesma africanum*	Pahurpanee	Boraginaceae	Antifungal, anti-inflammatory, diuretic, emollient, febrifuge. **Part used:** Leaves.	Ahmed *et al.*, 2015
143.	*Trigonella incise*	Shirgona	Fabaceae	Antibacterial, antifungal, antioxidant, antiviral, anti- inflammatory, anti-canceroud, antimalarial, antiallergic, anti-thrombotic, anti-nioplastic, antidiarrhoeic. **Part used:** Seed.	Rehman *et al.*, 2017
144.	*Trigonella foenum-graecum*	Methika	Fabaceae	Anticarcinogenic, antibacterial, anticancer, anthelmintic, antioxidant, antilipidemic, anti-fertility, antioxidant, anti-diabetic, antiulcer, hypochlosterolemic, hypoglycemic, antiseptic, antidiarrhoic. **Part used:** Seed.	Meghwal *et al.*, 2012
145.	*Triticum aestivum*	Gehun	Poaceae	Antioxidant, antihaemolytic, antipyretic, anti-inflammatory, antimicrobial, antidiabetic. **Part used:** Seed.	Johri *et al.*, 2017
146.	*Urginea indica*	Jangali piyaaz	Liliaceae	Antispasmodic, antimicrobial, anticancerous, antiglycemic, anticarcinogenic, antioxidant, antibacterial, antiarthritic, antiacne, anti-inflammatory, antieczymic, antitumor, antipyretic, antiasthmatic, analgesic, antidiabetic, anti-atherosclerotic, hepato-protective, diuretic, antiviral. **Part used:** Bulb.	Prabakaran *et al.*, 2016
147.	*Verbena officinalis*	Karaita	Verbenaceae	Antioxidant, antifungal, anti-inflammatory, anti-skin infection, antitumor, astringent, anti-rhinosinusitis, antinociceptive, antibacterial. **Part used:** Fresh leaves, whole plant.	Miraj *et al.*, 2016
148.	*Veronica anagallis*	Water speedwell	Scrophulariaceae	Antiseptic (healing wounds). **Part used:** Whole plant.	Singh, 2015
149.	*Vinca rosea*	Sadabahar	Apocynaceae	Antioxidant, antimicrobial, anti-cancer, antibacterial, antifungal, antiviral, cytotoxic. **Part used:** Whole plant.	Jayakumar *et al.*, 2010
150.	*Viola cinerea*	Jinkobanafashaa	Violaceae	Aphrodisiac, emetic. **Part used:** Root, whole plant	Chandra *et al.*, 2015
151.	*Zingiber officinale*	Ardaraka	Zingiberaceae	Antioxidant, anti-cancer, antimicrobial, antidiabetic, antipyretic, immunomodulatory, anti-obesity, anti-platelet aggregation, antiangiogenic, hepato-protective, anti-atherosclerotic, reno-protective, neuro-protective, anthelmintic, larvicidal, antiemetic, gastro-protective, cardiovascular, antiflatulent, hypocholesterolaemic, anti-inflammatory, antispasmodic, diaphoretic, antiemetic, analgesic, hypotensive, antimigraine. **Part used:** Rhizome.	Dhanik *et al.*, 2017

CONCLUSION

The people have been using numerous herbs for treating various ailments since immemorial. The herbs are holistic and oldest and most widely used form of medicine. In fact the villagers chiefly depend on them as they are familiar with their use for different ailments like asthma, dysentery, skin diseases, diabetes, rheumatism, jaundice etc. The herbs also contains anti-cancerous property. Different herbs act on different systems of body. These are natural or having no or low probability of side effects but for their effective results one should be aware of the way to use them for the respective disease or it is advisable not to use them without consulting an experienced ayurvedic physician. For their use for the therapeutic purpose or getting benefits from them, they should be taken care of, conserved and cultivated.

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