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Research Article

MEDICO-ETHON-BOTANICAL STUDY OF INDIGENOUS AND MIGRATED MEDICINAL PLANTS DIVERSITY AT KOTHI VILLAGE IN KANGRA DISTRICT OF HIMACHAL PRADESH IN INDIA: A CROSS-SECTIONAL SURVEY

Ram Deo Pandit*, Shefali Rana

PG Scholar, Post Graduate Department of Dravyaguna (PGDD), Rajiv Gandhi Government Post Graduate Ayurvedic College and Hospital (RGGPGAC&H), Paprola, Kangra, Himachal Pradesh, India.

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ABSTRACT

Ayurveda and medicinal plants of folklore are the primary sources of health care in rural areas of India. Medicinal plants are the basis of Ayurveda drugs. Kothi village at an elevation of around 1,100m from the sea level is a hamlet in Kangra District of Himachal Pradesh and it has a good diversity of medicinal plants. The medicinal plants' diversity in this village is not studied to date. This cross-sectional survey study (observational study of descriptive and analytical type) was conducted to discover the diversity of medicinal plants in the Kothi village. The medicinal plant diversity at RGGPGAC&H territory was the sample chosen for this study. The total diversity of medicinal plants in the Kothi village was considered as the population of the study. Questionnaire based interviews and discussions with local villagers and sellers were used as a method for medicinal plants sample collection from the sample area. The sample medicinal plants were then verified by the faculty of PGDD at RGGPGAC&H. After verification, samples were cross-verified with authoritative publications by the government of Himachal Pradesh and India. A total of 151 different indigenous cum migrated medicinal plant diversity belonging to 69 families is found occurring in the Kothi village.

INTRODUCTION

Ayurveda is tradition system of well-being for the population in the Indian sub-continent, where medicinal plants are the basis of Ayurveda drugs. Ayurveda and medicinal plants of folklore are the primary sources of health care in rural areas of India[1]. According to a WHO report, the rural and tribal population still uses traditional medicines to cure various diseases with natural harmony[2].

Himachal Pradesh (HP) is a mountainous state of India rich in diversity of indigenous as well as migrated medicinal plants biodiversity[3]. Kothi of Kangra district in Himachal Pradesh has the population of 1,698 and the area is about 1,424,700 square meter[4]. Kothi has a sub-mountain and low hills sub-tropical type climate. Palampur is the nearest town to Kothi village. Shimla is the state capital of Himachal Pradesh. Shimla lies around 117.2 kilometres away from Kothi village[5].

This survey study is an observational study wherein questionnaire based interviews and discussions with local sellers and villagers regarding the study subject with the aim of understanding the medicinal plants' population in Kothi village[6]. Till date; no survey study has undergone to document the medicinal plants of Kothi village[7]. So, this cross-sectional survey is carried.

Methodology

The medicinal plant diversity at RGGPGAC&H territory (18211 sq. meters) is taken as a study area (sample frame) for this cross-sectional survey. The whole medicinal plant biodiversity of Kothi is considered as the population of the study. Kothi is a village that lies on the lap of the Dhauladhar range of mountains in the District of Kangra in HP state of India. The latitude 32.0650732 and longitude 76.6376612 are the geo-coordinate of Kothi village. The village is at an elevation of around 1,100 meters from sea level. survey is carried out with the medicinal plants'

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diversity at the sample area (territory of RGGPGAC&H) which has an area of 18211 square meters.

Ethno-botanical survey: An ethno-botanical survey was conducted from 15th March 2022 to 15th June 2022, and before starting the collection of ethno-botanical data, a brief explanation to the informants on the objectives of the study and the importance of the information they would provide was provided in order to obtain their consent to participate in the study. A total of 30 healers were interviewed for this purpose. The data were collected through semi-structured interviews using Hindi and local Pahadi language. These interviews were designed to record information about their local name, parts used and medicinal uses.

Medicinal plant specimens were collected from the sample area; primarily their local name, parts used, and medicinal uses were collected from local sellers and villagers by conducting individual discussions and interviews. Then the plant's specimens were secondarily presented to the faculty of the PG Department of Dravya-guna (consultative group discussion) for justification and finally, they were cross-verified carefully by matching them with the textual descriptions mentioned in authentic Ayurvedic literature and publications published by the government of Himachal Pradesh or India[8].

Preservation of Plant Specimens: The standard method was followed with a record to collect the plant materials, drying, mounting, preparation, and preservation on herbarium sheets; they were later identified by the faculty of the PG Department of Dravya-guna. Those herbarium sheets of plant material are preserved at the PG Department of Dravya-guna categorised on the basis family. The complete final list was established after the identification and verification of the samples; the identification process included the Flora Simlensis and Ayurveda Pharmacopoeia of India (API) as references. Their taxonomy was confirmed based on data available on the http://www.flowersofindia.net/

Data Analysis: The survey study is observational and of descriptive cum analytical type. Qualitative as well as quantitative primary data were collected for the study. Medicinal plants inventoried in this study were organized in alphabetical order of its basonym. The data reported concerned basonym, local name, part used, local use, status, scientific name, family and ukta-Anukta status. The obtained results were analyzed using specific parameters.

OBSERVATIONS AND RESULTS

DISCUSSION

The present survey study reveals that 151 different indigenous cum migrated medicinal plants diversity are recorded in Kothi village. These plants belong to 69 families and are presented in Annexure I in tabular form. The recorded plants are in use to prevent or treat common primary health issues and also to maintain their health in folklore. Out of 151 medicinal plants recorded, 131 are Ukta (mentioned in classical Ayurvedic literature), 13 are Anukta (not mentioned in classical Ayurvedic literature) and 9 are Ishad-ukta (little described in classical Ayurvedic literature) drugs.

The data collected on local names of medicinal plants, their parts of use and medicinal uses in folklore from local villagers and sellers, their justification by the consultative group and cross verification with authentic Ayurvedic literature and authoritative publications by the government were found to be the same.

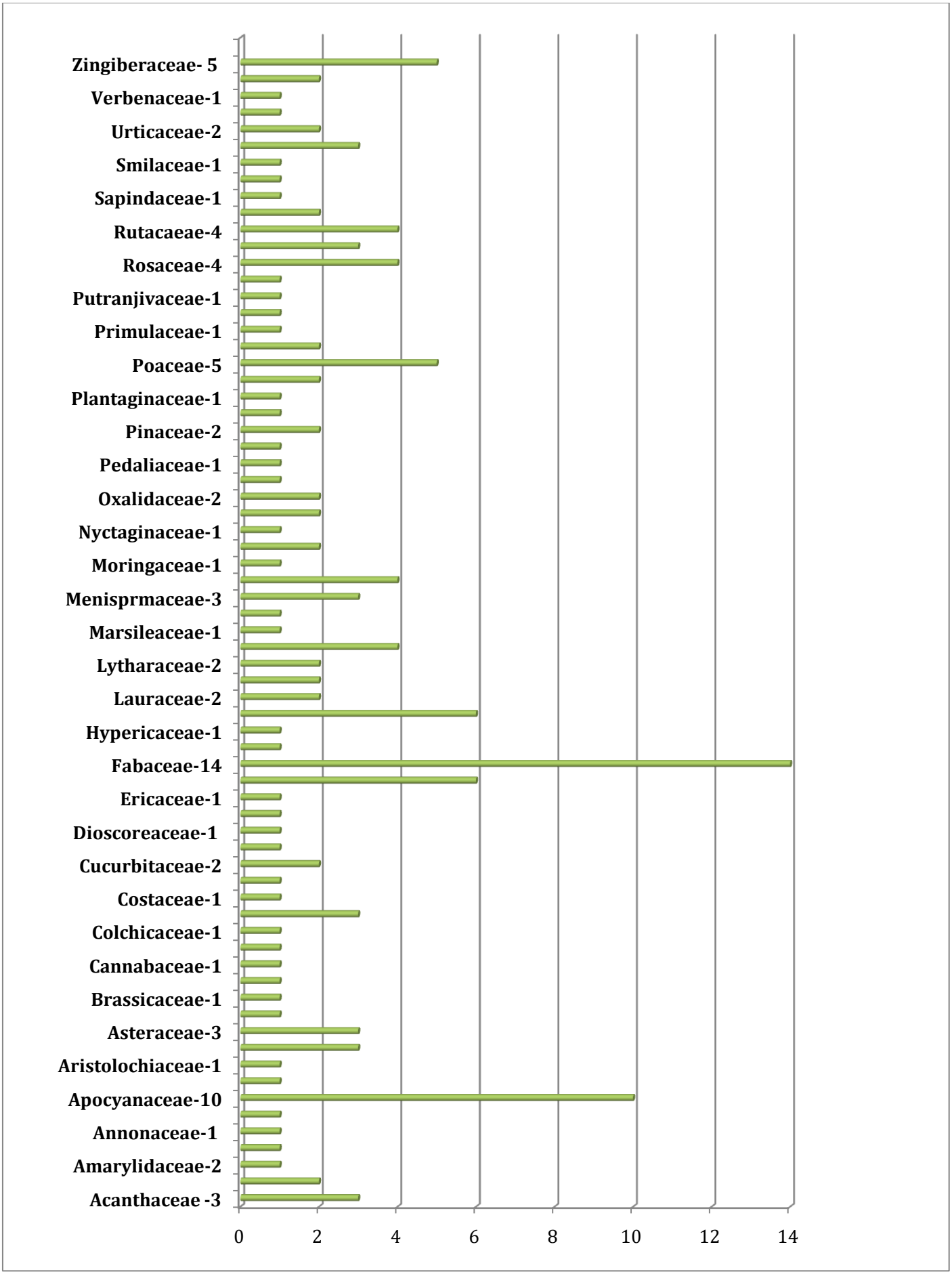
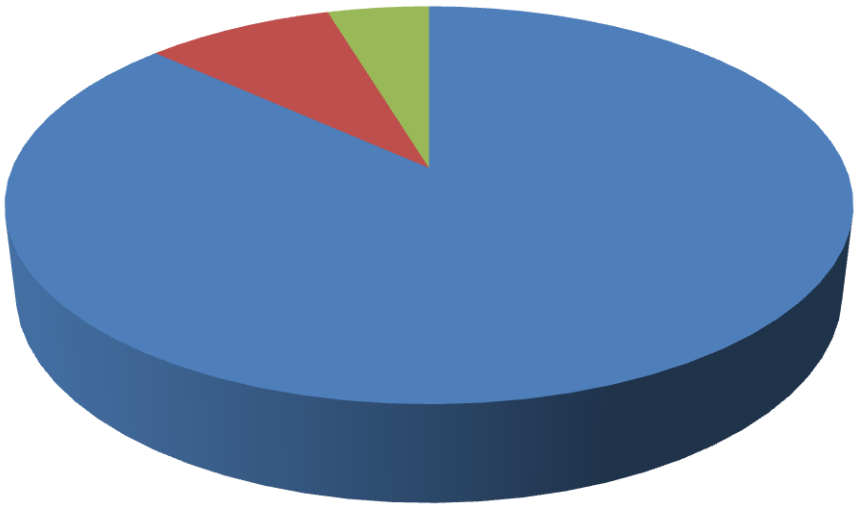
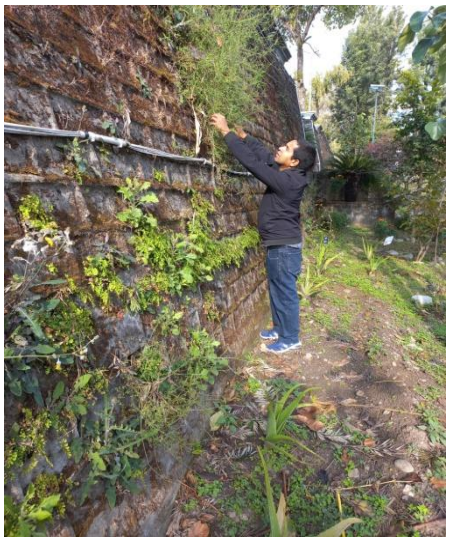


Fig. 3 Family wise occurrence of medicinal plants in the study area

Fig. 4 Ukta -anukta status of the medicinal plants in the study area





Collection of herbs and interaction with local people **Flowering of *Langli* (*Gloriosa superba* L.)**

CONCLUSION

The present study reveals that 151 different indigenous cum migrated medicinal plants diversity is found in Kothi village. They are in medicinal use traditionally in folklore. Some of the recorded plants are well-studied and established drugs and some are lesser-known and less explored. Further pharmacognostic, phytochemical, and pharmacological studies can prove these medicinal plants are more useful and effective in Ayurveda drugs.

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***Address for correspondence**
Dr. Ram Deo Pandit
PG Scholar,
Post Graduate Department of Dravyaguna, Rajiv Gandhi Government Post Graduate Ayurvedic College and Hospital, Paprola, Kangra, Himachal Pradesh.
Email: dr.ramdeopandit@gmail.com
Ph: 6307709145

S.N.	Basonym	Local Name	Parts used	Local use	Status	Scientific name	Family	Ukta-anukta
1	*Aakhe*	Aakhe	Fruit, root, stem, leaves	Cosmetics	Migrated	*Rubus ellipticus* Sm.	Rosaceae	Anukta
2	*Aadraka*	Aadraka	Rhizome	Digestive	Indigenous	*Zingiber offinicinale* Rosc.	Zingiberaceae	Ukta
3	*Aamalaki*	Aanvala	Fruit	Youthfulness	Indigenous	*Phyllanthus emblica* Linn.	Euphorbiaceae	Ukta
4	*Aaragvadh*	Kaniyar	Fruit	Skin diseases	Indigenous	*Cassia fistula* Linn.	Fabaceae	Ukta
5	*Aartagal*	Chota dhatur	Leaves, seeds	Malaria	Indigenous	*Xanthium strumarium* Linn.	Asteraceae	Ishad-ukta
6	*Afsanteen*	Charmara	Leaf	Diabetes	Indigenous	*Artemisia absinthium* Linn.	Asteraceae	Ukta
7	*Agnimantha*	Bhankhar	Leaf & root bark	Increased blood pressure	Indigenous	*Premna mucronata* Roxb.	Lamiaceae	Ukta
8	*Amra*	Aam	Fruit, seed	General tonic	Indigenous	*Mangifera indica* Linn.	Anacardiaceae	Ukta
9	*Amrood*	Amrood	Fruit, leaf	Constipation	Indigenous	*Psidium guajava* Linn.	Myrtaceae	Ukta
10	*Antramool*	Damabuti	Leaf, root	Asthama	Migrated	*Tylophora asthmatica* (L.f.) Wight &Arn.	Apocynaceae	Ukta
11	*Apamarg*	Phut kanda, Chirchita	Whole plant	Urinary problems	Indigenous	*Achyranthes aspera* Linn.	Amaranthaceae	Ishad-ukta
12	*Arishtak*	Ritha, dode	Fruit	Skin infection	Indigenous	*Sapindus mukorossi* Gaertn.	Sapindaceae	Ukta
13	*Arjuna*	Arjun	Bark	For heart health	Indigenous	*Terminalia arjuna* Roxb. Ex DC) Wight & Arn.	Combretaceae	Ukta
14	*Arka*	Aak	Leaf	Swelling	Migrated	*Calotropis gigantean* (L.) R. Br.	Apocynaceae	Ukta
15	*Ashoka*	Ashoka	Stem, bark, seeds	Menstrual problems	Migrated	*Saraca asoca* (Roxb.) De Wilde	Fabaceae	Ukta
16	*Ashvatth*	Peepal	Bark, fruit	Cough, skin disease	Indigenous	*Ficus religiosa* Linn.	Moraceae	Ukta
17	*Ashwagandha*	Asgandh	Root	Stress management	Migrated	*Withania somnifera* (L.) Dunal	Solanaceae	Ukta
18	*Ashwagol Bhed*	Ishabgol	Seeds, husk of	Constipation	Indigenous	*Plantago lanceolata*	Plantaginaceae	Ukta

			seed			Linn.		
19	*Bakuchi*	Bakuchi	Seed	Skin disorders	Indigenous	*Psoralia corylifolia* Linn.	Fabaceae	Ukta
20	*Balaa Bhed*	Bala	Root	Body strength	Indigenous	*Sida acuta* Burm.f.	Malvaceae	Anukta
21	*Bhanga*	Bhang	Leaves	For insect bite	Indigenous	*Cannabis sativa* Linn.	Cannabaceae	Ukta
22	*Bhringraj*	Bhangra	Whole plant	Hairfall	Indigenous	*Eclipta alba* (L.) Hassk.	Asteraceae	Ukta
23	*Bhumyamalaki*	Bhui-amla	Whole plant	Swelling	Indigenous	*Phyllanthus niruri* Linn.	Phyllanthaceae	Ukta
24	*Bibhitak*	Baheda	Fruit, seed kernel	Cough	Indigenous	*Terminalia bellirica* (Gaertn.) Roxb.	Combretaceae	Ukta
25	*Bilva*	Bel	Leaf, fruit	In diarrhoea	Indigenous	*Aegle marmelos* (L.) Correa	Rutaceae	Ukta
26	*Burans*	Barah	Flower	Nasal bleeding	Indigenous	*Rhododendron arboreum* Sm.	Ericaceae	Ukta
27	*Chandan*	Chandan	Hartwood, oil	Balancing piita dosha	Indigenous	*Santalum album* Linn.	Santalaceae	Ukta
28	*Changeri*	Maroli	Whole plant	Digestion problems	Indigenous	*Oxalis corniculata* Linn.	Oxalidaceae	Ukta
29	*Changeri Bhed*	Changeri	Whole plant	Digestion problems	Indigenous	*Oxalis purpurea* (L.) Spec.	Oxalidaceae	Anukta
30	*Chincha*	Emli	Fruit, seed	Indigestion	Migrated	*Tamarindus indica* Linn.	Fabaceae	Ukta
31	*Chitrak*	Chitra	Root bark	Relive flatulence	Indigenous	*Plumbago zeylanica* Linn.	Plumbaginaceae	Ukta
32	*Chopchini*	----	Rhizome	Sexual Problems in males	Indigenous	*Smilax aspera* L.	Smilacaceae	Ukta
33	*Chukrika*	------	Whole plant	Teeth disorders	Indigenous	*Rumex hastatus* D. Don.	Polygonaceae	Ukta
34	*Dadim*	Dadu	Fruit	In acidity	Indigenous	*Punica granatum* Linn.	Lythraceae	Ukta
35	*Devdar*	Bark, heartwood	Deodar	Skin infections	Indigenous	*Cedrus deodara* (Roxb.) G.Don.	Pinaceae	Ukta
36	*Dhataki*	Dhayen	Flower	Gynaecological	Indigenous	*Woodfordia fruticosa*	Lytharaceae	Ukta

				problems		(L.) Kurz.		
37	*Dhatura*	Dhutur	Seeds	Pain & swelling	Indigenous	*Datura stramonium* Linn.	Solanaceae	Ukta
38	*Dronapushpi Bhed*	Guma	Whole plant	To fight infection	Indigenous	*Leucas lanata* Benth.	Lamiaceae	Anukta
39	*Dugdhika*	Dudhi	Whole plant	Skin problems	Indigenous	*Euphorbia hirta* Linn.	Euphorbiaceae	Ukta
40	*Durva*	Doobh	Whole plant	Check bleeding	Indigenous	*Cynodon dactylon* Pers.	Poaceae	Ukta
41	*Erand*	Aerni	Seed, leaf	Pain and swelling	Indigenous	*Ricinus communis* Linn.	Euphorbiaceae	Ukta
42	*Fafru*	Fafru	Leaves	Relieve pitta	Indigenous	*Fagopyrum esculentum* Moench	Polygonaceae	Anukta
43	*Gambhari*	--	Roots, fruit, flower, leaf	Digestive	Indigenous	*Gmelina arborea* Roxb.	Lamiaceae	Ukta
44	*Gandh Prasarini*	Padhedi	Root	Joint-muscle ache	Indigenous	*Paedaria foetida* Linn.	Rubaceae	Ukta
45	*Guduchi*	Giloy	Stem	Fever	Indigenous	*Tinospora cordifolia (Thunb.) Miers*	Menisprmaceae	Ukta
46	*Hanspadi*	Hanspadi	Whole plant		Indigenous	*Adiantum lunulatum* B urm.f.	Pteridaceae	Ukta
47	*Haridra*	Haldi	Rhizome	Anti-septic	Indigenous	*Curcuma longa* Linn.	Zingiberaceae	Ukta
48	*Haritaki*	Harad	Fruit	Constipation and Cough	Indigenous	*Terminalia chebula* Retz.	Combretaceae	Ukta
49	*Insulin plant*	Gudmaar	Leaf, root	Diabetes	Migrated	*Costus igneus* N.E.Br.	Costaceae	Ukta
50	*Ishwari*	Isharmool	Root, leaf	Fever	Indigenous	*Aristolochia bracteolata* Lam.	Aristolochiaceae	Anukta
51	*Jaati*	Chameli	Leaf, flower, root	Infection in mouth	Indigenous	*Jasminum officinale* Linn.	Oleaceae	Ishad-ukta
52	*Jambu*	Jamun	Fruit, seed, bark	Diabetes	Indigenous	*Syzygium cumini* Skeels	Myrtaceae	Ukta
53	*Jambupatra Sariva*	---	Root, stem	Fever, blood purifier	Indigenous	*Crypeolepis buchananii* R.Br. ex Roem. & Schult.	Apocynaceae	Ukta
54	*Jangli*	-----	Leaves, flowers	Respiratory	Indigenous	*Verbas cumthapsus*	Scrophulariaceae	Ukta

	Tambaku			problems		Linn.		
55	*Jeevanti*	Chirviya	Root	Fever	Indigenous	*Leptadenia reticulata* (Retz.) Wight &Arn.	Apocynaceae	Anukta
56	*Jyotishmati*	Malakangni, Sankhire	Seed oil	Constipation	Indigenous	*Celastrus paniculatus* Willd.	Celastraceae	Ukta
57	*Kaaknasa*	-----	Whole plant	Blood purifier	Indigenous	*Martynia annua* Linn.	Pedaliaceae	Ukta
58	*Kaasmard*	Aelu	Root, seed, leaf	Skin disease	Indigenous	*Cassia Occidentalis* Linn.	Fabaceae	Ukta
59	*Kaiderya*	Meetha neem, gandhala	Leaf	Digestive	Indigenous	*Murraya koenigii* (L.) Spreng.	Rutaceae	Ukta
60	*Kainth*	Kaith	Flower, fruit	To increase appetite	Indigenous	*Pyru spashia* Linn.	Rosaceae	Ukta
61	*Kakodumbar*	Kathumar	Fruit	Bleeding problems	Indigenous	*Ficus hispida* Linn.	Moraceae	Ukta
62	*Kalmegh*	--	Whole plant	Pitta dosha	Indigenous	*Andrographis paniculata* (Burm.f.) Wall. Nees.	Acanthaceae	Anukta
63	*Kamppilak*	Kamila	Fruit hairs & glands	Infection of worms	Indigenous	*Mallotus philippinensis* Muell.	Euphorbiaceae	Ukta
64	*Kanchnaar*	Karali	Stem bark, flowers	Tumors	Indigenous	*Bauhinia variegate* (L.) Benth.	Fabaceae	Ukta
65	*Kantkari*	Jungli baingan	Whole plant	Urinary problems	Indigenous	*Solanum surattense* Burm. F.	Solanaceae	Ukta
66	*Karchur*	Kachur	Rhizome	Anti-fungal	Indigenous	*Curcuma zedoaria* Roscoe.	Zingiberaceae	Ukta
67	*Karpur*	Kapoor	Niryasa	Skin diseases	Indigenous	*Cinnamomum camphora* (L.) J.Presl.	Lauraceae	Ukta
68	*Karpuri Tulsi*	Tulsi	Seeds, leaves	Cough, cold	Indigenous	*Ocimum kilimandscharicum* Guerke.	Lamiaceae	Ukta
69	*Karvellaka*	Karela	Whole plant	Madhumeha	Indigenous	*Momordia charantia* L.	cucurbitaceae	Ukta
70	*Kasht-daru*	Nakli ashoka	Bark	Fever	Migrated	*Polyalthia longifolia* Benth. & Hook. f.	Annonaceae	Ukta
71	*Katrin*	Lemon grass	Whole Plant	Cough and cold	Indigenous	*Cymbopogon citatus*	Poaceae	Ukta

						(DC.) Stapf		
72	*Khadir*	Khair	Bark, heart wood	Skin problems	Indigenous	*Acacia catechu* (Linn.f.) Willd.	Fabaceae	Ukta
73	*Kumari*	Kuaren	Pulp	Skin disorders	Indigenous	*Aloe vera*(L.) Burm.f.	Liliaceae	Ukta
74	*Kutaj*		Bark & seed	Digestive disorders	Indigenous	*Holarrhena antidysenterica* (L.)Wall.	Apocynaceae	Ukta
75	*Langli*		Rhizome	Uterine tonic	Indigenous	*Gloriosa superb* (L.)	Colchicaceae	Ukta
76	*Lasun*	Lasan	Stem bulb	Increase digestive power and in increased blood pressure	Indigenous	*Allium sativum* Linn.	Liliaceae	Ukta
77	*Lata Karanj*		Root, leaf, seed	Skin diseases	Indigenous	*Caesalpinia Crista* Linn.	Fabaceae	Ukta
78	*Madukparni*	Minaki	Whole plant	Memory booster	Indigenous	*Centella asiatica* (L.) Urban	Apiaceae	Ukta
79	*Mahabala*	--	Leaves, fruit, root	Nervine disorders	Indigenous	*Sida rhombifolia* Linn.	Malvaceae	Ukta
80	*Mahanimb*	Darek	Leaf, bark	To protect liver health	Indigenous	*Melia azedarach* Linn.	Mliaceae	Ukta
81	*Malaya Vacha*	Vacha	Rhizome	Respiratory system problems	Indigenous	*Alpinia galangal* (L.) Wild.	Zingiberaceae	Ukta
82	*Manjishtha*	Manjitha	Root	Skin disorder	Indigenous	*Rubia cordifolia* Linn.	Rubiaceae	Ukta
83	*Methica*	Methi	Whole plant/seed	Bodya ache	Indigenous	*Trigonella foenumgraecum* (L.)	Fabaceae	Ukta
84	*Muchkund*	Kanak-chamcha	Flower, bark	Wound healing	Indigenous	*Ptero spermumacerifolium* Willd.	Malvaceae	Ukta
85	*Mustak*	Motha	Tuber	Gastritis	Indigenous	*Cyperus rotundus* Linn.	Cyperaceae	Ukta
86	*Naagdaman*	Naagdon	Rhizome, leaves	Mental health	Indigenous	*Sansevieria laurentii* De Wild.	Asparagaceae	Ukta
87	*Naagkesar*		Stamen	Dysentery	Migrated	*Mesua ferrea* Linn.	Calophyllaceae	Ukta
88	*Nadi Hingu*	Dikamali	Resin	Fever,	Migrated	*Gardenia gummifera*	Rubiaceae	Ukta

				indigestion		Linn.		
89	*Nalbhed*	Narkat	Root	Burning urination	Indigenous	*Arundo donax* Linn.	Poaceae	Ukta
90	*Neela Chitrak*	Nila-chitrak	Root bark	Promote digestion	Indigenous	*Plumbago capensis* Thunb.	Plumbaginaceae	Ukta
91	*Neelkanthi*	Kadvi booti	Root	Skin diseases	Indigenous	*Ajuga bracteosa* Wall. ex. Benth.	Lamiaceae	Ukta
92	*Nimbuk*	Nimbu	Fruit, fruit peel, leaf	Digestive	Indigenous	*Citrus limon* (L.) Durm.	Rutaceae	Ukta
93	*Nirgundi*	Banna	Leaf, root, seeds	Pain management	Indigenous	*Vitex negundo* Linn.	Verbenaceae	Ukta
94	*Oyi*	Oyi	Whole plant	---	Indigenous	*Albizzia stipulate* Boiv.	Fabaceae	Anukta
95	*Kaner*	Kaner	Root, bark	Insect bite	Indigenous	*Nerium Indicum* Mill.	Apocynaceae	Ukta
96	*Padmak*	Pajja	Stem bark, seeds	Skin disease	Indigenous	*Prunus puddum* Roxb.	Rosaceae	Ukta
97	*Panas*	Katahal	Fruit, seed	Diarrhoea	Indigenous	*Artocarpus integra* (Thunb.) Merr.	Moraceae	Anukta
98	*Parijat*	Harsingar	Leaf, bark	Worm infection	Indigenous	*Nyctanthes arbor-tristis* Linn.	Oleaceae	Ukta
99	*Parnbeej*	Chatpata	Leaf	Wound healing	Indigenous	*Bryophyllum pinnatum* (Lam.) Okem.	Crassulaceae	Ukta
100	*Parpat*	Pitta-papda	Whole plant	Fever	Indigenous	*Fumaria parviflora* Lam.	Fumariaceae	Ukta
101	*Patha*	Batindu	Root, stem	Fever	Indigenous	*Cissampelos pareira* Linn.	Menisprmaceae	Ukta
102	*Peet Karveer*	-----	Bark, leaf, seed oil	Fever	Indigenous	*Thevetia peruviana* (Pers.) K. Schum.	Apocynaceae	Ukta
103	*Pippali*	Magha	Fruit, root	Digestive disorders	Migrated	*Piper longum* Linn.	Piperaceae	Ukta
104	*Piyaranga*		Seeds	Eye problems	Indigenous	*Thalictrum foliolosum* DC.	Ranunculaceae	Ukta
105	*Punarnava*	Itsit	Whole plant	Swelling	Indigenous	*Boerhavia diffusa* (L.)	Nyctaginaceae	Ukta
106	*Putiha*	Pudina	Leaf	Indigestion	Indigenous	*Mentha sylvestris* Linn.	Lamiaceae	Ukta

107	*Putrajeevak*	Putrajivak	Seeds	Infertility	Migrated	*Putranjiva roxburghii* Wall.	Putranjivaceae	Ukta
108	*Raajpatha*		Root, stem	Fever	Indigenous	*Stephania glabra* (Roxb.) Miers	Menisprmaceae	Ukta
109	*Rudraksha*		Seed (Bead)	Increased blood pressure	Indigenous	*Elaecarpus serratus* (L.)	Elaeocarpaceae	Ukta
110	*Saalparni Bhed*		Leaf	Fever	Indigenous	*Desmodium laxiflorum* DC.	Fabaceae	Ukta
111	*Sadapushpa*	Sauf	Seeds, leaf	Digestive	Indigenous	*Catharanthus roseus* G. Don.	Apocynaceae	Ukta
112	*Saireyak*		Whole plant	Swelling	Indigenous	*Barleria prionitis* Linn.	Acanthaceae	Ukta
113	*Saptaparna*	---	Bark, flower	Heart health	Indigenous	*Alstonia scholaries* R.Br.	Apocyanaceae	Ukta
114	*Saral*	Cheel	Bark, resin	Digestion disorders	Indigenous	*Pinus roxburghii* Sarg.	Pinaceae	Ukta
115	*Sarpagandha*		Root	Sleep disoders	Indigenous	*Rauvolfia serpentina* (L.)Benth. ex Kurz	Apocynaceae	Ukta
116	*Satyanashi*		Root, seed	Mental disorders	Indigenous	*Argemone mexicana* Linn.	Papaveraceae	Ukta
117	*Shalmali*	Shimal	Flower, bark	Acne, dysentery	Indigenous	*Bombax malabaricum* De Cand.	Malvaceae	Ukta
118	*Shatavari*	Sansapa	Roots	Immunity booster	Indigenous	*Asparagus Racemosus* Willd.	Asparagaceae	Ukta
119	*Sheesham*	Seesam	Root, bark, leaves	Obesity	Indigenous	*Dalbergia sissoo* Roxb.	Fabaceae	Ukta
120	*Shehtut*	Tut	Fruit, leaf	Skin problems	Indigenous	*Morus serrata* Roxb.	Urticaceae	Ukta
121	*Shigru*	Sundna	Fruit, leaf	Digestive disorders	Indigenous	*Moringa oleifera* Lam.	Moringaceae	Anukta
122	*Shirish*	Shiris	Flower	To counter poison	Indigenous	*Albizia lebbeck* (L.) Benth.	Fabaceae	Ukta
123	*Shiva-lingi*	----	Fruit & seeds	Infertility	Indigenous	*Bryoniala ciniosa* Linn.	Cucurbitaceae	Ukta
124	*Shweta Chandan*	Chandan	Hartwood, oil	Skin problems, cosmetics	Migrated	*Santalum album* Linn.	Santalaceae	Ukta
125	*Shweta Mushli*	Mushali	Roots	Immunity	Indigenous	*Asparagas adscendens*	Asparagaceae	Ukta

				booster		Roxb.		
126	*Shyonaak*	Tatpalenga	Root bark, fruit	UTI	Indigenous	*Oroxylum indicum* (L.)Vent.	Bignoniaceae	Ukta
127	*Sudarshan*	Chindar	Leaf, rhizome	Fever	Indigenous	*Crinum latifolium* Linn.	Amaryllidaceae	Ukta
128	*Sunishnaka*		Whole plant	Piles	Indigenous	*Marsilea minuta* (L.)	Marsileaceae	Ishad-ukta
129	*Tagar*	Nakhnani	Root	Mental disorders	Indigenous	*Valeriana jatamansi* Jones.	Valerianaceeae	Ukta
130	*Tanduliyak*	Chaulai	Whole plant	Blood related disorders	Indigenous	*Amaranthus paniculatus* Linn.	Amaranthaceae	Ukta
131	*Taruni*	Gulab	Flower	Cosmetics	Indigenous	Rosa centifolia Linn.	Rosaceae	Ukta
132	*Tavksheer*	Tikhura	Rhizome	Immunity booster	Indigenous	*Curcuma angustifolia* Roxb.	Zingiberaceae	Ukta
133	*Tejovati*	Tirmira	Bark, fruit, root	Teeth related problems	Indigenous	*Zanxoxylum armatum* DC.	Rutacaeae	Ukta
134	*Tejpatra*	Tejpatta	Leaf, bark	Diabetes	Indigenous	*Cinnamomum tamala* (Buch.Ham.) T.Nees &Eberm.	Lauraceae	Ukta
135	*Todari*		Seed	Cough	Indigenous	*Lepidium iberis* (L.)	Brassicaceae	Ukta
136	*Tridhar Snuhi*	Thor, sehungd	Root, leaf	Constipation	Indigenous	*Euphorbia antiquorum* Linn.	Euphorbaceae	Ishad-ukta
137	*Tuni*	Tuna	Bark	Diarrhoea	Indigenous	*Cedre latoona* Roxb.	Meliaceae	Ukta
138	*Udumbar*	Gular, umare	Fruit, bark	Bleeding problems	Indigenous	*Ficus racemosa* Linn.	Moraceae	Ukta
139	*Ushir*		Root	Skin disorders	Indigenous	Vetivera zizaniodis (L.) Nash	Poaceae	Ukta
140	*Vaarahi Bhed*	Varahi, taradi	Rhizome	Boost sexual energy	Indigenous	*Dioscorea sativa* Linn.	Dioscoreaceae	Ukta
141	*Vaasa*	Basuti	Rhizome, leaf	Cough	Indigenous	*Adhathoda vasica* Nees.	Acanthaceae	Ukta
142	*Vacha*	Vacha	Rhizome	Memory increasing	Indigenous	*Acorus calamus* Linn.	Araceae	Ishad-ukta
143	*Van Palandu*	Jangali pyaj	Rhizome	In respiratory system	Indigenous	*Allium stracheyi* Baker	Amarylidaceae	Ukta

				problems				
144	*Vanafsha*	Vanafsa	Whole plant	Swelling	Migrated	*Viola odorata* Linn.	Violaceae	Ukta
145	*Vanafsha Bhed*	Banafsa	Whole plant	Cough and cold	Indigenous	*Viola patrinii* Ging.	Violaceae	Anukta
146	*Vansha*	Bans	Root, bark	Promote Mensturation	Indigenous	*Bamusa arundinacea* Retz.	Poaceae	Ukta
147	*Vasanta*		Whole plants		Indigenous	*Hypericum perforatum* (L.)	Hypericaceae	Ukta
148	*Vidang*	Vidanga	Fruit, root	Worm infection	Indigenous	*Embelia robusta* Roxb.	Primulaceae	Ishad-ukta
149	*Vriksh Karanj*	Karanj	--------	Skin disordes	Indigenous	*Pongamia pinnata* (L.) Pierre.	Fabaceae	Ukta
150	*Vichhu-buti*	Bichhubuti	Roots & aerial part	Burning urination	Indigenous	*Urtica dioca* Linn.	Urticaceae	Anukta
151	*Vyaghra Erand*	Pahadi errand	Fever, constipation	Constipation	Indigenous	*Jatropha curcas* Linn.	Euphorbiaceae	Ukta