

Valuable and Important Medicinal Plants of Indian Himalayan Region (IHR)

| Sr. No. | Plant Name (Botanical Name) | Common/Local Name | Family | Altitude (m) | Distribution | Flowering/Fruitings | Parts used | Medicinal uses | Plant Descriptions |
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| 1 | <i>Abrus precatorius</i> | Hindi: Gaunchhi, Ratti | Fabaceae | Upto 1200 | Throughout the plains and hilly tracts of India, planted in gardens. Ascending the outer Himalaya up to 1200 m. | Flowering:- Aug- Sep. | Seeds Roots Leaves | Roots: Emetic, anticholagogue, decoction of roots used in fever, cough, rheumatic arthritis and dysentery. | A deciduous dextrose climber, with slender flexible and tough branches, the stem attaining 5 m. high and 1.2 cm. diam. Leaves 5-10 cm. long; Leaveslets 12-18 pairs, increasing slightly in size from the base. Flowers 1-1.25 cm. long, pale-white, tinged with pink, clustered on tubercles arranged along the rachis of a one sided. Seeds 3-6, ovoid, 7.5 cm. long, scarlet with a black spot at the hilum polished. |
| | | Bengalese: Chimhati | | | | | | Leaves: Antiphogistic | |
| | | Tamil: Kuntumani | | | | | | Seeds: Nerve depressant, analgesic, toxic | |
| | | Telgu: Gurilinga | | | | | | | |
| 2 | <i>Acacia catechu</i> | Hindi: Khair | Mimosaceae | 200-1400 | NW Himalayas | Flowering: Apr: Aug | Bark Wood Yeilds | Bark: Used in diarrhoea, dysentery and bronchitis | Tree, up to 10 m. in height and 1.5 m. in girth; bark dark grayish brown, 2.25 cm. thick; spikes axillary, cylindrical; flowers small, sessile, pale creamy white; fruits flat brown pods, shiny with a triangular beak at the apex and narrowed at the base; seeds 3-10 per pod. |
| | | Bengalese: Khaderi | | | | | | Wood Yeilds: Used for various medicines, particularly in digestive and respiratory diseases. | |
| | | Tamil: Karangalli | | | | | | | |
| | | Telgu: Kondakorinda | | | | | | Sore throats, diarrhoea, | |

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| 3 | <i>Acacia farnesiana</i> | Sanskrit: Grabur Tamil: Kasturivel | Mimosaceae | 200-1100 | Cultivated or naturalised, throughout India and tropics. | Flowering: Feb.-Apr. Fruiting: Apr.-Jul. | Root Bark | Root: Abortifacient Bark: Astringent, also used in ulcer, antipyretic, anthelmintic, vomiting etc. | Evergreen shrubs or small trees, to 6 m. high; branches slender, zig-zag, grey dots. Stipular spines in pairs or 3, straight to 2 cm. long. Petiole gland near the middle, 2-4.5 cm. long; pinnae 3-8 pairs, 0.6-3 cm. long; leaflets 10-20 pairs, linear, sessile, 2-4x0.5-1 mm. glabrous, overlapping. Flowers dark-yellow, in globose, 1-1.5 cm. heads; peduncle 1-2.5 cm. long, in axillary fascicles. Corolla twice as long as calyx. 4-6 seeded in double rows. |
| 4 | <i>Acacia sinuata</i> | Hindi: Ritha, Kochi Bengalese: Ban ritha Sanskrit: Shreevalli Tamil: Seekai, Sigakai | Mimosaceae | | Distributed throughout India, especially abundant in Peninsular India. | Flowering: Feb-Apr. Fruiting: Apr.-Dec. | Pods Seeds Leaves Bark | Leaves: Antimalarial, antibilious Pods: Anthelmintic, aperitive, cardiotonic, diuretic, antileprotic, antidiarrhoeal, stomatitis, ascites, piles, eczema, emetic, Seeds: Relieves pain during delivery Pods and Leaves: Cathartic | An extensive climbing shrub armed with numerous small hooked prickles, branches brown with white. Leaves bipinnate, 5-10 cm. long., Leaflets subsessile, sensitive, 12-25 pairs, 6-13 by 1.25-2.5 mm., linear, acute or mucronate, unequal sided, glabrous base rounded or truncate. Flowers in globose heads, on peduncles 2.5-3.8 cm. long which are fascicled at the nodes or forming racemose panicles at the ends of the branches. Pods shortly stalked; 7.5-12.5 by 2-2.8 cm., linear oblong, thick and fleshy when immature, becoming wrinkled when dry somewhat depressed between the seeds with broad sutures deeply indented. Seeds 6-10 numbers. |
| 5 | <i>Achyranthes aspera</i> | Hindi: Latjira, Chirchira Bengalese: Apang Tamil: Nayurivi Telgu: Uttareni | Amaranthaceae | 100-3000 | Throughout India | Flowering & Fruiting: Mar-Dec. | Seeds Roots Leaves Plants | Whole Plants: Pungent, purgative, bechic Roots: Astringent, antiasthmatic Seeds: Emetic, cooing, leprosy, constipation | Herb, erect, 0.3-0.9 m. high, stem stiff, not much branched, branches terete or obsolete quadrangular, striate. Leaves few, usually thick, 3.8-6.3 by 2.4-4.5 cm., elliptic or obovate; finely and softly pubescent on both sides, petioles 6.20 mm. long. Flowers greenish white, reaching as much as 50 cm. long in fruit; bracts 3 mm. long. Seeds subcylindric and 1 seeded, truncate the apex, rounded at the base, brown in colour. |

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| 6 | <i>Aconitum ferox</i> | Kashmiri: Mohra Tamil: Vasnumbi Telgu: Vasnabhi | Ranunculaceae | 2100-3800 | Alpine Himalaya including Nepal. | Flowering & Fruiting: Aug-Nov. | | Extremely poisonous; used in leprosy, fever, cholera, nasal catarrh, tonsillitis, sore throat, gastric disorders, debility, etc., also used as a sedative and diaphoretic; applied in the form of paste in cases of neuralgia and rheumatism | Perennial erect herb growing up to 2 m in height; roots look like the navel of children; leaves alternate, simple, rounded or oval, may be palmately 5-lobed; flowers borne on branched racemes, bracts and bracteoles present, large helmet-type, helmet vaulted with short sharp beak, pale dirty blue in colour, zygomorphic, floral parts arranged spirally on an elongated receptacle; follicles erect, usually densely villose-sometimes glabrous. |
| 7 | <i>Aconitum hetrophyllum</i> | Hindi: Atis Sanskrit: Ataicha, Ativisa Tamil: Ati vadayam | Ranunculaceae | 3000-3700 | Common alpine and subalpine Himalaya from Indus to Kumaon | | Root | Root: Cures acute dysentery and chronic enteritis; used in splenic fever and gastric troubles; Good astringent and tonic, but its efficacy as antiperiodic is disputed; considered as antifertility agent; used externally for rheumatism. | Erect herb growing up to 1 m. in height; stem simple or branched from the base, glabrous below and puberulous above; leaves simple, 5-10 cm in length, ovate or orbicular, cordate, more or less 5-lobed, toothed, upper leaves entire; flowers in panicled racemes, bracteate-bracts sharply toothed, flowers more than 2.5 cm. in length, bright blue or greenish blue with purple veins, helmet half as high as long and shortly beaked; follicles downy; seeds smooth. |
| 8 | <i>Acorus calamus</i> | Hindi: Bach Bengalese: Bach Tamil: Vashambu Telgu: Vasa Vadaja | Araceae | 1400-2300 | Throughout India, Common in sub Himalayan region from Kashmir to Manipur and Naga hills | Flowering & Fruiting: June:Sept. | Rhizome Seed Roots | Rhizome: Analgesic, hypotensive, in snake-bite, hypotensive, eupeptic, antithermic, anthelmintic, aphrodisiac, gastric troubles of infants Oil: The oil is reported to have carcinogenic properties | It is a perennial herb, glabrous, aromatic herbs. Rootstock thick as middle finger. Leaves are bright green linear to ensiform, acute, often with part of the margin undulate with a thick midrib, 0.9-1.8 m. by 1.7-3.8 cm. The spadix is 4-8 cm., 5-10 by 1.3-2 cm. diam. is ascending, green in colour. Flowers 2-sexual, small crowded in pseudo-terminal spadix; folwers are greenish yellow. The fruit is a gelatinous, reddish berry, turbinate, prismatic, top pyramidal. |

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| 9 | <i>Adhatoda vasica nees</i> | Hindi: Bashik | Acanthaceae | Upto 1200 | Widely distributed in plains and sub-Himalayan tracts | Flowering: Dec.-Apr. | Leaves Roots Young Plants Flowers | Leaves: Expectorant, antidiarrhoeal, leaves are smoked to relieve asthma, stimulate the utres | A dense shrub 1.2-2.5 m. high with many long opposite ascending branches; stem with yellowish bark, terete, glabrous. Leaves 12.5-20 by 3.8-6.3 cm., elliptic-lanceolate, acuminate, minutely puberulous when young, glabrous when mature, entire, dark green above, paler beneath, base tapering; main nerves 10-12 pairs with reticulate venation between; petioles 1-3.5 cm. long. Flowers in short dense axillary pedunculate spikes 2.5-7.5 cm. long, towards the ends of the branches; peduncles 3.8-10 cm., stout, shorter than the leaves; bracts | |
| | | Sanskrit: Vasika | | | | Fruiting: Mar.-Jun. | | | | Leaves and roots: Uterotonic, bechic, abortifacient, antiasthmatic, antiphthisic in chronic bronchitis |
| | | Bengalese: Bakas | | | | | | | | |
| | | Tamil: Adatodai | | | | | | | | |
| | | Telgu: Addasaram | | | | | | | | |
| 10 | <i>Aegle marmelos Correa</i> | Hindi: Shriphal, Bel | Rutaceae | 600-1100 | Found in the plains and submontane regions of India, wild in the sub-Himalayan tract, often planted. | Flowering: Feb.-Mar. | Fruit | Fruits: chiefly used in (i) chronic diarrhoea and dysentery; (ii) as a good laxative, and the sherbet prepared from the pulp is good for bacillary dysentery; Half-ripe fruit: astringent, digestive and used in diarrhoea. It is also antidiuretic, anthelmintic, antipyretic, carminative, tonic | Deciduous glabrous tree, up to 15m high and 1 m in girth, bark shallowly furrowed and corky; leaves alternate, with straight sharp axillary thorns (buds), trifoliate, aromatic; flowers in axillary panicles, greenish white, fragrant; fruit hard-shelled, up to 5 cm in diameter, greyish or yellowish, scented, pulp orange, sweet and gummy; seeds numerous, oblong, compressed, testa mucous. | |
| | | Ben: Bel | | | | Fruiting: May-Aug. | | | | |
| | | Sanskrit : Bilwa, Shriphal | | | | | | | | |
| | | Tamil: Vilvam | | | | | | | | |
| | | Telgu : Bilambu, Maredu | | | | | | | | |

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| 11 | <i>Aesculus indica</i> | Hindi: Bankhor, Kanor, Pankhar Kasmiri: Hanudun, Hane | Hippocastanaceae | 1500-2500 | Western Himalaya, Kashmir, Kullu, Chamba in Himachal Pradesh. Tehri Garhwal and Kumaon. | Flowering & Fruiting: Mar.- Nov. | Root Bark Seeds | Root: For leucorrhoea; Bark Paste: Applied to dislocated joints; Oils from Seeds: Applied externally in rheumatism. | Tree, growing up to 23-40 m. high with scaly buds, girth up to 37 cm. only, branches glabrous and terete; leaves opposite, deciduous, digitate, leaflets obovate or oblong, serrate, unequal- the terminal larger than the laterals, petioles 0.5-2.5 cm; bud scales about 4 cm long; flowers occur in terminal, thyrsoid panicles, large, irregular, pinkish white; calyx tubular with 5 short rounded lobes. Seeds dark brown, smooth, shining. |
| 12 | <i>Agave americana</i> | Hindi:: Ram-bans Sanskrit: Kantala Bengalese:Junglianas Tamil:Alagai, Pitha cola Telgu:Rakashimatalu | Agavaceae | 500-1800 | Planted in parks and gardens throughout India | Flowering & Fruiting: Oct.- May | Roots Leaves Gum Whole Plant Flowers Seeds | Roots: Diaphoretic, diuretic, antisyphilitic Leaves: Specially in syphilis, scrofula and even in Cancers, laxative, diuretic, antiscorbutic | Stout shrubby rhizomatous plants with a short aerial stem more or less concealed by the leaf bases, and with thick fleshy spine-tipped and often spinosely toothed rigid leaves. Leaves very stout, commonly variegated yellow. Stamens inserted at the base of the petals and considerably longer than these with filaments filiform or flattened at the base, anthers large linear, fixed by the middle of the back. Fruit is ovoid globose or cylindrical coriaceous erect beaked capsule. Seeds numerous flattened, closely superposed with black testa. |

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| 13 | <i>Allium sativum</i> | Bengalese: Rasun | Alliaceae | up to 2000 | Cultivated throughout India since ancient days | | Leaves Roots | Bulb: antidiabetic, antiinflammatory, anticancer, effective in rheumatism, catarrhal conditions; Raw garlic: decreases glucose, cholesterol, phospholipids, triglycerides, useful in dyspepsia, cryptococcal meningitis, rickettsia; applied externally as resolvent to indolent tumours, internally given with common salt in nervous diseases, headache; Liniment: beneficial in infantile convulsion and other spasmodic affections; Juice: applied to bruises and sprain, relieves earache, allays pain in otorrhoea; preparation have been given to pulmonary phthisis, bronchitis, gangrene of the lung and whooping cough; Garlic juice: good for treatment of laryngeal tuberculosis, lupus and duodenal ulcer; Inhalation of fresh garlic juice: useful in pulmonary tuberculosis, dyspepsia, flatulence and colic; in external application, the juice is used as a rubifacient; in skin diseases, as an eyedrop and in earache | Hardy perennial bulbous scapigerous herb; stem flat, dry, lower portion of the plant forms bulb which consists of several smaller bulbs called cloves, surrounded by a thin white or pinkish sheath; leaves flat, narrow green; heads bear small white flowers and bulbils |
| | | Tamil: Vellaipundu | | | | | | | |
| | | Telegu: Tellagadda | | | | | | | |
| 14 | <i>Alnus nepalensis</i> | Hindi: Utees | Betulaceae | 500-2600 | Moist shady ravines throughout the Himalaya at altitudes, from Kashmir to Meghalaya. | Flowering: Oct.-Nov. | Bark | Extract of stem-bark: Hypoglycaemic and spasmogenic. Good for digestive system, glands, imperfect secretion of gastric juice and different types of injury. | A fast growing deciduous tree with opposite, elliptic, short and thick stalked leaves, 20 cm long and 13 cm wide, pinnate venation, serrulate margins slightly recurved, pointed, dull-green above, paler beneath, obvious midrib underneath. Green buds in leaf axils with one brown scale. Young twigs with lenticels. Remarkable older, thick, rugged and corky bark. |
| | | Punjabi: Kohi | | | | | | | |

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| 15 | <i>Aloe barbadensis</i> | Hindi: Ghiguar | Liliaceae | Upto 1800 | Found in a semi-wild state in all parts from the dry westward valleys of the Himalayas | Flowering & Fruiting: Sept.:Mar. | Plants Roots Leaves | Plant: Plant is sweet, bitter, cooling, purgative.stomach, purg., in piles, anthelminitic | Dwarf fleshy leaved plants, perennial; stem short, thick, somewhat divided. Leaves sessile crowded, lanceolate, erect-spreading, rather concave, spiny toothed at the margin. Scape longer than the leaves, scaly, branched; racemes long, dense; bracts short lanceolate, membranous, longer than the short pedicel. Flowers pendulous, imbricated, yellow; anthers somewhat exerted. Fruit loculicidal. | |
| | | Bengalese:Ghrit Kumari | | | | | | | | Roots: Used in colic |
| | | Tamil:Katazhai | | | | | | | | Pulp: used in menstrual suppressions |
| | | Telgu:Chinna-kata banda | | | | | | | | |
| 16 | <i>Amaranthus spinosus</i> | Hindi: Kataili chaulai | Amaranthaceae | Upto 1600 | Distributed as a weed throughout India | Flowering: Jul.:Oct. | Roots Leaves Whole Plant | Plant: Snake bite | An erect glabrous herb about 15-50 cm. high; stems hard, often reddish, with many grooved branches and with sharp, divaricate spines, often exceeding 1.3 cm. long, in the Leaf axils. Leaves 3.2-7.5 by 1.3-3.8 cm., Ovate or lanceolate, obtuse, spinous- apiculate, entire, glabrous above, sometimes scurfy beneath; main nerves, numerous, slender, conspicuous below; petioles 2-6.3 cm. long. Flowers very numerous, sessile, in dense axillary clusters and in terminal and axillary dense of interrupted spikes; bracteoles linear, bristle-pointed, usually longer than the sepals. Perianth of male flowers 2.5-3 mm. long; sepals 5, ovate, acute, bristle-pointed. Perianth of female flowers scarcely 1.5 mm. long sepals 5, oblong, obtuse, apiculate. Stamens 5. Capsule 1.5 mm. long, ovoid, thickened at the top, circumscissile about the middle, membranous, rugose, styles 2, divaricate, pubescent. | |
| | | Bengalese:Kantqa Notya | | | | | | Roots: Menor, eczema, colic, lactag, antigonorrhoeic | | |
| | | Tamil:Kulluk kirai | | | | Leaves and Roots: Laxative, emollient, antiseptic, in burns | | | | |
| | | Telgu:Mullatota- kura | | | | | | | | |
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| 17 | <i>Andropogon contortus</i> | Hindi: Shurval | Poaceae | Upto 1600 | Throughout India, ascending the Himalaya up to 1600 m. | Flowering & Fruiting: Aug.-Nov. | Root | Root: Stimulant and diuretic | Perennials densely tufted grass; culms erect or geniculate ascending, 30-120 cm. high, simple or branched glabrous; nodes glabrous. Leaves linear, 10-25X0.2-0.3 cm., shortly truncate, ciliate. Racemes straight or slightly curved, 5-10 cm. long; spikelets closely imbricating, lower 2-6 sessile, awnless, male or neuter; upper ones female mm. long, awned; callus bearded. |
| | | Tamil: Oosipullu | | | | | | | |
| | | Telgu: Eddigaddi | | | | | | | |
| 18 | <i>Amomum subulatum</i> | Hindi: Bara elaichi | Zingiberaceae | 1000-2000 | Grows in swampy places in Assam, Sikkim, Tamil Nadu and West Bengal | Flowering & Fruiting: Apr.-Jul. | Rhizome Roots Seeds | Extract of rhizome and roots: Hypoglycaemic Essential oil from seeds: Active against growth of keratinophilic fungi Seeds: Used as fragrant adjuncts to other stimulants, bitter and purgative. Seed-oil: Aromatic and used as stimulant, stomachic and applied to eyelids to allay inflammation. | Herb, 1-1.3 m. high; leaf simple, spiral, 30-60 cm. by 7.5-10.0 cm., oblong-lanceolate, green, glabrous; spikes globose, very dense, short peduncled; bracts red; Flowers 2.5 cm. yellowish white; capsules 2.5 cm., globose, red or brown. |
| | | Sanskrit: Brihata ela | | | | | | | |
| | | Tamil: Periya elakkai | | | | | | | |
| | | Telgu: Pedda elakulu | | | | | | | |

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| 19 | <i>Anemone obtusiloba</i> | Kumaoni: Kakriya, Ratamjota | Ranunculaceae | 2300-4200 | Kashmir to Sikkim at altitudes from 3000 to 4500 | Flowering & Fruiting: May-Aug. | Roots Seeds | Rootstock: For concussions; Root mixed with milk: Used externally as a blistering agent, good in spleen and kidney diseases. | Perennial herb; rootstock clothed with old leaf-sheaths, woody, fibrous; leaves many, stalked, suborbicular, tripartite, segments broad, cuneate, variously cut and lobed, rarely shortly petiolate- usually sessile; scapes 15-30 cm., 1 to 3-flowered; Flowers white, purplish or golden, pedicellate, pedicels long, slender; achenes strigose, rarely glabrous. |
| | | Jaunsari: Ageli | | | | | | | |
| | | Punjabi: Padar, Rattan jog | | | | | | | |
| 20 | <i>Anthocephalus chinensis</i> | Hindi: Kadam, Kadamba | Rubiaceae | 300-900 | Assam, West Bengal; Sub-Himalayan tract from Nepal eastwards to Myanmar and Bangladesh | Flowering: Mar.-May | Bark Leaf | Extract fo stem-bark: Anthelmintic and hypoglycaemic | Large deciduous tree with a straight stem about 20 m. high and up to 2 m. girth with a beautiful contour of drooping branches; leaves simple, opposite, stipulate, petiolate, coriaceous, 12.5-23.0 cm. long, shining above, pubescent beneath; Flowers in globose heads, orange coloured, scented at night; Fruits confluent into a fleshy globose mass of many few-seede coriaceous pyrenes. |
| | | Tamil: Vellaikadamba | | | | | | | |
| | | Telgu: Kadambamu, Kadambe | | | | Fruiting: Jul.-Sep. | | | |
| | | Bengalese: Kadam, Neepea | | | | | | | |

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| 21 | <i>Apium graveolens</i> | Hindi: Shalari | Apiaceae | 300-1000 | Found at the foot of North-West Himalaya and in the hilly regions of Uttar Pradesh, Himachal Pradesh. | Flowering & Fruiting: Feb.-Jun. | Root Seed | Seed: Used as stimulant, carminative, nervine sedative, tonic, in cordial, emmenagogue, antiseptic, in asthma, bronchitis, liver and spleen diseases. In India, the celery oil is utilised as a tonic and nerve stimulant. | Plants are biennial; stem 0.3-2.4 m., erect, branching; leaves pinnate with large, deeply lobed segments, upper one tripartite, others once or twice bifid, coarsely toothed at the apex; the inflorescence is a compound umbel of small white flowers; 3-5 flowered umbellules; umbel rays 5-10; fruit 1.6-2.0 mm., ridged, narrow, vitta broad, taste aromatic, warm and pungent. |
| | | Bengalese: Chanu, Randhuni | | | | | | | |
| | | Sanskrit: Ajmoda | | | | | | | |
| 22 | <i>Artemisia maritime</i> | Hindi : Kirmala, Chuari | Asteraceae | 3000-4000 | Widely distributed in Western Himalaya from Kashmir to Kumaon | Flowering & Fruiting: May-Jul. | Seeds Plants Flower head Whole plant | Plants: It yields santonin used as an anthelmintic, effective against roundworms, laxative, alexiteric, vulneary. It is very useful in febrifuge and deserves trial | A deciduous shrub 30-45 cm. high with stems up to 1.3 cm. diameter. Bark rough, fibrous. Twigs striate, hoary or somewhat white wooly. Leaves 1.3-5 cm. long, 2-pinnatisect, segments many, small, spreading, linear, obtuse, more or less grey, hoary of tomentose, bluish green, the upper leaves simple and linear. Petioles slender, up to 2.5 cm. long, much shorter towards the ends of the shoots. Heads homogamous, 3-8 flowered, oblong or ovoid, a little more than 2.5 m.m. long, sessile or nearly so, in spicate fascicles in the axil or a small linear or subsetaceous leaf. Flowers yellowish. Corolla with a short cylindrical tube and narrowly campanulate limb. |
| | | Sanskrit: Chhara, Gandha | | | | | | Seeds: The seeds are bitter, hot, pungent, with a sharp taste, stomachic, appetiser, Aphrodisiac, anthelmintic, indigestion, abdominal pain | |
| | | Kumaoni: Patti | | | | | | | |
| 23 | <i>Artemisia vulgaris</i> | Hindi: Dona, Majpatri, Nagdon | Asteraceae | Upto 3600 | Distributed throughout the hilly regions of India upto 3600 m in the Western Himalaya; Sikkim and Khasi hills upto 1500-2400 m. | Flowering & Fruiting: Jul.-Dec. | Herbs Flowering Top Leaves | Herbs: Emmenagogue, anthelmintic, stomachic, febrifuge, antilithic, skin diseases, ulcers | Perennial, shrubby, aromatic, 0.6-2.4 m. high, pubescent or villous; stems leafy, paniculately branched. Lower leaves 5-10 by 2.5-5 cm., petioled, ovate in outline, with stipule-like lobes at the base, deeply pinnatisect, the lobes entire, toothed or again pinnatisect, all finely pubescent above, white-tomentose beneath. Upper leaves smaller, 3-fid or entire, lanceolate. Heads 3-4 mm. long, ovoid or subglobose, solitary or 2 or 3 together, sessile or very shortly pedicelled, subsecund, in spicate suberect or horizontal panicled racemes; outer flowers female, very slender; inner hermaphrodite, fertile. |
| | | Kumaoni: Pati | | | | | | Leaves and flowering top: Used in nervous and spasmodic affections of asthma, aromatic | |
| | | Sanskrit: Barha, Barhikusum | | | | | | Leaves: Haemostatic, allays burning sensation in conjunctivitis | |
| | | Tamil: Machipattari | | | | | | Roots: Tonic, antiseptic | |
| | | Telgu: Davanamu | | | | | | | |

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| 24 | <i>Asparagus adscendens</i> | Hindi: Kairu, Safed Musli | Asparagaceae | 1000-2200 | Widely distributed at Western Himalaya from Kumaon to Kashmir | Flowering: Aug.-Sept. | Roots Root Bark | Roots: Demulcent galactogenic, tonic, diarrhea | An herbaceous, erect, prickly shrub with white tuberous roots. Stems tall, stout, sub-erect, terete, smooth, white, much-branched, branchlets ascending, ashy white, grooved and angled; spines stout and straight. Cladodes in dense tufts of 6-20. 1.3-5 cm. long straight, slender, filiform terete, soft, suberect or curved. Racemes 2.5-5 cm. long, many flowered; pedicels jointed above or below the middle, bracts minute. Flowers 2.5 cm. diameter. Perianth segments spreading. Ovules many in each cell. Berry 6-8 mm. diam. 1 seeded. |
| | | Bengalese: Hazarmuli | | | | Fruiting: Sept.-Nov. | | | |
| | | Tamil: Tannir | | | | | | | |
| | | Telgu: Sallogadda | | | | | | | |
| 25 | <i>Asparagus racemosus</i> | Hindi: Shakakul | Liliaceae | upto 1500 | Most of warmer parts of India, ascending to 1500 m. on Himalaya. | Flowering & Fruiting: Apr.-Nov. | Root | Root: Used as demulcent, aphrodisiac, diuretic, antidiysenteric | Tall, much branched, scandent or somewhat climbing shrubs, with tuberous rootstock; stem terete, 3-quetrous, smooth, striate; spines suberect or slightly curved, 0.8-1.5 cm. long. Cladodes 0.8-1.5 cm. long, in tuft of 2-6, spreading, falcate, acuminate. Racemes solitary or in fascicles, 2-5 cm. long; flowers white; pedicels slender, jointed in the middle. Perianth lobes spreading. Anthers minute, purplish. Ovules many in each cell. Berries 4-5 mm. across, red or blackish when ripe. |
| | | Tamil: Chattavari | | | | | | | |
| | | Telgu: Challagadda | | | | | | | |
| 26 | <i>Atropa belladonna</i> | Hindi: Angurshafa | Solanaceae | Upto 800 | Found in Kashmir and Himachal Pradesh | | Leaves Roots Berries Flowers | Leaves: Leaves are used in whooping cough, spastic dysmenorrhoea, nocturnal enuresis, mammary and tongue cancers, nodosities of the breast; uterine cancer, carcinoma | An erect, glandular-pubescent or nearly glabrous herb, 0.6-0.9 m. Leaves stalked, ovate-lanceolate, 10-20 cm., long-pointed; upper ones usually with a much smaller leaf springing from the same point. Flowers pale purple, tinged with yellow or green, 2 cm. diam., single or drooping, usually axillary stalks. Calyx lobed nearly to the base; segments leaf-like. Corolla bell-shaped; lobes 5, short, broad, spreading. Bases off filaments hairy, dilated, covering the ovary. Ovary 2-celled; style longer than the corolla, stigma green. Berry globose, 2 cm. diam., purple black, surrounded at the base by the enlarged, spreadin calyx. |
| | | | | | | | | Roots: Stimulating effect on respirations and circulation of blood, paralysis | |
| | | Kashmiri: Sagangur | | | | | | Roots and leaves: Laxative, antirheumatic, cold | |

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| 27 | <i>Barleria cristata</i> | Hindi: Saundi | Acanthaceae | 200-2000 | Northwestern Himalaya, Sikkim, Meghalaya | Flowering:- Sept.-Nov. Fruiting:- Oct.-Dec. | Roots Leaf | Extract of Plant: Spasmogenic and hypoglycaemic | Perennial, erect herb, branches yellow-hairy; leaves opposite, simple, petiolate, oblong or elliptic, 7.5-10.0 X 2.5 cm., yellow hairs on the lower surface; spikes panicle, dense; flowers bracteate and bracteolate, violet or purple-blue or white or rose, funnel-shaped; capsules 1.6 cm. long, 4-seeded. |
| 28 | <i>Bauhinia purpurea</i> | Hindi: Kaliar | Caesalpiniaceae | 300-1600 | Sub-Himalayan tract, ascending up to 1300 m., Assam, Meghalaya. | Flowering: Sept.-Nov. | Bark Leaf | Bark: Astringent, in small pox; SANTAL Leaf: In jaundice, convulsions, haemorrhages, pain, rheumatism, swellings, snake bites | Trees with glabrescent branchlets, to 8 m. high; bark brownish-ashy. Leaves ovate-orbicular, 7-12x6.5-12.5, almost equal in length and breadth, cleft nearly to the middle, lobes subacute, 7-9 nerved at base; petioles 2-4.5 cm. long. Flowers few, red or purple, 2-4 cm. long, on terminal or axillary, short peduncled corymbs. Calyx pubescent, 3-3.5 cm. long, slit into 2-valves, ultimately 5-toothed. Fertile stamens 3-4 elongate. Ovary glabrescent. |
| | | Fruiting: Jan.-Mar. | | | | | | | |
| | | Tamil: Thiriavathi | | | | | | | |
| Telgu: Devacanchanam | | | | | | | | | |
| 29 | <i>Bauhinia variegata</i> | Hindi: Kachnar | Caesalpiniaceae | upto 1900 | Himalayan foothills, Sikkim, ascending up to 1300 m. | Flowering:- Feb.-Apr. | Bark Seed Flower Root | Extract of bark and bud and flower: Antibacterial Seed-extract: agglutinates human blood. | Tree; leaves alternate, petiolate, simple, 2-cleft, cleavage runs down the quarter of the length from the apex, broader; corymbs lateral, few-flowered; flowers pure white or white variegated with red and yellow, petals 4-5 cm. long, obovate; 3.7-5.0 cm. long, 1.8-2.5 cm. wide, flat, hard, 10-15 seeded. |
| | | Fruiting:- May-Aug. | | | | | | | |
| | | Sanskrit: Kachnal | | | | | | | |
| Bengalese: Rakta kanchan | | | | | | | | | |
| 30 | <i>Berberis aristata</i> | Hindi: Darul Haldi | Berberidaceae | 1500-3000 | Temperate Himalaya between 2000-3000, Kulu to Kumaon, Nilgiri Hills. | Flowering: Mar.-May | Root Root-Bark Stem-Bark Fresh berries | Extract of Root: Hypoglycaemic and anticancer Root and Root-bark: Gastro-irritant Berberine: Produces long-lasting fall in blood pressure of anaesthetised rabbits, useful in oriental cholera, diarrhoea, dysentary, eye complaints, tuberculosis Fresh Berries: Laxative, antiscorbutic, useful in piles, sores, eye diseases. | Erect, spinous shrub, 1-3 m. high, often gregarious; bark pale yellowish brown, deeply furrowed; leaves alternate, petiolate, evergreen or nearly so, obovate or oblong, acute or awned; racemes compound, often corymbose; Petals 6, obovate to oblong, cuneate at base with two glands, entire; Flowers golden yellow with red pedicels, hermaphrodite; berries tapering and few-seeded. |
| | | Fruiting: Jun.-Jul. | | | | | | | |
| | | Bengalese: Daruharidra | | | | | | | |
| Sanskrit: Daruharidra | | | | | | | | | |

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| 31 | <i>Berberis asiatica</i> | Garhwali: Kingora | Berberidaceae | 1500-3000 | Distributed in dry valley of the Himalaya, from Garhwal to Bhutan | Flowering: Apr.-Jun. | Plants Roots Roots Bark Leaves Stem | Plants: Stomachic, astringent, diaphoretic | An evergreen shrub, about 4 m. tall; stem pale yellow and up to 10 cm. diameter. Bark is rough, furrowed and somewhat corky in appearance. Twigs are glabrous, shortly pubescent, pale yellowish in colour. Leaves are 2.5-6.3 by 1.3-3.8 cm. oblong, elliptic or broadly obovate, usually with large distant spinous teeth, very dark green with prominent primary and secondary pale reticulate venation above, glaucous beneath. Petiole 0 or distinct up to 10 mm. Inflorescence a simple raceme upto 3 cm. long, often with a few long- stalked flowers at the base. Pedicels 4-10 mm. long, slender, often glaucous. Fruit 7-10 mm. long, ovoid, blue-black with glaucous bloom, distinct style. | | |
| | | Kumaoni: Kilmora | | | | | | | | Roots: used in sunblindness, pyrexia | |
| | | Tamil: Tiruvatti | | | | | | | | Fruiting: Jun.-Aug. | Stems: Laxative, antirheumatic |
| | | Telgu: Adavimandara | | | | | | | | | |
| 32 | <i>Bergenia ligulata</i> | Hindi: Pashanabheda | Saxifragaceae | 1600-3200 | Widely distributed in Temprate Himalaya from Kashmir to Bhutan | Flowering: Feb.-Apr. | Plant Leaves Roots | Plant: Antilithic | Bergenia ligulata is a perennial herb. Rootsstock very stout, stem short, thick, fleshy, procumbent. Leaves are ovate or round, 5-15 cm. long at the time of flowering, in the autumn attaining 30 cm. or more and turning bright red, cordate, fringed with short stiff hairs, both surfaces hairy, becoming almost hairless in age. Stalk sheathing at the base. Flowers white, pink or purple, 3.2 cm. diam. forming a cymose panicle. Flowering stem flexible, leafless, 10-25 cm. long. | | |
| | | Sanskrit: Ashmabhedaka | | | | | | | | Leaves: Use in earache | |
| | | Bengalese: Himasagara | | | | | | | | Leaves and roots: Styptic | |
| | | Telgu: Telanurupindi | | | | | | | | Fruiting: May-Jun. | Roots: Tonic, antiscorbutic, astringent, diuretic, dissolving stones in the kidney |
| | | Gujrati: Pashanabheda | | | | | | | | | |

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| 33 | <i>Bidens bipinnata</i> | Hindi: Kuru | Asteraceae | Upto 2000 | Throughout India, ascending the Himalaya up to 2000 m. | Flowering & Fruiting: Mar.-Dec. | Root Seed Leaf and Flower | Root: Antiseptic, emmenagogue, expectorant | Annual, much branched, erect, herbs to 125 cm. high; stem 4-angled. Leaves opposite, 2-3 pinnatifid or pinnate, 4-20 cm. long; segments ovate-lanceolate, acute or acuminate, serrate, sparsely hairy. Heads yellow, 6-10 mm. across, on 1-10cm. Long peduncle. Outer involucre bracts linear spatulate; inner ovate-lanceolate. Ray florets 2-5; corolla 2-lobbed. Disc florets many, tubular, 5-lobed. Achenes 6-20 mm. long, 4-angled, tapering towards the apex. |
| | | English: Beggar lice | | | | | | Seed: Stimulant, in asthma | |
| | | | | | | | | Leaf and Flower: Antibiotic against <i>Micrococcus pyogens</i> var. <i>aures</i> , and yeast. | |
| 34 | <i>Biophytum sensitivum</i> | Hindi: Lajalu | Oxalidaceae | 300-1000 | Throughout hotter parts of India, ascending up to 2000 m. in the Himalaya. | Flowering & Fruiting: Aug.- Oct. | Leaf Root | Leaf: As antiseptic, in bilious fever, as tonic, in muscular pain, rheumatism | Annual, erect, hispidly pubescent herbs. Leaves paripinnate, crowded at the top of stem; leaflets 6-15 pairs, variable in size, opposite, oblong to obovate, mucronate. Flowers shortly peduncled, yellow; pedicel longer than the flowers, swollen at the tip; bracts rigid, setaceous. Sepals subulate, lanceolate, glandular and hispid, usually exceeding the capsules. Petals oblong-obovate, almost twice as long as sepals, yellow, with a yellow or pale lilac-strip at the base. Capsule elliptic, glossy, 3-4 mm. long. |
| | | Sanskrit: Jhapni | | | | | | Root: To decrease sexual vigour | |
| | | Bengalese: Jhalai | | | | | | | |
| 35 | <i>Bischofia javanica</i> | Hindi: Bhillar, Kain, Paniyala | Bischofiaceae | | Tropical Himalaya, from Kumaon eastwards, Assam southwards, Western Ghats, Nilgiri Hills. | Flowering: Mar.-May | Leaves | Leaves: In sores, eye diseases, toothache | Deciduous trees, to 20 m. high, with rough, dark-green bark and spreading branches. Leaflets elliptic-oblong to obovate, terminal one 10.5-17x5-10 cm., acuminate, crenate, glabrous; petioles 7-15 cm. long. Flowers greenish yellow, in much branched axillary or terminal peduncled racemes; male flowers on very short slender pedicels, about 2 mm. across; female flowers 4 mm. across, on longer pedicels. Perianth of 5 ovate segments. Fruits fleshy berry, 0.7-1 cm. across, globose, yellowish-brown. |
| | | English: Bishop wood | | | | | | | |

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| 36 | <i>Boehmeria macrophylla</i> | Hindi: Gargela, Bara-Siauru | Urticaceae | 500-1400 | Throughout India, outer Himalaya, Himachal to Sikkim. | Flowering: Rainy and Cold seasons. | Leaf Root | Leaf: In all type of eczema | Large shrubs, with 4-gonous, stringose branches and dark-down bark. Leaves ovate-lanceolate, 8-17x6-12 cm., caudate-acuminate, evenly serrate, acute or rounded, upper surface sparsely hispid, rugose, softly hairy or glabrous beneath; petioles 1.5-3.5 cm. long. Flowers in long, drooping, simple axillary spikes; clusters globose, 3-5 mm. across; bracts lanceolate, mid-rib hairy. Achenes obovate-cuneate, compressed ciliate. |
| | | | | | | Fruiting: Cold and Hot seasons | | | |
| 37 | <i>Boenninghausenia albiflora</i> | Kumaoni: Upania, Jhar, Pissumar | Rutaceae | 600-3300 | Grown as an ornamental throughout India. Waste places and roadsides | Flowering: Jul.-Sept. | Roots Plants | Roots: Roots applied to old wounds, root powder used as antiseptic and juice given in vomiting and dysentery. | Perennial herbs or undershrubs, 30-90 cm. high. Leaves 2(3) pinnate, 4-20 cm. long; leaflets subsessile, ovate, rhomboid, 0.3-1.8x0.2-1.2 cm., base cuneate or acute, gland dotted, entire, glabrous. Flowers 2-sexual, white or creamy, 4-6 mm long, in loose terminal panicles. Sepals minute. Petals oblanceolate, 3-5 mm. long. Stamens 6-8, unequal. Styles 3-5, united. Fruit 3-4 mm. long, of distinct carpels; seeds black, warty. |
| | | | | | | Fruiting: Sept.-Oct. | | | |
| 38 | <i>Boerhaavia diffusa</i> | Hindi: Santh | Nyctaginaceae | 300-1200 | Throughout India, ascending the hot Himalayan valleys up to 2300 m. | Flowering & Fruiting: Aug.-Dec. | Leaf | Leaf: In eczema,itch, anti-inflammatory, diuretic, used in dropsy, ophthalmia, muscular pain | Perennial, decumbent-ascending or erect, viscid herbs, with thick woody base; stem tinged purple, gland hairy. Leaves in unequal pairs, broad ovate to suborbicular, cordate, 1.2-2.5x1-2 cm., obtuse, usually entire, often red-pink below. Flowers small, clustered on bracteate heads, arising from the slender, axillary or terminal, 1.5-3 cm. long stalked panicles. Perianth hypogynous, tubular, purplish- pink; limb small, to 2.5 mm. long. Stamens 2-3, obscurely exserted. Fruits viscid-glandular, 2-4 mm. long. |
| | | Sanskrit: Punarnavaa | | | | | Root | Root: In asthma, jaundice, urinary complaints, to cure nightblindness | |
| | | Bengalese: Purna | | | | | Plant | Plant: in abdominal tumour, cancer, renal diseases, in epilepsy, fistula. | |

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| 39 | <i>Borreria articularis</i> | Hindi: Guthari, Sathgathia | Rubiaceae | up to 1100 | Throughout India, from Meghalaya and Assam to Himachal Pradesh, ascending up to 1000 m. | Flowering: Jul.-Oct. | Leaf Seed Root Plant | Leaf: In toothache, in eye troubles, in scabies, skin diseases, ulcers, wounds. | Annual or perennial, erect or procumbent herbs; stem 4-angular, 15-40 cm. long, more or less hispidly hairy on the angles. Leaves opposite or subopposite, lanceolate-oblong or obovate, 1.5-3x0.5-1.5 cm. acute or obtuse; stipules connate to the leaf base into a broad truncate tube. Flowers pale-violet or purplish, usually in axillary whorls. Calyx lobes subequal, lanceolate. Corolla funnel-shaped, 4-lobed, about 8-12 mm. long; lobes lanceolate, obtuse. Stamens 3-4. Ovary 2-celled, each with 1-ovule; style hairy; stigma 2-lobed. Capsules oblong-obovoid, 4.5x2.5 mm., pubescent; seeds 2, ovoid, dark-brown. |
| | | Sanskrit: Madanghanta | | | | Fruiting: Sept.-Dec. | | Seed: As stimulant | |
| | | | | | | Root: As appetiser, antidote to scorpion stings and snake bite, in blindness, conjunctivitis, gum troubles. Plant: In bodyache, clavus, corns, dysentery, spleen complaints. | | | |
| 40 | <i>Brassica campestris</i> | Hindi: Kala Sarson | Brassicaceae | Up to 3000 | Naturalized in India | Flowering & Fruiting: Jan.- Mar. | Root, Leaf | Erect, glaucous, annual herb. Upto 80 cm. tall. Basal leaves lyrate-pinnatifid, denate. Racemes densely corymbose, about 40 yellow flowers. Sepals 0.4-0.5 cm. long. Petals 0.7-1.0 cm. long. Siliquae with beak as long as the valves. Seeds globose, purplish brown. | |
| | | Tamil: Karuppukkadugu | | | | | | | |
| | | Telgu: Nallaavalu | | | | | | | |
| 41 | <i>Calendula officinalis</i> | Hindi: Zergul | Asteraceae | | Grown as an ornamental throughout India. Waste places and roadsides | | Leaves Plants Leaves Flowers Floral infusion | Flowers and plants: Wound healing, ulcers, burns and other breaches of the skin surface are healed | Annual plant, erect, hispidly pubescent; stem 30-45 cm., corymbosely branched above. Leaves 2.5-7.5 cm., acute, often hispid on both surfaces; lower leaves spatulate quite entire, upper lanceolate base cordate, amplexicaul toothed or subentire. Heads terminal, 5 cm. diam. and under; involucre bracts 6 mm., incurved and appressed to the ripe achenes, ligules many, bright orange yellow, 3-toothed, tube hairy. Achenes longer than the involucre, all curved boat shaped dorsally muricate not beaked, outer larger ventrally crested, scarcely beaked. Pappus absent. |
| | | English: African marigold | | | | | | Leaves: Anticancer | |
| | | | | | | | | Floral infusion: Used in eye diseases | |

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| 42 | <i>Calotropis gigantea</i> | Hindi: Madar | Asclepiadaceae | Upto 1200 | Common throughout India | Flowering & Fruiting: Most part of the year (Rare in Jun.-Aug.) | Plant Flowers Milky Juice | Plants: Alternative | A tall shrub reaching 2.4-3.0 m. high; bark yellowish white, furrowed; branches stout, terete, more or less covered (especially the younger ones) with fine appressed cottony pubescence. Leaves 10-20 by 3.8-10 cm., sessile or nearly so, elliptic-oblong or obovate-oblong, acute, thick, glaucous-green, clothed beneath and more or less above with fine cottony tomentum; base narrow, cordate, sometimes amplexicaul. Flowers inodorous, purplish or white, 3.8-5 cm. diam., in umbellate base; pedicels much longer than the flowers, covered with cottony wool; buds ovoid. Calyx divided to the base; sepals 6 by 4 mm., ovate, acute, cottony. Corolla 2 cm. long or more; lobes 1.3-1.6 cm., long, deltoid-ovate, subacute, revolute and twisted in age; lobes of the corona 1.3 cm. long by 5 mm. broad in the middle, shorter than the column, the back much curved towards the column above the obtuse spur, pubescent on the slightly thickened margin, the apex rounded with 2 obtuse auricles just below it. |
| | | Sanskrit: Arka, Alarka | | | | | | Flowers: Tonic, stomachic, bechic, antiasthmatic | |
| | | Bengalese: Akanda | | | | | | Milky Juice: Purgative, gastrointestinal irritant | |
| | | Tamil: Erukku | | | | | | | |
| | | Telgu: Mandaramu | | | | | | | |
| 43 | <i>Cannabis sativa</i> | Hindi: Bhang, Ganja, Charas | Cannabaceae | Upto 3000 | Naturalized in the sub-Himalayan tract, cultivated in all over India | Flowing: May-Aug. | Whole Plant Leaves Inflorescences Seeds Stems | Plant: used as tonic, intoxicant, stomach, analgesic, narcotic | The plant is annual, 4-6 feet high, covered all over with an extremely fine rough pubescence, stem erect, branched, green in colour, angular, calyx 5 parted, leaves are alternate or opposite, on long petioles, digitate, with linear-lanceolate, sharply serrated leaflets, tapering to a long, smooth point, flowers in spikes, axillary, clustered, small, greenish white, males lax and drooping; females erect. Leafy at the base. Flowering all over the year. |
| | | Tamil: Bangi | | | | | | Oil from seeds: Charas has been used for tetanus with good results | |
| | | Telgu: Ganjayi, chettoo | | | | | | Fruiting: Aug.-Oct. | |
| 44 | <i>Capsicum frutescens</i> | Hindi: Gachmirich, Lal Mirch | Solanaceae | 1200-1500 | Extensively cultivated throughout India | Flowering & Fruiting: Feb.-Sept. | Fruits Seeds Serial parts | Fruit: Chilli fruit are stimulant, stomachic, anti-diarrhoeal, diarrhea, delirium | Capsicum frutescens L. are shrubby perennial plants, about 0.75-1.8 m. high, branches angular. Leaves broadly ovate, acuminate, usually wrinkled, more or less pubescent. Pedicels slender, usually 2 or more together, usually 2.5-5 cm. long. Calyx embracing the base of the fruit, usually cup-shaped. Corolla white, fruit red, ovoid, obtuse or oblong, acuminate. |
| | | Tamil: Mullagay, usi Mulagai | | | | | | | |
| | | Telgu: Gol akonda | | | | | | | |

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| 45 | <i>Carthamus tinctorius</i> | Hindi: Karrah, Kussam | Asteraceae | 1400-2000 | Cultivated throughout a large part of India | | Seeds Flowers | Seeds: Purgative, diuretic, tonic, sweet, acrid, obagenuous | An erect branching herb 0.3-0.6 cm.high broad- lanceolate, spinosely serrate (rarely unarmed) suberect oblong, sessile leaves and large terminal heads 2.5-3.3 cm. long of orange red flowers. Outer involuclral bracts large foliaceous ovate oblong 2.5-3.8 cm. long constricted above the base, green, usually spinous, inner ovate-oblong or lanceolate acute. Cypsele obovoid tetra angled with four bosses at the top. |
| | | Bengalese: Kusum | | | | | | Seeds oil: Anthirheumatic, in sores | |
| | | Tamil: Shumba | | | | | | Flowers: The flower have flavour, laxative, cure "vata", "tridosha", "kapha", diaphoretic, stimulant, sedative, emmenagogue, in jaundice | |
| | | Sanskrit: Kusumbha | | | | | | | |
| | | Gujrati: Kusumbo | | | | | | | |
| 46 | <i>Casearia tomentosa</i> | Hindi: Churchu, Chilla | Samydaceae | up to 1500 | Upper Ganga plains, Garhwal Himalaya, Kumaon Himalaya, Sikkim. | Flowering: Feb.-May | Root Root-bark Leaf | Aerial parts: Antiviral, hypotensive and spasmolytic. | A small tree or shrub with pubescent or tomentose twigs; leaves simple, oblong or smaller one somewhat ovate or elliptic, pubescent, especially on ribs beneath; Flowers axillary on the new shoot, green, very small; capsule soft green, axillary and from leafless axils, oblong, 6-angular; seeds arillate. |
| | | Tamil: Kadichai kutti | | | | | | | |
| | | Telgu: Chilakadieddi | | | | | | | |
| | | Bengalese: Maun | | | | | | | |
| 47 | <i>Cassia fistula</i> | Hindi: Amaltas | Caesalpiniaceae | upto 1500 | Throughout India | Flowering : Feb.-Apr. | Leaf Root Flower Fruit Seed | Extract of stem-bark and pod: Anticancer, antiviral, hypoglycaemic Leaf : In ringworm Flower: In fungal infection Fruit: Abortifacient; Fruit Pulp: In chest and heart diseases Dry fruit: As purgative, Laxative for habitual constipation. | A tree cultivated as an ornamental for attractive yellow blossoms in pendent racemes, attaining a height of about 15 m.; branches glabrous; with grey bark and pinnate. Leaves to 40 cm. long; leaflets 4-8 pairs of ovate; Sepals 5, ovate, obtuse, spreading caducous. Stamens 10, lower 2-3 larger, sometimes 2- staminodes present. Fruit elongated, reddish brown to black, cylindrical lomentum with numerous compartments, each containing a flattened, ovoid, shiny, 40-100 seeded; reddish brown seed embedded in a brownish hardened pulp. |
| | | Sanskrit: Aragvadha, Avaghataka, Kritmala | | | | | | | |
| | | Bengalese: Sundali, Banarlathi | | | | | | | |
| | | Tamil: Konnel | | | | | | | |
| | | Telgu: Rela | | | | | | | |
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| 48 | <i>Castanea sativa</i> | English: Sweet chestn | Fagaceae | | Cultivated in many parts of the Himalaya, Darjeeling and Meghalaya. | Flowering: Mar.-Apr. | Leaf | Leaf: Tonic, astringent, effective in paroxysmal cough and irritable conditions of the respiratory organs. | Deciduous trees, to 25 m. high, with spirally-furrowed bark. Leaves alternate, crowded towards apex, elliptic-lanceolate, 5-15.5x2.5-8.5 cm., irregularly and sharply serrate, teeth bristle-tipped, glabrous above, pale-pubescent beneath; mid rib conspicuous. Flowers conspicuous, yellowish; male catkins 2.5-7 cm. long, erect. Female catkins 1-3 together. Fruits contain 3-nuts; nuts smooth; shining brown, enclosed in green, spiny involucre cup. |
| | | | | | | Fruiting: Aug.-Sept. | | | |
| 49 | <i>Catharanthus roseus</i> | Hindi: Sadabahar | Apocynaceae | 1500-1500 | Naturalised throughout the tropics of both hemispheres, commonly grown in Indian gardens | Flowering & Fruiting: Most part of the year | Whole Plant | Small shrub, plant height is 60 cm. erect, perennial with smooth, shiny, oval leaves, upto 5 cm. long. Flowers in axillary clusters 2 or 3. Petals are flat pink flowers 4 cm. across with darker pink centres. Fruits many seeded; follicles. | |
| | | Bengaliese: Nayantara | | | | | | | |
| | | Tamil: Nithyakalyani | | | | | | | |
| | | Telgu: Billaganneru | | | | | | | |
| 50 | <i>Cedrus deodara</i> | Hindi: Deodar, Diar, Paludar | Pinaceae | 1500-2500 | Distributed in northwest Himalaya from Kashmir to Garhwal; forests of deodar occur in Kullu, Kashmir, Chamba, Tehri Garhwal, Almora, Shimla, Chakrata and Mussourie hill stations. | Flowering & Fruiting: Sept.-Dec. | Bark Stem | Bark (aqueous extract): Exceptionally effective in reducing sugar content of diabetic patient's urine and blood; Stem (50% EtOH extract): Anticancer, spasmolytic; Wood-oil (cederwood oil or deodar oil): In vitro antibacterial, fungitoxic. | Tall, evergreen tree, +- 50 m. high with spreading branches and pendulous branchlets, branchlets densely pubescent; bark thick, fissured at places; wood aromatic, oily; Leaves needle-shaped, 25-50 mm. long, as thick as broad, dark bluish green; cones reddish brown, 80-1.25 cm. long and 50-80 mm. across. |
| | | Kashmiri: Deodar | | | | | | | |
| | | Sanskrit: Devadaru | | | | | | | |

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| 51 | <i>Celastrus paniculatus</i> | Hindi: Malkagni, Malkunji | Celastraceae | 1000-1500 | Distributed in the Sub-Himalayan tract from the Jhelum eastwards in different hilly parts of India. | Flowering : Mar.-May | Plant Leaf Seeds Bark | Plant: Minor ingredient of indigenous drug 'Geriforte'; Aerial parts (50% EtOH extract): Antiviral Leaf: Emmenagogue Seed Oil: Tranquilizing, sedative, useful in hysteria, vasoconstrictor and spasmolytic in rat's uterus; | Large climbing shrub, unarmed straggler/liae up to 12 m., branchlets puberulous; leaves alternate, ovate to orbicular, thin, coriaceous, base obtuse to subacute, margin denate, petiole up to 1.2-1.8 cm; panicles terminal; Flowers polygamous, yellowish-green, 3-6 mm. across capsules 0.6-1.0 cm; Seeds 1-2, ellipsoid to ovoid, up to 5 mm.. |
| | | Sanskrit: Agniphala, Tejovati | | | | Fruiting: Oct.- Dec. | | | |
| | | Bengalese: Malkangni | | | | | | | |
| | | Tamil: Valuvuvai | | | | | | | |
| 52 | <i>Celosia argentea</i> | Hindi: Sarwari, Sufed murgha | Amaranthaceae | 150-1600 | Distributed throughout Inaid, ascending up to 1500 m in the Himalaya | Flowering & Fruiting: Aug.- Dec. | Seeds Whole Plant | Plant: Dried plant is considered antiscorbutic | Celosia argentea L. is a annual herb, about 1.5 m. high, glabrous; stem erect simple or ascending; branches grooved. Leaves variable 2.5-10 by 0.6-3.2 cm., linear or linear lanceolate, acute, entire, glabrous, leaves sessile. Flowers blooming at first pinkish, afterwards glistening white, crowded and imbricate in close cylindric blunt, or acuminate terminal spikes 2.5-15 by 2-2.5 cm. sometimes branching at the apex in a cock's comb form; branteoles 4-5 mm.long, linear lanceolate, scarious perianth 8 mm. long, sepals linear- lanceolate, acute searious with three close parallel slender striae on the back. Stamens are short; filaments connate into a cup. Seeds 4-8 subreniform, compressed, 1.5 mm. diam., black, polished, shining. |
| | | Sanskrit: Vitunna | | | | | | Leaves: The leaves are antipyretic, reduces inflammations, strengthen the liver | |
| | | Tamil: Pannai, Keerai | | | | | | Seeds: Seeds are bitter, anti diarrhoeal, aphrodisiac, vulnerary, blood diseases | |
| | | Telgu: Gurugu | | | | | | | |
| 53 | <i>Centella asiatica</i> | Hindi: Brahma-manduki | Apiaceae | Upto 200 | Throughout India in marshy places, specially in the forests of Banj, Oak and Chir | Flowering: Apr.-May | Leaves Whole Plant | Plant: Alterative, tonic, antileprotic | The plant trails on the ground and its creeping stems bear roots on their nodes. Leaves small, 2-4 cm. diam., reniform, crenate more rounded or broad kidney shaped, solitary or in fascicles; their margins toothed. Usually long petiolate. Flowers minute, pinkish red, 3-6 in cluster. Fruit small; like a grain of barley, ovate globose and reticulated, 7-9 ribbed. |
| | | Bengalese: Tholkhuri | | | | | | Leaves: Antisyphilitic | |
| | | Tamil: Vallara | | | | | | Plant crude extract: Plant crude extract as well as asiaticoside- wound healer | |
| | | Sanskrit: Manduk parni | | | | | | Fruiting: Jun.-Nov. | |
| | | Telgu: Brahmi | | | | | | | |

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| 54 | <i>Chenopodium ambrosioides</i> | Hindi: Patti | Chenopodiaceae | 300-2600 | Widely distributed in wet places, cultivated land and found throughout India | Flowering & Fruiting: Jan.-Dec. | Seeds Leaves Roots Plant | Plants : The leaves and seeds have been a household remedy against intestinal parasites | Chenopodium ambrosioides L. is a annual tall, erect much branched highly aromatic herb with a camphoraceous odour, puberulous and glandular;, stem and branches striate, more or less glandular pubescent. Leaves of Chenopodium ambrosioides with glands, about 3.8-8 by 0.6-2.5 cm., oblong lanceolate, obtuse or acute, sinuate-dentate, the upper leaves entire, base tapering, running down into a short obscure petiole. Flowers are minute, clustered, forming slender axillary and terminal simple leafy spikes, sometimes polygamous. Sepals orbicular ovate, concave, obtuse, closing over the fruit. Stigmas usually five. Utricle membranous. Seeds 0.85 mm. diam., orbicular, smooth, shining with an obtuse margin. |
| | | Kumaoni: Pati | | | | | | Herb infusion: Considered carminative, diaphoretic, and emmenagogue, used in compression cough, pulmonary obstruction, amenorrhoea, vermifuge | |
| | | Malayalam: Katu Ayamodakam | | | | | | Leaves and Roots: Antiasthmatic, antirheumatic, antitumour, amoebicidal, analgesic, narcotic, anaemia, nervine stimulate, diuretic, lactagogue | |
| | | | | | | | | Seeds: Used in insecticide, usually as a powder, decoction of seeds mixed with a decoction of blue gum leaves. Anthelmintic | |
| 55 | <i>Chenopodium album</i> | Hindi: Bathua | Chenopodiaceae | 800-4000 | Occurring chiefly in cultivated ground, cultivated in pot herb | Flowering & Fruiting: Jan.-Dec. | Whole plant Leaves | Plants: Used as laxative, anthelmintic, diuretic, tonic, abdominal pains, piles, eye diseases | Chenopodium album is a annual herb, herbaceous, plant is about 0.3-3 m. high, erect, green or reddish; stems often striped. Leaves alternate, entire lobes or toothed, oblong, rhombic, deltoid or lanceolate, irregularly lobulate, in shape and size it shows great variability. Cultivated plants shows sometimes 15 cm. long, leaves are oblong, rhombic, deltoid, obtuse or acute; petioles long, slender. Flowers in clusters forming complex peniculate often mealy spikes, but in cultivated form it become thysoid. Sepals about 1.5-2 mm. long, oblong lanceolate, keeled, closing over the thinly membranous utricule. Stigmas 2. Seeds 1.5 mm. diam., orbicular, compressed with an acute margin, smooth, shining embryo completely annular. |
| | | Bengalese: ChandanBetu, Bathu-Sag | | | | | | Leave: Used as a dusting powder about the external genitalia in children | |
| | | Tamil: Parupu-keerai | | | | | | | |
| | | Telgu: Pappu-kura | | | | | | | |

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| 56 | <i>Cinnamomum tamala</i> | Hindi: Tijpat | Lauraceae | 1000-3000 | Distributed in the subtropical Himalaya +- 1000-3000 m.. | Flowering: Feb.-Apr. | Bark Leaf | Leaf: Stimulant, carminative, colic, diarrhoea. | A small tree with leaves usually +- 1-1.25 cm. long, shining above, mostly oblong; Flowers 2.5-5.0 mm. long, pale-yellowish, often unisexual, in terminal and axillary, 15-30 cm. long, lax panicles. Perfect stamens 9; 6 outer eglandular, opening outwards; anthers 4-celled. |
| | | Tamil: Talishappattiri | | | | | | | |
| | | Telgu: Talishapatri | | | | Fruiting: Jun.-Jul. | | | |
| 57 | <i>Cissus repens</i> | Assamese: Mei-hur-jarap | Vitaceae | 300-1300 | Assam, eastern tropical Himalaya. | Flowering: August | Leaf | Leaf: In skin disease | A trailing plant; branchlets glabrescent; leaves simple, ovate-oblong, 6.5-10.0 cm. x4-6 cm., membranous, nerves +- 6 pairs, puberulous, base cordate, margin crenate-serrate, apex acuminate, petioles 2.5 cm; tendrils slender; cymes in compound umbels up to 4.5 cm.; berry globose. |
| | | Malayalam: Mrigampuli | | | | | | | |
| | | Telgue: Nelaboddu | | | | Fruiting: November | | | |
| 58 | <i>Citrus medica</i> | Hindi: Bara Nimbu, Pahari Nimbu | Rutaceae | 700-1200 | Sparsely cultivated throughout the warm moist regions of India. Found wild regions Kumaon | Flowering & Fruiting: Jan.-Dec. | Rind of fruits Fruits as a whole Fruit juice | Flowers and buds: Stim, astrin | An evergreen shrub, about 1.8-3.6 m. high, young shoots glabrous. Smooth bark with yellowish brown colour. Branches up to about 5 cm. diam., armed with sharp, stout, straight, axillary thorns up to 7.5 cm. long. Leaves 7.5-8.5 to 3.7-5.0 cm., oblong or elliptic with acute or rounded apex, obscurely crenate- serrate, glabrous, pellucid-punctate, colour of above surface in dull dark green. Petiole 5-12 mm. long. Flowers 3.8-4.5 cm. diam. scented, white tinged pink outside, often unisexual pedicels 3.8-4.5 mm. long. Fruit 5-7.5 cm. long, usually obovoid, yellow when ripe, with a leathery rind. |
| | | Sanskrit: Maha Nimbu | | | | | | Rind of fruit: Stomachic, carminative, cooling, digestive, refrigerant | |
| | | Tamil: Periya Yelumichai, Malai | | | | | | Fruit juice: Antiscorbutic, antirheumatic, antidyenteric | |
| | | Telgu: Bijapuram | | | | | | | |

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| 59 | <i>Cochlospermum religiosum</i> | Sanskrit: Girisalmalika | Cochlospermaceae | up to 1000 | Uttar Pradesh, Bihar, throughout the warmer parts of India | | Young leaf | Young Leaf: Cooling wash for hair | Deciduous trees or shrubs, to 10 m. tall. Leaves crowded near the ends of branches, palmately 5 (3-5) lobed, 7-20 cm. across, entire; lobes acuminate, glabrous above, whitish-grey tomentose beneath; petioles 10-20 cm. long; stipules linear, subulate, hairy, caducous. Flowers greenish yellow, 6-9 cm. across, appearing before the leaves, in terminal panicles; bracts triangular, acute. Sepals 5, deltoid, ovate, acute. Petals 5, yellow, obovate, notched at apex. Stamens many, slightly curved, unequal; filaments yellow; anthers orange. Ovary globose, glabrous. Capsules ovoid, 7-10 cm. long, 5-va;ved, striately ribbed; seeds reniform, covered by brown-wool. |
| | | Tamil: Kattupparutti | | | | | Gum (Katira): Thermogenic, anodyne, sedative and useful in cough, diarrhoea, dysentery, pharyngitis, gonorrhoea, syphilis and trachoma. | | |
| | | Telgue: Tannakku | | | | | Gum (Katira) | | |
| | | English: White silk tree | | | | | | | |
| 60 | <i>Colchicum luteum</i> | Hindi: Hiranutiya | Liliaceae | 1000-2700 | Western Himalaya from Kashmir to Chamba. | | Leaf | Used to relieve pain and inflammation and shorten the duration of acute gout and certain gouty affections but is liable to cause intestinal pain accompanied by vomiting and purging. | Scape very short underground, flowers are very short, strap shaped or linear, crocus-like, purple, white (rarely yellow), long tubular inserted in the perianth; corms are brownish or translucent or pale buff, opaque and cream-coloured. |
| | | Kashmiri: Virkum | | | | | | | |
| 61 | <i>Coriandrum sativum</i> | Hindi: Dhaniyam | Apiaceae | up to 2500 | Cultivated in India, also in all parts of Asia | Flowering: Feb.-Apr. | Leaf | Leaf: Acrid, aromatic, analgesic, anti-inflammatory and styptic and are useful in halitosis, jaundice. | Glabrous, aromatic, herbaceous annual, 30-90 cm. high; laeaves dicompound, lower ones long-petioled and upper ones short-petioled/subsessile, imparipinnatisect; flowers small, white/pinkish in compound terminal umbels; fruits yellowish brown, globular and ribbed, separating into two halves containing a seed. |
| | | Sanskrit: Dhanyakam | | | | | | | |
| | | Tamil: Kottamalli | | | | | | | |
| | | Telgue: Dhaniyalu | | | | | | | |
| | | Gujrati: Konphir | | | | | | | |

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| 62 | <i>Curcuma aromatica</i> | Hindi: Ban-Huldi | Zingiberaceae | 700-1100 | Widely distributed throughout India | Flowering & Fruiting: Mar.-May | Rhizome | Rhizome: A pungent bitter, cooling herb, carminative, uses in sprains and bruises. Antidote for snake bite. Stimulates the gall bladder and circulatory system | Rootstock large, of palmately branched, sessile annulate biennial tubers yellow and aromatic inside. Leaves 38-60 by 10-20 cm., oblong-elliptic or oblong-lanceolate, caudate acuminate, green, often variegated above, pubescent beneath, base deltoid; petioles as long as or longer than the blade. Flowering stem appearing with or before the leafing stem, as thick as the forefinger, sheathed. Flowers fragrant, shorter than the bracts, in spikes 15-30 cm. long; flowering bracts 3.8-5 cm. long, ovate, recurved, cymbiform, rounded at the tip, pale green, connate below forming pouches for the flowers; bracts of the coma 5-7.5 cm. long, more or less tinged with red or pink. Calyx 8 mm. long, irregularly 3-lobed. Corolla-tube 2.5 cm. long, the upper half funnel-shaped; lobes pale rose-coloured, the lateral lobes oblong, the dorsal longer, ovate, concave, arching over the anthers. Lip yellow, obovate, deflexed, subentire or obscurely 3-lobed. Lateral staminodes oblong, obtuse, as long as the corolla lobes. |
| | | Sanskrit: Vana Haridra | | | | | | | |
| | | Bengalese: BanHalaud | | | | | | | |
| | | Tamil: Kasturimanjel | | | | | | | |
| | | Telgu: Kasturi Manjel | | | | | | | |
| 63 | <i>Cymbopogon citrates</i> | Hindi: Gandhatrina | Poaceae | 600-1200 | Grown in Karnataka, gardens etc. | | Leaves Stems Seeds | Leaves: Sudorific, stimulant, antiperiodic, anticatarrhal. A bitter, aromatic, cooling herb Essential oil: Carminative, anticholerin. Effective against fungal and infections | A tall perennial grass, throwing up dense fascicles of leaves from a short, oblique annulate, sparingly branched rhizome. Leaf blades linear, leaves glabrous with straight stems, up to 90 cm. long by 16-18 mm. wide, very firm, glaucous green, smooth more or less rough upwards and along the margins; base clasping. Ligules very short, scarios, rounded or truncate. Sheaths terete, those with the barren shoots much widened at the base, and tightly clasping each other, narrow and separating upwards, with a rounded shoulders at the mouth. Spatheate panicle decompound to subdecompound, loose, 30 to over 60 cm. long, nodding; internodes 4 to over 6, the longest up to 20 or 22 cm. long, rapidly decreasing in length upwards; spikelets in 3-6 pairs on spikes, paired, at the end of slender stalk, sheathed in a pointed spathe like bract. Joints of spike and spikelets stalks fringed with short white hairs, glumes and bracts tinged with red brown. |
| | | Bengalese: Gandha bena | | | | | | | |
| | | Sanskrit: Bustrina | | | | | | | |
| | | Telgu: Nimma-gaddi | | | | | | | |
| | | Punjabi: Khavi | | | | | | | |

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| 64 | <i>Cymbopogon martini</i> | Hindi: Gandh-bel | Poaceae | 1400-2000 | Distributed in Nainital ascending to 2500 m, Kunaon 1500-1500 | Flowering & Fruiting: Sept.-Nov. | Seeds | Essential Oil: Essential oil is used in lumbago and stiff joints, baldness and skin diseases | A perennial grass; rootstock aromatic, densely tufted, stem glabrous, erect, branches few. Leaves basal, glabrous, narrow. Spikelet in 4-8 pairs, on spikes and paired at the end of a slender stalk, sheathed in a pointed spathe like bract. Spikes deflexed and solitary, rarely in a cluster of 2-3. |
| | | Sanskrit: Rohisa | | | | | | | |
| | | Marrathi: Roshegavat | | | | | | | |
| | | Tamil: Kavathampillu | | | | | | | |
| | | Gujrati: Rauns | | | | | | | |
| 65 | <i>Datura innoxia</i> | Hindi: Dhatura | Solanaceae | Upto 1000 | A native of Mexico plant is distributed in Western Himalaya | Flowering & Fruiting: Apr.-Oct. | Whole plant | Plant: It is a source of alkaloids scopolamine which is used as a pre-anaesthetic in surgery and childbirth, in ophthalmology and prevention of motion sickness | Whole plant densely clothed with greyish tomentum. Stem erect, 0.9-1.2 m. high, stout, herbaceous, terete. Leaves 15-20 cm. long, ovate-lanceolate of broadly ovate, acute or acuminate, unequal at the base and often cordate, entire or repandentate, densely tomentose on both surfaces and generally glandular, petioles 6.3-9 cm. long; peduncles at first erect, afterwards nodding. Calyx about 7.5 cm. long, inflated towards the middle, persistent and deflexed in fruit; teeth lanceolate, acuminate, unequal. Corolla about twice as long as the calyx, white tinged with green below, pubescent outside, limb 10-toothed. Capsule globose, nodding covered with long rather slender spines. |

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| 66 | <i>Datura metel</i> | <p>Famil: Adukku Ummatta</p> <p>Telgu: Tell Ummetta</p> | Solanaceae | 300-1200 | Plant of <i>D. metel</i> L. is distributed throughout India in plains; often met with on wastelands, roadsides and gardens | | Leaves Flowers Seeds Roots | <p>Fruit juice: Fruit juice is used in earache</p> <p>Seeds decoction: Used in ophthalmia</p> | <p>Annual; stem stout, 30-60 cm. high, somewhat zigzag, rather succulent, softly pubescent, divaricately branched. Leaves 7.5-15 by 3.2-7.5 cm., ovate, acute, entire or with a few large teeth or lobes, usually covered with a fine mealy pubescence (sometimes nearly glabrous), glaucous green above, paler beneath, usually rounded and very unequal at the base; main nerves conspicuous, usually about 8 on one side of the midrib, 6 at the other; petioles 2.5-5 cm. long. Flowers purple outside, usually white inside, often double, solitary; pedicels short, stout, pubescent. Calyx reaching sometimes 9 cm. long finely pubescent; teeth 1.3-2 cm. long, triangular, very acute. Corolla 18 cm. long or even more, often 10-12.5 cm. across at the mouth; limb with 5 or 6 short acute deltoid lobes and a short tail in the middle of each intervening sinus. Stamens about equalling the corolla-tube; filaments slender; anthers 1 cm. long oblong, obtuse. Ovary clothed with soft prickles; stigma 2-lobed. Seeds numerous, closely packed, compressed, 4 mm. diam., nearly smooth, yellowish brown.</p> |
| 67 | <i>Desmodium tiliaefolium</i> | <p>Hindi: Chamkat, Chamara</p> <p>Kumaoni: Chamlai, Bhatula</p> <p>Jaunsari: Martoi, Matoi</p> | Papilionacea | 1200-3500 | Plant is widely distributed along the Himalayas from upper Punjab to Tavoy | | <p>Flowering: Apr.-Jan.</p> <p>Fruiting: Jul.-Dec.</p> | <p>Roots: The roots are bitter and hot with a bad taste; carminative, useful in discharges, stuttering, reduce oedema, cure piles, ophthalmia, lumbago, amenorrhoea, improve appetite, teeth, enriches the blood. Tonic to the chest and brain, ozena</p> | <p>A deciduous shrub 1.5-4.5 m. high, with stems up to 7.5 cm. diam. Smooth bark, pale grey with minute lenticels. Blade 6 mm., pinkish, fibrous. Leaves are trifoliolate. Petiole up to 12.5 cm. long. Leaflets orbicular, ovate or obovate, base cuneate or rounded, apex obtuse or abruptly short acuminate margins sinuate, glabrous or sparsely hairy above, glabrous or tomentose beneath. Terminal leaflets 1.2-2.5 cm. long, petiolules of the lateral 2.5-5 mm. long. Flowers pale lilac or mauve. 1.0-1.5 cm. long, in terminal lax much branched often leafy panicles up to 30 cm. long. Pedicels slender, 5-7.5 mm. long. Pod 3.8-6.3 cm., thin, flat, thinly adpressed hairy composed of 6-9 joints.</p> |

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| 68 | <i>Dioscorea bulbifera</i> | Bengalese: Banalu, Chamalu Gujrati: Suloinavelya, Suoriya Assamese: Kathalu | Dioscoreaceae | 150-2100 | Plants is widely distributed in India, ascending up to 5000 ft. in the Himalayas | Flowering: Jul.-Nov. Fruiting: Sept.-Jan. | Tuber Leaves | Leaves: Febrifuge | Herbs with slender twining stems. Stem twining to the left. Leaves usually alternate, about 10-15 by 7.5-10 cm., often much larger or smaller, ovate, acuminate, base more or less deeply cordate lobes rounded, 7-11 nerved. Tubers variable. Bulbils numerous, irregular in shape, 2.5 cm. or more across, brown, warted. Male spikes 5-10 cm. long, clustered, axillary or in leafless panicles. Stamens 6. Female spikes 10-25 cm. long in axillary clusters of 2-5. Capsule 1.8-2.2 cm. long, oblong. Seeds winged at the base. |
| 69 | <i>Fumaria parviflora</i> | Hindi: Pitpapra, Shahterah Sanskrit: Araka, Kalapanaga Bengalese: Bansalpa Tamil: Tusa Telgu: Chatarasi Kumaoni: Khairuwa | Fumariaceae | Upto 1500 | Widely distributed throughout India on the hills; up to 2700 m on the Himalaya | Flowering & Fruiting: Jan.-May | Plants | Plant: Diuretic, diaphoretic, aperient, anthelmintic | A robust plant, scarcely scandent. Leaves glaucous; segments linear or oblong linear, short, subcanaliculate, subacute. Racemes very often sessile, short, in flower dense, in fruit slightly elongate; bracts much longer the very short pedicels. Sepals absent or minute (about 0.5 mm. long), triangular ovate, acuminate, whitish. Corolla very small, about 4 mm. long, white; upper petal with narrow wings, without purple spot; inner petals are purple with greenish tip. Fruit 2 mm. long and slightly broader, subrotund-obovate, very obtuse or subtruncate, obscurely short-apiculate, rugose when dry. |
| 70 | <i>Heracleum candicans</i> | Kashmiri: Kaindal | Apiaceae | 2200-3800 | Distributed in Himalaya from Kashmir to Bhutan | Flowering: Apr.-Sept. Fruiting: Sept.-Oct. | Root Seeds Fruits | Fruits: Aphorodisiac, Nervine | An erect perennial herb. Stem hollow, pubescent, grooved. Leaves pinnate or pinnatifid, rarely 2-pinnate; leaflets oblong, pinnately lobed, irregularly toothed, upper surface dark green, glabrous, lower densely pubescent, paler. Bracts linear. Flowers white. Fruit obovate, pubescent. |

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| 71 | <i>Hyoscyamus niger</i> | <p>Sanskrit: Parasikaya, Dipya</p> <p>Bengalese: Khorasani Ajowan</p> <p>Telgu: Kurashani Vaman</p> <p>Kashmiri: Bazarbang</p> | Solanaceae | 2000-3500 | Distributed in North-Western Himalaya | Plants Leaves Seeds | <p>Leaves: Antispasmodic, anaesthetic, sedative, narcotic, analgesic, useful in pain of liver</p> <p>Seeds: Seeds are bitter contraceptive, astringent, vermifuge, useful in nasal trouble</p> | An erect, more or less hairy and viscid herb with a disagreeable, heavy odour; stem robust, 0.3-0.9 m., Radical leaves spreading, stalked oblong-ovate, 15-20 cm., coarsely sinuate-toothed. Stem leaves smaller, sessile, ovate, irregularly pinnatifid, passing into bracts. Flowers pale yellow-green, veined with purple, darker in the centre, nearly sessile, lower ones in the forks of the branches, upper solitary in the axils of leaf-like bracts, forming long, 1-sided spikes rolled back at the top before flowering, ultimately becoming elongated and straight. Calyx 2 cm; tube ovoid; limb funnel-shaped, 5-toothed. Corolla funnel shaped; limb spreading, 2.5-3.2 cm. across, lobes 5, broad, short, slightly unequal. Stamens protruding. Ovary 2-celled; style longer than the stamens. Capsule 1.3 cm. diam., enclosed in the globose tube of the enlarged calyx, lower part membranous, top hard, rigid opening transversely along the constriction between the 2 portions. | |
| 72 | <i>Mentha arvensis</i> | <p>Hindi: Pudina</p> <p>Bengalese: Podina</p> <p>Tamil: Pudina, Yechakkirai</p> | Lamiaceae | 1200-2000 | Western Himalayas, Kashmir, Kumaon, Garhwal | Flowering & Fruiting: Jul.-Sept. | Whole plants Leaves | Leaves, Whole Plant: A pungently aromatic, Stimulant, antibacterial herb, beneficial in digestion, relaxes spasms | Habit erect. Stem short, branched, with short hairs, dense, and turned back. Leaves narrowed below, stalked, ovate, oblong, lanceolate, toothed, the upper similar and large. Flowers are lilac, in axillary, distant whorls, none at the top. Calyx bell-shaped, with triangular, short teeth, as long. Throat of calyx naked. Corolla lined with hairs outside. Bracteoles acute, not as long as the flowers. Nutlets dry, smooth. |
| 73 | <i>Myrica esculenta</i> | <p>Hindi: Kaphal, Kaiphal</p> <p>Sanskrit: Katphala</p> <p>Tamil: Marudam</p> <p>Telgu: Karidaryamu</p> | Myricaceae | 1200-2400 | Plant is commonly distributed in Sub-Himalayan tract from Kashmir eastwards to Bhutan. | Flowering: Aug.-Oct. Fruiting: Apr.-Jun. | Stem Bark Root-bark | <p>Bark: Fish poison, astringent, rubefacient, carminative, antiasthmatic, febrifuge, anticatarrhal, diurectic, antidontalgic</p> <p>Fruits: Sedative, stomachic, carminative</p> | A small glabrous tree. Leaves crowded towards the end of branches, lanceolate, entire, lower surface pale or rust coloured, minutely gland-dotted, aromatic, stalk pubescent. Flowers minute unisexual, glandular, male and female on different trees. Male flowers in Catkins, solitary in the leafy axil or sessile on a common drooping axillary stalk, female in axillary erect spike. Drupe sessile, aoid, stone red, wrinkled. |

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| 74 | <i>Nardostachys N. jatamansi</i> | Hindi: Jatamansi | Valerianaceae | 3200-5000 | Distributed at Alpine Himalaya from Kumaon to Sikkim | Flowering: Jun.-Jul. | Roots Seeds Rhizomes | Root: Tonic, stimulant, antiepileptic, in heart diseases and intestinal colic; also substitute for valerian. | Rootstock woody, long, stout, covered with fibers from the petioles of withered leaves. Stem 10-60 cm., more or less pubescent upwards, often glabrate below, subscapose. Radical leaves 15-20 by 2.5 cm., longitudinally nerved, glabrous or slightly pubescent, narrowed into the petiole; cauline 1 or 2 pairs, 2.5-7.5 cm. long, sessile, oblong or subovate. Flower-heads usually 1, 3 or 5; bracts 6 mm. oblong usually pubescent. Corolla tube 6 mm. some 7 mm. long, somewhat hairy the filaments below. Fruit 4 mm. long, covered with ascending white hairs, crowned by the ovate, acute, often dentate calyx-teeth. |
| | | Gujrati: Mashi | | | | | | | |
| | | Telgu: Jatamansi | | | | Fruiting: Aug.-Oct. | | | |
| 75 | <i>Nerium odorum soland</i> | Hindi: Kaners | Apocynaceae | Upto 2000 | Distribute in Upper Gangetic Plains, Himalaya from Nepal westwards to Kashmir | Flowering & Fruiting: Major part of the year | Plants Roots Bark | Plants: Plant is poisonous | A large glabrous evergreen shrub with milky juice. Leaves in threes, shortly stalked, coriaceous, 10-15 cm. long, linear-lanceolate, acuminate, tapering into the short petiole, dark green and shining above, midrib stout; nerves numerous, spreading horizontally. Flowers and rose coloured or white, fragrant. Calyx lobes lanceolate. Corolla 3.8 cm. diam.; fragrant, lobes rounded. Filaments hairy, appendages of anthers twice as long as the cells. Follicles 15-23 cm. long, rigid, at length separating. Seeds about 1.3 cm. long-tipped with a coma of light brown hairs. |
| | | Bengalese: Karabi | | | | | | Roots: Used for haemorrhoids and ulcers | |
| | | Tamil: Sivappu, Arali | | | | | | Oil and roots, bark: used in leprosy | |
| | | Telgu: Ghennaru | | | | | | | |
| | | Sanskrit: Karavira | | | | | | | |
| 76 | <i>Ocimum basilicum</i> | Hindi: Kali Tulsi | Lamiaceae | 300-1500 | Cultivated throughout the greater part of India | Flowering & Fruiting: Jul.-Dec. | Whole plant Leaves Flowers Roots Seeds | Whole Plant: A restorative, lowers fever, improve digestion | An erect branching herb, 0.6-0.9 m. high, glabrous or more or less hispidly pubescent. Stems and branches green or sometimes purplish. Leaves 2.5-5 cm. or more long, ovate, acute, entire of more or less toothed or lobed; base cuneate, entire, petiole 1.3-2.5 cm. long. Whorls densely racemose, the terminal raceme usually much longer than the lateral ones; bracts stalked, shorter than the calyx, ovate acute. Calyx 5 mm. long, enlarging in fruit, very shortly pedicelled; lower lip with the 2 central teeth longer than the rounded upper lip. Corolla 6-10 mm. long, white pink or purplish, glabrous or variously pubescent. Stamens slightly exerted upper filaments toothed at the base. Nutlets about 2 mm. long, ellipsoid black and pitted. |
| | | Sanskrit: Munjariki | | | | | | Leaves: Feverish illnesses, poor digestion, nausea, abdominal cramps, migraine | |
| | | Tamil: Tirunitpachai | | | | | | Flowers: Carminative, diuretic, demulcent | |
| | | Telgu: Bhu Tulsi | | | | | | Seeds: Antigonorrhoeic, antidyseric Roots: In bowel complains of children | |

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| 77 | <i>Ocimum sanctum</i> | Hindi: Pooja Tulsi, Tulsi | Lamiaceae | 400-1000 | Founded throughout India up to 1800 m. in the Himalaya | Flowering & Fruiting: Apr.-Nov. | Leaves Seeds Roots Plants | Leaves: The leaves have expectorant properties and their juice is used in catarrh and bronchitis, diaphoretic, antiperiodic, earache infusion of the leaves is used as a stomachic in gastric, disorders of children and in hepatic affections. | A plant about 30-60 cm. high, much branched; Stems and branches usually purplish, subquadrangular. Sometimes woody below, clothed with soft and spreading hairs. Leaves 2.5-5.0 by 1.6-3.2 cm., elliptic oblong, obtuse or acute, entire or serrate, pubescent on both side. Minutely gland-dotted, base obtuse or acute; petioles 1.3-2.5 cm. long, slender, hairy. Flowers in racemes 15-20 cm. long in close whorls; bracts nearly 3 mm. long and almost as broad as long, broadly ovate with a long slender acumen, ciliate; pedicels longer than the flowering calyx, slender, pubescent. Calyx 3-4 mm. long in flower, pubescent, reaching 5 mm. long in fruit; upper lip broadly obovate or suborbicular, much reflexed, very shortly apiculate; lower lip longer than the upper lip, the teeth lanceolate at the base, the 2 lateral with short straight, the 2 central with long slender awns which project beyond the upper lip and are much curved upwards. Corolla 4 mm. long, purplish; upper lip pubescent on the back. Stamens exerted; filaments slender, the upper pair with a small bearded appendage at the base. Nutlets 1.25 mm. long. |
| | | Bengalese: Tulsi, Krishna Tulsi | | | | | | Seeds: Demulcent, in disorder of the genito-urinary system | |
| | | Tamil: Nall Tulasi | | | | | | Roots: Roots are used in malarial fever | |
| | | Plants: Antitode for snakebite and scorpion stings. The has a pungent bitter taste. | | | | | | | |

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| 78 | <i>Oxalis acetosella</i> | Kumaoni: Khata Metha | Oxalidaceae | 2100-3000 | Distributed in temperate Himalaya from Kashmir to Sikkim | | Aerial Part of Plants | Plants: Antiscorbutic, blood purifier | <p>A small delicate perennial herb 5-15 cm. high, stemless but with a longer or shorter horizontally creeping reddish knotty scaly rhizome. Leaves are radical, numerous, stipulate, trifoliate with elongated 5-15 cm. long petioles; colour of petioles is purple at the base, higher up light green and grooved; Leaflets broadly obcordate, light green with frequently a tinge of purple beneath, and hairy and showing nyctytropic movement, stipules large, broad and membranous. Flowers solitary, 1-1.8 cm. diam, on elongated slender peduncles; peduncles longer than petioles, axillary, furnished with 2 scaly opposite bracteoles above the middle. Calyx gamosepalous, deeply divided, sepals 5, small 4 mm. long, 2 mm. broad, oblong or ovate. Petals 5, inserted by a short claw and cohering above it, ovovate blunt, white or pale rose veined with purple, yellowish at base, 4 times the length of the sepals. Stamens 10 in 2 whorls, the 5 exterior shorter, 3/4 length of the longer which are 4 mm. long. Ovary ovoid, 5 angled, erect, glabrous, cells 2-3 seeded. Styles 5, slender, a little longer than the stamens, blunt stigma.</p> |
| | | English: Birds Clover | | | | | | | |

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| 79 | <i>Perilla frutescens</i> | Hindi: Bhanijira, Bhasindi | Lamiaceae | 600-2400 | Throughout the Himalaya | Flowering: Jul.-Sept. | Plant Leaves Stems Seeds Flowers Fruits | Plant: Sedative, antispasmodic, antiasthmatic, stomachic, tonic, pulmonary and urinary troubles, flu, nausea | Bushy annual with plant height 60 cm.-1.2 m. with ovate leaves which are distinctly veined and strongly scented. Stem 30-60 cm., insignificant white flowers appears in summer, followed by pale brown nuttets. | |
| | | Kumaoni: Jutela Bhangra | | | | Fruiting: Sept.-Oct. | | | | Leaves, stems and seeds: Diaphoretic |
| | | Bengalese: Ban Tulsi | | | | | | | | Flowers: Carminative. |
| 80 | <i>Pistacia integerrima</i> | Hindi: Kakra Singi | Anacardiaceae | 350-2400 | Plant is distributed to outer ranges of North West Himalaya from Indus to Kumaon | Flowering: Mar.-Apr. | Galls Bark | Galls: Anthelmintic, tonic, expectorant, useful in cough, asthma, hiccough, dysentery, fever, bronchitis, vomiting, delirium, antivenom, ulcers, mouth freshner | A tree glabrous. Leaves are impari or pari pinnate, 15-23 cm. long, with fine pubescence along petioles and nerves while young; Leaflets opposite or nearly so, 4-5 pairs; short-petiolulate, lanceolate from oblique base, entire, long acuminate, with 10-18 arcuate, lateral nerves, jointed by reticulate veins. Flowers are present on lateral panicles, the leaves below on the previous years wood. Male panicles short, compact, pubescent. Stamens 5.6 or 7; anthers large, oblong, obtuse, deep red. Sepals much shorter than stamens. Female flowers on short pedicels, in long lax panicles. Calyx of 4 linear sepals, generally supported by 2 ovate bracts, shorter than sepals. Sepals and bracts are deciduous. Style trifid nearly at the base, with broad recurved stigmas. Drupe dry, somewhat broader than long, 6 mm. broad, rugose, glabrous, grey when ripe. | |
| | | Sanskrit: Karkata Sringi | | | | | | | | |
| | | Tamil: Kakkata Shingi | | | | Fruiting: Jun.-Aug. | | | | |
| | | Kumaoni: Kakra kash | | | | | | | | |

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| 81 | <i>Plantago major</i> | Hindi & Kumaoni: Lahurya | Plantaginaceae | 1200-2600 | Distributed to temperate and alpine Himalaya from Kashmir to Bhutan. North-eastern Indian hills and Western Ghats. | Flowering: May-Sept. | Whole plants Leaves Seeds | Plant: Haemostatic, anticephalgic, antiodontalgic, earache | Perennial, stemless, glabrous herbs. Leaves radical, distinctly petioled, ovate-elliptic to obovate, 6.5-18x4-6.5 cm., entire or denate, glabrous, 5-7 nerved. Flowering spikes on 15-45 cm. long, ribbed scapes; spikes 6-12 cm. long, loosely bracteate, terminal. Calyx small, separated, 4-partite. Corolla scarious, pale-yellow, 2-3.5 mm. long, 4-lobed; lobes ovate. Stamens 4; filaments long; anthers versatile. Capsules ovoid, 8-16 seeded; seeds ovoid, 1.5-2 mm. long, brown-black. |
| | | Kashmiri: Isafghol. Gul | | | | Fruiting: Sept.-Oct. | | Leaves: vulnerary, alterative, febrifuge, astringent | |
| | | | | | | | Seeds: Demulcent, tonic, laxative. | | |
| 82 | <i>Potentilla fulgens</i> | Garhwali & Kumaoni: Bajra Danti | Rosaceae | 1600-4800 | Distributed at West Himalaya Temprate Himalaya. | Flowering: Apr.-Jun. | Rootstock | Roots Stock: Strengthens gum and teeth, antidiarrhoeal | An annual herb. Stems many from the root, 15-45 cm. high, spreading, branched, leafy, hairy, stout or slender. Leaves 1.3-7.5 cm. long, pinnate. Leaflets 3.9, oblong, 6.25 mm. long, crenate or sharply toothed, sometimes lobed, both surfaces thinly hairy. Leaf-stalk 1.3-5 cm. long. Stipules ovate, entire. Flowers 6-8 mm. diam., solitary, in the axils of the leaves, stalk 4-13 mm. calyx lobes blunt or sharp. Petals yellow, oblong, smaller than the calyx. Achenes many, very small, smooth or ridged. |
| | | Bengalese: Bhuitara | | | | Fruiting: Sept.-Nov. | | | |
| | | Khasi: Lungiangbru | | | | | | | |
| 83 | <i>Punica granatum</i> | Hindi: Anar | Punicaceae | Upto 2000 | Found growing wild in the warm valleys and outer hills of Himalaya | Flowering: Apr.-Jun. | Rind of Fruits- Fruits Pulp Bark Stems and roots Seeds flowers | Rind of fruits: Astringent | A large deciduous shrub or small tree, bark smooth, grey, thin; often armed with small axillary or terminal thorns. Leaves opposite, 2.5-6.3 cm. long oblong lanceolate, oblong-ellicptic or oblong-oblanceolate, glabrous, entire, minutely pellucid punctate, shining above, bright green beneath, base narrowed into a very short petiole. Flowers 3.8-5 cm. long and as much across, mostly solitary, sometimes 2-4 together, terminating short shoots, sometimes apparently axillary, sessile or nearly so. Petals 5 7 obovate, scarlet, wrinkled, inserted between the calyx lobes. Fruit 3.8-7.5 cm. diam., globose, tipped with the calyx-limb, rind coriaceous, woody, the interior septate with the membranous walls of the carpels each carpel containing numerous seeds angular from mutul pressure. Seeds with a watery outer coat containing pink juice and a horny inner coat. |
| | | Sanskrit: Dadima | | | | Fruits: Laxative, in inflammations | | | |
| | | Bengalese: Dalim | | | | Seeds: Used in Stomachic | | | |
| | | Tamil: Maadhulai | | | | Pulp: Used in stomachic, cardiac | | | |
| | | Telgu: Daalimma | | | | Fresh juice of fruits: Used in dyspepsia | | | |
| | | Gujarati: Dadam | | | | Flowers: Stop bleeding from nose | | | |

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| 84 | <i>Pyracantha crenulata</i> | Kumaoni: Ghingaru | Pyracantha | 1700-3000 | Plant is distributed in North-Western Himalaya. | Flowering: Mar.-May | Fruits Leaves | Fruits : As a heart tonic | A large, glabrous, spiny shrub. Leaves usually crowded on short lateral branchlets; narrowly oblong, shortly stalked, crenate, obtuse. Flowers white in numerous terminal compound corymbs. Calyx tube bell shaped, adnate to the ovary. Petals 5, orbicular. Carpels 5, distinct; enclosed within the adnate calyx tube, tips free. Fruit drupe like, orange red. | | |
| | | | | | | Fruiting: Jun.-Oct. | | | | | |
| 85 | <i>Rauvolfia serpentina</i> | Hindi: Sarpagandha | Apocynaceae | upto 1000 | Plants are distributed in Sub. Himalayan tract from Sirhind Eastwards, Burma, Andamans, Kokan. | Flowering: May-Jul. | Roots Leaves | Roots: The roots is bitter, acrid, heating, sharp, pungent; anthelmintic, cures of "tridosha", ulcers. | A small erect shrub rarely reaching, 0.9 m. high; bark pale, rarely lenticellate. Leaves in whols of 3, thin, 7.5-18 by 2.5-6.3 cm., lanceolate, acute or acuminate, glabrous, bright green above, pale beneath, base tapering; main nerves 8-10 pairs, slender; petioles 8 mm. long, somewhat obscure owing to the blade running down into the petioles. Flowres white, often tinged with violet, in many flowered irregular corymbose cymes; penduncles 5-12.5 cm. long; pedicels stout, 3-6 mm. long, bright red; bracts beneath the pedicels triangular, acute, 1-1.15 mm. long. Calyx glabrous, bright red. Corolla 1-1.13 cm. long. | | |
| | | Sanskrit: Sarpagandha | | | | | | | | Leaves: Removes opacity of cornea of the eyes. | |
| | | Bengalese: Chandra | | | | | | | | | |
| | | Tamil: Chuvannavilpuri | | | | | | | | | |
| | | Telgu: Patala-agandhi | | | | | | | | | |

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| 86 | <i>Rhododendron arboretum</i> | Nepali: Bhorans, Ghonas | Ericaceae | 1500-3300 | Distributed in temperate Himalaya Himalaya from Kashmir to Bhutan | Fruiting: Apr.-Nov. | Young leaves Stem Bark | Young leaves: The young leaves are poisonous. Used for headache. Anticephalagic | A small evergreen tree up to 15 m. girth and 7.5 m. high. Bark pinkish brown, somewhat rough, exfoliating in thin flakes. Blaze 5-13 mm., white or pinkish. Young shoots clothed with white scales. Leaves 7.5-15 by 3.5-5 cm., crowded towards the ends of the branches, lanceolate or oblong, narrowed at both ends, glabrous and glossy green above, pale beneath from a film of small white scales, the midrib and nerves prominent beneath. Petiole stout, 1.3-2.5 cm. long, clothed with white scales when young. Flowers 2.5-5 cm. long, deep red or pale pink, crowded in large rounded corymbs. Pedicels 0-7.5 cm. long. Corolla campanulate. Ovary neatly or rusty woolly. Capsule 2.5 cm. by 7.5 mm., cylindric, curved, mealy, longi-tudinally ribbed. |
| 87 | <i>Ricinus communis</i> | Hindi : Arandi Sanskrit: Eranda Bengalese: Eri Tamil: Amanakku Telgu: Erandamu | Euphorbiaceae | Upto 2500 | Cultivated in throughout India and naturalized near habitations | Flowering: Feb.-Mar. Fruiting: Aug.-Dec. | Seeds Young leaves | Oil from seeds: Antirheumatic Oil from seeds and young leaves: Purgative Gel: Castor oil gel in dermatosis and eczema | A tall glabrous and glaucous annual, sometimes shrubby or tree-like. Leaves alternate, broad, palmately lobed; lobes 7 or more, serrate. Flowers monoecious, rather large, in terminal subpaniculate racemes. Perianth simple and without any disk, the male flowers crowded in the upper portion of the inflorescence, the females below. |
| 88 | <i>Rubus ellipticus</i> | Garhwali & Kumaoni: Hissalu Bengalese: Gach Strawberry | Rosaceae | | Distributed in temperate and subtropical Himalaya | Flowering: Mar.-Apr. Fruiting: May-Jun. | Root Young Stems | Roots and young stems in colic pains | A tall, grey-tomentose, sub-erect, shrub. Stem and branches trailing, shaggy with long twany bristles; prickles numerous, curved. Leaves compound; leaflets 3, orbicular, ovate, dark green above grey-tomentose beneath. Calyx lobes tomentose inside and outside; lobes ovate acuminate or obtuse and mucronate, erect in fruit. Petals larger than calyx, white. Stamens 1-seriate. Fruit globose, exposed; drupes on a cylindric, hairy receptacle, many, golden yellow, succulent; stone rugose. |

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| 89 | <i>Rumex acetosa</i> | Hindi: Chuko | <i>Polygonaceae</i> | 2100-4200 | Distributed in Himalaya from Kashmir to Nepal | | Whole plant | Plant: Antiscrobutic | Annual, monoecious, glabrous, branched from the root, rather fleshy, pale green, 15 cm. to 1.2 m. high, dichotomously branched. Leaves in conspicuous 15 cm. long, obtuse or acute, elliptic ovate or oblong, 3-5-nerved, base cuneate rarely cordate or hastate, petiole as long as the blade. Racemes 2.5-3.8 cm., terminal and leaf-opposed, leafless; pedicels slender, jointed about the middle or unjointed. Red, brown flower, borne on slender, loose spikes from early summer are followed by tiny hard fruits. |
| | | | | | | | Leaves | Leaves: Diuretic | |
| | | | | | | | Fruits Seeds | | |
| 90 | <i>Sapindus mukorossi</i> | Hindi, Bengalese: Ritha | <i>Sapindaceae</i> | 800-1500 | Native of China and Japan, probably indigenous also to India; Himachal Pradesh eastwards to West Bengal and Assam | | Flowering: Mar.-Apr. | Fruits: Expectorant, antiepileptic, emetic, chlorosis | A small or medium sized deciduous tree up to 1.8 m. girth and 15 m. high. Bark dark or pale grey, somewhat rough, exfoliating in irregular woody scales. Blaze 7.5-1.3 mm., hard, not fibrous, pale orange-brown. Leaves 23-50 cm. long. Leaflets 5-8 pairs, opposite or alternate, 9-18 by 2.5-5 cm., lanceolate, acuminate, glabrous, often slightly falcate or oblique, with 15-20 pairs or rather indistinct diam., white or purple, subsessile, very numerous, mostly bisexual, in large terminal pubescent pyramidal panicles. Fruit of 1-3 distinct, indehiscent carpels, 1.8-2.5 cm. diam., smooth, pale brown, globose, wrinkled before falling. Seeds solitary, 10-13 mm. diam., globose, black, loosely contained in the fleshy pericarp. |
| | | | | | | | Seeds: Febrifuge, in dental caries | | |
| | | Fruiting: May-Dec. | | | | | | | |
| | | Sanskrit: Phelina, Urista | | | | | | | |
| | | Oriya: Ita | | | | | | | |

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| 91 | <i>Saussurea lappa</i> | <p>Telgu: Kustam</p> <p>Marathi & Sanskrit: Kushta</p> | <i>Asteraceae</i> | 2700-4000 | Apparently endemic in the valley of Kashmir, cultivated in Himachal Pradesh and Garhwal also | <p>Roots</p> <p>Roots oil</p> | <p>Roots Oil: Fumigant aphrodisiac, alterative in chronic skin diseases</p> | <p>A tall, robust, perennial herb. Stem erect, 1.2-2 m. high, simple. Leaves membranous, irregularly toothed; basal ones very large, 0.6-1.2 m. long, triangular, with a long lobately winged stalk, endlobe often 30 cm. diam. Stem-leaves smaller, stalked or stalkless, with 2-haft-stem clasping lobes at the base. Flower-heads stalkless, hard, rounded, 2.5-3.8 cm. diam., 2-5 forming axillary and terminal clusters. Bracts surrounding the heads many, ovate-lanceolate, long pointed, rigid, bent back, hairless. Corolla 2 cm. long, tubular, dark blue-purple or almost black. Stamens free. Fruit (achene) up to 8 mm. long, compressed, curved, tip narrowed, with 1 rib on each face, top contracted, cupped.</p> | |
| 92 | <i>Solanum nigrum</i> | <p>Hindi: Makoi</p> <p>Bengalese: Kakmachi, Gurkamai</p> <p>Sanskrit: Kakamacchi</p> <p>Tamil: Mana Thakkali</p> <p>Telgu: Kamanchi, Kachi</p> | <i>Solanaceae</i> | 800-3000 | Distributed throughout India. | Almost throughout the year | <p>Leaves</p> <p>Seeds</p> <p>Roots</p> <p>Stems</p> <p>Berries</p> | <p>Berries: Oleaginous, bitter, pungent, heating, febrifuge, antiarrhoeal, in eye diseases, hydrophobia</p> <p>Plants: In liver disorders and piles</p> <p>Leaves: Diuretic, laxative</p> <p>Roots bark: Laxative, useful in ear diseases also in eye and nose</p> | <p>A variable annual herb, stem erect, glabrous or more or less pubescent, much divaricately branched. Leaves are numerous, 2.5-9 by 2.5 cm., ovate-lanceolate, subacute or acuminate, glabrous, thin, entire sinuate toothed, tapering into petiole. Flowers are small, in extra axillary subumbellate 3-8 flowered cymes; 6-20 mm. long, peduncles, slender; pedicels 6-10 mm. long, slender. Calyx long glabrous lobes 5, oblong, obtuse, 1.25 mm. long, not enlarged in fruit. Corolla 4-8 mm. long. Filaments short, flattened, hairy at the base, anthers 2.5 mm. long, yellow oblong, obtuse notched at the apex. Ovary glabrous; style cylindrical hairy. Berry 6 mm. diam., globose, usually purplish black, but sometimes red or yellow, smooth shining. Seeds discoid, 1.5 mm. diam., minutely pitted, yellow.</p> |

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| 93 | <i>Tagetes erecta</i> | <p>Sanskrit: Sthulapushpa, Zanduga</p> <p>Tamil: Thuruksaamanthi</p> <p>Telgu: Banti</p> | <i>Asteraceae</i> | 1000-2000 | Cultivated in Indian Gardens | Throughout the year | Herbs Roots Flowers | <p>Roots: Laxative</p> <p>Flowers: Depurative, febrifuge, astringent, carminative, eye diseases, bleeding piles, unhealthy ulcers, fits, scabies, belching, liver complaints, teeth troubles</p> <p>Leaves: Vermifuge, diuretic, kidney troubles, muscular pain, earache, carbuncles</p> | It is herb, a hardy annual growing about 60 cm. high erect, branched. Leaves very strong scented, pinnately divided, segments, lanceolate, serrate. Flowers of one solid colour the typical colour being lemon yellow but it ranges from a light sulphur yellow to a deep orange. Rays sometimes rather bilipped and in one of the gargen forms they are quilled. |
| 94 | <i>Tagetes minuta</i> | Hindi: Jungli Hazari | <i>Asteraceae</i> | 1000-2400 | Widely distributed in Western Himalayas | Flowering & Fruiting: Sept.-Dec. | Whole plant | Whole Plant: Aromatic, diuretic, purgative, relaxes spasms, improves digestion, destroys intestinal parasites | Tall annual plant with leafy, branched stems and strongly aromatic leaves divided into segments upto 15 cm. (6 inch.) long. Pale yellow flowers are produced in dense clusters in summer, height of plant is 30-90 cm. and spread when fully grown is 10-75 cms. |
| 95 | <i>Taxus buccata</i> | <p>Hindi: Kash</p> <p>Kumaoni: Thuner</p> <p>Ladakh: Pungcha</p> <p>Bengalese: Bhirmies, Bermies, Sugandh</p> <p>Khasia: Dingsableh</p> | <i>Taxaceae</i> | 1800-3400 | Distributed in temperate Himalaya from Kashmir to Bhutan and in Khasi hills | Flowering & Fruiting: Apr.-Nov. | Young Shoots Leaves Fruits Berries Woods | <p>Leaves and fruits: Emmenagogue, anticephalalgic, sedative, antispasmodic</p> <p>Berries: In chronic bronchitis</p> <p>Woods: In hydrophobia</p> | A small or medium sized evergreen tree, stem fluted; branches horizontal, wide-spreading, not whorled. Leaves 2.5-3.8 cm. long, linear, flattened, distichous, acute, narrowed into a short petiole which is decurrent along the twing, dark green and shining above, pale yellowish brown or rusty red below. Flowers usually dioecious. Male flowers in catkins which are subglobose and solitary in the leaf axils; stamens about 10, pollen-sacs 5-9, globose arranged around the filament beneath the peltate tip of the stamen. Female flowers solitary, axillary, resembling leaf-buds, each consisting of a few imbricate scales round a single erect ovule, which is surrounded at the base by a membranous cup-shaped disk. In fruit the disk enlarges, becomes succulent and bright red, about 7.5 mm. long, and surrounds the olive green seed of which only the tip is exposed. Testa woody; embryo with 6-7 cotyledons. |

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| 96 | <i>Thalictrum foliosum</i> | Hindi: Mamira, Pillijari, Pinjari, Shuprak | <i>Ranunculaceae</i> | 1300-3400 | Distributed throughout India from Kashmir eastwards, Himalaya and Khasi hills | Flowering: Jun.-Aug. | Roots Plants Yellowish rhizomes | Roots: Febrifuge, tonic, diuretic, purgative, antiperiodic, antidontalgic, antiarrhoeal, in discolouration of skin, in ophthalmia, atonic dyspepsia | A tall perennial rigid herb, stem 1.2-2.4 m. in length, glabrous. Leaves exstipulate, pinnately decomposed; petiole-sheaths auricled. Leaf-lets 4-6 mm. orbicular. Panicles much branched, bracts small. Flowers polygamous; white; pale green, dingy purple. Sepals 4-5. Petals 0. Stamens many, filaments filiform, anthers beaked. Ovule 1, pendulous. Achenes usually 2-5 small, oblong, acute at both ends, sharply ribbed. |
| | | Kumaoni: Barmat, Penglajari, Pilajari | | | | Fruiting: Sept.-Oct. | | | |
| | | Kashmiri: Chaitra | | | | | | | |
| | | Bengalese: Gurbiani | | | | | | | |
| 97 | <i>Thymus serpyllum</i> | Hindi: Ban Ajwain | <i>Lamiaceae</i> | 1500-4500 | Distributed from Western Temperate Himalaya, Kashmir to Kumaon | | Plants Seeds | Plants: The plant has a sharp, pleasant taste, emmenagogue, alexeteric, antiasthmatic, anthelmintic, antispasmodic, antiseptic, expectorant, carminative, tonic, useful in various types of skin diseases | An aromatic, hairy, moer or less procumbent, often tufted shrub, usually about 15-30 cm. Leaves nearly sessile, gland dotted, oblong-ovate, about 8 mm., entire, obtuse. Flowers small, purple, sometimes 1-sexual, in small whorls crowded in short, terminal spiles. Calyx hairy, gland-dotted, 2-lipped, mouth hairy within; upper lip broad, 3-toothed, lower 2-parted, segments linear. Corolla-tube as long as the calyx; limb 2-lipped, upper lip nearly erect, flat, notched, lower spreading, 2-lobed. Stamens 4, nearly equal, protruding. A few clusters of magenta pink flowers may be produced in summer. |
| | | Punjabi: Kalandarzatar, Masho, Shakei | | | | | | Leaves: Laxative, stomachic, tonic, kidney and eye troubles | |
| | | Urdu: Hasha | | | | | | Seeds: Vermifuge | |
| | | | | | | | | Flowering tops: Antiseptic, antispasmodic, carminative, diuretic, expectorant | |
| | | Essential oil from seed: The oil is used as a remedy in tooth ache, antidontalgic | | | | | | | |

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| 98 | <i>Urtica dioica</i> | Hindi: Bichhu Booti | <i>Urticaceae</i> | 3000-4500 | Widely distributed in North-West Himalaya, from Kashmir and the salt range to Shimla | Flowering & Fruiting: Aug.-Apr. | Roots Plant juice Leaves Roots Seeds | Plant: Plant is diuretic, antirheumatic, astringent, emmenagogue, anthelmintic, in jaundice, nephritic troubles, haemorrhages from kidney, uterus or nose consumption, vomiting of blood, sciatica | Annual or perennial herbs, with stinging hairs. Herbaceous, monoecious or dioecious, pubescent, stinging hairs copious. Leaves ovate-cordate oblong or lanceolate, serrate; stipules usually free. Flowers mono or dioecious, in axillary cymes unisexual rarely androgynous Male flowers: Sepals 4, ovate, imbricate. Stamens 4, in inflexed bud. Pistillode cupular. Female flowers: Sepals 4, outer usually much smaller. Ovary straight, stigma sessile or subsessile, feathery or penicillate; ovule erect, orthotropous. Inner fruiting sepals are longer than the outer. Seed erect; adherent to the pericarp; albumen scanty, cotyledons rounded. |
| | | Western Himalaya: Bichu, Bichhua, Chirchru | | | | | | | |
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| 99 | <i>Valeriana wallichii</i> | Hindi & Bengalese: Taggar | <i>Valerianaceae</i> | 1200-3600 | Temperate in Himalaya from Kashmir to Bhutan | Flowering: Jul.-Aug. | Rhizomes Roots | Rhizomes and Rootlets: Commonly used in Nepal and North India for stimulant, carminative, sedative, hypotensive, cardiotonic, antidepressant, antiepileptic, anticholinergic, antispasmodic, in hysteria | Plant is pubescent, root stock descending. Radical leaves few, soon disappearing stalked, ovate, 5-10 by 3.8-7.5 cm. stem and leaves pinnate, 7.5-15 cm., lower ones stalked, crowded, upper sessile, leaflets 3-7, lanceolate, usually entire long pointed, end one largest. Flowers white, in numerous; axillary, stalked, compound corymbs forming a long terminal panicle, often unisexual. |
| | | Kumaoni: Shumeo, Asarun | | | | | | | |
| | | Punjabi: Char | | | | | | | |
| | | | | | | Fruiting: Aug.-Sept. | | Essential oil: Tonic, stimulant, antispasmodic, used as an incense | |

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| 100 | <i>Withania somnifera</i> | Hindi: Asgandh | <i>Solanaceae</i> | 800-1400 | Distributed the dried parts of India and in Himalaya | Flowering & Fruiting: Jan.-Jun. | Roots Leaves Seeds Fruits Plants | Roots: Plant is narcotic, abortifacient, anti-inflammatory, debility from old age, cough, dropsy, female disorder, ulcers, ant rheumatic | Withania somnifera plant is branched, erect undershrub 0.3-1.5 m. high; branches terete, usually clothed with mealy stellate hoary tomentum. Leaves of Withania somnifera are 5-10 by 2.5-5 cm., ovate, subacute, entire, minutely stellately pubescent, base acute, petioles 6-13 mm. long, stellately tomentose. Colour of flower are greenish or lurid yellow, usually about five together in a sessile umbellate cyme; pedicles 0-4 mm. long. Calyx 5 mm. long in flower, stellately tomentose; corolla 8 mm. long, divided more than half way down; teeth 2.5 mm. long, linear, acute, forms a deltoid base. Filaments 3 mm. long, slender, glabrous; anthers broadly elliptic, 1.25 mm. long. Ovary glabrous; style is also glabrous. Fruit berry are red, smooth, 6 mm. diam., enclosed in the inflated calyx which reaches more than 2.5 cm. diam. and is globose, slightly five angled, pointed with the connivent calyx-teeth and scurfy pubescent outside. Seeds 2.5 mm. diam., yellow, somewhat scurfy. |
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| | | <p>Bengalese: Ashvaganda, Kaknuj (Seeds)</p> | | | | | <p>Leaves: Use in febrifuge, applied to carbuncles, lesions, painful swellings, sore eyes</p> | |
| | | <p>Sanskrit: Ashvakandika</p> | | | | | <p>Seeds: Hypnotic, in coagulating milk</p> | |
| | | <p>Tamil: Amukkira, Amkulang</p> | | | | | <p>Roots, fruits and seeds: Diuretic, antirheumatic</p> | |
| | | <p>Telgu: Penneru- gandda</p> | | | | | | |
| <p>References</p> | <p>(Referenced books: Medicinal Plants of Indian Himalaya (S.S. Samant, U. Dhar & L.M.S. Palni), Aromatic and Medicinal Plants of Central Himalayas (Nalini Joshi, Narendra Kumar), Medicinal Plants of Indian Trans- Himalaya (C.P. Kala), Lexicon of Medicinal Plants in India Vol.1 (D.N. Guha Bakshi, P. Sendarma, D.C. Pal), Flora of the District Garhwal North West Himalaya (with Ethnobotanical Notes) (Dr. R.D. Gaur)</p> | | | | | | | |