RESULTS

Enumeration of species:

All effort have been made to enumerate the collected Ethnobotanically important plants species used by the Kom tribe properly with correct nomenclature, citation, vernacular name, distribution, habitat, description, flowering and fruiting periods, parts used and finally plants were arranged in alphabetical order.


**Vern. Name:** Kwakla.

**Distribution:** Widely distributed in hotter parts of India upto 1500 m, Bangladesh, Pakistan and adjacent countries.

**Specimen examined:** Kakching mantak. 15.5.12. Resh-0025261

**Habitat & Ecology:** Terrestrial, wild.

Evergreen tree; leaves and stem covered with soft bristle hairs, leaf simple and cordate upper narrower, entire, glabrescent above and tomentose below, petiole, stipules linear; flower, axillary, pendulous, pendicle, capsule 5 angled, 5 winged.

**Fls & Frts:** December – January.

**Ethnobotanical uses:**

**Parts used:** Root.

**Medicinal uses:**

Decoction powdered root is given in a tea cup twice daily to get relief from painful menstruation. Paste of plant is used to massage in paralysis.

**Established report:**

Decoction of stem bark is given twice a day for dysentery and vomiting (Srivastava *et al*., 2009). Stem bark decoction given as antidysenteric and also as antiemetic (Kagyung *et al*., 2010).


**Vern. Name:** Chaning.

**Distribution:** Throughout India and Tropical countries.

**Specimen examined:** K.R. lane. 12.3.2013. Resh-0025311.
**Habitat & Ecology:** Terrestrial and wild.

A twinning shrub; leaves paripinnate, rachis ending in a bristle, leaflets opposite, shortly petioled, oblong; flowers reddish, clustered in tubercles.

**Fls & Frts:** July – February.

**Ethnobotanical uses:**

**Parts used:** Root and Fruit.

**Medicinal uses:**

The paste preparation of root and fruit is used to massage in paralysis.

Dry seeds are used to make beads.

**Established report:**

Root paste is given to control leucorrhoea of women and leucoderma (Sinha, 1996). Fresh leaves are chewed for mouth ulcer. Seeds are taken for abortion (Meena and Yadav, 2010).


**Vern. Name:** *Khujumpere*.

**Distribution:** Throughout India, Tropical Africa.

**Specimen examined:** Ichum. 14.3.2013. Resh-0025312.

**Habitat & Ecology:** Terrestrial, common in waste land, roadside.

Erect or subscandent herb, glabrous or pubescent; leaves opposite, very variable long, elliptic–obovate or sub-orbicular, abruptly acuminate subacute or rounded at the apex, narrowed to the base; flower greenish white, pink in elongated terminal spike.

**Fls & Frts:** September – March.

**Ethnobotanical uses:**

**Parts used:** Whole plant

**Medicinal uses:**

Whole plant decoction in 250 ml is given twice daily in empty stomach for easy flow of urine.

The leaf paste is applied on cuts and wounds to heal and avoid bacterial infection.
Established report:

Leaf paste applied on head against dog bite. Leaf extract is used against irregular menstruation troubles of women (Das et al., 2010). Roots, leaves and seeds used in insect bite, hydrophobia, dysentery pneumonia, gonorrhea, as contraceptive and abortifacent (Ghosh and Das, 2011).


**Vern. Name:** Okhidak.

**Distribution:** India, Tropical countries and Europe.

**Specimen examined:** Thayong. 12.3.2013. Resh-0025309.

**Habitat & Ecology:** Common in marshy areas, wild.

An aromatic erect herb, rootstock thick creeping; leaves linear, glossy bright green, acute, amplexicual base, sheathing;, flower pale green.

**Fls & Frts:** Rare.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**

Burnt ashes of the leaves is made into paste with coconut oil and applied over the belly in indigestion with colic pain.

Fresh leaves is taken in constipation, epilepsy and stomach complaints.

**Established reports:**

Rhizome extracts is prescribed in severe cough and chest congestion (Sinha, 1996). Juice of rhizome applied on skin dieases and swollen joints (Kohli, 1992).


**Vern. Name:** Heirikhagok.

**Distribution:** Throughout India, tropical Asia, & Africa.

**Specimen examined:** Sugnu. 10.6.2010. Resh-002558

**Habitat & Ecology:** Terrestrial, cultivated throughout the study area
Spinous, middle sized deciduous tree, spines straight axillary; leaves alternate, 3 foliate, leaflet acuminate, sub-crenulate or entire, terminal ones petioled; flowers greenish white, fragrant, calyx small, pubescent; fruit globose, pubescent; fruit globose.

**Fls & Frts**: April – August.

**Ethnobotanical uses**:

**Parts used**: Fruits.

**Medicinal uses**:

Mixture of fruit juice, water and one spoon of sugar (250 ml) once a day to control stomach problem.

Solution from roasted unripe fruit (wrapped with mud) with a spoonful of sugar in water is given in diarrhoea and dysentery.

**Established reports**:

Fruit is aromatic, cooling, laxative, astringent, stomachic and digestive. Root bark is used to intermittent fever and also as fish poison. Leaf is used in diabetes, seeds are used to colitis (Devi et al., 2011a). Dried fruit is taken during fever and cold (Semwal et al., 2010).


**Vern. Name**: Thingsangma.

**Distribution**: All over the world.

**Specimen examined**: Sagang. 24.3.2010. Resh-002582.

**Habitat & Ecology**: Terrestrial, common and grow wild.

Erect herb, strongly scented, hispid; leaves opposite, ovate, 3 nerved from the base, usually crenate, head many flowered, involucral bracts many, 2 seriate, corolla white or blue, tubular; achenes black, pappus of 5 scales.

**Fls & Frts**: All around the year.

**Ethnobotanical uses**:

**Parts used**: Leaves.

**Medicinal uses**: 
Crushed leaves are used in cuts and wounds.

**Veterinary uses:**
Whole plant is applied on the old wounds of cattle.

**Hair lotion:**
Shoot are used as hair lotion for sweet smell.

**Established report:**

Juice of the leaf is applied in fresh cuts and wounds to check bleeding. Plant juice is taken once daily against jaundice (Das et al. 2010). Leaf juice is applied as eye lotion (Asolkar et al., 1992).


**Vern. Name:** Kokal.

**Distribution:** Africa, India & China.

**Specimen examined:** Saikul.4.10.2010. Resh-002561.

**Habitat & Ecology:** Terrestrial; grows in waste land, cultivated.

A small straggling tree, branches horizontal; leaves simple alternate, petiole, variable from orbicular to broad oblong, acuminate, base sub-cordate, unequal, young leaves villous, matured ones glabrous; flower in cymes.

**Fls & Frts:** December-January, February-May

**Ethnobotanical uses:**

**Parts used:** Leaves, & bark.

**Medicinal uses:**
Decoction of leaves with ½ spoon sugar and little salt is given in dysentery to in motion control.
Boiled bark extract is given one tea cup full in diabetes twice a day.
Decoction of leaves is given in a glass of water with ½ spoon sugar and little salt twice a day to treat for malarial fever.
Decoction of boil leaves is taken orally about a tea cup daily as a nerve tonic.

**Established reports:**

In Nepal the bark is used for fish poisoning. Stem bark to reduce fever (Sinha, 1996 and Prusti, 2007).

**Vern. Name:** Tilhow macha.

**Distribution:** All over Manipur, Nagaland & Central Asia.

**Specimen examined:** Thayong. 4.10.2010. Resh-002562.

**Habitat & Ecology:** Terrestrial, cultivated.

Annual herb; stem is modified into small bulb consisting reduced stem apex surrounded by numerous fleshy, pinkish scale leaves which serve as food storage organ, leaves fistular, flowers greenish white; fruit capsule.

**Fls & Frts:** October – March.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Spice:**
Leaves and bulb taken as spice.

**Medicinal uses:**
Juice make out of roasted bulb in charcoal, ½ drop is given thrice daily for 5 days to cure earache.

**Established reports:**
Bulbs are given to treat toothache and whole plant is used as spice (Devi *et al.* 2011a).


**Vern. Name:** Tilhow.

**Distribution:** Throughtout India & Tropical countries.

**Specimen examined:** Sagang. 10.3.2010. Resh – 002501.

**Habitat & Ecology:** Terrestrial, cultivated.

Annual herb, stem is modified bulb consisting reduced stem apex, surrounded by numerous fleshy, pinkish scale leaves, fistular, flower greenish white, fruit capsule.

**Fls & Frts:** October – March.

**Ethnobotanical uses:**
**Parts used**: Whole plant.

**Spice**: The inflorescence of this plant is fried to prepare chutney.

**Medicinal uses**: The boiled extract of the bulb with the seeds of *Rhus semialata* Murr. in tea cup full once daily against diabetes.

Half teaspoon of salt added into half a glass of warm water and gargle thoroughly at bed time. After gargling, swallow the juice with onion. Repeat it three times daily for 3 days to get relief from cough and cold.

**Veterinary uses**: Paste of bulb is applied on infected skin of cattle to cure from skin diseases.

**Established reports**: Bulb are diuretic, expectorant, aphrodisiac and stimulant, fleshy cut bulbs are used internally in insect bite (Singh *et al.* 2002). Bulb used in typhoid, improves blood circulation (Imchen, 2011).

*Allium chinense* G. Don Mem. Wern. Soc. 6:83 (Liliaceae). (Plate-11-C)

**Vern. Name**: Aphi

**Distribution**: Hill districts of Manipur, Nagaland & Nepal.

**Specimen examined**: Thayong. 4.10.2010. Resh-002563.

**Habitat & Ecology**: Terrestrial, cultivated.

Annual herb; stem is modified bulb consisting reduced stem apex, surrounded by numerous fleshy, white scale leaves, leaves fistular, glabrous; flower purplish.

**Fls & Frts**: October - March

**Ethnobotanical uses**: *Parts used*: Whole plant.

**Medicinal uses**: *Boiled extract of bulb with 3 years old straw* (*Oryza sativa* L.) in a ½ tea cup, twice daily to dissolve kidney stone.

**Spice**: Leaves and bulb are used as spices and condiments.

**Established reports**: 
It is a traditional medicine to treat heart diseases (Sumitra et al., 2009). The bulb is used in fever and stomachache (Deorani and Sharma. 2007). Bulb is recommended in early stages of cancer (Imchen, 2011).

_Allium hookeri_ L., Sp. Pl. 296.1753; Deb in _Bull. Bot._ Surv. Ind. 3.120.1961 (Liliaceae).

**Vern. Name:** *Maroi napakpi.*

**Distribution:** All over Manipur, Northeastern states of India & China.

**Specimen examined:** Kakching mantak. 4.10.2010. Resh-002564.

**Habitat & Ecology:** Terrestrial, cultivated in kitchen garden.

Perennial herb, base of stem clothed with long narrow membranous sheath; leaves slender; flowers in globose head, long many flowers, spathe with a long tail, pedicels much longer than stellate while flowering, perianth linear acuminate.

**Fls & Frts:** June – December.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**

Leaf juice mixed with salt in 10 ml thrice a day is prescribed in stomach ulcers.

**Spice:**

Whole plant are used as spice.

**Established reports:**

Leaves eaten to control hypertension and as blood purifier (Devi et al., 2011). Rhizome and leaves taken in leukaemia and as vermifuge (Imchen & Jamir, 2011).


**Vern. Name:** *Purun.*

**Distribution:** Whole India & Tropical Asia.

**Specimen examined:** Kakching mantak.10.3.2010. Resh – 002502.

**Habitat & Ecology:** Terrestrial,common everywhere in the study area.

Herb with linear leaves, having pseudo stem, with pinkish flower, fruit small loculicidal capsule.

**Fls & Frts:** February – May.
Ethnobotanical uses:

Parts used: Cloves, & leaves.

Medicinal uses:

Clove rubbed over the ringworm gives immediate relief. The infected area is burn and later the skin peels off and the ring worm is cured.

The paste obtained after crushing the bulb with the roots of *Carica papaya*, rhizome of *Zingiber officinale* Rosc. and mustard oil is also used as massage to get relief from pain/inflammation.

Food:

Leaves & bulb are used as spice in curry and raw in salad.

Veterinary uses:

Clove paste applied on skin diseases of cattles.

Established reports:

Bulb mixed with seed infusion of *Zanthoxylum armatum* is taken twice in bloating stomach (Kagung *et al.*, 2010). Two to four bulbs are taken daily to control hypertension, paste of bulb is applied to boil, fracture of chicken, dog and cow (Devi *et al.*, 2011).


Vern. Name: *Maroinakuppi*.

Distribution: North eastern India & Thailand.


Habitat & Ecology: Terrestrial, cultivated.

Perennial herb with jointed root stock; leaves many linear, glabrous, entire, dark green in colour; flowers many in globose head, spathe with a long tail, pedicels much longer than the stellate while flowering, perianth linear acuminate, filaments inserted on thin bases; fruits capsule.

Fls & Frts: June-October.

Ethnobotanical uses:

Parts used: Whole plant.

Spices:
Whole plant is used as spices.

**Food:**
Leaves are taken as vegetable.

**Medicinal uses:**
Smashed leaves are applied on head by the women for improving hair growth. Leaves are taken either steamed or cooked as vegetable against kidney stone.

**Established reports:**
Fried inflorescence is taken for Kanghou. Leaves eaten to cure kidney stone and urinary trouble (Devi et al., 2009 & Debi et al., 2011a). Leaves, roots are used in epilepsy (Imchen and Jamir, 2011).


**Vern. Name:** *Aloe vera*.

**Distribution:** It is found in hotter parts of India. Many of the species are naturalized in India.

**Specimen examined:** Sagang.12.11.2010. Resh- 002581.

**Habitat & Ecology:** Terrestrial, cultivated.

Succulent herb; leaves in a basal rosette, numerous, long, erect, narrowly lanceolate, acuminate glaucous- green, smooth except for the spiny teeth on margins; flowers yellow, in racemes on the scape; perianth tubular.

**Fls & Frts:** July – September.

**Ethnobotanical uses:**

**Parts used:** Whole plant except root.

**Medicinal uses:**
The latex with milk is given for improving sperm count at bed time. Pulp is directly applied in toothache.

**Cosmetic:**
Pulp is also used as safe cosmetic by Kom women.

**Established reports:**
Fresh juice is cathartic, cooling and useful in fevers, spleen and liver ailment and as external applicant in eye diseases. Pulp of leaf is applied to boils (Sinha, 1996). Leaf juice useful in leucorrhea, hair growth, tuberculosis (Khan, et al., 2011).


**Vern. Name :** *Tuibal.*

**Distribution :** Native Sri Lanka – North East India – Burma, & China.

**Specimen examined :** Makokchung.12.10.2010. Resh-002566.

**Habitat & Ecology:** Common in marshy area, pond and ditches.

Marshy herb, rootstock 30-70cm, with many suckers; leaves are large, ovate, deeply sagittately cordate, petiole very long.

**Fls & Frts :** February – June.

**Ethnobotanical uses :**

**Parts used :** Rootstock and underground runner.

**Food:**

The rootstock are used raw in the preparation of traditional salad ‘*Shingshu*’ underground runner/ creeping stem is also used as vegetable.

**Established reports:**

Corm is laxative and diuretic. Leaves syptic and astringent. Tuber is used in piles, constipation (Sinha, 1997).


**Vern. Name :** *Yenthang.*

**Distribution :** All over India, Myanmar, Thailand, Indonesia and Java.

**Specimen examined :** Thayong.12.10.2010. Resh-002565.

**Habitat & Ecology :** Terrestrial, wild in wasteland and cultivated.

Herb with long rhizoidal stem; leave broadly ovate; cymbiform, cuspidate limb; flower in spadix.

**Fls & Frts :** August – December.

**Ethnobotanical uses :**

**Parts used :** Petiole.
Medicinal uses:
Finger bitten by insect is inserted on a small hole made on a piece of petiole for 4-5 hours.

Food:
Fleshy petiole is used as an ingredient for ‘Hentak’ (fermented dry fish).

Established report:
Juice of root is used for treating scorpion and nettle site. Root and leaves are used as rubificient for joint pains (Sinha, 1996). Leaves and roots are used in inflammatory diseases (Imchen, 2011).


Vern. Name: *Aemerei*.

Distribution: North Eastern India and Tropical countries.


Habitat & Ecology: Terrestrial, wild and cultivated.

Fls & Frts: June – September.

Ethnobotanical uses:
Parts used: Rhizome

Medicinal uses:
10 ml of rhizome juice with teaspoonful of spoon of honey is given twice daily for continuing up to ten days in stomach trouble.

Spices:
Rhizome is used as spice.

Established reports:
Juice of rhizome is used in cough, tonsillitis, throat infection etc. (Sinha, 1996). Paste of rhizome is used to reduce body temperature and in leucoderma and piles (Deorani & Sharma, 2007). The rhizome is applied to cure ring worm and other kind of skin diseases (Khatoon *et al.*, 2012b).

Vern. Name: Pulei.

Distribution: All over the North –East states, Maharashtra, Tamil Nadu & Srilanka, Indonesia, China & Malaysia.


Habitat & Ecology: Aquatic, common in swampy areas.

A wild rhizomatous herb; leaves alternate, lanceolate to linear oblong with sheathing stalk, large glabrous; flowers, bracteote, greenish white in spike.

Fls & Frts: May – October.

Ethnobotanical uses:

Parts used: Rhizome, tender shoot.

Medicinal uses:
Rhizome is cooked and eaten as a remedy of stomach trouble.
Regular chewing of rhizome is found effective for bad breath.

Food:
The young shoot and rhizome of this plant is used in the preparation of palatable dish locally called ‘Iromba’ along with other vegetable.

Established reports:
Rhizome is used to control asthma as well as fresh rhizome in cuts and wounds (Das et al., 2010).


Vern. Name: Pulleiman.

Distribution: North-eastern India and Tropical countries.


Habitat & Ecology: Terrestrial, wild & cultivated.

Perennial herb with long rhizome; leaves alternate, long, narrowly lanceolate, smooth and shining; flowers sessile in terminal spike or raceme.

Fls. & Frts.: June-September.
Ethnobotanical uses:

**Parts used:** Rhizome

**Spice:**
Rhizome is used as spice.

**Medicinal uses:**
Rhizome is carminative and is eaten in stomach pain.

**Established report:**
Juice of rhizome is used in cough, tonsillitis, throat infection etc. (Sinha, 1996). Rhizome extract is used in cough, mouth ulcer and rheumatism (Devi et al., 2011).


**Vern. Name:** Chengkruk.

**Distribution:** Throughout India.

**Specimen examined:** Keirap. 12.6.2011. Resh:- 002580.

**Habitat & Ecology:** Terrestrial & common

Erect or diffuse, monoccious spinous herb; spines axillary, paired; leaves ovate or elliptic or ovate – lanceolate, mucronate, aencate at base; flowers greenish white, sessile

**Fls & Frts:** Throughout the year.

**Ethnobotanical uses:**

**Parts used:** Leaves and shoot.

**Medicinal uses:**
Leaf paste applied on cuts and wounds.
Crushed shoot with lime applied on warts, skin sores for early healing.

**Food:**
Flowers with tender leaves are cooked and eaten as boiled vegetable.

**Established reports:**
Paste of the shoot is applied in boils and burn and on wounds caused by insect bite (Das *et al*., 2010). The plant is used in colic pain, leucorrhoea, piles, leprosy and fever (Deorani & Sharma, 2007). Leaves used in chest inflammation, constipation
(Jery et al., 2011). Leaves, inflorescence are taken in weak womb in women (Imchen and Jamir, 2011).


**Vern. Name:** Chengkruk.

**Distribution:** Throughout India and warmer region of the world.


**Habitat & Ecology:** Terrestrial, common in wasteland and field.

Erect or ascending herb with deltoid-ovate leaves, petiolate; flowers greenish white, in small axillary clusters and terminal panicked spikes; bract and bracteoles ovate-oblong.

**Fls & Frts:** Throughout the year.

**Ethnobotanical uses:**

**Parts used:** Leaves & root.

**Medicinal uses:**

The extract of leaves with honey in given to check excessive menstruation. The smashed root is applied on swelling testes.

**Food:**

Leaves cooked as vegetable.

**Established reports:**

Young leaves and stem taken against small pox (Das *et al.*2010). Leaves used as liver tonic and root used in antifertility (Deorani & Sharma, 2007). Leaves used in rheumatism, chest pain, asthma, cough, boils and sores (Jery *et al.*, 2011).


(Plate-11-D)

**Vern. Name:** Phahraw.

**Distribution:** Madagascar Eastward via India to Malaysia, Southern China, Polynesia & Northern Australia.

**Specimen examined:** Thayong. 12.10.2010. Resh-002569.

**Habitat & Ecology:** Terrestrial, cultivated in domestic compound.
Perrennia; large stout herb growing to 0.8m; leaves very large, 3 partite, lamina highly dissected, leaflets rounded, oval, ovate, obovate, elliptic, elliptic – lanceolate, elliphic oblong, acuminate; inflorescences short, flower monoecious, spathe campanulate, broader than long.

Fls & Frts: February – June.

Ethnobotanical uses:
Parts used: Tuber, & tender leaves.

Medicinal uses:
Boiled decoction of dried and powdered tuber in tea cup is taken twice daily till it get relief from piles case.
Split petiole is rubbed on the forehead to get relief from headache.
The ash of the tender shoot with a pinch of salt is given in asthma.

Food:
Tuber and tender leaves are fried and eaten as vegetable.

Established reports:
Juice of the fresh petiole is given in insect bite and tumours (Sinha, 1996).


Vern. Name: Kikom.

Distribution: All over India, Bangladesh, Nepal, Myanmar and China.


Habitat & Ecology: Terrestrial, cultivated.

Erect herb; stem short and stout hidden by leaves; leaves densely tufted, linear with prickly margins; fruits with rough surface having crown of small leaves.

Fls & Frts: April - September.

Ethnobotanical uses:
Parts used: Fruits.

Medicinal uses:
Extract of the ripe fruit with that of Averrhoa carambola L. in equal proportion mixed with common salt is kept overnight & prescribed against bronchitis, asthma and urinary trouble due to stone.
Hair lotion:
The boil extract of the young fruit is used as a hair wash in dandruff.

Established report:
Juice of young leaves for de-worming, root juice taken against urinary trouble (Das et al. 2010). Ripe fruit is blood purifier, also used in constipation (Deorani & Sharma, 2007).


Vern. Name: *Vubati.*

Distribution: Manipur, Tropical and Subtropical world.


Habitat & Ecology: Terrestrial, cultivated.

Erect, annual herb; branched; petiole short, glabrous, elliptic to lanceolate, acute at both base and apex; flower small, white with purple blotches at terminal and axillary racemes; fruit capsule.

Fls & Frts: March – December.

Ethnobotanical uses:
Parts used: Leaves

Medicinal uses:
Boil extract of leaves is given in 10 ml for a week in treatment of asthma, fever and bronchitis.

Established reports:
Leaves used in chronic fever and for deworming (Das et al. 2010). Leaves used as antiseptic (Asolkar et al., 1980). Whole plant is used in fever, deworming, dysentery, dyspepsia, leprosy, irregular stools, constipation, loss of appetite, liver trouble and jaundice (Ghosh and Das, 2011).


Vern. Name: *Thoiding amuba.*

Distribution: All over Manipur, tropical & subtropical region of the country, China, Malaysia & Sri Lanka.

Habitat & Ecology: Terrestrial, cultivated in Jhum fields.

Strongly scented herb, leaves ovate, acute or obtuse, crenate, serrate, softly pubescent. Petiole densely hairy. Flower bluish purple, in dense flowered whorls on terminal shoots, lower whorls arising from leaf axils.

Fls & Frts: October – March.

Ethnobotanical uses:

Parts used: Leaves & young stem.

Medicinal uses:

Cotton dipped in the boiled juices of *Anisomeles indica* along with the juices of *Centella asiatica* (L.) Urban and lemon juice when applied on head to get relief from dizziness.

Established reports:

Whole plant used in muscular pain (Pal, 1984). Decoction of leaves is used as carminative and laxative. Seed powder is given in dysentery and the oil obtained is used in urinary tract infection. Leaf paste is applied against insect bite (Khomdram *et al.*, 2011). Leaves used as digestive, astringent, tonic and in uterus problem (Ghosh and Das, 2011).


Vern. Name: *Tuochip*

Distribution: All over Manipur, Sikkim, Orissa, Nepal and Myanmar.


Habitat & Ecology: Terrestrial, wild common in foot hills and road sides.

Deciduous shrub, branching, young parts rusty pubescent; leaves long turning red before falling, oblong-lanceolate, acute or acuminate, entire, glabrous and glossy above; flower dioecious, pedicelled, minute in terminal and lateral raceme; fruit small, ovoid, purplish red when ripe.

Fls & Frts: June to November.

Ethnobotanical uses:

Parts used: Leaves and fruit.

Food:
Fruit are edible as food.

**Medicinal uses:**
Leaves cooked and eaten as vegetable to get relief from stomach problem.

**Established reports:**

Leaf paste is applied on the sores caused by pucking of thorns, paste of bark applied on mumps (Deokota *et al.* 2007). Young leaves are useful in blood dysentery and indigestion (Kumar and Kumari, 2007).


**Vern. Name:** Heiyen.

**Distribution:** Hills of Manipur, Sikkim, Nepal & Myanmar.

**Specimen examined:** Thayong. 12.3.2010. Resh-002503.

**Habitat & Ecology:** Terrestrial, wild and also domesticated.

Small evergreen tree, leaves elliptic – oblong lanceolate, obovate or oblanceolate, glabrous shining above, acute or acuminate, flower dioecceus greenish white in simple or racemose pubescent spike, fruits globose, deep red when mature.

**Fls & Frts:** June – December.

**Ethnobotanical uses:**

**Parts used:** Fruits and tender shoot.

**Food:**
Tender shoot is taken as vegetable and fruit taken as fresh fruit.

**Established reports:**

Paste of leaves is used as antidote to snake bite (Sinha, 1996).

*Arctium lappa* L. Sp. Pl. 2:816 .1753. (Asteraceae)

**Vern. Name:** Burdock.

**Distribution:** Scandinavia, Russia, China, Japan, Middle East and India.

**Speciman examined:** Sagang.12.10.2012. Resh-0025287.

**Habitat & Ecology:** Terrestrial & cultivated.

Coarse herb, ovate-cordate, stalked, sinuate-toothed cottony beneath, head globose, purple white, in terminal clusters, involucral bracts hooked, achenes oblong, angled, ribbed.
**Fls & Frts:** July-September, September-October.

**Ethnobotanical uses:**

**Parts used:** Tuber & fruits

**Food:**
Tuber eaten as vegetable.

**Medicinal uses:**
Decoction of tuber is used in (250ml) twice a day to get relief from gastric problem.

**Insecticides:**
Fruit used as insect repellent.

**Established reports**

Plant is used in skin infection and gout (Anonymous, 1986).


**Vern. Name:** *Uthum.*

**Distribution:** All over Manipur, Assam, Meghalaya and Bangladesh.

**Specimen examined:** Thayong. 13.6.2012. Resh-002579.

**Habitat & Ecology:** Terrestrial, wild in forest and foot hills.

Branched small tree; leaves chartaceous, oblong-lanceolate, acute or shortly acuminate with cuneate base; flowers greenish white in raceme; fruits drupe, globose.

**Fls & Frts:** March – August.

**Ethnobotanical uses:**

**Parts used:** Tender shoot.

**Food:**
Tender shoot taken as vegetable.

**Established reports:**
Leaf juice is used in stomach trouble, crushed bark on burns, Young leaves edible (Sinha 1996 & Devi *et al.* 2011b).


**Vern. Name:** *Kheng.*
**Distribution:** South East Asia, Japan, South Korea, Vietnam & China.

**Specimen examined:** Thayong. 23.11.2010. Resh-002583

**Habitat & Ecology:** Terrestrial, wild.

Evergreen shrub, sparsly branched; leaves, simple, opposite, dark green, lanceolate, elliptic with serrated edges; flowers arranged in corymbs; fruit red in drupes.

**Fls & Frts:** June-July, September-December.

**Ethnobotanical uses:**

**Parts used:** Leaves & fruits.

**Food:**

Leaves and fruits are edible.

**Veterinary uses:**

* Paste of leaves and fruits applied as well as fed for infected part with worms in the cattle.

**Established reports:**

Plant is used as an anti-inflammatory and anti-hyperanalgesic (Roslida & Kim, 2008).


**Vern. Name:** Kwa.

**Distribution:** Tropical pacific, Asia, east Africa, Phillipines & Malaysia.

**Specimen examined:** Kakching mantak. 3.4.2013. Resh-0025310.

**Habitat & Ecology:** Terrestrial, cultivated in Tilha and plain areas.

Slender palm with annulated stem and crown of pinnate leaves, petiole broad at the base; spadices intrafolar, branched; fruit ovoid, pericarp hard.

**Fls & Frts:** August-February.

**Etnobotanical uses:**

**Parts used:** Nut.

**Medicinal uses:**

Paste of the young nuts rubbed on the head to prevent immature falling of hair.

The outer covering of the nut burnt along with the leaves of *Vitex trifolia* are used as a toothpowder in toothache.
Established reports:

Paste of nuts after rubbing on the stone is applied to leucodermal patches (Sinha, 1996). The pericarp is effective in the treatment of flatulence, oedema. The seeds are effective in diarrhoea, dysentery and malaria (Deorani & Sharma, 2007). Seeds are also used as vermifuge (Imchen and Jamir, 2011).


**Vern. Name:** *Yenkhumit.*

**Distribution:** Manipur, Bhutan and Arunachal Pradesh.

**Specimen examined:** Sinam kom. 13.4.2010. Resh- 002514.

**Habitat & Ecology:** Terrestrial, wild in wasteland.

Erect prickly herb; leaves cauline, elliptic obovate, sessile, pinnatifid, lobes dentate, spiny; flowers yellow, solitary, sessil; prickly capsule.

**Fls & Frts:** January – July.

**Ethnobotanical uses:**

**Parts used:** Leaves

**Medicinal uses:**

Regular use of leaves as vegetables improves weakness of health.

**Veterinary use:**

Extract of whole plant applied on the old wound of cattle.

Established reports:

Seeds are used in cough, asthma, leprosy colic and constipation (Deorani & Sharma, 2007). Root is given for expelling tapeworm (Raghunathan and Abay, 2009). Juice of plant is useful in scabies (Das *et al.* 2010).


**Vern. Name:** *Puding uri.*

**Distribution:** India, Bangladesh, Malaysia & Australia.
Specimen examined: Kakching mantak. 2.11.2012. Resh-0025255.

Habitat & Ecology: Terrestrial, wild.

Perennial climber; leaves coriaceous, glabrous above and beneath silky tomentose; flowers dense corymbose cymes, bracteates, bracts foliaceous, acute, ovate, elliptic, oblong; fruits capsules.

Fls & Frts: June-September.

Ethnobotanical uses:

Parts used: Leaves

Food:

Leaves used as vegetable.

Medicine:

Leaves paste is applied on swelling once daily till cured.

Boiled extract of whole plant with sitamishi(sweet candy) is taken in intestine problem and painful urination.

Established reports:

Root paste is used in rheumatism. Warmed leaves are used in boil (Das et al., 2010).


Vern. Name: Tehkom.

Distribution: North East India, China, East Asia, Himalayas from Simla to Sikkim & Bhutan.


Habitat & Ecology: Terrestrial, wild in shaded region of forest.

Erect perennial herb; flower monoecious; peduncle emerging from pseudostem; tuber depressed, globose; spathe light green; berries red.

Fls & Frts: May-June

Ethnobotanical uses:

Part used: Tuber.

Veterinary:

Tuber used in cattle as wormicide.
Medicinal uses:
Decoction of the leaves is prescribed in dropsy
Boiled 30gm of tuber taken with rice twice daily for a month to get relief from pile.
Tuber paste is applied on rheumatism.

Insect repellent:
Crushed rhizome is used as insecticides.

Established reports:
Crushed rhizome applied in Snake bite (Sinha, 1996). Roots are used to kill the worms that infect cattles, seeds are given with salt for colic in sheep (Deorani & Sharma, 2007). Roots and seeds are used in gastritis and in indigestion (Imchen and Jamir, 2011).


Vern. Name: Ramsai.

Distribution: All over India, Nepal, Myanmar, Bhutan, Japan and Afganistan.


Habitat & Ecology: Terrestrial, wild in foothill.

Herb or undershrub; glabrous leaves sessile, alternate, linear cuneate, acute; flowers light yellow in capitatum; peduncled of terminal or axillary raceme.

Fls & Frts: August – December.

Ethnobotanical uses:
Parts used: Leaves and stem.

Medicinal uses:
Plant juice is put drop by drop stop nose bleeding.
Extract of leaves applied on piles.

Veterinary use:
Fresh leaves are given in dysentery in cattle.

Established reports:
Whole plant used in rheumatic pain, menstrual disorder, piles (Sumitraet al., 2009). Leaves are applied as haemostatic and in burning sensation of conjunctivitis. Roots are used as tonic and antiseptic (Deorani & Sharma, 2007). Whole plant is used as appetizer and in dog bites (Imchen and Das, 2011).


**Vern. Name:** Keitaat.

**Distribution:** Throughout India, tropical and Sub-tropical countries.

**Specimen examined:** K.R.lane. 13.5.2010. Resh- 002530

**Habitat & Ecology:** Terrestrial, wild and cultivated.

A very large deciduous tree with spreading crown; leaves alternate, scab rid elliptic - ovate or oblong, stipule amplexicaul, apex obtuse; flowers monoecious densely crowded on globose axillary; short peduncle heads; fruits subglobose shallowly lobed, smooth, yellow when ripe.

**Fls & Frts:** January – August.

**Ethnobotanical uses:**

**Parts used:** Fruit, wood.

**Food:**

Ripe fruit are edible.

**Medicinal uses:**

Boil extract of the fruit in tea cup full twice daily is prescribed against excessive flow of urine and diabetis.

**Furniture:**

Wood is used for pillar, tool handles etc.

**Established reports:**

Bark powder applied to pimples and cracked skin (Sinha, 1996). Boiled extract of the bark mixed with common salt is used in the treatment of diabetes (Khan *et al.*, 2010).


**Vern. Name:** Yongto.
**Distribution**: Throughout India, Tropical Asia and Mediterranean region.

**Specimen examined**: Sinam kom. 13.5.2011. Resh-0025100.

**Habitat & Ecology**: Terrestrial, wild and cultivated in the rural areas of Manipur.

A tall perennial stout grass with a creeping rhizome; leaves tapering from the base towards the apex, ligule with a ridge of hairs; panicle branched, erect, spikelets whitish brown.

**Fls & Frts**: October – June.

**Ethnobotanical uses**:

**Parts used**: Culm and flower.

**Biofencing**:

The plant are grown in boundaries of the houses.

**Household materials**:

The culm is used for making mat for drying paddy and winnowing fan for paddy. The flowers are used for stuffing pillow.

**Established reports**:

Leaf extract is given with a spoon of honey to cure diabetes. Leaf paste is applied to make bites and cuts (Devi *et al.*, 2011). Plants is used in urinary disorders, ulcers, tonic (Srivastava *et al.*, 1986).


**Vern. Name**: Krishna Chur.

**Distribution**: Throughout India, & Tropical America.

**Specimen examined**: K.R.Lane. 3.5.2011. Resh-0025101.

**Habitat & Ecology**: Terrestrial, fairly common in open country and grassland.

Perrenial erect herb with woody stem; leaves opposite, lanceolate or oblong – lanciolate, acute at base and apex, glabrous, petiole very short; flowers arranged red, shortly penduncled in umbel – like cymes; fruits follicle.

**Fls & Frts.**: May – October.

**Ethnobotanical uses**:

**Parts used**: Whole plant & latex.

**Medicinal uses**:
Latex is applied for 4 weeks in wart.

**Fish poison:**
Smashed plant is used as fish poison.

**Established reports:**

Leaf paste is applied to snake bite and latex against corn (Devi *et al.* 2011a). Leaves used in dysentery. Root is purgative, astringent, used in piles and gonorrhoea. Leaf juice is applied on cuts and wounds to prevent infection (Deoraria & Sharma, 2007).


**Vern. Name:** Nungarei.

**Distribution:** Throughout India, Africa, Australia & Malaysia.


**Habitat & Ecology:** Terrestrial, cultivated.

Straggling or scandent spinous undershrubs; leaves modified into linear leaf like chaclode; flower white or red in racemes; fruit globose.

**Fls & Frts:** October – March.

**Ethnobotanical uses:**

**Parts used:** Leaves, shoot & root.

**Food:** Shoot is eaten as vegetable.

**Medicinal uses:**

Decoction of fresh root is mixed with milk and water and used as a brain tonic. Shoot is taken as fresh as well as steamed daily as an anti ageing agent.

**Established reports:**

Decoction of root is used in dysentery (Pal and Jain, 1998). Dried roots are burnt and fumes are inhaled for curing fever, urinary problem, hyperacidity and diarrhoea (Deorani & Sharma, 2007). Root used in diabetes and epilepsy (Imchen and Jamir 2011).

Vern. Name: *Pachok chonor.*

**Distribution**: China, Australia & Ghana.


**Habitat & Ecology**: Sporophytes, wild, very common in dense tuft on dead wood and logs/on tree trunk in shades of Manipur.

Sporophores growing solitary gregarious or in dense tufts on dead wood; fruiting jelly like or gelatinous, sessile/substipitate; shape like an ear yellow brown or reddish brown when moist, usually flexible becoming horny on drying brittle.

**Fls & Frts**: July – October.

**Ethnobotanical uses**: 

**Parts used**: Fruiting bodies.

**Food**: 
It can be cooked as food stuff and used in soup.

**Established reports**: 
Fruiting bodies is used as food, soup (Khatoon *et al.*, 2012a).


Vern. Name: *Theikarher.*

**Distribution**: All over India, Native to Indonesia and found in Tropical countries.

**Specimen examined**: Sinam kom. 12.7.2010. Resh-002508.

**Habitat & Ecology**: Terrestrial wild and domesticated.

Medium size tree; leaves alternate, exstipulate, pinnate; flowers small, axillary cyme, regular in panicle; berry oblong, yellow.

**Fls & Frts**: July-February

**Ethnobotanical uses**: 

**Parts used**: Fruit.

**Food**: The fruits are edible.

**Medicinal uses**: 
The fruit is burnt into ashes and mixed with tap water and filter. The filtrate is again mixed with *Citrus limon* and used in dry cough.
The juice of the fruit is mixed with the fruit juice of *Citrus macroptera* along with a little salt and honey is prescribed as an excellent remedy for stone problem in the urinary tract.

**Established reports:**

Leaf decoction is given to prevent vomiting. Fruit juice is applied in bleeding piles (Devi *et al.* 2011). Leaves are antipyretic and anthelmintic. The fruits are used in diarrhoea, fever, scabies and jaundice (Deoraria & Sharma, 2007). Fruit used in jaundice (Khan *et al.*, 2011).


**Vern. Name:** Sorte.

**Distribution:** Throughout India, Java and Sri Lanka.

**Specimen examined:** Sagang. 15.7.2010. Resh-002511

**Habitat & Ecology:** Terrestrial, wild and cultivated.

Deciduous tree; leaves alternate, uniparipinnate, crowded at the end of branches, leaflets 4-7 pairs, opposite or subopposite, lanceolate to ovate, glossy, margin coarsely serrate, acuminate, glabrous, green above pale beneath; flower greenish white; fruit drupe.

**Fls & Frts:** March – August.

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**

Decoction of leaves given twice daily for a week to cure from cough.

**Food:**

Leaves are eaten fried.

**Established reports:**

Neem seed oil is used for abortion, leaf juice in malarial fever, leaf paste applied in snake bite and scorpion bite (Das *et al.*, 2010). Decoction of leaves cures and removes phlegm from bronchial tubes. Bark have antibiotic activity (Deoraria & Sharma, 2007). Leaves used in heart problems (Imchen and Jamir 2011).

**Vern. Name** : *Moktok*.

**Distribution** : Nepal, India, Myanmar, South China, Indo-China, South India, Thailand, Andaman Island and Peninsular Malaysia.

**Specimen examined** : Sagang.6.4.2010. Resh – 002520.

**Habitat & Ecology** : Terrestrial, planted in homestead compound and also wild in Senapati district.

A middle sized evergreen tree; leaves elliptic-oblong, obovate or elliptic – lanceolate, acuminate; flowers dioecious in densely fascicled racemes from wood or below the leaves.

**Fls & Frts** : April - May, May – July.

**Ethnobotanical uses** :

**Parts used** : Fruit.

**Food**:

Fruit are edible. The pulp is directly eaten and usually the seeds are also swallowed.

**Established report**:

Bark is used in constipation (Sinha, 1996). Decoction of bark is used against diarrhoea and fruits in indigestion (Ranjana, 2010).


**Vern. Name** : *Pasneibi*.

**Distribution** : Manipur, North eastern states of India & Tropical Asia.

**Specimen examined** : Sagang. 15.3.2011. Resh – 0025104.

**Habitat & Ecology** : Terrestrial; Cultivated near the Homestead.

Tall, erect, arboreous tufted bamboo; culm dull graying green, single ring, whitish wall thick, above the node, leaves oblong lanceolate, pale beneath and hairy when young, main vein prominent.
Fls & Frts.: Rare.

Ethnobotanical uses:

Parts used: Culm.

House material:

The culm is used in fencing as household pole furniture, basketry, as weaving implements, fishing implements etc. The culm is also used in making mat for house ceiling, mat for drying paddy and winnowing.

Established reports:

Fresh powder of culm is applied to the cuts and tied with a piece of cloth (Singh and Singh, 2003).


Vern. Name: *Amurei chikpathur*.

Distribution: India, Myanmar & South China.

Specimen examined: Kakching mantak. 12.9.2012. Resh-0025180

Habitat & Ecology: Terrestrial; Roadside & disturbed area.

Shrub; branches adpressedly yellow hairy; leaves elliptic-narrowly ovate; flower funnel shape, violet in colour; fruit ellipsoid capsules.

Fls & Frts: August-October & September-February.

Ethnobotanical uses:

Parts used: Leaves.

Medicinal uses:

Leaves decoction is applied to the skin infection area.

Decoction of leaves is given in a tea cup, once daily as a blood purifier.

Established reports:

Roots and leaves are used to reduce swelling also in snake bite (Sinha,1996). Smashed leaves applied on cuts and wounds (Singh, 2012).

**Vern. Name:** *Urok sumbal.*

**Distribution:** Throughout India, tropical Asia & Africa

**Specimen examined:** K.R.lane. 10.6.2010. Resh-002544.

**Habitat & Ecology:** Terrestrial, cultivated.

- Glabrous climber; leaves ovate- elliptic to oblanceolate, acute, entire; flower pinkish in axillary pedunculate spike; fruits globose, deep pinkish.

**Fls & Frts:** April- October.

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Food:**

- Young stem and leaves are edible.

**Medicinal uses:**

- Young tender leaves after light warming is covered on boils for early suppuration.
- Crushed plant is applied on swelling for quick relieving from inflammation and pains.

**Dye:**

- Fruits are used for dye purposes to impart purple colour

**Established reports:**

- Leaf used as coolant by the Meitei and Meitei-pangal communities (Khan, 2005).
- Ripe fruit is applied externally in eye trouble and taken orally in anaemia. Leaf extract is applied on boils (Das *et al*., 2010).


**Vern. Name:** *Chinghao.*

**Distribution:** North East India, Western Himalaya, Myanmar and China.

**Specimen examined:** Sagang.7.5.2010. Resh- 0025105.

**Habitat & Ecology:** Terrestrial, common in the hilly region and valley areas.

- A moderately sized deciduous tree; shoots tomentose when young; leaves as broad as long or sometimes broader, deeply cordate, cleft about ¼-½ the length, lobes obtuse or rounded; flower large white, pink or purple in few flowered corym base grey pubescent raceme.

**Fls & Frts:** September – March.
Ethnobotanical uses:

Parts used: Fruit, flower.

Food:
Flower, immature fruits are eaten fresh as vegetable.

Medicinal uses:
Flower are laxative.

Established reports:
Fresh leaf, bark, flower used in blood pressure, menstrual disorder, ulcers, boils (Sumitra et al., 2009). The roots and bark are astringent, constipating, used in diarrhoea, dysentery, skin diseases, wounds, cough and diabetes (Deoraria & Sharma, 2007). Root decoction is given twice dialy to control expel placenta (Bharti and Sharma, 2010).


Vern. Name: Heibong.

Distribution: Throughout India, Malaysia China, Japan and Tropical Africa.


Habitat & Ecology: Terrestrial, cultivated in most of study area.

Climber with hispid stem; leaves reniform, orbicular, 5-lobed or angled hispid beneath; flower monocious, large yellow, solitary, fruit pepo, large, fleshy, oblong, pubescent, seeds many.

Fls & Frts: March – November.

Ethnobotanical uses:
Parts used: Fruits.

Food:
Fruit eaten as vegetable.

Medicinal uses:
Slices of the fruit is applied on forehead to get relief from headache.

Fresh juice of fruit with tea spoon of Phyllanthus emblica L. is taken twice daily to control blood pressure.
*Steamed grounded fruit wrapped in a leaf of *Musa paradesiaca* L. is used to take out poison after bitten by dog, later it is mended by the latex of *Carica papaya* L.

**Established reports:**

The fruit is tonic. The boiled extract of the fruit is used in ulcer and jaundice (Khatoon *et al.*, 2011b).


**Vern. Name:** *Sampakpi*.

**Distribution:** North-South America, Italy, Europe & India.

**Specimen examined:** Kakching mantak. 4.9.2012. Resh-0025187.

**Habitat & Ecology:** Terrestrial, wild.

Annual herb; upper part pubescent, blades and primary lobes ovate to lanceolate; flower in head, ray florets white, pappus of rigid, yellow.

**Fls & Frts:** Year around.

**Ethnobotanical uses:**

**Food:**

Young leaves and twigs either eaten raw or cooked

**Medicinal uses:**

*Burnt leaves ash mixed with milk in a tea cup is taken, twice daily, regularly in white discharge.

Fresh extract of leaves is applied on eye for curing conjunctivitis and pains with irritation.

Decoction of leaves is taken in intestinal and stomach problem.

**Established report:**

Flowers are used in diarrhoea. Infusion of roots is given in colic pain. It is used in leprosy and other skin troubles, fistulae and tumours (Sinha, 1996). Plant is used to cure leprosy and various skin diseases. It is a diuretic and is used in kidney problems (Deorani & Sharma, 2007).


**Vern. Name:** *Ureirom*.

**Distribution:** Throughout India and America.

Habitat & Ecology: Terrestrial, wild.

- Evergreen tree; leaves alternate, ovate; flowers pinkish, terminal corymbose; fruits capsule, red-dotted.

Fls & Frts: October – April.

Ethnobotanical uses:

Part used: Fruit and leaves.

Medicinal uses:

- Paste of leaves is applied on affected area (skin diseases).

Dye:

- Fruits soaked in water and orange dye obtained is used for dyeing cotton fabric.

Established reports:

- Leaves useful in Jaundice (Sinha, 1996). Leaves decoction is used for sore throat gargle. Fresh pulp is applied on burns (Deorani & Sharma, 2007).


Vern. Name: Buirahe.

Distribution: India, Jammu and Kashmir, Bhutan, Bangladesh, Myanmar, Indonesia, Malaysia and China.

Specimen examined: Sagang. 5.9.2010. Resh-0025287.

Habitat & Ecology: Terrestrial; Common and scattered in valley and hill upto certain height.

- Herb; leaves axillary sharply toothed, oblong/oblong lanceolate, semi amplexicaul; head cymose, involucres campanulate, bract many serate, colour yellow.

Fls & Frts: Almost throughout the year.

Ethnobotanical uses:

Parts used: Leaves.

Food:

- Leaves cooked and eaten as kangsoi.

Medicinal uses:

- Smashed leaves is applied on the forehead to check worm in children.
Veterinary:
The whole plant is given to pigs for gregarious growth.

Established report:
Leaves paste applied on forehead in fever (Khatoon et al. 2012b).


Vern. Name: *Kerpang.*

Distribution: Hotter parts of India, Myanmar.

Specimen examined: Sinam kom. 3.2.2012. Resh-0025189

Habitat & Ecology: Terrestrial, common in different parts of the study area.

A large deciduous tree; leaves digitate, leaflets 5-7, lanceolate, petiole long; flower pink, white, capsule oblong, velvety, 5-valve; Seed numerous, surrounded by masses of white silky hairs.

Fls & Frts: January – May.

Ethnobotanical uses:

Parts used: Flower bud, silk fibres.

Food:
The flowers buds along with the fleshy calyx are edible.

Household material:
Silk fibres from the seed is used for stuffing the domestic articles like mattresses, pillow etc. The wood is used in planking, making box and other items.

Established reports:
Culm is used in making household furniture, mats etc. (Khatoon *et al.*, 2011). Seeds are useful in treating gonorrhea. Flower used vegetable for dysentery and stomach trouble (Deorani & Sharma, 2007).


Vern. Name: *Chom.*

**Specimen examined:** Thayong. 4.12.2011. Resh-0025193.

**Habitat & Ecology:** Terrestrial, wild

Small tree, prickly; leaves pinnate, leaflets acuminate, serrate, cordate, short prickles on the rachis; flowers in umbel.

**Fls & Frts:** October – February.

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**

Tender leaves are taken as a tonic.

**Established reports:**

Tender leaves are taken as vegetable (Devi et al. 2011b). Decoction of fresh leaves is taken twice daily for a week in kidney trouble (Sumitra, 2013).


**Vern. Name:** Tuphoklei.

**Distribution:** Tropical plains of India & Tropical regions.

**Specimen examined:** Thayong. 12.5.2013. Resh-0025320.

**Habitat & Ecology:** Terrestrial; Cultivated in shade areas.

Succulent herb; leaves ovate or elliptic, crenate; flowers purplish in long panicles; calyx greenish with purple tinge, corolla redish, purple in upper half, lobes triangular.

**Fls & Frts:** November-March.

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**

Leaves paste applied on the cuts and wound. Crushed leaves are applied on inflammation due to burn and also applied on swelling.

*Extract of leaves(plucked before sunrise) is given (5ml) daily for a month against kidney stone.*

Chew and eat 3 leaves of the plant 2 times daily for a week to get relief from pile.

**Established reports:**
Used in burns, used with *Aegle marmelos* in blood and amoebic dysentery (Deorani & Sharma, 2007). Leaf paste is applied over stomach to relieve abdominal pain (Prusti, 2007). Filtered juice of the leaf is applied externally in eye trouble. Leaves decoction is given once daily in diarhoea (Das *et al*., 2010).

*Buddleja asiatica* Lour. Fl. Cochinch. 72. 1790 (Buddlejaceae).

**Vern. Name:** Shamei.

**Distribution:** India, East Asia to Phillipines, Laos, Pakistan, Burma, Vietnam, Southern China & Thailand.

**Specimen examined:** Kakching mantak. 12.5.2013. Resh-0025325.

**Habitat & Ecology:** Terrestria, wild.

Tender deciduous shrub; leaves simple, narrow lanceolate, acute, serrulate, dark green above, white tomentose beneath, base narrowed into the petiole; flower small white in panicle of cymes.

**Frts & Frts:** January- April

**Ethnobotanical use:**

**Parts used:** Whole plant.

**Medicinal uses:**

Boiled decoction of the whole plant is taken in menstruation problem.

**Established report:**

Extract of leaves is applied on scabies and other skin diseases (Sinha, 1996). Leaf paste is applied on scabies, other skin diseases and bacterial infections (Deorani & Sharma, 2007).


**Vern. Name:** Tinsibi.

**Distribution:** Southern China, India, Burma, Thailand, Laos & Veitnam.

**Specimen examined:** K.R.lane. 12.5.2013. Resh-0025321

**Habitat & Ecology:** Terrestrial, wild.
Scandent shrub, armed with straight or curved strong prickles; leaves bipinnate, rachis brown, pubescent; stipules foliaceous; leaflets opposite pairs, elliptic oblong; flowers yellow with red tinge, in supra axillary and terminal racemes; pods coriaceous, covered with sharp wiry prickles, 2-3 seeded.

**Fls & Frts:** June-January.

**Ethnobotanical uses:**

**Part used:** Above ground.

**Medicinal uses:**

Boiled decoction of plant is taken to expel worm.

Boiled extract of the leaves is used in washing scabies.

**Biofencing:**

Plant is also used as hedge plant.

**Established reports:**

Seed are employed for colic pain. Fruits are tonic and antipyretic. (Sinha, 1996). Stem is used in crack heals (Ganesan et al., 2009). Powder of *ajiwain* fruits, *sunth* and *sagargota* seeds in equal proportion is taken twice against rheumatism/arthritis acidity (Kamble et al., 2010).


**Vern. Name:** *Laikee.*

**Distribution:** Throughout India, Srilanka, West Indies, Burma & Tropical countries of the world.

**Specimen examined:** Sagang.4.9.2012. Resh-0025186.

**Habitat & Ecology:** Terrestrial, wild.

Scandent prickly shrub; leaf elliptic oblong, obtuse, glabrous, stipules pair reduced pinnae at the base, main leaf axis armed with stout, sharp recurved spines; flower dense yellow; seeds globose.

**Fl & Frt:** March-May.

**Ethnobotanical uses:**

**Parts used:** Seed.

**Food:**

*Seed is use as vegetable.*
Medicinal uses:
Paste of seed applied to get relief from toothache.
Extract of seed used to get of parasitic worm.

Established report:

Fruit are tonic and antipyretic. Seed are employed for colic pain. Leaves and bark are febrifuge (Sinha, 1996). Seeds oil is applied on ringworms (Dash et al., 2007).


Vern. Name: *Yanthin.*

Distribution: Throughout India, & Tropical Asia.


Habitat & Ecology: Terrestrial, cultivated throughout the study area.

Cultivated shrub with slender grey silky branches; leaves trifoliate; flower corymbose at the extreme penduncle yellow; fruit pod.

Fls & Frts: January – October.

Ethnobotanical uses:

Parts used: Leaves, flowers, & fruit.

Food:

Fresh flowers are generally taken with dried powdered fish.

Medicinal uses:

The boiled decoction of leaves is applied externally on scabies.

Established report:


Vern. Name: *Teegpira.*
Distribution: Manipur, Assam, Tropical Himalaya, Kumaon, Bengal, Bangladesh, Burma & Chittagong.


Habitat & Ecology: Terrestrial, common in swampy areas of forest and certain place along the sand side.

A slender climber with a long stem; leaflets many equidistant, lower uppermost gradually smaller, linear-lanceolate, acumninate, short petioled, stout, margin with straight spines, sheath sparingly armed with short flat spines; flowers very small in spikes panicled; fruit mucronate.

Fls & Frts: April – December.

Ethnobotanical uses:

Parts used: Fruit, stem.

Food: Raw food are edible.

Household material:
The stem is used in making walking sticks, basketry works, furniture, trap and decorative articles.

Established reports:
Young stem juice is taken orally to check blood sugar (Das et al., 2010).


Vern. Name: Mondol.

Distribution: All over Manipur, Assam, Sikkim, Khasi-hills, Peninsular region, Myanmar, China, & Vietnam.


Habitat & Ecology: Terrestrial, wild.

Much btranched tree; leaves opposite, ovate, acute, thickly tomentose; flower in cymes, purple.

Fls & Frts: June – November.

Ethnobotanical uses:
**Parts used**: Whole plant.

**Medicinal uses**:
- Boil decoction of whole plant is used against Headache.
- Root extract is used in skin infection.

**Established report**:

- It is carminative and is used in cutaneous diseases (Deorani & Sharma, 2007).
- Bark juice used in wounds (Das et al., 2010).


**Vern. Name**: Angkro.

**Distribution**: Throughout India, native to Pakistan and Nepal, Sri Lanka, China & Malaysia.


**Habitat & Ecology**: Terrestrial, wild in wasteland and domesticated.

- Large shrub; leaves elliptic simple, opposite sessile, ovate, ovate-oblong or obovate, cordate at the base, acute or apiculate; flower simple in umbel, corolla tubular, white, pubescent; seed oblong.

**Fls & Frts**: June–December.

**Ethnobotanical uses**:

**Parts used**: Leaves and latex.

**Medicinal uses**:
- Extract of the root with leaves of *Justicia adhatoda* and *Xylosma longifolia* are used as a massage in muscle pain.
- Latex applied on boils for early suppuration and on tonsilites.
- Latex with paste of mustard seeds applied on leucoderma.

**Established report**:

- Flowers are used in piles, latex used in leprosy and toothache and heated leaves are used to get relief from muscular pain (Das *et al*., 2010). Pounded leaves are
applied on burns. It is used by Ao Naga tribe in toothache, fractures and mad dog bite (Deorani & Sharma, 2007).

**Cannabis sativa** L. Sp. Pl. 1027-1753 (Cannabinaceae).

**Vern. Name:** Ganja.

**Distribution:** Central Asia, Europe & China.

**Specimen examined:** Sagang. 16.4.2010. Resh-002529.

**Habitat & Ecology:** Growing abundantly in waste places.

A herb with woody base; leaves 3-5 foliate, leaflets narrow elliptic, serrate, simple; lower unisexual, dioecious, in dense cimumal racemes.

**Fls & Frts:** Fruiting in winter.

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**

*Dried leaves powdered with milk is taken, one tea cup once daily to cure from white discharge.

Paste of leaves are applied externally in insect bite.

The steam heated packet containing the leaves of *Datura metal* L. and *Acorus calamus* is applied externally on the aching body parts.

**Established report:**

The leaves and flowers are used in diarrhoea and dysentery (Sinha, 1996).

Leaves / seeds extracts are used in fever, bronchitis, indigestion, impotency and asthma (Semwal et al. 2010). Leaftwigs used in indigestion and acidity (Ghosh and Das, 2011).


**Vern. Name:** Mekruk.

**Distribution:** Manipur, Assam, Khasi Hills, Silhet & Nepal.

**Specimen examined:** Sugnu. 3.9.2012. Resh- 0025179.

**Habitat & Ecology:** Terrestrial, wild.
Tree; leaves long, leaflets ovate-oblong or lanceolate, acuminate, entire, thinly coriaceous, glabrous, shining above; flower short in axillary cyme; fruits drupe.

**Fls & Frts:** May- December.

**Ethnobotanical uses:**

**Parts used:** Latex.

**Medicinal uses:**

Resin gum of the plant mixed with lime and soda are applied to acne and boils for early suppuration.

**Established report:**

Leaves and bark are applied in rheumatic swelling (Sinha, 1996).


**Vern. Name:** Ramtheipi.

**Distribution:** North-East India, Western-Pensular India, Myanmar and Srilanka.

**Specimen examined:** Keiraap. 4.8.2011. Resh-0025111.

**Habitat & Ecology:** Terrestrial, wild.

Small tree deciduous, thorny; leaves opposite, ovate, obovate or sub orbicular, glabrous; flowers small greenish white in cymes; fruit dupe, oblong-ellipsoid.

**Fls & Frts:** August – February.

**Ethnobotanical uses:**

**Parts used:** Fruits and leaves.

**Medicinal uses:**

Boiled fruit extract in a glass is given twice daily against diabetes to control blood sugar level.

**Hair lotion:**

Leaves are used in the preparation of ‘Chinghi’ a local hair lotion.

**Established report:**

Leaves infected with insect – galls are taken raw as vegetable salad Singju (Sinha, 1996). Fruits used in headache( Saxena & Vyas, 1981). Leaves are used in fever (Prasadn et al., 2003).

**Vern. Name:** Chantruk.

**Distribution:** All over the Manipur, Nagaland, China, France & German.

**Specimen examined:** K.R. lane. 4.8.2011. Resh-0025108.

**Habitat & Ecology:** Terrestrial, cultivated.

Small herb hairy; roots long tapering, leaves pinnatifid, upper lobed triangular, cauline auricled; flowers small white in raceme; fruit pod triangular or obcordate.

**Fls & Frts:** February – June.

**Ethnobotanical uses:**

**Parts used:** Leaves & shoots.

**Food:**
Leaves and shoot are used as vegetable salad (*Singju*).

**Medicinal uses:**
Crushed leaves is applied on the forehead in severe headache.

**Established report:**
It is used to stop bleeding from internal organ (Sinha, 1996).


**Vern. Name:** Mercha.

**Distribution:** All over the Manipur, Nagaland, China, France & German.

**Specimen examined:** K.R. lane. 19.3.2010. Resh-002509.

**Habitat & Ecology:** Terrestrial, cultivated.

An annual herb; leaves opposite, ovate, oblong, narrowed at both ends; flower small, white in axillary and terminal racemes; fruit pod.

**Fls & Frts:** February – July.

**Ethnobotanical uses:**

**Parts used:** Fruits.

**Spices:**
Fruit are used as spices.

**Medicinal uses:**
The ash of the plant stalk mixed with water is given in excessive flow of urine.

**Veterinary uses:**
Fruit is used in fever in domesticated animals and in dog bite.

**Established report:**
Paste is applied in the part of the body bitten by dog (Samal *et al.* 2010). Boiled leaves mixed with oil is applied on the infected skin (Nath and Choudhury, 2011).

*Capsicum chinense* Jacq., Hoet. Vindob. 3.38.67. (Solanaceae).

**Vern. Name:** Umercha.

**Distribution:** All over Manipur, Nagaland and Cuba.

**Specimen examined:** Sagang. 12.12.2012. Resh-0025291.

**Habitat & Ecology:** Terrestrial, cultivated in jhum fields.

Perrenial herb; leaves opposite, ovate, oblong; flowers white axillary and terminal racemes; fruit pods large, rough skin, red when ripe.

**Fls & Frts:** Throughout the year.

**Ethnobotanical uses:**

**Parts used:** Fruits

**Spices:**
Fruits are used as spice.

**Established report:**
Fruits are used as analgesic, used in abscess and rheumatic pain (Deka *et al.* 2010).


**Vern. Name:** Uchihangam.

**Distribution:** All over Manipur, temperate regions of India, Nepal & China.

**Specimen examined:** Khoirentak. 12.9.2012. Resh-0025190.

**Habitat & Ecology:** Terrestrial, wild

Annual herb; leaves variable, basal leaves rosette, orbicular irregularly lobed, lyrate; flowers small, white in racemose or subcorymbose; fruits pod.

**Fls & Frts:** Throughout year

**Ethnobotanical uses:**
**Parts used:** Leaves & shoots.

**Food:**
Leaves and shoots are used as vegetable.

**Established reports:**
Inflorescence with young parts plants is taken as vegetable (Devi *et al.*, 2009). Leaves used in liver disorders, chest pain, cough, toothache, cuts and wounds (Jeri *et al.*, 2011).

*Cardiospermum halicacabum* L. Sp. Pl. 366.1753. (Sapindaceae).

**Vern. Name:** Lam sengao.

**Distribution:** Tropical & Sub tropical Africa & Asia.

**Specimen examined:** K.R.lane.12.9.20. Resh-0025196

**Habitat & Ecology:** Terrestrial, growing gregariously, on roadside, bank of rivers and in waste land.

A thin wiry climbing herb with sulcate branches; inflorescence tendrillar, with polygamous cymes.

**Fls & Frts:** August-June

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**
Leaf extract with honey one tea cupful is given twice daily for 2 days to cure mouth and tongue sore. Leaves juice applied on the wound.

**Established report:**
For delivery pain and veneral disease, leaf juice with hot rice *kanji* is taken in the morning, once in 2 days for 1 month (Samuel & Andrew, 2011). Leaf juice used on the cuts and wounds (Kamble *et al.*, 2010).


**Vern. Name:** Thingsangma.

**Distribution:** Tropical & sub tropical Africa & Asia.

**Specimen examined:** K.R.lane. 13.6.2010. Resh-002547.
**Habitat & Ecology:** Terrestrial, cultivated.

A small herbaceous tree having milky latex; leaves alternate forming a crown, long petiole, large palmately lobed; flower unisexual; female flower solitary or fascicled.

**Fls & Frts:** Throughout the year.

**Ethnobotanical uses:**

**Parts used:** Latex, & fruit.

**Medicinal uses:**

Fresh juice of *Carica papaya* L. mixed with honey can be used in the case of inflamed tonsils.

**Food:**

Unripe fruits are used as vegetable.

**Socio religious purposes:**

As per their tradition, when seeds of ripe fruit of *Carica papaya* L. is thrown against the teeth of the suspected mad dog, almost all the teeth will get broken.

**Established report:**

The root is useful in dog bite. The ripe fruit is useful in stomach ulcer and diuretic (Khatoon *et al.*, 2012b). Root decoction is given in malarial attack, dysentery and in dog bite (Kagyung *et al.*, 2010).


**Vern. Name:** Kundalei.

**Origin:** Madagascar.

**Distribution:** Indian ocean island, Madagascar, Tropical & sub tropical countries.

**Specimen examined:** Thayong. 12.5.2013. Resh- 0025322.

**Habitat & Ecology:** Terrestrial, cultivated as an ornamental plant.

Erect ever blooming herb; stem branched, cylindrical, pubescent; leaf simple, exstipulate, opposite, decussate, petiolate, ovate or obovate, entire; inflorescences solitary axillary; flower ebracteate, pedicillate, pink, violet or purple in colour; fruit follicle.

**Fls & Frts:** Almost throughout the year.
Ethnobotanical uses:
Parts used: Leaves.

Medicinal uses:
*Drink half glass (adult) from boiled decoction of 30 leaves in one litre of water till reduced it to half litre, and taken orally thrice times in a day, continuing for the period of 1-3 days against diarrhoea.
Chew 2-3 leaves to check hypertension.

Established reports:
Juice of leaves is taken in empty stomach to check diabetes. Leaves paste is put on the forehead to reduce fever headache (Das et al.,2010). Leaves and flowers are used to improve memory, in leucorrhoea, leukemia, diabetes, intestinal worms, septic wounds, asthma, blood pressure (Ghosh and Das, 2011).


Vern. Name: _Thaonam._

Distribution: Tropical & sub tropical Africa & Asia.


Habitat & Ecology: Terrestrial, wild.

Shrub; leaves paripennate with a gland between each pair of leaflets except the upper pair, leaflets lanceolate, cuspidate, acuminate; flowers yellow in corymbose racemes; fruit pod.

Fls & Frts: March – September.

Ethnobotanical uses:
Parts used: Fruit, & leaves.

Food:
The young fruit is used as simple boiled or fry with potato and pulse mixed.

Medicinal uses:
Boiled leaves extract is given in colic pain stomach and menstrual problems.

Established reports:
Leaf juice in skin diseases. If the plant is maintained around the housing complex, then snake will not enter at their residence claimed by Barman Kabiraj (Das et al., 2010).


**Vern. Name**: Thangji.

**Distribution**: Manipur, Assam, Khasi hills, Chittagong and Myanmar.

**Specimen examined**: Sinam kom. 13.5.2010. Resh-002537.

**Habitat & Ecology**: Terrestrial, wild in forest.

Evergreen tree; leaves lanceolate to elliptic, acuminate, scaly tomentose beneath; male spikes numerous in small panicle; fruit solitary, congested in spikes.

**Fls & Frts**: June - February

**Ethnobotanical uses**:

**Parts used**: Wood and fruit.

**Fuel**:

Wood is used as firewood.

**Food**:

Roasted nuts are eaten.

**Household material**:

The wood is used as house building material.

**Established reports**:

Roasted nuts are eaten (Khatoon et al., 2012a).


**Vern. Name**: Arkhongparei.

**Distribution**: Throughout India, Tropical Asia, Africa, & America etc.

**Specimen examined**: Sagang. 23.10.2012. Resh-0025293.

**Habitat & Ecology**: Terrestrial, cultivated.
Annual herb, erect; leaves lanceolate, oblong to narrowly linear, acute to obtuse, shortly mucronate with the excurrent midrib, glabrous; flowers in dense spike, silver to pink; fruits capsule, ovoid to almost globuler.

**Fls & Frts**: October – January.

**Ethnobotanical uses**:

**Parts used**: Shoots & flowers.

**Medicinal uses**:

*Boiled extract of the root with sitamishi (sweet candy) is taken one tea cupful twice daily in urinary tract and kidney stone.*
Leaves extract is taken to increase lactation.

**Established reports**:

Seeds are used to treat diarrhoea, mouth sores, urinary trouble, cough, worm infection and eye diseases (Khare, 2004). Root infusion taken in empty stomach for treating semen in urine (Kamble et al., 2010). Flower is used in gastric trouble (Imchen and Jamir, 2011).


**Vern. Name**: Heikreng.

**Distribution**: Temperate Himalaya, North & Central India & Middle East.

**Specimen examined**: Sugnu. 13.5.2010. Resh-002532.

**Habitat & Ecology**: Terrestrial & cultivated.

Tree with pendulous branches; leaves alternate; flower pale yellow, polygamous; drupe stalked ovoid, woody at base; stone wrinkled.

**Fls & Frts**: March-May.

**Ethnobotanical uses**:

**Parts used**: Fruit and leaves.

**Food**:

Fruits are edible.

**Medicinal uses**:

Boiled decoction of leaves is given one tea cupful twice daily against kidney stones.
Boiled decoction of leaves is given against hypertension.
Boiled extract of leaves with that of *Plantago erosa* Wall. is given in difficult urination.

**Established reports:**

It is used as vegetable and for amenorrhoea, leprosy, colic pain (Arora, 1981). Fresh fruit juice with water and honey is prescribed in jaundice and dysentery (Sumitra, 2013).


**Vern. Name:** Sewon.

**Distribution:** Throughout India, Tropical & Subtropical countries.

**Specimen examined:** Tuisenphai. 14.7.2011. Resh-0025107.

**Habitat & Ecology:** Terrestrial, wild and cultivated.

Prostrate herb rooting at the nodes; leaves simple, stipulate orbiculate uniform, crenate; flowers in umbels at nodes with ovate – lanceolate bracts.

**Fls & Frts:** Whole year.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Food:**

The plant is used as vegetable either raw or as boiled.

**Medicinal uses:**

Boiled extract of the plant with barks of *Parkia timoriana* Merr. and fruits of *Ficus glomerata* Roxb. is prescribed in diabetes.

Cotton dipped in the extract of the plant with *Linum* sp. oil and juice of lemon applied on head to relief from dizziness.

**Established reports:**

The juice of the fresh plant is used in diarrhoea. The plant juice along with honey is used stomach ulcer and for purification of blood. The crushed plant applied in wounds and in skin diseases (Khatoon *et al.* 2011). Leaf is eaten as a tonic (Prusti, 2007).

**Vern. Name:** Monsaobi.

**Distribution:** Throughout India, Australia and Africa.


**Habitat & Ecology:** Terrestrial, wild in wasteland areas.

Annual herb; leaves smaller upwards, lowers 10-15 cm long, oblong-lanceolate, base decurrent into short petiole; flowers minute in panicle clusters, pentamerous, Perianth, 5 lobes, connate at the base.

**Fls & Frts:** August – February.

**Ethnobotanical uses:**

**Parts used:** Leaves and shoot.

**Food:**

Young leaves and shoots are used as vegetable.

**Veterinary uses:**

Extract of tender twigs is given to young calf in dysentery.

**Established reports:**

Leaves are recommended in leucoderma and enlargement of liver (Sinha, 1996). Leaves are used in indigestion, lack of appetite (Jeri *et al.* 2011).


**Vern. Name:** Kurbeng.

**Distribution:** Tropical region.

**Specimen examined:** Khoirentak.2.3.2011. Resh- 002590.

**Habitat & Ecology:** Terrestrial, common along the roadside, forest, barren land.

Aromatic shrub, profusely branched; leaves opposite, ovate, deltoid, serrate 3-nerved at the base; flower white interminal and axillary corymbose head; involucral bract ovate – lanceolate; achenes ribbed.

**Fls & Frts:** November – February.

**Ethnobotanical uses:**

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101
Parts used: Leaves.

Medicinal uses:
Extract of leaves juice is applied in drops to get relief from earache.

Established reports:
Fomentation of leaves is given in case of headache and fever by Nishi tribe (Rawat & Chaudhury, 1998). Paste of fresh leaves is applied on fresh cuts and injuries to stop bleeding and early healing (Das et al., 2010).


Vern. Name: *Tejpatta*.

Distribution: Manipur, & Tropical countries.


Habitat & Ecology: Terrestrial, wild common in forest.

Medium sized tree, evergreen; bark dark brown; leave opposite, 3-5 ribed with prominent venation, ovate or ovate-lanceolate, acute or acuminate apex; flowers numerous, greenish white, silky-pubescent in axillary panicle, fruit berry.

Fls & Frts: December – July.

Ethnobotanical uses:

Parts used: Leaves.

Medicinal uses:
Extract of leaves in tea serves as a health tonic

Spices:
Leaves used as a spice.

Veterinary uses:
Leaves are given against diarrhoea.

Established reports:
Bark and leaves are given in gonorrhoea, rheumatism, colic pain, diarrhoea, enlargement of spleen and snake bite (Sinha, 1996). Leaf juice is useful in cough (Khan et al., 2011).

**Vern. Name:** *Ushingsha.*

**Distribution:** Manipur, India and Tropical countries.

**Specimen examined:** Laikot. 16.4.2010. Resh-002510.

**Habitat & Ecology:** Terrestrial, wild common in forest.

Small tree; bark smooth, thin pale brown with pleasant smell; leaves opposite, 3-5 ribed with prominent venation, ovate or ovate-lanceolate, acute or acuminate apex; flowers numerous, greenish-white, silky pubescent in axillary panicle; fruits berry.

**Fls & Frts:** December – July.

**Ethnobotanical uses:**

**Parts used:** Leaves, bark.

**Medicinal uses:**

Boiled a coarsely powdered leaves in a glass of water with a pinch of *Piper nigrum* powder and honey to get relief from common cold.

It also serves as a good mouth freshner.

**Spice:**

Bark also used as a spice.

**Established reports:**

Bark is used as aromatic. It is used in stomach complaint, gastric irritation, gonorrhoea, tuberculosis etc. (Pal and Jain 1998).


**Vern. Name:** *Kongouyen.*

**Distribution:** All over Manipur and North Eastern states of India and Australia.

**Specimen examined:** Thajong.23.1.2011.Resh-0025113.

**Habitat & Ecology:** Terrestrial, commonly found in hills and domesticated.

Shrub, climber, branched; tendril leaves opposite, bifid; leaves simple ovate to orbicular, base cordate, acute to acuminate, serrate; flower in cyme, greenish yellow, fruit berry ovoid, black.

**Fls & Frts:** July – December.
Ethnobotanical uses:

Parts used: Leaves, root.

Medicinal uses:

Powdered roots are used as antiseptic. Decoction of leaves is used in urinary trouble, especially due to kidney stone.

Food:

Leaves are used as vegetable.

Established reports:

Leaves are used as vegetable (Devi et al., 2011b). Crushed leaves are applied on bone fracture (Ranjana et al., 2013).


Vern. Name: Kongouyen laba.

Distribution: All over Manipur, Northeastern states of India & Tropical countries.

Specimen examined: Makokching,12.4.2010. Resh-0025114.

Habitat & Ecology: Terrestrial, climbing in forest areas.

Climber with hard base, branches slender, subangullar, red, smooth; leaves ovate lanceolate, acute or acuminate, crenate, serrate, membranous, spotted with transverse white area above the surface, tendrils forked; flowers in umbellate.

Fls & Frts: August – February.

Ethnobotanical uses:

Parts used: Leaves.

Food:

Leaves are used as vegetables.

Medicinal uses:

Boil extract of leaves are used for the treatment of blood pressure.

The soup obtained by boiling the leaves and the bird- *Upapa epops longerostris* (Sangairaba) are prescribed in urinary bladder or kindney stones.

Established report:
Leaves are taken against stomach troubles, intestinal problem and against stone formation (Devi et al., 2011a).


**Vern. Name:** *Soro.*

**Distribution:** Hill districts of Manipur, Assam, Malaysia & Polynesia.

**Specimen examined:** Sugnu. 12.3.2010. Resh-002542

**Habitat & Ecology:** Terrestrial, wild and cultivated.

- Medium sized tree; leaves broadly winged, wings corodate, oblong-obovate, leaf blade ovate-elliptic, obtuse base, obtuse or emerginate apex; flowers white in cyme; fruit oblate – pyriform.

**Fls & Frts:** February – December.

**Ethnobotanical uses:**

- **Parts used:** Fruits.
- **Spices:** Peel of fruits are used as spice and pulp is edible.
- **Medicinal uses:**
  - Juice of the fruit (250ml) with *Sugar candy* (30gm) is given instantly to get relief from gastritis.
  - The fruit extract mixed with *Averrhoa carambola* L. and pinch of salt and honey is taken against urinary tract and kidney stones.

**Insect repellent:**

- Fruit is used as insecticides.

**Cosmetic:**

- Powdered fruit skin is mixed with water and apply on the face to give good complexion.

**Established reports:**

- Fruit juice with salt in colic pain. Fruit juice is used to kill land leeches (Sinha, 1996). Fruit juice is given in diarrhoea, as an antidandruff agent (Akimpou, 2008).

Vern. Name: *Nobab.*

Distribution: Manipur, India and Asian Countries.


Habitat & Ecology: Terrestrial, cultivated.

Tree profusely branching, young parts pubescent; leaves simple, ovate oblong crenate, shining above, pubescent beneath, petioles broadly winged, obovate or oblancetate; flowers white, sweet scented; fruit large, globose, yellowish when ripe, rind thick, spongy.

Fls & Frts: February – October.

Ethnobotanical uses:

Parts used: Fruits.

Food: Fruits are eaten as fruit.

Medicinal uses:

Extract of the fruit with warm water is given in stomach disorder.

Established report:

Juice of the fruit is recommended in stomach problem (Sinha, 1996). Fruit is given to children to kill intestinal worm (Akimpou, 2008).


Vern. Name: *Masi.*

Distribution: Manipur, India, Asian countries & Europe.

Specimen examined: Sinam kom.10.3.2010. Resh-002512

Habitat & Ecology: Terrestrial, wild and cultivated.

A bushy shrub with straight ascending spines; flowers waxy white tinged with red sweet scented, solitary or racemes; fruit obovate – oblong.

Fls & Frts: March – December.

Ethnobotanical uses:

Parts used: Leaves and fruits.
Food:
Fruit are taken as food.

Medicinal uses:
Leaf extract with sugar is given as stimulant and as tonic.

Established reports:
Fruit is taken as fresh fruit and leaves are used in burns (Devi et al. 2001a).
Fruit juice is given to cure kidney stone (Punjani, 2007).

_Clerodendrum colebrookianum_ Walp., Repert. Bot. Syst. 4:114.1885;
(Verbenaceae).

Vern. Name: _Anpui._

Distribution: All over Manipur, Assam, Khasi hills, Sikkim & Thailand.

Specimen examined: Thayong. 3.5.2011. Resh- 0025116.

Habitat & Ecology: Terrestrial, wild in wasteland and domesticated.

Fls & Frts: June – October.

Ethnobotanical uses:

Parts used: Leaves.

Food:
Leaves cooked and eaten as vegetable.

Medicinal uses:
Fresh / cooked / steamed leaves are given with each meal to control hypertension.

Established reports:
Leaves are given to goat and cow to get relief from stomach trouble (Das et al. 2010). Tender leaves are used in high BP, liver pain, insomnia, dysentery, diarrhoea, cough (Jery et al., 2011).

_Clerodendrum indicum_ (L.) Kuntze, Reb. Gen. Pl. 2:586.1891; Deb in _Bull._

Vern. Name: _Charoidong._
**Distribution**: Throughout India & Tropical countries.

**Specimen examined**: Sagang. 3.5.2011. Resh-0025117.

**Habitat & Ecology**: Terrestrial, wild found in wasteland.

Errect small shrub with rigid hollow stem; leaves simple, lanceolate; panicle terminal elongate; corolla glabrous white.

**Vern. Name**: Charoidong.

**Fls & Frts**: August – March.

**Ethnobotanical uses**:

**Parts used**: Leaves.

**Medicinal uses**:

Fresh leaves are chewed to treat tonsillities.

The paste of leaves made into pulp is applied in arthritis and inflammation.

**Established reports**:

The extracts of leaves with *Justicia adhatoda* L. leaves is given against diabetes (Khan, *et al.* 2010). Grown plant used in asthma, worm, leprosy, snake bite, septic wounds, herpes, antidote, remittent fever etc. (Ghosh and Das, 2011).


**Vern. Name**: Kuthap athonba.

**Distribution**: Throughout India & Tropical Asia.

**Specimen examined**: Sagang. 2.10.2013. Resh-0025328

**Habitat & Ecology**: Terrestrial, wild.

Shrub, wild, branches quadrangular, hairy, canaliculated, green; leaves wavy or sub-truncate at the base, acute; flower bracteates, pedicellate, numerous, white with reddish purple; fruits are absent due to sterile of ovule.

**Fls & Frts**: August – December.

**Ethnobotanical uses**:

**Parts used**: Tender leaves & flowers.

**Medicinal uses**:

Tender twigs are cooked and eaten to control high blood pressure.

Leaf extract is applied on skin diseases.
Hair lotion:
Leaves and flowers are used in the preparation of a local hair lotion to cure giddiness and acute headache.

Established reports:
Tender leaves are eaten as vegetable.


Vern. Name: *Leibuthing*.

Distribution: All over Manipur Assam, Nagaland, Khasia-hills, West Bengal & Sri Lanka.

Specimen examined: Thayong. 3.5.2011. Resh-0025118.

Habitat & Ecology: Terrestrial, wild in wasteland and foothills.

Shrub; leaves subsessile oblong or elliptic, acuminate, serrate, base cuneate, pubescent on the lamina beneath; panicle terminal sub-pyramidal, conspicuously bracteates, corolla lobes-4, older than other; fruit drupe.

Fls & Frts: June-December.

Ethnobotanical uses:
Parts used: Tender shoot & flowers.

Food:
Tender shoot & flower are eaten fresh by making chutney.

Medicinal uses:
*Leaves* are cooked and eaten thrice in a week against piles.

Established reports:
Leaves are boiled in oil or butter for making ointment and used to treat headache and opthalmia (Khare, 2004). Young leaves and flowers are used in cough, hypertension stomavch trouble and diabetes (Devi *et al.*, 2011). Fresh leaf juice applied locally in burns (Prusti, 2007).


Vern. Name: *Lungsheklei.*
**Distribution:** Montane forest of India, Nepal, Bhutan, Burma, China & Vietnam.

**Specimen examined:** Thayong. 8.12.2011 Resh-0025161.

**Habitat & Ecology:** Epiphytic cultivated as well as wild.

Small to Medium, flower pristine white with orange marking.

**Flowering:** April-May.

**Ethnobotanical uses:**

**Parts used:** Flower.

**Ornamental:**

Flower is used as an ornament.

**Established report:**

Plant is used as cut flower as well as for making viable hybrids (Deb & Imchen, 2011).


**Vern. name:** Chaning.

**Distribution:** Hill districts of Manipur, North eastern states of India, Asian countries.

**Specimen examined:** Sagang. 3.11.2012. Resh-0025214.

**Habitat & Ecology:** Terrestrial, cultivated in Jhums.

Tall stout grass with culms, rooting at the lower nodes, internodes, glabrous; leaves wide narrowed from a broad cordate base to an acuminate tips, smooth both surface, midrib stout, sheaths long smooth, legule narrow membranous; flowers in raceme, female racemes enclosed within a bead-like auricle.

**Fls & Frts:** July – December.

**Parts used:** Fruits.

**Medicinal uses:**

Crushed extract of root is used in diabetes.

**Decoration:**

Necklace, rosaries and ear rings are made from the fruits.

**Established report:**
Roots and grains are useful in disorder of menstruation, tonic and as diuretic. Grains are used for inflammation of urinary tract (Sinha, 1996). Leaves used in diarrhoea, dysentery, fever, smallpox and also as a tonic (Deorani & Sharma, 2007).


**Vern. Name:** *Pan.*

**Distribution:** All over India and Tropical Asia.

**Specimen examined:** Ichum.12.10.2012. Resh- 0025200.

**Habitat & Ecology:** Terrestrial, wild or cultivated in the jhum.

Herb with root stalk; leaves cordate or sagittate at the base, pinnate triangular, ovate, base lobes rounded, petiole long green; spathe long, pale yellow, caudate, acuminate; fruit berry.

**Fls & Frts:** June – September.

**Ethnobotanical uses:**

**Parts used:** Corm, petiole and stems.

**Food:** Corms are edible.

**Medicinal uses:**

Corms are made into paste and applied to boils.

**Established reports:**

Juice of the petiole is syptic, stimulant and rubefacient. Corm extract is used in alopecia and scorpion sting (Sinha, 1996). Leaves, stem, rhizome are used as vermifuge, laxative (Imchen and Jamir, 2011).


**Vern. Name:** *Yendem.*

**Distribution:** Throughout Manipur, Nepal, Thailand and China.

**Specimen examined:** Kakching mantak. 12.10.2012. Resh – 0025199.

**Habitat & Ecology:** Terrestrial, cultivated in kitchen garden.

Perennial herb with corm; leaves very large ovate-cordate, spathe, limb oblong or elliptic-oblong, appendage very short, acute; flowers yellow in spadix; fruit berry.

**Fls & Frts:** March – August.
Ethnobotanical uses:

Parts used: Whole plants.

Food:
Young leaves, petioles and corm are used as vegetable.

Medicinal uses:
Petiole is eaten as vegetable curry to overcome poor lactation.

*Crushed juice of petiole with a required amount of honey is given in 5-15ml, 3 times daily to get relief from cough.

Established report:
Whole plant is cooked as vegetable (Sumitra et al. 2010). Bulb used in indigestion, lack of appetite, constipation (Jery et al., 2011).


Vern. Name: Reihing.

Distribution: Throughout India and Tropical countries.


Habitat & Ecology: Terrestrial and cultivated.

A slender annual herb; leaves pinnately decomp:und, short petiole, lower leaves segmented, ovate – lanceolate, crenate, upper leaves linear; flowers white, minute in compound umbel; fruit capsule sub-globose.

Fls & Frts: Whole year.

Ethnobotanical uses:

Parts used: Seeds & leaves.

Spice:
Whole plant used as spice.

Veterinary:
Seed and leaves given in fever and constipation in cattle.

Medicinal uses:
10 ml extract of leaves taken twice daily to get relief from indigestion.

Established reports:
Leaves are used as carminative, expectorant, stimulant and appetizer (Deorani & Sharma, 2007). Bark is used to make jute. Tender shoots are taken as vegetable. Roots and unripe fruits are used in diarrhoea (Sinha, 1996).


**Vern. Name:** Okchak khombi.

**Distribution:** India, Bhutan, China, Malaysia, Nepal and Sri Lanka.

**Specimen examined:** Thayong. 23.11.2010. Resh- 002586.

**Habitat & Ecology:** Common in marshy, swamp area.

Robust herb, leaves spirally arranged on stem, acuminate, subsessile; flowers white, lip with yellow heart; fruits capsule.

**Fls & Frts:** June – November.

**Ethnobotanical uses:**

**Parts used:** Rhizome.

**Medicinal uses:**

Powder rhizome taken orally once daily till cure from urinary tract infection.

**Established reports:**

The roots are used in bronchitis, fever, rheumatism, anaemia. Roots is also used in skin diseases and snake bites (Deorani & Sharma, 2007). Stem is used in curry and taken to get relief from dyspepsia by H’mar tribe (Das et al., 2010). Stem used in liver disorders, fever, asthma, piles, sex promoter, burn wound, bone dislocation, ringworms, skin diseases (Ghosh and Das, 2011).

**Crassocephalum crepidoideas** S. Moore, J. Bot. 50:211.1912. (Asteraceae).

**Vern. Name:** Leiharthar.

**Distribution:** North eastern states of India and warmer parts of India.

**Specimen examined:** Sinam Kom. 23.11.2010. Resh -002588.

**Habitat & Ecology:** Terrestrial and wild.

Herb; leaves spirally arranged, sessile, obovate or elliptic – lanceolate or oblong-acuminate, margins irregularly toothed, glabrous or with scanty hairs mostly on veins; flowers red in capitula in large terminal panicles, fruit achenes with white pappers.
**Fls & Frts**: August – March.

**Ethnobotanical uses**:

**Parts used**: Shoots and leaves.

**Food**:

Young leaves eaten either raw or cooked.

**Medicinal uses**:

Fresh leaves juice applied on cuts and wounds.

Paste of leaves applied externally on Head to get relief from Headache and migraine.

**Established report**:

Leaf juice is applied to cuts to prevent bleeding (Pal, 1984). Plant juice 2-3 teaspoonful against jaundice (Das *et al.*, 2010). Leaves used in constipation, liver disorders, difficult delivery etc. (Jery *et al.*, 2011).


**Vern. Name**: Ananbi.

**Distribution**: Manipur and warmer parts of India & tropical countries of Asia.


**Habitat & Ecology**: Terrestrial, cultivated.

Annual erect shrub; leaves ovate lanceolate to linear, lanceolate. Acute or acuminate, serrate basal; stipule filiform; flower in short cyme; fruit capsule, sub globose.

**FIs & Frts**: April- October

**Ethnobotanical uses**:

**Parts used**: Leaves.

**Food**:

Young leaves are eaten as vegetable.

**Medicinal uses**:

Leaves cooked and taken in constipation as a laxative.

**Established reports**:
Ripe and unripe fruits are used in diarrhoea (Sinha, 1996). Fried leaves taken orally to increase appetite in dyspepsia (Das et al., 2010).

**Crataeva magna** (Lour.) DC. Prodr 1:243.1824; Kanjilal et al., Fl. Assam 1:74.1934; C. religiosa Var. nurvala (Buch.-Ham.) Hook. f. & Th. In Hook. f., Fl. Brit. India. 17. 1872. (Capparidaceae).

**Vern. Name:** *Loyumba lei.*

**Distribution:** Tropical, sub-tropical and warm temperate zones in both the hemispheres.

**Specimen examined:** K.R. Lane. 13.3.2012. Resh-0025197.

**Habitat & Ecology:** Road side and frequently found in villages of the valley on sides of the drains and at low hilly ground.

Tree with ash grey or greenish grey bark; leaves palmately 3-foliolate; lanceolate; flowers white fading to pale yellow interminal corymb. Fruit subglobose or ovate – oblong.

**Fls & Frts:** February – June.

**Ethnobotanical uses:**

**Parts used:** Leaf.

**Medicinal uses:**

Leaf extract is used in muscle and joint pain.

Boiled young shoot is applied in head both for curing dandruff problem and lices.

**Established reports:**

Leaves, bark are used in jaundice, eczema, rabies (Ganesan et al., 2009). Leaf juice used in stomach disorders and urinary complaints (Das et al., 2010).


**Vern. Name:** *Uhawaimaton.*

**Distribution:** Throughout India & Tropical countries.

**Specimen examined:** K.R.lane. 5.7.2012. Resh-0025216.

**Habitat & Ecology:** Terrestrial; Wild.
Small herb with ascending teret slender silky branches; covered with silky hairs on both surface; leaves linear to ovate-oblong; flowers in racemes simple terminal, bracts minute yellow; fruits pod.

**Fls & Frts:** January-May.

**Ethnobotanical uses:**

**Parts used:** Leaves & fruits.

**Food:**
The tender leaves and flower are used as fresh and mixed vegetable salad.

**Established reports:**
Plant are cultivated as ornamentals in the garden and leaves are taken as vegetable (Devi et al., 2011b).


**Vern. Name:** *Thapi*.

**Distribution:** All over India & Tropical countries.

**Specimen examined:** Thayong.10.1.2013. Resh-0025301.

**Habitat & Ecology:** Terrestrial, cultivated in Jhum field.

Annual climber; leaves simple petiolate. Broadly cordate, ovate, 5-angled, tendril simple; flower monoecious, small, yellow; fruit oblong.

**Fls & Frts:** March-October.

**Ethnobotanical uses:**

**Parts used:** Fruits.

**Food:**
Plant are cultivated for its fruit as well as for vegetable.

**Medicinal uses:**
Fruit is reported to be very useful in stomach disorder and constipation.

Fruit extract is applied on skin as beauty aids and washed after 12-20 minutes.

**Established reports:**

Fruits are nutritive, cooling, rich in vitamin B and diuretic (Sinha, 1996).

**Vern. Name:** Mairel.

**Distribution:** Throughout India and Tropical countries.

**Specimen examined:** Thayong. 4.4.2011. Resh – 002593.

**Habitat & Ecology:** Terrestrial, cultivated in jhum fields and kitchen garden.

Annual prostrate, hispid; stem cylindrical, grooved; leaves large, suborbical, reniform, shallowly, 5 lobed, densely and minutely dentate at the margin; male peduncle solitary, terete; female flowers swollen at the base.

**Fls & Frts:** April – October.

**Distribution:** Throughout India and Tropical countries.

**Specimen examined:** Thayong. 30.11.2011. Resh – 002593.

**Habitat & Ecology:** Terrestrial, cultivated in jhum fields and kitchen garden.

**Ethnobotanical uses:**

**Parts used:** Young shoot, & fruits.

**Medicinal uses:**
The watery exudate of the fruit is used in ulcer.

Seeds and fruit are given as stomachic.

Boiled fruits are made into paste with fresh milk and given in eye trouble.

**Food:**
Young shoots and fruits are used as vegetables.

**Established report:**

Seeds are used in ring worm, anthemintic and tonic; fruit pulp is used as poultice to burn, boils and inflammation (Sinha, 1996). Seeds are used as anti-inflammatory, digestive and laxative (Jery et al., 2011).


**Vern. Name:** Jeera.

**Distribution:** East Mediterranean, China, Uzbekistan, Morocco & India.

**Specimen examined:** Sinam kom. 5.12.2012. Resh-0025260.

**Habitat & Ecology:** Terrestrial; Cultivated.
Annual herb; stem slender glabrous leaves, 2-3 pinnate or bipinnate with threadlike leaflets, ultimate segment filiform; flower white umbel compound; fruit ovoid achene.

Fls & Frts: November- December.

Ethnobotanical uses:

Parts used: Fruits.

Medicinal uses:

Drink 1gm soaked fruit (4 hours) with 6gm sitamishi for the treatment of kidney stones.

Boiled extract of seed given in painful urination.

Established reports:

Fruits are stomachic, carminative and astringent, useful in dyspepsia and diarrhoea (Sinha, 1996).


Vern. Name: Yai heinowmann.

Distribution: India, Thailand, IndoChina, Malaysia, Indonesia & North Australia.

Specimen examined: Sagang. 27.10.2010. Resh – 002589.

Habitat & Ecology: Terrestrial; Common at the outskirt of forest.

Stem rhizomatus, pale yellow; leaves oblong-elliptic ending in a short fine somewhat twisted curb; spike arising from the centre of the leaf tuft.

Fls & Frts: November-January.

Ethnobotanical uses:

Parts used: Rhizome.

Food:

Rhizome used as spice and vegetable.

Medicinal uses:

Rhizome are used to promote digestion.

Established reports:

Rhizomes with 3 bulbs of Allium cepa L. are fed to the animal to cure indigestion and flatulence (Galav et al., 2007).

**Vern. Name :** *Yaipal.*

**Distribution :** Manipur, Central Himalaya, Bihar, West-Bengal, Maharashtra and South India.

**Specimen examined :** Tonsen. 23.3.2011. Resh-002594.

**Habitat & Ecology :** Terrestrial, Wild Common in Wasteland of hillock.

Herb with ovoid rhizome; leaves large, oblong – lanceolate, tapering to the base; flowers light pink in spike, flowering in advanced from shooting.

**Fls & Frts :** February – June.

**Ethnobotanical uses :**

**Parts used :** Flowers and rhizome.

**Medicinal uses :**

*10 gm of rhizome is boiled in ½ litre of water and drink with milk in equal proportion as a heart tonic.*

**Food :**

Flowers are used as spice and vegetable.

**Established reports :**

It is used in urinary disorders, diarrhoea, dysentery, stomachic. It is also used as tonic (Khare, 2004). It is used to relieve aromatic stimulate, tonic, carminative and a blood purifier (Deorani and Sharma, 2007). Rhizome used in tuberculosis, cancer, toothache (Imchen and Jamir, 2011).


**Vern. Name :** *Ramayaang.*

**Distribution :** All over Manipur, warmer regions of India and China.

**Specimen examined :** Sagang. 23.3.2011. Resh-002592.

**Habitat & Ecology :** Terrestrial, wild.

Aromatic herb; leaves elliptic-oblong with the base passing gradually into the winged petiole with a finely twisted apex; flowers is spike, distinct pruple.
Fls & Frts: February – June.

Ethnobotanical uses:

Parts used: Rhizome.

Medicinal uses:

Juices are given orally as a strong remedy against rheumatism. It is also administered for smooth child delivery by Kom women.

Spice:

Rhizome is used as spice in various delicacies.

Established reports:

Rhizome is pounded and mixed with other vegetable and eaten for clear motion by Nishi tribe (Rawat & Chaudhury, 1998). Rhizome with Terminalia chebula Retz. seeds are made into paste and applied on impetigo (Kingston et al., 2009).


Vern. Name: Yaimu.

Distribution: Native of Bengal.

Specimen examined: Thayong. 11.3.2011. Resh-002597.

Habitat & Ecology: Terrestrial, commonly cultivated in many parts of the study area.

Perrennial herb with large root stock; fresh tuber pale yellow aromatic leaf tuft upto 60cm; petiole long freen, large oblong with a broad purple brown, down the middle; flower bract green, ovate, obtuse.

Fls & Frts: July – September.

Ethnobotanical uses:

Part used: Rhizome.

Medicinal uses:

Fresh rhizome paste with honey is given orally against tonsil.

The juice of the rhizome is rubbed on whole body against jaundice.

Boiled and smashed rhizome is taken orally as a brain tonic.

Established reports:
Roasted rhizome is eaten by Apatani people at bed time to relief from cough and asthma (Srivastava et al., 2010). Fresh rhizome decoction taken as antidiarrhoeic and to get relief from stomachache (Kagyung et al., 2010).


**Vern. Name**: Leitheinu.

**Distribution**: Throughout India and Tropical countries.

**Specimen examined**: Sagang. 3.4.2010. Resh – 002528.

**Habitat & Ecology**: Terrestrial, cultivated in Jhums.

Herb with large root stalk, cylindrical yellow rhizome; leaves large, oblong lanceolate, tapering to the base, petiole long as leaf blade, flowers bracteate, yellow in spike, appearing with leaves in the middle of leaflets.

**Fls & Frts**: June – October.

**Ethnobotanical uses**:

**Parts used**: Rhizome, flower & leaves.

**Food**:

Flowers are used as vegetable.

**Spice**:

Leaves and rhizome used as spice.

**Medicinal uses**:

Extract of rhizome given as a blood purifier.

**Veterinary uses**:

Paste of rhizome is applied in bone fracture in case of cattle.

**Established report**:

Rhizome paste mixed with paste of *C. dactylon* (L.) Pers. and applied on the affected area in psoriasis (Nath et al., 2011). Paste of rhizome used in cuts and wounds (Devi et al., 2011 a,b).


**Vern. Name**: Yaiangouba.

**Distribution**: India, Bangladesh and Tropical countries.

Habitat & Ecology: Terrestrial; Cultivated.

   Herb, perennial, aromatic, with fleshy, tuberous root; stems usuall, short replaced by pseudostem; leaves distichous, simple, leaf blade, suborbicular or lanceolate to narrowly strap shaped, midvein prominent, lateral vein numerous, pinnate parallel margin entire; inflorescence terminal; flower bisexual, epigynous fruit.

Fls & Frts: October- April.

Ethnobotanical uses:

Parts used: Rhizome.

Medicinal uses:

Boiled decoction of rhizome is taken (250 ml) twice daily in case of mental disturbance.

Established reports:

   Rhizome yields a form of arrow root used in the treatment for enlarged liver and spleen and ulcer in stomach.


Vern. Name: Tekhu yeikhu.

Distribution: All over Manipur, Musoorie, Dehra doon, China and Nepal.


Habitat & Ecology: Terrestrial, wild.

   Aromatic herb; leaves elliptic-oblong, narrowed at the base passing gradually into the winged petiole, flower in spike, distinct purple; rootstock large.

Fls & Frts: February – June.

Ethnobotanical uses:

Parts used: Rhizome & shoot.

Medicinal uses:

Crushed rhizome is used in piles.

Rhizome extract is tonic and carminative.

Spice:
Shoots and rhizome are used as aromatic vegetable.

**Established report:**

Rhizomes is given in stomach pain, menstruation problem and in the treatment of boils (Akimpou, 2008).


**Vern. Name:** *Urinarpu.*

**Distribution:** India, Sri lanka and Malaysia.

**Specimen examined:** K.R.lane. 23.3.201. Resh-002596.

**Habitat & Ecology:** Terrestrial, common on roadside bushing plants.

Turning leafless parasite with branches filiform fleshy forming dense yellow masses on tree or shrubs; stem like a cord, light yellow, smooth, soft; flowers creamy or white in solitary or fascicles raceme or in umbellate clusters.

**Fls & Frts:** August – October.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**

The whole plant is boiled with *Sitamishi* (Sweet candy) and drink a tea cup twice daily to cure from stomach pain with worm.

**Established report:**


**Vern. Name:** *Tingthou.*

**Distribution:** Throughout India and other warmer regions of the country.

**Specimen examined:** Thayong . 20.10.2012. Resh-0025201.

**Habitat & Ecology:** Common; Terrestrial, wild.
Stem prostrate, creeping; rooling at nodes; leaves linear lanceolate; Sheath compressed; ligule citrate; flowers greenish white in spike radiating from the top of a slender penduncle, uniducral glumes lanceolate.

Fls & Frts : October – May.

Ethnobotanical uses :
Parts used : Whole plant.

Socio religiou purposes:
They belief the leaves of this plant can drive evil spirit away.

Medicinal uses :
*The whole plant(100g) dried (in shade ) is boiled in 1L till it left ½ L and drink before bed time in the treatment of childless female.

Established report:
Paste or powder taken with water as a remedy for irregular menstruation and also relief headache by Nishi tribe (Rawat & Chaudhury,1998).Leaf juice is used as ear drops in ‘Otitis media’(Prusti, 2007). Fresh juice with sugar is used against sex hormonal deficiency (Das et al. 2010). Upper portion of stem is used as socio-religious (Khatoon et al. 2012a).


Vern. Name : Haona.

Distribution : India, Indonesia, Africa, South America, China & Srilanka.


Habitat & Ecology : Terrestrial,wild.

Tall, perennial aromatic grass with culm, lemon scented leaves tapering towards leaves; inflorescence in loose, nodding panicles.

Fls & Frts : February – April.

Ethnobotanical uses :
Parts used : Whole plant.

Medicinal uses :
Boiled grinded leaves in 1L till reduced to ¼ and is given twice daily against kidney stones.

Insect repellent :
It is also used as insecticide.

**Established reports:**

Leaves used in ring worm, cuts and wounds (Rawat & Chaudhury, 1998). Whole plant decoction in water is used during bath twice daily against rheumatism (Sutha et al., 2010). Decoction of leaves is given against cold, cough and fever (Kamble et al., 2010).


**Vern. Name:** Sempang kaothum.

**Distribution:** Throughout India and Tropical regions of the country.

**Specimen examined:** Sinam kom. 23.7.2012. Resh – 0025203.

**Habitat & Ecology:** Terrestrial, wild.

Annual small herb; glabrous with black tubers; leaves linear, acuminate; flowers in globose head, spikelets ovate-lanceolate; fruits nut.

**Fls & Frts:** June – September.

**Ethnobotanical uses:**

**Parts used:** Tuber.

**Medicinal uses:**

10 ml of extract of rhizome with honey is given in diarhooa and dysentery.

Extract of rhizome is applied in case of muscle pain.

**Established report:**

Tuber is used as a digestive tonic. Promotes urine and menstruation, also heals ulcers of mouth and gums (Khatoon et al., 2012a).


**Vern. Name:** Ukhamen.

**Distribution:** North-Eastern states of India, Spain, Bolivia, Colombia, Peru, Argentina, Australia and Equatorial regions.

**Specimen examined:** Saikul. 23.7.2012. Resh-0025204.

**Habitat & Ecology:** Terrestrial, wild and cultivated.
Evergreen small tree; leaves alternate, heart shaped at base, ovate acuminate; flower purple scented; fruits eggshaped but pointed at both ends, orange when ripe.

**Fls & Frts :** June-November

**Ethnobotanical uses :**

**Parts used :** Fruits.

**Food :**
Fruits are taken as a vegetable.

**Established report :**
Ripe fruits are used to make soup, pickle and salads (Devi et al., 2011b)


**Vern. Name :** Pungphai.

**Distribution :** Africa, America, China & India.


**Habitat & Ecology :** Terrestrial, wild.

Herb, culm erect ascending from a prostrate base; footing from the nodes; leaves linear, spikes terminal, digitale, glumes rigid, unspidate, glabrous.

**Fls & Frts :** September-January.

**Ethnobotanical uses :**

**Parts used :** Upper portion of the plant.

**Socio religious uses :**
The plant along with ‘‘Tingthou’ *Cynodon dactylodon* (L.) Pers. used in religious and social function.

**Medicinal uses :**
The extract of the plant with honey is prescribed in stomach problem.

**Established reports:**
Juices of fresh plant is given in fever; decoction of plant given in small pox (Sinha, 1996). Extract of the plant is applied on skin allergy and rise of temperature (Ranjana et al., 2012).

Vern. Name: Sarkorlei.

Distribution: Manipur, Assam, Kashmir to Sikkim and throughout the temperate region.


Habitat & Ecology: Terrestrial, wild in wasteland area.

Annual undershrub; stem green purplish; leaves toothed or sinuate, sparingly lobed hairy on the nerves beneath; flower large, solitary, pedicelled, corolla purple white; capsule ellipsoid equally spinous on all sides deeply 4 valved.

Fls & Frts: August – April.

Ethnobotanical uses:

Parts used: Leaves.

Medicinal uses:

Leaf paste of the plant with that of Zingiber zerumbet is applied on the swollen nipple of women.

Leaf paste with lime is applied on boils.

Established report:

Dried leaves are burnt and the smoke is inhaled from breathing difficulties in asthma (Sinha, 1996 and Khatoon et al., 2012a). Leaves are used in asthma and skin diseases (Khan et al., 2011).


Vern. Name: Yerumlei.

Distribution: India, Bhutan, Thailand, Myanmar, Laos & Vietnam.

Specimen examined: Thayong.8.9. 2010. Resh-002574

Habitat & Ecology: Epiphyte on tree trunk.

Evergreen, broadly leafed, ovate-lanceolate, acuminate; raceme inflorescence; flower few-several flowered.

Fls & Frts: April- November.
Ethnobotanical uses:

Parts used: Stem, & flower.

Lotion:
Extract juice of flower is applied to enhance quality of skin.

Medicinal uses:

Stem extract is used as a tonic to nourish stomach.

Established report:

Plant used in liver upset and nervous debility (Medhi & Chakrabarty, 2009).


Vern. Name: *Amhop*.

Distribution: South Asia, China, Burma, Thailand, Vietnam & India.


Habitat & Ecology: Epiphyte on tree trunk.

Dense clumps of erect, 4-angle. Pseudobulb up to 20 cm long; leaf broadly lanceolate, acute; inflorescence subterminal, narrowly elliptic pendant raceme-many yellow flower with fringed golden orangend centre.

Fls & Frts: April - June.

Ethnobotanical uses:

Parts used: Pseudobulb.

Medicinal uses:

Decoction is given to get relief from throat inflammation and also to enhance body immunity.

Established reports:

Pseudobulb used to treat boils and pimples (Pant & Raskoti, 2013)


Vern. Name: *Kakingrei*.

Specimen examined: Thayong. 8.9.2010. Resh-002576

Habitat & Ecology: Epiphyte on tree trunk.

Stem slender, thick nodes; leaves linear lanceolate, apex oblique; floral bract broadly lanceolate, scarious; sepal acute; petals ovate, apex blunt, lip clawed at the base.

Fls & Frts: April-May.

Ethnobotanical uses:

Parts used: Pseudobulb.

Medicinal uses:

Paste of pseudobulb is applied on a piece of cloth and tied around the swollen areas.

Established report:

Plant is used as cut flower as well as for potential parents for viable hybrids (Deb and Imchen, 2011).

Dendrocalamus hamiltoni Nees et Arn. Ex Munro. In Trans. Linn. Sco. 26:151.1868 (Poaceae)

Vern. Name: Una.


Habitat & Ecology: Epiphyte, very common in the hills of Manipur.

Abrorescent, large sized bamboo; upper portion of the culm bending downwards, young culms are covered with white or grey hairs; leaves large, base rounded, unequal, petiole wrinkled; midrib hairy beneath.

Fls & Frts: Rare.

Ethnobotanical uses:

Parts used: Stem.

Household material:

The stem is used for making weaving implements, thatching purposes, to make bow and arrows and basketry works.

Established report:

Stem node paste applied on boils. Tender shoot is consumed as vegetable as aphrodisiac (Singh et al., 2012)

**Vern. Name:** Lalukok.

**Distribution:** Throughout Manipur, India and South America countries.

**Specimen examined:** Kakching mantak. 21.12.2012. Resh-0025208.

**Habitat & Ecology:** Terrestrial, wild.

An annual herb; leaves alternate, ovate-lanceolate; Pinnatifid or lyrate, terminal lobes broadly ovate, toothed; flowers in solitary capitula, yellow; fruit achenes, Pappus present.

**Fls & Frts:** February – October.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**

Whole plant paste is applied on head to get relief from Headache.

Extract of the plant with salt is prescribed in excess menstruation.

**Established report:**

Paste of leaves is used to treat skin diseases (Sinha,1996).


**Vern. Name:** Heigri.

**Distribution:** Throughout India, China, Malaysia, Myanmar, Srilanka and Thailand.

**Specimen examined:** Makokching. 5.3.2010. Resh-002546.

**Habitat & Ecology:** Terrestrial, wild, common in forest.

Tree with much branching; reddish brown wood; leaves oblong – lanceolate with toothed margin; flowers white; fruit consisting of umbricating sepals with glutious pulp.

**Fls & Frts:** April – December.

**Ethnobotanical uses:**

**Parts used:** Fruits.

**Food:** Fruit used as vegetable.
**Medicinal uses:**
Extract of juice is given in dysentery.
Young fruits are prescribed in jaundice.

**Established reports:**
Bark and leaves are astringent. Fruit are used against abdominal pain and fruit juice is used as hair lotion (Das et al., 1996).


**Vern. Name:** *Tangsin.*

**Distribution:** Whole Manipur, North-East India and Tropical India.

**Specimen examined:** Thayong. 16.12.2012. Resh – 0025209.

**Habitat & Ecology:** Terrestrial, cultivated in Jhum.

- Climber; stem winged, sometimes with scattered prickles at the base; tuber direct on the base of the slam, bulbil large; leaves alternate, simple, deeply orbicular or ovate, cuopedate at the apex, cordate at the base; flowers unisexual, male flower with zig zag rachis sessile; fruits capsule.

**Fls & Frts:** August – February.

**Ethnobotanical uses:**

**Parts used:** Leaves and tuber.

**Food:**
Tubers are eaten as vegetable.

**Medicinal uses:**
Extract of leaves are applied on wounds.

**Established report:**
Tubers are boiled or cooked and eaten as vegetable. ‘Chatni’ as well as in the preparation of ‘Pakoura’ (Singh et al., 1988).


**Vern. Name:** *Haarum.*
**Distribution:** Whole Manipur, North-East India & Atlantic coast of African-pacific Island.

**Specimen examined:** Thayong. 3.11.2012. Resh-0025191.

**Habitat & Ecology:** Terrestrial, wild in bushy areas as well as domesticated.

Annual climber with glabrous stem, tubers solitary, variable in size, usually small rounded, skin purplish-black, flesh white to lemon; leaves alternate, simple, broadly ovate-cordate, apex acuminate, lobes rounded; flowers greenish-purplish in axillary cluster on spike; fruits capsule.

**Fls & Frts:** August - February.

**Ethnobotanical uses:**

**Parts used:** Tubers & leaves.

**Food:**

Tubers are used as vegetable.

**Medicinal uses:**

Steamd leaves applied on boils for early suppuration.

Tuber is taken regularly as a tonic.

**Established reports:**

Tuber powder given in abdominal pain (Punjani, 2007). Paste of tuber or bulbil is rubbed for cooling against burning sensation. Tuber is given in dysentery, piles and applied externally to ulcers (Das et al., 2010).


**Vern. Name:** *Theitu.*

**Distribution:** All over Manipur, Sikkim, Khasi-Hills, Himalayan ranges and Tropical Asia.

**Specimen examined:** Saikul. 10.6.2010. Resh – 002553.

**Habitat & Ecology:** Terrestrial, wild found in forest.

Deciduous tree; leaves bifarious, ovate, oblong or obovate, oblong lanceolate, serrulate or nearly entire, base rounded, flower pale yellow in head supported by inolucral bract.
Fls & Frts: June – February.
Ethnobotanical uses:
Parts used: Fruits.

Food:
The fruit are edible. The fruit are crushed with the rhizome of *Colacasia esculenta* Schott. are given with salt and Chilli (*Capsicum annum* L.)

Household material use:
Branches are used for making walking sticks.

Established report:
Fruits are eaten raw as well as cooked (Singh *et al*., 1998).

*Drymaria cordata* Willd. Ex Schult. Syst. Veg., ed. 15 bis 5: 406. 1819;

Vern. Name: *Tandan mana*.

Distribution: India and Tropical countries.


Habitat & Ecology: Terrestrial, common throughout the study area.

Sub erect herb; rooting at the nodes; leaves opposite decussates short pedicled; flower small, white in axillary and terminal cymes; fruit capsule.

Fls & Frts: October – March.

Ethnobotanical uses:
Parts used: Stem and leaves.

Medicinal uses:
Juice of the plants with that of *Oxalis corniculata* L.(2 drops) are used as nasal drop 2-3 times a day to treat sinusitis as well as nose bleeding.

Established report:
Leaf juice is used in skin diseases (Pal, 1984). Fresh whole plant with *Psidium guajava* L. fruit are taken in gastritis (Kagyug *et al*., 2010). Leaves are used in snake and insect bites (Imchen and Jamir, 2011).

**Vern. Name**: *Uchi-shumban.*  
**Distribution**: Throughout India, Sri Lanka, Bhutan, Nepal, Vietnam and China.  
**Specimen examined**: Ichum. 7.4.2012. Resh-0025211.  
**Habitat & Ecology**: Terrestrial, common in moist shady place, road sides and hilly slopes.  

- Much branched herb; leaves simple, opposite elliptic, oblong lanceolate; stem generally creeping; head globose, short peduncled involucre bracts 2-seriate.  
**Fls & Frts**: December – July.  
**Ethnobotanical uses**:  
**Parts used**: Stem and leaves.  
**Medicinal uses**:  
Paste of the plant is applied on toothache and gum bleeding.  
The powder of the plant is used to check excess menstruation.  
**Veterinary uses**:  
Leaf paste is applied on cuts and wounds.  
**Established reports**:  
Whole plant is used in stomach trouble and dysentery (Rawat & Chaudhurty, 1998). Fresh leaves and stems extract juice is applied on the head for hair growth (Das, *et al.* 2010).  
  
**Vern. Name**: *Heiyai.*  
**Distribution**: Throughout all India and all Tropical Asia.  
**Specimen examined**: K.R. Lane. 15.5.2010. Resh – 002538.  
**Habitat & Ecology**: Terrestrial, Cultivated in Home garden.  

- Spiny shrub, bark smooth; leaves alternate, broadly elliptic lanceolate with silvery-white scale beneath; flowers straw-coloured; fruits ellipsoid, red or orangened red with whitish spots when ripe.  
**Fls & Frts**: October – April.
Ethnobotanical uses:
Parts used: Fruits.
Food: Raw fruits are edible.
Established report:
Fresh root extract taken once in a week during pregnancy to prevent miscarriage (Rout et al., 2012).


Vern. Name: Zorphon.
Distribution: Throughout Manipur, Assam, Khasia-hills, Chittagong, Singapore and Java.

Habitat & Ecology: Terrestrial, wild and cultivated.

Tree; leaves ovate-lanceolate, glabrous; flowers white in axile leaves; fruit oblong, smooth.

Fls & Frts: August – April.

Ethnobotanical uses:
Parts used: Young leaves and Fruits.

Medicinal uses:
Extract of leaves (100ml) with salt is given thrice daily in dysentery and diarrhoea till motion is controlled.

Food:
Fruits are edible as fresh fruit.

Established report:
Fruits are eaten raw as well as cooked (Singh *et al.*, 1988).


Vern. Name: Kanghuman.
Distribution: Throughout Manipur, Sikkim and Nepal.
**Habitat & Ecology**: Terrestrial, wild and cultivated.

Aromatic herb; leaves opposite and decussate, elliptic-lanceolate, crenate, acuminate, serrate at the apex; flowers in terminal, panicked spike with closely imbricating bracts, dirty white in colour; fruits nutlet.

**Fls & Frts**: April – October.

**Ethnobotanical uses**:

**Parts used**: Leaves and inflorescence.

**Spices**:
Leaves and inflorescence are used as a spice.

**Medicinal uses**:

*Inflorescence roasted with betal leaf in charcoal are eaten against tonsillitis.*

Leaf paste is applied on wounds.

**Established report**:

Leaf paste is applied externally in forehead to cure dizziness. Leaf juice in hypertension, piles, cough (Devi *et al.*, 2011). Leaves used in nervous tension, constipation (Imchen and Jamir, 2011).


**Vern. Name**: Leihing.

**Distribution**: Manipur, Meghalaya, Khasi hills, Bangladesh and Nepal.


**Habitat & Ecology**: Terrestrial and cultivated.

Aromatic annual herb, leaves oblong-lanceolate, crenate, acute, soft hairy on both sides; flowers in spike, bracteates bract linear in whorl spike, purple or white in colour,

**Fls & Frts**: January – June.

**Ethnobotanical uses**:

**Parts used**: Leaves and inflorescence.

**Medicinal uses**:

*Dried inflorescence with Areca nut and dried leaves of brinjal are mixed and used as smoke by wrapping with Phrynium sp. leaf against tonsillitis.*
The dried inflorescences are kept for annual use in most of the houses.

**Spice:**

Leaves and inflorescences are used as condiments and spices in various delicacies.

**Established report:**

Decoction is used in sore throat, cough, fever and menstrual disorder (Devi et al., 2011).


(Plate-18-D).

**Vern. Name:** *Ching koudrangol.*

**Distribution:** All over Manipur, Tropical Asia and Africa.

**Specimen examined:** Laikot.23.12 2011. Resh-0025217.

**Habitat & Ecology:** Terrestrial, wild.

Slender annual herb; upper leaves cauline, lanceolayte entire a sparsely dentate; flowers in capiludum, florets purple; fruit achenes.

**Fls & Frts:** June – February.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Food:**

Tender leaves used as vegetable.

**Medicinal uses:**

Root extract is used in diarrhoea

Fruit paste is applied on old wound.

**Established report:**

Root is used in diarrhoea, wounds (Sinha et al., 2006). Leaf paste is applied in cuts and wounds (Sumitra et al. 2010). Leaf juice is used in eye sore and night blindness (Ghosh and Das, 2011).


**Vern. Name:** *Linphoop.*
Distribution:  India, China, Myanmar, Indonesia, Thailand, Lao, Vietnam, Bangladesh & Bhutan.

Specimen examined: Sugnu. 4.4.2013. Resh-0025314.

Habitat & Ecology: Terrestrial, wild in hillside.

Deciduous tree; leaves compound pinnate, alternate; leaflets narrowly ovate, elliptic; flower arranged in many flowered, unisexual; inflorescences axillary on leafless twigs; fruit 3-winged, nutlet.

Fls & Frts: November-December, March-April.

Ethnobotanical uses:

Parts used: Leaves.

Fish poison:

Leaf extract is used as fish poisoning.

Established reports:

Bark is used to intoxicate and kill fishes (Sinha, 1984).


Vern. Name: Kanghil.


Habitat & Ecology: Terrestrial, common in forest.

Larger climber; stem angled and much twisted, bark blackish or grayish-brown; leaves rachis ending in tendrils; spike peduncled; flowers yellowish green, pods oblong, curved, constricted between the seeds.

Fls & Frts: June – July and August – April.

Ethnobotanical uses:

Parts used: Bark and fruits.

Insect repellent:

Crushed seed used as insecticides.
Medicinal uses:
Paste of seed applied on head against child fever.

Established report:
Seeds used in dropsy, anasarca, cancer, pain in loins, epilepsy, constipation and rinderpes (Asolkar et al., 1992). Bark decoction is prescribed in stomach ulcers (Sinha, 1996).


Vern. Name: _Leiutong_.

Distribution: North-Eastern India, North America, Euracia, West-Indies, South-America and Chile.

Specimen examined: Kakching mantak. 25.5.2012. Resh-0025218.

Habitat & Ecology: Terrestrial, commonly found in marshy areas.

Fertile: July – November.

Ethnobotanical uses:
Parts used: Whole plant.

Medicinal uses:
Extract of plant with glycerine is applied (2-3 drops) twice daily against earache.

Established report:
Paste of plant is applied on the aching back and arm. Plant is used by the local priest in religious ceremony (Srivastava and Adi Community, 2009). Plant is used as refrigerant and given to treat gonorrhea (Ghosh and Das, 2011).


Vern. Name: _Kormaroi_.

Distribution: Throughout India; America and Tropical countries.


Habitat & Ecology: Terrestrial, wild and cultivated.
Herb with aromatic smell; leaves simple, dark green spathulate, margins, spinous toothed; flowers white in heads, bract spinacious; root fusiform.

**Fls & Frts** : October – March.

**Ethnobotanical uses** :

**Parts used** : Leaves.

**Spice** :
Leaves used as condiments in all varieties of delicacies.

**Medicinal uses** :
Fresh leaves are taken in every meals to control hypertension.
Extract of leaves is taken 2-3 teaspoonful orally as a remedy of tonsillities.
Extract of plant as massage in paralysis as well as drink.
Extract of leaves used for deworming.

**Established report**:
Powder obtained from the grinded seeds is administered against madness by Apatami & Adi tribe. It acts as an appetizer by Nishi tribe (Rawat & Chaudhury, 1998). Stem and leaf paste is put in the forehead to relief from Headache (Das *et al.* 2010).


**Vern. Name** : *Khingchokbang*.

**Distribution** : North-East states of India, foothills of Himalaya, Myanmar, Java and Sri Lanka.

**Specimen examined** : Sagang. 23.5.2012. Resh-0025220.

**Habitat & Ecology** : Terrestrial, wild found in forest and road side.
Deciduous tree, leaves pinnately trifoliate, glabrous, broad, stem prickly; axillary racemes with long penduncle, flower white, fruit pod.

**Fls & Frts** : February – June.

**Distribution** : North-East states of India, foothills of Himalaya, Myanmar, Java and Sri Lanka.

**Habitat & Ecology** : Terrestrial, wild found in forest and road side.

**Ethnobotanical uses** :

**Parts used** : Stem, & bark.
**Medicinal uses:**
Young stem (200g) are grinded and taken for stomach complaints after food twice daily for one week.
Bark paste is applied on wounds.

**Socioreligious:**
Wood and bark are used in driving away evil spirit.

**Established reports:**
The leaves are sedative and are used in anxiety and insomnia. Decoction of stem is used in rheumatism (Deorani & Sharma, 2007). Bark and prickles are used against evil spirit, bark and root juice is applied on wound (Khare, 2004).


**Vern. Name:** *Nasik champra*.

**Distribution:** America, Queensland, Australia, Ethiopia, Ghana, Fiji, Spain, Italy, Srilanka and India.

**Specimen examined:** Sagang 23.5.2012. Resh – 0025221.

**Habitat & Ecology:** Terrestrial, cultivated on roadside of most of the valley study areas.

Evergreen big tree with falcate bright green leaves, when bruished leaves yield a lemon scent; flower in panicles, 3 flowered umbels

**Fls & Frts:** June- September

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**
200gm of leaves boiled in 1 L till ¼ left is taken in a tea cup twice daily till getting relief from cough and cold.

**Established report:**
Oil is applied in joints to get relief from pain (Deorani & Sharma, 2007). Leaf extract is used as a hair lotion (Sinha, 1993).

Vern. Name: *Sileima*.

**Distribution:** All over Manipur, Assam, Sikkim, Khasia-hills, Bhutan and Bangladesh.

**Specimen examined:** K.R. Lane. 23.5.2012. Resh-0025222

**Habitat & Ecology:** Terrestrial, wild.

Tree leaves oblong-lanceolate, acuminate, entire, flower white in axillary or terminal corymbose panicle cyme, fruits berry, oblong.

**Fls & Frts:** June – November.

**Ethnobotanical uses:**

**Parts used:** Fruits.

**Medicinal uses:**

**Food:**

Ripe fruits are eaten as fresh fruit.

**Established reports:**

Seeds are used against diabetes (Ranjana *et al.*, 2013).


(Plate-19-C).

**Vern. Name:** *Japan napi*.

**Distribution:** Mexico, China, Australia, Sydney, New South Wales, India, Srilanka, Nigeria, South Africa, New Zealand.

**Specimen examined:** Sinam kom, 23.5.2012. Resh-0025227.

**Habitat & Ecology:** Terrestrial, Wild.

Perennial, herbaceous shrub, leaves serrated; flowers compound, in cluster, creamy white; small brown seed with a white feathery parachute.

**Fls & Frts:** August-September.

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**

Fresh leaf paste is applied on fresh cuts & wound.

Grinded leaves are applied on coagulated bleeding.

Whole plant decoction is applied on pile.
Established report:

Dcoction of leaves is used in malaria, stomachache and in allergic diseases by the Nagas (Deorani & Sharma, 2007). Leaf paste is applied externally to stop bleeding on open sores and injured portion, pimples and blisters (Semwal et al. , 2010).


**Vern. Name:** Sorgram.

**Distribution:** All over Manipur, North eastern states of India, Nepal and Sri Lanka.

**Specimen examined:** Kakching mantak, 23.5.2012. Resh-0025223.

**Habitat & Ecology:** Terrestrial, cultivated.

Small perennial shrub; leaves opposite, elliptic or oblong lanceolate, coarsely serrate; head corymbose, inner involucral bracts subacute; flower white.

**Fls & Frts:** July - November

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**

Leaf juice is applied to the body in burning sensation.

The extract is also given in stomach ulcer.

**Socio religious:**

A small bunch of the plant is put on the egg and is used in the ritual purposes.

Established report:

Leaves are used in stomach ulcer or other stomach problems (Sinha, 1996).


**Vern. Name:** Sijou.

**Distribution:** Hills districts of Manipur, Naga and Jaintia hills, Khasia, Assam, Sri Lanka and Fiji Island.

**Specimen examined:** Makokching. 23.5.2012. Resh-0025224.

**Habitat & Ecology:** Terrestrial, wild in hills.
Shrub; leaves oblong to linear lanceolate; flower small, sessile, white axillary; fruit capsule.

**Fls & Frts:** July – December.

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Spice:**
Leaves used as a spice especially in meat curry.

**Medicinal uses:**
Fresh leaves are eaten to increase low haemoglobin count.

**Established reports:**
Young leaves crushed with salt are used in cholera, dysentery and stomach disorder (Deorani & Sharma 2007). Decoction of leaves mixed with *Rubia manjith* plant is used as permanent dye (Srivastava et al., 2010).


**Vern. Name:** Pakhang leiton.

**Distribution:** All over Manipur, Tropical and sub–tropical regions of India & tropical countries of Asia.

**Specimen examined:** Kakching mantak. 14.11.2012. Resh-0025194.

**Habitat & Ecology:** Terrestrial, wild common in wasteland areas.

Prostrate herb with erect branches; leaves opposite, elliptic-obovate, acute, stipulate; flowers male florets surrounding a solitary, female enclosed within involucres; fruits capsule, minute.

**Fls & Frts:** June-December.

**Ethnobotanical uses:**

**Parts used:** Shoot.

**Food:**
Shoots are taken as vegetable.

**Medicinal uses:**
Shoot cooked with common prawn is given against leucorrhea.
Leaf extract mixed with honey one teaspoonful is taken thrice daily against acute fever and also in urinary tract infection.

**Established report:**

Plant are used to treat colic, dysentery, urinary tract problem and latex, used in ring worm (Sinha, 1996). Latex is used as a cleaning agent for cuts and wounds (Prusti, 2007).


**Vern. Name:** *Tumloi.*

**Distribution:** Throughout India.

**Specimen examined:** Sagang.23.5.2012. Resh-0025225.

**Habitat & Ecology:** Terrestrial, often planted as hedge plant around the homestead compound or cultivated fields.

Shrub; leaves crowded at the ends of branches, deciduous, obovate-spathulate or obovate-oblong, base tapering, cymes solitary or 2, central flowers male, lateral ones bisexual.

**FIs & Frts:** December-May.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Socio-religious:**

*Planted to see whether the land is suitable for construction of house, if dries up then not suitable.

**Medicinal uses:**

*Rub with 2 inches long end portion of the stem on wart till they disappear. If blood comes out rubbing is stop and some latex on the wart should be kept for one day.

**Fish poison:**

Latex is also used as a fish poison.

**Biofencing:**

Plant used as hedge plant.

**Established reports:**
Some Nagas communities of Nagaland used the burnt pith of its stem as vermifuge (Rao & Jamir, 1982b). Latex is used as antiseptic in cattle. Roots are fed to cattle to facilitate easier removal of placenta after delivery (Galav et al., 2007).


**Vern. Name**: Thangching.

**Distribution**: All over Manipur, Assam, Eastern Bengal, Kashmir and China.

**Specimen examined**: Thayong. 23.5.2012. Resh-0025226.

**Habitat & Ecology**: Aquatic, cultivated in ponds and lakes.

Perrenial aquatic herb with rhizomatous stem deeply in the mud or sediments; leaves large, floating with recurved prickled, prominently nerved and reticulately veined beneath, green on the upper side and puruple on the lower, oval, rounded.

**Fls & Frts**: April – December.

**Ethnobotanical uses**:

**Parts used**: Fruit, petioled and seed.

**Food**:

The petiole and seed are taken raw and also used as curry in boiled form.

**Established report**:


**Fagopyrum esculentum** Moench. Meth. 290.1794. *P. fagopyrum* L. (Polygonaceae).

**Vern. Name**: Leipung thara.

**Distribution**: China, Bhutan, Korea, Mangolia, Myanmar & India.

**Specimen examined**: Saikul, 2.1.2013. Resh-0025300.

**Habitat & Ecology**: Terrestrial, wild and prefer moist soil.

Erect glabrous herb, deep green; leaves long petioled at the base; flowers is paniculate cyme, small white.

**Fls & Frts**: May – June.

**Ethnobotanical uses**:
Parts used: Leaves and flower.

Medicinal uses:
Paste of the plant is applied on maggot.

Food:
The leaves and flowers are eaten cooked.

Established reports:
Plant is used in arthritis. It is used to treat fragile capillaries also help strengthen varicose veins (Deorani & Sharma, 2007). Leaves are cooked as vegetable; ripe fruits are eaten (Srivastava & Adi community, 2009).


Vern. Name: *Khongnang bot*.

Distribution: Hawai, USA, South East Asia, S.China, Burma, Thailand & Throughout India.


Habitat & Ecology: Terrestrial, wild.

Evergreen tree producing aerial roots vertically on the ground from the branches; leaves ovate, elliptic; receptacle globose, pubescent, sessile, axillary, supported by spreading bracts.

Fls & Frts: January-October.

Ethnobotanical uses:
Parts used: Leaves.

Socio-religious purpose:
Leaves are used in religious belief. Leaves are plucked and made like the structure of a *Kei*, paddy storing large basket. This is filled with paddy and offered to Goddess before thrashing. The Kom people believe that this will increase the yield of the paddy.

Plant is restricted for use as firewoods.

Established report:
Bark is used in piles. Young prop root before coming in contact with soil is used in healing obstruction of urine-flow and exudation of pus. (Sinha, 1996). Latex is used in gum bleeding, mouth ulcer etc. (Ganesan et al., 2009).


**Vern. Name**: Theichong.

**Distribution**: All over the Manipur and North-Eastern states of India and Tropical Asia.


**Habitat & Ecology**: Terrestrial, wild in forest.

Tree, young shoot hirsute, leaves elliptic, oblong or lanceolate, scabrid on both surface or pubescent beneath the leaf base, one side of lamella base is compressed; flowers in hypanthodium; fruit globose red when ripe.

**Fls & Frts**: May – October.

**Ethnobotanical uses**: 

**Parts used**: Fruits and tender shoots.

**Food**: 

Fleshy receptacle enclosing number of fruits are edible.

**Established report**: 

Ripen fruits are taken as fresh fruit (Khatoon, et al. 2012c).


**Vern. Name**: Theibong.

**Distribution**: Throughout India and Myanmar.


**Habitat & Ecology**: Terrestrial, wild.

Large tree; leaves ovate-lanceolate, dark green, bluntly acuminate, glabrous; receptacle globose, penducled in short panicle, clusters from the lower portion of the trunk and branches, red / orange when ripe.

**Fls & Frts**: January – October.
**Ethnobotanical uses:**

**Parts used:** Leaves and fruits.

**Medicinal uses:**
The milky latex from the bark is prescribed in piles and anus diseases. Boiled decoction of the fruit, bark of *Parkia timoriana* (DC.) Merr. and *Centella asiatica* (L.) Urban are given in diabetes.

**Food:**
Young leaves are boiled and eaten as curry. The receptacles together with fruit is edible.

**Established report:**

Fruit are taken as fresh fruit (Sinha, 1996).


**Vern. Name:** *Sumri Kongthei*.

**Distribution:** Throughout India, Tropical and Sub-tropical countries of the world.

**Specimen examined:** Keirap. 3.6.2010. Resh- 002513.

**Habitat & Ecology:** Terrestrial, wild.

Small tree; leaves ovate-oblong, acute or shortly acuminate, serrate, hairy above, hispid beneath; flower pinkish white; receptacles, pale green, globose hairy.

**Fls & Frts:** January – September.

**Ethnobotanical uses:**

**Parts used:** Leaves and receptacle.

**Medicinal uses:**
Fresh leaves applied on the infected part for 2-3 minutes in case of ring worm.

**Food:**
Fleshy receptacle is edible. However the mode of eating is a peculiar one. One has to eat half of it and other half is being thrown away.

The leaves are used for wrapping the boiled seeds of *Glycine max* Meer. during the fermentation process locally known as 'Hawaizar'.

**Established reports:**
Leaves used in ringworm; latex on boils and fruits and seeds in dysentery (Sinha, 1996). Diluted latex is given internally to check diarrhoea in children(Prusti, 2007).

**Ficus palmata** Forsk., Fl. Aegypt, Arab. 179.1775, *F. palmata* Roxb., Hort. Bengal. [103]; Fl. Ind. 3.529. (Moraceae). (Plate-19-D).

**Vern. Name:** *Shumpukunpu.*

**Distribution:** All over Manipur and North Eastern India and Bangladesh.

**Specimen examined:** Kakching mantak. 23.11.2010. Resh-002585

**Habitat & Ecology:** Terrestrial, wild.

Small tree with tomentose shoot; leaves membranous, orbicular-ovate, acute; receptacle solitary axillary, sub globose to pyriform, base constricted, yellow when ripe.

**Fls & Frts.:** October – April.

**Ethnobotanical uses:**

**Parts used:** Leaves, receptacles.

**Medicinal uses:**

Cooked leaves are eaten against dysentery and diarrhoea.

**Food:**

The young leaves are edible as salad after boil and it is also cooked.

The unripe and ripe fruits are crushed and used in salad.

The ripe fruits are also edible.

**Established reports:**

Fruit paste is applied to treat haemorrhoid (Raghunathan and Abhay, 2009).

**Ficus tsjakela** Burm., Hook. f., Fl. Brit. Ind. 5:514.1890. (Moraceae).

(Plate 20-A).

**Vern. Name:** *Marmong.*

**Distribution:** Throughout Manipur.

**Specimen examined:** Sagang. 24.11.2010. Resh-002587.

**Habitat & Ecology:** Terrestrial; Wild and domesticated.

Deciduous tree, leaves coriaceous, petiole long, oval or ovate, acuminate; entire slightly undulate, base broad rounded or sub-truncate, leaf scales of young
branches large, linear-lanceolate; male flowers few only near the mouth of the receptacle and female flowers are in inner parts.

**Fls & Frts**: May – October.

**Ethnobotanical uses**:

**Parts used**: Tender shoots, young leaves.

**Medicinal uses**:
Decoction of young leaves given in indigestion.

**Food**:
The young leaves and tender shoots are used in curry soups. It is a delicious dish of Kom tribe taken mostly during summer.

**Established report**:
Extract of leaves useful in ulcer (Sinha, 1996).


**Vern. Name**: *Theitung*.

**Distribution**: India, Tropical and Sub-tropical Africa.

**Specimen examined**: Sagang.16.5.2010. Resh-002518.

**Habitat & Ecology**: Terrestrial; wild.

Small evergreen tree, spines at axil; leaves ovate-lanceolate, long acuminate, crenate; flowers in raceme; fruit sub globose persistant style.

**Fls & Frts.**: July – February.

**Ethnobotanical uses**:

**Parts used**: Fruits.

**Medicinal uses**:
Decoction of fruit is given in stomach ulcer.
Raw fruits are eaten in case of diabetes.

**Food**:
Ripe fruit are edible.

**Established report**:
Leaves and bark paste is used externally in tumour (Das *et al.* 2010).

**Vern. Name**: *Paljpm.*  
**Distribution**: Arizona, California, all over India.  
**Habitat & Ecology**: Cultivated in most of the study area.
   
Small aromatic herb; stem hirsute beneath; leaves pinnate, serrate, pilose above and on the nerves beneath; umbels compound.  

**Fls & Frts**: Nov – May.  
**Ethnobotanical uses**:  
**Parts used**: Inflorescence, leaves & seed.  
**Spice**: Inflorescence used as spice.  
**Medicinal uses**:  
Leaves help in digestion. Boiled decoction of the seed and that of *Coriandrum sativum* L. is given in thirst and hiccup.  

**Established reports**:  
Dilute leaf extract is used as eye drops. Seeds have cooling effect (Deorani & Sharma, 2007). Seeds are used in diarrhoea, stomach, dysentery, FMD (Foot mouth disease) and paraplegia (Tiwari *et al.*, 2010).  


**Vern. Name**: *Chingthei.*  
**Distribution**: Hills of Manipur, North eastern states of India, Concan and Canara.  
**Habitat & Ecology**: Terrestrial, wild, common in hills.  

Tree; leaves obovate, oblong-lanceolate, acute, acuminate; male flowers solitary in terminal and female flowers solitary in terminals; fruits pulp, spherical, red when ripe.  

**Fls & Frts**: February – August.  
**Ethnobotanical uses**:  
**Parts used**: Fruits.
Medicinal uses:
Ripe fruits are cooked and eaten in case of indigestion

Food:
*Ripe fruit is taken as vegetable as well as fruit.

Established report:
Fruits are used for stimulating digestive system and for treating mouth infection (Khare, 2004).

Garcinia morella Desr., in Lam. Encyc. 3.701. (Clusiaceae).

Vern. Name: Tomal.

Distribution: Southeast Asia, West & Central Africa, India


Habitat & Ecology: Terrestrial, wild.

Evergreen tree with drooping branches leaves simple, opposite, decussate, petiole, glabrous, lamina, elliptic obovate, apex acute to acuminate; flower diocious; fruit berry.

Fls. & Frts.: April-June & September-late fall.

Ethnobotanical uses:

Parts used: Fruits.

Medicinal uses:
Boiled extract of ripe fruit with Extract of Zingiber officinale Rosc & sugar in the same ratio are taken against stomach trouble.

Ethnobotanical reports:
Fruits are eaten raw or dried good for dysentery. Fruit juice are cooling for fever diabetis and jaundice (Baruah et al., 2012).

Garcinia pedunculata Roxb. (Hort.. Beng.) 42, 1814. Nomen med.) Fl. Ind. 2:625; 1832. (Clusiaceae).

Vern. Name: Heibung.

Distribution: Throughout India, Bangladesh, Myanmar, Tropical Asia and Africa.


Habitat & Ecology: Terrestrial; wild as well as domesticated.
Large tree with short spreading branches; leaves obovate or oblanceolate, base, cuneate; flowers dioecious; male flower in few flower red terminal panicles, female flowers solitary, terminal.

**Fls. & Frts**: October – May.

**Ethnobotanical uses**:
Parts used: Fruits.

**Medicinal uses**:
Fruits are eaten as a remedy for indigestion.
The pulp of the ripe fruit is applied on the fractured bone for healing.

**Food**:
Fruit eaten raw.

**Established report**:
Pulp eaten fresh, rinds used as spice (Renchumi *et al.*, 2011). Infusion of dry pericarp is taken as antidiarrhoeic, antidysentric, in dyspepsia and in flatulence (Kagyung *et al.*, 2010).


**Vern. Name**: Nunghawai.

**Distribution**: Throughout India and Tropical countries.

**Specimen examined**: Makokching. 27.12.2012. Resh-0025290

**Habitat & Ecology**: Terrestrial, cultivated in Jhum and Kitchen garden.

Herb, annual, rusty hair; leaves pinnately, 3-foliate, hairy, stipile ovate, acuminate, hirsute; flowers in raceme, sessile with few congested flowers; fruits pod, seed ellipsoid to ovoid compressed.

**Fls & Frts**: June – December.

**Ethnobotanical uses**:
Parts used: Seeds.

**Medicinal uses**:
Extract of the seeds (20 gm) soaked in a glass of water is taken once a day against diabetes.

**Food**:
Fresh seeds are used as vegetable.
Established report:

Seeds used in skin disease, diarrhoea, galactagogue, stomach disorders in cattle (Tiwari and Pandey, 2010). Seeds are used as pulses and powder of seeds is consumed instead of milk (Sinha, 1996).


**Vern. Name**: *Kwang*.

Deciduous tree; leaves opposite, cordate, ovate or broadly ovate, leaf scars prominent; flower yellow or brownish yellow; fruit drupes.

**Fls & Frts**: March – August.

**Distribution**: Throughout India, Myanmar and Malaysia.

**Specimen examined**: Thayong, 6.4.2010, Resh - 002522

**Habitat & Ecology**: Terrestrial, wild.

**Ethnobotanical uses**: 

**Parts used**: Wood, & leaves.

**Medicinal uses**: 

Paste of leaves is applied on head to get relief from headache. 

Fresh leaf paste is applied on the cuts and wound.

**Household materials**: 

The wood is used in making drum (*Khuong*); the wood is also used as household building materials.

Established report:

Roots and bark are used as laxative, stomachic and galactagogue. Decoction of fruit is used in fever and biliousness (Deorani & Sharma, 2007). Seeds warmed and rubbed on wounds (Nath *et al.*, 2011).


**Vern. Name**: *Naiteache.

**Distribution**: India and warm temperate countries.

Habitat & Ecology: Terrestrial, wild.

Herb, softy cottony; leaves alternate, sessile oblong, spalulate, glaucous on both sides; head small, in simple or branched leafy spike or racemose clusters, golden-yellow; fruits achenes oblong.

Fls & Frts.: August – December.

Ethnobotanical uses:

Parts used: Leaves and tender shoot.

Food:
Leaves and tender shoots are taken as vegetable.

Medicinal uses:
Extract of whole plant is put in a tea cup and taken thrice daily as well as applied externally to get relief from piles.

Leaf extract is taken with honey one teaspoonful thrice daily against cough.

Established report:
Paste of leaves and stem is put on the forehead to reduce headache (Das et al., 2010). Plant decoction is given in complain associated with pregnancy, such as constipation, body pain, weakness and insomnia (Mairh et al., 2010).


Vern. Name: Leikham.

Distribution: Manipur, Assam, Tripura, Tropics of the world.

Specimen examined: Sagang. 2.5.2012. Resh-0025229.

Habitat & Ecology: Terrestrial, wild.

Shrub, evergreen, leaves linear-oblong or lanceolate, narrowed cuneate at the base, acuminate at the apex, margin revolute; flower solitary, axillary, greenish white.

Fls & Frts.: April – December (Rare).

Ethnobotanical uses:

Parts used: Leaves.
Medicinal uses:
Smoke of dried leaves are blown on the piles as a remedy.

Socio religious:
During child birth dried leaves of the plant along with that of *Isodon ternifolious* are burnt to expel bad spirit which may harm the mother and child. *Koms* keeps the leaves hanging in the room for protection of the inmates from evil spirits.

Established reports:
Boiled extract of leaves are used in bath for new born babies and is used against skin diseases (Singh, 1990).


Vern. Name: *Patchon*.

Distribution: Throughout India and Tropical Asia.

Specimen examined: Sagang. 4.5.2012. Resh-0025230.

Habitat & Ecology: Terrestrial; wild as well as cultivated.

Shrub; leaves palmately lobed, lobed linear oblong; bracteoles cocdate, ovate acute; flower purple, yellow / white; fruit capsule.

Fls & Frts.: February – August.

Ethnobotanical uses:
Parts used: Cotton fibre.

House material:
Cotton fibres are used as a yarn in making, stuffing quilt, pillow etc.

Established reports:
Seed hairs are used to make many kinds of fibrous material (Singh, 1990). Seeds used in measles, allergies and a refrigerant (Imchen and Janmir, 2011).


Vern. Name: *Woklei*.

Distribution: Throughout India, Tropical Asia.

Habitat & Ecology: Commonly found in swampy areas.

Stout rhizomatous herb; leaves lanceolate large variable in breadth; flowers white or yellow, fragrant in dense, imbricately brancteate terminal capitata spikes.

Fls & Frts: July – December.

Ethnobotanical uses:

Parts used: Rhizome, & leaves.

Spices:
Rhizome is used as spice.

Medicinal uses:
Decoction of the leaves is used for gargling in throat complaints.

Socio religious:
Piece of rhizome is made to wear in neck both to mother and child to guard off from evil spirit.

Established report:

Starch obtained from rhizome is used as a tonic, as gargle and also as antirheumatic, applied on swelling body parts (Sinha, 1993). Rhizomes are used as analgesic. Mature seed juice is used as shampoo (Daimei and Kumar, 2011).


Vern. Name: *Swontuiwar.*

Distribution: Throughout India, Malaysia, Tropical & Sub-tropical regions of Asia.


Habitat & Ecology: Terrestrial, wild and cultivated.

Herb stout, leaves large with clasping sheaths, oblong, lanceolate, apex acuminate, glabrous above sparsely pubescent beneath and mirib large, flowers bracteate, red gragrant in oblong spike; fruit capsule.

Fls & Frts: July – December.

Ethnobotanical uses:

Parts used: Rhizome

Medicinal uses:
Decoction of rhizome tea cupfull is given once daily against white discharges in female.
Boiled decoction of rhizome (½ glass) is taken daily in initial diabetes.
Boiled extract of rhizome is given in irregular menstruation, bleeding piles and stone in urinary tract.

**Established report:**

Decoction of rhizome is given in bronchitis and stomach complaints (Sinha, 1996). Paste of rhizome is applied on the forehead to relieve headache and applied on swellings (John, 2004).


**Vern. Name:** *Langban koukha.*

**Distribution:** Throughout in India & Tropical countries.

**Specimen examined:** Kakching mantak. 23.11.2010. Resh-002584.

**Habitat & Ecology:** Terrestrial, wild in wasteland.

Herb; leaves opposite, elliptic oblong, acute-acuminate, cuneate at base; flower sessile in axillary cymose, dense, greenish-white; fruit capsule, sparsely hairy.

**Fls & Frts:** June-December.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**

Leaf paste is applied to wounds.
Decoction of leaves is used in diarrhoea, dysentery.

**Established reports:**

Boiled extract of plant is prescribed in jaundice (Sinha, 1996). Paste of leaves is applied with mustard oil in allergic itching and on bleeding piles (Khare, 2004).


**Vern. Name:** *Puklei.*
**Distribution:** Tropical and Subtropical Himalaya, Nepal, Assam, Burma, Vietnam & Thailand.

**Specimen examined:** Thayong. 23.11.2010. Resh-002585.

**Habitat & Ecology:** Terrestrial, common in outskirt forest.

Succulent Undershrub; leaves elliptic or lanceolate, acute or cuneate at base; stipules, truncate; flower white, in terminal trichotomous sub-corymbose panicles; capsules globose or ovoid.

**Fls & Frts:** January–December.

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**

Boil extract of leaves one tea cupfull twice daily to control diabetis.

Boil extract of leaves (250 ml) given against stomach complaints more specially in women after child birth.

*Leaves are hung around the leg to cure swollen legs. (Touch therapy).*

**Established report:**

Crushed leaves are rubbed on the skin to cure wart like disease (Rao & Jamir, 1982).

Root is also used in bone fracture and rheumatic pain (Das *et al.*, 2010).

*Heliotropum indicum* L. Sp. Pl. 130. 1753. (Boraginaceae).

**Vern. Name:** Leihenbi.

**Distritution:** Assam. Manipur, Tripura and other parts of India, Malaysia, America & Tropical Africa.

**Specimen examined:** K.R. Lane. 12.1.2013. Resh-0025304.

**Habitat & Ecology:** Terrestrial; Common in wasteland.

Annual herb; stem, leaves covered with coarse adpressed hairs; leaves alternate, broadly ovate, entire; inflorescence terminal and axillary partly coiled spike; corolla funnel shaped; fruit a nutlet, hairy, globose.

**Fls & Frts:** May –September

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**
Leaves paste applied on the cuts and wounds.

**Established report:**

Root juice used externally to cure opthalmia. Seed paste in stomach trouble (Das *et al.*, 2010). Inflorescence used in ring worms, gouts, pregnancy related anaemia, rheumatism, typhoid, insect bites, bronchites (Ghosh and Das, 2011).


**Vern. Name:** *Lam bhelandri*.

**Distribution:** America, tropical Asia & India.

**Specimen examined:** K.R.Lane. 23.11.2011. Resh-002598.

**Habitat & Ecology:** Terrestrial, wild in wasteland.

Annual, erect, hirsute shrub; soft hairy stem; lower leaves, ovate and acute, upper leaves palmately, 3-7 lobed; bright yellow flowers, solitary and axillary; capsule ovate, acute and hispid.

**Fls & Frts:** July-October

**Ethnobotanical uses:**

**Parts used:** Leaves & seeds.

**Medicinal uses:**

Seeds are used as antiseptic, cooling agent, tonic & as carminative.

Leaves paste is applied on the cuts and wounds.

Smashed leaves is applied on cat,s bite.

**Established report:**

Leaf and shoot are eaten as vegetable. Seeds added to coffee (Brown, 1995). Seeds diuretic, decoction is useful in nervous disorder, seed powder is used as an insect repellent (Deorani & Sharma, 2007).


**Vern. Name:** *Anthur*.

**Distribution:** Through out India, Tropical Asia & Africa.

**Specimen examined:** Thayong.12.5.2012. Resh-0025233.

**Habitat & Ecology:** Terrestrial, cultivated in most of the study area
Annual herb with branches, slender glabrous or prickly stem; leaves cordate, upper leaves deeply palmate, 5-7 lobed, oblong-lanceolate, dentriculate; flowers solitary in the axils of upper leaves, deep pink with cream centre or deep red; fruits capsule.

**Fls & Frts**: August – January.

**Ethnobotanical uses:**

**Parts used**: Leaves.

**Food**:

Leaves are used as vegetable. Leaves are also preserved by drying to be used during off season for its sour taste.

**Medicinal uses**:

Boiled extract of leaves is given once daily for a week in case of indigestion.

**Established report**:

Flowers are used in constipation and gastritis and leaves are used in throat infection and as blood purifier (Devi et al., 2011a).


**Vern. Name**: Silo anthur.

**Distribution**: Throughout India, China & Japan.

**Specimen examined**: Thayong. 15.3.2011. Resh-0025103.

**Habitat & Ecology**: Terrestrial, cultivated.

Annual shrub having broad clump with branches from base; leaves suborbicular to elliptic, serrate, lower leaves, ovate, undivided, upper leaves palmate, 3-5 lobed, flower solitary, axillary, purple, epicalx segmented free; calyx red, fleshy, accrescent corolla yellow; fruit capsule, red, ovoid, pubescent.

**Fls & Frts**: September-February

**Ethnobotanical uses**:

**Parts used**: Leaves & fruits.

**Food**:

Leaves and mature calyx are used as vegetable.

Dried mature calyx are preserved once the season is over.
Medicinal uses:
Extract of the flower with sugar and black pepper is used in acidity.

Established report:
Leaves used as local hair lotion. Dried flowers used in dyspepsia and stomach disorder (Deorani & Sharma, 2007). It is diuretic and antiascorbutic (Devi et al., 2009).


Vern. Name: Zubakusum.

Distribution: Throughout India, China, Nepal & Japan.


Habitat & Ecology: Terrestrial; cultivated.

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Bushy shrub with slender dropping branches; leaves narrowly ovate, dentate; flowers red, pink, white, axillary, solitary; calyx spathaceous; petals deeply lancinate, reflexed; stamina tube long, slender, pendulous.

Fls & Frts: Whole year

Ethnobotanical uses:

Parts used: Leaves, root & flower.

Hairlotion:
Boiled decoction of leaves & flower are used to check hair loss, stimulate hair growth and to darken hair.

Medicinal uses:
Leaf extract is given with sugar in excess menstruation.

Extract of root with sugar acts as tonic and also is helpful in memory problem.

Biofencing:
Grow as a hedge plant.

Established report:

Fresh juice is taken once in a day in gastric trouble. Flower used in leucorhoea (Das *et al*., 2012).

**Vern. Name:** Madhavi.

**Distribution:** India, Sri Lanka, Southern China, Taiwan, Myanmar, Thailand, Malaysia, & Indonesia.

**Specimen examined:** Thayong. 12.5.2012. Resh-0025234.

**Habitat & Ecology:** Terrestrial, wild common by the sides of drain.

- Large evergreen scandent shrub; leaves oblong or ovate lanceolate, acuminate; flowers in large terminal and smaller axillary leafy panicles or raceme.

**Fls & Frts:** Flowering throughout the year, January – March.

**Ethnobotanical uses:**

- **Parts used:** Leaves.

**Food:**

The young leaves are cooked and used as curry.

**Insect repellent:**

Leaf juice is used as insecticide.

**Medicinal uses:**

Leaf extract is given in rheumatism.

**Established reports:**

Leaf extract is given in cutaneous diseases (Sinha, 1996).


**Vern. Name:** Topningkhok.

**Distribution:** All over Manipur, Sikkim, Khasia hills, China and Japan.

**Specimen examined:** K.R. lane. 12.5.2012. Resh-0025235.

**Habitat & Ecology:** Terrestrial, cultivated in most of the study area.

- Herb with Copiously branching root-stock; leaves ovate, cordate, acuminate, membranous, gland dotted, pubescent when young; flowers minute in dense spike with partially connate bracts; fruit capsule.

**Fls & Frts.** June – October.

**Ethnobotanical uses:**

- **Parts used:** Whole plants
Medicinal uses:
Rootstock is used in stomach ulcer
Root extract is used for the treatment of tonsilities and for lowering blood pressure.

Food:
Whole plant is eaten raw as chutney.

Established report:
Plant are used as spices. Leaves are used in measles, dysentery, gonorrhoea (Sinha, 1996). Root extract is diuretic. Juice of leaves is used in treating skin disease (Deorani & Sharma, 2007). Young leafy shoot used in stomach disorders, diarrhoea, eye and skin trouble (Ghosh and Das, 2011).

*Hydnocarpus kurzii* (King) Warb.In Nat. Pflanzenfam. 3 (6a) : 21, 1893. (Flacourtiaceae).

Vern. Name: *Uhan.*

Distribution: India, Myanmar & South East Asia.

Specimen examined: Laikot. 3.2.2012. Resh-0025236.

Habitat & Ecology: Terrestrial; Common in hills.

Tree with hanging branches, leaves bifarious, oblong, abruptly acuminate, petiole slightly geniculate at the upper end; flowers in axillary cymes.

Fls & Frts: May-June & November-December.

Ethnobotanical uses:
Parts used: Flower & fruits.

Medicinal uses:
Decoction of the flowers and fruits are applied in the septic naval chord of newly born baby.
Paste of leaves is applied on warts.

Established report:
Decoction of flowers and fruits are applied to skin diseases (Sinha, 1996).


Vern. Name: *Eshing langthrei.*
**Distribution:** India, Bhutan, Cambodia, Indonesia, Japan, Laos, Malaysia, Myanmar, Nepal, Thailand & Pakistan.

**Specimen examined:** Sagang. 12.4.2011. Resh-0025110.

**Habitat & Ecology:** Along streams, wet places of roadsides & paddy field.

Perennial herb, branched; stem erect or decumbent at base, lamina narrowly lanceolate to oblanceolate, margin entire or slightly undulate, apex acute to obtuse; flower (2-10) clustered in leaf axil, sessile, bracteoles narrowly ovate; capsule narrowly oblong glabrous; seeds pubescent.

**Fls & Frts.:** August –February.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**

Decoction of whole plant is applied on swollen eye.

Fresh extract of whole plant one tea cupfull taken orally for a week in treatment of stomach complaints.

**Established report:**

Boiled extract of the plant is given in diabetes (Khan, 2005).


**Vern. Name:** lee.

**Distribution:** Throughout Manipur, North Eastern states of India, Punjab and Tropical countries.

**Specimen examined:** Khoirentak. 16.3.2013. Resh – 0025308.

**Habitat & Ecology:** Terrestrial, wild.

Perrenial grass, variable in size, widely creeping nodes with erect white hairs; leaves variable culm narrowed towards the base, tapering to acuminate tip, scabrid at the margin, silky at the back, linear or linear – lanceolate, acuminate; flowers in spikelet panicles; fruit caryopsis.

**Fls & Frts:** October – February.

**Ethnobotanical uses:**
**Parts used:** Above ground parts.

**Medicinal uses:**
Extract of roots with honey is used for ailments in piles, diarrhoea, dysentery and indigestion.

**Roofing:**
Leaves are used to make roof of the houses.

**Established reports:**
Leaves are used in making rope and in thatching (Chandra and Ghosh *et al.* 2011).


**Vern. Name:** Thumtumbi.

**Distribution:** South China, India

**Specimen examined:** Thayong, 14.8. 2011. Resh- 0025112.

**Habitat & Ecology:** Terrestrial, wild, very common in hills.

Stout undershrub; stem brownish, silky or woody corymbosely branched; Leaves narrowly elliptic or oblong lanceolate, distantly serrate, lower petioled, upper sessile, pubescent above, silky tomentose below; capitula in terminal or axillary deep yellow; achene ribbed pubescent.

**Fls & Frts:** August- February.

**Ethnobotanical uses:**

**Parts used:** Leaves and tender shoots

**Medicinal uses:**
Decoction of plant is added to bath water to relieve bodyache after heavy work.

**Food:**
Leaves and tender shoots are eaten as vegetable either raw as well as cooked.

**Established report:**
Flower has antibacterial activity (Jain and Saxena, 1983).

**Ipomoea aquatica** Forsk., Fl. Aegypt. Arab. 44.1775; Clarke in Hook.f., Fl. Brit. Ind. 2:201.1885; Kanjilal *et al*., Fl. Assam. (Convolvulaceae).
**Vern. Name:** *Tuikolkai*

**Distribution:** Throughout India, Africa, Australia, Bangladesh & Tropical Asia.

**Specimen examined:** Kakching matak. 12.5.2012. Resh-0025237

**Habitat & Ecology:** Aquatic, wild common in ponds and marshy areas.

- Herb with perennial rootstock; leaves simple, petiole long, elliptic – oblong cordata or hastate; penduncle long, few flowered, pedicils long, flowers regular, large and white.

**Fls & Frts:** July – February.

**Ethnobotanical uses:**

- **Parts used:** Young leaves & shoots.

**Food:**

- The young leaves and shoots are used in salad and cooked in curry.

**Medicinal uses:**

- Juices of the plant with salt is applied on ring worm.

**Established report:**

- Plant juice against small pox, jaundice, gonorrhoea (Das *et al.* 2010). Leaf juice applied on smallpox (Devi *et al.*, 2011b).


**Vern. Name:** *Kolkai*

**Distribution:** Throughout India, America and Tropical countries.

**Specimen examined:** Sangang. 12.5.2012. Resh - 0025238

**Habitat & Ecology:** Aquatic, cultivated in Jhum fields.

- Annual cultivated herb with fusiform tuberous root, tubers red or white; leaves cordate, more or less lobed; flowers purple or white in axillary cymes.

**Fls & Frts:** October – February.

**Ethnobotanical uses:**

- **Parts used:** Tubers.

**Food:**

- Tubers are either eaten raw or boiled.

**Medicinal uses:**
Leaves grounded with salt is applied on burning sensation of fingers and toes.

**Established report:**

Plant is used as antidiabetic, in low fever and skin disease. Tuber is used in vomiting, asthma, constipation (Deorani & Sharma, 2007). Tubers are edible. Leaves are used in burn cases (Devi et al., 2011a).


**Vern. Name:** Khoichu.

**Distribution:** India, Myanmar, Laos, Nepal, Bhutan, Cambodia, China, Thailand & Vietnam.

**Specimen examined:** Ichum. 12.5.2012. Resh -0025239.

**Habitat & Ecology:** Terrestrial, wild.

Perennial wild, tall shrub with densely tomentose erect branches; leaves opposite as whorls, lanceolate serrate, acuminate; tomentose or hispid in both surface; flowers in spike or panicles, bracts lower folioseous, gradually reducing in size; fruits nutlets.

**Fls & Frts:** August – March.

**Ethnobotanical uses:**

**Parts used:** Leaves, inflorescence.

**Socio religious:**

Leaves with that of *Gonoithalamus sesquipedalis* Hook. f. & Thom. leaves are burnt to expel the bad spirit during child birth.

**Medicinal uses:**

Leaves ash is applied on skin diseases.

**Hair lotion:**

The leaves and inflorescence are used as an ingredients in the preparation of a local hair lotion (Chinghi).

**Established report:**

Decoction of root is given to cure Jaundice (Devi et al. 2010a).
**Jatropha gossypifolia** L. Sp. Pl. 2:1753. (Euphorbiaceae)

**Vern. Name:** Kekemanbi.

**Distribution:** South east Asia, Central America, Mexico, Brazil, Australia, Africa, Bangladesh & India.

**Specimen examined:** Sugnu. 12.5.2012. Resh-0025240.

**Habitat & Ecology:** Terrestrial, common in the valley and foothills.

    Large shrub; leaves 3-5 lobed or partite, lobed glandular, sessulate; petiole with glandular hair, petals of the male flower purple or red; capsule ovoid, 3-lobed.

**Fls & Frts.** : May-June.

**Ethnobotanical uses:**

- **Parts used:** Leaves.
- **Fish poison:**

    Leaves extract is used as fish poisoning.

- **Medicinal uses:**

    Extract of leaves is applied on scabies, itches and other skin diseases.

    Roots are used for the treatment of piles.

**Established report:**

    Latex is used in mouth ulcer (Ganesan *et al.*, 2009). 1-2 tender leaves are eaten to purify blood once a day (Khatoon *et al.*, 2012b).


**Vern. Name:** Mikha.

**Distribution:** All over Manipur, Khasi-hills & Temperate regions of Asia.

**Specimen examined:** Kakching mantak. 4.12.2011. Resh-0025184.

**Habitat & Ecology:** Terrestrial, wild in hills of most of the study areas.

    Tree; leaves imparipinnate thickly tormentose when young, leaflets 5-13, sub sessile, opposite or sub opposite, elliptic oblong, often oblique usually entire, acute or acuminate coriaceous, base rounded or obtuse; bract stalked, oblong lobed; fruit ovoid glabrous or pubescent, green with yellow dots.

**Fls & Frts:** August-March.

**Ethnobotanical uses:**
Parts used: Fruit, leaves and wood.

Medicinal uses:
Paste of unripe fruit is applied on scabies, itches and other skin diseases.

House materials:
Wood is used in making doors, decorative objects, weaving implements and handle for ploughing implements.

Fish poison:
The crushed leaves are used in fish poisoning.

Food:
The endosperm of the seed is edible.

Established reports:
Fruit are tonic and carminative. Leaves are astringent, anthelmintic, used in eczema, herpes and syphilis (Deorani & Sharma, 2007). Plant is used in piles, and skin infection (Sumitra et al., 2009).


Vern Name: *Chikpathur.*

Distribution: Throughout India & Tropical countries.


Habitat & Ecology: Terrestrial, wild.

Shrub bushy; leaves opposite elliptic-lanceolate, acute at both ends, entire pubescent; spike terminal; flowers white in dense bracteate.

Fls & Frts: December – April.

Ethnobotanical uses:

Parts used: Leaves & flower.

Food:
Young leaves and flower are eaten either raw or cooked.

Medicinal uses:
The leaves after warming on burning charcoal are applied on chest to get relief from bronchial congestion of the child.
The leaves cooked with prawn is eaten to get relief from jaundice, liver complaints and stomach ailments.

**Established reports:**
Leaves with rice powder are taken orally against worm. Leaves and stem boiled in 250ml of water till 50ml is given in fever (Das et al. 2010). Leaves are used in cold, cough, asthma, flowering shoots as insecticidal and also as hedge (Ghosh and Das, 2011).


**Vern. Name:** *Yai thamnamanpi*.

**Distribution:** Manipur, Himalaya region & Malaysia.

**Specimen examined:** Tonsen. 5.5.2012. Resh -0025242.

**Habitat & Ecology:** Terrestrial; Wild found in foothills.

Herb; leaves usually 2-opposite, petiole short just above the surface, oblong; flowers light purple in spike, before leaves.

**Fls & Frts:** March – April.

**Ethnobotanical uses:**

**Parts used:** Tuber

**Medicinal uses:**
Roasted tuber is applied for fastening tumours.

**Established report:**
Rhizome extract is applied against baldness by Naga tribe. The juice of tubers is used as eye drop. The poultice is used to treat wounds (Deorani & Sharma, 2007). Paste of tuber is applied on swelling body parts to reduce inflammation.


**Vern. Name:** *Nongbanlei*.

**Distribution:** Throughout India, Tropical & Sub-tropical countries.


**Habitat & Ecology:** Terrestrial; Wild in wasteland.
Stranggling shrub; stems with many recurved prickles; leaves opposite, ovate or obovate, oblong, acute, crenate serrate along margin; flower bracteates, sessile, bract long lanceolate, subacuminate at apex, scabrous green; fruit drupe.

**Fls & Frts**: Throughout the year.

**Ethnobotanical uses:**

**Parts used**: Whole plant.

**Medicinal uses:**

Extract of the leaves is applied to injuries for stopping bleeding, boils. The leaf juice with honey is given to get relief from fever. Water extract of the leaves is applied in skin allergy.

**Biofencing:**

The plants are grown in boundries of houses and villages for fencing of homogenous ones. This is the most commonly used plant as biofencing.

**Established report:**

The tender leaves is used in cough, asthma, diabetes, arthritis, rheumatism, eczema, leucoderma (Deorani & Sharma, 2007). Leaves is used in skin infection, rheumatism (Ganesan *et al.*, 2009). Young leaves are mixed with salt and eaten to stimulate digestion (Das *et al.*, 2010).


**Vern. Name**: *Tumba*.

**Distribution**: Throughout America and Egypt.

**Specimen examined**: Thayong. 10.5.2012. Resh - 0025243

**Habitat & Ecology**: Terrestrial, rarely cultivated.

Climber with stout 5-angled and bifid tendrils; leaves ovate or orbicular, cordate base, 5-lobed, petiole long with 2 glands at its apex; flower large, white, solitary, male long and female short –peduncled; fruits of variable size, bottle shaped with numerous seeds and having bitter taste.

**Fls & Frts**: July – December.

**Ethnobotanical uses**: 

**Parts used**: Fruits.
Handicraft:
Dried fruit is used in making musical instrument *Rusem, Tumba* (to fetch water), *Rusek* (fishing implements)

Established report:
Seed powder with honey given for stomache, kidney stone, appendix and piles (Bhogaonkar *et al.* 2007).


**Vern. Name:** *Chagonglei.*

**Distribution:** Throughout India, Mexico and Central America.

**Specimen examined:** Khoirentak. 10.5.2012. Resh – 0025244.

**Habitat & Ecology:** Terrestrial, wild and domesticated, common in wasteland and road sides.

Small tree, branching unarmed; leaves bipinate, pinate 6-16 pairs, leaflets 20-30 pairs, linear, glaucous, membraneous; flower in dense Globose head, white; fruit pod.

**Fls & Frts:** Whole year.

**Ethnobotanical uses:**

**Parts used:** Flowers, tender shoot and roots.

**Food:**
Flowers and tender shoot are eaten raw.

**Medicinal uses:**
Ground root is applied to forehead on headache and dizziness.

**Established report:**
Leaf decoction used against diabetis (Khan *et al.*, 2010).


**Vern. Name:** *Mayang lebum.*
Distribution: All over Manipur, Assam, Bihar, Tripura, West Bengal, Western India, Myanmar, Phillipines and Vietnam.


Habitat & Ecology: Terrestrial, wild common in wasteland, road sides.

Wild herb; leaves sub-sessile, linear or narrowly oblong lanceolate entire or distantly crenate narrowed at the base; flower in terminal and axillary dense whorls, fruits nutles ellipsoid, black.

Fls & Frts: June – February.

Ethnobotanical uses:

Parts used: Shoots.

Food:

Shoots are used as vegetable.

Medicinal uses:

Shoot is cooked and eaten to improve lactation by lactating mother.

The paste of the plant is applied in headache and insect bite.

Boiled decoction of the plant is given in irregulars menstruation.

Established report:

Plant is used as eye drop and also to stop bleeding from nose. Decoction used as sedative in nervous disorder (Deorani & Sharma, 2007). Whole plant is use in swelling, cold, cough and piles (Sumitra et al. 2009).

Lemanea australis Atk. 473, Svedelius 1933. (Rhodophyceae).

Vern.Name: Lungsham.

Distribution: North America, Australia, India.

Specimen examined: Sugnu. 10.5.2012. Resh-0025245

Habitat & Ecology: Aquatic, grows on the rock land and the surfling flowering fresh water in the rivershed of Sugnu.

Fresh water red alga; prostrate form, thalli thin cellular, filaments erect, bluish green, branching alternate or opposite.

Ethnobotanical uses:

Parts used: Thallus.
Food:
The sun dried plant is fried on the fire and eaten as salad.

Established report:
Used as abortifier for removing placenta after child birth when it is obstructed (Sinha, 1996).


Vern. Name: *Pakisie*.

Distribution: South east Asia, North-East Asia

Specimen examined: Sugnu. 12.5.2012. Resh-0025246

Habitat & Ecology: Sporophore solitary, centrally stipitate growing on dead woods of *Quercus* spp., *Castanopsis* sp., common grow wild.

Sporophores growing in clusters on stumps and on decaying wood; pileus funnel shaped reddish brown, margin irregular or lobed; gills coarse, thick, stipe central.

Fls & Frts: Rare

Ethnobotanical uses:

Parts used: Fruit bodies.

Food:
This is generally cooked and eaten.

Established report:
Crushed plant water soaked is applied on high temperature (Khan, 2005).


Vern. Name: *Tumitla*.

Distribution: North east India, Uttar Pradesh, Sikkim, Bangladesh, Bhutan, China & Myanmar.


Habitat & Ecology: Terrestrial; Common in hills.
Middle sized evergreen tree; leaves broadly elliptic, ovate or obovate, acute or rounded at apex, entire, tomentose beneath; inflorescence axillary in umbellate; fruit ovoid.

**Fls & Frts:** May-December.

**Ethnobotanical uses:**
Parts used: Bark & leaves.

**Medicinal uses:**
Bark extract is prescribed against diarrhoea.
Steam heated packed containing the leaves is applied on aching body part.

**Established report:**
Leaves are used externally in rheumatic pain (2010). Leaf used in silk worm rearing (Ghosh and Das, 2011).


**Vern. Name:** Ngairong.

**Distribution:** All districts of Manipur, Khasi hill, Nepal and China.

**Specimen examined:** Khoirantak. 10.5.2012. Resh-0025248.

**Habitat & Ecology:** Terrestrial; wild found in forest.

Small tree, aromatic, wild, deciduous, branched, leaves in equilateral, ovate, lanceolate, acuminate, glabrous;

**Fls & Frts:** January – July.

**Ethnobotanical uses:**
Parts used: Flowers and fruits.

**Food:**
Fruits are eaten raw with chutney.

**Spices:**
Flower and fruit are used as indigenous spices.

**Medicinal uses:**
Fruits are chew and keep inside mouth for sometime to get relief from toothache.
Leaf paste is applied on forehead against headache.
Kom people eat fresh ripe fruit to induce good sleep.

**Established report:**

Kohli (1992) reported that seedes are chewed in case of worms infestation. Flowers and fruit taken as spices (Singh, 1990). Fruits are used in cholera, indigestion, stomach colic, food poisoning, vermifuge (Ghosh and Das, 2011).


**Vern. Name:** *Sebot linmanbi.*

**Distribution:** Throughout India, Nepal & China.

**Specimen examined:** Kangthei. 24.11.2011. Resh-0025121.

**Habitat & Ecology:** Terrestrial, cultivated in jhum field.

Climber with slender, shortly pubescent, 5-angled stems, tendrils 3-branched; leaves alternate, orbicular in outline, scabrid on both sides; flowers unisexual, solitary, yellow; fruit cylindrical or club shape, tapering towards the base.

**Fls & Frts:** March-October.

**Ehnobotanical uses:**

**Parts used:** Leaves & fruits.

**Medicinal uses:**
Crushed leaves is applied on inflammation due to burns for quick relieving and cooling.

**Food:**
Fruit is cooked and eaten as vegetable.

**Established report:**

Fruit and leaves are used in bronchitis and asthma. Seeds oil is applied to skin infection (Pal & Jain). Decoction of fruit with seeds of *Trachyspermum ammi* and salt are given in flatulence to cattles (Galav *et al.*, 2007).


**Vern. Name:** *Lai uri.*
**Distribution**: All over India, Eastern Asia south to northern Australia, Southern China & Northern Australia.

**Specimen examined**: Thayong. 16.11.2011. Resh -0025192

**Habitat & Ecology**: Terrestrial, creeping to other plants.

Creeper; fronds tripinnate; leaflets toothed, sori on spike, arranged adaxically, sporangia large, brown colour when mature.

**Fertile**: Whole year.

**Ethnobotanical uses**:

**Parts used**: Whole plant.

**Medicinal uses**: Dried powdered leaves is applied on the cuts and wounds.

**Established report**:

Paste of rhizome is applied in piles. Rhizome juice is used in gonorrhea, abortifacent, stomachache, cholera, indigestion and jaundice and as an appetizer (Deorani & Sharma, 2007). Fronds are chewed with salt to cure stomach trouble (Devi, 2008).


(Plate-23-A)

**Vern Name**: Kengoi.

**Distribution**: All over Manipur.

**Specimen examined**: Sinam kom. 15.5.2012 Resh -0025249.

**Habitat & Ecology**: Terrestrial, common in Swampy areas.

Annual herb, spreading, terete, glabrous, branched; leaves alternate; flowers white in elongated spike; fruit capsule, oblong.

**Fls & Frts**: June – December.

**Ethnobotanical uses**:

**Parts used**: Leaves.

**Food**: Leaves are eaten as vegetable.

**Medicinal uses**:

Cooked and eaten as apitizer as it help in digestion.
Established report:
Whole plants are used in indigestion (Devi et al. 2011a).


Vern. Name: *Nongnangkori*.

Distribution: China, Bhutan, India, Laos, Nepal & Cambodia.


Habitat & Ecology: Terrestrial, wild in Hill sides.

Evergreen, tall tree, usually aromatic; bark grayish brown or dark grey; leaves oblong-obovate, oblaneolate or lanceolate to elliptic, acuminate, coriaceous, margin entire; inflorescence in axils of leaves; flower yellowish green, fruit globose.

Fls & Frts: January-April, June-July.

Ethnobotanical uses:
Parts used: Leaves.

Socio-religious purpose:
Leaves is used for exorcism in case of frequent unnatural death or accidental death.

Established report:
Fresh leaves given in mouth ulcer. Bark is used in Asthma. Boiled extract of leaves given in eipilepsy (Sinha, 1984). Root bark juice is taken in liver complaints (Das et al., 2010).

*Magnolia campbelli* Hook.f. & Thoms. Fl. Ind. 1: 77. 1855. (Magnoliaceae).

(Plate-23-B).

Vern. Name: *U-thambal*.

Distribution: Eastern Nepal, China, Sikkim, Myanmar & India.


Habitat & Ecology: Moist sites, wild

An evergreen deciduous tree; leaves, simple, alternate, persistent, obovate, coriaceous; flower white, conspicuous; fruit aggregate of follicles.

Fls & Frts: December-January, April-June.

Distribution: Eastern Nepal, China, Sikkim, Myanmar & India.

Habitat & Ecology: Moist sites, wild
Ethnobotanical uses:

Parts used: Leaves, flower & bark.

Medicinal uses:
Boiled decoction of the leaves and barks are given in malarial fever.
Extract of the flower is applied on skin diseases.

Established report:

Bark is stimulant, tonic, used for malaria and rheumatism (Sinha, 1996).


Vern. Name: Mangra.

Distribution: Throughout India & Tropical countries.


Habitat & Ecology: Terrestrial, cultivated in hills & valley of Manipur.

Large shrub; leaves alternate palmately lobed; tuberous rocks; stem with latex; flowers large, red in raceme.

Fls & Frts: May – August.

Ethnobotanical uses:

Parts used: Tubers, leaves.

Food:
Tubers is either eaten raw boiled or roasted.

Medicinal uses:
Extract of leaves is given in scabies and sores.

Established report:

Juice of leaves is used in skin diseases. Tuber used in constipation and indigestion, sores and boils (Deorani & Sharma, 2007). Tuber taken as curry & fry (Devi et al., 2011).


Vern. Name: U-napu.

Distribution: Hills of Manipur, North-Eastern states of India & Himalayan region.

Specimen examined: Kakching mantak.15.5.2012. Resh - 0025251
Habitat & Ecology: Terrestrial, wild as well as domesticated.

Shrub; leaves pinnate, 5-9 pairs, ovate or broadly ovate, coriceous shinning above, dull beneath, spinose-dentate along margin; flowers fascicles in dense raceme; yellow; fruits berry, globose.

Fls & Frts: April – October.

Ethnobotanical uses:
Parts used: Stem.
Dye:
Stem juice is used as a local yellow dye and colouring agent.

Medicinal uses:
Stem juice applied in itching skin.

Food:
Ripe berries are eaten.

Established report:
Tender shoots are taken as vegetables by the Tangkhul tribe of Manipur (Sumitra et al., 2012).


Vern. Name: Ureirom laba.

Distribution: Throughout Manipur, North Eastern states, Sri Lanka, Malaysia, Australia & Taiwan.


Habitat & Ecology: Terrestrial, wild in forest & road sides.

Small evergreen tree; leaves alternate, usually ovate-elliptic or ovate–lanceolate, acute to acuminate with numerous red glands beneath; flowers dioecious; fruit capsul with densely reddish-brown.

Fls & Frts: August – April.

Ethnobotanical uses:
Parts used: Fruits, bark.
Dye:
Fruits are used for dying purposes imparting orange colour.
Established report:

Fruits are used as remedy for expelling tapeworms and it is also used as an oral contraceptive (John, 2001). Root paste applied in rheumatism and skin diseases. Decoction of bark is used in abdominal pain. Paste of seeds is applied on wounds and cuts (Deorani & Sharma, 2007). Fresh leaf juice is given internally indysmenorrhoea (Prusti, 2007).


**Vern. Name:** Yachubi.

**Specimen examined:** Thayong.9.8.2011. Resh- 0025123.

**Habitat & Ecology:** Terrestrial, wild & common in wasteland area.

Shrub; leaves opposite, elliptic- lanceolate, tomentose; flowers purplish in terminal fascicles; fruits hypanthium, seeds black.

**Fls & Frts:** March- December.

**Ethnobotanical uses**

**Parts used:** Fruit.

**Medicinal uses:**

Fruits are used for staining teeth in dark blackish red by the tribe. It is believed to strengthen teeth and protects from gum diseases and cavities.

Established report:

Fruits of the ingredient against for breaking of impotency of women. Leaf juice against diarrhea & dysentery (Sinha, 1996). Leaves is applied on the cuts to stop bleeding. Flowers in piles (Deorani & Sharma, 2007). Roots and leaves are used as mouth wash (Kagyung *et al.*, 2010).


**Vern. Name:** Kheu.

**Distribution:** Burma, Indonesia and India.

**Specimen examined:** Tonsen. 19.8.2011. Resh-0025124.

**Habitat & Ecology:** Terrestrial, cultivated.
Tall deciduous tree, twigs and leaves hairy blossom white; stone fruits reddish and approx. 1cm in diameter.

**Fls & Frts:** January-March.

**Ehnobotanical uses:**

**Parts used:** Bark.

**Medicinal uses:**

Resin of the bark is used on skin allergy.

**Dye:**

Bark is used for dye purposes to impart black colour.

**Established report:**

Latex is used in anthelminthic & leprosy (Khatoon et al., 2012b).


**Vern.Name:** *Nungshi hidak.*

**Distribution:** All over Manipur, Western Himalayas, Kashmir, North & Western Asia to China.

**Specimen examined:** K.R. Lane. 27.12.2012. Resh – 0025296.

**Habitat & Ecology:** Terrestrial, cultivated in kitchen garden.

Herb, branched; leaves simple, opposite, ovate margin toothed; flowers small in bunches, borne on axils of leaves.

**Fls & Frts:** October – January.

**Ethnobotanical uses:**

**Parts used:** Leaves & Young shoots.

**Spices:**

Leaves are used as spice.

**Food:**

The shoot with other foodstuff (Prawn, dried fermented fish) are fried and eaten. The shoot is eaten raw.

**Veterinary uses:**

Leaves is used in weakness in cattles.

**Medicinal uses:**
Leaves extract (5 ml) with salt and honey are given for killing worms. Shoots extract with Black pepper is given in diabetes, diarrhoea and stomach problem.

Established report

Fresh given with salt, honey in diarrhoea, colic and also used as anthelmintic (Sinha, 1996). The dried plant is refrigerant, diuretic, stomachic and stimulant (Deorani & Sharma, 2007).


**Vern. Name:** Khersai.

**Distribution:** All over Manipur, mountains of Eastern Bengal, Andaman Nicobar Island; Eastern and Western Peninsulas.

**Specimen examined:** Sagang. 9.8.2011. Resh-0025125.

**Habitat & Ecology:** Scattered in the hills and valley of the states.

Large or medium sized tree; leaves opposite, lanceolate, coracious, red when young; flowers large solitary, white, fragrant.

**Fls & Frts:** February – July.

**Ethnobotanical uses:**

**Parts used:** Wood.

**Sociorligious purposes:**

The Kom elders believed that the ‘Thempu’ by hiding behind this tree kill the evil spirit.

**Household implements:**

The wood is used for making pillars, in making ‘Shuk’ (a big mortar), weaving implements like ‘tem’ (an indigenous type of loom instrument).

Established report:

Flowers are used in leucorrhoea, bleeding piles, dysentery and diarrhoea (Sinha, 1996). Poultice of leaves is used in severe headache and cold. Infusionof bark used in gastritis and bronchitis. Leaves and flowers are applied in scorpion bite (Deorani & Sharma, 2007).

**Vern.Name**: *Theipi.*

**Distribution**: Throughout India, Tropical & Sub-tropical countries.

**Specimen examined**: Makokchung. 16.4.2010. Resh - 002520

**Habitat & Ecology**: Terrestrial, wild and Cultivated.

A small tree with straight opposite simple or 3-nate spines; leaves opposite or 3-nately whorled, ovate-oblong; stipules cuspidate from a broad base; flowers pedicelled, greenish white; fruit fleshy drupe.

**Fls & Frts**: April – December.

**Ethnobotanical uses**:

**Parts used**: Fruit, & leaves.

**Food**:

Leaves used as vegetable in ‘Shingshu.

Ripe fruits is eaten as fresh fruit.

**Medicinal uses**:

The crushed leaves is used in the exudation of pus along with deeply penetrated spine or thorn fragment inside bare foot

**Established report**:

The juice of ripe fruits along with water is applied on the skin for healthy texture (Khatoon *et al.*, 2012a).


**Vern. Name**: *Minci.*

**Distribution**: All over India and countries of Tropical Asia.

**Specimen examined**: Ichum keiraap. 15.5.2012. Resh-0025253.

**Habitat & Ecology**: Terrestrial, wild and cultivated.

Evergreen middle sized tree; leaves ovate to lanceolate; flowers yellow or orange, aromatic, solitary; fruit ovoid or ellipsoid, woody.

**Fls & Frts**: March – August.

**Ethnobotanical uses**:

**Parts used**: Bark/leaves, flower.
**Medicinal uses:**
Boiled leaves extract with a spoonful of honey (½ glass) are given for a week in case of fever.

**Other purposes:**
The flowers are used to decorate the hair for sweet fragrance.

**Insecticides:**
The flowers are put under the pillow to repel bug.

**House hold material:**
The wood is used for furniture and house building materials.

**Established report:**
Extract of leaves & flower are applied to head for eradicating lice (Sinha, 1996). Seeds and fruits applied on cracks of feet. Flowers and fruit stimulant, diuretic, stomachic antispasmodic (Deorani & Sharma, 2007).


**Vern. Name:** Sangbrei.

**Distribution:** India, China & Myanmar.

**Specimen examined:** Kakching mantak. 15.5.2012. Resh-0025254.

**Habitat & Ecology:** Terrestrial, wild & domesticated.

Aromatic herb; leaves broadly ovate, irregularly dentate, broadly cuneate to subcordate; flowers in axillary and terminal cymes, bright yellow in colour, fruits nutlets.

**Fls & Frts:** October – February.

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**
*Steamed leaves covered with banana leaves are placed directly on anus and patient is allowed to sit on it to get relief from pile case.*
Crushed extract of the plant is prescribed orally in menstruation disorder, fever and dizziness.

**Hair lotion:**
Shoot and leaves are used as a main ingredient of ‘Chinghi’ and are marketed for this purpose.

**Established report:**
Leaves are used in hair lotion (Devi, 2010).


**Vern. Name:** *Naga uri.*

**Distribution:** Throughout India, Africa, America & Asian countries.

**Specimen examined:** Sagang. 15.5.2012. Resh – 0025256.

**Habitat & Ecology:** Terrestrial; wild.

Cl climber; leaves opposite, triangular ovate, cordate, acute; flowers in small heads in terminal and upper axillary corymbose, greenish white; fruits pappus.

**Fls & Frts:** August – February.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**
Whole plant extract (5 ml) is taken twice daily against dysentery.

Paste of leaves is applied on the cuts & wounds.

**Established report:**

The juice of the plant tip with milk is taken orally in empty stomach against blood dysentery (Das *et al*., 2010).


**Vern. Name:** *Ngamuyai.*

**Distribution:** Forest of North Eastern states of India, China & Myanmar.

**Specimen examined:** Sugnu. 14.3.2013. Resh-0025315.

**Habitat & Ecology:** Terrestrial, wild commonly found in forest and road sides.
Large climber; leaflets 6-20, oblong-lanceolate to oblanceolate, cuneate, glabrous above, glaucous beneath; flowers light purple in axillary racemes; fruits pod.

**Fls & Frts:** February-July.

**Ethnobotanical uses:**

**Parts used:** Root

**Medicinal uses:**
Boiled decoction of leaves is used to wash skin diseases like scabies, itches.
Boiled extract of the leaves is poured in tub and used to sit twice a day in pile worm.

**Fish poison:**
Crushed root is poured into water to catch fish.

**Established report:**
Seeds are used as ovicidal (Das *et al.*, 2010).


**Vern. Name:** Kangphal ekaihabi.

**Distribution:** Throughout India, Tropical & Sub-tropical countries.

**Specimen examined:** Sugnu. 15.5.2012. Resh. 0025257.

**Habitat & Ecology:** Terrestrial,wild common in wasteland.

Prickly herb, straggling; leaves pinnae 4, deigitate, sensitive; leaflets 12-20 pairs, flower in head, purple, axillary, peduncle covered with spreading bristle, fruit pod pointed, prickly.

**Fls & Frts:** February – July.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**
Decoction of whole plant (250 ml) is taken twice daily after meal in kidney problem.
Extract of leaves applied on the cuts and wound.
Crushed bark should be kept in fracture area for 8 days. This should be repeat 5 times (After 8 days).
Boil decoction of leaves with sitamishi in a full glass is given 2/3 times a day to prevent excessive flow of urine.
Extract of leaves juice is given in 3 spoonful at night to overcome sexual weakness.

Established report:

Decoction of leaves used in diarrhoea, skin disease and dissolving kidney and gall bladder stones (Deorani & Sharma, 2007). Root is used in easy delivery. Dried flowers are put in a cigarette & smoke to get relief from toothache (Das et al., 2010).


Vern. Name: Shaipui hawai.

**Distribution**: Burma, Laos, Thailand, Vietnam, N.E India & Bangladesh.


**Habitat & Ecology**: Terrestrial, wild.

Perennial climber; leaves 3 foliate, pinnate, petiole, long, slender; terminal rhomboid, lateral deltoidly oblique and pressed pubescent beneath; racemes axillary, long, bracteates, bracts ovate or obovate with bristles; flower blackish-purple.

**Fls. & Frts**: September-November.

**Ethnobotanical uses**:

**Parts used**: Seed.

**Medicinal use**:

Seed is used as tonic, astringent.

Extract of grinded seed is given in treatment of white discharge.

**Insectisides**:

Seeds are used as an insect repellant.

Established report:

Leaf paste in water is used for healing ulcer(Sinha,1993).


Vern. Name: Laphu.

**Distribution**: Whole India and Tropical regions of the world.

**Specimen examined** : Sinam Kom 4.3.2010 Resh – 002517.

**Habitat & Ecology** : Terrestrial, wild and cultivated.

Stolonniferous perennial herb; the aerial stem tall, closely packed with leaf sheaths which form pseudo stem; leaves large with parallel venation; inflorescence from the
centre of pseudo stem developed directly from the rhizome; flowers creamy yellow; fruit 3 gonous, oblong, yellow when ripe.

**Fls & Frts**: Whole year.

**Ethnobotanical uses**:

**Parts used**: Pseudostem & fruits.

**Medicinal uses**:

*Drink juice collected from the core of pseudo stem before sunrise to control diabetes. Burnt ripe fruit is given in dysentery. The paste of the ripe fruit with yolk of egg is applied as poultice to fractured bones for early healing.

*Drink one glass of diluted juice collected from 1 foot long banana trunk, 3 times daily for 3 days. The stone may be dissolve or expelled.

**Food**:

Inflorescence and stem are taken as vegetable.

**Veterinary**:

Fruit and leaves of the plant are given as a tonic as well for constipation.

**Biofencing**:

The plant are grown in boundaries of kitchen gardens forfencing of homogenousones.

**Established report**:

Ash of burnt leaves are used in stomachache, hyperacidity. Flowers are useful in dysentery, diabetes (Deorani & Sharma, 2007). Powder of pith is given internally in fever (Prusti, 2007). Root juice is used in fresh wounds to stop bleeding (Das et al., 2010).


**Vern. Name**: *Hanu-lei*.

**Distribution**: Throughout India & Tropical countries.


**Habitat & Ecology**: Terrestrial, wild found in bushy areas.

Shrub, branched; leaves simple, elliptic-ovate, apex acuminate, more or less beneath, base rounded as tapering into the petiole; flowers tubular-funnel-shaped,
yellow interminal cymes, one calyx lobe occasionally modified into foliage white leaf, fruit berry, rounded or ovoid, glabrous.

**Fls & Frts**: Whole year.

**Ethnobotanical uses**:

**Parts used**: Bark; tender leaves.

**Medicinal uses**:

- Bark decoction is given in ½ glass daily to control diabetes.
- Tender leaves are cooked with lata fish is prescribed in diarrhoea.

**Established report**:

Decoction of leaves or roots is given for cough. Flowers are diuretic, used in dropsy, asthma & recurrent fever (Das *et al*., 2010).


**Vern. Name**: Nonganghei.

**Distribution**: North-east states of India, Khasi-hills and Bangladesh.

**Specimen examined**: Sugnu 13.5.2010. Resh – 002535.

**Habitat & Ecology**: Terrestrial, wild and domesticated.

- Small, evergreen tree; leaves oblong-lanceolate, oblanceolate-elliptic or obovate, glorous above with resinous dots beneath, acute; flowers unisexual in bracteate spikes; fruit ovoid-oblong, green, red when ripe.

**Ethnobotanical uses**:

**Parts used**: Fruit.

**Food**:

Fruit are edible on ripening and are used to make local wine.

**Established report**:

- Fruit is used in indigestion. Bark is astringent, carminative and antiseptic (Deorani & Sharma, 2007). Bark juice is used externally to cure ringworm (Das *et al*., 2010).

Vern. Name: *Ishing Ekai thapi.*

**Distribution**: Ponds and lakes of Manipur, Australia and USA.

**Specimen examined**: Kakching Mantak. 15.5.2012. Resh-0025259.

**Habitat & Ecology**: Aquatic, cultivated in ponds.

Annual aquatic plant, branches zig-zag, bearing radial fibres at the nodes and spongy floats on the internodes; leaves bipinate with persistent stipules. Pinnae 4-6; flowers small in dense head on axillary peduncle and yellow, fruits pod.

**Fls & Frts**: August – October.

**Ethnobotanical uses**: 
Parts used: Young shoot.

**Food**: 
Young shoot are used as green vegetable.

**Medicinal uses**: 
Boil decoction of the plant with salt is prescribed for stomach ulcer and other related stomach complaints.

**Established report**: 
Tender shoots are taken as vegetable (Devi et al., 2011b).


Vern. Name: *Kabirei.*

**Distribution**: All over India, Afganistan and Japan.

**Specimen examined**: Sagang. 13.3.2012, Resh-0026198.

**Habitat & Ecology**: Terretrial, wild as well as cultivated

Shrub, evergreen, branching; leaves linear lanceolate, tapering at both ends; coriaceous; flowers in terminal cyme, pink.

**Fls & Frts**: Whole year.

**Ethnobotanical uses**: 
Parts used: Whole plant

**Medicinal uses**: 
Powdered of dried plant is used as a stuff against epilepsy.
Leaves extract are taken as a blood purifier.

**Established report:**

Decoction of leaves in eczema. Young fruit are used as vegetable (Das *et al.* 2010).


**Vern. Name:** *Panthang liyaat.*

**Distribution** : Throughout India, Central and south America, Argentina, Columbia and West Indies.

**Specimen examined** : Sagang 10.6.2010. Resh – 002515.

**Habitat & Ecology** : Terrestrial, cultivated.

Annual erect herb, pubescent, leaves large, oblong or elliptic; corymb compound; Corolla linear funnel shaped; fruit capsule.

**Fls & Frts** : April – September.

**Ethnobotanical uses:**

**Parts used** : Leaves.

**Veterinary** :

Leaves is applied in case of ringworm.

**Medicinal uses** :

The dry leaf soaked in water is used externally in skin allergy.

The ash of the leaves is applied on leech bite to check bleeding.

The extract of leaves are used to massage the body parts with paralysis.

**Other purposes**:

The powder of the leaves is used as a cigarette.

**Established report**:

The leaves are applied to insect bite. The ash of the leaves is applied on leech bite to check bleeding (Sinha, 1996).


**Vern. Name** : *Mayangba.*

**Distribution** : All over India, Tropical and temperate region of the world.

**Specimen examined** : Sinam Kom. 5.6.2012. Resh -0025262.
**Habitat & Ecology:** Terrestrial, cultivated.

Annual small herb with branches; leaves opposite, ovate, acute; entire or finely toothed; flowers greenish white in spikelet raceme; fruits nutlets.

**Fls & Frts:** June – December.

**Ethnobotanical uses:**

**Parts used:** Leaves, shoots and seeds.

**Spices:**

Leaves and shoots are used as spices and condiments.

**Medicinal uses:**

*Young shoots ground together with common salt and a drop of kerosene are used to give immediate relief to sore throat.*
Soaked seed in water are used to control diabetes mellitus.
Extract of leaves mixed with honey are used in bleeding piles and constipation.
Eating this plant regularly keeps body healthy and prevents from cough.

**Insecticides:**

The plant is also used as insect repellent.

**Established report:**

Crushed leaves with salt are applied to scalp in alopecia. Decoction of shoot used as mouth wash in pyorrhea (Sinha, 1996).


**Vern. Name:** Naoshek lei.

**Distribution:** Manipur, Northeastern states of India & Tropical countries.

**Specimen examined:** Maibung. 5.6.2012. Resh-0025263.

**Habitat & Ecology:** Terrestrial, cultivated.

Annual small herb with branches; leaves opposite, ovate lanceolate, acute, entire or finely toothed, purplish; flowers purple in spikate raceme; fruits nutlets.

**Fls & Frts:** Throughout the year.

**Ethnobotanical Uses:**

**Parts used:** Whole plants.

**Food:**
The plant is used as a condiment.

**Medicinal uses:**
Crushed fresh shoots is applied on forehead against fever.
Decoction of leaves is used in children against stomach troubles, inflammation and constipation.

**Established report:**
Leaves and flowers are used in stomach trouble, gonorrhoea, dysentery, diarrhoea, ringworms, earache etc. (Devi, 2010).


**Vern. Name:** Komprek.

**Distribution:** Manipur, marshy area of the country and China.

**Specimen examined:** Thayong. 5.6.2012. Resh -0025266.

**Habitat & Ecology:** Semi aquatic, common in swampy areas.
Perennial herb; leaves unipinnate or bipinnate, leaflets ovate – lanceolate or lanceolate – rhomboid; flowers white in axillary and terminal umbels.

**Fls & Frts:** March – October.

**Ethnobotanical uses:**
**Parts used:** Above ground parts.

**Food:** Plant is used as vegetable.

**Medicinal uses:**
Whole plant taken either fresh or boil in the treatment of urination problem.
Extract of the plant with salt help in digestion.

**Established report:**
Leaves are appetizer and digestive (Sinha, 1996).


**Vern. Name:** Ukhazing.

**Distribution:** All over Manipur, Western Ghat, Myanmar and Sri Lanka.

**Specimen examined:** Makokchung, 5.6.2012 Resh -0025265.
**Habitat & Ecology:** Terrestrial, wild.

Evergreen tree; leaves alternate, narrow elliptic or oblanceolate, apex caudate, acuminate, entire or crenulate towards apex; flowers in axillary cymose head, greenish white; fruits achene.

**Fls & Frts:** August – March.

**Ethnobotanical uses:**

**Parts used:** Leaves

**Medicinal uses:**

Leaf decoction in 250 ml taken twice daily to manage diabetes till control.

Boiled leaves with sitamishi (sweet candy) in 1L till half litre left and given in 250 ml twice daily against kidney stone.

**Established report:**

Leaves are used in diabetes and is very rich in flavonoids. Bark is used as rope also as substitute of cotton thread for making fishing net (Srivastava *et al.*, 2010)


**Vern. Name:** Bakrong.

**Distribution:** India and Tropical Asia.

**Specimen examined:** Sagang. 12.10.2011. Resh-0025126.

**Habitat & Ecology:** Terrestrial, wild and domesticated.

Middle sized, deciduous tree with numerous corky lenticels; leaves opposite, very large, leaflets 2-4 pairs, acuminate; flowers purple in racemes, fleshy; fruit large pod, flat, straight or curved, tapering at both ends.

**Fls & Frts:** March – December.

**Ethnobotanical uses:**

**Parts used:** Fruits.

**Medicinal uses:**

Decoction of bark is applied to get relief from piles.

Decoction of bark (250 ml) is taken daily as a heart tonic.
Take 10 gm powdered (dried in shade) with water every morning time for 10-15 days as a remedy for management of prolapsed of uterus.

Raw or cooked fruits taken with every meals 4 times in a week to control hypertension.

**Food:**

Fruits are also used as vegetable.

**Established report:**

Leaf paste is used in joint pain & stomache (Pal & Jain, 1998). Bark and seeds are used to treat diarrhea, leucorrhoea, asthma, bronchitis, joint swelling, rheumatism heart disease (Ghosh and Das, 2011).


**Vern. Name:** *Yensil.*

**Distribution:** Throughout India, Tropical and Sub tropical countries.

**Specimen examined:** Ichum, 18.6.2010. Resh -002573 .

**Habitat & Ecology:** Terrestrial, wild in marshy area and wasteland.

Diffused herb; rooting at the nodes; leaves alternate, stipule adnate to the petiole; buds modified to bulbels, flowers yellow; fruits pod.

**Fls & Frts:** June – December.

**Ethnobotanical uses:**

**Parts used:** Whole plants.

**Food:**

Leaves and shoots are eaten as vegetable during summer.

**Medicinal uses:**

Plant extract with ¼ salt is given in indigestion and stomach complaints.

Small pieces of plant mixed with yolk of egg and honey when taken daily acts as a good tonic.

**Established report:**

Fresh juice is used to cure dyspepsia, piles and Anemia (Khare, 2004). Whole plant is used to cure scurvy, dysentery, improves appetite etc. (Ghosh and Das, 2011).

**Vern. Name**: Winomlei.

**Distribution**: Throughout India, China, Malaya, Phillipines & Japan.


**Habitat & Ecology**: Terrestrial, wild.

Climbing shrub; leaves opposite, elliptic-ovate, acuminate, entire, sub-cordate at the base; flowers grayish purple in axillary and terminal ends, fruits ellipsoid, redish in colour compressed.

**Fls & Frts**: May – October.

**Ethnobotanical uses**:

**Parts used**: Whole plant.

**Medicinal uses**:

300 gm of whole plant crushed and the porridge is put on the fracture area once for 2 days until recovered.

Pakora made of leaves is eaten to get relief from constipation.

**Established report**:

Leaves are pounded and taken orally against worm (Das *et al.* 2010). Leaf used in dysentery, diarrhoea, breathing problem, piles, rheumatism, paralysis, night blindness, constipation etc. (Ghosh and Das, 2011).


**Vern. Name**: Yonchip.

**Distribution**: All over India, Myanmar and Tropical Asia.

**Specimen examined**: Sugnu. 5.12.2012. Resh-0025268.

**Habitat & Ecology**: Terrestrial & wild as well as domesticated.

Medium sized erect tree; leaves bipinnate; leaflets numerous; flowers in dense; long peduncled head; pods large, long and flats seeds round or oval, slightly compressed.

**Fls & Frts**: September – April.
Ethnobotanical uses:
Parts used: Young inflorescence, fruit, seed & bark.

Food:
The inflorescence is used in the preparation of salad.
The fruits and seeds are used as vegetable.

Medicinal uses:
Boiled extract of the bark with the fruits of *Ficus glomerata* Roxb. and the leaves of *Centella asiatica* (L.) Urban are prescribed in diabetis.

Established report:
Bark, fruit are used in dysentery and pile (Sumitra et al., 2009). Boiled bark is taken to remove worm (Nath and Choudhury, 2011)


Vern. Name: Kuhi.

Distribution: All over Manipur, North eastern states of India, Himalaya ranges, Myanmar, Nepal and Bangladesh.


Habitat & Ecology: Terrestrial, wild in forest.

Small tree; leaves cariaceous; elliptic, lanceolate, caudate base acute, shining above, pale beneath; flowers in spike.

Fls & Frts: June – February.

Ethnobotanical uses:
Parts used: Whole plant

Dye:
The bark has been used a source of reddish brown to brown dye. It is used to dye potteries and in fishing nets.

Fire wood:
Plant is used as firewood.

Established report:
Plant is used as firewood.

**Vern. Name**: Merchatteng.

**Distribution**: All over Manipur, North eastern states of India, Himalyan ranges, Myanmar, Nepal and Bangladesh.


**Habitat & Ecology**: Terrestrial, wild.

A small tree, all parts glabrous except the hoary male spikes; leaves elliptic-oblong or obovate-oblong, flowers monoccious flowers in spike; fruits nut.

**Fls & Frts**: June – February.

**Ethnobotanical uses**: 

**Parts used**: Wood, & bark.

**Fish poisoning**: 

* Pieces of the bark are beaten into pulp and foaming substances are allowed to sink into the river. When the substances fully mixed with the water, the fishes are drugged and float up unconcous.

**Firewood**: 

The wood is used as firewood and also used for charcoal.

**Established report**: 

It is used as a fire wood.


**Vern. Name**: Krapolthei.

**Distribution**: Throughout India, Tropical and Sub-tropical countries.

**Specimen examined**: Sagang. 18.7.2011. Resh – 0025127.

**Habitat & Ecology**: Found wild in the valley and foot hills as an as cape.

A glabrous chimer; leaves deeply 3-lobed, suborbicular to broadly ovate, 3 veined from the base; flower fragrant, pedunculate; fruit globose or ovoid.

**Fls & Frts**: June – February.

**Ethnobotanical uses**: 

**Parts used**: Leaves and fruit.
Food:
The young tender leaves are eaten as raw. The pulp of fruit is also eaten.

Medicinal uses:
Tender leaves are taken either raw or boiled to control diabetes and hypertension.

Established report:
Fruit is used as a liver tonic and in blood pressure problem (Sumitra et al., 2009). Leaf decoction is taken for cold and cough during night for 2 days (Samuel and Andrew, 2010).


Vern. Name: Chikpathur.

Distribution All over Manipur, Khasi Hills, Western Ghat, Australia, Tropical & Subtropical countries.


Habitat & Ecology: Terrestrial, wild in bushy areas.

Shrub; leaves opposite, variable in shape, elliptic-lanceolate, ovate or oblanceolate, acuminate, pubescent beneath; flower small, white in terminal and lateral corymbose fruit drupe, globose.

Fls & Frts: June – December.

Ethnobotanical uses:
Parts used: Leaves.

Medicinal uses:
Leaves cooked with fresh prawn is given to a patient of jaundice till recovery.

Established report:
Leaves and roots are used as poultice on boils (Pal & Jain, 1998). Leaves are used in cobra bites (Ganesan et al., 2009).


Vern. Name: Thoiding Angouba.
**Distribution**: All over India, China, Bhutan, Cambodia, Indonesia, Japan, Korea, Laos & Vietnam.

**Specimen examined**: Mahaoptera 6.12.2012. Resh -0025271

**Habitat & Ecology**: Terrestrial, cultivated in Jhum fields.

Herb; leaves opposite broadly ovate, coarsely serrate; flowers white in condensed whorl in the terminal and the leaf axils, densely villous fruits nutlet, dark brown when mature.

**Fls & Frts**: August – January.

**Ethnobotanical uses**:

**Parts used**: Leaves & seeds.

**Medicinal uses**:

Boil leaves are used as poultice over the boil for early healing.

Roasted and crushed seeds with *Zingiber officinale* Rosc., *Allium cepa* L. & *Allium sativum* L. are taken as appetizer and flavouring agents.

**Established report**:

Leaves are eaten as vegetable. Seed paste is used to enhance the taste of curry also used as the substitute of mustard oil(Srivastava & Adi community, 2009).


(Plate-26-A).

**Vern. Name**: Chikpathur.

**Distribution**: India, Bangladesh & Tropical countries of Asia.

**Specimen examined**: Kakching mantak. 7.12.2012 Resh – 0025272.

**Habitat & Ecology**: Terrestrial, wild.

Shrub, leaves large, opposite, elliptic, slightly dentate, acuminate at both ends, flowers red in terminal dense cymes, bract linear.

**Fls & Frts**: January – April.

**Ethnobotanical uses**:

**Parts used**: Leaves & flower.

**Medicinal uses**:
Leaves crushed with few drops of mustard oil and make into paste. The paste is applied into the anus of the children to cure typhoid.

**Food:**
Flowers are either eaten raw or fresh.

**Established report:**
Leaves and flowers are used in fever, cough, hypertension, sprain (Devi et al., 2011a).


**Vern. Name:** *Chikpathur.*

**Distribution:** North East of India, Myanmar & Bangladesh.


**Habitat & Ecology:** Terrestrial, wild.

Shrub, bushy; leaves oblanceolate or elliptic-oblong, acuminate, entire, cuneate at the base; flowers yellow in terminal spikes, bracteate, bracts linear, pubescent; fruits capsule.

**Fls & Frts:** February – May.

**Ethnobotanical uses:**

**Parts used:** Young leaves & flowers.

**Medicinal uses:**
Decoction of leaves is given in fever and cough also in constipation.

**Food:**
Leaves and flowers are used as vegetable.

**Socioreligious:**
They do not pluck the inflorescence of the plant on Sunday during noon time as they believe the efficacy of the plant will be spoilt.

**Biofencing:**
The plants are grown in boundries of houses and kitchen gardens for fencing of homogenous ones.

**Established report:**
Leaves are used in cough, fever and piles. Tender leaves and flowers are taken as vegetables (Sinha 1996).

*Phoebe hainsiana* Brandis in Hook. Ic. Pl. t. 2803, 1903. (Lauraceae).

**Vern. Name:** Uningthou.

**Distribution:** South & East of Indus river, Jammu & Kashmir, East of Assam, South of Mizoram & Arunachal Pradesh.


**Habitat & Ecology:** Terrestrial, commom in the hills of Manipur.

A large evergreen tree, bark grey, thick; leaves lanceolate to obovate; flowers in panicled, grey tomentose; fruits ellipsoid.

**Fls & Frts:** May-June

**Ethnobotanical uses:**

**Parts used:** Wood.

**Household material:**

Wood is used for making cabinet works, planks, pillar of the building, furniture and other decorative objects.

**Established report:**

Ash of the berries applied to sores (Sinha,1996).


**Vern. Name:** Kino.

**Distribution:** Throughout India, Tropical and Sub tropical Asia & Africa.

**Specimen examined:** Sinam Kom. 8.3.2010. Resh – 002557.

**Habitat & Ecology:** Terrestrial, cultivated.

Tree with a large crown and rough trunk covered with persistent leaf bases; leaves long with a few short spines at the base, pinnus numerous; flowers small, fragrant in spadices, male flowers white, female greenish, fruits spodix, oblong-ellipsoid berries, oranged yellow when ripe.

**Fls & Frts:** October – April.

**Ethnobotanical uses:**

**Parts used:** Fruits.
Food:
Fruits are edible.

Medicinal uses:
The fresh gum of the tree is prescribed in diarrhoea and dysentery.
*Boiled grinded younger fruit in ½ L of water till ⅓rd left and drink after meal in case of kneeache.

Established report:

Roots are used to make liquor. Juice of root is given with lime water against indigestion (Khare, 2004). 7 leaflets are made to touch the whole body to relieve pain due to black bee sting, wasp sting (Sen and Bahera, 2007).


Vern. Name: Gihori.

Distribution: Northeastern states of India, Southeast Asia, Phillipines and Colombia.

Specimen examined: Ichum. 4.4.2010 Resh – 002541.

Habitat & Ecology: Terrestrial, wild as well as domesticated.

Deciduous tree, profusely branching; leaves distichus obliquely ovate, acute or acuminate; flowers minute, slender, male pink or red, female green and large; fruit drupe, globose.

Fls & Frts: February – December.

Ethnobotanical uses:

Parts used: Fruits.

Food: Fruits are edible.

Established report:

Fruits are edible (Khatoon et al., 2012a).


Vern. Name: Sulu.

Distribution: All over India, Sri Lanka, China, Malaysia and Nepal.

Specimen examined: Songphel. 4.9.2010 Resh – 002560.
**Habitat & Ecology** : Terrestrial, wild common in forest also domesticated in some of study area.

Deciduous tree; leaves linear oblong, obtuse to subacute, base rounded; flowers minute, greenish yellow; drupes globose.

**Fls & Frts** : July – March.

**Ethnobotanical uses** :

**Parts used** : Fruit, & leaves.

**Medicinal uses** :
Drink one teaspoon of fresh juice fruit every 15 minutes (4 doses). If needed another course of 4 doses in case of any ordinary non-stop vomiting.

Extract of the fruit with little lime is given against urinary tract and kidney stone.

Boiled extract of the leaves is very useful to check blood pressure.

**Established report**:

Leaf juice given internally to check diarrhoea (Prusti, 2007). Meitei community eats the cooked tender leaves along with a local fish Ngakra meigangbi (*Puntius phutuineo*) to control diabetes (Khan *et al*., 2010).

*Phyllanthus urinaria* L. Sp. Pl. 982.1753.(Euphorbiaceae)

**Vern. Name** : *Chakpa heikru*.

**Distribution** : Asia, Tropical Africa, Bangladesh & India.

**Specimen examined** : Theikhakbi .6.12.2012. Resh - 0025274

**Habitat & Ecology** : Terrestrial, wild along foot hills

Annual herb; leaves sessile, oblong or linear oblong, apiculate, stipules peltatis flowers minute, axillary.

**Fls & Frts** : September – December.

**Ethnobotanical uses** :

**Parts used** : Whole plant.

**Medicinal uses** :

*Cover the ducks egg with the plant paste in banana leaf and roast it in very hot ashes. Eat the roasted egg in the morning for a week to get relief from piles (haemorrhoids).*

Boil extract of the plant is given in urinary tract infection in 250ml twice daily.
**Take paste of whole plant in one teaspoon full 3 times a day daily for 3-5 days. The paste may be swallowed/drink with little water in the treatment of jaundice.**

**Established report:**
Juice mixed with goats milk given in jaundice. Decoction is given in intermittent fever (Nath et al., 2007).


**Vern. Name:** Huikhong.

**Distribution:** All over Manipur, East Bengal and Bangladesh.

**Specimen examined:** Langsei tampak. 6.12.2012 Resh -0025275.

**Habitat & Ecology:** Terrestrial, wild.

Perrenial herb; leaves glabrous, lower leaves cordate or trigulate – lanceolate, serrate, upper leaves tripartite, leaflets ovate; flowers white in compound umbels.

**Fls & Frts:** May – October.

**Ethnobotanical uses:**

**Part used:** Above ground parts.

**Food:**
Leaves are cooked as vegetable.

**Medicinal uses:**
Leaves extract is taken to get relief from gastric trouble.

**Established report:**
It is used as vegetable.


**Vern. Name:** Uchan.

**Distribution:** Throughout India, Myanmar, Chittagong & Phillipine.

**Specimen examined:** Sagang. 18.7.2011. Resh-0025129.

**Habitat & Ecology:** Terrestrial, wild & cultivated in forest.

Evergreen tree, branched whorl; leaves linear, triquetrous, long, sheath persistent and scales lanceolate, keeled apex; staminate cylindrical, whorled on the new shoots,
Fls & Frts: February-August

Ethnobotanical uses:
Parts used: Whole plant

Medicinal uses:
Boiled extract of the leaves is used to bath in fever due to menstrual disorder.

Established report:
Plant decoction with honey is given in cough and paste of wood in meningitis (Sinha, 1996). Fresh leaves and branches are burn to keep away from flies and mosquitoes by hill people (Akimpou, 2008).

Vern. Name: Pana-mana.

Distribution: Tamenglong district of Manipur, warm areas of India, Malaya & Sri Lanka

Habitat & Ecology: Terrestrial, wild commoly found in forest
Wild, climber, rooting at the nodes; leaves cordate, acuminate,broadly ovate; flower dioecious; fruit globose.

Fls & Frts: November-May

Ethnobotanical uses:

Parts used: Leaves

Medicinal uses:
Smashed leaves is applied on skin allergies.
Juice of the leaves is given cough and bronchitis and with fever.
Smashed leaves with lime is applied on goitre

Established report:
Paste of leaf is applied on tumor for early bursting. Leaves chewed against mouth cancer (Das et al., 2010). Leaves is used as an antiseptic in cuts and wounds, cough (Imchen and Jamir,2011).

Piper longum L. p. Pl. 29, 1753. (Piperaceae).
Vern. Name: Uchithi.
**Distribution:** India, Malaysia, Indonesia, Singapore, Sri Lanka & Asia.

**Specimen examined:** Thayong. 18.12.2011. Resh- 0025131.

**Habitat & Ecology:** Terrestrial, wild.

Aromatic climbing shrub; leaves alternate, ovate, cordate, apex acuminate, margin entire; perennial woody roots; spikes solitary; bracts stalked.

**Fls & Frts:** Summer.

**Ethnobotanical uses:**

**Parts used:** Fruit & seed.

**Food:** Seed and fruit used as spice.

**Medicinal uses:**

Boiled extract of the seed with sugar and fruits of *Solanum torvum* Sw. is prescribed in menstrual disorders, uterine cancer and other related diseases in women.

**Established report:**

Powder of seeds is used medicinally in cough and cold (Sinha, 1996). Instruces, root used against fever, asthma, leucoderma, fattening, indigestion, gout, enlarged spleen, improve memory, abortion (Ghosh and Das, 2011).


**Vern. Name:** Tupat.

**Distribution:** All over Manipur, Gujarat, Rajasthan, Haryana and Tropical Asia.

**Specimen examined:** Lukhumbi. 27.7.2011. Resh – 0025132.

**Habitat & Ecology:** Terrestrial, wild found in wasteland.

Perrenial herb with erect stout truncate root stock; leaves radical, ovate-oblong, toothed; flowers in long spike.

**Fls & Frts:** Whole year.

**Distribution:** All over Manipur, Gujarat, Rajasthan, Haryana and Tropical Asia.

**Specimen examined:** Lukhumbi. 17.8.2010. Resh – 0025132.

**Habitat & Ecology:** Terrestrial, wild found in wasteland.

**Ethnobotanical uses:**

**Parts used:** Leaves.
**Foods:**
Tender leaves cooked as vegetable.

**Medicinal uses:**
Fresh leaf juice is applied on cuts and wounds.
Boiled extract of the leaves is used in cough, fever, mixed with sugar in colic pains and with honey in excessive rise of body temperature.
Decoction of leaves given as a remedy for constipation; also improves digestion.

**Established report:**
Whole plant used for healing stomach complaints (Sumitra et al., 2009). Leaves are taken in lack of appetite, cough, chest inflammation, joint pain (Jery et al., 2011).


**Vern. Name:** *Til hidak.*

**Distribution:** Through out India & Tropical countries.

**Specimen examined:** K.R.Lane. 3.5.2011. Resh-0025134.

**Habitat & Ecology:** Terrestrial, wild in bushy areas.

Herb, leaves alternate, ovate, lanceolate, sub-acute and entire; flowers white in elongated spike; fruit capsule, oblong.

**Fls & Frts:** July-March

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**
Leaves cooked with bettle leaves is given in gonorrhea.
Paste of leaves is applied over bleeding piles, as well as 45gm of the leaves / bark paste with water is taken orally.

**Established report:**
Boiled pounded seed given for relief in muscular pain also for digestion (Sinha, 1996). Fresh root paste used internally as an abortiflicient (Prusti, 2007).


**Vern. Name:** *Khakhi leihao angangba.*

**Distribution:** Tropical America, Mexico, Colombia, Venezuela and India.
**Specimen examined:** Sangang.5.5.2011, Resh – 0025133.

**Habitat & Ecology:** Terrestrial, cultivated.

Tree, soft branching; leaves oblanceolate; flowers pink in terminal penducled cymes.

**Fls & Frts:** November-may

**Ethnobotanical uses:**

**Parts used:** Stem.

**Medicinal uses:**

*Cut the stem into a pieces and boiled with sitamishi with 4 cup water till 1 cup left and drink every alternate day till cure from piles.

**Established report:**

Half a glass of bark decoction given twice daily for 5 days to treat diarrhoea (Devi et al., 2011).


**Vern. Name:** Yelang.

**Distribution:** All over Manipur, Bangladesh & China.

**Specimen examined:** Sagang. 24.7.2011. Resh-0025135.

**Habitat & Ecology:** Wild and common in swamp areas.

Wild herb, leaves lanceolate or linear-lanceolate, glabrous except the margin and midrib, stipules strigose, cilia longer than the tuber; flowers in spicate racemes, dull red.

**Fls & Frts:** April – September.

**Ethnobotanical uses:**

**Parts used:** Young shoots.

**Food:**

Shoots are taken as vegetable.

**Medicinal uses:**

Shoots extract is given in colic stomach and other skin diseases.

**Established report:**

Tender shoot are used as vegetable (Devi et al., 2011b).

**Vern. Name**: *Phakpai*.

**Distribution**: North-east states of India, China, Java and Japan.

**Specimen examined**: Khonangpokpi. 5.12.2012 Resh. – 0025277.

**Habitat & Ecology**: Terrestrial, cultivated

Small herb, stem extensively creeping; leaves elliptic lanceolate, caudate acuminate; flowers in racemes.

**Fls & Frts**: April – August.

**Ethnobotanical uses**:

**Parts used**: Shoot.

**Medicinal uses**:

The leaves cooked with the fish *Puntius phutunio* is prescribed to cure diarrhoea due to malnutrition and menstrual disorder.

2 or 3 leaves are eaten daily till it control hypertension.

**Spice**:

Shoots are used as spice.

**Established report**:

Tender shoots are consumed as spices. Leaves are used as mouth fresher (Devi *et al*., 2011a).


**Vern. Name**: *Leipung tharam*.

**Distribution**: Subtropical and temperate Himalaya; Myanmar, China and Malaysia.

**Specimen examined**: Kakching mantak. 5.12.2012 Resh. – 0025278.

**Habitat & Ecology**: Terrestrial, wild.

Shrub with herbaceous shoots and woody base, stem weak; leaves lanceolate, base truncate or subcordate; flowers in panicles of heads.

**Fls & Frts**: September – March.

**Ethnobotanical uses**:
**Parts used**: Leaves.

**Food**: Leaves is cooked and eaten as vegetable.

**Medicinal uses**: Leaves is cooked as vegetable during summer for better digestion.

**Established report**: Leaves used in curing gall stone, diuretic (Sumitra et al., 2009).


**Vern. Name**: Leibak Kundo.

**Distribution**: Throughout India and Tropical countries.


**Habitat & Ecology**: Terrestrial, wild found in wasteland.

Prostrate succulent herb; leaves opposite, oblong, fleshy, sessile glistening beneath; flowers yellow, solitary; fruit capsule, ovate with many seeds.

**Fls & Frts**: April – September.

**Ethnobotanical uses**:

**Parts used**: Leaves, shoots, root.

**Food**: Tender shoot is taken as vegetable soup.

**Medicinal uses**: Root extract is used for dysentery and to check worms.

Fresh leaves are eaten for liver complaints.

**Established report**: Paste of leaf, stem and flower are applied externally in skin diseases. Plant juice is taken in stomach trouble (Das et al., 2010). Stem and leaves are taken as vegetable with boiled rice as stomachic (Kagyung et al., 2010).


**Vern. Name**: Mana mangarongbi.

**Distribution**: All over Manipur, Nagaland, Western Ghat and North America.

**Habitat & Ecology**: Terrestrial, wild.

Perennial herb with root stock and slender runner; leaves compound stipule foliaceous, adnate to the slender petiole, flower yellow, solitary on long axillary peduncle; fruit berry.

**Fls & Frts**: Throughout the year.

**Ethnobotanical uses**:

**Part used**: Leaves.

**Medicinal uses**:

Boil decoction of leaves with sitamishi (Sugar candy) is prescribed in urinary troubles with stone.

**Established report**:

Decoction of whole plant is given to treat cold, pneumonia and abdominal gastric (Devi *et al.*, 2011a).


**Vern. Name**: Nungai-peruk.

**Distribution**: Manipur, Assam, Khasi Hills, Nepal and Bhutan.


**Habitat & Ecology**: Wild.

Creeping; leaves petiolate, denticulate, Cordate, ovate; flowers solitary, pink; fruits berry, globose, deep red when ripe.

**Fls & Frts**: February – July.

**Ethnobotanical uses**:

**Parts used**: Whole plant.

**Medicinal uses**:

Boiled extract of the plant with sugar is given in urinary trouble due to stone, leucorrhea and in diabetes.

Extract of the plant with the rhizome of *Zingiber officinale* Rosc. is given in chest congestion.

**Established report**:
Decoction of whole plant is given to treat kidney stone cases and other stomach trouble (Devi et al., 2011a).

*Prunus armeniaca* L., Sp. Pl. 1:47.1753. (Rosaceae).

**Vern. Name:** Monhei.

**Distribution:** North-Eastern states of India and temperate regions of the country and Asia, Russia and Ukraine.

**Specimen examined:** Sugnu. 16.4.2010. Resh – 002526.

**Habitat & Ecology:** Terrestrial, cultivated.

Small tree, shoots are shining with redish brown or brownish oliv cortex; leaves rounded or ovoid lightly pubescent; flowers white or pinkish; fruit drupe, rounded.

**Fls & Frts:** October – May.

**Ethnobotanical uses:**

**Part used:** Fruit.

**Food:**

Fruits are edible.

**Medicinal uses:**

Water extract of the crushed fruit with salt is given in colic and stomach disorders.

**Established report:**

Fruit are edible as raw (Khatoon et al., 2012c).


**Vern. Name:** Theikha.

**Distribution:** Throughout India and Tropical countries.

**Specimen examined:** Sagang 8-6.2010 Resh – 002549.

**Habitat & Ecology:** Terrestrial, domesticated.

Tree; leaves ovate-lanceolate, serrate, acuminate, pubescent on under side, midrib glabrous; flowers in pairs, greenish white; fruit drupes.

**Fls & Frts:** April – October.

**Ethnobotanical uses:**

**Parts used:** Fruit.
**Food:**

Fruits are taken as raw and in making pickle.

**Established report:**

Fruits are taken as raw and are used in making pickle (Khatoon *et al.* 2012c).


**Vern. Name:** *Theikhup.*

**Distribution:** Throughout India, Nepal & Bangladesh.

**Specimen examined:** Sagang. 16.4. 2010. Resh – 002516.

**Habitat & Ecology:** Terrestrial, cultivated.

Small deciduous tree; leaves long, lanceolate or oblong lanceolate, acuminate, sharply serrate; flowers pink; fruit drupe.

**Fls & Frts:** March – October.

**Ethnobotanical uses:**

**Parts used:** Fruit, & leaves.

**Food:**

Fruit are taken as raw.

**Veterinary uses:**

Leaves applied on swelling foot of cattle due to infection.

**Medicinal uses:**

Boiled decoction of leaves is given to lower blood pressure.

**Established report:**

Fruits are used in constipation and cough (Jery *et al.*,2011). Fruits are taken as raw (Khatoon *et al.*, 2012c).


**Vern. Name:** *Pungtol.*

**Distribution:** Throughout India and Tropical countries.

**Specimen examined:** K.R. Lane. 29.8.2010 Resh – 002550.

**Habitat & Ecology:** Terrestrial, cultivated in most of the study area.
Small sub deciduous tree; leaves light green, short petioled ovate or oblong, flowers white; fruit green to light yellow.

**Fls & Frts**: June – November.

**Distribution**: Throughout India and Tropical countries.

**Specimen examined**: K.R. Lane. 29.8.2010 Resh – 002550.

**Habitat**: Cultivated in most of the study area.

**Ethnobotanical uses**:

**Parts used**: Fruit, & leaves.

**Food**:
Fruit are eaten as fresh fruit.

**Medicinal uses**:
One handful leaves cut into small pieces and boiled it in 5 glasses of water. Reduce it to half. Take one glassful thrice in a day in case of diarrhoea.

**Veterinary**:
Leaves are given in dysentery in cattle in case of dysentery.

**Established report**:
The young leaves are given with salt in dysentery. The fruit are also given in dysentery and diarrhoea (Khatoon et al., 2012b). Fruits, leaves are used in bacterial dysentery, diarrhoea, bleeding teeth (Ghosh and Das, 2011).


**Vern. Name**: Tengnou manbi.

**Distribution**: All over India & Tropical Asia.


**Habitat & Ecology**: Terrestrial, domesticated in most kitchen garden in most of the study area.

Slender climber with tuberous root; leaves 3 foliate, stipule attached above the base, lanceolate, leaflets ovate, acute, deltoid at the base; flowers lilac in raceme; fruit pod.

**Fls & Frts**: June – February.

**Ethnobotanical uses**: 
**Parts used:** Young fruits, & Roots.

**Food:**

Young fruit are eaten as vegetable.

**Medicinal uses:**

Smashed root is applied to fractured bone for early healing and setting.

**Established report:**

Fruits are taken as vegetable. Foods are rich in vitamin A, B and C (Sinha, 1996).


**Vern. Name:** *Kapothei.*

**Distribution:** Throughout India, Myanmar, Nepal, Bangladesh, Persia and China.

**Specimen examined:** Sinam Kom. 12.12.2012 Resh -0025283.

**Habitat & Ecology:** Terrestrial, domesticated in most of the study areas.

Shrubs, branchlet spiniscent; leaves oblong or obovate, shining above; flowers scarlet red, solitary or clusters; fruit globose, crowned by persistent calyx; seed angular with a fleshy testa.

**Fls & Frts:** April – October.

**Ethnobotanical uses:**

**Parts used:** Fruit.

**Food:**

Ripe fruit are taken as fresh.

**Medicinal uses:**

Collect rind of the fruit or leaves or bark of the stem and boil in ½ L of water and reduce to half. Take one tablespoonful, 3 times daily for 1-2 days against diarrhoea.

**Established report:**

The leaves are given in dysentery (Khatoon et al., 2012b). Fruit used in dysentery, diarrhea and as coolant or refrigerant (Ghosh and Das, 2011).

Vern. Name: *Lam nashpati.*

**Distribution**: All over Manipur, Nagaland, Kashmir and Nepal.

**Specimen examined**: Saikul 12.12.2012. Resh -0025284

**Habitat & Ecology**: Terrestrial, wild common in forest.

- Medium sized tree with dense crown; leaves ovate – elliptic, lanceolate, acuminate or caudate, base rounded or truncate; flowers in axillary and terminal umbel, white; fruit pome, ellipsoid, glabrous, depressed at tip.

**Fls & Frts**: January – June.

**Ethnobotanical uses**:

**Parts used**: Fruits.

**Food**:

Fruit is eaten fresh.

**Medicinal uses**:

Drink water (250 ml) soaked with fruit overnight to control sugar once a day.

**Established report**:

Fruit are eaten fresh or preserved (Renchumi *et al.*, 2011).


Vern. Name: *Sasho.*

**Distribution**: North-East states of India, Eastern and Temperate Asia.

**Specimen examined**: Thayong. 12.3.2013. Resh - 0025316

**Habitat & Ecology**: Terrestrial, Common in hills.

- A lofty evergreen tree; shoots glabrous; leaves large shortly petioled from broadly oblong to lanceolate, acuminate, cuspedately serrate, glabrous; female flower solitary or crowded in short spikes, cup very large, deeply crenate, enclosing the sub globose nut.

**Fls & Frts**: June – February.

**Ethnobotanical uses**:

**Parts used**: Wood, & leaves.

**Medicinal uses**:
*Applied thin cloth dipped in ground leaves soaked in water overnight to get relief from headache.
Boiled extract of leaves taken in dysentery.

**Firewood:**
Wood used as firewood.

**Established report:**
Leaves, seed used in dysentery and in abdominal pain (Sumitra *et al.*, 2009).


**Vern. Name:** *Kakyella.*

**Distribution:** North America, Eurasia, Bangladesh & India.

**Specimen examined:** Sinam kom. 24.7.2011. Resh-0025136.

**Habitat & Ecology:** Semi aquatic, wild.

Annual herb, branches elongated; root fibrous; stem fleshy and hollow; flower small yellow, hermaphrodite.

**Fls & Frts:** May-September

**Ethnobotanical uses:**

**Parts used:** Above ground part.

**Medicinal uses:**
Boiled extract of nodal stem cuts is given to check painful urination.
Powdered dried leaves and powdered dried Banana peel with little wine in half tea cup twice daily to get relief from dry cough.
Boiled extract of whole plant with sweet candy in a tea cup twice daily in case of urinary tract stone.

**Veterinary:**
*Extract of leaves used in uncounscious condition in cattle by cutting a little on one side of the ear lobe.*

**Established report:**

Plant extract applied on skin blisters (Sinha, 1996).

**Vern. Name**: *Khonghma.*

**Distribution**: North-East states of India, Myanmar and Tropical countries of Asia.

**Specimen examined**: Sagang. 12.3.2010. Resh-002504.

**Habitat & Ecology**: Terrestrial, wild.

- Small tree; leaves compound, pinnate, leaflets elliptic to oblong, panicles axillary; flowers small; drupes globose, purple.

**Fls & Frts**: August – March.

**Ethnobotanical uses**:

- **Parts used**: Young leaves, Inflorescence and fruits.
- **Foods**: Young leaves and tender inflorescence taken with chutney.

**Fruit eaten fresh or powdered.**

**Medicinal uses**: Drink (250 ml) soaked fruit in water along with salts which is useful in digestion.

**Established report**: Fruits is used against indigestion diarrhoea, dysentery; produce local vinegar (Ghosh and Das, 2011).


**Vern. Name**: *Yembum.*

**Distribution**: North-East states of India, Bhutan, Cambodia, China, Laos, Malaysia, Nepal, Thailand and Vietnam.

**Specimen examined**: Sugnu. 15.3.2013. Resh – 0025317.

**Habitat & Ecology**: Terrestrial, wild.

- Shrub; leaves oblong-elliptic, opposite, base cuneate, woolly, acute; flowers in penduncled umbellate cymes, pinkish white; fruits berry.

**Fls & Frts**: October – April.

**Ethnobotanical uses**:

- **Parts used**: Leaves.
Food:
Leaves are taken as vegetable.

Medicinal uses:
Leaves are taken as medicine for lowering blood sugar.

Established report:
Leaves are taken as vegetable.

(Plate-27-B)

Vern. Name: *Shamjirei*.

Short stem, fleshy, ligulate, deeply channeled, keeled, apical leaves; densely flowered, cylindrical inflorescence.

Fls & Frts: May-June, June-July.


Habitat & Ecology: Epiphyte on tree trunk., wild.

Ethnobotanical uses:
Parts used: Pseudobulb.

Medicinal uses:
Paste of pseudobulb applied on wounds, cuts and bruises.

Established report:

The flower spike is used by girls to adorn their hair during Bengali Bihu (Medhi & Chakrabarty, 2009).


Vern. Name: *Theimu*.

Distribution: North-East states of India, Bhutan, Cambodia, China, Laos, Malaysia, Nepal, Thailand and Vietnam.


Habitat & Ecology: Terrestria, wild, scattered in the hills

Subscandent shrub with prickles; leaves glandular, upper leaflets larger, ovate to oblong; flowers white in terminal, simple or compound corymb.
**Fls & Frts**: April-May, June – July.

**Ethnobotanical uses**:

**Parts used**: Leaves and fruits.

**Food**:
The fruits are eaten fresh.

**Medicinal uses**:
The decoction of leaves is useful in urinary complaints for releasing uterus muscles.

**Established report**:
Decoction of leaves in urinary complaints & painful menstruation. Root is used in colic (Sinha *et al.*, 1996).


**Vern. Name**: Torangkhongchak.

**Distribution**: Throughout India, Bangladesh, Nepal & Tropical.

**Specimen examined**: Sagang. 24.7.2011. Resh-0025137.

**Habitat & Ecology**: Terrestrial, common in swamp areas.

Annual herb with stout perennial rootstock; leaves oblong or elliptic-ovate, cordate, lower ones with long petioles, the one sessile; flower small in whorls arranged on long raceme. Green; fruits nut brown.

**Fls & Frts**: July-December.

**Ethnobotanical uses**:

**Parts used**: Leaves.

**Medicinal uses**:
Decoction of the leaves is used in excess urination.

**Food**:
Leaves are used as vegetable.

**Established report**:
Paste of leaves applied on ringworm and burns (Sinha, 1996).


**Vern. Name**: Hangam Asinba.
**Distribution:** India, Africa, Ethiopia, Sudan, Somalia, Greece, North America, Arab, Iraq and Egypt.

**Specimen examined:** K.R.Lane. 24.7.2011. Resh-0025139.

**Habitat & Ecology:** Terrestrial, cultivated in most of the study area.

Annual herb, succulent, branched; flower hermaphrodite

**Fls & Frt:** March-June.

**Ethnobotanical uses:**

**Parts used:** Tender shoots.

**Food:**

Tender shoots is cooked and eaten as a delicious dish mostly in summer.

**Medicinal uses:**

Tender shoots is cooked and taken as a remedy for carminative and stomach trouble.

**Established report:**

Leaves are astringent, used in snake bite, stomach and toothache (Sinha, 1996).


**Vern. name:** Mitchu.

**Distribution:** All over India and Tropical countries.

**Specimen examined:** Kaching mantak. 13.5.2013. Resh -0025318

**Habitat & Ecology:** Terrestrial & Cultivated.

Tall perennial grass; stem solid, distinctly jointed and glabrous; leaves long, margin scabrid; joints of spikes and pedicels glabrous.

**Fls & Frts:** October – March.

**Ethnobotanical uses:**

**Parts used:** Stem.

**Medicinal uses:**

Fresh juice is prescribed in Jaundice, diarrhoea and also used as laxative.

**Food:**

Stem is eaten for fresh juice and used to make molasses and it is cultivated for economy.
Established report:

Seeds juice is laxative, cooling and it is used to treat jaundice and hypertension (Sinha, 1996). The leaf ash is used to treat sore eyes, juice of the culm is used to treat gallbladder disorder by Ao-Naga tribe (Deorani & Sharma, 2007).


**Vern. Name:** *Koukha.*

**Distribution:** Manipur, North eastern states of India, China, Nepal and Bangladesh.

**Specimen examined:** Sagang 12.5.2013, Resh -0025319.

**Habitat & Ecology:** Aquatic and Swamp area, wild.

Aquatic herb; leaves long petioled, sagittate; flowers in panicles, petals white, claurd; Achenes obliquely ovate, apiculate, wings broad, entire on sub crenate.

**Fls & Frts:** August – December.

**Ethnobotanical uses:**

**Parts used:** Tuber and leaf stock.

**Food:**

Leaf stalk and tubers are eaten cooked or raw.

**Medicinal uses:**

Extract of tuber is applied to skin diseases and also to injuries to stop bleeding.

Established report:

Petioles and tubers are used as vegetable.


**Vern. Name:** *Lingshe.*

**.Distribution:** All over India and Sri Lanka.


**Habitat & Ecology:** Terrestrial, wild.

Small deciduous tree with grey shining bark covered with rough deciduous scales, leaves compound, pinnate, leaflets 2-3 pairs, leaflets lanceolate or elliptic – lanceolate, acute or acuminate, entire base rounded; flowers white; fruit schizocarp.

**Fls & Frts:** March – October.
Ethnobotanical uses:
Parts used: Fruits.

Medicinal uses:
The skin of the fruit is used as toothache.
The epicarp and mesocarp of the fruit is stirred with little water to form foam. This is applied over the forehead, chest and neck in high body temperature of the children.
*Boiled cover of seed (5) with 10g common salt into 1 L till ½ L left to it add 100ml of lemon juice once in a day. Take 150 ml once in a day. Repeat the same after 2 days for the management of constipation.

Established report:
The skin of the fruit is used in toothache. The epicacy and mesocarp of the fruit is stirred with little water to form foam. This is applied over the forehead, chest and neck in high body temperature of the children (Khatoon et al., 2012b). Fruit juice used in epilepsy, hysteria, asthma (Deokule, 2006). Leaves, stem and bark used in dandruff (Ghosh, 2006).


Vern. Name: Markhian.
Distribution: Assam, East India, North East India, Nepal, Myanmar and China.

Habitat & Ecology: Terrestrial, wild.
Large evergreen tree with a spreading crown, leaves oblong or elliptic lanceolate; flowers white, scented, solitary.

Fls & Frts: July – March.

Ethnobotanical uses:
Parts used: Fruits, leaves.

Food:
The young tender leaves is cooked and eaten.

Medicinal uses:
The fresh extract of the bark is applied to skin diseases.
Established report:

Peeled bark used against mild itching effect on contact with skin (Ghosh et al., 2011). Young leaves are used as antipyretic. Leaf extract is used to cure flatulence. Bark is anthelmintic, rubefacient, irritates skin (Deorani & Sharma, 2007).


**Vern. Name:** *Pachichet.*

**Distribution:** Occuring in every continent except Antarctica.

**Specimen examined:** Sinam Kom. 23.3.2010. Resh-002591.

**Habitat & Ecology:** Saprophte, common, grows wild in groups on branches or trunks of tree, on old wood in the forest.

Sporophores usually coriaceous, tough, plant when fresh, attached a laterally to the substratum, pileus semicircular, grey to white, surface tomentose, margin incurved, lobed in larger fruit bodies, gills distinctly formed. white or greyish white; stipe if present is rudimentary, often absent.

**Fls & Frts:** Throughout the year.

**Ethnobotanical uses:**

**Parts used:** Fruiting body.

**Food:**

The plant is used in the preparation of soup and also roasted and eaten.

**Established report:**

Decoction of fruit body is prescribed in hoarseness, asthma and tonsillitis (Sinha, 1996).


**Vern. Name:** *Chini lei.*

**Distribution:** All over India, Tropic of Africa, America and Australia.

**Specimen examined:** Sagang. 24.12.2013. Resh-0025299.

**Habitat & Ecology:** Terrestrial, wild in wasteland.
Herb branched; leaves simple, opposite or 3-rarely whorled, lanceolate or elliptic lanceolate, serrate; flower small, white in axillary racemose, fruits capsule, small ovoid or globose.

**Fls & Frts**: Throughout the year.

**Ethnobotanical uses**:

**Part used**: Whole plants.

**Medicinal uses**:

*Paste of whole plant (10g) is applied on burning of feet.

250 ml of decoction is given twice daily to treat jaundice till symptom disappear.

3 spoons of extract of whole plant juice 3 times daily for 7 days against stone cases.

**Established report**:

Fresh leaf juice are poured in nostril of children during convulsion (Prusti, 2007). Leaf used in cough, fever, throat infection, urinary bladder and kidney stones, toothache, diarrhoea, excessive menstrual bleeding (Ghosh and Das, 2011).


**Vern. Name**: Anrakhat.

**Distribution**: All over Manipur, Nepal and China.

**Specimen examined**: Sagang. 12.10.2011. Resh-0025138

**Habitat & Ecology**: Terrestrial, wild and common in foot hills.

Herb with condensed stem; leaves opposite, elliptic obtuse, crenate, rounded or cordate base; flowers in long narrow racemes.

**Fls & Frts**: June - December

**Distribution**: All over Manipur, Nepal and China.


**Habitat & Ecology**: Wild, common in foot hills.

**Ethnobotanical uses**:

**Parts used**: Leaf.

**Food**:

Inflorescence and leaves are cooked and eaten.

**Medicinal uses**:
Leaf decoction is taken given orally against hypertension, painful urination and in menstrual disorder.

Leaves extract is applied against insect bite.

**Established report:**

Smeared leaves are applied to fresh or old wounds (Sinha, 1996). Leaf extract is given in dysentery, diarrhoea, stomach and intestinal trouble; 1-2 leaves taken every day to control hypertension (Devi et al., 2011).


**Vern. Name:** Thoiding amuba.

**Distribution:** Through out India.

**Specimen examined:** Makokchung. 6.7.201. Resh-0025141.

**Habitat & Ecology:** Terrestrial, cultivated in jhum field.

Erect annual herb; leaves variable, simple and some are pinnately compound, lower leaves having long petiole, base rounded , apex obtuse, upper leaves shorter-petioled, ovate –oblong to oblong lanceolate or linear; flower white or pink with darken marking in racemes; fruits capsule.

**Fls & Frts:** October-March.

**Ethnobotanical uses:**

**Parts used:** Seeds.

**Medicinal uses**

Boiled decoction of the seeds is given in painful menstruation.

Extract of the seed is mixed with the juice of lemon and rubbed on forehead in dizziness and migraine.

**Established report:**

Fresh leaves are used in kidney and bladder infection. Decoction of seed given to cure cough. Seed and seed oil used dysentery and urinary complaints (Pal & Jain, 1998).


**Vern. Name:** Chu-Churangmei.
**Distribution:** Through out India.

**Specimen examined:** Makokchung. 8.7.2011. Resh-0025142.

**Habitat & Ecology:** Terrestrial, wild as well as cultivated

Glabrous unarmed, soft, wooded shrub with slender terete branches; leaves pinnate, leaflets many, linear-oblong, membranous, very shortly petiolate; flowers in lax, axillary racemes; fruit pod twisted.

**Fls & Frts:** August – December.

**Ethnobotanical uses:**

**Parts used:** Young shoots and flowers.

**Food:**

Young shoots and flower eaten cooked or fresh.

**Medicinal uses:**

Boiled decoction of young shoots taken against diabetes.

**Established report:**

Leaf juice is given in cough and fever. Fresh bark and seed juice are in diabetes (Sinha, 1996).


**Vern.Name:** *U- ahan nakuppi.*

**Distribution:** India, Tropical Asia.

**Specimen examined:** Sagang. 8.7.2011. Resh – 0025143.

**Habitat & Ecology:** Terrestrial, wild.

Herb, pubescent; leaves lanceolate to linear, acute at base, apex acute, coarsely or remotely serrate, petiole small; flowers solitary, ligh yellow.

**Fls & Frts:** September – April.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**

*Extract of leaves with sugar is given in ½ tea cup twice a day for sexual weakness.*

**Broom:**

Plant used as broom.
Established report:

Leaf paste is used with salt in headache (Prusti, 2007). Root extract is taken against nervous and urinary complaint (Das et al., 2010).


Vern. Name : *Urom-shumjit*.

Distribution: Throughout India and Tropical Asia.

Specimen examined: Kakching mantak. 8.7.2011. Resh-0025144

Habitat & Ecology: Terrestrial, cultivated.

Herb, cultivated; leaves ovate-oblong, lanceolate or rhomboid, obtuse at base, apex acute to acuminate, serrate, stipule filiform; flowers solitary, axillary, yellow.

Fls & Frts: June - December.

Ethnobotanical uses:

Parts used: Above ground part.

Broom:

Plants are used as broom.

Medicinal uses:

Extract of leaves applied on wound and other skin diseases.

Socioreligious purposes:

Kom people learned from their forefather that ‘Uahan’ is the oldest tree and *Thempu* (village priest) will pray on behalf of a patient to this tree.

Established report:

Plant extract is given in urinary trouble and snake bite (Das et al., 2010). Stem, root used in sores, rheumatism, fever, leucoderma, menorrhagia, boils, cough, cold, aphomia (Ghosh and Das, 2011).


Vern. Name: *Kwamanbi*.

Distribution: Throughout India, Tropical and Sub-tropical countries.


Habitat & Ecology: Terrestrial, wild in hills.
Climber with prickly stems; leaves simple, alternate, elliptic-ovate, stipules modified into tendril; flowers greenish yellow in umbels; fruit berries red when ripe.

**Fls & Frts**: March – October.

**Ethnobotanical uses**:

**Parts used**: Tuber & leaves.

**Medicinal uses**:

Extract of tubers with milk is given in tonsillitis, swelling as well as health tonic. Extract of the root tubers is given in ½ tea cup twice daily to control diabetes.

**Food**:

Tender leaves is cooked and eaten as vegetable.

**Established report**:

Root used to treat urinary problem, high blood pressure and as an abortifient (Ghosh and Das, 2011). Aerial parts are against venereal diseases, skin troubles, sores swelling, rheumatic pain, dysentery and urinary complaint (Deorani & Sharma, 2007).


**Vern. Name**: Somchok.

**Distribution**: All over India, China, Malaysia and Philippines.

**Specimen examined**: Ichum keirap. 10.11.2011. Resh – 0025146.

**Habitat & Ecology**: Terrestrial, wild.

Prickly shrub; leaves ovate-oblong, sinieate or lobed; flowers violet, axillary cymes; fruits orange red when ripe, berries globose

**Fls & Frts**: March - November

**Ethnobotanical uses**:

**Parts used**: Fruits & leaves

**Medicinal uses**:

Boil extract of leaves and fruits are useful to bath for curing skin diseases. The ash of the leaves is used for cleaning teeth as gum care.

**Established report**:

Root juice against colic. Green fruit with chilly and salt eaten for general health (Das *et al.*, 2010).

**Vern. Name**: *Khamen akhabi*.

**Distribution**: All over Manipur, Nagaland, Brazil and China.

**Specimen examined**: Sinam Kom. 10.11.2011. Resh -0025147.

**Habitat & Ecology**: Terrestrial, cultivated.

Herb, branched with spine; leaves large, ovate, sparsely prickly cuneate or truncate; flower in racemose helicoids cyme, calyx prickly persistent; fruit berry, globose green, yellow when ripe, redged and having bitter taste.

**Fls & Frts**: Throughout the year.

**Ethnobotanical uses**:

**Parts used**: Fruit.

**Medicinal uses**:

Fruit is used in constipation & diabetes.

**Food**:

Fruit is taken in chutney either steamed or raw.

**Established report**:

Fruit are taken as vegetable.


**Vern. Name**: *Morokman*.

**Distribution**: Throughout India, Tropical and Sub-tropical countries.

**Specimen examined**: K.R. Lane. 10.11.2011. Resh -0025148.

**Habitat & Ecology**: Terrestrial, wild in wasteland

Much branched herb; leaves ovate-oblong or oblong-lanceolate, entire, toothed; flowers white in lateral cyme; fruit berry globose, black when ripe.

**Fls & Frts**: May – November.

**Ethnobotanical uses**:

**Parts used**: Fruits.

**Medicinal uses**:

Drink boiled whole plant against diabetes and as a nerve tonic.
The ripe fruits is eaten raw or cooked to lower blood pressure.
Decoction of leaves is given against joint pain.

**Established report:**

2-3 fruits are taken once in a day to stimulate nerve (Das et al., 2010).


**Vern. Name:** *Lamkhamen.*

**Distribution:** Southern China, Thailand, Burma, Australia, Indonesia, Laos, India & Vietnam.

**Specimen examined:** Thayong. 10.11.2011. Resh-0025149

**Habitat & Ecology:** Terrestrial, wild.

Shrubs; stem erect; leaves unequal, elliptic, entire, acute, glabrous; flower small, in dense, spirally arranged; prickles absent; berries orange red, globose.

**Fls & Frts:** May-July, June- December.

**Ethnobotanical uses:**

**Parts used:** Leaves, root & fruit.

**Food:**
The tender leaves is cooked and eaten as vegetable.
Ripe fruits are edible both raw and cooked and have been used as vegetable.

**Medicinal:**
Decoction of leaves is taken to expel worms.
Leaves is taken to reduced stomach swelling.
Decoction of root is given in excess flow of urine.
Boiled decoction of fruit is given ½ tea cup to get relief from stomach.

**Established report:**

Leaves is used in fever (Sinha,1996). Warm decoction of fruits is given in stomach ache and also as taken as vegetable (Kagyung et al., 2010).


**Vern. Name:** *Khanga.*

**Distribution:** Warmer parts of India, China, Malaysia, America and Phillipines.
**Specimen examined**: Sinam Kom. 10.11.2011. Resh – 0025150.

**Habitat & Ecology**: Terrestrial, wild in wasteland.

- Prickly shrub, sparsely stellate pubescent; leaves ovate – elliptic to oblong acute to acuminate; flowers white in lateral cyme; fruit berry, globose, smooth yellow or orange red when ripe.

**Fls & Frts**: April – December.

**Ethnobotanical uses**:

**Parts used**: Fruits.

**Medicinal uses**:

- The ripe and semi ripe fruits are cooked and eaten in treatment of cold and fever.
- Fruit is used in case of acidity and as wormicide too.

**Established report**:

- Fumes of burning seeds are inhaled for toothache. Paste of fruit is applied in skin disease (Pal, 1984). Plant is reported to be useful in cough, sedative diuretic and digestive. Boiled fruit applied against Headache (Das et al., 2010).


**Vern. Name**: Khomthokpi.

**Distribution**: All over Manipur, West Bengal and Bangladesh.


**Habitat & Ecology**: Terrestrial wild.

- Annual herb; leaves lanceolate or ovate-lanceolate, entire-serrate rarely runcinate; capitulate axillary or in terminal racemes; fruit achene.

**Fls & Frts**: December – June.

**Parts used**: Leaves.

**Food**:

- The plant is eaten as vegetable.

**Medicinal uses**:

- *Crushed leaves with 1-2 drops of kerosene and pinch of salt put inside the anus for once daily for 2-3 days against piles.*

**Established report**: 236
Plants are used as fodder. Root extract on treatment of jaundice (Sinha, 1996). Boiled leaves taken for curing flatulence and body pain (Kagung et al., 2010).


**Vern. Name:** _Samkin._

**Distribution:** Hawai, Polynesia & East Asia.

**Specimen examined:** Thayong. 23.11.2011. Resh-0025152.

**Habitat & Ecology:** Terrestrial, wild.

Small medium sized fern with short creeping to sub erect to sub erect rhizomes; hairless fronds are finely divided.

**Fls & Frts:** May–November

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**

Leaves ash applied on cuts and wounds.

**Established report:**

Dried leaves are taken as tea (Devi et al., 2008).


**Vern. Name:** _Aensha._

**Distribution:** Throughout India and Asian countries.

**Specimen examined:** Kakching mantak. 18.7.2011. Resh-0025128.

**Habitat & Ecology:** Terrestrial; Road side, wasteland.

A trailing herb; leaves opposite, ovate, lanceolate or triangular 3 nerve, serrate acute. head., solitary or in terminal panicles yellow, involucre 2-seriate.

**Fls & Frts:** June – December.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**

Decoction of the plant is given in piles.

Decoction of the plant is also prescribed in urinary trouble.
Established report:

Flowers are chewed in throat infection and paralysis of tongue, also for stammering in children (Sinha, 1996). Leaves/young stems are eaten to cure constipation. Fresh flower applied against toothache. Young shoots eaten to stimulate liver function (Das et al., 2010).


**Vern. Name:** Tito.

**Distribution:** Throughout India and Tropical Asia.

**Specimen examined:** Sagang 5.4.2010. Resh-002525.

**Habitat & Ecology:** Terrestrial, wild as well domesticated

Deciduous tree with grey bark with pleasant aromatic smell; leaves pinnate crowded at the ends of the branches, leaflets 10-20 pairs; fruits drop fleshy, ovoid, yellowish at mature.

**Fls & Frts:** March – December.

**Ethnobotanical uses:**

**Parts used:** Fruits.

**Food:**

Fruit either eaten raw or cooked as curry with sugar (*Heithongba*).

**Medicinal uses:**

Fruit consumed raw in stomach pain, cough.

Established report:

Leaf, bark are used in dysentery, diarrhoea, cholera, earache, itch (Sinha et al., 2006). A fruit is hung around neck of children to cure mouth ulcer. (Sunil and Mohan, 2007). Bark juice given dysentery and diarrhea (Das et al., 2010).


**Vern. Name:** Tharoi phujip angouba.

**Distribution:** Throughout India & Tropical America.

**Specimen examined:** K.R. lane. 23.11.2011. Resh-0025153.

**Habitat & Ecology:** Terrestrial, wild in wasteland.
Wild herb, branched, quadrangular, erect, solid; leaves simple decussate, opposite, ovate to ovate-elliptic, serrate slightly crenate with forward pointing, acute or subobtuse, apex slightly cuneate or obtuse at base; flowers white in spike terminal and axillary, pubescent, stout 3-6 flowered at time, sessile depressed calyx.

**Fls & Frts:** June-February.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**
Boiled extract of the plant with honey given against cough, white discharge.

**Established report:**
It is used for treating intestinal worms, venereal diseases, ulcer and stomach trouble.


**Vern. Name:** *Yerum Keirum.*

**Distribution:** All over Manipur, temperate areas of India, Western Tibet and Temperate countries.

**Specimen examined:** K.R. Lane. 23.11.2011. Resh – 0025154.

**Habitat & Ecology:** Wild in wasteland areas.

Perennial herb, brailing over the bushes; leaves membranous, lower leaves shortly petioled, acute; flowers axillary, sepals lanceolate; fruits capsule ovoid.

**Fls & Frts:** June – October.

**Ethnobotanical uses**:

**Parts used:** Tender shoot and inflorescence.

**Food:**
Tender shoots with inflorescence is cooked along with other vegetable.

**Medicinal uses**:
Extract of leaves is applied on painful swelling and boils.
Tender shoots is cooked and eaten in painful urination.

**Established report:**
Used as vegetable in all kinds of stomach disorder; leaf paste applied to fresh cuts and wounds (Nath et al., 2007).


**Vern. Name:** *Kabrouyei.*

**Distribution:** All over Manipur, temperate areas of India, Western Tibet and Temperate countries.

**Specimen examined:** K.R. Lane. 23.11.2011. Resh - 0025155

**Habitat & Ecology:** Wild in wasteland areas.

Climber with ovate – deltoid pelate leaves; flowers yellow in umbellate cymes.

**Fls & Frts:** July – August.

**Ethnobotanical uses:**

**Parts used:** Leaves, root.

**Medicinal uses:**

Decoction of the leaves is used as blood purifier.

Fresh juice of the leaves is applied to skin diseases.

*Smeared with root downward on neck tumour (touch therapy).*

**Established report:**

Extract of tuber given in high fever. Leaf extract with honey in diarrhoea and urinary complaints(Sinha,1996).


**Vern. Name:** *Mangke.*

**Distribution:** Throughout India, native to Africa and Tropical countries.

**Specimen examined:** Saikul 13.5.2010. Resh- 002533.

**Habitat & Ecology:** Wild as well as cultivated.

Tree with spreading crown and shallow fissured, dark grey rough bark; leaves alternate, paripinate, leaflets 10-20 pairs, sub sessile, oblong-elliptic, stipule caduceus;
flower small yellow with pinkish stripes in short terminal raceme; fruit pod indehiscent, curved, compressed, constricted between the seeds.

**Fls & Frts**: March – December.

**Ethnobotanical uses**:

**Parts used**: Fruit.

**Food**:

Fruit is eaten as fresh and also make pickle.

**Medicinal uses**:

Leaf paste applied is locally to reduce swelling.

Fruit is used to cure bleeding pile and in painful urination.

**Established report**:

Seed made to touch affected part to relieve pain due to scorpion bite (Sen and Behera, 2007). Leaf paste applied to reduce swelling (Prusti, 2007). Fruit is used to cure bleeding piles, painful anuria, swelling of kidney, diabetes (Ghosh and Das, 2011).


**Vern. Name**: Chingsoo.

**Distribution**: North East states of India and warmer parts of India, Myanmar, Thailand, Laos, Malaysia and Java.

**Specimen examined**: Litan, 26.12.2011. Resh - 0025166

**Habitat & Ecology**: wild and cultivated.

Large tree, branched quadrangular, stellately tomentose; leaves large, opposite, ovate, cuneate at both ends; flower numerous, white; fruit drupe.

**Fls & Frts**: June – December.

**Ethnobotanical uses**:

**Parts used**: Tender leaves.

**Dye**:

Leaves or barks are cut into pieces and soaked for about 2-3 days in water. Clothes or yarn threads which are dipped into this dye gives somewhat reddish colour.

**Medicinal uses**:
Tender leaves is cooked with Lata fish against colic pain as well as tonic. Boiled decoction of the leaves with sugar is taken orally against menstrual disorder and anaemia.

**Established report:**

Leaf extract is prescribed as hysteria. Boiled extract of leaves along with small fishes (*Puntius phutunio*) is useful in normal blood circulation (Sinha, 1996). Decoction of seeds given to the cattle to cure flatulence due to diarrhea (Punjani, 2007).


**Vern. Name:** *Meiyokpha.*

**Distribution:** Throughout India & Sri Lanka.

**Specimen examined:** Sagang 26.11.2011. Resh -0025156.

**Habitat & Ecology:** Terrestrial, cultivated.

Tree; leaves opposite, oblong, elliptic-oblong, coriaceous with 2 glands at base, obtuse or rounded at apex; flowers yellowish white, axillary and terminal spikes; fruit oblong, fibrous, woody 5-winged.

**Fls & Frts:** August – February.

**Distribution:** Throughout India & Sri Lanka.

**Specimen examined:** Sagang 26.11.2012. Resh -00253156.

**Habitat & Ecology:** Terrestrial, cultivated.

**Ethnobotanical uses:**

**Part used:** Bark.

**Medicinal uses:**
Boiled decoction of the bark in ½ tea cup is taken once daily for a month in heart problem.
Paste of bark made with alcohol is applied on forehead in menstrual fever.
Extract of dried bark is applied as an antidote in poisonous snake bite.

**Established report:**
Bark and leaf extract given in piles and hypertension (Das et al., 2010). Stem bark used in treating bone fracture (Jain et al., 2010).


**Vern. Name:** Manahei.

**Distribution:** All over Manipur, Khasi Hills, Peninsular region, Myanmar & Tropical countries

**Specimen examined:** Sagang. 16.12.2011. Resh-0025157.

**Habitat & Ecology:** Terrestrial, wild, common in forest.

Deciduous tree; leaves sub-opposite, laceolate or oblong-lanceolate to elliptic, petiole with 2 prominent glands; flowers in spike; fruits pointed at both ends.

**Fls & Frts:**- February-October.

**Ethnobotanical uses:**

**Parts used:** Fruits, bark

**Food:**

The fruit is edible.

**Dye:**

A blackish dye is extracted just by soaking or boiling the bark in water. The dye is used for dyeing material and painting.

**Medicinal uses:**

Fruit is chewed to cure from bad breath and other mouth infection.

**Established report:**

Fruits are chewed to get relief from piles and small pox. Powdered fruit with honey taken against vomiting (Das et al., 2010).


**Vern. Name:** Monjamhei.

**Distribution:** All over Manipur and North-Eastern India, E. Himalaya and Bangladesh.

**Specimen examined** : Theikhakbi 3.10.2010 Resh – 002556.

**Habitat & Ecology:** Terrestrial, common in foothills.
Climber; leaves brifoliate, leaflets elliptic, lanceolate, serrate, acuminate, glabrous; tendrils deep opposed; flowers in axillary cymes, green; fruit globose, 2-4 seeded.

**Fls & Frts**: June – February.

**Ethnobotanical uses**:

**Parts used**: Fruit

**Medicinal uses**:
Decoction of fruit is taken as carminative.

**Food**:
Fruit is eaten either fresh or cooked.

**Established report**:
Fruit is eaten either fresh or cook.


**Vern. Name**: Lumphie.

**Distribution**: Manipur, Assam, Subtropical Himalaya, Khasi Hills, Bihar, Nicobar Island & Burma.


**Habitat & Ecology**: Terrestrial, very common in the hills.

Large glabrous grass; stem solid; leaves broad, flat, sub erect branches and branchlets bearing minute; 1-flowered spikelets.

**Fls & Frts**: October-April.

**Ethnobotanical uses**:

**Parts used**: Stem bearing panicles.

**Broom**:
The plant is used in making broom.

**Socio religious**:
The plant is tight along the leaves of *Schima wallichi* Choisy and dipped into the blood of the animal which was killed after the child birth of a child. This blood
stained plants are kept in a pillar at the corner of the house. The Kom believed that this will drive away the evil spirit.

**Established report:**

Leaf paste used in fresh cuts and wounds to stop bleeding (Das *et al.*, 2010).


**Vern. Name:** *Ningthoukhongli*.

**Distribution:** Throughout India & Tropical countries.

**Specimen examined:** Khoirentak. 10.6.2010. Resh-002548.

**Habitat & Ecology:** Terrestrial, wild found in bushy areas.

Climber; leaves ovate or orbicular; flowers minute greenish yellow in axillary and terminal racemes, male flowered clustered, female flowers solitary; fruit drupe.

**Fls & Frts:** January-July.

**Ethnobotanical uses:**

**Parts used:** Leaves.

**Medicinal uses:**

Leaves crushed applied externally against skin diseases.

Extract of the leaves and fruit of the *Benincasa hispida* Thunb. mixed with mustard oil is used as massage in paralysis.

Leaves extract with milk is given to get relief from pile.

**Veterinary:**

Leaves extract with salt is given in indigestion and as womicides.

**Established report:**

Leaves and stem used in rheumatism (Ganesan *et al.*, 2009). Leaf juice used against diarrhea, vomiting and malarial fever. Stem juice against dysentery and gastric (Das *et al.*, 2010).


**Vern. Name:** *Tairen*. 
**Distribution**: Throughout India, Bangladesh, China, Nepal, Myanmar, Pakistan, Malaysia and Australia.

**Specimen examined**: Thayong. 26.11.2010. Resh -002576.

**Habitat & Ecology**: Terrestrial, wild.

Tree with dense crown; leaves opposite, pinnate, leaflets 4-15 pairs, lanceolate or ovate lanceolate, acuminate, base unequal glabrous; flowers white in large drooping, pubescent; fruit capsule, oblong.

**Fls & Frts**: February – August.

**Ethnobotanical uses:**

**Parts used**: Leaves.

**Medicinal uses**:

Boiled decoction of leaves with *Zingiber officinale* Rosc. with salt taken for cough and cold.

Boiled decoction of leaves is used in taking bath, 2 times daily in case of scabies.

**Socioreligious**:

Leaves is used to drive away evil spirit.

**Insect repellant**:

Dried leaves is used as insect repellent.

**Established report**:

Bark in treating fever, itching, headache, scabies dysentery and to promote healing of ulcers (Sinha, 1996).


**Vern. Name**: Heikak.

**Distribution**: All over India, South eastern Asia & Tropical Africa.


**Habitat & Ecology**: Aquatic, common in lake.

Aquatic free floating herb with long stoloniferous stem; leaves rhomboid rosette, leaf stalk with air bladders, dark green above, reddish-purple and pubescent beneath; solitary, axillary, white, fruits drupe.

**Fls & Frts**: July-September.
Ethnobotanical uses:

Parts used: Stolon, leaves & fruit.

Medicinal uses:

The tender crushed stolon with alcohol is applied on forehead in dizziness of women.

Food:

Whole plants is used as vegetable and fruits are edible.

Established report:

Fruits are coolant and useful in diarrhoea and bilious infection and leaf and fruit juice is taken orally in diarrhea (Devi et al., 2011a).


Vern. Name: *Kwakthabi*.

Distribution: Throughout India, Bangladesh, Sri Lanka, Burma, China & Australia.


Habitat & Ecology: Terrestrial, wild.

Robust tendril climber; leaves petiolate, ovate or suborbicular, palmately 3-5 lobed; tendril 3 fid.

Fls & Frts:

Ethnobotanical uses:

Parts used: Leaves.

Medicinal uses:

Smoked of burnt dried leaves is inhaled in asthmatic attack.

Grinded leaves is applied on ring worm.

Established report:

Root paste with root of *Lygodium flexuosum* (L.) Sw. given in chlorela by the tribe of Orissa (Sinha, 1996).


Vern. Name: *Methi*.

Distribution: N. India, Bangladesh, South Africa, Austria, Australia, Europe and Asian countries.

Habitat & Ecology: Terrestrial, cultivated.
   Annual herb, leaves trifoliate, obovate toothed; stem erect, long and tender; flower yellow white, occurring singly or in pairs at the leaf axile; fruit curved; seed pod, brownish.

Fls & Frts: October – April.

Ethnobotanical uses:
Parts used: Above ground part.

Medicinal uses:
*Soak one tea spoonful seed in one glass of water in the evening. Keep it overnight and keep the seed for sprouting for 3 days, sprout will be ready. Next day morning drink the soak water and keep the seed for sprouting for 3 days, sprout will be ready. Eat the whole sprouts fresh everyday daily for 2 weeks in the treatment of anaemia. Powdered seeds is given during night for 2 days for stomach pain & constipation.

Food:
Seeds are used as spice and condiments. Leaves are used as vegetable.

Established report:
Infusion of seed flour given to animal to cure haematuia (Galav, et al., 2010).


Vern. Name: Shanthak.

Distribution: Foot hills of Manipur, Nagaland, Meghalaya, Asian countries and New Zealand.


Habitat & Ecology: Wild in foot hills.
   Annual herbs; leaves variable, ovate, cordate, acuminate, crenate or serrate with stiff stinging hairs; flower monoccious in penduncled cymes.

Fls & Frts: June – October.

Ethnobotanical uses:
Parts used: Leaves.

Veterinary:
Paste of leaves is applied to skin infection of cattles.
**Medicinal uses:**
Leaves is used externally to excite activity in paralysed limbs.

**Established report:**
Tender leaves and inflorescence are cooked as vegetable and taken to lower hypertension (Deokota and Chetri, 2007).

*Vanda coerulea* Griff. Ex Lindll. 1847. (Orchidaceae). (Plate-28-B).

**Vern. Name:** Kwaklei.

**Distribution:** Burma, India, China & Thailand.


**Habitat & Ecology:** Epiphyte on tree, wild.
Leaves coriaceous, distichous, tridentate apically; inflorescence strap like, erect or suberect; flower trilobed, pale blue in colour, labellum trilobed with front lobe deep blue.

**Flowering:** September –October.

**Ethnobotanical uses:**

**Parts used:** Flower.

**Ornamental:**
Flower used as an ornament.

**Established report:**
Plant used for cut flower as well as for potential parents for viable hybrids (Deb & Imchen, 2011).


**Vern. Name:** Khaleinurei.

**Distribution:** India, Australia, Sri Lanka, Indonesia, Nepal & South East Asia.


**Habitat & Ecology:** Epiphyte on tree trunk, wild.
Perennial rarely annual; roots subterranean, aerial; stem erect or pendent modified into creeping rhizome; leaves basal to cauline, alternate; flower yellow green with chestnut brown.

**Fls & Frts:** March-May.

**Ethnobotanical uses:**
**Parts used:** Flower.

**Medicinal uses:**
Dried flower is used as liver tonic.

**Established report:**
- Plant used for cut flower as well as for potential parents for viable hybrids (Deb & Imchen, 2011).


**Vern. Name:** *Urei.*

**Distribution:** Throughout Manipur, North eastern states of India, Nepal, China, Australia, Myanmar & Sri Lanka.


**Habitat & Ecology:** Epiphytic, wild and domesticated.
- Stem stout; leaves thickly coriaceous, linear oblong; flowers yellow or Bluish purple with dar capsule spots in racemes; fruit capsule.

**Fls & Frts:** March-August.

**Ethnobotanical uses:**

**Parts used:** Leaves

**Medicinal uses:**
- Leaf juice is used as eardrops in ear ache.
- Leaf paste is applied externally on forehead during high fever.
- Leaf paste is used as blood coagulant.

**Established report:**
- Paste root is used to treat bronchitis, asthma, rheumatism, fever, toothache and bone fracture (Pal & Jain, 1998). Leaf juice used as eardrops in ‘Otitis media’ (Prusti, 2007).

**Verbena officinalis** L. Sp. Pl. 20.1753. (Verbenaceae).

**Vern. Name:** *Arkeke.*

**Distribution:** Europe, Britian, Denmark, West Asia to Himalaya.

Habitat & Ecology: Wild.

Undershrub; leaves opposite ovate or oblong pinna lifid base cuneate, lower petioled; pubescent, spikes terminal panicled; flowers small, blue.

Fls & Frts: June-August & July-September.

Ethnobotanical uses:

Parts used: Whole plant

Medicinal uses:

*Whole plant made into paste with eggs of red ant and applied to whole body to get relief from fever.

Established report:

Root decoction used as a remedy in severe windy colic (Tomar, 2009).


Vern. Name: Pithadoi.

Distribution: North-East states of India, Assam, Meghalaya, Asian countries, Europe and South Africa.


Habitat & Ecology: Terrestrial, wild in garden.

Herb; leaflets 3-11 pairs; obtuse or acute stem slender, capiously axillary penducles, 1-2 flowers, corolla lilac, distinctly exerted; fruit pod linear oblong, 4 seeded.

Fls & Frts: October – April.

Ethnobotanical uses:

Parts used: Young shoots.

Food:

Young shoots is use as vegetable.

Established report:

Tender shoot is used in Singju (Devi et al., 2011 b).

**Vern. Name:** *Hawai mubi.*

**Distribution:** All over Manipur, North-Eastern India, Southeast Asia & Africa.

**Specimen examined:** K.R.lane. 15.11.2011. Resh-0025170.

**Habitat & Ecology:** Terrestrial, cultivated in jhum and home garden.

   Herb, stem stout erect; leaflets 2-3 pairs, elliptic lanceolate; flower white with black heart; fruits pod.

**Fls & Frts:** September-April.

**Distribution:** All over Manipur, North-Eastern India, Southeast Asia & Africa.

**Specimen examined:** K.R.Lane. 15.12.2011. Resh-0025170.

**Habitat & Ecology:** Cultivated in Jhum and home garden.

**Ethnobotanical uses:**

**Parts used:** Young shoots & fruit.

**Food:**

Young shoots and fruits are cooked and eaten as vegetable.

**Established report:**

   Young shoots & pods as vegetable.


**Vern. Name:** *Sagolhawai.*

**Distribution:** Throughout India, Tropical & Subtropical countries.

**Specimen examined:** Thayong. 15.12.2011. Resh-0025171.

**Habitat & Ecology:** Terrestrial, cultivated in Jhum field.

   Erect or twinning herb; leaves trifoliate, leaflets ovate-elliptic, ovovate-rhomboid, scattered, adpressed hairs on both sides, sub obtuse; flower at end of short peduncles; fruit pod, seed black.

**Fls & Frts:** September-December.

**Ethnobotanical uses:**

**Parts used:** Seeds.

**Food:**

Seeds are cooked as vegetable.

**Medicinal uses:**
Seeds are cooked and taken as vegetable to overcome poor lactation.

**Established report:**

Decoction of seeds is used in beri-beri as a diuretic (Sinha, 1996). Seeds used in post-partum complains and internal injury of cattles (Tiwari and Pandey, 2010).


**Vern. Name:** *Benan.*

**Distribution:** Throughout India, Sri lanka, Nepal, Ghana & China.


**Habitat & Ecology:** Terrestrial, cultivated.

Climber; leaves trifoliate, leaflets ovate, rhomboid, variable, acute, entire; flowers purplish in short capitates racemes; fruits pod depressed between seeds, glabrous and green.

**Fls & Frts :** July-December.

**Ethnobotanical uses:**

**Parts used:** Pod & young leaves.

**Medicinal uses:**

Boiled leaves are eaten to destroy worms in the stomach.

**Food:**

Pod & young leaves are eaten as vegetable.

**Established report:**

Plant is considered antibilious and prescribed in hepatic trouble and jaundice. (Sinha, 1996).


**Vern. Name :** *Yeliksibi.*

**Distribution :** Throughout India, Afghanistan, Pakistan, Malaysia and Japan.

**Specimen examined :** Thayong. 14.3.2010. Resh – 002507.

**Habitat & Ecology :** Terrestrial, wild in bushy areas.

Shrub; leaves simple trifoliate, leaflets sessile ovovate or ovate oblong, entire, glabrous above, tomentose beneath; panicle white tomentose; corolla tomentose, lorender blue.
**Fls & Frts**: January – August.

**Ethnobotanical uses**:

**Parts used**: Whole plant.

**Medicinal uses**:

Boiled extract of the leaves are used to wash in skin diseases.

The decoction of leaves with honey is given against constipation, pile and colic pain.

Mixed ashes of the leaves and outer covering of betel nut are used as a tooth powder in toothache.

**Veterinary**:

Paste of leaves is applied externally on skin infection in cattle.

**Established report**:

Smashed of leaves is applied to rheumatic swelling. Stem-heated packet containing leaves is used as fomentation in piles (Sinha, 1996).


**Vern. Name**: *Beiting*.

**Distribution**: Throughout India, Afghanistan, Pakistan, Malaysia and Japan.


**Habitat & Ecology**: Terrestrial, wild in bushy areas.

Evergreen small tree with branches; leaves simple, opposite pointed, elliptic, lanceolate, shining above, pubescent beneath, stipule small, triangular, cuspidate or acuminate; panicles large spreading pubescent; flowers subsessile interterminal pyramidal panicles, greenish white; fruits capsule, globose.

**Fls & Frts**: January – June.

**Ethnobotanical uses**:

**Parts used**: Inflorescences.

**Food**:

Fresh inflorescence is eaten in Chutney.

**Medicinal uses**:

Paste of leaves is applied on joint pain.
Established report:

Tender shoot and inflorescence are used against dysentry (Meitei and Singh 2007).


Vern. Name: Thimana.

Distribution: India, Indonesia, Burma, Malaysia, Thailand, Phillipines, Cambodia & Veitnam.


Habitat & Ecology: Terrestrial, wild.

Evergreen small tree with latex; bark pale green; leaves thin, ovate-elliptic opposite, petiole; flower in terminal cyme white, slightly fragrant, few to many seeds narrowly fusiform.

Flowering - Throughout the year.

Ethnobotanical uses:

Parts used: Bark & Seed.

Medicinal used:

Decoction of seed with honey is given in fever.
Decoction of bark is given in diarhoaea & dysentery associated with bleeding.

Exrtract of bark is used in treatment of mouth sores.

Established report:

Seed powder mixed with water are taken orally in diabetes (Chaudhury et al., 2011).


Vern. Name: Hameng sampakpi.

Distribution: Europe, North America, Brazil, China, Malaysia & India.


Habitat & Ecology: Terrestrial, common in wasteland.

Coarse annual herb; stem hispid; leaves alternate broadly triangular ovate or suborbicular, often lobed, acute scabrid, petioled long; flowers unisexual in single or clustered axillary heads; female involucres covered with hook spines.

Fls & Frts: August-September.
Ethnobotanical uses:

Parts used: Leaves and root

Medicinal uses:
Extract of leaves with honey is given in cough and fever.
Boiled decoction of root is prescribed against urinary tract stones.

Veterinary:
Leaves are given in diarrhoea in cattles.

Established report:
Leaf juice applied on painful molars and teeth to relieve pain (Panjani, 2007).
Fruit are used as tooth cleaner for preventing decay and pain of the gum (Das et al., 2011).


Vern. Name: _Nongleishang_.

Distribution: All over India, Tropical and Sub-tropical countries.


Habitat & Ecology: Terrestrial, wild.

Tree, leaves oblong or elliptic-lanceolate, glabrous, serrate with recurved margin; flowers yellowish white in panicles; fruits berry.

Fls & Frts: October – June.

Ethnobotanical uses:

Parts used: Leaves.

Medicinal uses:
Boiled decoction of the leaves are prescribed against pile, bronchial trouble.
Steam heated packet containing the leaves is applied to aching body parts.

Veterinary
Leaves are used in irradiication of lice and ticks.

Established report:
Leaves are used in skin diseases. Decoction of leaves is used as fomentation in piles (Devi _et al._, 2011a).

Vern. Name: Khesning.

Distribution: All over Manipur, Nagaland, Mizoram, Meghalaya, Bangladesh, Bhutan, Indonesia, Laos, Malaysia, Myanmar, Nepal, Thailand, China and Vietnam.


Habitat & Ecology: Terrestrial, wild as well as domesticated.

Stranggling thorny aromatic shrub, branchlets glabrous, leaves alternate, imperipinnate, rachis with foliaceous wings which are gradually broader towards jointed at the insertion of leaflets; flowers small, in axillary, peduncle broad, yellowish white.

Fls & Frts: April – October.

Ethnobotanical uses:

Parts used: Leaves, flowers, seeds and fruit.

Spice:
The leaves and flower are edible as spice in curry.

Medicinal uses:

Fruit is chewed to cure in mouth ulcer, indigestion, cough and flatulence.

Boil extract of leaves, fruit with honey are against stomach trouble.

Insecticides:

Bark is used as insect repellent.

Veterinary:

Paste of leaves is applied externally on skin infection in cattles.

Established report:

Gargle with boiled extract of fruits reduces bad breath and gum bleeding (Devi et al., 2011a). Fruits are chewed to cure indigestion and flatulence (Ghosh and Das, 2011).


Vern. Name: Ngang.

Distribution: All over Manipur, Lushai hills, Khasi hills, United states and Canada.
Specimen examined: Makokching: 15.5.2012. Resh-0025252

Habitat & Ecology: Terrestrial, wild as well as domesticated.

Small tree, stem with prickles; leaves bipinnate, elliptic to oblong, acute or acuminate, sessulate; flowers in cyme paniculate, greenish yellow; fruits ovoid, subglobose, red when mature, seeds black, shiny.

Fls & Frts: February – November.

Ethnobotanical uses:
Parts used: Fruits.
Spice:
Fruits are used as a spice.

Established report:
Fruits are taken as spices.


Vern. Name: Naoseknum.

Distribution: Hill districts of Manipur, North Eastern States of India, Sri Lanka to Myanmar, Indo China, Thailand, Peninsular Malaysia and Java.


Habitat & Ecology: Terrestrial, wild as well as domesticated.

Prickly shrub or small tree; bark grey; leaves 3-11 pinnate, leaflets 5-9 on the ultimate pinnules, ovate or ovate lanceolate, acuminate, bristly serrulate, base rounded or cordate; flowers small.

Fls & Frts: June – December.

Ethnobotanical uses:
Parts used: Leaves.

Food:
Leaves are used as condiments also cooked and eaten as vegetable.

Medicinal uses:
Boiled extract of leaves are used in the treatment of jaundice.

Established report:
Leaves are used as stimulant, digestive, laxative, membranous (Jeri et al., 2011).


**Vern. Name:** *Ram thapi*.

**Distribution:** All over Manipur, Assam, Khasi-hills, Peninsular region, Africa and Malaysia.

**Specimen examined:** Sugnu. 24.12.2011. Resh-0025176

**Habitat & Ecology:** Terrestrial, wild in bushy areas.

Herb, climber; leaves simple, ovate, cordate, undulate-denticulate, glabrous, tendril slender; flowers in long peduncle, monoccious; fruit globose, ovate, oblong.

**Fls & Frts:** June – December.

**Ethnobotanical uses:**

**Parts used:** Whole plant.

**Medicinal uses:**

Boiled extract of whole plant is given instead of water till cure from jaundice.

**Established report:**

To treat fever and headache, leaf juice is given thrice a day (Raghunathan and Abay, 2009).


**Vern. Name:** *Ram thing*.

**Distribution:** All over Manipur, Assam, Khasi-hills, Peninsular region, Africa and Malaysia.


**Habitat & Ecology:** Terrestrial, wild in bushy areas.

Aromatic herb; leaves lanceolate to linear, oblong; globrous beneath; flowers greenish white.

**Fls & Frts:** July – February.

**Ethnobotanical uses:**

**Parts used:** Leaves, flower and Rhizome.
Spices:
Rhizome and flower are used as a spice. Grinded leaves is used in preparing Ooty for flavour.

Medicinal uses:
Rhizome extract with spoonful of honey is given against asthma, cold.

Socioreligious:
New born child and mother are made to wear garland of rhizome to guard off evil spirit.

Established report:
Outer layer of the Rhizome is given in paralysis to improve blood circulation (Sinha, 1996). Rhizome is given in irregular mensuration and womb related diseases (Akimpou, 2008).


\textbf{Vern. Name} : Thing.

\textbf{Distribution} : All over India and Tropical countries.


\textbf{Habitat & Ecology}: Terrestrial, cultivated in Jhum.

Rhizomatous herb, leaves narrowly lanceolate, tapering at the apex, glabrous beneath; flowers greenish in small purplish black radical spike.

\textbf{Fls & Frts} : July – February.

\textbf{Ethnobotanical uses} :
\textbf{Parts used} : Rhizome, leaves and flower.

\textbf{Spice} :
Leaves, fruit and rhizome are used as spice.

\textbf{Medicinal uses} :
Fresh rhizome extract with honey is used to get relief from cough, cold and throat pain.

\textbf{Established report}:
Juice of the rhizome with fruit juice of \textit{Piper nigrum} L. \textit{are given} in cough. Rhizome is taken in Asthma (Das et al., 2010).

Vern. Name: Boroi.

Distribution: Throughout India, Afghanistan, Africa, Australia, China & Malaysia

Specimen examined: K.R. Lane. 4.3.2010. Resh-002523.

Habitat & Ecology: Terrestrial, wild as well as domesticated.

Thorny deciduous tree with many branches; leaves oblong, elliptic, ovate, or suborbicular apical, minutely serrate or apex distinctly toothed; flower greenish yellow in axillary dense fascicles; fruits oblong, globose or ovoid drupe.

Fls & Frts: October – March.

Ethnobotanical uses:

Parts used: Leaves & fruit.

Food:

Fruit are edible

Medicinal uses:

Boiled decoction of the leaves is used to wash skin infections.

Established report:

Leaves paste is applied against headache. Bark applied in rheumatic pain.

Bark juice taken to get relief from dysentery (Das et al., 2010).

N.B.: * indicate new additional uses in ethnobotany.
Finally, those plants are arranged on ethnobotanical uses wise and as follows:

**Table 5 : Plants used as fuel :**

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of used</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Castanopsis armata</em> Spach.</td>
<td>Fagaceae</td>
<td>Wood</td>
<td>Firewood</td>
</tr>
<tr>
<td><em>Engelhardtia spicata</em> Bl.</td>
<td>Juglandaceae</td>
<td>Wood</td>
<td>Firewood</td>
</tr>
<tr>
<td><em>Flacourtia jangomas</em> Raeush.</td>
<td>Flacourtiaee</td>
<td>Wood</td>
<td>Firewood&amp;charcoal</td>
</tr>
<tr>
<td><em>Passania pachyphylla</em> Schott.</td>
<td>Fagaceae</td>
<td>Wood</td>
<td>Firewood</td>
</tr>
<tr>
<td><em>Passania spicata</em> Oerst.</td>
<td>Fagaceae</td>
<td>Wood</td>
<td>Firewood&amp;charcoal</td>
</tr>
<tr>
<td><em>Schima wallichii</em> Choisy</td>
<td>Theaceae</td>
<td>Wood</td>
<td>Firewood</td>
</tr>
<tr>
<td><em>Toona ciliata</em> M. Roem.</td>
<td>Meliaeae</td>
<td>Wood</td>
<td>Firewood</td>
</tr>
<tr>
<td><em>Quercus serrata</em> Thunb.</td>
<td>Fagaceae</td>
<td>Wood</td>
<td>Firewood</td>
</tr>
</tbody>
</table>

**Table 6 : Plant used as socio-religious purposes:**

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Allium sativum</em> L.</td>
<td>Liliaceae</td>
<td>Cloves</td>
</tr>
<tr>
<td><em>Cynodon dactylon</em> (L.) Pers.</td>
<td>Poaceae</td>
<td>Leaves</td>
</tr>
<tr>
<td><em>Dactyloctenium aegyptium</em> (L.) Willd.</td>
<td>Poaceae</td>
<td>Leaves</td>
</tr>
<tr>
<td><em>Erythrina arborescens</em> Roxb.</td>
<td>Fabaceae</td>
<td>Wood &amp; bark</td>
</tr>
<tr>
<td><em>Euphorbia nerifolia</em> L.</td>
<td>Euphoriaceae</td>
<td>Whole plant</td>
</tr>
<tr>
<td><em>Ficus benghalensis</em> L.</td>
<td>Moraceae</td>
<td>Leaves</td>
</tr>
<tr>
<td><em>Goniothalamus sesquipedalis</em> Hook. f.Thom.</td>
<td>Annonaceae</td>
<td>Leaves</td>
</tr>
<tr>
<td><em>Isodon terniflorius</em> Kudo</td>
<td>Lamiaceae</td>
<td>Leaves</td>
</tr>
<tr>
<td><em>Machilus gamblei</em> King</td>
<td>Lauraceae</td>
<td>Leaves</td>
</tr>
<tr>
<td><em>Mesua ferrea</em> L.</td>
<td>Clusiaceae</td>
<td>Whole plant</td>
</tr>
<tr>
<td><em>Phlogocanthus thrysiformis</em> (Roxb. ex Hardw.) Mabb.</td>
<td>Acanthaceae</td>
<td>Whole plant</td>
</tr>
<tr>
<td><em>Sida rhombifolia</em> L.</td>
<td>Malvaceae</td>
<td>Whole plant</td>
</tr>
<tr>
<td><em>Thysanolaena latifolia</em> (Roxb. Ex. Homen) Honda.</td>
<td>Poaceae</td>
<td>Stem bearing panicles</td>
</tr>
<tr>
<td><em>Toona ciliata</em> M. Roem.</td>
<td>Meliaeae</td>
<td>Leaves</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
</tr>
<tr>
<td>-------------------------</td>
<td>-----------</td>
<td>-----------------</td>
</tr>
<tr>
<td>Antidesma bunius (L.)</td>
<td>Fabaceae</td>
<td>Ripe Fruits, tender leaves</td>
</tr>
<tr>
<td>Artocarpus lakoocha Roxb.</td>
<td>Moraceae</td>
<td>Ripe Fruits</td>
</tr>
<tr>
<td>Averrhoa carambola L.</td>
<td>Averrhoaceae</td>
<td>Ripe Fruits</td>
</tr>
<tr>
<td>Baccaurea ramiflora Lour.</td>
<td>Euphorbiaceae</td>
<td>Ripe Fruits</td>
</tr>
<tr>
<td>Calamus tenuis Roxb.</td>
<td>Areccaeae</td>
<td>Ripe Fruits</td>
</tr>
<tr>
<td>Castanopsis armata Spach.</td>
<td>Fagaceae</td>
<td>Nuts</td>
</tr>
<tr>
<td>Celtis australis L.</td>
<td>Ulmaceae</td>
<td>Young leaves, Ripe Fruits</td>
</tr>
<tr>
<td>Citrus macroptera Mont.</td>
<td>Rutaceae</td>
<td>Juicy sac, rind of fruits</td>
</tr>
<tr>
<td>Citrus medica L.</td>
<td>Rutaceae</td>
<td>Juicy sacs in fruits</td>
</tr>
<tr>
<td>Dillenia indica L.</td>
<td>Dilleniacae</td>
<td>Leaves, fleshy acrescent calyx</td>
</tr>
<tr>
<td>Docynia indica (Wall.) Dec.</td>
<td>Rosaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>Elaeagnus caudata Schlecht</td>
<td>Elaeagnaceae</td>
<td>Fleshy part of fruit</td>
</tr>
<tr>
<td>Botanical Name</td>
<td>Family</td>
<td>Fruit State</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>---------------</td>
<td>------------------------------------</td>
</tr>
<tr>
<td><em>Elaeocarpus floribundus</em></td>
<td>Elaeocarpaceae</td>
<td>Ripe/unripe fruit</td>
</tr>
<tr>
<td><em>Ficus cunia</em></td>
<td>Moraceae</td>
<td>Ripe Fruit</td>
</tr>
<tr>
<td><em>Ficus glomerata</em></td>
<td>Moraceae</td>
<td>Ripe Fruit</td>
</tr>
<tr>
<td><em>Ficus palmata</em></td>
<td>Moraceae</td>
<td>Ripe Fruit</td>
</tr>
<tr>
<td><em>Flacourtia jangoma</em></td>
<td>Flacourtiaceae</td>
<td>Fleshy part of fruit</td>
</tr>
<tr>
<td><em>Garcinia pedunculata</em></td>
<td>Clusiaceae</td>
<td>Fleshy part of fruit</td>
</tr>
<tr>
<td><em>Meyna spinosa</em></td>
<td>Rubiaceae</td>
<td>Ripe Fruit</td>
</tr>
<tr>
<td><em>Myrica esculenta</em></td>
<td>Myricaceae</td>
<td>Ripe Fruit</td>
</tr>
<tr>
<td><em>Passflora edulis</em></td>
<td>Passifloraceae</td>
<td>Ripe Fruit and tender twigs</td>
</tr>
<tr>
<td><em>Phoenix sylvestris</em></td>
<td>Arecaceae</td>
<td>Fleshy part of fruit</td>
</tr>
<tr>
<td><em>Phyllanthus acidus</em></td>
<td>Euphorbiaceae</td>
<td>Fleshy part, leaves</td>
</tr>
<tr>
<td><em>Phyllanthus emblica</em></td>
<td>Euphorbiaceae</td>
<td>Fleshy part of fruit</td>
</tr>
<tr>
<td><em>Prunus armeniaca</em></td>
<td>Rosaceae</td>
<td>Fleshy part of fruit</td>
</tr>
<tr>
<td><em>Prunus domestica</em></td>
<td>Rosaceae</td>
<td>Fleshy part</td>
</tr>
</tbody>
</table>
Table 8: Wild edible plants used by the Kom people and their mode of uses:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of use</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Prunus persica</em> (L.) Batsch</td>
<td>Rosaceae</td>
<td>Fleshy part of fruit</td>
<td>Ripe/unripe eaten raw</td>
</tr>
<tr>
<td><em>Rhus semialata</em> Murr.</td>
<td>Anacardiaceae</td>
<td>Tender leaves, Flowers, &amp; ripe fruits</td>
<td>Salad (Singu), eaten fresh or powdered.</td>
</tr>
<tr>
<td><em>Rubus niveus</em> Wall.</td>
<td>Rosaceae</td>
<td>Berries</td>
<td>Ripe fruit eaten raw</td>
</tr>
<tr>
<td><em>Spondias pinnata</em> (L.f.) Kurz.</td>
<td>Anacardiaceae</td>
<td>Ripe fruits, Bark</td>
<td>Eaten fresh, pickled and in medicine</td>
</tr>
<tr>
<td><em>Tamarindus indica</em> L.</td>
<td>Leguminaceae</td>
<td>Pulp of ripe fruits</td>
<td>Eaten raw, cooked as curry “Heithongba”</td>
</tr>
<tr>
<td><em>Tetrastigma bracteolatum</em> Planch.</td>
<td>Vitaceae</td>
<td>Ripe fruits and tender leaves</td>
<td>Eaten raw, cooked as vegetable</td>
</tr>
<tr>
<td><em>Ziziphus jujuba</em> Lam.</td>
<td>Rhamnaceae</td>
<td>Fleshy part of ripe/unripe fruits</td>
<td>Eaten fresh, pickled</td>
</tr>
<tr>
<td>Scientific Name</td>
<td>Family</td>
<td>Genus</td>
<td>Part Used</td>
</tr>
<tr>
<td>------------------------------</td>
<td>--------------</td>
<td>---------------</td>
<td>--------------------</td>
</tr>
<tr>
<td><em>Alpinia officinarium</em> Hance</td>
<td>Zingiberaceae</td>
<td>Pulleiman</td>
<td>Used as vegetable and spice.</td>
</tr>
<tr>
<td><em>Amaranthus spinosus</em> L.</td>
<td>Amaranthaceae</td>
<td>Chengkrook</td>
<td>Tender leaves cooked as vegetable.</td>
</tr>
<tr>
<td><em>Amaranthus viridis</em> L.</td>
<td>Amaranthaceae</td>
<td>Chengkruk</td>
<td>Cooked as vegetable.</td>
</tr>
<tr>
<td><em>Amorphophallus paonifolius</em> (Dennst.) Nicolson</td>
<td>Araceae</td>
<td>Phahraw</td>
<td>Tubers cooked as vegetable.</td>
</tr>
<tr>
<td><em>Antidisma acidum</em> Heyne ex Roth.</td>
<td>Euphorbiaceae</td>
<td>Tuochips</td>
<td>Leaves cooked as vegetable.</td>
</tr>
<tr>
<td><em>Ardesia colorata</em> Roxb.</td>
<td>Myrsinaceae</td>
<td>Uthum</td>
<td>Tender shoots cooked as vegetable.</td>
</tr>
<tr>
<td><em>Argyreia nervosa</em> (Burm.f.) Boj.</td>
<td>Convolvulaceae</td>
<td>Puding uri</td>
<td>Tender leaves cooked and eaten as vegetable.</td>
</tr>
<tr>
<td><em>Artemisia niligirica</em> (C.B.Clarke) Pump.</td>
<td>Asteraceae</td>
<td></td>
<td>Young leaves and shoots.</td>
</tr>
<tr>
<td><em>Auricularia auricula</em> L.</td>
<td>Auriculariaceae</td>
<td>Pachokouor</td>
<td>Fruiting bodies are eaten as food stuff &amp; soup.</td>
</tr>
<tr>
<td><em>Basella alba</em> L.</td>
<td>Basellaceae</td>
<td>Uroksumbal</td>
<td>Leaves cooked as vegetable.</td>
</tr>
<tr>
<td><em>Bauhinia variegata</em> L.</td>
<td>Caesalpiniaceae</td>
<td>Chinghao</td>
<td>Immature fruit are eaten as fresh, flower are used as vegetable.</td>
</tr>
<tr>
<td><em>Bidens pilosa</em> L.</td>
<td>Asteraceae</td>
<td>Shampakpi</td>
<td>Young leaves and shoots either eaten raw/cooked.</td>
</tr>
<tr>
<td><em>Blumeopsis falcata</em> (D. Don) Merr.</td>
<td>Asteraceae</td>
<td>Buirahe</td>
<td>Leaves used as ‘Kangsoi’.</td>
</tr>
<tr>
<td><em>Bombax ceiba</em> L.</td>
<td>Bombacaceae</td>
<td>Tera</td>
<td>Flower buds with fleshy.</td>
</tr>
<tr>
<td>Botanical Name</td>
<td>Family</td>
<td>Common Name</td>
<td>Usage</td>
</tr>
<tr>
<td>-----------------------</td>
<td>----------------------</td>
<td>--------------------</td>
<td>--------------------------------------</td>
</tr>
<tr>
<td>Caesalpinia crispa L.</td>
<td>Caesalpiniaceae</td>
<td>Laikee</td>
<td>Seed cooked and eaten as vegetable</td>
</tr>
<tr>
<td>Cajanus cajan (L.) Mill.</td>
<td>Fabaceae</td>
<td>Yangthin</td>
<td>Fruit cooked as a vegetable</td>
</tr>
<tr>
<td>Capsella bursa pastoris (L.) Medik</td>
<td>Brassicaceae</td>
<td>Chantruk</td>
<td>Leaves with inflorescence eaten raw</td>
</tr>
<tr>
<td>Cardamine hirsuta L.</td>
<td>Brassicaceae</td>
<td>Uchi hangam</td>
<td>Leaves &amp; shoot are eaten as vegetable</td>
</tr>
<tr>
<td>Cassia laevigata Willd.</td>
<td>Caesalpiniaceae</td>
<td>Thaonum</td>
<td>Young fruit eaten either boiled/fry</td>
</tr>
<tr>
<td>Centella asiatica (L.) Urban</td>
<td>Apiaceae</td>
<td>Sewon</td>
<td>Whole plant used as vegetable</td>
</tr>
<tr>
<td>Chenopodium album L.</td>
<td>Chenopodiaceae</td>
<td>Monshaobi</td>
<td>Whole plant cooked &amp; eaten</td>
</tr>
<tr>
<td>Cissus javanica DC.</td>
<td>Vitaceae</td>
<td>Kargouyen</td>
<td>Leaves taken as curry</td>
</tr>
<tr>
<td>Clerodendrum colebrookianum Walp.</td>
<td>Verbenaceae</td>
<td>Anpui</td>
<td>Leaves cooked as vegetable</td>
</tr>
<tr>
<td>Clerodendrum serratum Spreng.</td>
<td>Verbenaceae</td>
<td>Leibuthing</td>
<td>Tender shoot &amp; flower eaten fresh</td>
</tr>
<tr>
<td>Colacasia esculenta (L.) Schott.</td>
<td>Araceae</td>
<td>Pan</td>
<td>Corm cooked &amp; eaten</td>
</tr>
<tr>
<td>Corchorus capsularis L.</td>
<td>Tiliaceae</td>
<td>Ananbi</td>
<td>Young leaves cooked as vegetable</td>
</tr>
<tr>
<td>Curcuma amada Roxb.</td>
<td>Zingiberaceae</td>
<td>Yei Heinowman</td>
<td>Rhizome eaten fresh &amp; boiled.</td>
</tr>
<tr>
<td>Crassocephallum crepidiodes S. Moore</td>
<td>Asteraceae</td>
<td>Leiharthar</td>
<td>Young leaves eaten either raw or cooked</td>
</tr>
<tr>
<td>Crotolaria juncea L.</td>
<td>Fabaceae</td>
<td>Uhawaimaton</td>
<td>Leaves eaten either raw/cooked</td>
</tr>
<tr>
<td>Curcuma angustifolia</td>
<td>Zingiberaceae</td>
<td>Yaipal</td>
<td>Flowers cooked as</td>
</tr>
<tr>
<td>Scientific Name</td>
<td>Family</td>
<td>Common Name</td>
<td>Description</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>--------------</td>
<td>-------------------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td><em>Cyphomandra betacea</em></td>
<td>Solanaceae</td>
<td>Wukhamen</td>
<td>Fruit eaten roasted &amp; cooked</td>
</tr>
<tr>
<td>Cavan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Dendrocalamus hamiltoni</em></td>
<td>Poaceae</td>
<td>Unan</td>
<td>Tender shoot are cooked eaten as vegetable</td>
</tr>
<tr>
<td>Nees &amp; Arn. Ex Munro</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Dillenia indica</em> L.</td>
<td>Dilleniaceae</td>
<td>Heigri</td>
<td>Fruit cooked as vegetable</td>
</tr>
<tr>
<td><em>Dioscorea alata</em> L.</td>
<td>Dioscoreaceae</td>
<td>Haa</td>
<td>Tuber eaten fresh/roasted</td>
</tr>
<tr>
<td><em>Dioscorea bulbifera</em> L.</td>
<td>Dioscoreaceae</td>
<td>Tangsin</td>
<td>Flowers used as condiments</td>
</tr>
<tr>
<td><em>Drymaria cordata</em> Wild.</td>
<td>Caryophyllaceae</td>
<td></td>
<td>Tender leaves and shoots eaten as vegetable</td>
</tr>
<tr>
<td><em>(Coll. &amp; Hemsl.) Diels</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Emilia sonchifolia</em> (L.) DC.</td>
<td>Asteraceae</td>
<td>Chingkodrangol</td>
<td>Leaves as salad</td>
</tr>
<tr>
<td><em>Eurya acuminata</em> DC.</td>
<td>Theaceae</td>
<td>Sijou</td>
<td>Leaves eaten either raw or cooked</td>
</tr>
<tr>
<td><em>Euryale ferox</em> Salisb.</td>
<td>Nymphaeaceae</td>
<td>Thaching</td>
<td>Petiole &amp; seed taken raw as well as in cooked form</td>
</tr>
<tr>
<td><em>Fagopyrum esculentum</em> Moench</td>
<td>Polygonaceae</td>
<td>Leipung tharum</td>
<td>Leaves &amp; flower are eaten cooked</td>
</tr>
<tr>
<td><em>Ficus glomerata</em> Roxb.</td>
<td>Moraceae</td>
<td>Theibong</td>
<td>Young leaves are boiled &amp; eaten as curry</td>
</tr>
<tr>
<td>Scientific Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Description</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>--------------</td>
<td>---------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td><em>Ficus palmata</em> Forsk.</td>
<td>Moraceae</td>
<td><em>Shumukunpu</em></td>
<td>Young leaves are eaten as salad either raw or boiled</td>
</tr>
<tr>
<td><em>Ficus tsjakela</em> Burm.</td>
<td>Moraceae</td>
<td><em>Marmong</em></td>
<td>Young leaves &amp; tender shoots are used in curry soup</td>
</tr>
<tr>
<td><em>Foeniculum vulgare</em> Mill.</td>
<td>Apiaceae</td>
<td><em>Pakhon</em></td>
<td>Inflorescence used as spice</td>
</tr>
<tr>
<td><em>Garcinia indica</em> Choisy</td>
<td>Clusiaceae</td>
<td><em>Chingthei</em></td>
<td>Ripe fruit taken as vegetable</td>
</tr>
<tr>
<td><em>Gnaphalium leuteo-album</em> L.</td>
<td>Asteraceae</td>
<td><em>Phunin</em></td>
<td>Inflorescence, tender shoot used as chutney</td>
</tr>
<tr>
<td><em>Hedychium coronarium</em> Koen.</td>
<td>Zingiberaceae</td>
<td><em>Woklei</em></td>
<td>Tender shoot cooked as vegetable</td>
</tr>
<tr>
<td><em>Hibiscus cannabinus</em> L.</td>
<td>Malvaceae</td>
<td><em>Anthur</em></td>
<td>Leaves cooked as vegetable</td>
</tr>
<tr>
<td><em>Hibiscus sabdariffa</em> L.</td>
<td>Malvaceae</td>
<td><em>Siloanthur</em></td>
<td>Leaves cooked as vegetable</td>
</tr>
<tr>
<td><em>Hiptage benghalensis</em> (L.) Kurz.</td>
<td>Malpighiaceae</td>
<td><em>Madhvi</em></td>
<td>Young leaves cooked as vegetable</td>
</tr>
<tr>
<td><em>Houttuynia cordata</em> Thumb.</td>
<td>Saururaceae</td>
<td><em>Tokningkok</em></td>
<td>Whole plant eaten raw in chutney</td>
</tr>
<tr>
<td><em>Ipomea aquatic</em> Forsk.</td>
<td>Convolvulaceae</td>
<td><em>Tuikolkai</em></td>
<td>Young leaves &amp; shoots are used in salad as well as curry</td>
</tr>
<tr>
<td><em>Ipomoea batatas</em> L.</td>
<td>Convolvulaceae</td>
<td><em>Mangra</em></td>
<td>Under root stock eaten roasted/cooked</td>
</tr>
<tr>
<td><em>Justicia adhatoda</em> L.</td>
<td>Acanthaceae</td>
<td><em>Chikpathur</em> (white)</td>
<td>Leaves eaten raw or cooked.</td>
</tr>
<tr>
<td><em>Litsea cubeba</em> (Lour.) Pers.</td>
<td>Lauraceae</td>
<td><em>Ngairong</em></td>
<td>Fruit eaten raw with chutney</td>
</tr>
<tr>
<td>Common Name</td>
<td>Family</td>
<td>Scientific Name</td>
<td>Use</td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>--------------</td>
<td>-----------------------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Leucaena latisilqua (L.) Gill. &amp;</td>
<td>Mimosaceae</td>
<td><em>Chingonglei angouba</em></td>
<td>Flowers and tender shoot eaten raw.</td>
</tr>
<tr>
<td>Stearn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lentinus edodes (Berk.) Pegler</td>
<td>Lentinulaceae</td>
<td><em>Pakesie</em></td>
<td>Fruiting body cooked and eaten.</td>
</tr>
<tr>
<td>Leucas plukenetii (Roth) Spreng.</td>
<td>Lamiaceae</td>
<td><em>Mayanglebumb</em></td>
<td>Leaves &amp; young shoots eaten as vegetable.</td>
</tr>
<tr>
<td>Lysimachia parviflora Baker</td>
<td>Primulaceae</td>
<td><em>Kengoi</em></td>
<td>Whole plant cooked as vegetable.</td>
</tr>
<tr>
<td>Manihot esculentum Crantz.</td>
<td>Euphorbiaceae</td>
<td><em>Umangra</em></td>
<td>Tuber either raw, boiled or roasted</td>
</tr>
<tr>
<td>Meyna spinosa Rohyns.</td>
<td>Rubiaceae</td>
<td><em>Heibi</em></td>
<td>Leaves eaten raw in vegetable</td>
</tr>
<tr>
<td>Musa paradisiacal L.</td>
<td>Musaceae</td>
<td><em>Laphu</em></td>
<td>Stem &amp; inflorescence are used as vegetable.</td>
</tr>
<tr>
<td>Neptunia prostrata Bail.</td>
<td>Mimosaceae</td>
<td><em>Ekaithapi</em></td>
<td>Young shoots eaten as vegetable.</td>
</tr>
<tr>
<td>Oenanthe javanica DC.</td>
<td>Apiaceae</td>
<td><em>Komprek</em></td>
<td>Leaves cooked as vegetable</td>
</tr>
<tr>
<td>Oroxyllum indicum Vent.</td>
<td>Bignoniaceae</td>
<td><em>Bokpa</em></td>
<td>Slices of tender pods in chutney</td>
</tr>
<tr>
<td>Oxalis corniculata L.</td>
<td>Oxalidaceae</td>
<td><em>Yensil</em></td>
<td>Leaves &amp; shoots taken as vegetable</td>
</tr>
<tr>
<td>Paederia foetida L.</td>
<td>Rubiaceae</td>
<td><em>Urimoinum</em></td>
<td>Tender leaves cooked s vegetable</td>
</tr>
<tr>
<td>Parkia timoriana (DC.) Merr.</td>
<td>Leguminaceae</td>
<td><em>Yongchak</em></td>
<td>Fruit used as vegetable, flowers used in salad.</td>
</tr>
<tr>
<td>Phlogacanthus thyriformis (Roxb.</td>
<td>Acanthaceae</td>
<td><em>Chikpathur</em></td>
<td>Raw inflorescence taken with chutney</td>
</tr>
<tr>
<td>ex Hardw.) Mabb.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phlogacanthus tubiflorus Nees</td>
<td>Acanthaceae</td>
<td><em>Chikpathur red</em></td>
<td>Fried inflorescence taken</td>
</tr>
<tr>
<td>Plant Name</td>
<td>Family</td>
<td>Scientific Name</td>
<td>Description</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-----------------</td>
<td>-----------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>Pimpinella hastata. (Wall.) C.B. Clarke</td>
<td>Apiaceae</td>
<td>Huikhong</td>
<td>Leaves cooked eaten as vegetable</td>
</tr>
<tr>
<td>Plantago erosa Wall.</td>
<td>Plantaginaceae</td>
<td>Tupat</td>
<td>Tender shoot cooked as vegetable</td>
</tr>
<tr>
<td>Polygonum chinensis L.</td>
<td>Polygonaceae</td>
<td></td>
<td>Leaves boiled with rice and cooked as vegetable</td>
</tr>
<tr>
<td>Portulaca oleracea L.</td>
<td>Portulaceae</td>
<td>Leibak kundo</td>
<td>Tender leaves as vegetable soup</td>
</tr>
<tr>
<td>Psophocarpus tetragonolobus DC.</td>
<td>Fabaceae</td>
<td>Tengnou manbi</td>
<td>Young fruit eaten as vegetable</td>
</tr>
<tr>
<td>Rhychotechum ellipticum (Wall. Ex D. Dietr) A.D.C.</td>
<td>Gesneriaceae</td>
<td>Yembum</td>
<td>Leaves boiled with rice and eaten as cooked vegetable</td>
</tr>
<tr>
<td>Schimia wallichii Choisy</td>
<td>Theaceae</td>
<td>Ushoi</td>
<td>Young leaves eaten raw &amp; in boiled delicacy</td>
</tr>
<tr>
<td>Scutellaria discolor Colebr.</td>
<td>Lamiaceae</td>
<td>Anrekhat</td>
<td>Leaves cooked as vegetable</td>
</tr>
<tr>
<td>Schizophyllum Commune Fr.</td>
<td>Agaricaceae</td>
<td>Kanglayen</td>
<td>Fruiting body in soup, cooked &amp; eaten.</td>
</tr>
<tr>
<td>Sesbania sesban Merr.</td>
<td>Fabaceae</td>
<td>Chuchuramei</td>
<td>Tender twigs either eaten fresh/cooked</td>
</tr>
<tr>
<td>Smilax perfoliata Lour.</td>
<td>Smilacaceae</td>
<td>Kwamanbi</td>
<td>Tender shoot eaten either raw/cooked</td>
</tr>
<tr>
<td>Stellaria media (L.) Vill.</td>
<td>Caryophyllaceae</td>
<td>Yerum keirum</td>
<td>Tender shoots &amp; leaves used as vegetable</td>
</tr>
<tr>
<td>Solanum nigrum L.</td>
<td>Solanaceae</td>
<td>Morokman</td>
<td>Leaves cooked as vegetable</td>
</tr>
<tr>
<td>Solanum spirale L.</td>
<td>Solanaceae</td>
<td>Lamkhamen</td>
<td>Tender leaves cooked as vegetable</td>
</tr>
<tr>
<td>Tetrastigma</td>
<td>Vitaceae</td>
<td>Monjamhei</td>
<td>Sour tender leaves</td>
</tr>
</tbody>
</table>
bracteolatum Planch.  cooked as vegetable
Trapa natans L.  Trapaceae  Heikak  Whole plant used as vegetable
Urtica parvifolia Roxb.  Urticaceae  Shanthak  Leaves cooked as vegetable
Vicia tetrasperma Schreb.  Fabaceae  Pithadoi  Young shoot used as vegetable
Wendlandia glabrata (Roxb.) DC.  Rubiaceae  Biting  Raw inflorescence eaten in chutney.
Zanthoxylum rhetsa Roxb.  Rutaceae  Ngang  Fruit as spice
Zingiber officinale Rosc.  Zingiberaceae  Shing  Flowers in preparing herbal teas & condiments
Zingiber cassumunar Roxb.  Zingiberaceae  Lamthing  Rhizome used as spice.

Table 9 : Plants used as spices:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Vernacular name</th>
<th>Parts used</th>
<th>Market value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allium ascalonicum L.</td>
<td>Liliaceae</td>
<td>Meitei tilhow</td>
<td>Leaves &amp; bulb</td>
<td>1-5/bundle</td>
</tr>
<tr>
<td>Allium cepa L.</td>
<td>Liliaceae</td>
<td>Purun</td>
<td>Leaves &amp; bulb</td>
<td>1-5/bundle</td>
</tr>
<tr>
<td>Allium chinense G. Don</td>
<td>Liliaceae</td>
<td>Aiphi</td>
<td>Leaves &amp; bulb</td>
<td>5-10/bundle</td>
</tr>
<tr>
<td>Allium hookeri Thwaites</td>
<td>Liliaceae</td>
<td>Maroi napakpi</td>
<td>Leaves</td>
<td>1-5/bundle</td>
</tr>
<tr>
<td>Allium sativum L.</td>
<td>Liliaceae</td>
<td>Purun</td>
<td>Leaves &amp; bulb</td>
<td>1-5/bundle</td>
</tr>
<tr>
<td>Alpinia galanga</td>
<td>Zingiberaceae</td>
<td>Aemerei</td>
<td>Rhizome</td>
<td>15-20 kg</td>
</tr>
<tr>
<td>Plant Name</td>
<td>Family</td>
<td>Part(s)</td>
<td>Weight</td>
<td></td>
</tr>
<tr>
<td>------------------------------------</td>
<td>-------------------</td>
<td>--------------------</td>
<td>---------</td>
<td></td>
</tr>
<tr>
<td><em>Alpinia officinarum</em> (Gaert.) Burtt.</td>
<td>Zingiberaceae</td>
<td>Airiman Rhizome</td>
<td>20-30kg</td>
<td></td>
</tr>
<tr>
<td><em>Capsicum annum</em> L.</td>
<td>Solonaceae</td>
<td>Merca Fruit</td>
<td>40-80/kg</td>
<td></td>
</tr>
<tr>
<td><em>Citrus microptera</em> Mon.</td>
<td>Rutaceae</td>
<td>Sorom Fruit</td>
<td>10-100/kg</td>
<td></td>
</tr>
<tr>
<td><em>Cinnamomum verum</em> J. Presl.</td>
<td>Lauraceae</td>
<td>Ushingsha Bark &amp; Fruit</td>
<td>50-100/kg</td>
<td></td>
</tr>
<tr>
<td><em>Cinnamomum tamala</em> Nees &amp; Eberm.</td>
<td>Lauraceae</td>
<td>Tezpatt Leaves</td>
<td>5-10/bundle</td>
<td></td>
</tr>
<tr>
<td><em>Coriandrum sativum</em> L.</td>
<td>Apiaceae</td>
<td>Rhei-hing Whole plant</td>
<td>1-5/bundle</td>
<td></td>
</tr>
<tr>
<td><em>Curcuma domestica</em> Val.</td>
<td>Zingiberaceae</td>
<td>Ayaang Leaves &amp; bulb</td>
<td>20-50/kg</td>
<td></td>
</tr>
<tr>
<td><em>Curcuma amada</em> Roxb.</td>
<td>Zingiberaceae</td>
<td>Yeihei nowman Rhizome</td>
<td>20-50/kg</td>
<td></td>
</tr>
<tr>
<td><em>Curcuma angustifolia</em> Roxb.</td>
<td>Zingiberaceae</td>
<td>Aaitang Flower</td>
<td>5-10/bundle</td>
<td></td>
</tr>
<tr>
<td><em>Curcuma aromatic</em> L.</td>
<td>Zingiberaceae</td>
<td>Lam ayaang Rhizome</td>
<td>80-100/kg</td>
<td></td>
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<tr>
<td><em>Elsholtzia blanda</em> Benth.</td>
<td>Lamiaceae</td>
<td>Kanghuman Leaves &amp; inflorescence</td>
<td>5-10/kg</td>
<td></td>
</tr>
<tr>
<td><em>Elsholtzia communis</em> Benth.</td>
<td>Lamiaceae</td>
<td>Leithing Inflorescence, leaves</td>
<td>5-10/bundle</td>
<td></td>
</tr>
<tr>
<td><em>Eryngium foetidum</em> L.</td>
<td>Apiaceae</td>
<td>Kormaro Leaves</td>
<td>2-10/bundle</td>
<td></td>
</tr>
<tr>
<td><em>Eurya acuminata</em> DC.</td>
<td>Theaceae</td>
<td>Sijou Leaves</td>
<td>5-10/bundle</td>
<td></td>
</tr>
<tr>
<td><em>Foeniculum vulgare</em> Mills.</td>
<td>Apiaceae</td>
<td>Pakhon Inflorescence</td>
<td>2-10/bundle</td>
<td></td>
</tr>
<tr>
<td><em>Houttuynia cordata</em> Thunb.</td>
<td>Sauraceae</td>
<td>Topningkok Whole plant</td>
<td>5-10/bundle</td>
<td></td>
</tr>
<tr>
<td><em>Litsea cubeba</em></td>
<td>Lauraceae</td>
<td>Ngairong Flowers &amp;</td>
<td>5-10/bundle</td>
<td></td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Colour</td>
<td></td>
</tr>
<tr>
<td>-----------------</td>
<td>------------------</td>
<td>------------</td>
<td>------------</td>
<td></td>
</tr>
<tr>
<td><em>Basella alba</em></td>
<td>Basellaceae</td>
<td>Fruit</td>
<td>Purple</td>
<td></td>
</tr>
<tr>
<td><em>Bixa orellana</em></td>
<td>Bixaceae</td>
<td>Fruit</td>
<td>Pale red</td>
<td></td>
</tr>
<tr>
<td><em>Mahonia manipurensis</em> Takeda</td>
<td>Berberidaceae</td>
<td>Stem</td>
<td>Yellow</td>
<td></td>
</tr>
<tr>
<td><em>Mallotus philippensis</em> (Lam.) Mull.-Arg.</td>
<td>Euphorbiaceae</td>
<td>Fruit</td>
<td>Orange</td>
<td></td>
</tr>
<tr>
<td><em>Melanorrhoea usitata</em> Wall.</td>
<td>Anacardiaceae</td>
<td>Bark</td>
<td>Black</td>
<td></td>
</tr>
<tr>
<td><em>Passania pachycarpa</em> Oerst.</td>
<td>Fagaceae</td>
<td>Bark</td>
<td>Brown</td>
<td></td>
</tr>
<tr>
<td><em>Tectona grandis</em> L.</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>Redish</td>
<td></td>
</tr>
<tr>
<td><em>Terminalia citrina</em> Roxb.</td>
<td>Combretaceae</td>
<td>Bark</td>
<td>Blackish</td>
<td></td>
</tr>
</tbody>
</table>

Table 11: Plants used in diarrhoea & dysentery:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Basella alba</em></td>
<td>Basellaceae</td>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td><em>Bixa orellana</em></td>
<td>Bixaceae</td>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td><em>Mahonia manipurensis</em> Takeda</td>
<td>Berberidaceae</td>
<td>Stem</td>
<td></td>
</tr>
<tr>
<td><em>Mallotus philippensis</em> (Lam.) Mull.-Arg.</td>
<td>Euphorbiaceae</td>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td><em>Melanorrhoea usitata</em> Wall.</td>
<td>Anacardiaceae</td>
<td>Bark</td>
<td></td>
</tr>
<tr>
<td><em>Passania pachycarpa</em> Oerst.</td>
<td>Fagaceae</td>
<td>Bark</td>
<td></td>
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<tr>
<td><em>Tectona grandis</em> L.</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td></td>
</tr>
<tr>
<td><em>Terminalia citrina</em> Roxb.</td>
<td>Combretaceae</td>
<td>Bark</td>
<td></td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>---------------------------------------</td>
<td>--------------</td>
<td>---------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Aegle marmelos (L.) Corr.</td>
<td>Rutaceae</td>
<td>Fruits</td>
<td>Roasted</td>
</tr>
<tr>
<td>Alangium chinensis (Lour.) Rehder</td>
<td>Alangiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Catharanthus roseus (L.) G. Don.</td>
<td>Apocynaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Cyperus rotundus L.</td>
<td>Cyperaceae</td>
<td>Rhizome</td>
<td>Fresh</td>
</tr>
<tr>
<td>Dillenia indica L.</td>
<td>Dillineaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td>Elaeocarpus floribundus Blume</td>
<td>Elaeocarpae</td>
<td>Bark</td>
<td>Fresh</td>
</tr>
<tr>
<td>Emelia sonchefolia (L.) DC.</td>
<td>Asteraceae</td>
<td>Root</td>
<td>Fresh</td>
</tr>
<tr>
<td>Ficus palmata Forsk.</td>
<td>Moraceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td>Hedyotis auriculata L.</td>
<td>Rubiaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Imperata cylindrica L.</td>
<td>Poaceae</td>
<td>Roots</td>
<td>Bark</td>
</tr>
<tr>
<td>Litsea monopetala (Roxb.) pers.</td>
<td>Lauraceae</td>
<td>Bark</td>
<td>Fresh</td>
</tr>
<tr>
<td>Mentha spicata L.</td>
<td>Lamiaceae</td>
<td>Shoot</td>
<td>Fresh</td>
</tr>
<tr>
<td>Mikania micrantha Kunth.</td>
<td>Asteraceae</td>
<td>Whole plant</td>
<td>Fresh</td>
</tr>
<tr>
<td>Musa paradesiaca L.</td>
<td>Musaceae</td>
<td>Ripe</td>
<td>Burnt</td>
</tr>
<tr>
<td>Mussaenda glabra Vahl</td>
<td>Rubiaceae</td>
<td>Tender leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td>Phoenix sylvestris (L.) Roxb.</td>
<td>Arecaecae</td>
<td>Gum</td>
<td>Fresh</td>
</tr>
<tr>
<td>Polygonum posumbu Buch.- Ham.</td>
<td>Polygonaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td>Portulaca oleracea L.</td>
<td>Portulacaceae</td>
<td>Root</td>
<td>Fresh</td>
</tr>
<tr>
<td>Psidium guajava L.</td>
<td>Myrtaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Punica granatum L.</td>
<td>Punicaceae</td>
<td>Fruit/Leaves/</td>
<td>Decoction</td>
</tr>
<tr>
<td>Quercus serrata Thunb.</td>
<td>Fagaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Saccharum officinarum L.</td>
<td>Poaceae</td>
<td>Stem</td>
<td>Fresh</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>------------------</td>
<td>------------</td>
<td>--------------</td>
</tr>
<tr>
<td><em>Alpinia galanga</em> Willd.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Alpinia nigra</em> (Gaertn.) Burtt.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Alpinia officinarum</em> Hance</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Acorus calamus</em> L.</td>
<td>Araceae</td>
<td>Leaves</td>
<td>Ashes</td>
</tr>
<tr>
<td><em>Aegle marmelos</em> L.</td>
<td>Rutaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Allium hookeri</em> L.</td>
<td>Liliaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Antidesma acidum</em> Retz.</td>
<td>Euphorbiaceae</td>
<td>Leaves &amp; fruits</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Arctium lappa</em> L.</td>
<td>Asteraceae</td>
<td>Tuber</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Benincasa hispida</em> Thunb.</td>
<td>Cucurbitaceae</td>
<td>Fruit</td>
<td>Fresh/Cooked</td>
</tr>
<tr>
<td><em>Bidens pilosa</em> L.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Cassia laevigata</em> Willd.</td>
<td>Caesalpinaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Citrus macroptera</em> Mont.</td>
<td>Rutaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Citrus maxima</em> (Burm.) Merr.</td>
<td>Rutaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Cucumis sativa</em> L.</td>
<td>Cucurbitaceae</td>
<td>Fruit</td>
<td>Fresh/Cooked</td>
</tr>
<tr>
<td><em>Cucurbita maxima</em> Duch.</td>
<td>Cucurbitaceae</td>
<td>Seeds &amp; Fruit</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Cuscuta reflexa</em> Roxb.</td>
<td>Convolvulaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Dactyloctinum aegyptium</em> (L.) Willd.</td>
<td>Poaceae</td>
<td>Upper portion</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Dendrobium chrysanthum</em> Wall.</td>
<td>Orchidaceae</td>
<td>Stem</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Erythrina arborescens</em> Wall.</td>
<td>Papilionaceae</td>
<td>Young stem</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Eupatorium cannabinum</em> L.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Ficus glomerata</em> Roxb.</td>
<td>Moraceae</td>
<td>Latex</td>
<td>Fresh</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>-------------</td>
<td>-----------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Flacourtia jangomas (Lour.)</td>
<td>Flacourtiae</td>
<td>Fruit</td>
<td>Decoction</td>
</tr>
<tr>
<td>Houttuynia cordata L.</td>
<td>Sauraceae</td>
<td>Rootstock</td>
<td>Fresh</td>
</tr>
<tr>
<td>Inula cappa (Buch.-Ham. ex. D.</td>
<td>Asteraceae</td>
<td>Leaves &amp; tender shoot leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td>Don) DC.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Justicia adhatoda L.</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td>Hibiscus sabdarifa L.</td>
<td>Malvaceae</td>
<td>Matured calyx</td>
<td>Decoction</td>
</tr>
<tr>
<td>Mentha spicata L.</td>
<td>Lamiaceae</td>
<td>Shoot</td>
<td>Fresh</td>
</tr>
<tr>
<td>Neptunia prostrata Bail.</td>
<td>Mimosaceae</td>
<td>Young shoot</td>
<td>Decoction</td>
</tr>
<tr>
<td>Ocimum basilicum L.</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Oxalis corniculata L.</td>
<td>Oxaliadaceae</td>
<td>Whole plant</td>
<td>Fresh</td>
</tr>
<tr>
<td>Pimpinella hastata C.B. Clarke</td>
<td>Apiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Plantago erosa Wall.</td>
<td>Plantaginaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Polygonum barbatum L.</td>
<td>Polygonaceae</td>
<td>Shoot</td>
<td>Fresh</td>
</tr>
<tr>
<td>Prunus armeniaca L.</td>
<td>Rosaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td>Rumex vesicaris L.</td>
<td>Polygonaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td>Solanum spirale L.</td>
<td>Solanaceae</td>
<td>Fruit</td>
<td>Cooked</td>
</tr>
<tr>
<td>Spondias pinnata(L.f.) Kurz.</td>
<td>Anacardiaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td>Trigonella foenum- graecum L.</td>
<td>Fabaceae</td>
<td>Seeds</td>
<td>Powdered</td>
</tr>
<tr>
<td>Vitex trifolia L.</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Zanthoxyllum acanthopodium DC.</td>
<td>Rutaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
</tbody>
</table>

Table 14: Plant used in diabetes:
### Table 15: Plants used in constipation:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Canthium parviflorum</em> Lam.</td>
<td>Rubiaceae</td>
<td>Fruit</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Centella asiatica</em> (L.) Urban</td>
<td>Apiaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Ficus glomerata</em> Roxb.</td>
<td>Moraceae</td>
<td>Fruit</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Flacourtia jangomas</em> (Lour.) Raesu</td>
<td>Flacourtiae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Glycine max</em> Meer.</td>
<td>Fabaceae</td>
<td>Seed (soaked)</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Hedyotis scandens</em> Roxb.</td>
<td>Rubiaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Hedychium greenii</em> Smith.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Mentha spicata</em> L.</td>
<td>Lamiaceae</td>
<td>Shoot</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Musa paradisiaca</em> L.</td>
<td>Musaceae</td>
<td>Pseudostem</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Mussaenda glabra</em> Vahl.</td>
<td>Rubiaceae</td>
<td>Bark</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Ocimum americanum</em> L.</td>
<td>Lamiaceae</td>
<td>Seed</td>
<td>Soaked</td>
</tr>
<tr>
<td><em>Oreocnide integrifolia</em> Miq.</td>
<td>Urticaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Parkia timoriana</em> (DC.) Merr.</td>
<td>Mimosaceae</td>
<td>Bark</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Passiflora edulis</em> Sims</td>
<td>Passifloraceae</td>
<td>Tender leaves</td>
<td>Fresh/</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Pratia nummularia</em> Benth.</td>
<td>Campanulaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Pyrus pashia</em> Buch.-Ham. ex. D. Don</td>
<td>Rosaceae</td>
<td>Fruits</td>
<td>Soaked</td>
</tr>
<tr>
<td><em>Rhynchotechium ellipticum</em> (Wall. Ex D. Dictr) Honda.</td>
<td>Gesneriaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Sesbania sesban</em> Merr.</td>
<td>Fabaceae</td>
<td>Young shoots</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Smilax perfoliata</em> Lour.</td>
<td>Smilicaceae</td>
<td>Root</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Solanum gilo</em> Req.</td>
<td>Solanaceae</td>
<td>Fruit</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Solanum nigrum</em> L.</td>
<td>Solanaceae</td>
<td>Fruit &amp; Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>-------------------</td>
<td>------------</td>
<td>--------------</td>
</tr>
<tr>
<td><em>Bauhinia variegata</em> L.</td>
<td>Caesalpinaceae</td>
<td>Flower</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Corchorus capsularis</em> L.</td>
<td>Tiliaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Cucumis sativa</em> L.</td>
<td>Cucurbitaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Hibiscus abelmoschus</em> L.</td>
<td>Malvaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Ocimum americanum</em> L.</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Fried</td>
</tr>
<tr>
<td><em>Paederia foetida</em> L.</td>
<td>Rubiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Phlogacanthus thyrsiformis</em></td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>Fried</td>
</tr>
<tr>
<td>(Roxb.ex Hardw.) Mabb.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Plantago erosa</em> Wall.</td>
<td>Plantaginaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Saccharum officinarum</em> L.</td>
<td>Poaceae</td>
<td>Stem</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Sapindus emarginatus</em> Vahl</td>
<td>Sapindaceae</td>
<td>Seed</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Rumex vesicarius</em> L.</td>
<td>Polygonaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Vitex trifolia</em> L.</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Tetragastrum bracteolatum</em> Planch.</td>
<td>Vitaceae</td>
<td>Fruit</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Trigonella foenum graceum</em> L.</td>
<td>Fabaceae</td>
<td>Seeds</td>
<td>Powdered</td>
</tr>
</tbody>
</table>

**Table 16 : Plant used in jaundice:**

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Curcuma caesia</em> Roxb.</td>
<td>Zingiberaceae</td>
<td>Young fruits</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Benincasa hispida</em> Thunb.</td>
<td>Curcurbitaceae</td>
<td>Fruit</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Dillenia indica</em> L.</td>
<td>Dilleniaceae</td>
<td>Leaves</td>
<td>Boiled</td>
</tr>
<tr>
<td><em>Justicia adhatoda</em> L.</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Pavetta indica</em> L.</td>
<td>Rubiaceae</td>
<td>Stem</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Phyllanthus urinaria</em> L.</td>
<td>Euphorbiaceae</td>
<td>Whole plant</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Saccharum officinarum</em> L.</td>
<td>Poaceae</td>
<td></td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Scoparia dulcis</em> L.</td>
<td>Scrophulariaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Zanthoxylum rhetsa</em> Roxb.</td>
<td>Rutaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Zehneria scabra</em> L.</td>
<td>Cucurbitaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
</tbody>
</table>
Table 17: Plants used in piles:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amorphophallus paeoniifolius</strong> (Dennst.) Nicolson</td>
<td>Araceae</td>
<td>Tuber</td>
<td>Powdered</td>
</tr>
<tr>
<td><strong>Arisaema turtuosum</strong> (Wall.) Schott.</td>
<td>Araceae</td>
<td>Tuber</td>
<td>Decoction</td>
</tr>
<tr>
<td><strong>Artemisia nilagirica</strong> (C.B. Clarke) Pump.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><strong>Eupatorium adenophorum</strong> Spreng.</td>
<td>Asteraceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><strong>Curcuma montana</strong> Rosc.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Fresh</td>
</tr>
<tr>
<td><strong>Ficus glomerata</strong> Roxb.</td>
<td>Moraceae</td>
<td>Latex</td>
<td>Fresh</td>
</tr>
<tr>
<td><strong>Gnaphalium leuto-album</strong> L.</td>
<td>Asteraceae</td>
<td>Leaves &amp; tender shoot</td>
<td>Fresh</td>
</tr>
<tr>
<td><strong>Gonoithalamus sesquipedalis</strong> Hook.f. &amp; Thom.</td>
<td>Annonaceae</td>
<td>Leaves</td>
<td>Smoke</td>
</tr>
<tr>
<td><strong>Imperata cylindrica</strong> (L.) Beauv.</td>
<td>Euphorbeaceae</td>
<td>Roots</td>
<td>Fresh</td>
</tr>
<tr>
<td><strong>Jatropha gossypifolia</strong> L.</td>
<td>Juglandaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><strong>Juglan regia</strong> L.</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Steam</td>
</tr>
<tr>
<td><strong>Microtoena patchouli</strong> (Clark ex Hook.) Wu Hsuan</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Steam</td>
</tr>
<tr>
<td><strong>Ocimun americanum</strong> L.</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><strong>Oroxyllum indicum</strong> Vent.</td>
<td>Bignonaceae</td>
<td>Bark</td>
<td>Decoction</td>
</tr>
<tr>
<td><strong>Phyllanthus urinaria</strong> L.</td>
<td>Euphorbeaceae</td>
<td>Whole plant</td>
<td>Paste</td>
</tr>
<tr>
<td><strong>Plumeria rubra</strong> L.</td>
<td>Apocynaceae</td>
<td>Stem</td>
<td>Decoction</td>
</tr>
<tr>
<td><strong>Sonchus wightianus</strong> DC.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><strong>Tamarindus indica</strong> L.</td>
<td>Leguminaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td><strong>Tinospora cardifolia</strong> (Willd.) Hook f. &amp; Thom.</td>
<td>Menispermaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><strong>Vitex trifolia</strong> L.</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><strong>Xylosma longifolia</strong> Clos.</td>
<td>Flacourtiaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
</tbody>
</table>
Table 18: Plants used in excessive flow of urine / problem in urination:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Argyreia nervosa (Burm.f.) Boj.</td>
<td>Convolvulaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td>Artocarpus lakoocha Roxb.</td>
<td>Moraceae</td>
<td>Fruit</td>
<td>Decoction</td>
</tr>
<tr>
<td>Capsicum annuum L.</td>
<td>Solanaceae</td>
<td>Stalk</td>
<td>Ash</td>
</tr>
<tr>
<td>Celtis australis L.</td>
<td>Ulmaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Mimosa pudica L.</td>
<td>Mimosaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td>Pavetta indica L.</td>
<td>Rubiaceae</td>
<td>Leaves</td>
<td>Cook</td>
</tr>
<tr>
<td>Oenanthe javanica DC.</td>
<td>Apiaceae</td>
<td>Whole plant</td>
<td>Fresh/Boiled</td>
</tr>
<tr>
<td>Ranunculus scleratus L.</td>
<td>Ranunculaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Rumex nepalensis Spreng.</td>
<td>Polygonaceae</td>
<td>Nodal stem</td>
<td>Decoction</td>
</tr>
<tr>
<td>Rubus niveus Wall.</td>
<td>Rosaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Scutellaria discolor Colebr.</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Stellaria media (L.) Vill.</td>
<td>Caryophyllaceae</td>
<td>Tender shoots</td>
<td>Cooked</td>
</tr>
<tr>
<td>Tamarindus indica L.</td>
<td>Leguminosae</td>
<td>Fruit</td>
<td>Cooked</td>
</tr>
</tbody>
</table>

Table 19: Plants used in bone fracture:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garcina pedunculata Roxb.</td>
<td>Clusiaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td>Mimosa pudica L.</td>
<td>Mimosaceae</td>
<td>Bark</td>
<td>Fresh</td>
</tr>
<tr>
<td>Musa paradisiaca L.</td>
<td>Musaceae</td>
<td>Pseudostem</td>
<td>Fresh</td>
</tr>
<tr>
<td>Paederia foetida L.</td>
<td>Rubiaceae</td>
<td>Whole plant</td>
<td>Fresh</td>
</tr>
<tr>
<td>Psophocarpus tetragonolobus DC.</td>
<td>Fabaceae</td>
<td>Root</td>
<td>Paste</td>
</tr>
</tbody>
</table>

Table 20: Plants used in asthma:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amorphophallus paeoniifolius (Dennst.) Nicolson</td>
<td>Araceae</td>
<td>Tender leaves</td>
<td>Ash</td>
</tr>
<tr>
<td>Andrographis paniculata Nees</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>-----------------</td>
<td>--------------</td>
<td>------------</td>
<td>--------------</td>
</tr>
<tr>
<td><em>Curcuma amada</em> Roxb.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Foeniculum vulgare</em> Mill.</td>
<td>Apiaceae</td>
<td>Fruit</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Garcinia pedunculata</em> Roxb.</td>
<td>Clusiaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Hibiscus cannabinus</em> L.</td>
<td>Malvaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Imperata cylindrica</em> (L.) Beauv.</td>
<td>Poaceae</td>
<td>Culm</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Oenanthe javanica</em> DC.</td>
<td>Apiaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Rhus semialata</em> Murr.</td>
<td>Anacardiaceae</td>
<td>Seeds</td>
<td>Soaked</td>
</tr>
<tr>
<td><em>Zanthoxylum acanthopodium</em> DC.</td>
<td>Rutaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
</tbody>
</table>

Table 22: Plants used in urinary and kidney stone:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Allium tuberosum</em> Roxb.</td>
<td>Liliaceae</td>
<td>Leaves</td>
<td>Steam/Cooked</td>
</tr>
<tr>
<td><em>Ananas comosus</em> (L.) Merr.</td>
<td>Bromeliaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Averrhoa carambola</em> L.</td>
<td>Averrhoaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Celtis australis</em> L.</td>
<td>Ulmaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Celosia argentea</em> L.</td>
<td>Amaranthaceae</td>
<td>Root</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Centella asiatica</em> (L.) Urban</td>
<td>Apiaceae</td>
<td>Whole Plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Cissus adnata</em> Roxb.</td>
<td>Vitaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Cissus javana</em> DC.</td>
<td>Vitaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>-------------</td>
<td>------------</td>
<td>--------------</td>
</tr>
<tr>
<td><em>Citrus macroptera</em> Mont.</td>
<td>Rutaceae</td>
<td>Fruits</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Cumimum cymimum</em> L.</td>
<td>Apiaceae</td>
<td>Fruit</td>
<td>Soaked (Fresh)</td>
</tr>
<tr>
<td><em>Cymbopogon citrates</em> Stapf.</td>
<td>Poaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Goniothalamus sesquipedalis</em> Hook. f. Thom.</td>
<td>Annonceae</td>
<td>Rhizome</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Mallotus philippensis</em> (Lour.) Mull. - Arg.</td>
<td>Euphorbiaceae</td>
<td>Bark</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Musa paradisiaca</em> L.</td>
<td>Musaceae</td>
<td>Pseudostem</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Oreocnide integrifolia</em> Miq.</td>
<td>Urticaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Phyllanthus emblica</em> L.</td>
<td>Euphorbiaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Potentialla canadensis</em> L.</td>
<td>Rosaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Pratia nummularia</em> Benth.</td>
<td>Campanulaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Scoparia dulcis</em> L.</td>
<td>Scrophulariaceae</td>
<td>Whole plant</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Xanthium strumarium</em> L.</td>
<td>Asteraceae</td>
<td>Root</td>
<td>Decoction</td>
</tr>
</tbody>
</table>

Table 23: Plants used in cold & cough:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Allium cepa</em> L.</td>
<td>Lilliaceae</td>
<td>Bulb</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Averrhoa carambola</em> L.</td>
<td>Averrhoaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Azadirecta indica</em> A. Juss.</td>
<td>Meliaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Cinnamomum verum</em> J Presl.</td>
<td>Lauraceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Colacasia gigantia</em> (Blume) Hook.</td>
<td>Araceae</td>
<td>Peliole</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Eucalyptus citriodes</em> Hook.</td>
<td>Myrtaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Gnaphalium leuteo-album</em> L.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Justicia adhatoda</em> L.</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Ocimum americanum</em> L.</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Phlogacanthus thyrsiformis</em> (Roxb. ex Hardw.) Mabb.</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Piper bette</em> L.</td>
<td>Piperaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-----------------------</td>
<td>------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Plantago erosa Wall.</td>
<td>Plantaginaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Ranunculus scleratus L.</td>
<td>Ranunculaceae</td>
<td>Leaves</td>
<td>Powdered</td>
</tr>
<tr>
<td>Solanum torvum Sw.</td>
<td>Solanaceae</td>
<td>Fruit</td>
<td>Cooked</td>
</tr>
<tr>
<td>Spondias pinnata (L.f.) Kurz.</td>
<td>Anacardiaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td>Stachytarpheta cayennensis</td>
<td>Verbenaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td>Toona ciliata M. Roem.</td>
<td>Meliaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Xanthium strumarium L.</td>
<td>Asteraceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td>Zanthoxylum acaanthopodium DC</td>
<td>Rutaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td>Zingiber cassummar Roxb.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Fresh</td>
</tr>
<tr>
<td>Zingiber officinale Rosc.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Fresh</td>
</tr>
</tbody>
</table>

### Table 24. Plants used in fever:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrographis paniculata Nees</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Blumeopsis flava (DC.) Merr.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Entada pursaetha DC.</td>
<td>Mimosaceae</td>
<td>Seeds</td>
<td>Fresh</td>
</tr>
<tr>
<td>Magnolia campbelli Hook.</td>
<td>Magnoliaceae</td>
<td>Bark &amp; Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Michelia champaca L.</td>
<td>Magnoliaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Microtaena patchouli</td>
<td>Lauraceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>(Clarke ex. Hook.) Wu &amp; Hsuan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ocimum basilicum L.</td>
<td>Lamiaceae</td>
<td>Shoot</td>
<td>Fresh</td>
</tr>
<tr>
<td>Pinus Keshiya Royle ex. Gordon</td>
<td>Pinaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Piper betle L.</td>
<td>Piperaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Terminalia arjuna (Roxb.) Wight &amp; Arn.</td>
<td>Combretaceae</td>
<td>Bark</td>
<td>Fresh</td>
</tr>
<tr>
<td>Plantago erosa Wall.</td>
<td>Plantaginaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Sapindus emarginatus Vahl</td>
<td>Sapindaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Vanda tessellata Hook. ex G.</td>
<td>Orchidaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>----------------</td>
<td>------------</td>
<td>------------------</td>
</tr>
<tr>
<td><em>Verbena officinalis</em> L.</td>
<td>Verbenaceae</td>
<td>Whole plant</td>
<td>Paste (Fresh)</td>
</tr>
<tr>
<td><em>Xanthium strumarium</em> L.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
</tbody>
</table>

**Table 25 : Plants used in urinary tract infection:**

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Argyriea nervosa</em> (Burm.f.) Boj.</td>
<td>Convolvulaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Costus speciosus</em> (Koen.) Sm.</td>
<td>Costaceae</td>
<td>Rhizome</td>
<td>Decoction/Powdered</td>
</tr>
<tr>
<td><em>Euphorbia hirta</em> L.</td>
<td>Euphorbiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Phyllanthus urinaria</em> L.</td>
<td>Euphorbiaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Xanthium strumarium</em> L.</td>
<td>Asteraceae</td>
<td>Root</td>
<td>Decoction</td>
</tr>
</tbody>
</table>

**Table 26: Plants used in tonsilitis:**

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Carica papaya</em> L.</td>
<td>Caricaceae</td>
<td>Fruit</td>
<td>Fresh juice</td>
</tr>
<tr>
<td><em>Clerodendrum indicum</em> (L.) Kuntze</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>Fresh (Chewed)</td>
</tr>
<tr>
<td><em>Curcuma caesia</em> Roxb.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Fresh paste</td>
</tr>
<tr>
<td><em>Elshottzia blanda</em> Benth.</td>
<td>Lamiaceae</td>
<td>Inflorescence</td>
<td>Roasted</td>
</tr>
<tr>
<td><em>Elshottzia communis</em> (Coll. &amp; Hems) Diels</td>
<td>Lamiaceae</td>
<td>Inflorescence</td>
<td>Dried</td>
</tr>
<tr>
<td><em>Eryngium foetidum</em> L.</td>
<td>Apiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Hedychium coronarium</em> Koening</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Houttuynia cordata</em> Thunb.</td>
<td>Saururaceae</td>
<td>Root</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Smilax perfoliata</em> Lour.</td>
<td>Smilacaceae</td>
<td>Tuber</td>
<td>Fresh</td>
</tr>
</tbody>
</table>
Table 27: Plant used in hypertension:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benincasa hispida Thunb.</td>
<td>Cucurbitaceae</td>
<td>Fruits</td>
<td>Fresh</td>
</tr>
<tr>
<td>Catharanthus roseus (L.) G.Don</td>
<td>Apocynaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Celtis australis L.</td>
<td>Vitaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Cissus javana DC.</td>
<td>Vitaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Clerodendrum colebrookianum Walp.</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>Fresh/Soaked/ Steamed</td>
</tr>
<tr>
<td>Eryngum foetidum L.</td>
<td>Apiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Houttuynia cordata Thunb.</td>
<td>Saururaceae</td>
<td>Rootstock</td>
<td>Fresh</td>
</tr>
<tr>
<td>Oroxyllum indicum Vent.</td>
<td>Bignonaceae</td>
<td>Fruits</td>
<td>Fresh/Cooked</td>
</tr>
<tr>
<td>Passiflora edulis Sims</td>
<td>Passifloraceae</td>
<td>Tender leaves</td>
<td>Fresh/Cooked</td>
</tr>
<tr>
<td>Phyllanthus emblica L.</td>
<td>Euphorbiaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Polygonum posumbu Buch.-Ham.</td>
<td>Polygonaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Prunus persica (L.) Batsch</td>
<td>Rosaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Rhynchotechium ellipticum (Wall. Ex D. Don) A.D.C</td>
<td>Gesneriaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Scutellaria discolor Colebr.</td>
<td>Lamiaceae</td>
<td>Fruits</td>
<td>Decoction</td>
</tr>
<tr>
<td>Solanum nigrum L.</td>
<td>Solanaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
</tbody>
</table>

Table 28: Plants used in insect bite:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alocasia macorrhiza (L.) G.Don</td>
<td>Araceae</td>
<td>Petiole</td>
<td>Fresh</td>
</tr>
<tr>
<td>Leucas pulkenetii (Roth)Spreng.</td>
<td>Lamiaceae</td>
<td>Shoot</td>
<td>Fresh</td>
</tr>
<tr>
<td>Nicotiana tobaccum L.</td>
<td>Solanaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Terminalia arjuna (Roxb.) Wight &amp; Arn.</td>
<td>Combretaceae</td>
<td>Bark</td>
<td>Fresh</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>----------------------</td>
<td>------------</td>
<td>--------------</td>
</tr>
<tr>
<td><em>Amaranthus virides</em> L.</td>
<td>Amaranthaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Bidens pilosa</em> L.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Buddleja asiatica</em> Lour.</td>
<td>Buddleijiaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Canabis sativum</em> L.</td>
<td>Cannabinaceae</td>
<td>Leaves</td>
<td>Powdered</td>
</tr>
<tr>
<td><em>Cassia laevigata</em> Willd.</td>
<td>Caesalpinaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Celosia argentea</em> L.</td>
<td>Amaranthaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Colacasia gigantia</em> Blume</td>
<td>Araceae</td>
<td>Petiole</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Curcuma aromatica</em> Salisb.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Cynodon dactylon</em> (L.) Pers.</td>
<td>Poaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Datura stramonium</em> L.</td>
<td>Solanaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Dicrocephala integrifolia</em> Kuntz.</td>
<td>Asteraceae</td>
<td>Whole plant</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Eclipta prostrata</em> L.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Powdered</td>
</tr>
<tr>
<td><em>Euphorbia hirta</em> L.</td>
<td>Euphorbiaceae</td>
<td>Shoot</td>
<td></td>
</tr>
<tr>
<td><em>Hedychium greenii</em> Smith.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Leucas puckenii</em> (Roth) Spreng.</td>
<td>Lamiaceae</td>
<td>Shoot</td>
<td>Cooked /</td>
</tr>
<tr>
<td><em>Microtaena patchouli</em></td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>---------------------</td>
<td>------------</td>
<td>----------------</td>
</tr>
<tr>
<td><em>Allium sativum</em> L.</td>
<td>Liliaceae</td>
<td>Cloves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Barleria cristata</em> L.</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Bixa orellana</em> L.</td>
<td>Bixaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Clarke ex. Hook.</em> Wu &amp; Hsuan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Mimosa pudica</em> L.</td>
<td>Mimosaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Oroxyllum indicum</em> Vent.</td>
<td>Bignonaceae</td>
<td>Fruit</td>
<td>Powdered</td>
</tr>
<tr>
<td><em>Piper longum</em> L.</td>
<td>Piperaceae</td>
<td>Seeds</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Plumbago zeylanica</em> L.</td>
<td>Plumbaginaceae</td>
<td>Leaves</td>
<td>Cooked</td>
</tr>
<tr>
<td><em>Pratia nummularia</em> Benth.</td>
<td>Campanulaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Scutellaria discolor</em> Colebr.</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Sesamum orientale</em> L.</td>
<td>Pedaliaceae</td>
<td>Seeds</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Sida acuta</em> Burm.</td>
<td>Malvaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Stachytarpheta cayennensis</em> (Rich.) Vahl.</td>
<td>Verbenaceae</td>
<td>Whole plant</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Tectona grandis</em> L.</td>
<td>Verbenaceae</td>
<td>Tender leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Vigna radiata</em> L.</td>
<td>Fabaceae</td>
<td>Pulses</td>
<td>Cooked</td>
</tr>
</tbody>
</table>

Table 30: Plants used in skin diseases:
<table>
<thead>
<tr>
<th>Scientific Name</th>
<th>Family</th>
<th>Part</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caesalpinia bonduc (L.) Roxb.</td>
<td>Caesalpiniaeae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Cajanus cajan (L.) Mill.</td>
<td>Fabaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Calotropis arborea Roxb.</td>
<td>Verbenaceae</td>
<td>Wholeplant</td>
<td>Fresh</td>
</tr>
<tr>
<td>Colebrookianum phillipinum Schauer.</td>
<td>Verbenaceae</td>
<td>Whole plant</td>
<td>Fresh</td>
</tr>
<tr>
<td>Ficus hispida L.</td>
<td>Moraceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Ipomoea aquatica Forsk.</td>
<td>Convolvulaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Isodon ternifolius Kudo</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Ash</td>
</tr>
<tr>
<td>Jatropha gossypifolia L.</td>
<td>Euphorbiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Juglan regia L.</td>
<td>Juglandaceae</td>
<td>Fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td>Lantana camara L.</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Manihot esculenta Crantz.</td>
<td>Euphorbiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Mahonia manipurensis Takeda</td>
<td>Berberidaceae</td>
<td>Stem (juice)</td>
<td>Fresh</td>
</tr>
<tr>
<td>Magnolia campbelli Hook.</td>
<td>Magnoliaceae</td>
<td>Flower</td>
<td>Fresh</td>
</tr>
<tr>
<td>Melanoerrhea usitata Wall.</td>
<td>Anacardiaceae</td>
<td>Latex</td>
<td>Fresh</td>
</tr>
<tr>
<td>Milletia pachycarpa Benth.</td>
<td>Fabaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Nicotiana tabacum L.</td>
<td>Solanaceae</td>
<td>Leaves</td>
<td>Soaked</td>
</tr>
<tr>
<td>Polygonum barbatum L.</td>
<td>Polygonaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Piper betle L.</td>
<td>Piperaceae</td>
<td>Leaves</td>
<td>Paste</td>
</tr>
<tr>
<td>Sagittaria sagittifolia L.</td>
<td>Allismataceae</td>
<td>Tuber</td>
<td>Fresh</td>
</tr>
<tr>
<td>Schima wallichi Choisy</td>
<td>Theaceae</td>
<td>Bark</td>
<td>Fresh</td>
</tr>
<tr>
<td>Sida rhombifolia L.</td>
<td>Malvaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Solanum anguivi Lam.</td>
<td>Solanaceae</td>
<td>Leaves &amp; fruit</td>
<td>Decoction</td>
</tr>
<tr>
<td>Stephania hernandifolia (Willd.) Walp.</td>
<td>Menispermaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Tinospora cordifolia (Willd.) Hook. f. Thom.</td>
<td>Menispermaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Tricosanthes bracteata (Lam.) Voight.</td>
<td>Cucurbitaceae</td>
<td>Leaves</td>
<td>Smoke</td>
</tr>
<tr>
<td>Toona ciliata M. Roem.</td>
<td>Meliaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of uses</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>-------------------</td>
<td>------------</td>
<td>--------------</td>
</tr>
<tr>
<td><em>Vitex trifolia</em> L.</td>
<td>Rhamnaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Zizyphus jujuba</em> Lam.</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
</tbody>
</table>

Table 31: Plants used in arthritis & muscle pain:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Arisaema turtuosum</em> (Wall.) Schott.</td>
<td>Araceae</td>
<td>Root</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Calotropis gigantea</em> (L.) W.T. Aiton</td>
<td>Asclepiadaceae</td>
<td>Root</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Cannabis sativum</em> L.</td>
<td>Canabinaceae</td>
<td>Leaves</td>
<td>Steam</td>
</tr>
<tr>
<td><em>Clerodendrum indicum</em> (L.) Kuntze</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Crataeva magna</em> (Lour.) DC.</td>
<td>Capparidaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Curcuma aromatica</em> Salisb.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Cyperus rotundus</em> L.</td>
<td>Cyperaceae</td>
<td>Tuber</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Hiptage benghalensis</em> (L.) Kurz.</td>
<td>Malpighiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Litsea monopetala</em> (Roxb.) Pers.</td>
<td>Lauraceae</td>
<td>Leaves</td>
<td>Steam</td>
</tr>
<tr>
<td><em>Phoenix sylvestris</em> (L.) Roxb.</td>
<td>Areceae</td>
<td>Young fruit</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Solanum nigrum</em> L.</td>
<td>Solanaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td><em>Wendlandia glabrata</em> DC.</td>
<td>Rubiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td><em>Xylosma langifolia</em> Clos.</td>
<td>Flacourtaceae</td>
<td>Leaves</td>
<td>Steamed</td>
</tr>
</tbody>
</table>

Table 32: Plants used as an insect repellent:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Arisaema turtuosum</em> (Wall.) Schott.</td>
<td>Araceae</td>
<td>Rhizome</td>
</tr>
<tr>
<td><em>Arctium lappa</em> L.</td>
<td>Asteraceae</td>
<td>Tuber</td>
</tr>
<tr>
<td><em>Citrus macrooptera</em> Mont.</td>
<td>Rutaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td><em>Cymbopogon citrates</em> Stapf.</td>
<td>Mimosaceae</td>
<td>Whole plant</td>
</tr>
<tr>
<td><em>Entada pursaetha</em> DC.</td>
<td>Mimosaceae</td>
<td>Seed</td>
</tr>
<tr>
<td><em>Hiptage benghalensis</em> (L.) Kurz.</td>
<td>Malpighiaceae</td>
<td>Leaves</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Mode of used</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-------------------</td>
<td>--------------</td>
</tr>
<tr>
<td><em>Michelia champaca</em> L.</td>
<td>Magnoliaceae</td>
<td>Flower</td>
</tr>
<tr>
<td><em>Ocimum americanum</em> L.</td>
<td>Lamiaceae</td>
<td>Whole plant</td>
</tr>
<tr>
<td><em>Zanthoxylum acanthopodium</em> DC.</td>
<td>Rutaceae</td>
<td>Bark</td>
</tr>
</tbody>
</table>

Table 33: Plants used in boils, cuts and wounds:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Mode of used</th>
<th>Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Amaranthus spinosa</em> L.</td>
<td>Amaranthaceae</td>
<td>Leaf paste</td>
<td>Boils</td>
</tr>
<tr>
<td><em>Aloe barbadensis</em> Mill.</td>
<td>Liliaceae</td>
<td>Pulp leaf</td>
<td>Boils</td>
</tr>
<tr>
<td><em>Ageratum conyzoides</em> L.</td>
<td>Asteraceae</td>
<td>Leaf paste</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td><em>Bauhinia purpurea</em> L.</td>
<td>Caesalpinaceae</td>
<td>Fresh leaf</td>
<td>Boils</td>
</tr>
<tr>
<td><em>Bryophyllum pinnatum</em> Salesb.</td>
<td>Crassulaceae</td>
<td>Fresh leaf</td>
<td>Boils</td>
</tr>
<tr>
<td><em>Canthium angustifolium</em> Roxb.</td>
<td>Rubiaceae</td>
<td>Boil leaf</td>
<td>Wounds</td>
</tr>
<tr>
<td><em>Colacasia esculanta</em> (L.) Schott.</td>
<td>Arecaceae</td>
<td>Corm</td>
<td>Boils</td>
</tr>
<tr>
<td><em>Cardiospermum helicacabrum</em> L.</td>
<td>Sapindaceae</td>
<td>Leaf juice</td>
<td>Wounds</td>
</tr>
<tr>
<td><em>Crassocephalum crepidiodes</em> (Benth.) S. Moore</td>
<td>Asteraceae</td>
<td>Leaf Juice</td>
<td>Boils</td>
</tr>
<tr>
<td><em>Curcuma amada</em> Roxb.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td><em>Cynodon dactylon</em> (L.) Pers.</td>
<td>Poaceae</td>
<td>Twigs</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td><em>Datura stramonium</em> L.</td>
<td>Solanaceae</td>
<td>Leaves</td>
<td>Boil</td>
</tr>
<tr>
<td><em>Diocsorea globra</em> L.</td>
<td>Dioscoraceae</td>
<td>Extract leaf</td>
<td>Wounds</td>
</tr>
<tr>
<td><em>Eclipta prostrata</em> L.</td>
<td>Asteraceae</td>
<td>Leaf Paste</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td><em>Emilia sonchi folia</em> L.</td>
<td>Mimosaceae</td>
<td>Fruit paste</td>
<td>Old wound</td>
</tr>
<tr>
<td><em>Elsholtzia blanda</em> Benth.</td>
<td>Lamiaceae</td>
<td>Leaf paste</td>
<td>Wound</td>
</tr>
<tr>
<td><em>Erythrina arborescens</em> Roxb.</td>
<td>Fabaceae</td>
<td>Bark paste</td>
<td>Wound</td>
</tr>
<tr>
<td><em>Eupatorium adenophorum</em> Spreng.</td>
<td>Asteraceae</td>
<td>Leaf paste</td>
<td>Cuts &amp; wound</td>
</tr>
<tr>
<td><em>Euphorbia hirta</em> L.</td>
<td>Euphorbiaceae</td>
<td>Leaf paste</td>
<td>Cuts &amp; wound</td>
</tr>
<tr>
<td><em>Ficus hispida</em> L.</td>
<td>Moraceae</td>
<td>Latex</td>
<td>Boils</td>
</tr>
<tr>
<td><em>Ficus glomerata</em> Roxb.</td>
<td>Moraceae</td>
<td>Latex</td>
<td>Boils</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of use</td>
</tr>
<tr>
<td>-----------------</td>
<td>---------------</td>
<td>----------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Gmelina arborea L.</td>
<td>Verbenaceae</td>
<td>Leaf paste</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td>Heliotropum indicum L.</td>
<td>Boraginaceae</td>
<td>Leaf paste</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td>Hisbiscus abelmoschus L.</td>
<td>Malvaceae</td>
<td>Tender shoots</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td>Lygodium flexuosum (L.) Sw.</td>
<td>Lygodiaceae</td>
<td>Powder leaf</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td>Oxalis corniculata L.</td>
<td>Oxalidaceae</td>
<td>Whole plant</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td>Mallotus phillipensis (Lam.) Muell.-Arg.</td>
<td>Euphorbiaceae</td>
<td>Bark paste</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td>Plantago erosa L.</td>
<td>Plantaginaceae</td>
<td>Leaf paste</td>
<td>Boil</td>
</tr>
<tr>
<td>Rhynchostylis retusa Blume</td>
<td>Orchidaceae</td>
<td>Pseudobulb paste</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td>Scutelaria discolor Colebr.</td>
<td>Lamiaceae</td>
<td>Leaf paste</td>
<td>Cuts &amp; wounds</td>
</tr>
<tr>
<td>Sphenomeris chinensis (L.) Maxon.</td>
<td>Lindsaceae</td>
<td>Leaf ash</td>
<td>Cuts &amp; wounds</td>
</tr>
</tbody>
</table>

Table 34: Plants used in Headache / dizziness:
### Table 35: Plants used as blood purifier/ for blood circulation:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barleria cristata L.</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Curcuma domestica Val.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Fresh</td>
</tr>
<tr>
<td>Eurya acuminata DC.</td>
<td>Theaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Nerium indicum Mill.</td>
<td>Apocynaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Rhynchotechium ellipticum (Wall.Ex D. Dietr) A.D.C</td>
<td>Gesneriaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
<tr>
<td>Stephanita herlandifolia (Willd.) Walp.</td>
<td>Menispermaceae</td>
<td>Leaves</td>
<td>Decoction</td>
</tr>
</tbody>
</table>

### Table 36: Plants used in paralysis:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abroma agusta L.</td>
<td>Sterculiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Abrus precatorius L.</td>
<td>Fabaceae</td>
<td>Root/fruit</td>
<td>Fresh</td>
</tr>
<tr>
<td>Eryngium foetidum L.</td>
<td>Apiaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Tinospora cordifolia (Willd.)</td>
<td>Menispermaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Urtica parvifolia Roxb.</td>
<td>Urticaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
</tbody>
</table>

### Table 37: Plant used for removing wart:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranthus spinosus L.</td>
<td>Amaranthaceae</td>
<td>Shoot</td>
</tr>
<tr>
<td>Ascleplias curassavica L.</td>
<td>Asclepediaceae</td>
<td>Latex</td>
</tr>
<tr>
<td>Euphorbia nerifolia L.</td>
<td>Euphorbiaceae</td>
<td>Stem</td>
</tr>
<tr>
<td>Hydnocarpus kurzi (King)Warb.</td>
<td>Flacourtiaeae</td>
<td>Leaves</td>
</tr>
</tbody>
</table>

### Table 38: Plants used in earache:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Part used</th>
<th>Mode of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allium asoclicum L.</td>
<td>Lilliaceae</td>
<td>Bulb</td>
<td>Roasted</td>
</tr>
<tr>
<td>Scientific name</td>
<td>Family</td>
<td>Parts used</td>
<td>Mode of use</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>----------------</td>
<td>------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Chromoleana odorata (L.) King &amp; Roxb.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
<tr>
<td>Equisetum ramosissimum Desf.</td>
<td>Equisetaceae</td>
<td>Whole plant</td>
<td>Fresh</td>
</tr>
<tr>
<td>Vanda tessellata Hook. G. Don</td>
<td>Orchidaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
</tbody>
</table>

Table 39: Plants used in sinusitis / nose bleeding:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atermisia niligirica (C.B. Clarke) Pump.</td>
<td>Asteraceae</td>
<td>Rhizome</td>
<td>Fresh</td>
</tr>
<tr>
<td>Curcuma angustifolia Roxb.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Decoction</td>
</tr>
<tr>
<td>Curcuma caesia Roxb.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>Decoction</td>
</tr>
<tr>
<td>Drymaria cordata Willd.</td>
<td>Caryophyllaceae</td>
<td>Leaves</td>
<td>Fresh</td>
</tr>
</tbody>
</table>

Table 40: Plants used as ethno veterinary medicine:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allium cepa L.</td>
<td>Liliaceae</td>
<td>Bulb</td>
<td>Skin disease</td>
</tr>
<tr>
<td>Ilium sativum L.</td>
<td>Liliaceae</td>
<td>Clove</td>
<td>Skin disease</td>
</tr>
<tr>
<td>Azadiracta indica A. Juss.</td>
<td>Meliaceae</td>
<td>Leaves</td>
<td>Cough</td>
</tr>
<tr>
<td>Artemesia martima L.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Dysentery</td>
</tr>
<tr>
<td>Arisaema tortuosum Schott.</td>
<td>Araceae</td>
<td>Root</td>
<td>Wormicide</td>
</tr>
<tr>
<td>Argemone mexicana L.</td>
<td>Papavaraceae</td>
<td>Whole plant</td>
<td>Applied on old wound</td>
</tr>
<tr>
<td>Ardesia crispa (Thunb.) A.D.C</td>
<td>Myrsinaceae</td>
<td>Fruit</td>
<td>Applied on legs with worm.</td>
</tr>
<tr>
<td>Chenopodium album L.</td>
<td>Chenopodiaceae</td>
<td>Tender twigs</td>
<td>Dysentery</td>
</tr>
<tr>
<td>Capsicum annum L.</td>
<td>Liliaceae</td>
<td>Fruit</td>
<td>Fever, dog bite</td>
</tr>
<tr>
<td>Plant Name</td>
<td>Family</td>
<td>Part of Plant</td>
<td>Medical Use</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>----------------</td>
<td>---------------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td>Curcuma domestica Val.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>bone fracture</td>
</tr>
<tr>
<td>Cinnamomum tamala Nees.et Eberm.</td>
<td>Lauraceae</td>
<td>Leaves</td>
<td>Diarrhoea</td>
</tr>
<tr>
<td>Coriandrum sativum L.</td>
<td>Apiaceae</td>
<td>Seeds &amp; leaves</td>
<td>Fever, constipation</td>
</tr>
<tr>
<td>Cannabis sativa L.</td>
<td>Cannabinaceae</td>
<td>Whole</td>
<td>Weakness</td>
</tr>
<tr>
<td>Gmelina arborea L.</td>
<td>Verbenaceae</td>
<td>Bark &amp; Root</td>
<td>Juice on the shoulders of bullocks caused by yoke</td>
</tr>
<tr>
<td>Mentha spicata L.</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>Weakness</td>
</tr>
<tr>
<td>Musa pardesiaca L.</td>
<td>Musaceae</td>
<td>Plant juice</td>
<td>Tonic, constipation</td>
</tr>
<tr>
<td>Nicotiana tabacum L.</td>
<td>Solanaceae</td>
<td>Leaf</td>
<td>Ringworm</td>
</tr>
<tr>
<td>Psidium guajava L.</td>
<td>Myrtaceae</td>
<td>Leaves</td>
<td>Diarrhoea</td>
</tr>
<tr>
<td>Prunus persica L. Batsch</td>
<td>Rosaceae</td>
<td>Leaves</td>
<td>Swelling foot</td>
</tr>
<tr>
<td>Ranunculus scleratus L.</td>
<td>Ranunculaceae</td>
<td>Leaves</td>
<td>Uncountscious</td>
</tr>
<tr>
<td>Sapindus emarginatus Vahl</td>
<td>Sapindaceae</td>
<td>Fruits</td>
<td>Skin infection</td>
</tr>
<tr>
<td>Tamarindus indica L.</td>
<td>Leguminaceae</td>
<td>Leaves</td>
<td>Oedema</td>
</tr>
<tr>
<td>Tinospora cordifolia (Willd.) Hook.</td>
<td>Menispermacae</td>
<td>Leaves</td>
<td>Indigestion, Wormicide</td>
</tr>
<tr>
<td>Urtica dioica L.</td>
<td>Urticaceae</td>
<td>Leaves</td>
<td>Skin infection</td>
</tr>
<tr>
<td>Vitex trifolia L.</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>Skin infection</td>
</tr>
<tr>
<td>Xanthium strangulatum L.</td>
<td>Asteraceae</td>
<td>Leaves</td>
<td>Diarrhoea</td>
</tr>
<tr>
<td>Xylosma longifolia Clos.</td>
<td>Flacourtaceae</td>
<td>Leaves</td>
<td>Eradication of lice &amp; ticks</td>
</tr>
<tr>
<td>Zanthoxylum acanthopodium DC.</td>
<td>Rutaceae</td>
<td>Leaves</td>
<td>Skin infection</td>
</tr>
</tbody>
</table>
Table 41: Plant used as fish poison:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Family</th>
<th>Parts used</th>
<th>Mode of uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asclepias currassavica L.</td>
<td>Apocynaceae</td>
<td>Whole plant</td>
<td>Smashed plant</td>
</tr>
<tr>
<td>Engelhardtia spicata Bl.</td>
<td>Juglandaceae</td>
<td>Bark</td>
<td>Crushed extract of bark</td>
</tr>
<tr>
<td>Euphorbia nerifolia L.</td>
<td>Euphorbiaceae</td>
<td>Latex</td>
<td>Latex</td>
</tr>
<tr>
<td>Jatropha gossypypolia L.</td>
<td>Euphorbiaceae</td>
<td>Leaves</td>
<td>Extract of leaves</td>
</tr>
<tr>
<td>Juglan regia L.</td>
<td>Euphorbiaceae</td>
<td>Leaves</td>
<td>Crushed leaves</td>
</tr>
<tr>
<td>Milletia pachycarpa Benth.</td>
<td>Fabaceae</td>
<td>Root</td>
<td>Grounded root</td>
</tr>
<tr>
<td>Parkia timoriana (DC.) Merr.</td>
<td>Leguminaceae</td>
<td>Bark</td>
<td>Pounded bark</td>
</tr>
<tr>
<td>Passania spicata Oerst.</td>
<td>Fagaceae</td>
<td>Bark</td>
<td>Pulp</td>
</tr>
</tbody>
</table>
Fig. 6: Percentage of ethnobotanical plant species of monocotyledons, dicotyledons, gymnosperms & pteridophytes used by the Kom tribe of Manipur.

Fig. 7: Percentage of plant species of herbs, shrubs, trees & climbers used by the Kom tribe of Manipur.
Fig. 8: Percentage of plant species of the families of monocotyledonous plants used by the Kom tribe of Manipur.

Fig. 9: Percentage of ethnobotanical plant species of dominant families dicotyledonous.
Fig. 10: Percentage of plant parts used for different purposes used by the Kom tribe of Manipur.

Fig. 11: Percentage of plant species used for treating different ailments by the Kom tribe of Manipur.