PREPARATION OF HERBAL MEDICINE AND TREATMENT

Ethno therapeutic practices of the research work.

4.1 INTRODUCTION

The use of plant remedies to strengthen weakened body systems, control symptoms and boost the body’s own healing powers is perhaps the oldest form of medicine. Herbalists maintain that the natural balance of compounds in plants provides a more effective means of restoring health than synthesized, single-ingredient drugs, as prescribed in orthodox modern medicine.

It is interesting to know how the local names of the plant vary slightly from area to area or person to person. The local names are mentioned in the text as they were referred by the healers. So there will be 3-4 local names for a particular plant. The investigator could not relate the botanical names to the local names, where specimens are not available. It is also interesting to observe the plants that they use for a particular treatment. The traditional healers use external structure or appearance of a plant or plant part, which resembles the shape of different organs of the body part for a particular disease. For example *Viscum* looks like the joints of human skeleton. So they use it to make massage oil for joint pain or healing bone fracture. It is also important that on which plant parasites or orchids that are used for medicine grow. *Adhatoda vasica* which is locally known as Nagchampo is used for snake bite. The flowers of this plant look very much like the mouth of a cobra.

In this chapter the result of the research is presented. For various ailments various type of medicinal plant combination is used. So the data is presented according to the diseases vice. Various ailments are numbered and different type of treatment given by different
medicine men are put together. The presentation of the research is put in medicinal plants are categorized into various sicknesses groups. The plants that are used for a particular sickness are put together and numbered. The local name is mentioned first, followed by botanical name and the parts used are mentioned. At the end of it a star (*) with a particular number is shown to indicate the source from whom is the information, was gathered. If the same information for a particular disease was given by more healers then it is attached with numbers pertained to the healers who provided the information. The Medical terms of the sicknesses which were not clear are recorded in local name with an English explanation in the bracket.

### 4.2 EHTNOTHERAPUTIC PRACTISES

The preparations of medicine are shown in this chapter. The sicknesses are grouped into 21 different Titles and are numbered. In case for a particular sickness many practices were recorded, they are numbered in Roman letters and at the end of each information a star sign is put to indicate the source of the information i.e. name addresses of the medicine person. In the thesis summary data presentation for aches and pains are shown to indicate how the whole result is presented. Likewise all the other information various title diseases are recorded.

#### 1.ACHES AND PAINS

**1.1 STOMACH ACHE**

*i. Kuda, Holarrhena antidysentrica. Bark *³*

**Preparation:** Bark is crushed and soaked in water for one to two hours and then the extract is squeezed out, filtered and used.

**Dosage:** Two table-spoonfuls each, in the morning and in the evening.
ii. Sag, Tectona grandis, Bark *13

**Preparation:** The bark of teak is crushed and soaked in water about an hour and the extract is taken.

**Dosage:** Two tea spoons full twice a day, in the morning on empty stomach and in the evening after the meals.

iii. Jangli pyaz, Urginea indica, Bulb *1

**Preparation:** The bulb is cut into two and made hot.

**Application:** Heated bulb-half is pressed on the part of the stomach where it pains.

1.2 LEFT SIDE STOMACH PAIN

i. Papayu, Carica papaya, Raw fruit *4

**Preparation:** Raw papaya fruit is cut longitudinally without removing the skin.

**Dosage:** A whole piece, about one inch broad is to be eaten.

ii. Boru, Sorghum helipens, Root *42

**Preparation:** The root is crushed and boiled in two cups of water, and the extract is taken.

**Dosage:** Thrice a day, in the morning on empty stomach, in the afternoon and at night after the meals.

1.3 HEADACHE

i. Akhvel, Alangium salvifolium, Leaves

Karanj, Pongamia pinnata, Leaves
Limda, *Azadirachta indica*, leaves

Ranval, *Pteramnus labialis*, leaves

Nirgul, *Vitex nigundo*, Leaves *11

**Preparation:** All these leaves are crushed and put in water and the water is boiled.

**Application:** Bathed once a day with the water after cooling.

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**ii. Chilarvel, Acacia pinnata, Small Stem *41**

**Preparation:** Small pieces of the stem are prepared

**Application:** Three pieces are tied together and then it is tied on the neck.

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### 1.4 MIGRAINE

**i. Madhul, Lannaea coromandelica, Leaf stalk *12**

**Preparation:** A piece about one and half cm. is cut from the stalk and is tied with thread.

**Application:** The piece is tied around the neck.

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**ii. Bohada, Terminalia belirica, Dry branch**

Sisam, *Dalbergia sissoo*, Leaves *8*

**Preparation:** The small dry stem of *bohada* is smoked and crushed together with *Sisam* leaves.

**Application:** A drop of the extract is squeezed into the nose.
iii. Marchi, *Capsicum annum*, Stem *9*

**Preparation:** The stem of a more than one year old chilly plant is taken and five pieces of 1.5cm length is cut from it tied together with a thread.

**Application:** The bundle of the five pieces is hanged on the painful side.

iv. Akhvel, *Alangium salvifolium*, Leaves *10*

**Preparation:** One full leaf and the vertical half of anther are taken. It is folded and tied with a whit thread.

**Application:** It is tied on the ear on the side where the head pains.

v. Moevel, *Cryptolepis buchanani*, Leaf

Haldu, *Adina cordifolia*, Leaf *14*

**Preparation:** One full leaf and half of another is taken and crushed together.

**Application:** The crush is smelled and sneezed out.

vi. Morvai, *Clematis hedisarifolia*, leaves *16*

**Preparation:** Few leaves are squeezed and the extract is removed.

**Application:** One or two drops are put in the nose.

vii. Marchikanth, *Vigna trilobata*, Rhizome *40*

**Preparation:** A small piece of *Marchikanth* rhizome is procured.

**Application:** The rhizome piece is tied to the ear on the same side where the head pains.
1.5 TOOTHACHE

i. Aval, Emblica officinalis, Seed and bark *22

**Preparation:** Some seeds and a piece of the bark of Aval are crushed together into a mix.

**Application:** The mix is kept on the affected tooth for about 2-3 hours.

ii. Babad, Accia nilotica, Bark *42

**Preparation:** A small piece of the root is crushed and boiled in a glass of water and kept to be cold.

**Application:** The preparation is held in the mouth for 5-10 min. each 2-3 times a day, especially before going to sleep.

iii. Dhati, Baliospermum montanum, Root *11

**Preparation:** A piece of the root is procured and one end of it is crushed.

**Application:** Teeth are brushed daily with this root for a week.

1.6 BODY PAIN

i. Rohan, Soymida febrifuga, Bark

Kakad, Garuga pinnata, Bark

Kosim, Schleichera oleosa, Bark *15

**Preparation:** Equal portions of all these barks are crushed and put in water.

**Dosage:** Half a cup of the extract is to be drunk

**Application:** Water is boiled with the crushed mixture of all the three barks, cooled and bath is taken with the water.
ii. Nirgud, *Vitex nigundo*, Leaves

*Limda, Azadirachta indica*, Leaves *

**Preparation:** Bathing water is boiled with these leaves and cooled.

**Application:** Bathing with the cooled water.

iii. Kumbi, *Careya arborea*, Bark *

**Preparation:** The bark is crushed and put in water for few minutes.

**Dosage:** Two spoon full to be drunk twice a day.

iv. Kosim, *Schleichera oleosa*, Seed-oil *

**Preparation:** Oil is extracted from Kosim seeds by distilling them.

**Application:** The body is massaged with Kosim oil. Also it is applied in the mouth when having blisters.

v. Halund Keri, *Clematics* sp. Root *

**Preparation:** The outer peel of the root is taken, dried and powdered.

**Dosage:** One teaspoon of the powder each twice day to be consumed; in the morning on empty stomach and in the evening after the meals.

1.7 BACKACHE

i. Nanu Ekaru, *Haplantllus tentaculatus* Leaves *

**Preparation:** 5-6 leaves are crushed and made into a paste.

**Application:** The paste is applied on the back once a day for three days.
**ii. Soot (Aadu), Zingiber officinale, Rhizome**

**Gokharu, Tribulus terrestris, Fruit** *37*

**Preparation:** Equal portions of both plant parts are crushed and boiled with one glass of water.

**Dosage:** Half a cup of the extract drunk twice a day, in the morning on empty stomach, and in the evening after the meals.

**1.8 ARTHRITIS (JOINT PAIN)**

**i. Rui, Calotropis gigantea, Látex** *4*

**Preparation:** Latex is collected by making incisions on the stem of Rui

**Application:** The latex is applied on the painful joints.

**ii. Polas, Butea monosperma, Gum** *5*

**Preparation:** The gum is dissolved in half a cup of water.

**Dosage:** Drunk twice a day, in the morning on empty stomach, and in the evening after the meals.

**iii. Sadada, Terminalia crenulata, Bark** *8*

**Preparation:** The bark is crushed and bundled in a piece of cloth and warmed.

**Application:** The painful joints are pressed with the warm bundle.

**iv. Bendvel (Sakhaliya) on Dhaman or Temrun, Viscum articulatum on Grewia tiliifolia or on Diospyros melanoxylon, Whole plant** *11*

**Preparation:** Bendvel is crushed and put in water.

**Dosage:** Half a cup of the extract drunk twice a day; in the morning on empty stomach, and in the evening after the meals.
Application: Water is boiled with crushed Bendvel, cooled and bath is taken with it.

v. Bhui umbari, *Ficus hispida*, Root

Upersadi, *Hemidesmus indicus*, Root

Ingi, *Caseria tomentosa*, Root *17*

Preparation: The plant parts are crushed and kept in water for few hours, the extract is squeezed

Dosage: Half a cup of the extract is to be drunk twice a day; in the morning on empty stomach, and in the evening after the meals.

vi. Tettu, *Oroxylum indicum*, Bark

Beli, *Aegle marmelos*, Leaves

Bhangutta, *Hyptis sualens* Leaves *21*

Preparation: These mixtures are crushed, tied in a piece of cloth and dipped in hot water.

Application: Bandaged with the mix once a day.

vii. Bendgul on Temrun, *Dendrophthoe falcata* on *Diospyros melanoxylon*, Bark of both *24*

Preparation: Whole Bendgul is crushed and boiled for an hour.

Dosage: Half a cup of the extract is drunk twice a day; in the morning on empty stomach, and in the evening after the meals.

Application: Water is boiled with crushed Bendgul, cooled and bath is taken with the water.
viii. Chinch, *Tamarindus indica*, Leaves *32*

**Preparation:** Chinch leaves are crushed and mixed with white ants’ mud.

**Application:** The painful joint is bandaged with this mixture.

ix. Soot (Aadu), *Zingiber officinale*, Rhizome

**Gokharu, *Tribulus terrestris*, Fruit *37**

**Preparation:** Equal amount of both plant parts are crushed and boiled in a glass of water.

**Dosage:** Half a cup of the extract to be drunk twice a day; in the morning on empty stomach, and in the evening after the meals.

1.9 BURNS

i. Karphot, *Aloe vera*, Leaf *4*

**Preparation:** Fleshy leaves are cut and the gel is removed.

**Application:** The gel is applied on the burn every half an hour.

ii. Aashi, *Ventilago denticulata*, Bark *13*

**Preparation:** The bark is crushed and made into a paste.

**Application:** The paste is applied every half an hour.

iii. Nilisoti, *Dalbergia volubilis*, Leaves *14*

**Preparation:** The leaves are crushed and the extract is warmed and cooled.

**Application:** The formed gel is applied on the burn every half an hour.
iv. Nilisoti, *Dalbergia volubilis*, Leaves

**Mahuda, Madhuca indica, Phool daru** *40*

**Preparation:** The leaves are crushed and the extract is warmed and cooled.

Alcohol is prepared from *Mahuda* flowers.

**Application:** The burned part is washed with *Phool daru* then the *Nilisoti* gel is applied on the burn every half an hour.

1.10 CUTS

i. Safed bondar *Lagerstroemia lanceolata*, Leaves *31*

**Preparation:** Leaves are crushed and made into a paste.

**Application:** The paste is applied on the cut.

ii. Kodi, *Wrightia tinctoria*, Latex

**Sadada, Terminalia crenulata, Bark** *34*

**Preparation:** A small piece of *Sadada* bark is powdered the extract is removed. To the extract few drops of *Kuda* kates is added.

**Application:** This mixture is applied on the cut twice a day.

1.11 WOUNDS

i. Jangalibindi, *Azanza lampas*, Twigs *20*

**Preparation:** Leaves together with tender stem are crushed and the extract is collected.

**Application:** The extract is applied on the wound.
ii. Tan, *Cocculus hirsutus*, Leaves

*Kali karav, Eranthemum roseum, Leaves* *26*

**Preparation:** A paste is made by crushing equal number of leaves of both the plants.

**Dosage:** The paste is applied on the wound.

***iii. Jangali Bhendi, Azanza lampas, Root* *3***

**Preparation:** Root scrape is collected.

**Application:** The collected scrape is tied on the wound.

### 1.12 FRACTURES

* i. Udad, *Sterculia villosa*, Root *1* *32* *18*

**Preparation:** Root is crushed and made into a paste till it becomes jelly.

**Application:** The jelly is applied on the fracture after setting the bone properly. Application is once a day, preferably in the morning.

* ii. Dhudari, *Euphorbia hirta*, Root

*Polas, Butea monosperma, Bark* *2*

**Preparation:** *Dudari* root and *Polas* bark are crushed together and applied on the fractured place. Also the mixture of the two is crushed well and the extract is removed

**Dosage:** Half a cup of the extract is taken twice a day; in the morning on empty stomach, and in the evening after the meals.

* iii. Nigundo, *Vitex nigundo*, Leaves *9*

**Preparation:** The leaves are crushed with salt and made into a paste,

**Application:** Bandaged with it after setting the bones properly.
iv. Sagava (Shegalu), *Moringa oleifera, Bark*  
**Preparation:** The leaves are crushed and made into a paste.
**Application:** Bandaged with it after setting the bones properly.

v. Bhootjad, *Ailanthus excelsa, Bark*  
Madhul, *Lannaea coromandelica, Bark*  
Tan velo, *Cocculus hirsutus, Leaves*  
Ranbhendi, *Azanza lampas, Root*  
Liliamba (Haldar), *Curcuma longa, Rhizome*  
**Preparation:** A mixture of all these is crushed well and made into a paste.
**Application:** Tied on to the fractured part 2-3 times a day

vi. Udad, *Sterculia villosa, Root*  
Patherphodi, *Tridax procumbens, the whole Plant*  
**Preparation:** These plant parts are crushed and made into a paste with *lakh mati.*
**Application:** Bandaged with the paste after setting the bone properly.

vii. Udad, *Sterculia villosa, Root*  
Amba haldar, *Curcuma amada, Rhizome*  
**Preparation:** The mixture of both is crushed and made into a paste.
**Application:** Bandaged with the paste after setting the bones properly.
viii. Kadvai, Root

Udal (Udad), *Sterculia villosa*, Root

Digad, *Dioscoria oppositifolia*, Rhizome

Karbat, *Grewia hirsuta*, Root; *24*

**Preparation:** All the roots are crushed together and made into a paste.

**Application:** Bandaged with the paste after setting the bones properly. After 7-8 days if it is needed the first bandage is removed and another bandage is made.

ix. Kandol, *Sterculia urens*, Bark

Udada, *Sterculia villosa*, Bark

Nilisoti, *Dalbergia volubilis*, Leaves

Rakath rohidi, *Tecomella undulata* Bark *29*

**Preparation:** Equal portions of the above mentioned plant parts are dried and powdered. Then the powder is soaked in water and made into a paste.

**Application:** The paste is applied on the fracture after setting the bone properly.

x. Udada, *Sterculia villosa*, Root

Madhul, *Lannaea coromandelica*, Root

Nimbara, *Melia composita*, Bark

Choki bendi, *Hibiscus esculentus* Root

Kakod, *Garuga pinnata*, Bark *31*

**Preparation:** Equal portions of these plant parts together with a crab is crushed and made into a paste.
Application: Bandage is made with the paste and Bamboo strips are used as support.
Bandage is removed after 8 days. If it is needed one more bandage is made.

xi. Kali bondar, *Lagerstroemia parvifolia*, Leaves *35

Preparation: These leaves are crushed and made into a paste.

Application: Bandaged with it after setting the bone properly.

xii. Udada, *Sterculia villosa*, Root

Digad, *Dioscoria oppositifolia*, Tuber *40

Preparation: These plant parts are crushed and made into a paste.

Application: Bandaged with it after setting the bone properly.

xiii. Madhul, *Lannaea coromandelica*, Bark

Elebivula, *Millettia racemosa*, Bark

Udala, *Sterculia villosa*, Root *41

Preparation: These plant parts are crushed and made into a paste.

Application: Bandaged with it after setting the bone properly.

xiv. Rakath rohidi, *Tecomella undulata*, Bark

Udal, *Sterculia villosa*, Root

Kakod, *Garuga pinnata*, Bark

Madhul, *Lannaea coromandelica*, Bark *36

Preparation: Equal portions of these plant parts together with a crab is crushed and made into a paste.
Application: Bandage is made with the paste and Bamboo strips are used as support. Bandage is removed after 8 days. If it is needed one more bandage is made.

xv. Polas, *Butea monosperma*, Root

Kahndol, *Sterculia urens*, Bark

Udada, *Sterculia villosa*, Root

Haldar *Curcuma longa*, Rhizome *25*

Preparation: Equal portions of the above mentioned plant parts are crushed, dried and powdered. The powder is made into a paste by adding some water.

Application: Bandage with the paste, Bamboo strips are used as support.

The Bandage is removed after 8 days. If needed one more bandage is made.

1.13 SPRAINS

i. Mahu, *Madhuca indica*, Flower *8*

Preparation: The flowers are warmed

Application: The warmed flowers are tied on the sprained part.

ii. Rohan, *Soymida febrifuga*, Bark *20*

Preparation: A piece of bark is crushed and made into a paste.

Application: The paste is applied on to the sprain.
1.14 MASSAGE OIL FOR ALL KINDS OF PAINS & FRACTURES

i. Sakhaliya on Dhaman, *Viscum articulatum* on *Grewia tiliifolia*,

Whole plant

Tulsi, *Ocimum tenuiflorum*, Leaves and stem

Barmasi, *Catharanthus roseus*, Leaves

Singh, *Arachis hypogaea*, Oil *10*

**Preparation:** Equal portions of these plant parts are crushed and boiled in ground nut (Singh) oil.

**Application:** The painful part is massaged gently, before going to sleep for about 4-5 days.

1.15 FOR ALL KINDS OF AILMENTS

i. Arjun Sadad, *Terminalia arjuna*, Bark *24*

**Preparation:** A piece of the bark is crushed and soaked over night in a glass of water.

**Dosage:** The extract is drunk in the morning on empty stomach.

**ii. Nirgud, Vitex negundo Leaves**

**Preparation:** The leaves are collected

**Application:** It is spread on the bed before going to sleep.
2. URINARY PROBLEMS

2.1 PAINFUL MICTURITION, BURNING DURING MICTURITION

i. Karvanda, *Carissa carandas*, Root

Bívala, *Pterocarpus marsupium*, Bark

Aran, *Ricinus communis* Root

Kher, *Acacia catechu*, Gum *8*

**Preparation:** These plant parts are crushed and soaked in a glass of water for an hour.

**Dosage:** The extract is drunk twice a day with *Kadisakar*, in the morning on empty stomach and in the evening after the meals.

ii. Aran, *Ricinus communis*, Root *9*

**Preparation:** The root is crushed and soaked in water about 2-3 hours.

**Dosage:** Half a cup of it is drunk twice a day, in the morning on empty stomach and in the evening after meals.

iii. Nilisoti, *Dalbergia volubilis*, Leaves

Beli, *Aegle marmelos*, Leaves

Ilangi, *Caseria tomentosa*, Leaves *36*

**Preparation:** About 10-15 leaves each are warmed and the extract is removed.

**Dosage:** Half a cup of it drunk twice a day, early morning on empty stomach and in evening after the meals.

**Preparation:** The root is crushed together with a crab and then roasted.

**Dosage:** This roasted mixture is eaten with *roti* twice a day, for about a week.

v. Safed bondar, *Lagerstroemia lanceolata*, Bark

Arani, *Ricinus communis*, Root

Tettu, *Oroxylum indicum*, Bark

Choki Bendi, *Hibiscus esculentus*, Root *39*

**Preparation:** These plant parts are crushed and soaked in water for about an hour.

**Dosage:** One tablespoon full of the extract is drunk thrice a day; in the morning on empty stomach, in the afternoon and night after the meals, for a week.

vi. Arand, *Ricinus communis*, Root *21*

**Preparation:** The root is crushed and soaked in water for some time.

**Dosage:** Half a cup of the extract is drunk twice a day; in the morning on empty stomach and in the evening after the meals.


Nilisoti, *Dalbergia volubilis* Stem

Arani, *Ricinus communis*, Root *29* *30*

**Preparation:** Three to four grams each of the above mentioned plant parts are crushed and soaked in water for 2-3 hours.

**Dosage:** Half a cup of the extract is drunk twice a day, in the morning on empty stomach and in the evening after the meals.
2.2 URINE: EXCESSIVE YELLOW COLOURING

i. Aran, *Ricinus communis*, Root

*Tettu, Oroxylum indicum, Bark* *39*

**Preparation:** These plant parts are crushed and soaked in a glass of water and the extract is removed.

**Dosage:** One table spoonful twice a day, in the morning on empty stomach and in the evening after the meals. This treatment is continued for a week.

ii. *Tettu, Oroxylum indicum, Bark*

*Nilisoti, Dalbergia volubilis, Leaves* *41*

**Preparation:** Equal portions of these plant parts are crushed and boiled with a glass of water. The extract is solidified when it is cooled.

**Dosage:** One table spoonful twice a day, in the morning on empty stomach and in the evening after the meals.

2.3 URINE: COLOUR TURNING FROM RED TO YELLOW

i. *Waltham, Vetiveria zizanioides Root*

*Nilichotti, Dalbergia volubilis, Laves*

*Jangali Bhendi, Azanza lampas, Root* *7*

**Preparation:** Equal portions of these plant parts are crushed and soaked in water for some time and the extract is removed.

**Dosage:** Half a cup of it is drunk in the morning on empty stomach and in the evening after the meals.
ii. Kumbi, *Careya arborea*, Bark

*Bivula, Pterocarpus marsupium, Bark*

*Jangalibhendi, Azanza lampas Root*

*Waltham, Vetiveria zizanioides, Root*

*Chilar, Acacia pinnata, Bark*

*Cahv, Ensete superbum, Sap* *42*

**Preparation:** Equal portions of these plant parts are crushed and boiled with two cups of water and then the extract is removed.

**Dosage:** Half a cup of the extract is drunk thrice a day, in the morning on empty stomach, in the afternoon and at night after the meals.

iii. Kumbhi, *Careya arbora* Bark

*Bhendi, Hibiscus esculentus Bark*

*Dava Kher, Acacia polyantha, Bark* *1*

**Preparation:** Equal portions of these plant parts are crushed and soaked in a cup of water for some time and then the extract is removed.

**Dosage:** One table-spoon full twice a day, in the morning before sunrise on empty stomach, in the night before going to sleep.

iv. Pathal *Dalbergia paniculata, Bark*

*Vad, Ficus bangalensis, Latex*

*Koradu, Kuharu or dev kuharu, Bauhinia varegata, Root* *38*

**Preparation:** These plant parts are crushed and soaked in some water, and then the extract is removed. Few drops of *Vad* Latex are added to this extract.
**Dosage:** One table spoonful twice a day; in the morning on empty stomach and in the evening after the meals.

### 2.4 KIDNEY STONE

**i. Arjun Sadad, Terminalia arjuna, Bark**

**Bivula, Pterocarpus marsupium, Bark**

**Polas, Butea monosperma, Bark** *9*

**Preparation:** Equal amounts of these barks are crushed well and soaked in water over night.

**Dosage:** Half a cup of it is drunk in the morning on empty stomach and in the evening after the meals.

**ii. Bhabali lili, Accia nilotica, Bark**

**Sag, Tectona grandis, Bark**

**Kher, Acacia catechu, Bark**

**Ragatrohidi, Tecomella undulata, Bark**

**Halder, Curcuma longa, Bark**

**Jambala, Syzygium cumini, Bark**

**Khakhra, Butea monosperma, Root**

**Umber, Ficus racemosa, Root** *10*

**Preparation:** Equal amount of these plant parts are crushed and soaked in four bottles of water. It is boiled and made up to one bottle and is stored.

**Dosage:** Half a cup of it is drunk twice a day, in the morning on empty stomach and in the evening after the meals. This is continued unto five days.
iii. Bio, (Bivla), *Pterocarpus marsupium*, Gum & Bark

**Polas, Butea monosperma, Bark** *21*

**Preparation:** The barks are crushed and boiled well and the extract is preserved in a bottle. Some *Bivula* gum is added to this extract.

**Dosage:** One tablespoon full is drunk twice a day, in the morning on empty stomach and at night after the meals.

iv. **Polas, Butea monosperma**, Root;

**Jangali Bhendi, Azanza lampas, Root**

**Echan, Acacia sp, Bark** *26*

**Preparation:** Equal portions of the above mentioned plant parts are crushed and soaked in a glass of water for about an hour.

**Dosage:** Half a cup of the extract is drunk twice daily; in the morning on empty stomach, in the evening after the meals.

v. **Bio, Pterocarpus marsupium, Gum** *26*

**Preparation:** Bio Gum is dissolved in half a cup of water.

**Dosage:** Half a cup of it is drunk twice a day, in the morning on empty stomach and in the evening after the meals.

vi. **Pipal on Polas, Ficus religiosa on Butea monosperma, Both barks** *34*

**Preparation:** These plant parts are crushed and soaked in a glass of water for about 2-3 hours. The extract is removed.

**Dosage:** Half a cup of it is drunk twice a day, in the morning on empty stomach and in the evening after the meals.

**Preparation:** Fresh leaves are collected.

**Dosage:** $\frac{1}{2}$ *Neem* leaf is eaten on empty stomach for 4-5 months.

### 3. BLOOD RELATED PROBLEMS

#### 3.1 LOHI TUTAVU

*i.* Poskatta, *Asteracantha longifolia*, Root *2

**Preparation:** This plant part is crushed and boiled in a cup of water.

**Dosage:** The broth is consumed twice a day with little sugar, in the morning on empty stomach and in the evening after supper.

#### 3.2 LOW BLOOD COUNT

*i.* Tettu, *Oroxylum indicum*, Bark *40

**Preparation:** The bark is crushed and soaked in one glass of water for about 12 hours and the extract is removed.

**Dosage:** Half a cup of the extract is drunken trice a day, in the morning, in the afternoon and at night.

#### 3.3 BLOOD CLOTS

*i.* Haldar, *Curcuma longa*, Rhizome

Rakathrohidi, *Tecomella undulata*, Bark *31

**Preparation:** *Rakathrohidi’s* bark is boiled with a lot of water.
Dosage: Bathed with this water once a day. Also one glass of this extract is drunk in the morning on empty stomach. A piece of raw halder is eaten together with meals.

3.4 DIABETES

i. Bio, Bivla, *Pterocarpus marsupium*, Gum & Bark

Polas, *Butea monosperma*, Bark *21*

Preparation: The barks are crushed and boiled well and the extract is preserved in a bottle. Some *Bivula* gum is added to this extract.

Dosage: One tablespoon full is taken twice a day, in the morning on empty stomach and at night after the meals.

ii. Biyo, *Pterocarpus marsupium*, Gum *18*

Preparation: One gram of Biyo gum is dissolved in a glass of water.

Dosage: Half a cup of it is drunk twice a day, in the morning on empty stomach and in the evening after the meals.

iii. Tettu, *Oroxylum indicum*, Bark

Pathal, *Dalbergia paniculata*, Bark;

Bahava, *Cassia fistula*, Bark;

Kumbhi, *Careya arborea*, Bark;

Varsh, *Heterophragma quadrilocular*, Bark *40*

Preparation: These plant parts are crushed and soaked in one glass of water for about 12 hours. Then the extract is removed.

Dosage: Half cup of it is drunk twice a day, in the morning on empty stomach and in the evening after the meals.
4. HEART AND CHEST PROBLEMS

4.1 HEART ATTACK

i. Dedari, Seeds *18

Preparation: The seeds are dried and powdered.

Dosage: One teaspoonful of the powder each is consumed in the morning and in the evening.

4.2 UNEASINESS IN THE CHEST

i. Sardanatad, Tacca leontopetoides, Tuber

Upersadi, Hemidesmus indicus, Root

Jangali Shegu, Moringa concanensis, Bark *40

Preparation: These plant parts are crushed and soaked in one glass of water for about 2-3 hours and the extract is removed.

Dosage: Half a cup of the extract is drunk three times a day, in the morning on empty stomach, in the afternoon and at night after the meals.

4.3 CHEST PAIN

i. Shengal, Bauhinia racemosa, Leaves *32

Preparation: Three leaves are collected.

Usage: These leaves are chewed twice a day.
4.4 COUGH

i. Kher, *Acacia catechu*, Root *1*

**Preparation:** Root is crushed and soaked in half a cup of water for about an hour and the extract are removed.

**Dosage:** One tablespoon full is taken on empty stomach in the morning and one spoon full in the afternoon and at night after the meals.

ii. Kher, *Acacia catechu*, Root *4*38

Preparation: The root is crushed and soaked in a cup of water for an hour.

Dosage: The extract is drunk twice a day morning on an empty stomach and in the evening after the meals.

iii. Elea vívala, *Millettia racemosa*, Bark *8*

**Preparation:** The bark is dried and powdered and stored in a bottle. One tablespoon full is soaked in a glass of water and kept over night.

**Dosage:** The extract is drunken early morning on empty stomach. This should be continued for about five months.

iv. Dukarkanth, *Nervillia sp.*, Rhizome *20*

**Preparation:** The rhizome is collected and washed.

**Dosage:** The rhizome is chewed twice a day.
v. NanaBor, *Zizyphus nummularia*, Bark

*Ranval, Pteramnus labialis, Root* *31*

**Preparation:** Equal parts of the above mentioned plant parts are crushed well, soaked in water for about an hour, and then the extract is removed.

**Dosage:** Give to the patients three times a day, early morning in empty stomach, afternoon and at night after the meals.

vi. *Bora, Ziziphus mauritiana, Bark*

*Hirada, Terminalia chebula, Fruit* *32*

**Preparation:** The above mentioned plant parts are crushed and powdered together.

**Dosage:** One teaspoon full is taken twice a day.

vii. *Aavala, Emblica officinalis, Bark*

*Bora, Zizyphus mauritiana, Bark*

*Halundkeri, Clematis sp., Root* *34*

**Preparation:** These plant parts are crushed and soaked in a glass of water for about 2-3 hours. Then the extract is removed.

**Dosage:** Half a cup of it is drunk twice a day, in the morning on empty stomach and in the evening after the meals.

viii. *Bivula, Pterocarpus marsupium, Bark or Gum* *42*

**Preparation:** This bark is crushed and boiled with two cups of water, and then the extract is removed.

**Dosage:** Half a cup of it is drunk thrice a day, in the morning on empty stomach, in the afternoon and at night after the meals.
4.5 CONGESTED CHEST

i. Khardodi, Root

Kadavai, Bark

Rui, Calotropis gigantea, Bark

Morvai, Clematis hedisarifolia, Root

Pan, Piper betle, Leaves *1

Preparation: The above mentioned plant parts except Pan Leaves are crushed and made into a mixture. The mixture is taken on Pan Leaves.

Dosage: On the 1\textsuperscript{st} day, in morning one teaspoonful of the mixture in seven Pan Leaves is chewed and swallowed on empty stomach.

2\textsuperscript{nd} day instead of seven leaves, in six leaves the mixture is taken on empty stomach as on the 1\textsuperscript{st} day.

3\textsuperscript{rd} day taken in 5 leaves, 4\textsuperscript{th} day in 4 leaves; 5\textsuperscript{th} day in 3 leaves, 6\textsuperscript{th} day in 2\frac{1}{2} leaves; 7\textsuperscript{th} day in 2 leaves; 8\textsuperscript{th} day in 1\frac{1}{2} leaves; 9\textsuperscript{th} day in one leaf and finally on the 10\textsuperscript{th} day in \(\frac{1}{2}\) of a leaf the plant mixture is taken.

4.6 ASTHMA

i. Dham pan, Bryophyllum calycinum, Leaves *2

Preparation: The burned off wick from a primes and Dham pan are crushed together and soaked in a cup of water and the extract is removed.

Dosage: The extract is drunk once a day.
**ii. Pipal on Humbh, Ficus religiosa on Milliusa tomentosa, Pipal bark**

**Pipal on Polas, Ficus religiosa on Butea monosperma, Pipal bark**

**Preparation:** These barks are crushed and soaked together in water for some times. And then the extract is removed.

**Dosage:** 2-3 table spoonful of the extract is taken in morning and in the evening.

**iii. Bhiyo, Pterocarpus marsupium, Gum**

**Preparation:** The gum which is formed naturally on the root is collected. 2gms of it is dissolved in half a cup of water.

**Dosage:** Half a cup of this is taken twice a day. This should be continued for about 15 days.

**iv. Jadla lasunth, Vanda roxburghii, Ariel root**

**Preparation:** Some root is crushed and soaked in a cup of water for some time.

**Dosage:** Half a cup of the extract is drunk twice a day.

**v. Ranval, Pteramnus labialis, Root;**

**Ranchavla, Ensete superbum, Root**

**Preparation:** About 3-4gms each of the above mentioned plant parts are crushed and kept in a glass of water about 2-3 hours.

**Dosage:** Half a cup of the extract is drunk twice a day, in the morning on empty stomach and in the evening, after the meals.
vi. Jangali shegu, *Moringa concanensis*, Bark

**Behada, Terminalia belirica, Bark** *31*

**Preparation:** Seven or Nine pieces each of both the barks of about 1½ cm long are tied with a white thread

**Application:** This is tied on to the neck.

vii. Bendvel on Temrun, *Dendrophthoe falcata* on *Diospyros melanoxylon*, Bark of both *32*

**Preparation:** Equal portions of the barks are crushed well and soaked in a glass of water. The extract is removed after half an hour.

**Dosage:** Half a cup of it is drunk twice a day, in the morning on empty stomach, and at night after the meals.

viii. Dhampan, Leaves *35* *34*

**Preparation:** Fresh Dham Leaf is collected.

**Usage:** 1/2 the Dham pan is chewed for 3-4 days.

ix. Siri, *Albizia lebbeck*, Root *41*

**Preparation:** Some root is washed well, crushed and soaked in water for 2 hour and then the extract is removed.

x. Dukaranth, *Nervillia sp.*, Rhizome *17*

**Preparation:** The is crushed and soften.

**Dosage:** One table spoonful of it is consumed once a day.
xi. **Bendvel on Daman, Viscum articulatum on Grewia tiliifolia, Whole plant** *20*

**Preparation:** The whole plant is crushed and soaked in water for few minutes.

**Dosage:** Two table spoonful of it is taken twice a day.

xii. **Sabar (Thor), Euphorbia caducifolia, Stem** *32*

**Preparation:** About 10cm long Sabar stem is roasted in kindling fire, and then the outer peel is removed.

**Dosage:** This roasted portion is eaten once a day for a week.

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**4.7 TUBERCULOSIS**

i. **Bendgul on kher, Dendrophthoe falcata on Acacia catechu, Bendgul Leaves**

**Senegal, Bauhinia racemosa, Leaves** *11*

**Preparation:** The leaves of Bendvel are dried and made beedi with Senegal leaves.

**Dosage:** The beedi is smoked 3-4 times a day.

ii. **Bendvel, Dendrophthoe falcata Leaves**

**Kata bor, Zizyphus nummularia Dry stick** *21*

**Preparation:** The leaves of Bendvel are dried, powdered and stored. The Hookah is filled with this powder and burned with Kata bore's dry stick.

**Dosage:** Smoked twice a day for about 4-5 months.
5. COMMON AILMENTS

5.1 DYSENTERY

i. Ati, Helicteres isora, Fruit *1

**Preparation:** 4-5 fruits of Ati are ground and soaked in a cup of water for some times and the extract is removed.

**Dosage:** Two table spoons full of it taken in twice a day.

ii. Kandol, Sterculia urens, Bark

Shengal, Bauhinia racemosa, Bark

Savar, Bombax ceiba, Bark*6*5

**Preparation:** All these barks and soaked in water for about 10 min. and the extract is collected.

**Dosage:** Half a cup of the extract is drunk 3-4 times a day.

iii. Sardana tad, Tacca leontopetalaoides, Rhizome *5

**Preparation:** The rhizome is crushed and soaked in water for about 10 min. and then the extract is removed.

**Dosage:** Half cup of the extract is taken 3-4 times in a day. Also one piece of the roasted Sardanatad is eaten once a day.

iv. Limbara, Melia composita Bark

Karund, Carissa carandas, Root*12

**Preparation:** These plant parts are crushed and soaked in water and then the extract is removed.

**Dosage:** Half a cup of the extract is taken 3-4 times in a day.
v. Karvanth, *Carissa carandas*, Root

Ati, *Helicteres isora*, Bark *19*

**Preparation:** All the three plant parts are crushed and soaked in half a cup of water and then the extract is removed.

**Dosage:** Two table spoonful of it is taken twice a day.

vi. Pipal, *Ficus religiosa*, Bark

Jangalibhenndi, *Azanza lampas*, Root *20*

**Preparation:** These plant parts are crushed, soaked in a glass of water for few minutes and the extract is removed.

**Dosage:** Two table spoonfuls twice a day, in the morning and in the evening.

vii. Kumhi, *Careya arborea*, Bark

Shengal, *Bauhinia racemosa*, Bark

Vagat, *Capparis zeylanica*, Bark *23*

**Preparation:** These plant parts are crushed and soaked in water for some time and then filtered.

**Dosage:** Half a cup of the extract is taken thrice daily, in the morning before the meals and afternoon and night after the meals.

viii. Shengal, *Bauhinia racemosa*- -Bark *29*

**Preparation:** About 3-4gms of the bark is crushed and soaked in one glass of water for about 2-3 hours.

**Dosage:** Half a cup of the extract is taken twice a day, in the morning on empty stomach and in evening after the meals.
ix. Kamal, *Nymphaea nouchali*, Rhizome *31*

**Preparation:** Rhizome is crushed well and soaked in a glass of water. The extract is removed after half an hour.

**Dosage:** Half a cup of extract is drunk twice a day, in the morning on empty stomach, and at night after the meals.

x. Khadsing, *Radermachera xylocarpa*, Bark

Modsingh, *Dolichandrone falcata* Bark *17*

**Preparation:** Equal portions of the barks are crushed well and soaked in a glass of water. The extract is removed after half an hour.

**Dosage:** Half a cup of it is taken twice a day, in the morning on empty stomach, and at night after the meals.

xi. Sag, *Tectona grandis*, Bark

Mahu, *Madhuca indica*, Bark

Tettu, *Oroxylum indicum*, Bark

Ilaichich, *Pithecellobium dulce*, Bark *39*

**Preparation:** These plant parts are crushed, soaked in a glass of water for few minutes and then the extract is removed.

**Dosage:** Half a cup of it is taken twice a day, in the morning on empty stomach, and at night after the meals.
xii. Bhootjad, *Ailanthus excelsa*, Bark

Safed musali, *Chlorophytum borivilianum*, Root

Safed bondar, *Lagerstroemia lanceolata*, Bark

Tettu, *Oroxylum indicum* Bark

Bahva, *Cassia fistula*, Bark *40*

**Preparation:** About 3-4gms of the above mentioned plant parts are crushed and kept in a glass of water for about 2-3 hours.

**Dosage:** Half a cup of the extract is taken twice a day, in the morning on empty stomach and in the evening, after the meals.

xiii. Torsidi, *Dregia volubilis*, Root

Rohan, *Soymida febrifuga*, Bark

Achar, *Buchanania lanzen*, Bark

Bohorgot, *Zizyphus sp.*, Bark

Karvad, *Caseria tomentosa*, Bark

Gubita, *Acacia polycanta*, Bark *7*

**Preparation:** About 3-4gms each of the above mentioned plant parts are crushed and kept in a glass of water about 2-3 hours.

**Dosage:** Half a cup of the extract is taken twice a day, in the morning on empty stomach and in the evening, after the meals.
xiv. Kamal, *Nymphaea nouchali*, Kanth *31*

Varai, *Panicum miliaceum* Flour  
**Preparation:** A small piece of *Kamal kanth* is crushed and mixed with 3 years old *Jagari* and 3 years old *Varai* flour and cooked.  
**Dosage:** One bowl of it is to be taken once a day.

xv. Ranval, *Pteramnus labialis*, Root *32*  
**Preparation:** This root is roasted, crushed and soaked in a glass of water. The extract is removed after 10-15 min.  
**Dosage:** Half a cup of this extract is taken after every three hours.

xvi. Kumbhi, *Careya arborea*, Bark*34*  
**Preparation:** Bark is crushed well and soaked in a glass of water. The extract is removed after half an hour.  
**Dosage:** Half a cup of it is taken twice a day, in the morning on empty stomach, and at night after the meals.

xvii. Methi, *Trigonella foenumgra*, Leaves *37*  
**Preparation:** A hand full of *Methi* leaves are ground and mixed with a cup of curd.  
**Dosage:** This is consumed three times a day.
xviii. Rakath rohidi, *Tecomella undulata*, Bark *38*

**Preparation:** This bark is crushed well and soaked in a glass of water. The extract is removed after half an hour.

**Dosage:** Half a cup of it is taken twice a day, in the morning on empty stomach, and at night after the meals.

xix. Tanas, *Ougelnia dalbergiodides*, Bark

Kumbi, *Careya arborea*, Bark

Sag, *Tectona grandis*, Bark

Karunth, *Carissa carandas*, Bark

Rakath rohidi, *Tecomella undulate*, Bark

Pivan, *Costus specious*, Root

Ilaichich, *Pithecellobium dulce*, Bark *40*

**Preparation:** These plant parts are crushed and soaked together in one glass of water for about 12 hours. Then the extract is removed.

**Dosage:** Half a cup of it drunk thrice a day, in the morning, afternoon and at night.

xx. Karunth, *Carissa carandas*, Root

Waltham, *Vetiveria zizanioides*, Root *42*

**Preparation:** These plant parts are crushed, boiled in a glass of water and then the extract is removed.

**Dosage:** Half a cup of it is taken twice a day, in the morning on empty stomach, and at night after the meals.
xxi. Upersadi, *Hemidesmus indicus*, Root

Waltham, *Vetiveria zizanioides*, Root

**Preparation:** These plant parts crushed well, soaked in water for an hour. Then the extract is removed.

**Dosage:** Half a cup of it is drink twice a day, in the morning on empty stomach and in the evening after the meals

**Dosage:** Half a cup of the extract is taken twice a day, in the morning on empty stomach and in the evening, after the meals.

5.2 ACIDITY

i. Nibara, *Melia composita*, Bark

**Preparation:** About 3-4gms of the above mentioned bark is crushed and kept in a glass of water for about 2-3 hours.

**Dosage:** Half a cup of the extract is taken twice a day, in the morning on empty stomach and in the evening, after the meals.

ii. Sag, *Tectona grandis*, Root

Polas, *Butea monosperma*, Root

Koda, *Holarrhena antidysenterica*, Bark or Fruit

**Preparation:** These plant parts are crushed and soaked in a glass of water for few minutes and then the extract is removed.

**Dosage:** Half a cup of it is taken twice a day, in the morning on empty stomach, and at night after the meals.

iii. Saradana tad, *Tacca leontopetaoides*, Tuber

Bhootchamoli, *Pilostigma malabaricum*, Bark
Kali pathal, *Cylea peltata*, Bark *23*

**Preparation:** These plant parts are crushed, soaked in a glass of water for few minutes and then the extract is removed.

**Dosage:** Half a cup of it is taken twice a day, in the morning on empty stomach, and at night after the meals.

*iv. Kuda, Holarrhena antidysenterica, Bark*

Kalam, *Mitragyna parvifolia*, Bark

Upersadi, *Hemidesmus indicus*, Root

Halund kaeri, *Clematics sp.* Root

Tan (Gol leaf), *Cisampelos pareira*, Root *21*

**Preparation:** About 3-4gms each of the above mentioned plant parts are crushed and kept in a glass of water about 2-3 hours.

**Dosage:** Half a cup of the extract is taken with half teaspoon of sodium bicarbonate, twice a day, in the morning and in the evening.

5.3 GAS TROUBLE

*i. Bahava, Cassia fistula, Fruit*

Kardodi, Root *34*

**Preparation:** The outer part of *Bahava* fruit is removed then crushed with *Kardodi* root and soaked in one glass of water for about 2-3 hours. Then the extract is removed.

**Dosage:** One glass of it is drunk twice a day.
5.4 CONSTIPATION

i. Chapa, Plumaria rubra, Bark

Marchikanth, Vigna trilobata, Rhizome *35

Usage: Either Chapa bark or Marchikanth rhizome the size of a wheat grain is taken.

Dosage: Eaten once a day.

ii. Arita, Sapindus emarginatus  tender bark

Preparation: The bark is crushed well

Application: Use this as suppository

5.5 VOMITING

i. Uparsadi, Hemidesmus indicus, Leaves and Root *8

Preparation: This root is crushed well and soaked in a glass of water. The extract is removed after half an hour.

Dosage: Half a cup of it is taken twice a day, in the morning on empty stomach, and at night after the meals.

5.6 CHOLERA AND CERTAIN OTHER CONTAGIOUS DISEASES

i. Mahu, Madhuca indica, Bark *2

Preparation: This bark is crushed well and soaked in a glass of water. The extract is removed after half an hour.

Dosage: Half a cup of it is taken twice a day, in the morning on empty stomach, and at night after the meals.

ii. Shegu, Moringa oleifera, Bark

Kandol, Sterculia urens, Bark
Krvanth, *Carissa carandas*, Root

Thorunth, *Cassia tora* Bark

Kanta, *Allium cepa*, Bulb

Lesun, *Allium sativum*, Flakes *17*

**Preparation:** Equal portions of the above mentioned plant parts are crushed together and kept in a vessel of water about 2-3 hours.

**Dosage:** Half a cup of the extract is given to each person in the whole village twice a day, morning on empty stomach and in the evening, after the meals. This is done for 3-4 days.

**iii. Baphali, Acacia nilotica, Root**

Jangali Shegu, *Moringa concanensis*, Bark

Kumbhi, *Careya arborea*, Root or bark *42*

**Preparation:** Equal portions of the above mentioned plant parts are crushed and boiled in a large vessel of water for 2-3 hrs. The extract is removed and given to the whole village.

Cattle fodder is sprinkled with the extract.

**Dosage:** Half cup of it is taken thrice a day, morning on empty stomach and afternoon and at night after the meals.

**iv. Baphali, Acacia nilotica, Root**

Bhui karav, *Eranthemum roseum*, Root

Shengal, *Bauhinia racemosa*, Bark

Kalam, *Mitragyna parvifolia*, Bark

Karunth, *Carissa carandas*, Bark
Chamoli, *Piliostigma marsupium*, Bark

Kumbhi, *Careya arborea*, Bark

Nilisoti, *Dalbergia volubilis*, Root;

Bili, *Aegle marmeloes*, Bark

Sag, *Tectona grandis*, Bark

Pathal, *Dalbergia paniculata*, Bark

Polas, *Butea monosperma*, Bark *23*

**Preparation:** Equal portions of the above mentioned plant parts are crushed and boiled in a large vessel of water for 2-3 hrs. The extract is removed and given to the whole village.

Cattle fodder is sprinkled with the extract.

**Dosage:** Half a cup of it is taken thrice a day, in the morning on empty stomach and afternoon and at night after the meals.

v. Jangali Shegu, *Moringa concanensis*, Bark

Payer, *Ficus microcarpa*, Bark

Kavicha, *Mucuna pruriens*, Bark

Savar, *Bombax ceiba*, Bark

Udala, *Sterculia villosa*, Root

Kanta, *Allium cepa*, Bulb *40*

**Preparation:** Equal portions of the above mentioned plant parts are crushed and boiled in a large vessel of water for 2-3 hrs. The extract is removed and given to the whole village.
Cattle fodder is sprinkled with the extract.

**Dosage:** Half a cup of it is taken thrice a day, in the morning on empty stomach and in the afternoon and at night after the meals.

### 5.7 WORMS IN THE STOMACH

**i. Satavari, Asparagus racemosus, Roots** *4*

**Preparation:** *Satavari* roots are crushed and kept in water for few minutes and then the extract is removed.

**Dosage:** This is taken twice a day.

**ii. Vad, Ficus benghalensis, Hanging root, looks like a worm** *5*

**Preparation:** The root is crushed and soaked in a glass of water for about 10 min and little sugar is added to it.

**Dosage:** Half a cup of the extract is taken twice. For children one dose is sufficient.

**iii. Pangara, Erythrina variegata, Bark** *8*

**Preparation:** The bark is burned and mixed with coconut oil

**Application:** The oil is applied on the affected part, twice a day and is washed before going to sleep.

**iv. Kuila, Mucuna pruriens, Fruit** *38*

**Preparation:** The fibres are removed from the outer part of the fruit, and then it is mixed with Jagari

**Dosage:** It is consumed only once.

**v. Kuila, Mucuna pruriens, Fruit**

**Nimara, Melia composita, Bark**
Vad, *Ficus benghalensis*, Hanging Root *42*

**Preparation:** Equal portions of these plant parts are boiled with two cups of water and then the extract is removed.

**Dosage:** Half a cup of the extract is taken twice a day, in the morning on empty stomach and in the evening, after the meals.

*vi. Kuila, Mucana pruriens, Fruit* *8*

**Preparation:** The fibres from outer part of the fruit is scraped and boiled in milk

**Dosage:** A cup of this milk is taken twice a day, in the morning on empty stomach and in the evening, after the meals.

*vii. Kolus katta, Pos katta Asteracantha longifolia, Root* *21*

**Preparation:** Poskatta root is crushed and kept in water for few minutes and then the extract is removed.

**Dosage:** This is taken twice a day.

### 5.9 WORMS IN THE WOUND

* i. Edible shegu, *Moringa oleifera*, Bark *27*

**Preparation:** A small piece of Shegu bark is made into a paste.

**Application:** The paste is applied on the wound.

*ii. Bhokar, Cordia dichotoma, Bark* *28*

**Preparation:** The bark is crushed well and soaked in a glass of water. The extract is removed after half an hour.

**Dosage:** Half a cup of it is taken twice a day, in the morning on empty stomach, and at night after the meals.
5.10 RAINY SEASON ITCHING ON THE FEET (CHIKALI)

i. Bhui bhopad, (Mushroom) (*BN*), whole *42

**Preparation:** Then powder the dried Bhui Bhui bhopad is powdered.

**Application:** The feet are washed well with warm water and soap and the powder is applied on the feet before going to sleep.

5.11 PAIN ON THE NAIL OF THE TOE OR THE FINGER

i. Karbat, *Grewia hirsuta*, Root *10

**Preparation:** The root of Karbat is crushed and made into a paste.

**Application:** This is applied on the nil after washing the nails properly.

ii. Giloda, *Coccinia grandis*, Leaves *10

**Preparation:** Little oil is applied on Giloda leaf and is warmed.

**Application:** The affected nail is tied with it.

5.12 SLEEPLESSNESS

i. Tuver, *Cajanus cajan*, Leaf

Echan, *Acacia sp.* Leaves

Taruta, *Cassia tora*, Leaves *32

**Preparation:** Equal portions of these roots are taken and made into a paste.

**Application:** The paste is applied on the eyelids before going to sleep.

ii. Beda, *Terminalia bellirica*, Dry fruit *1

**Preparation:** The dry fruit of Beda is burned and few drops of honey are added to the ash.

**Application:** It is applied over the eyelids before going to sleep.
iii. Taruta, *Cassia tora*, Leaf *35

**Preparation:** The leaves are crushed and made paste.

**Application:** The paste is applied on the eyelids before going to sleep.

iv. Aadu, *Zingiber officinale*, Rhizome *37

**Preparation:** *Aadu* rhizome is crushed and the extract is removed.

**Dosage:** One table spoonful of this extract is mixed with one teaspoonful of honey and drunk before sleeping.

5.13 SUN STROKE

i. Kesuda, *Butea monosperma*, Flowers *9

**Preparation:** *Kesuda* flowers are boiled in one bucket of water and the water is allowed to cool.

**Application:** Bathed with it this water twice a day.

ii. Karadai, *Argemone mexicana*, Root and leaves*12

**Preparation:** The root and the leaves are crushed and soaked in water. The extract is removed.

**Dosage:** One cup of the extract is taken only once.

iii. Chich, *Tamarindus indica*, Fruit *32

**Preparation:** Water is taken in a plate (*Kasa (Metal)*), and *Chich* fruit is mixed and applied inner and the outer side of a vessel.

**Application:** The patient is allowed to lie down on the flower and then the plate is dragged from head to feet for 9 times.

iv. Nirgud, *Vitex nigundo*, Leves *42

**Preparation:** The leaves are crushed.

**Application:** The crushed leaves are kept in contact with the body.
6. EYE AND E.N.T. PROBLEMS

6.1. EYE PROBLEMS

6.1.1 WATERING IN THE EYE

i. Mokhmani Tagetes patula, Leaves *21

**Preparation:** The leaves are crushed and extract is removed.

**Application:** Two drops of it are put in each eye.

6.1.2 BLURRED VISION

i. Halund Kairi, Clematis Sp., Root *21

**Preparation:** The outer peel of cleaned root is taken out and crushed and the extract is squeezed out and collected.

**Dosage:** One or two drops are put in each eye, for two weeks.

6.1.3 WHITE DOTS IN THE EYES.

i. Ingi, Caseria tomentosa, Root

Kagadakeri, Bryonopsis laciniosa, Stem *3

**Preparation:** About 1.5 cm long Ingi root and Kagadakeri stem are tied alternately and a garland is made.

**Application:** This garland is tied on the neck till it falls down by itself.
ii. Dhamn, *Grewia tilifolia*, Twig pieces *21*

**Preparation:** Three pieces about 1.5cm long twig is tied together with a thread.

**Application:** It is tied on the ear on the same side where the eye is affected.

iii. Sag (1 year old), *Tectona grandis*, Root

Umber (1 year old), *Ficus racemosa*, Root *8*

**Preparation:** The roots are taken out without causing damage and these root are tied together with a white thread.

**Application:** It is tied on the ear close to the affected eye.

iv. Bendgul, *Dendrophthoe falcata*, Fallen stem *5*

**Preparation:** Two pieces of Bender stem, one piece from Gherandi’s (Grinder) handle piece and one piece from Khajoor broom are tied together and made a garland.

**Application:** The garland is tied on the ear close to the affected eye.

6.1.4 SORE EYES

i. Nirgundi, *Vitex negundo*, Leaves *10, *39*

**Preparation:** The leaves are crushed and the extract is removed.

**Application:** 2-3 drops are put in each eye.

ii. Papada, *Holoptelea integrifolia*, Bark

**Preparation:** The bark from the trunk is taken and crushed

**Application:** The crushed bark is held in the hand and passed through the body about 4-5 times.
6.1.5 STIES ON THE EYELIDS

i. Koda, *Holarrhena antidysenterica*, Fallen fruit *29

**Preparation:** 2cm long dry fruit of koda is taken and tie with a string on the ear, which is on same side of the affected eye.

6.2 EAR PAIN

i. Mokha velle, *Tagetes patula* Leaves *8, *10

**Preparation:** The leaves are squeezed and the extract is removed.

**Application:** One or two drops of the extract put in the ear.

ii. Mokholi, *Galgota*, *Tagetes patula* Leaves

Ashim, Bark *42

**Preparation:** Extract is taken from these plant parts.

**Application:** Two drops of this extract is put into the ear.

6.3 COLD

i. Borothada, *Sphaeranthus indicus*, Leaves *14

**Preparation:** The leaves are crushed and boiled.

**Usage:** The steam is inhaled before going to sleep.

6.4 THROAT

i. Shengal, *Bauhinia racemosa*, Leaves

Leelicha, *Cymbopogon martili*, Inflorescence *8

**Preparation:** Bedies are made by keeping *Leeicha* inflorescence in *Shengal* leaves.

**Application:** It is smoked twice in a day.
ii. Gunj, *Abrus precatorius* Leaves *16

**Preparation:** The leaves are crushed and tablets are made of it.

**Dosage:** One tablet each is taken twice a day.

iii. Garlic, *Allium sativum*, Flakes *37

**Preparation:** Into half glass of warm water one teaspoonful of Honey and 3-4 pieces of crushed Gallic are added. The mouth is gargled with it.

**Dosage:** Gargled after every meal.


**Preparation:** 2-3 seeds are crushed.

**Dosage:** The crushed seeds are eaten with *roti* twice a day.

v. Lajamani, *Mimosa pudica*, Whole plant *41

**Preparation:** These leaves are dried and made *bedi* with *Shengal* leaves.

**Application:** The *bedies* are smoked twice a day.
7. VARIOUS TYPES OF FEVERS

7.1 COMMON FEVER

i. Jarmuli, *Euphorbia hirta*, Root
Sonaru, *Achyranthes aspera*, Root
Matalabhaji, *Amaranthus*, Root*2

Preparation: Equal portions of these roots are crushed and put in half cup of water and then the extract is removed.

Dosage: Two table spoonful of the extract is taken twice in day, in the morning and in the evening.

ii. Neem, *Azadirachta indica*, Bark*2

Preparation: The bark is crushed and soaked in half a cup of water and the extract is removed.

Dosage: Two table spoonful of the extract is taken twice a day.

iii. Nirgud, *Vitex negundo*, Leaves*9

Preparation: The leaves of Nirgud are boiled

Application: The steam is inhaled before going to sleep.


Preparation: The whole plant is crushed and the extract is removed.

Dosage: The extract is taken twice a day, in the morning and in the evening.
v. Nirgundi, *Vitex negundo*, Leaves*10

**Preparation:** The leaves of *Nirgud* are boiled in a bucket of water and then it is cooled.

**Dosage:** Half a cup of it is drunk once a day, and with the rest of the water bath is taken.


**Preparation:** The root is crushed and soaked in water for some time and then the extract is removed.

**Dosage:** Half a cup of the extract is taken twice a day.

vi. Bhanguta, *Hyptis sualens* Leaves

Nirgud, *Vitex negundo*, Leaves

Nilgiri, *Eucalyptus globulus*, Leaves*24

**Preparation:** All these leaves are crushed and boiled with a bucket of water.

**Application:** Bathed with it in the morning.

vii. Bhangut, Leaves and flowers

Lilgar, *Eucalyptus globulus*, Leaves

Limbra, *Azadirachta indica*, Leaves

Sitaphal, *Annona squamosa*, Leaves

Limbu, *Citrus limon*, Leaves*41

**Preparation:** Equal portions of these leaves are crushed and boiled with a lot of water, and then it is cooled.

**Dosage:** One glass of it is drunk and the rest is used for bath. This is done for 4-5 days.
viii. Waltham, *Vetiveria zizanioides* Root
Nilichotti, *Dalbergia volubilis*, Laves
Jangali Bhendi, *Azanza lampas*, Root*7

**Preparation:** These plant parts are crushed and soaked in water for about an hour and the extract is removed.

**Dosage:** One tablespoon full extract is drunk thrice a day; in the morning on empty stomach in the afternoon and night after the meals. This treatment is continued for a week.

ix. Sonaru, *Achyranthes aspera*, Root*42

**Preparation:** The root of Sonaru is collected

**Application:** The root is tied on the neck for few days.

7.2 CHICKEN POX


Rocha, *Cymbopogon martinii*, Oil*2

**Preparation:** Equal portions of these plant parts are crushed and boiled with tea.

**Dosage:** This tea is taken thrice a day.

ii. Kahndol, *Sterculia urens*, Leaf

Kavicha, *Mucuna pruriens*, Leaf*14

**Preparation:** These plant parts are boiled

**Dosage:** The body is covered with a thick bed sheet and the steam is applied.
iii. Kali pishrund, Kirganelia recticulata, Root

Moka, Schrebera swietenioides, Bark*24

Preparation: Equal portions these plant parts are crushed and soaked in water for about an hour and the extract is removed.

Dosage: One table spoonful extract is drunk thrice a day; in the morning on empty stomach in the afternoon and at night after the meals. This treatment is continued for a week.

iv. Karanj, Pongamia pinnata, Leaf*41

Preparation: One and half leaf is crushed and boiled with one glass of water.

Dosage: Half glass of it is drunk twice a day, for 3 days.

v. Chav, Ensete superbum, Seeds

Kumbhi, Careya arborea, Leaves

Vas, Babusa Arundinacea, Leaf*42

Usage: These three things are burned together

Application: The smoke is applied on the patient after being covered with a thick bed sheet.

vi. Chav, Ensete superbum, Seeds

Sitaphal, Annona squamosa, Seed*9

Preparation: These seeds are burned

Application: The smoke is applied on the patient after being covered with a thick bed sheet.
7.4 MEASLES

i. Kadantha, *Carissa carandas*, Root *3*

**Preparation:** The root is crushed and kept in a glass of water for some time and the extract is taken out.

**Dosage:** A glass of the extract is drunk twice a day.

7.5 CHOLERA & PREVENTION FROM CONTAGIOUS DISEASES

i. Mahu, *Madhuca indica*, Bark *2*

**Preparation:** The bark is crush and kept in water for a day.

**Dosage:** Half a cup of it is drunk early in the morning on empty stomach and in the evening after the meals.

ii. Shegu, *Moringa oleifera*, Bark

Kandol, *Sterculia urens*, Bark

Krvanth, *Carissa carandas*, Root

Kanta, *Allium cepa*, Bulb

Lesun, *Allium sativum*, Flakes *17*

**Preparation:** A crushed mixtures of all the above plant parts are boiled with water in a large vessel

**Dosage:** The whole village (both man and cattle) is made to drink the extract.
iii. Jangali Shegu, *Moringa concanensis*, Bark  

*Kumbhi, Careya arborea, Root/ bark* *42*

**Preparation:** Equal portions of the plant parts are crushed and boiled in water for 2-3 hrs. and the extract is removed. All the people in the village are to drink it. For the Cattle, the extract is sprinkled the fodder.

**Dosage:** Taken thrice a day, in the morning on empty stomach and in the afternoon and at night after the meals.

iv. Baphali, *Acacia nilotica*, Root  

*Bhui karav, Eranthemum roseum* Root  

*Shengal, Bauhinia racemosa*, Bark  

*Kalam, Mitragyna parvifolia*, Bark  

*Karunth, Carissa carandas*, Bark  

*Chamoli, Pilostigma foveolatum*, Bark  

*Kumbhi, Careya arborea*, Bark  

*Nilisoti, Dalbergia volubilis*, Root;  

*Bili, Aegle marmeloes*, Bark  

*Sag, Tectona grandis*, Bark  

*Pathal, Dalbergia paniculata*, Bark  

*Polas, Butea monosperma*, Bark *23*

**Preparation:** Equal portions of all these plant parts are crushed and boiled together in water in a large vessel for few hours.

**Dosage:** The whole population the village is made to drink the broth twice daily.
v. Jangali Shegu, *Moringa concanensis*, Bark

Payar, *Ficus microcarpa*, Bark

Kavicha, *Mucuna pruriens*, Bark

Savar, *Bombax ceiba*, Bark

Udala, *Sterculia villosa*, Root

*Kanta, Allium cepa*, Bulb *40*

**Preparation:** The above mentioned plant parts are collected in large quantity, crushed and boiled in water in a big vessel.

**Dosage:** The whole population the village is made to drink the broth. Also it is sprinkled on the fodder for the animals.

This is done twice a year: 1) April-May, the very hot season, 2) June-July the rainy season.

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**7.6 FALLING SICK AFTER GOING TO THE FOREST**

*i. Bhoot Jad, Ailanthus excelsa*, Bark *2*

**Preparation:** The bark is crushed and put it in water and kept for some time.

**Dosage:** The patient is made to drink half a cup of the extract.
8. SKIN DISEASE

8.1 ECZEMA, ALLERGY

i. Sadad, *Terminalia crenulata*, Bark

Naliyer, *Cocos nucifera*, Oil *10*

**Preparation:** A piece of bark is crushed.

**Application:** The crushed piece of the bark is tied on the affected part after applying little coconut oil on the affected part.

ii. Karvad, *Carissa carandas* Bark *20*

**Preparation:** A small branch of *Karvad* is cut a 1.5 cm long piece of it is taken. The inner core from the piece is removed without breaking the outer bark, so that it looks like a ring.

**Application:** This ring is tied on the neck or on the ear for a day.

iii. Morvel, *Clematis hedisarifolia*, Leaves *21*

**Preparation:** Some leaves are crushed and the juice is extracted.

**Application:** The juice is applied on the affected part 2-3 times a day. Care should be taken to apply only on the affected part.

iv. Pishrun, *Kirganelia recticulata* Bark

Coconut, *Cocos nucifera*, Oil *31*

**Preparation:** A paste is made of *kalipishrun* bark and it is mixed with coconut oil.

**Application:** The affected part is washed with warm water and the paste mixed with coconut oil is applied twice daily.
v. Veernakh, *Martynia annum*, Seed *34*

**Preparation:** Oil is extracted from the seeds by distillation.

**Application:** The oil is applied on the affected part twice a day.

vi. Kharsing, *Radermachera xylocarpa*, Bark

Varan, *Kydia calycina*, Bark

Goda (Sing), *Arachis hypogaea*, Oil *35*

**Preparation:** About half a kilo of the bark fried in one kg. of groundnut oil. When the bark turns dark brown it is taken out. The oil is allowed to be cold and then collected and preserved in a bottle.

**Dosage:** One teaspoonful of the oil is drunk. Some oil is to be applied on the affected skin.


Sing, *Arachis hypogaea*, Oil *36*

**Preparation:** The inner portion of the bark is fried in groundnut oil and the oil is collected and cooled.

**Application:** The oil is applied on the affected part as well as a teaspoonful of it drunk.

viii. Bhui umber, *Ficus hispida*, Latex *38*

**Application:** The latex of *Bhui umber* is collected by making an incision on the bark. The latex can be stored..

**Application:** Applied on the affected part 2-3 times a day.
ix. Mendi, *Lawsonia inermis*, Leaves

Mogra, *Clerodendrum fragrans*, Leaves

Kevada, *Canna indica*, Leaves

Sitaphal, *Annona squamosa*, Leaves *39*

**Preparation:** A hands full of these leaves are crushed and made into a paste.

**Application:** The paste is applied on the affected part and is bandaged.

x. Bhoot Jad, *Ailanthus excelsa*, Bark *41*

**Preparation:** A piece of the bark is crushed well and made into a paste.

**Application:** The paste is applied on the affected part.

xi. Sadad, *Terminalia crenulata*, Bark

Naliyer, *Cocos nucifera*, Oil *10*

**Preparation:** A piece of the bark is crushed well.

**Application:** The crushed piece of the bark is tied on the affected part after applying little oil on the affected part.

xii. Bhoot Jad, *Ailanthus excelsa*, Bark *24*

**Preparation:** A paste is made of the bark.

**Application:** The paste is applied on the face once.
8.2 SCABIES

i. Gokhada, Leonotis nepetifolia, Flower *9

Preparation: Some flowers are collected and burned, the ash is mixed with coconut oil.

Application: The paste is applied on the scabies.

ii. Kareng vel, Derris scendens, Fruit

Kosimb, Schleichera oleosa, Fruit *21

Preparation: The fruits are distilled together and the oil is taken out of it.

Application: This oil is applied twice or thrice a day on the scabies.

iii. Kardai, Argemone mexicana, Seeds

Karund, Carissa carandas, Root *24

Preparation: These plant parts are crushed together and made into a paste.

Application: and apply on the scabies.

iv. Vad, Ficus benghalensis, Latex

Kutterpath, Morinda tomentosa, Root *37

Preparation: The root is crushed with adding some water to it and the extract is collected, and Vad latex is added to it.

Dosage: One table spoonful of it is taken twice a day, in the morning on empty stomach and in the evening after the meals.
iv. Bhootiyachamoli, *Piliostigma foveolatum*, Bark *27*

**Preparation:** About 5gms. of the bark is taken and burned and the ash is mixed with coconut oil.

**Application:** The paste is applied twice a day.

v. Bhondar, *Lagerstroemia parviflora*, Branch

Coconut, *Cocos nucifera*, Oil *4*

**Preparation:** Small dried branches of bondar are burned and the ash is mixed with coconut oil.

**Application:** The paste is applied on the scabies.

vi. Gokhadu (Masu), *Leonotis nepetifolia*, Flowers *14*

**Preparation:** 1) The flowers burned and the ash is mix with coconut oil.

2) The Flowers are crushed the extract is taken.

3) *Beedies* are made with crushed flowers rolled in *shengu* leaves.

**Application:** The paste/extract is applied on the affected parts and the *beedi* smoked.

8.3 BURNS

i. Karphot, *Aloe vera*, Gel *4*

**Preparation:** Karphot gel is collected.

**Application:** The gel is applied on the affected part gently, every half an hour.
ii. Aashi, *Ventilago denticulata*, Bark *13

**Preparation:** The bark is crushed into a paste.

**Application:** The paste is applied on the burned part.

iii. Nilisoti, *Dalbergia volubilis*, Leaves *14

**Preparation:** The leaves are crushed and the juice is extracted and warmed. The warmed juice is kept for 5 to 6 hrs.

**Application:** Applied on the affected part.

iv. Nilisoti, *Dalbergia volubilis*, Leaves

*Mahuda, Madhuca indica, Phool daru* *40*

**Preparation:** The leaves are crushed and the extract is taken out.

**Application:** The burned part is washed with the *mahuda phooldaru*. Then the cold extract of *Nilisoti* is applied.

8.4 LEPROSY

i. Bhui umbri, *Ficus hispidia*, Fruit latex *14*

**Preparation:** The fruit latex is collected.

**Application:** Applied on the affected part.

8.5 LUKODERMA

i. Kandol, *Sterculia urens*, Bark *38*

**Preparation:** The bark is burned and the ash is mixed with coconut oil.

**Application:** Applied on the affected part.
9. SWELLINGS, BLISTERS, BOILS

i. Chich, *Tamarindus indicum*, Leaves *2

**Preparation:** The leaves are crushed made into a paste.

**Application:** The paste is applied on the affected part.

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ii. Sivan, *Gmelina arborea*, Bark

Tettu, *Oroxylum indicum*, Bark

Safed Bondar, *Lagerstroemia lanceolata*, Bark

Bili, *Aegle marmelos*, Leaves

Pandvel, *Cissus repanda* Leaves

Chapa, *Plumaria rubra*, Bark *40*

**Preparation:** These plant parts are crushed and left in one glass of water for about 12 hours. Then the extract is removed.

**Dosage:** Half a cup of it is taken twice a day, in the morning on empty stomach, in the afternoon and at night after the meals.

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iii. Tetu, *Oroxylum indicum*, Bark *2*

**Preparation:** 1) The bark is crushed into a paste. and apply all over the body.

2) Some crushed bark is kept in water for a day.

**Dosage:** The paste is applied all over the body. Half a cup of extract is drunk early in the morning on empty stomach and in the evening after the meals.
iv. Tetu, *Oroxylum indica*, Bark

Karanj, *Pongamia pinnata*, Bark

Mahu, *Madhuca indica*, Bark

**Preparation:** All these barks are crushed and boiled with some water. The mouth of the vessel is tied to prevent the steam from escaping.

**Application:** The body of the patient is covered with a bed sheet and the steam is let into the cover and the body is steamed, the steam is also inhaled.

v. Mahuda, *Madhuca indica*, Bark

Adsa (Bhoot jad), *Adina cordifolia*, Bark

**Preparation:** The barks are crushed and put in bathing water.

**Application:** Bath is taken with the water.

vi. Sadad, *Terminalia crenulata*, Bark

Kalam, *Mitragyna parvifolia*, Bark

Sag, *Tectona grandis*, Bark

Tivis, (BN?) Bark

Sagar gotta, *Caesalpinia coriaria*, Seed

Gunj, *Abrus precatorius*, Root

Vati, *Helicteres isora* Fruit

**Preparation:** All the above plant parts are crushed and put in water for about an hour.

**Dosage:** One cup of the extract is drunk once.
vii. Karanj, *Poangama pinnata*, Bark

Bhutiya aland, *Cassine glauca*, Bark

Chamol, *Piliostigma foveolatum*, Bark*24*

**Preparation:** Equal portions of these plant parts are crushed and boiled in water.

**Application:** The whole body is covered with a bed sheet and is steamed with the steam from the boil.

viii. Rakath rohidi, *Tecomella undulata*, Bark

Roicha, *Cymbopogon martili*, Inflorescence

Jangali Shegu, *Moringa concanensis*, Root/ Bark*27*

**Preparation:** About 5gms each of the above mentioned plant parts boiled it in a big vessel with water.

**Dosage:** Half a cup of it is drunk twice a day and the rest of the water is used for taking bath. This is done for about two or three days.

ix. Kalkuti, *(BN?)*, Rhizome*28*

**Preparation:** About 3-4gms of the rhizome is crushed and kept in one glass of water for about 2-3 hours.

**Dosage:** Half a cup of the extract is drunk twice a day, in the morning on empty stomach and in the evening after the meals.
x. Tettu, *Oroxylum indicum*, Bark

Choki Bendi, *Hibiscus esculentus*, Root *39*

**Preparation:** These plant parts are crushed and a glass of water is added to it and extract is removed.

**Dosage:** One table spoonful of the extract is drunk twice a day; in the morning on empty stomach and in the evening after the meals. This treatment is continued for a week.

xii. Chich, *Tamarindus indica*, Leaves

Nilgiri, *Eucalyptus globulus* Leaves *32*

**Preparation:** These leaves are crushed gently and put it in the bathing water.

**Application:** Bath is taken with it.

xiii. Tettu, *Oroxylum indicum*, Bark *37*

**Preparation:** The bark is crushed and made warm.

**Application:** The painful part is pressed with it.

9.1 ULCER

i. Ashivel, *Ventilago denticulata*, Root

Shengal, *Bauhinia racemosa*, Root *11*

**Preparation:** The extract is obtained by crushing all these roots and mixing it with soda or lemon juice.

**Dosage:** Half a cup to three times a day.
ii. Vagat, Capparis zeylanica, Bark

Bahva, Cassia fistula, Seeds *31

Preparation: Equal parts of the above mentioned plant parts are taken and crushed well. It is soaked in water for about an hour and the extract is removed.

Dosage: Taken thrice daily, early in the morning on empty stomach, in the afternoon and at night after the meals.

9.2 BLISTER IN THE MOUTH

i. Pishav burandu, Cyathochine purpurea Whole plant *3

Preparation: The plant is well crushed

Dosage: The whole crushed matter is eaten.

ii. Kosim, Schleichera oleosa, Seed-oil *15

Preparation: Oil is extracted from Kosim seeds.

Application: Kosim oil is applied in the mouth when having blisters.

9.3 BIG BOILS ON THE BODY

i. Sakhriya, Ipomoea batatas, Latex

Dhudari, Euphorbia hirta, Latex *8

Preparation: Both the latexes are mixed together.

Application: The mixture is applied on the boil. Early stages are easy cured.
**ii. Dudari, *Euphorbia hirta*, Latex *24**

**Preparation:** The latex of *Dudari* is collected.

**Application:** The latex is applied on the boils.

**iii. Mendvel, *Cryptolepis buchanani*, Latex *24**

**Preparation:** The latex of *Mendvel* is collected.

**Application:** The latex is applied on the boil.

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### 9.3.1 BOILS ON THE HEAD

**i. Ranmohari, *(BN?)* Fruit & Leaves *26**

**Preparation:** One gram each of both the fruit and the leaf are crushed and mixed with coconut oil.

**Dosage:** The head is washed with warm water and the mixture is applied twice daily.

### 9.3.2 BIG BOILS ON THE NECK

**i. Naliyeri, *(BN?)* Root

**Vari, *Panicum miliaceum*, Flour *32***

### 9.3.3 BOILS IN THE STOMACH

**i. Nalagut, *Urgenia indica*, Bulb *35***

**Preparation:** The *Nalagut* bulb is cut into two pieces and is warmed.

**Usage:** The warmed bulb piece is pressed on the stomach. Also a small piece of the *Nalagut* bulb is eaten every day. This is done for about a month.
9.3.4 BOILS UNDER THE ARM (PATA ROG)

i. Lag pan, Bryophyllum calycinum, Leaf *31

**Preparation:** A leaf is warmed

**Application:** The boil is pressed with these warm leaves.

9.4 PIMPLES

i. Hado, Terminalia chebula, Seed *10

**Preparation:** Some seeds are crush and made into a paste.

**Application:** The paste is applied on the affected part.

ii. Savar, Bombax ceiba, Thorns

Jambuda, Syzygium cumini, Seeds

**Preparation:** Equal portions of the above mentioned plant parts are made into a paste and mixed with milk cream.

**Application:** The past is applied on the pimples before going to sleep. It is done for a couple of weeks.

9.5 MUMPS

i. Karbat, Grewia hirsuta, Root *8

**Preparation:** The root is grinded till it became sticky.

**Application:** Applied externally on the neck 2-3 times

ii. Umbar, Ficus racemosa, Latex *1

**Usage:** The latex is applied over the affected part.
10. PILES

i. Mokha, *Schrebera swietenioides* Fruit *8*

**Preparation:** The fruit is burned and the ash mixed with coconut oil.

**Application:** The paste is applied on the affected part two to three times.

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**ii. Safedsag, Cleodendron saratium** Bark *14*

**Usage:** One gram of the bark is consumed two times a day.

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**iii. Kaju, Anacardium occidentale, Seed** *21*

**Preparation:** The seed is burned and powdered.

**Application:** The powder is applied on the affected part twice a day for three to four days.

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**iv. Bahava, Cassia fistula, Leaves** *32*

**Preparation:** Few leaves of Bahava are crushed and the juice is extracted.

Application: The extract is applied on the piles about 3-4 times a day.

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**v. Sadada, Terminalia crenulata, Bark** *37*

**Preparation:** A piece of the bark is crushed and made into a paste

**Application:** The paste is applied on the affected part.
11. LUMPS

11.1 LUMP ON THE NECK OR EAR (CHOKIPUI)

i. Kalkuti, *(BN?)*, Root

Hivir, *(BN?)*, Bark *3

Usage: Both the plant parts are crushed together into a mixture and eaten.

ii. Harekanth, *(BN?)*, Rhizome *6

Preparation: A piece of the rhizome is made into a paste.

Application: The paste applied on the affected part.

11.2 LUMPS IN THE STOMACH

i. Chitra, *Plumbago zeylanica*, Root *19*

Preparation: The root is crushed and put in one glass of soda.

Dosage: Taken thrice a day; in the morning on empty stomach, in the afternoon and evening after the meals. If the patient is very weak instead of soda water is used.

ii. Guvita, *Acacia polycanta*, Bark *42*

Preparation: The bark is crushed and boiled with two cups of water and the extract is removed.

Dosage: Taken thrice a day, in the morning on empty stomach, in the afternoon and at night after the meals.
iii. Nalakkanth, *Urgenia indica*, Bulb *2*

**Preparation:** The bulb is cut horizontally and roasted.

**Application:** Roasted bulb piece is eaten by the patient and also a piece is pressed on the stomach.

iv. Bendvel on Dhaman, *Viscum articulatum* on *Grewia tiliifolia*,

Whole plant

Vari, *Panicum miliaceum*, Grains *8*

**Preparation:** Bendvel is dried and powdered and the Varai grains are roasted and powdered. Both the powders are mixed.

**Dosage:** Taken two spoonful of this mixture along with alcohol (Mahuda).

12. PARALYSIS

i. Bedvel on Khati, *Dendrophthoe falcata* on *Acacia ferruginea*, Whole plant *14*

**Preparation:** The Bendvel is crushed made paste. Also the extract is removed from the leaves.

**Dosage:** Half a cup of the extract is drunk twice in a day.

Application: The paste is applied on the body

ii. Borothoda, *Sphaeranthus indicus*, flower *21*

Preparation: The flowers are added to pigeon flesh and cooked.

iii. Karadai, *Argemone mexicana*, Root *32*

**Preparation:** Kardai root is added to Pigeon meat and cooked.

**Dosage:** This is eaten twice.
iv. Neelgiri, *Eucalyptus tereticornis*, twigs *2*

**Preparation:** Nilgiri Leaves are collected and made a broom.

**Application:** The patient is dusted with these leaves.

### 13. EPILEPSY (KHECH)

i. Bendguil on sadada, *Dendropthoe falcata on Terminalia crenulata*, Leaves *42*

**Preparation:** These leaves are collected and boiled with two cups of water and the extract is removed.

**Dosage:** Half cup of it is taken thrice a day, morning on an empty stomach, afternoon and at night after the meals.

### 14. JAUNDICE

i. Nili choti, *Dalbergia volubilis*, Leaves *3*

**Preparation:** The leaves of Nilichoti are crushed and the extract is removed.

**Dosage:** The extract is taken twice a day, morning on an empty stomach and in the evening after supper.

ii. Guvita, *Acacia polyacantha*, Bark;

Bivla, *Pterocarpus marsupium*, Bark*3*

**Preparation:** These barks are crushed and soaked in water for 2hrs, and the filter is collected.

**Dosage:** Half cup of it is taken twice a day, morning on an empty stomach and in the evening after supper.
iii. Chav, *Ensete superbum*, Sap from the cut loom*3

**Preparation:** The loom of *Chav* is cut and its sap is collected a vessel.

**Dosage:** One teaspoonful of it is taken twice a day, morning and in the evening.

iv. Chav, *Ensete superbum*, Sap from the cut loom;

**Pavuta, Costus speciosus, Cane*6**

**Preparation:** The loom of *Chav* is cut and its sap is collected a vessel.

**Dosage:** One teaspoonful of it is taken twice a day, morning and in the evening. After each dose eat 3 inch long *Pevuta* stem.

v. Sugar cane, *Sacharum officinarum*, Cane;

**Kumedio (Tuveria), Cassia tora, Tender leaves;**

**Dathura, Datura metel, Tender leaves*9**

**Preparation and application:**

1. The sugar cane into small pieces and kept it in the open air at night that the dews are fallen on it. The sugarcane pieces are chewed early in the morning on an empty stomach.

2. Tender leaves of Dhatura are crushed and made paste and kept on the head for three days. Body bath is taken twice in a day.

3. Tender leaves of *Tuveria* are crushed and the extract is removed.

**Dosage:** Half cup of the extract is taken twice a day.
Tetu, *Oroxyllum indicum*, Bark;  
Sag-*Tectona grandis*, Bark;  
Haldava, *Adina cordifolia*, Bark;  
Polas, *Butea monosperma*, Bark*10*

**Preparation:** All these mixtures are crushed and kept in water for few hours and then the extract is removed.

**Dosage:** Half cup of the extract is taken twice a day.

**Application**

Saslani guchadi, *Asparagus racemosus*, Root*10*

Fleshy root is tied tightly onto the neck for about a week.

Tetu, *Oroxyllum indicum*, Bark  
Tarut, *Cassia tora*, Root  
Chokachik *Sida sp.*, Root  
Kardhaman, *Grewia hirsute*, Root*13*

**Preparation:** All these plant parts are crushed and soaked in water and the extract is removed.

**Dosage:** Half a cup of the extract is taken twice a day, in the morning and in the evening.
viii. Bivla, *Pterocarpus marsupium*, Bark;

Khumbi, *Careya arborea*, -Bark;

Inka, *Caceria tomentosa*, Leaves;

Bendvel-dhaman, *Viscum articulatum on Grewia tiliifolia*, Whloe plant*14

**Preparation:** All these plant parts are crushed and soaked and boiled with a bucket of water.

**Dosage:** Half a cup of the extract is taken twice in a day, in the morning and in the evening. The rest of the water is used for bath after cooling it.

*Bivla stickes* are smoked.

ix. Nilisoti, *Dalbergia volubilis*, Leaves;

Taruta, *Cassia tora*, Root*21

**Preparation:** Equal portions of these plant parts are crushed and the extract is removed.

**Dosage:** Half cup of the extract is taken twice a day, morning on an empty stomach, evening after the meals. This is continued up to a week.

x. Nilisoti, *Dalbergia volubilis*, Leaves*39

**Preparation:** The leaves warmed and crushed and the extract is removed; The extract is made solid by cooling it.

**Dosage:** One Tablespoonful is taken twice a day, morning on an empty stomach and in the evening after the meals. This is continued for up to a week.

xi. Choki Bendi, *Hibiscus esculentus*, Root; *23

**Preparation:** The roots of the aove mentioned plant partis is crushed and soaked in water for an hour and the the extract is removed.
**Dosage:** Half cup of the extract is taken thrice daily, morning before the meals, after noon and night after the meals.

**xii. Kosim Schleichera oleosa-Bark**

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** Take one tablespoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

**xiii. Tettu, Oroxylum indicum, -Bark**

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** Take one tablespoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

**xiv. Kamal, Nymphaea nouchali, Rhizome**

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** Take one tablespoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

**xv. Choki bendi, Hibiscus esculentus, Root**

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.
**Dosage:** Take one tablespoonful twice a day; morning on an empty stomach and evening after the meals. After each doze the urine is checked. This should be continued till the yellow colour in urine is disappeared.

*xvi. Saslani guchadi, Asparagus racemosus, Root*\textsuperscript{11}

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** Take one tablespoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

*xvii. Safed Musali, Chlorophytum borivilianum, Fleshy root, Saslani guchadi, Asparagus racemosus, Root*\textsuperscript{37}

**Preparation:** 2-3 fleshy roots are crushed and boiled with milk and drank.

3 hours later, two fleshy roots of shevur are crushed and soaked in a glass of water for about 10 min. and the extract is removed and drunk.

**Dosage:** This procedure is done morning and evening for up to a week.

*xviii. Sinti, Phoenix sylvestris, Soft stem

Neelgiri Eucalyptus tereticornis, Bark;

Babhali, Acacia nilotica, Root*\textsuperscript{1}

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** Take one tablespoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.
15. CANCER

i. Arjun Sadad. *Terminalia arjuna*, Bark

Bivala *Pterocarpus marsupium*, Bark

Polas, *Butea monosperma* Bark *9*

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water over night, and then the extract is removed.

**Dosage:** Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

16. WOMEN’S PROBLEMS

16.1 EXCESS BLEEDING AND IRREGULAR MENSTRUATION

i. Kesuda, *Butea monosperma*, Root

Bhara, *Atylosia platicarpa*, Root

Kumbhi, *Careya arborea*, Bark

Kandol, *Sterculia urens*, Bark

Sag, *Tectona grandis*, Bark

Bhoker, *Cordia dichotoma*, Bark *1*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.
ii. Madhud, *Lannaea coromandelica*, Bark

Kakad, *Garuga pinnata*, Bark

Tettu, *Oroxylum indicum*, Bark

Pathal, *Dalbergia paniculata*, Bark

Aran, *Ricinus communis*, Root

Harkada, (BN?), Root

Kumbhi, *Careya arborea*, Bark

Bivla, *Pterocarpus marsupium*, Bark *7*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

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iii. Biyo, *Pterocarpus marsupium*, Gum and Bark

Rakarhrohdhi, *Teomella febrifuga*, Bark

Nilisoti, *Dalbergia volubilis*, Bark

Gunti, *Cordia dichotoma*, Bark *19*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.
iv. Sivan, *Gmelina arborea*, bark

**Bhotiya aranth, Cassine glauca, Root**

**Bivla, Pterocarpus marsupium, Bark** *17*

**Preparation:** The mixture is dried and powdered.

**Dosage:** Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

v. Aashi, *Ventilago denticulata, Root* *12*

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

vi. Jadla Lasunth, *Vanda roxburghii, Ariel root*

**Bendgul, Dendrophthoe falcata, Twigs**

**Sadad, Terminalia crenulata, Bark**

**Mahu, Madhuca indica, flower shed at night Bark**

**Modsing, Dolicichandrone falcata, Bark** *3*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after 12 hours.

**Dosage:** Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

- Each time fresh mixture is prepared.

Bivula vel, *Millettia racemosa*, Bark

Tettu, *Oroxylum indicum*, Bark

Madhl, *Lannaea coromandelica*, Bark with Gum *5

**Preparation:** The above mentioned plant parts are crushed and boiled in a glass of water, and the extract is removed and stored in bottles.

**Dosage:** One table spoonful of it is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

viii. Ranval, *Pteramnus labialis*, Roots’ bark *8

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after 12 hours.

**Dosage:** One table spoonful of it is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

ix. Arjun Sadad, *Terminalia Arjuna*, arjun-Bark

Bivala, *Pterocarpus marsupium*, Bark

Polas, *Butea monosperma*, Bark *9

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, over night and then the extract is removed.

**Dosage:** Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.
x. Thevura, *Cassia tora*, Root *23*

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** Half cup of the extraction is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xi. Rui, *Calotropis gigantea*, Flower*24*

**Preparation:** These roots are crushed and made into a paste and made *Roti* out of this paste. **Dosage:** One *Roti* each is taken twice a day.

xii. Kumbhi, *Careya arborea*, Bark

Echan, *Acacia* sp., Bark

Polas, *Butea monosperma*, Bark

Pavuta, *Costus speciosus*, Rhizome

Chamoli, *Piliostigma foveolatum*, Bark *26*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xiii. Devkurudu, *Cilosia cristata*, Root

Arani, *Ricinus communis*, Root*28*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.
Dosage: Half cup of the extract is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xiv. Polas, *Butea monosperma*, Bark

Karund, *Carissa carandas*, Bark

Bondar, *Lagerstroemia parvifolia*, Bark *28*

Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xv. Jambuda, *Syzygium cumini*, Bark

Dhamada, *Grewia tiliifolia*, Bark *29*

Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

Dosage: Take one cup of the extract twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

- Oily food should be avoided during the treatment.

xvi. Umber, *Ficus racemosa*, Latex

Bivula, *Pterocarpus marsupium*, Bark*29*30

Application: *Bivula* bark is chewed with umber latex.

Dosage: This has to be taken in the morning on an empty stomach and in the evening, after the meals.
xvii. Choki bhendi, *Hibiscus esculentus*, Root

Pipal on Polas, *Ficus religiosa* on *Butea monosperma*, Bark

Bivla, *Pterocarpus marsupium*, Gum/Bark

Kumbiya, *Careya arborea*, Bark*35*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xviii. Sag, *Tectona grandis*, White leaf

Umber, *Ficus racemosa*, Latex *32*

**Preparation:** Sag or Teak wood leaf is washed and the water is collected in a glass of water. Few drops of Umber latex and crushed Tivis bark is added to this water.

**Dosage:** Half cup of it is taken twice daily, morning on an empty stomach, evening after the meals.

xix. Savar, *Bombax ceiba* Bark

Polas, *Butea monosperma*, Bark *33*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.
xx. Rakath rohidi, *Tecomella febrifuga*, Bark

Chilar, *Acacia pinnata*, Bark

Kumbhi, *Careya arborea*, Bark

Safed Bondar, *Lagerstroemia lanceolata*, Bark

Sardanatad, *Tacca leontopetaloides, Tuber* *40*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xxi. Bhootjad, *Ailanthus excelsa*, Bark

Ranval, *Pteramnus labialis, Root* *41*

**Preparation:** These plant parts are crushed and warmed.

**Application:** These warmed pant parts are tied on to the stomach.

xxii Rakathrohidi, *Tecomella febrifuga*, Bark

Devakuradu, *Cilosia cristata, Root* *41*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.
Ranval, *Pteramnus labialis*, Root *34

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

### 16.2 WHITE DISCHARGE

**i. Devambadi Hibiscus cannabinus, Root *8**

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of this extract is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

**ii. Bili, Aegle marmelos, Bark *8**

**Preparation:** The above mentioned plant part is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

**iii. Madhul, Lannaea coromandelica, Bark**

**Barik Polas, Butea monosperma, Root *23**

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.
iv. Kandol, *Sterculia urens*, Bark

*Bivula, Pterocarpus marsupium, Gum/ bark* *32*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One cup of it is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

v. Tagari, *Tabernaemontana divaricata*, Bark*41*

**Preparation:** The above mentioned bark is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

vi. Arjun Sadad, *Terminalia arjuna*, Bark

*Bivala, Pterocarpus marsupium, Bark*

*Polas, Butea monosperma, Bark* *9;*

**Preparation:** The above mentioned Barks are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

vii. Saslanagugadi, *Asparagus racemosus*, Roots *20*

**Preparation:** This root is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.
16.3 PAIN DURING MENSTRUATION

i. Bhootjad, Ailanthus excelsa, Bark

Chamoli, Piliostigma foveolatum Bark *8

**Preparation:** These barks are crushed and soaked in a glass of water, and the extract is removed after one hour.

**Dosage:** Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

ii. Kandoli, Sterculia urens, Gum;

Isabgol, Plantago indica, Whole plant*9

**Preparation:** Equal amount of these plant parts are crushed and one spoon of the extract is added to a cup of milk.

**Dosage:** Twice in a day, morning on an empty stomach and at night before going to bed.

16.4 STERILITY IN WOMEN

i. Nadkkant, Urginea Indica, Bulb *8

**Preparation:** This bulb is crushed and soaked in a glass of water, and the extract is removed after one hour.

**Dosage:** One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.
ii. Sevara, *Asparagus racemosa*, Roots

*Mirch, Capsicum annuum, root* *2*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after twelve hours.

**Dosage:** Two table spoonfuls are taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

iii. Kuda, *Holarrhena antidysenterica*, Bark

*Kalam, Mitragyna parvifolia*, Bark

*Upersadi, Hemidesmus indicus*, Root

*Halund kaeri, Clematiss sp.*, Root

*Tanvelo, Cissampelos pareira*, Root *21*

**Preparation:** Equal amount of this plant parts (1:1:1:1:1:1) are dried in shade and powdered and stored.

**Dosage:** One teaspoonful of this powder is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

During this treatment non-veg., ghee or oily food should be avoided.

This treatment is continued up to 5-6 months.

16.5 ENHANCING LACTATION

i. Sabar (Thor), *Euphorbia caducifolia*, Stem *8*

**Preparation:** One piece of this cactus is roasted and the outer layer is removed.

**Dosage:** This is taken twice a day along with meals.
ii. Bhootjad, *Ailanthus excelsa*, Bark

**Mokha, Schrebera swietenioides, Bark**

**Bhotaposa, Cassine gluaca, Bark**

**Nagali, Eleusine coracana, flour**

**Preparation:** Equal portions of these barks are crushed and 2-3 table spoonful extract is mixed with **Nagali** soup and drunk.

**Dosage:** One cup of soup is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

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ii. **Rui, Caloropis gigantea Root**

**Preparation:** Crush about 5gms of *Rui* root and keep it in a glass of water for about an hour. Filter it and take the extract.

**Dosage:** Half cup of the extracts taken thrice daily, morning before the meals, after noon and night after the meals.

iv. **Siris, Albizia lebbeck, Leaves**

**Preparation:** Siris leaves are collected.

**Application:** 5 - 6 leaves are eaten for a week.

v. **Nagli, Eleusine coracana, Flour**

**Preparation:** All these mixtures are crushed well and added to *Nagli* porridge.

**Dosage:** One cup of this porridge has to be taken twice in a day, for a week.
16.6 BREAST ABSCESS

i. Bhirui, *Calotropis gigantea*, Root *2

**Preparation:** This root is crushed and made paste.

**Application:** The paste is applied on the affected part.

ii. Karbat, *Grewia hirsuta*, Root *21

**Preparation:** This root is crushed and made paste.

**Application:** The paste is applied thrice in a day on the affected part.

iii. Borothda, *Sphaeranthus indicus*, flower *21

**Preparation:** This flower is crushed and mixed with crab, roasted.

**Dosage:** It is taken twice in a day.

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16.7 LUMPS ON THE UTERUS

i. Dhorsidi, *Dregea volubilis*, Bark *10

**Preparation:** Dhorsidi’s bark is dried and powdered and stained with a strainer.

**Dosage:** Half tea spoon of this powder is taken twice in a day for 3-4 months.

Precaution: During this medication non-vegetarian food and oily food should be avoided.

ii. Sardana tad, *Tacca leontopetaloides*, Tuber

*Nagli, Eleusine coracana, Flour* *41*

**Preparation:** This tuber is dried and powdered and stored. One tea spoonful of this powder is added to Nagli soup.

**Dosage:** This soup is taken twice a day, morning on an empty stomach and in the evening after the meals.
16.8 PROBLEMS AFTER DELIVERY *(Backache, stomach ache, heaviness and bleeding etc)*

i. **Kumbhi, Careya arborea, Bark** *2*

**Preparation:** The bark is crushed and soaked in water on the previous and then the extract is removed.

**Dosage:** Half cup of the extract is taken on an empty stomach.

II. BACK PROBLEM OF PREGNANT WOMEN

i. **Jadla Lasunth, Vanda roxburghii, aerial Root**

**Bendgul, Dendrophthoe falcata, Twig**

**Sadad, Terminalia crenulata, Bark**

**Mahu, Madhuca indica, Bark**

**Modsing, Dolichandrone falcata, Bark** *3*

**Preparation:** These plant parts are crushed and soaked in water for 12 hours.

**Dosage:** Half cup of it is taken twice a day, morning on an empty stomach, and in the evening after the meals.

ii. **Shaver, Asparagus racemosus, Root** *32*

**Preparation:** These plant parts are crushed and soaked in a glass of water for about 2-3 hours and then the extract is removed.

**Dosage:** Half cup of it is taken twice a day, morning on an empty stomach, and in the evening after the meals.
17. MEN'S PROBLEMS

17.1 IMPOTENCY (MEGA ROG)

i. Upersadi, *Hemidesmus indicus*, Root *21

Preparation: Fresh root is collected.

Dosage: The root is chewed and taken after supper.

ii. Bendgul on sadada, *Dendrophthoe falcata*, Tender leaves and stem

Sadada, *Terminalia crenulata*, Bark

Kharsingh, *Radermachera xylocarpa*, Bark

Vad, *Ficus benghalensis*, Red leaves

Koila, *Mucuna pruriens*, Root*5

Preparation: Take equal portion of these mixtures, crushed well and made tablets.

Dosage: Two tablets are taken once a day for two day.

17.2 STERILITY

i. Sardanatad, *Tacca leontopetaoides*, Tuber

Rakath rohidi, *Tecomella febrifuga*, Bark

Sabar, *Bombax ceiba*, Bark

Bahava, *Cassia fistula*, Bark *40

Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

Dosage: One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.
17.3 GENITAL PROBLEMS

17.3.1 SWELLING

i. Karunth, *Carissa carandas*, Bark

Polas, *Butea monosperma*, Bark

Sag, *Tectona grandis*, Bark

Udada, *Sterculia villosa*, Bark *21;

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.

17.3.2 BOILS

i. Karbat, *Grewia hirsuta*, Whole plant *26

**Preparation:** The plant is crushed and made paste.

**Dosage:** This paste is applied on the affected part.
18. STERILITY IN MEN & IN WOMEN

i. Pathad, *Dalbergia paniculata*, Bark*20*

**Preparation:** The Bark is crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for 15 days.

ii. Kuda, *Holarrhena antidysenterica*, Bark

Kalam, *Mitragyna parvifolia*, Bark

Upersadi, *Hemidesmus indicus*, Root

Halund kaeri, *Clematis* sp. Root

Tan (Gol pan), *Cisampelos pareira*, Root *21*

**Preparation:** Equal amount of this plant parts (1:1:1:1:1:1) are dried in shade and powdered and stored.

**Dosage:** One teaspoonful of this powder is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week. During this treatment non-vegetarian food, ghee or oily food should be avoided. This treatment is continued up to 5-6 months.

iii. Kalam, *Mitragyna parvifolia*, Bark

Savar, *Bombax ceiba*, Bark *34*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of extract is taken with *Kadisakhar* twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week for husband and for the wife the treatment is continued till she completed her one menstrual cycle.
19. INFANTS’ PROBLEMS

19.1 JALANTHER ROG (Hand and leg thin with big stomach)

Kilas, *Couropita guianensis*, Fruit *9*

**Preparation:** Inner portion of the fruit is removed.

**Dosage:** Once fruit per day is taken for a week.

19.2 PATTA ROG (Hand, leg very small)

Limidi, *Azadirachta indica*, Bark

Kakod, *Garuga pinnata*, Bark

Kandol, *Sterculia urens*, Bark *27*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.

19.3 RAHVAS ROG (Small leg hand and big stomach)

Kumbhi, *Careya arborea*, Root *12*

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.
19.4 LAGUT ROG (Stomach swelling in small children)

Karanj, Pongamia pinnata, Root

Lal ambo, Bryonopsis laciniosa, Root

Sag, Tectona grandis, Root

Nandan, Cissus repanda, Root

Rui, Calotropis gigantean, Root *17

Preparation: These roots are crushed and made paste with white ant’s mud and boiled.

Application: The body is steamed gently with this steam.

19.5 COLD AND COUGH

Kodusidi, (BN?), Bark *17

Preparation: The bark is crushed and soaked in a glass of water, and the extract is removed after half an hour.

Dosage: One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.

19.6 FEVER

Supali, Mundulea suberosa, Leaves

Preparation: These leaves are burned

Application: The smoke is inhaled.
19.7 TRISUVA ROG (eyes going upward and crying)

Kali payar, *Ficus microcarpa*, Bark

Kuda, *Holarrhena antidysenterica*, Bark

Waltham, *Vetiveria zizanioides*, Root

Vava, *Trachyspermum roxburghianum*, seeds

Lasun, *Allium sativum*, Bulb *42*

**Preparation:** Equal portions of the above mentioned plant parts are crushed and boiled with water and the extract is removed.

**Application:** Two drops of this extract is applied on the head, forehead, ears, eyes, nose, on the lips, neck, all the joints and at the tip of the finger and toes. This is continued for a three days.

19.8 INDIGESTION

Sagargotti, *Caesalpinia bonduc*, Seeds *42*

Preparation: These seeds crushed and boiled in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of this extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.
19.9 BREATHTLESSNESS

Aavi, Emblica officinalis, Bark *2

Preparation: The above mentioned bark is crushed and soaked in a glass of water, and the extract is removed after half an hour.

Dosage: Take one table spoonful of the extract taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.

19.10 DABHA ROG

Aavi, Emblica officinalis, Bark *2

Preparation: One and half leaf (one full leaf and the other cut longitudinally along the vein) is crushed and soaked in water and the extract is removed.

Dosage: One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.

19.11 ABNORMAL BEHAVIOUR

Supali Mucuna pruriens, Leaves,

Lajamani, Mimosa pudica, Whole plant *9

Preparation: Equal amount of these mixtures are crushed and soaked in a cup of water for an hour and the extract is removed.

Dosage: Half cup of the extract is taken twice a day, morning and in the evening.

Application: These leaves are burned inhaled.
20. BITES & STINGS

20.1 DOG BITE


*Champa, Plumaria rubra, Bark* (22)

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a month.


*Champa, Plumaria rubra, Root*

*Toran vel, Zizypus rugosa, Bark* (33)

**Preparation:** The above mentioned plant parts together with a crab are crushed and boiled in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued up to 9-10 days.

iii. Sunflower, *Helianthus annus*, Seed

*Makai, Zea mays, Male inflorescences,*

*Dagar, Cucurbita maxima, Sprouting seed in Dangar (Pumpkin)* (38)

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.

Pevutta, *Costus speciosus*, Root

Jambuda, *Syzygium cumini*, Bark

Kosim, *Schleichera oleosa*, Bark

Payar, *Ficus microcarpa*, Bark

Kandol, *Sterculia urens*, Bark

Dangar, *Cucurbita maxima*, Sprouted seeds* (39)

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after twelve hours.

**Dosage:** One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.

*For Mad dog bite it is better to take injection

v. Kosim, *Schleichera oleosa*, Bark

Dagar, *Cucurbita maxima*, Sprouted seed *40

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after two hours.

**Dosage:** One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. This treatment is continued for a week.

All kinds of food can be eaten. Going near fire or climbing on a tree should be avoided, because they will feel dizziness.
20.2 SNAKEBITE

20.2.1 COMMON SNAKE BITE

i. Dhudadu, *Sauromatum venosum*, Tuber* (3)

**Preparation:** The rhizome into a small piece.

**Application** A piece is kept in the mouth till all poison is removed by spitting out.

ii. Marchikanth (BN?), Tuber

*Jangalival, Pteramnus labialis, leaves* (9)

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

**Dosage:** One table spoonful of the extract is taken till the patient get is with dysentery and vomiting.

iii. Dhodki (BN?), Fruit* (19)

**Preparation:** These fruits are crushed and soaked in water and the extract is removed after few minutes.

**Dosage:** 2-3 cups of this extract is taken. The poison is removed after vomited or passed the stool.

iv. Phade(BN?), Rhizome

*Umber, Ficus racemosa, Leaf;* * (24)

**Preparation:** Three grams of the rhizome and 1½ umber leaf crush are crushed together with half cup of water and then the extract is removed.

**Dosage:** Half cup of this extract is taken twice with an interval of an hour. After that the patient is taken to the hospital.
v. Tan (Lon leaf), *Cocculus hirsutus*, Root* (26)

**Preparation:** Two grams of the above mentioned plant part are crushed and soaked a glass of water and the extract is removed.

**Dosage:** Half cup of it is given to the patient to vomit. After that the patient is taken to the hospital.

vi. Chunch, *Corchorus capsularis*, seeds* (29)

These seeds taste bitter to normal persons. But if poison is in our body the seed tastes sweet.

**Preparation:** 5-6 seeds are crushed and mixed with water and the extract is removed after ten minutes.

**Dosage:** Half cup of the extract taken after every half an hour till the bitterness is experienced in the mouth. This is served as a first aid, and then the patient is taken to the hospital.

vii. Chapa, *Plumaria rubra*, Bark/fruit* (31)

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is removed after half an hour.

Dosage: Half cup of the extract is given to drink twice.


**Preparation:** Two grams of the above mentioned plant parts are crushed and soaked a glass of water and the extract is removed.

**Dosage:** Half cup of it is given to the patient. After that the patient is taken to the hospital.
ix. **Kachka, Mucana pruriens, Leaves & seed**

**Kirambada, Casearia graveolens, Bark** (36)

**Preparation:** Few leaves of *Kachka* are crushed and soaked a glass of water and the extract is removed. Then Kirambada bark is crushed and soaked in water for some time. Then the extract is removed.

**Dosage:** Half cup of Kachka leaves’ extract is given to the patient to vomit. Then Kirambada extract is given to drink.

x. **Nagchampo, Mucana pruriens, Leaf**

**Haldun, Adina cordifolia, Bark**

**Kalam, Mitragyna parvifolia, Bark** (39)

**Preparation:** *Haldun* and *Kalam* barks are crushed and soaked in water and the extract is removed separately.

**Dosage:** 1\textsuperscript{st} Step: one leaf of Nag *Champo* is given to the patient to vomit.

2\textsuperscript{nd} step: Then half cup of *Haldun* extract is given.

3\textsuperscript{rd} step: Then after an hour *Kalam* extract is given.

4\textsuperscript{th} step: Finally the patient is taken to the hospital for further treatment.

xi. **Bhootiyaalanth, Cassine gluaca, Bark**

**Gubita, Acacia polycanta, Root** (40)

**Preparation:** Equal portions of these plant parts crushed and soaked in a glass of water and then the extract is removed.

**Dosage:** Half cup of the extract is taken twice. Then the patient is taken to the hospital.
20.2.2 COBRA BITE

x. Dhamoli, *Tinospora cordifolia*, Rhizome* (23)

**Preparation:** Small pieces of the abovementioned rhizome crushed and mixed in water and the extract is removed.

**Dosage:** Half cup of it is taken after every hour on the first day. And then it continued for a week, half cup of the extraction daily.

*When the patient takes this he/she will vomit out the poison. This is only a first aid. Poison won’t spread for nearly two hours. Mean while take the patient to the hospital.

ii. Chuch, *Corchorus capsularis*, fruit

Tan, *Cisampelos pareira*, Leaf (round) * (31)

**Preparation:** Equal parts of the above mentioned plant parts are crushed well and soaked in water for about an hour and then the extract is removed.

**Dosage:** Half cup of the extract is given thrice on the same day after every hour.

20.2.3 PODSI SNAKE BITE

i. Bhui karav, *Eranthemum roseum*, Root

Polas, *Butea monosperma*, Root*(31)

**Preparation:** These roots are crushed well and made paste

**Application:** The paste is applied on the snake bitten place.

ii. Bhui karav, *Eranthemum roseum*, Root

**Application:** This root is crushed soaked in hot water and the extract is removed.

**Dosage:** One cup of the extract is given to vomit. Then the patient is taken to the hospital for further treatment.
20.3 SCORPION STING

i. Borothada, *Sphaeranthus indicus*, Leaves* (14) * (16)

**Preparation:** These leaves are crushed.

**Application:** The crushed leaves are kept on the sting.

ii. Tan, *Cocculus hirsutus*, leaves.* (29)

**Preparation:** These leaves are crushed.

**Application:** The crushed leaves are kept on the sting.

3.4 Chich, *Tamarindus indica*, Seed* (41)

**Preparation:** Tamarind seeds are collected.

**Application:** The seed is place on the sting. The seed remain stuck on to the body till it absorbs all poison.
21. ANIMAL HEALTH

21.1 ENHANCING LACTATION

i. Kuala, *Mucuna pruriens*, Leaves *2*

**Preparation:** *Kuala* leaves crushed and made paste,

**Application:** This paste is applied on the adders of the animal.

ii. Papal on Kodi, *Ficus religiosa* on *Wrightia tinctoria*, Bark *24*

**Preparation:** Equal portions of both papal and *Kodi* barks are taken and crushed made into small pieces.

**Dosage:** The animal is fed this mixture along with chapatti. This treatment is continued for three days.

iii. Thorsidi, *Dregia volubilis*, Bark *17*

**Preparation:** These mixtures are crushed and put it in water and the extract is removed.

**Dosage:** This extract is sprinkled fodder given them twice a day.

ii. Kalinagali, *Eleusine coracana*, Flour *5*

**Preparation:** Kalinagli flour is boiled with water and crushed roots of Gule.

**Dosage:** This mixture is given twice a day, For 3-4 days.
21.2 LACK OF PROPER APPETITE

i. Kagadana amb, *Brynopsis laciniosa*, Rhizome

**Preparation:** The rhizome is crushed and mixed with water.

**Dosage:** This water is given to the animals twice in a day.

21.3 FRACTURE

ii. Lunthi, *Dioscorea bulbifera*, Root

Digad, *Dioscorea oppositifolia*, Root

Shevur, *Asparagus racemosus*, Root

**Preparation:** Equal portions of these three types of roots are crushed and made paste.

**Application:** The paste applied on the fracture part after setting the bones properly and then bandaged.

21.4 WOUNDS

i. Sitaphal, *Annona squamosa*, Seeds or leaves

**Preparation:** These leaves or seeds are crushed and made paste.

**Application:** This paste is applied on the wound.

ii. Dhati, *Baliospermum montanum*, Root

**Preparation:** This root is crushed.

**Application:** The crushed root is given to the animal through fodder.

iii. Sinti, *Phoenix sylvenstris*, Small plant with root
**Preparation:** Sinti plant having roots looks like worms is uprooted.

**Dosage:** The wounded animal is fed with this whole plant.

iv. **Diru/Dira, Nicotiana plumbaginifolia, Leaves**

Tamaku, *Nicotina tabacum, leaves* *42*

**Preparation:** These leaves are crushed and the extract is removed.

**Application:** This extract is applied on the wound for 2-3 times.

**21.5 BOIL ON THE BODY.**

i. **Pathad, Dalbergia lanceolaria, Bark** *24*

**Preparation:** These plant parts are crushed.

**Dosage:** These parts mixed with fodder and given twice a day for three days.

ii. **Karbat, Grewia hirsuta, Root**

Udad, *Sterculia villosa, Root* *33*

**Preparation:** Equal portions of these roots are crushed to make paste.

**Application:** This paste is applied on the wound twice a day. It is continued till the wound is completely cured.
21.6 STERILITY

i. Sevara, *Asparagus recemous*, Roots

Mirch, *Capsicum annuum*, root *2

**Preparation:** Equal quantity of these plant parts are crushed and soaked in water on the previous day.

**Dosage:** One cup of the extract is given on an empty stomach for a month.

21.7 CHICKS MEDICINE

i. Kovodiel (Amervel), *Cuscuta reflexa*, Stems *14

**Preparation:** Kovodiel stem is crushed and soaked in water.

**Application:** The water is kept in a vessel, that chick may take from time to time.

Some of the photographs that are used in the thesis are given in the next pages.
<table>
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<th>Abrus precatorius - Chanot</th>
<th>Haldina cordifolia - Haldun</th>
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<td>Acacia catechu - Kheir</td>
<td>Aegle marmelos – Bel, Belli</td>
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<td>Acacia nilotica - Babali, Babad</td>
<td>Ailanthus excelsa - Hadsa, Bhootjad</td>
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<tr>
<td>Acacia polycantha – Guvita</td>
<td>Allium cepa- Kanta</td>
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<td>Plant Name</td>
<td>Common Name</td>
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<tr>
<td>Aloe barbadensis</td>
<td>Karpot</td>
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<td>Arachis hypogaea</td>
<td>Singh</td>
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<td>Amaranthus spinosus</td>
<td>Matalabhaji</td>
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<td>Argemone mexicana</td>
<td>Karadai</td>
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<td>Anacardium occidentale</td>
<td>Kaju</td>
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<td>Asparagus racemosus</td>
<td>Shevara, Shevur</td>
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<td>Annona squamosa</td>
<td>Sitapala</td>
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<td>Asteracantha longifolia</td>
<td>Poskatta, Kluskatta</td>
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<td>Image 1</td>
<td>Image 2</td>
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<td><strong>Azadirachta indica</strong> - Limbada</td>
<td><strong>Haldina cordifolia</strong> – Savar, Simaro</td>
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<td>Image 3</td>
<td>Image 4</td>
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<td><strong>Piliostigma foveatum</strong> - Chamol</td>
<td><strong>Bryophyllum calycinum</strong>-Dhampan, Lagpan</td>
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<td><strong>Bauhinia varigata</strong> - Koharu</td>
<td><strong>Buchanania lanzan</strong> – Achar, Charoli</td>
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<td>Image 7</td>
<td>Image 8</td>
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<td><strong>Hyptis suachens</strong> - Bhangutta</td>
<td><strong>Caesalpinia crispa</strong> - Kachaka, Sagargotti</td>
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<td>Common Name</td>
<td>Hindi Name</td>
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<tr>
<td>Calotropis gigantea</td>
<td>Rui, Akhado</td>
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<td>Carica papaya</td>
<td>Papayu</td>
</tr>
<tr>
<td>Capparis zeylanica</td>
<td>Wagat, Vagatvel</td>
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<tr>
<td>Cassia fistula</td>
<td>Bahava, Gharmao</td>
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<td>Careya arborea</td>
<td>Kumbi, Kumbiyo</td>
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<td>Catharanthus roseus</td>
<td>Barmasi</td>
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<td>Casearia graveolens</td>
<td>Kirambada</td>
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<tr>
<td>Cissampelos pareira</td>
<td>Golpana Tan</td>
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</tbody>
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Clematis hedysarifolia - Morvai

Cordia dichotoma – Bhokar, Gundi

Clerodendrum fragrans - Mogra

Costus speciosus - Pevuta

Cocculus hirsutus – Tan, Lambapana Tan

Cymbopogon martinii - Roicha

Corchorus capsularis - Chunch

Cryptoepis buchanani - Mendvel
<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
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<tr>
<td>Dalbergia volubilis</td>
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<td>Dioscorea oppositifolia</td>
<td><em>Dioscorea oppositifolia</em></td>
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<td>Datura metel</td>
<td><em>Datura metel</em></td>
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<td>Diospyros melanoxylon</td>
<td><em>Diospyros melanoxylon</em></td>
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<td>Dendrophoe falcata</td>
<td><em>Dendrophoe falcata</em></td>
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<td>Dolichandrone falcata</td>
<td><em>Dolichandrone falcata</em></td>
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<td>Dioscorea bulbifera</td>
<td><em>Dioscorea bulbifera</em></td>
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<td>Dregia volubilis</td>
<td><em>Dregia volubilis</em></td>
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<td>Grewia tiliifolia - Dhaman</td>
<td>Lagerstroemia parviflora - Bondar</td>
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<td>Helicteres isora - Aati</td>
<td>Lawsonia inermis - Methi</td>
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<td>Hemidesmus indicus - Upparsadi</td>
<td>Melia composita - Nimbara</td>
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<td>Lagerstroemia lanceolata - Nano bondar</td>
<td>Millettia racemosa – Karanjel, Elekaranj</td>
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<td>Image 1</td>
<td>Image 2</td>
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<td>Mitragyna parvifolia - Kalam</td>
<td>Sorghum helipens - Tanas</td>
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<td>Moringa oleifera – Shegu, Saragava</td>
<td>Pteramus labialis – Ranval, Jangalival</td>
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<tr>
<td>Mucuna pruriens – Kuila, Kaucha</td>
<td>Terminalia arjuna Arjun sadada</td>
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<tr>
<td>Plumeria rubra – Chapo, Champa</td>
<td>Terminalia bellirica – Behada, Beda</td>
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<tr>
<td><strong>Sorghum helepens</strong> Boru,</td>
<td><strong>Sorghum helipens</strong> - Tanas</td>
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<tr>
<td><strong>Sphaeranthus indicus</strong> - Borothada</td>
<td><strong>Pteramus labialis</strong> – Ranval, Jangalival</td>
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<td><strong>Sterculia urens</strong> – Kandol, Kadayo</td>
<td><strong>Terminalia arjuna</strong> Arjun sadada</td>
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<td><strong>Tabernaemontana divaricata</strong> - Tagari</td>
<td><strong>Terminalia bellirica</strong> – Behada, Beda</td>
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</tbody>
</table>
*Terminalia crenulata* - Sadad  
*Zizyphus rugosa* – Toran, Toranvel

*Tinospora cordifolia* - Ghamoli  
*Viscum articulatum* - Sakaliya,bendgul

*Ventilago denticulate* – Ashivel, Ashi  
*Zyphus nummulari* – Nana bor

*Marchkanth*  
*Vitex negundo* – Nirgud
Nicotiana plumbaginifolia - Dangi tamaku

Adhatoda vasica - Nagchampo, Adusi

Holarrhena pubescens - Kuda

Eranthemum roseum - Kalikarav

Ensete superbum - Jangali kel

Syzygium cumin - Jabu, Jambuda

Ficus benghalensis – Vad
TABLE 1
SYNOPTIC VIEW OF MEDICINAL PLANTS AND THEIR USES INVESTIGATED IN THE STUDY.

<table>
<thead>
<tr>
<th>No.</th>
<th>Botanical Name</th>
<th>Family</th>
<th>Local Name</th>
<th>Habit</th>
<th>Locally Used For</th>
<th>Parts Used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Abrus precatorius</em></td>
<td>Fabaceae</td>
<td>Chanoti, Gunja</td>
<td>Climber</td>
<td>Diarrhea, Snake bite</td>
<td>Root</td>
</tr>
<tr>
<td>2</td>
<td><em>Acacia catechu</em></td>
<td>Mimosaceae</td>
<td>Khair, Kher</td>
<td>Tree</td>
<td>Cough, Kidney Stone, stomach pain, Urinary Problems,</td>
<td>Bark, Gum, Root</td>
</tr>
<tr>
<td>3</td>
<td><em>Acacia caesia</em></td>
<td>Mimosaceae</td>
<td>Chilar vel</td>
<td>Climber</td>
<td>Menstrual problems, Headache, Urine turning red to yellow</td>
<td>Bark, Small stem</td>
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<tr>
<td>4</td>
<td><em>Acacia ferruginea</em></td>
<td>Mimosaceae</td>
<td>Kati</td>
<td>Tree</td>
<td>Paralysis</td>
<td>Bendgul</td>
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<td>5</td>
<td><em>Acacia nilotica</em></td>
<td>Mimosaceae</td>
<td>Bavad, Babali</td>
<td>Tree</td>
<td>Kidney Stone, Toothaches, Protection from contagious diseases</td>
<td>Bark, Root</td>
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<td>6</td>
<td><em>Acacia polycantha</em></td>
<td>Mimosaceae</td>
<td>Gubita, Deva khair</td>
<td>Tree</td>
<td>Get Menstruation, giddiness, Jaundice, Joint pain, Kidney problems, Lump in the stomach, Snake bite, Stomach pain, Urine Yellow</td>
<td>Flower, Bark, Root</td>
</tr>
<tr>
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<td>7</td>
<td><em>Achyranthes aspera</em></td>
<td>Amaranthaceae</td>
<td>Sonaru</td>
<td>Herb</td>
<td>Fever</td>
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<td>8</td>
<td><em>Adhatoda vasica</em></td>
<td>Acanthaceae</td>
<td>Nagchampo, Adusi</td>
<td>Shrub</td>
<td>Snake bite</td>
<td>Leaf</td>
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<td>Rubiaceae</td>
<td>Haldun, Haldun</td>
<td>Tree</td>
<td>Jaundice, Migraine</td>
<td>Bark, Leaf</td>
</tr>
<tr>
<td>10</td>
<td><em>Aegle marmelos</em></td>
<td>Rutaceae</td>
<td>Bel, Bili</td>
<td>Tree</td>
<td>Joint pain, Protection from contagious diseases, Sprain, Swellings, Urinary Problems, White discharge in women</td>
<td>Bark, Leaves</td>
</tr>
<tr>
<td>11</td>
<td><em>Alangium salvifolium</em></td>
<td>Alangiaceae</td>
<td>Akhvel, Aakol</td>
<td>Tree</td>
<td>Migraine, Headache, Body pain</td>
<td>Leaves</td>
</tr>
<tr>
<td>12</td>
<td><em>Albizia lebbeck</em></td>
<td>Mimosaceae</td>
<td>Siris</td>
<td>Tree</td>
<td>Milk production in women, Asthma</td>
<td>Root Leaves</td>
</tr>
<tr>
<td>13</td>
<td><em>Ailanthus excelsa</em></td>
<td>Simaroubaceae</td>
<td>Bhoot jad, harduso, Arduso</td>
<td>Tree</td>
<td>Allergy, Body Pain, Cancer, Eczema, Falling sick after going to forest, Fever, Fracture, Menstrual problems, Milk Production, Stomach Pain, Painful Menstruation</td>
<td>Bark</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
<td>Parts Used</td>
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<td>14</td>
<td>Allium cepa</td>
<td>Liliaceae</td>
<td>Dungali,Kantha</td>
<td>Herb</td>
<td>Removal of contagious diseases</td>
<td>Bulb</td>
</tr>
<tr>
<td>15</td>
<td>Allium sativum</td>
<td>Liliaceae</td>
<td>Lasan</td>
<td>Herb</td>
<td>Removal of contagious diseases; Throat Pain, Small</td>
<td>Flakes (Bulbs)</td>
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<td>children eyes go towards upward and cry</td>
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<td>16</td>
<td>Aloe barbadensis</td>
<td>Liliaceae.</td>
<td>Karpot,Kuvarpatto</td>
<td>Herb</td>
<td>Burn</td>
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<td>17</td>
<td>Amaranthus spinosus</td>
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<td>Matalabhaji</td>
<td>Herb</td>
<td>Fever</td>
<td>Root</td>
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<td>18</td>
<td>Anacardium occidentale</td>
<td>Anacardiaceae</td>
<td>Kaju</td>
<td>Tree</td>
<td>Piles</td>
<td>Seed</td>
</tr>
<tr>
<td>19</td>
<td>Annona squamosa</td>
<td>Annonaceae</td>
<td>Sitapala</td>
<td>Tree</td>
<td>Chicken pox, Eczema, Fever, Snake bite, Worms in</td>
<td>Seeds and leaves</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>wounds of animals</td>
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<tr>
<td>20</td>
<td>Arachis hypogaea</td>
<td>Fabaceae</td>
<td>Sing</td>
<td>Herb</td>
<td>Eczema, Joint Pain, Boils on the body</td>
<td>seeds (Oil)</td>
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<tr>
<td>21</td>
<td>Argemone mexicana</td>
<td>Papaveraceae</td>
<td>Karadai</td>
<td>Herb</td>
<td>Sun Stroke, Scabies, Paralysis, Scabies</td>
<td>Root and leaves, Seeds</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
<td>Parts Used</td>
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<td>22</td>
<td><em>Asparagus racemosus</em></td>
<td>Liliaceae</td>
<td>Sevara, Sevur, Saslana lindi, Saslana gugadi</td>
<td>Shrub</td>
<td>Fracture in cow or goats, impotency in men and in women, Jaundice, Problems after delivery, White Discharge, women sterility, Worms in the stomach</td>
<td>Fleshy root</td>
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<td>23</td>
<td><em>Asteracantha longifolia</em></td>
<td>Acanthaceae</td>
<td>Koluskatta, Poskatta</td>
<td>Shrub</td>
<td>Blood count decreases, Urinary Problems, Ascaris</td>
<td>Root</td>
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<tr>
<td>24</td>
<td><em>Azadirachta indica</em></td>
<td>Meliaceae</td>
<td>Limbada, Limbidi</td>
<td>Tree</td>
<td>Body pain, Fever, Hand leg small, Headache, Kidney stone, Massage oil</td>
<td>Leaves, Bark</td>
</tr>
<tr>
<td>25</td>
<td><em>Azanza lampas</em></td>
<td>Malvaceae</td>
<td>Ran Bhendi, Jangali Bhendi</td>
<td>Shrub</td>
<td>Dysentery, Fever, Fracture, Jaundice, Kidney Stone, Wound, yellow -urine</td>
<td>Root</td>
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<tr>
<td>26</td>
<td><em>Baliospermum montanum</em></td>
<td>Euphorbiaceae</td>
<td>Dati</td>
<td>Shrub</td>
<td>Worms in wound of animals, Worms in tooth</td>
<td>Root</td>
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<tr>
<td>27</td>
<td><em>Babusa Arundinacea</em></td>
<td>Poaceae</td>
<td>Bans</td>
<td>Shrub</td>
<td>Chicken pox</td>
<td>Leaf</td>
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<tr>
<td>No.</td>
<td>Botanical Name</td>
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<td>28</td>
<td>Bauhinia recemosa</td>
<td>Caesalpiaceae</td>
<td>Shengal</td>
<td>Tree</td>
<td>Chest Pain, Dysentery, Protection from contagious diseases, Scorpion Bite, T.B., Throat pain, Ulcer, White Discharge</td>
<td>Bark, Root, Leaves</td>
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<tr>
<td>29</td>
<td>Bombax ceiba</td>
<td>Bombacaceae</td>
<td>Savar, Simardo</td>
<td>Tree</td>
<td>Dysentery, Get Children, Jaundice, Prevention from Epidemic, Pimples, Menstrual disorders</td>
<td>Bark and Root</td>
</tr>
<tr>
<td>30</td>
<td>Bryonopsis laciniosa</td>
<td>Cucurbitaceae</td>
<td>Kagadakeri, Kagadana ambaLal amba</td>
<td>Climber</td>
<td>Scorpion bite, animals’ proper appetite, White dots in the eyes</td>
<td>Fruits, Leaves, rhizome, stem, root</td>
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<td>31</td>
<td>Bryophyllum calycinum</td>
<td>Crassulaceae</td>
<td>Lagpan, Panputti,Elcho Dhampan</td>
<td>Herb</td>
<td>Asthma, Boils under the arm</td>
<td>Leaves</td>
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<tr>
<td>32</td>
<td>Buchanania lanzen</td>
<td>Anacardiaceae</td>
<td>Achar, Charoli</td>
<td>Tree</td>
<td>Giddiness, Joint pain, Stomach pain</td>
<td>Bark</td>
</tr>
<tr>
<td>33</td>
<td>Butea monosperma</td>
<td>Fabaceae</td>
<td>Polas, Kaharo</td>
<td>Tree</td>
<td>Below the chest pain, Bleeding, Cancer, common sickness</td>
<td>Bark, Flowers,</td>
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<tr>
<td>No.</td>
<td>Species Name</td>
<td>Family</td>
<td>Part</td>
<td>Main Uses</td>
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<tr>
<td>34</td>
<td>Caceria tomentosa</td>
<td>Flacourtiaceae</td>
<td>Shrub</td>
<td>Diabetes, Fracture, Jaundice, Joint pain, Kidney Stone, Menstrual Problems, Protection from, contagious diseases, Snake bite, Sun Stroke, Swelling on the testicles, White discharge</td>
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<tr>
<td>35</td>
<td>Caesalpinia crista</td>
<td>Caesalpiniaceae</td>
<td>Shrub</td>
<td>Jaundice, Rheumatism, Urinary Problems, White dots in the eyes</td>
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<tr>
<td>36</td>
<td>Cajanus cajan</td>
<td>Fabaceae</td>
<td>Shrub</td>
<td>Diarrhea, Indigestion in children, Snake Bite, Throat pain</td>
<td></td>
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<td>37</td>
<td>Calotropis gigantean</td>
<td>Asclepiadaceae</td>
<td>Shrub</td>
<td>Increase the milk production in Mothers, Jaundice, Joint Pain, Menstrual disorders</td>
<td></td>
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<tr>
<td>38</td>
<td>Cana indica</td>
<td>Cannaceae</td>
<td>Herb</td>
<td>Eczema</td>
<td></td>
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<tr>
<td>39</td>
<td>Capparis zeylanica</td>
<td>Cappaceae</td>
<td>Climber</td>
<td>Big boil in stomach or on the throat, Dysentery</td>
<td></td>
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</tbody>
</table>

- **Gum, Root**
- **Roots and Leaves**
- **Seeds and leaves**
- **Leaf**
- **Bark, Flower, Latex, Root**
- **Bark**
<table>
<thead>
<tr>
<th>No.</th>
<th>Botanical Name</th>
<th>Family</th>
<th>Local Name</th>
<th>Habit</th>
<th>Locally Used For</th>
<th>Parts Used</th>
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<tbody>
<tr>
<td>40</td>
<td><em>Capsicum annuum</em></td>
<td>Solanaceae</td>
<td>Marcha</td>
<td>Herb</td>
<td>Migraine, All kinds of menstrual problems, Bleeding, Body pain</td>
<td>Stem</td>
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<tr>
<td>41</td>
<td><em>Careya arborea</em></td>
<td>Barringtoniaceae</td>
<td>Kumbi, Kumbhiya</td>
<td>Tree</td>
<td>Chicken pox, Diabetes, Dysentery, Jaundice, Joint pain, Kidney problems, Menstrual disorders, Prevention from Cholera, Problems after delivery, Protection from contagious diseases, Small leg hand and big stomach, Stop bleeding in women, Urine turning red to yellow, Vomiting</td>
<td>Bark, Leaves, Root</td>
</tr>
<tr>
<td>42</td>
<td><em>Carica papaya</em></td>
<td>Caricaceae</td>
<td>Papayu</td>
<td>Tree</td>
<td>Left side stomach pain</td>
<td>Raw fruit</td>
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<tr>
<td>43</td>
<td><em>Carissa carandas</em></td>
<td>Apocynaceae</td>
<td>Korunta, Karvantha</td>
<td>Shrub</td>
<td>Dysentery and vomiting, Dysentery, Giddiness, Measles, Menstrual Problems, Removal of contagious diseases, Scabies, Skin Allergy.</td>
<td>Bark, Root</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
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<td>Parts Used</td>
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<td>44</td>
<td><em>Cassia fistula</em></td>
<td>Caesalpiniaceae</td>
<td>Bahava</td>
<td>Tree.</td>
<td>Asthma, Big boil in stomach or on the throat, Diabetes, Gas trouble, fruit, Get Children, Piles, Stomach Pain</td>
<td>Bark, Fruit, Leaves and seeds</td>
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<tr>
<td>45</td>
<td><em>Cassia tora</em></td>
<td>Caesalpiniaceae</td>
<td>Thevara, Taruta</td>
<td>Herb</td>
<td>Jaundice, Get sleep, Menstrual problems</td>
<td>Leaves, Root</td>
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<tr>
<td>46</td>
<td><em>Catharanthus roseus</em></td>
<td>Apocynaceae</td>
<td>Barmasi</td>
<td>Herb</td>
<td>Massage Oil</td>
<td>Leaves</td>
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<tr>
<td>47</td>
<td><em>Cissampelos pareira</em></td>
<td>Menispermaceae</td>
<td>Tanvel (Gol pana), Pahadvel</td>
<td>Climber</td>
<td>Acidity, Sterility, Kidney stone, Regular menstruations, Snake bite</td>
<td>Leaves, Root</td>
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<td>48</td>
<td><em>Citrus limon</em></td>
<td>Rutaceae</td>
<td>Limbu</td>
<td>Shrub</td>
<td>Fever, Ulcer in the stomach</td>
<td>Leaves, Fruit</td>
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<td>49</td>
<td><em>Clematis hedysarifolia</em></td>
<td>Ranunculaceae</td>
<td>Morvel, Morvai</td>
<td>Climber</td>
<td>Congested Chest, Migraine and Eczema</td>
<td>Leaves, Root</td>
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<td>50</td>
<td><em>Clerodendrum fragrans</em></td>
<td>Verbenaceae</td>
<td>Mogra</td>
<td>Shrub</td>
<td>Eczema</td>
<td>Leaves</td>
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<td>51</td>
<td><em>Coccinia grandis</em></td>
<td>Cucurbitaceae</td>
<td>Jiloda</td>
<td>Climber</td>
<td>Pain on the nail of the toe or the finger</td>
<td>Leaves</td>
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<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
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<td>52</td>
<td>Cocculus hirsutus</td>
<td>Menispermaceae</td>
<td>Tan vel</td>
<td>Climber</td>
<td>Fracture, Scorpion sting, Snake Bite, Wound</td>
<td>Leaves</td>
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<tr>
<td>53</td>
<td>Cocos nucifera</td>
<td>Arecaceae</td>
<td>Naliar</td>
<td>Tree</td>
<td>Scabies on the head, Eczema or Allergy</td>
<td>Coconut Oil</td>
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<td>54</td>
<td>Corchorus capsularis</td>
<td>Tilliaceae</td>
<td>Chuch</td>
<td>Shrub</td>
<td>Snake bite</td>
<td>Seeds</td>
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<td>55</td>
<td>Cordia dichotoma</td>
<td>Boraginaceae</td>
<td>Gundi, Bhokar</td>
<td>Tree</td>
<td>Menstrual problems, Scorpion sting, Wound on the body</td>
<td>Bark, Leaves</td>
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<tr>
<td>56</td>
<td>Costus speciosus</td>
<td>Zingiberaceae</td>
<td>Pevuta</td>
<td>Herb</td>
<td>Bleeding, Dog Bite, Jaundice, Rheumatism, Sterility.</td>
<td>Cane, Root, Rhizome</td>
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<td>57</td>
<td>Cucurbita maxima</td>
<td>Cucurbitaeae</td>
<td>Dangar, Kolu</td>
<td>Herb</td>
<td>Dog bite, Mad dog bite</td>
<td>Sprouted seeds</td>
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<td>58</td>
<td>Curculigo orchioides</td>
<td>Amaryllidaceae</td>
<td>Musali</td>
<td>Herb</td>
<td>Uterus comes out after delivery</td>
<td>Fleshy Roots</td>
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<td>59</td>
<td>Curcuma amada</td>
<td>Zingiberaceae</td>
<td>Ambahaldar,</td>
<td>Herb</td>
<td>Fracture</td>
<td>Rhizome</td>
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<td>60</td>
<td>Curcuma longa</td>
<td>Zingiberaceae</td>
<td>Halder</td>
<td>Herb</td>
<td>Blood clots, Fracture, Kidney Stone</td>
<td>Rhizome</td>
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<td>Botanical Name</td>
<td>Family</td>
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<td>61</td>
<td><em>Cuscuta reflexa</em></td>
<td>Convolvulaceae</td>
<td>Kovodiel Amervel</td>
<td>Climber</td>
<td>Chick medicine</td>
<td>Stems</td>
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<td><em>Cyathocline purpurea</em></td>
<td>Asteraceae</td>
<td>Pisav Burandu</td>
<td>Herb</td>
<td>Blister in the mouth</td>
<td>Whole plant</td>
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<td>63</td>
<td><em>Cymbopogon martinii</em></td>
<td>Poaceae</td>
<td>Roscha</td>
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<td>Body Pain, Chicken pox, Throat pain</td>
<td>Inflorescence, oil</td>
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<td>64</td>
<td><em>Cryptolepis buchanani</em></td>
<td>Periploceae</td>
<td>Mendvel</td>
<td>Climber</td>
<td>Milk production in women</td>
<td>Latex</td>
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<td>65</td>
<td><em>Dalbergia panniculata</em></td>
<td>Fabaceae</td>
<td>Pathal</td>
<td>Tree</td>
<td>Impotency in men and in women, Boil on the neck of cow</td>
<td>Bark</td>
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<td>66</td>
<td><em>Dalbergia sissoo</em></td>
<td>Fabaceae</td>
<td>Sissam</td>
<td>Tree</td>
<td>Migraine</td>
<td>Leaves</td>
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<td>67</td>
<td><em>Dalbergia volubilis</em></td>
<td>Fabaceae</td>
<td>Nilisotti</td>
<td>Climber</td>
<td>Burn, Difficult to pass urine, Fever, Fracture, Jaundice, Period problems, Protection from contagious diseases, Skin diseases, Urinary Problems</td>
<td>Bark, Laves, Root, Stem</td>
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<tr>
<td>68</td>
<td><em>Datura metel</em></td>
<td>Solanaceae</td>
<td>Datura</td>
<td>Herb</td>
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<td>Tender leaves</td>
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<td>69</td>
<td><em>Dendropthoe falcata</em></td>
<td>Loranthaceae</td>
<td>Bendvel, Vando</td>
<td>Parasite</td>
<td>Back problem of pregnant women, early stages of appendix, Regular Menstruation, T.B, Ulcer, White dots in the eyes</td>
<td>Whole plant</td>
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<td><em>Dendropthoe falcata on Acacia ferruginea</em></td>
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<td>Bedvel on khati</td>
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<td>Paralysis</td>
<td>Whole plant</td>
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<td><em>Dendropthoe falcata on Diospyrous melaxoxylon-</em></td>
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<td>Bendguil on Temrun</td>
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<td>Arthritis, Asthma</td>
<td>Bark of both</td>
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<td><em>Dendropthoe falcata on Terminalia crenulata</em></td>
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<td>Bendguil on sadada</td>
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<td>Epilepsy, Impotency in men</td>
<td>Whole plant</td>
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<td>70</td>
<td><em>Derris scandens</em></td>
<td>Karenj vel, Eleya Karanj</td>
<td>Cl climber</td>
<td>More milk production in Animal, Scabies</td>
<td>Root, Fruit</td>
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<tr>
<td>71</td>
<td><em>Dioscorea bulbifera</em></td>
<td>Dioscoreaceae</td>
<td>Lunti</td>
<td>Cl climber</td>
<td>Fracture in cow or goats, Snake bite, Cancer</td>
<td>Tubers</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
<td>Parts Used</td>
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<tr>
<td>72</td>
<td><em>Dioscorea oppositifolia</em></td>
<td>Dioscoreaceae</td>
<td>Digad</td>
<td>Climber</td>
<td>Fracture</td>
<td>Tubers</td>
</tr>
<tr>
<td>73</td>
<td><em>Diospyros melanoxylon</em></td>
<td>Ebenaceae</td>
<td>Timbrun, Temurun</td>
<td>Tree</td>
<td>Scorpion Bite</td>
<td>Leaf</td>
</tr>
<tr>
<td>74</td>
<td><em>Dolichandrone falcata</em></td>
<td>Bignoniaceae</td>
<td>Modsing</td>
<td>Tree</td>
<td>Regular Menstruation, Back problem of pregnant women, Stomach Pain</td>
<td>Bark</td>
</tr>
<tr>
<td>75</td>
<td><em>Dregia volubilis</em></td>
<td>Asclepiadaceae</td>
<td>Torsidi, Dorsisi, Kodusidi</td>
<td>Climber</td>
<td>Stomach pain, Joint pain, Giddiness, Lump in the stomach, Impotency in men and women, Dysentery, Milk Production animals, Milk Production animals, cough, Cold</td>
<td>Bark, Root</td>
</tr>
<tr>
<td>76</td>
<td><em>Emblica officinalis</em></td>
<td>Euphorbiaceae</td>
<td>Amala, Avi, Aval, Avala</td>
<td>Tree</td>
<td>Cough, Dham in children, Tooth ache</td>
<td>Seed and bark</td>
</tr>
<tr>
<td>77</td>
<td><em>Ensete superbum</em></td>
<td>Soitaminaceae</td>
<td>Jangali kel, Chav, Chavalia</td>
<td>Herb</td>
<td>Asthma, Chicken pox, Dog bite, Worms Jaundice, Urinary</td>
<td>Root, Seeds, Fruit, Sap</td>
</tr>
<tr>
<td>78</td>
<td><em>Eranthemum roseum</em></td>
<td>Asteraceae</td>
<td>Buikarav, Kali karav</td>
<td>Herb</td>
<td>Wound, Snake bite, Protection diseases.</td>
<td>Leaves, Root</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
<td>Parts Used</td>
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<tr>
<td>79</td>
<td><em>Erythrina variegata</em></td>
<td>Fabaceae</td>
<td>Pangara</td>
<td>Tree</td>
<td>Ring worm</td>
<td>Root, Whole plant</td>
</tr>
<tr>
<td>80</td>
<td><em>Eucalyptus globulus</em></td>
<td>Myrtaceae</td>
<td>Eukali, Nilgiri</td>
<td>Tree</td>
<td>Fever, Lump in the stomach, swelling on the body</td>
<td>Leaves and Twigs</td>
</tr>
<tr>
<td>81</td>
<td><em>Euphorbia caducifolia</em></td>
<td>Euphorbiaceae</td>
<td>Cactus, Savar</td>
<td>Shrub</td>
<td>Milk production in Mother, Breathlessness, Asthma and Jaundice</td>
<td>Stem, Latex</td>
</tr>
<tr>
<td>82</td>
<td><em>Euphorbia hirta</em></td>
<td>Euphorbiaceae</td>
<td>Dudari, Jirmuli, Dudeli</td>
<td>Herb</td>
<td>Fever</td>
<td>Root</td>
</tr>
<tr>
<td>83</td>
<td><em>Ficus benghalensis</em></td>
<td>Moraceae</td>
<td>Vad</td>
<td>Tree</td>
<td>Impotency in men, Worms in stomach, Scabies</td>
<td>Latex, Root, Tender leaves</td>
</tr>
<tr>
<td>84</td>
<td><em>Ficus hispida</em></td>
<td>Moraceae</td>
<td>Bhui umbari</td>
<td>Tree</td>
<td>Eczema, Leprosy</td>
<td>Fruit Latex</td>
</tr>
<tr>
<td>85</td>
<td><em>Ficus racemosa</em></td>
<td>Moraceae</td>
<td>Umber</td>
<td>Tree</td>
<td>Kidney Stone, Menstrual Problems, Mumps, Snake Bite, Tiki in the eye</td>
<td>Root, Latex, Leaf</td>
</tr>
<tr>
<td>86</td>
<td><em>Ficus microcarpa</em></td>
<td>Moraceae</td>
<td>Payar</td>
<td>Tree</td>
<td>Dog Bite, Prevention from Epidemic, Small children eyes go towards upward, excess bleeding</td>
<td>Bark, Latex</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
<td>Parts Used</td>
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<tr>
<td>87</td>
<td><em>Ficus religiosa</em></td>
<td>Moraceae</td>
<td>Pipal</td>
<td>Tree</td>
<td>Dysentery, Joint Pain</td>
<td>Bark</td>
</tr>
<tr>
<td></td>
<td><em>Ficus religiosa</em> on <em>Butea monosperma</em></td>
<td></td>
<td>Pipal – Polas</td>
<td></td>
<td>Asthma, Kidney stone, Yellow or red color in urine, menstrual disorders</td>
<td>Both barks</td>
</tr>
<tr>
<td></td>
<td><em>Ficus religiosa</em> on <em>Wrightia tinctoria</em></td>
<td></td>
<td>Papal which grows on Kodi</td>
<td></td>
<td>Milk production in animal</td>
<td>Both barks</td>
</tr>
<tr>
<td>88</td>
<td><em>Garuga pinnata</em></td>
<td>Bruseraceae</td>
<td>Kakod</td>
<td>Tree</td>
<td>Body pain, Fracture, Hand leg small, Stop bleeding in women</td>
<td>Bark</td>
</tr>
<tr>
<td>89</td>
<td><em>Gmelina arborea</em></td>
<td>Verbinaceae</td>
<td>Shivan, Sivan</td>
<td>Tree</td>
<td>Menstrual disorders, Swellings</td>
<td>Bark</td>
</tr>
<tr>
<td>90</td>
<td><em>Grewia hirsuta</em></td>
<td>Tiliaceae</td>
<td>Karbat, Kardhamani</td>
<td>Shrub</td>
<td>Boils on the body of the cattle, Breast Cancer, Fracture, Jaundice, Mumps, Nail of the toe or finger pain, Scabies, Boils in the gupth parts</td>
<td>Root</td>
</tr>
<tr>
<td>No.</td>
<td>Scientific Name</td>
<td>Family</td>
<td>Common Name</td>
<td>Plant Type</td>
<td>Uses</td>
<td>Parts Used</td>
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<tr>
<td>91</td>
<td>Grewia tiliifolia</td>
<td>Tiliaceae</td>
<td>Dhaman</td>
<td>Tree</td>
<td>Flower in the eyes, Menstrual Problems</td>
<td>Twig pieces, Bark</td>
</tr>
<tr>
<td>92</td>
<td>Helianthus annus</td>
<td>Asteraceae</td>
<td>Suriyamukhi</td>
<td>Herb</td>
<td>Dog bite</td>
<td>Seed</td>
</tr>
<tr>
<td>93</td>
<td>Helicteres isora</td>
<td>Sterculiaceae</td>
<td>Ati, Mordasing</td>
<td>Shrub</td>
<td>Dysentery, Vomiting</td>
<td>Fruit, Bark</td>
</tr>
<tr>
<td>94</td>
<td>Hemidesmus indicus</td>
<td>Asclepiadaceae</td>
<td>Uppersadi, Antmuli</td>
<td>Shrub</td>
<td>Acidity, Dysentery, Get children, Impotency in men, Kidney stone, More milk production in Animal, Regular menstruations, Rheumatism, Uneasiness in the chest, Uneasiness in the chest, Vomiting</td>
<td>Root and leaves</td>
</tr>
<tr>
<td>95</td>
<td>Heterophragma quadriloculare</td>
<td>Bignoniaceae</td>
<td>Varash</td>
<td>Tree</td>
<td>Diabetes</td>
<td>Bark</td>
</tr>
<tr>
<td>96</td>
<td>Hibiscus cannabinus</td>
<td>Malvaceae</td>
<td>Ambadi, Devambadi</td>
<td>Shrub</td>
<td>White discharge in women</td>
<td>Root</td>
</tr>
<tr>
<td>97</td>
<td>Hibiscus esculentus</td>
<td>Malvaceae</td>
<td>Bhendi, Choki bhendi</td>
<td>Herb</td>
<td>Burning sensation while passing urine, Fracture, Jaundice, Menstrual disorder, Swelling on the body, Urine Yellow.</td>
<td>Root and Bark</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
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<tr>
<td>98</td>
<td>Holarrhena pubescens</td>
<td>Apocynaceae</td>
<td>Kuda</td>
<td>Tree</td>
<td>Acidity, below the chest pain, Dabha Rog in Children, Get children, kidney stone, regular menstruations, Small children eyes go towards upward and cry, Stomach pain, Sties on the eyelids</td>
<td>Bark or fruit</td>
</tr>
<tr>
<td>99</td>
<td>Holoptelea integrifolia</td>
<td>Ulmaceae</td>
<td>Papado (Kanji)</td>
<td>Tree</td>
<td>Sore eye</td>
<td>Bark</td>
</tr>
<tr>
<td>100</td>
<td>Ipomoea batatas</td>
<td>Convolvulaceae</td>
<td>sakariya</td>
<td>Climber</td>
<td>Boil</td>
<td>Latex</td>
</tr>
<tr>
<td>101</td>
<td>Kydia calycina</td>
<td>Malvaceae</td>
<td>Varang</td>
<td>Tree</td>
<td>Eczema Boils on the body</td>
<td>Bark</td>
</tr>
<tr>
<td>102</td>
<td>Lagerstroemia lanceolata</td>
<td>Lythraceae</td>
<td>Nano Bondar, Safed bondar</td>
<td>Tree</td>
<td>All kinds of menstrual problems, burning sensation while passing urine, Stomach Pain, Swellings</td>
<td>Bark</td>
</tr>
<tr>
<td>103</td>
<td>Lagerstroemia parviflora</td>
<td>Lythraceae</td>
<td>Bondar, kali bondar, motobondar</td>
<td>Tree</td>
<td>Fracture, Menstrual Problems, Scabies on the head</td>
<td>Leaves, Bark, Dried sticks</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
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<tr>
<td>104</td>
<td><em>Lannaea coromandelica</em></td>
<td>Anacardiaceae</td>
<td>Madhul, Modad</td>
<td>Tree</td>
<td>Fracture, Fracture, Menstrual Problems, Migraine, Stop bleeding in women, Urinary problems, White discharge</td>
<td>Bark</td>
</tr>
<tr>
<td>105</td>
<td><em>Lawsonia inermis</em></td>
<td>Lythraceae</td>
<td>Mendi</td>
<td>Shrub</td>
<td>Eczema</td>
<td>Leaves</td>
</tr>
<tr>
<td>106</td>
<td><em>Madhuca indica</em></td>
<td>Sapotaceae</td>
<td>Mahu, Mahudo</td>
<td>Tree</td>
<td>Back problem of pregnant women, Bleeding in Women, Body Pain, Burn, Cholera, Cold, Dysentery, Fever, Regular Menstruation, Sprain, Stomach pain, Swelling</td>
<td>Bark, Flower, Alcohol from the distilled flowers</td>
</tr>
<tr>
<td>107</td>
<td><em>Melia composita</em></td>
<td>Meliaceae</td>
<td>Nimbaro, Limbaro</td>
<td>Tree</td>
<td>Dysentery, Acidity, Fracture, Worms in the stomach, Fracture</td>
<td>Bark</td>
</tr>
<tr>
<td>108</td>
<td><em>Millettia racemosa</em></td>
<td>Fabaceae</td>
<td>Ale bibula, Bibulavel</td>
<td>Climber</td>
<td>Menstrual Problems, Urinary problems, Cough, Fracture</td>
<td>Bark</td>
</tr>
<tr>
<td>109</td>
<td><em>Mimosa pudica</em></td>
<td>Mimosaceae</td>
<td>Lajamani</td>
<td>Shrub</td>
<td>Abnormal behavior, Throat Pain</td>
<td>Whole plant</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
<td>Parts Used</td>
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<tr>
<td>110</td>
<td><em>Mitragyna parvifolia</em></td>
<td>Rubiaceae</td>
<td>Kadam, Kalam</td>
<td>Tree</td>
<td>Acidity, Diarrhea, Get children, Kidney stone, Protection from contagious diseases, Regular menstruations, Snake bite</td>
<td>Bark</td>
</tr>
<tr>
<td>111</td>
<td><em>Morinda tomentosa</em></td>
<td>Rubiaceae</td>
<td>Ali, Aliv, Kutterpath</td>
<td>Tree</td>
<td>Snake bite, Eczema, Scabies</td>
<td>Bark, Root</td>
</tr>
<tr>
<td>112</td>
<td><em>Moringa concanensis</em></td>
<td>Moringaceae</td>
<td>Kadu shegu</td>
<td>Tree</td>
<td>Asthma, Body Pain, Cancer, Cold fever, Prevention from Epidemic, Uneasiness in the chest</td>
<td>Bark, Small plant</td>
</tr>
<tr>
<td>113</td>
<td><em>Moringa oleifera</em></td>
<td>Moringaceae</td>
<td>Shegu, Sargava</td>
<td>Tree</td>
<td>Fracture, Removal of contagious diseases, Worms in the wound</td>
<td>Bark</td>
</tr>
<tr>
<td>114</td>
<td><em>Mucuna pruriens</em></td>
<td>Fabaceae</td>
<td>Kuali, Kuila, Kavicha</td>
<td>limber</td>
<td>Chicken pox, Impotency in men, Milk production in Animals, Prevention from Epidemic, Worms in the stomach,</td>
<td>Bark, Leaf, Root</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
<td>Parts Used</td>
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<td>115</td>
<td><em>Mundulea suberosa</em></td>
<td>Fabaceae</td>
<td>Supali</td>
<td>Shrub</td>
<td>Abnormal behaviors, Fever in Children</td>
<td>Leaves</td>
</tr>
<tr>
<td>116</td>
<td><em>Nervillia aragoana</em></td>
<td>Orchidaceae</td>
<td>Dukarkanth</td>
<td>Orchid</td>
<td>Terrestrial orchid with a single leaf</td>
<td>Rhizome</td>
</tr>
<tr>
<td>117</td>
<td><em>Nicotiana plumbaginifolia</em></td>
<td>Solanaceae</td>
<td>Dangi Tamaku, Diru, Dira</td>
<td>Herb</td>
<td>Worms in the wound of the cattle</td>
<td>Leaves</td>
</tr>
<tr>
<td>118</td>
<td><em>Nicotiana tabacum</em></td>
<td>Solanaceae</td>
<td>Tamacu</td>
<td>Herb</td>
<td>Worms in the wound of the cattle</td>
<td>Leaves</td>
</tr>
<tr>
<td>119</td>
<td><em>Nymphaea nouchali</em></td>
<td>Nymphaeaceae</td>
<td>Kamal</td>
<td>Herb</td>
<td>Any problem with stomach, Jaundice, Stomach aches</td>
<td>Rhizome</td>
</tr>
<tr>
<td>120</td>
<td><em>Ocimum tenuiflorum</em></td>
<td>Lamiaceae</td>
<td>Tulsi</td>
<td>Herb</td>
<td>Massage Oil</td>
<td>leaves and stem</td>
</tr>
<tr>
<td>121</td>
<td><em>Oroxylum indicum</em></td>
<td>Bignoniaceae</td>
<td>Tettu</td>
<td>Tree</td>
<td>Burning sensation while passing urine, Diabetes, Increase Blood count, Jaundice, Joint pain, Sprain,problems of women, Swelling, Urinary problems</td>
<td>Bark</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
<td>Parts Used</td>
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<tr>
<td>122</td>
<td><em>Phoenix sylvestris</em></td>
<td>Arecaceae</td>
<td>Sinti</td>
<td>Shrub</td>
<td>Jaundice, Worms in the wound – of cattle</td>
<td>Soft stem, Small plant with root</td>
</tr>
<tr>
<td>123</td>
<td><em>Piper betle</em></td>
<td>Piperaceae</td>
<td>Pan</td>
<td>Climber</td>
<td>Jaundice, Congested Chest</td>
<td>leaves</td>
</tr>
<tr>
<td>124</td>
<td><em>Pithecellobium dulce</em></td>
<td>Plumbaginaceae</td>
<td>Ilai chich</td>
<td>Tree</td>
<td>Stomach pain, Dysentery</td>
<td>Bark</td>
</tr>
<tr>
<td>125</td>
<td><em>Plumbago zeylanica</em></td>
<td>Mimosaceae</td>
<td>Chitak, Chitralu</td>
<td>Shrub</td>
<td>Lump in the stomach</td>
<td>Root, Leaves</td>
</tr>
<tr>
<td>126</td>
<td><em>Plumeria rubra</em></td>
<td>Apocynaceae</td>
<td>Chapo, Chapo, Chapud</td>
<td>Tree</td>
<td>Constipation, Snake bite, Stray dog bite, Swellings</td>
<td>Bark/fruit</td>
</tr>
<tr>
<td>127</td>
<td><em>Pongamia pinnata</em></td>
<td>Fabaceae</td>
<td>Karanj</td>
<td>Tree</td>
<td>Body pain, Chicken pox, Headache, Menstrual disorders, Swelling,</td>
<td>Leaves, Root, Bark</td>
</tr>
<tr>
<td>128</td>
<td><em>Pterocarpus marsupium</em></td>
<td>Fabaceae</td>
<td>Bio, Bhyo, Bivula</td>
<td>Tree</td>
<td>Asthma, Boils on the body, Cancer, common sickness, Cough, Diabetes, Difficulty in passing Urine, Dog bite, Eczema, Extra bleeding in during menstruation, Jaundice, Kidney stone, menstrual disorders,</td>
<td>Bark, Gum</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
<td>Parts Used</td>
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<tr>
<td>129</td>
<td>Radermachera xylocarpa</td>
<td>Bignoniaceae</td>
<td>Khadsing</td>
<td>Tree</td>
<td>Impotency in men, Stomach Pain, Stop bleeding in women, Urinary problems</td>
<td>Bark</td>
</tr>
<tr>
<td>130</td>
<td>Ricinus communis</td>
<td>Euphorbiaceae</td>
<td>Aran, Arani</td>
<td>Tree</td>
<td>Urinary problems, Menstrual Problems,</td>
<td>Bark</td>
</tr>
<tr>
<td>131</td>
<td>Sauromatum venosum</td>
<td>Araceae</td>
<td>Dodhadu, Dadadu</td>
<td>Herb</td>
<td>Snake bite, big boil in the body</td>
<td>Tuber</td>
</tr>
<tr>
<td>132</td>
<td>Saccharum officinarum</td>
<td>Poaceae</td>
<td>Seradi</td>
<td>Grass</td>
<td>Jaundice</td>
<td>Cane</td>
</tr>
<tr>
<td>133</td>
<td>Schleichera oleosa</td>
<td>Sapindaceae</td>
<td>Kusum, Kosim</td>
<td>Tree</td>
<td>Blisters in mouth, Body pain, Chicken pox, Dog Bite, Jaundice, Massage oil, Scabies,</td>
<td>Bark, Fruit, Seed –nut, seed - oil</td>
</tr>
<tr>
<td>134</td>
<td>Sida rhombifolia</td>
<td>Malvaceae</td>
<td>Chokacik</td>
<td>Shrub</td>
<td>Jaundice</td>
<td>Root</td>
</tr>
<tr>
<td>135</td>
<td>Schrebera sweetenioides</td>
<td>Oleaceae</td>
<td>Mokha</td>
<td>Tree</td>
<td>Chicken pox, Piles,</td>
<td>Bark</td>
</tr>
<tr>
<td>136</td>
<td>Sorghum helipens</td>
<td>Poaceae</td>
<td>Boru</td>
<td>Grass</td>
<td>Heavy stomach</td>
<td>Root</td>
</tr>
<tr>
<td>137</td>
<td>Soymida febrifuga</td>
<td>Meliaceae</td>
<td>Rohan</td>
<td>Tree</td>
<td>Stomach pain, Joint pain.</td>
<td>Bark</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
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<tr>
<td>138</td>
<td><em>Sphaeranthus indicus</em></td>
<td>Asteraceae</td>
<td>Borothda</td>
<td>Herb</td>
<td>Scorpion bite, Cold, Paralysis, Breast abscess, Paralysis, Breast abscess</td>
<td>Whole plant</td>
</tr>
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<td></td>
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<tr>
<td>139</td>
<td><em>Sterculia urens</em></td>
<td>Sterculiaceae</td>
<td>Kandol, Kadavai</td>
<td>Tree</td>
<td>Bleeding, Chicken pox, Dog Bite, Dysentery, Fracture, Hand leg small, Lukeoderma, Menstrual disorders, Painful menstruation, Removal of contagious diseases, Water from the mouth while sleeping,</td>
<td>Bark, Gum</td>
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<tr>
<td>140</td>
<td><em>Sterculia villosa</em></td>
<td>Sterculiaceae</td>
<td>Udad</td>
<td>Tree</td>
<td>Boils on the body of the cattle, Fracture, Pandav rog, Prevention from Epidemic, Swelling on the testicles</td>
<td>Root, Bark</td>
</tr>
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<td></td>
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<tr>
<td>141</td>
<td><em>Syzygium cumini</em></td>
<td>Myrtaceae</td>
<td>Jamboo, Jamla, Jabuda</td>
<td>Tree</td>
<td>Kidney Stone, Menstrual Problems, Dog Bite</td>
<td>Bark</td>
</tr>
<tr>
<td></td>
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<tr>
<td>142</td>
<td><em>Tacca leontopetabides</em></td>
<td>Tacaceae</td>
<td>Sardana tad</td>
<td>Herb</td>
<td>Dysentery, Menstrual problems, Get Children, chest Pain,</td>
<td>Tuber</td>
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<td>Locally Used For</td>
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<tr>
<td>143</td>
<td><em>Taberneamontana divaricata</em></td>
<td>Apocynaceae</td>
<td>Takari</td>
<td>Shrub</td>
<td>White discharge</td>
<td>Bark</td>
</tr>
<tr>
<td>144</td>
<td><em>Tamarindus indica</em></td>
<td>Caesalpiniaceae</td>
<td>Amali, Chich, Kati imali</td>
<td>Tree</td>
<td>Body swelling, joint pain, Scorpion bite, Sun stoke, Urinary Problems</td>
<td>Leaves, fruit and seeds</td>
</tr>
<tr>
<td>145</td>
<td><em>Teomella undulata</em></td>
<td>Bignoniaceae</td>
<td>Rakath rohidi</td>
<td>Tree</td>
<td>All kinds of menstrual problems, Blood clots, Body Pain, Dysentery, Fracture, Get Children, Kidney Stone</td>
<td>Bark</td>
</tr>
<tr>
<td>146</td>
<td><em>Tectona grandis</em></td>
<td>Verbenaceae</td>
<td>Sag, Sal</td>
<td>Tree</td>
<td>Below the chest pain, Jaundice, Kidney Stone, Menstrual disorders, Protection from contagious diseases, Stomach pain, swelling on the testicles</td>
<td>Bark, root</td>
</tr>
<tr>
<td>147</td>
<td><em>Pteramus labialis</em></td>
<td>Fabaceae</td>
<td>Ran val, Jangali val, Pivan</td>
<td>Climber</td>
<td>Asthma, Body pain, Cough, Headache, Menstrual problems, Obesity, Snakebite, Stomach problems</td>
<td>Leaves, Root</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
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<tr>
<td>148</td>
<td><em>Terminalia arjuna</em></td>
<td>Combretaceae</td>
<td>Arjn sadad</td>
<td>Tree</td>
<td>Kidney stones, Cancer, all ailments, Menses problems</td>
<td>Bark</td>
</tr>
<tr>
<td>149</td>
<td><em>Terminalia bellirica</em></td>
<td>Combretaceae</td>
<td>Bahada, Behada</td>
<td>Tree</td>
<td>Stomach ache, Migraine, Asthma</td>
<td>Bark, Dry branch, Dry fruit</td>
</tr>
<tr>
<td>150</td>
<td><em>Terminalia chebula</em></td>
<td>Combretaceae</td>
<td>Hirada, Hado, Harada</td>
<td>Tree</td>
<td>Pimples, Cough</td>
<td>Fruit</td>
</tr>
<tr>
<td>151</td>
<td><em>Terminalia crenulata</em></td>
<td>Combretaceae</td>
<td>Sadad, Sada sadada</td>
<td>Tree</td>
<td>Back problem of pregnant women, Diarrhea, Eczema or Allergy, Impotency in men, Joint Pain, Piles, Regular Menstruation and Wound</td>
<td>Bark</td>
</tr>
<tr>
<td>152</td>
<td><em>Tinospora cordifolia</em></td>
<td>Menispermaceae</td>
<td>Ghamoli, Galo</td>
<td>Climber</td>
<td>Dog bite, Snake Bite</td>
<td>Bark, Rhizome</td>
</tr>
<tr>
<td>153</td>
<td><em>Trachyspermum roxburghianum</em></td>
<td>Apiaceae</td>
<td>Ajama seed, Vauva</td>
<td>Herb</td>
<td>Small children eyes go towards upward and cry Joint Pain</td>
<td>Seeds</td>
</tr>
<tr>
<td>154</td>
<td><em>Tribulus terrestris</em></td>
<td>Zygophyllaceae</td>
<td>Gokharu</td>
<td>Herb</td>
<td>Back pain, Joint Pain</td>
<td>Fruit</td>
</tr>
<tr>
<td>155</td>
<td><em>Tridax procumbens</em></td>
<td>Asteraceae</td>
<td>Patterpui</td>
<td>Herb</td>
<td>Fracture</td>
<td>Whole plant</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
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<tr>
<td>156</td>
<td><em>Trigonella foenum</em></td>
<td>Fabaceae</td>
<td>Methi</td>
<td>Herb</td>
<td>Dysentery</td>
<td>Leaves</td>
</tr>
<tr>
<td>157</td>
<td><em>Urginea indica</em></td>
<td>Lilliaceae</td>
<td>Janjali pyaz, Nalgut</td>
<td>Herb</td>
<td>Boils in the stomach, Cancer, Stomach ache, Women get children</td>
<td>Bulb</td>
</tr>
<tr>
<td>158</td>
<td><em>Vanda roxburghii</em></td>
<td>Orchidaceae</td>
<td>Jadela Lasun, Rasna, Vando</td>
<td>Orchid</td>
<td>Regular Menstruation, Back problem of pregnant women</td>
<td>Ariel Root</td>
</tr>
<tr>
<td>159</td>
<td><em>Ventilago denticulata</em></td>
<td>Rhamnaceae</td>
<td>Ashivel, Kangavel</td>
<td>Climber</td>
<td>Menstrual in Women, Burn, Ulcer</td>
<td>Root, Bark</td>
</tr>
<tr>
<td>160</td>
<td><em>Vetiveria zizanioides</em></td>
<td>Poaceae</td>
<td>Waltham</td>
<td>Grass</td>
<td>Dysentery and vomiting, Small children eyes go towards upward and cry, Urine turning red to yellow, Vomiting, Fever, Jaundice, Joint Pain</td>
<td>Root</td>
</tr>
<tr>
<td>161</td>
<td><em>Dioscoria Sp.</em></td>
<td></td>
<td>Marchikanth</td>
<td>Climber</td>
<td>Constipation, Migraines, Obesity, Snake bite, Stomach problems, Women sterility</td>
<td>Tuber</td>
</tr>
<tr>
<td>162</td>
<td><em>Martynia annua</em></td>
<td>Martyniaceae</td>
<td>Vagh nagh, Vichdi</td>
<td>Shrub</td>
<td>Eczema, Scabies</td>
<td>Seed</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
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<tr>
<td>163</td>
<td><em>Viscum articulatum</em></td>
<td>Violaceae</td>
<td>Bendgul, Jadela sakhaliya</td>
<td>Parasite</td>
<td>Massage Oil, Lump in the stomach, Jaundice, Asthma</td>
<td>Whole of bendvel</td>
</tr>
<tr>
<td></td>
<td><em>Viscum articulatum</em> on <em>Grewia tiliaefolia-</em></td>
<td></td>
<td>Sakhaliya which grows on Dhaman</td>
<td></td>
<td>Massage Oil, Lump in the stomach, Jaundice, Asthma, Body pain, Joint pain</td>
<td>Whole Plant</td>
</tr>
<tr>
<td>164</td>
<td><em>Vitex negundo</em></td>
<td>Verbenaceae</td>
<td>Nirgud, Nirgui</td>
<td>Shrub</td>
<td>Body pain, Fever and cold, Fracture, Headache, Sore eyes, Sunstroke</td>
<td>Leaves</td>
</tr>
<tr>
<td>165</td>
<td><em>Wrightia tinctoria</em></td>
<td>Apocynaceae</td>
<td>Kudi, Kodi</td>
<td>Tree</td>
<td>Snake bite, Wound</td>
<td>Bark, Latex</td>
</tr>
<tr>
<td>166</td>
<td><em>Zea mays</em></td>
<td>Poaceae</td>
<td>Makai</td>
<td>Herb</td>
<td>Dog bite</td>
<td>Male inflorescence</td>
</tr>
<tr>
<td>167</td>
<td><em>Zingiber officinale</em></td>
<td>Zingiberaceae</td>
<td>Aadu</td>
<td>Herb</td>
<td>Back pain, Joint Pain, Good sleep</td>
<td>Rhizome</td>
</tr>
<tr>
<td>168</td>
<td><em>Zizyphus mauritiana</em></td>
<td>Rhamnaceae</td>
<td>Ber, Bordi</td>
<td>Tree</td>
<td>Cough</td>
<td>Bark</td>
</tr>
<tr>
<td>169</td>
<td><em>Zizyphus nummularia</em></td>
<td>Rhamnaceae</td>
<td>Nana bor</td>
<td>Shrub</td>
<td>Cough</td>
<td>Bark</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
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<tr>
<td>170</td>
<td><em>Zizyphus rugosa</em></td>
<td>Rhamnaceae</td>
<td>Toran, Toranvel, Velibore</td>
<td>Climber</td>
<td>Toran, Toranvel</td>
<td>Bark</td>
</tr>
<tr>
<td>171</td>
<td><em>Zizyphus sp.</em></td>
<td>Rhamnaceae</td>
<td>Borghat, Gatbore</td>
<td>Shrub</td>
<td>Stomach pain, Joint pain, Giddiness, T.B.</td>
<td>Bark</td>
</tr>
<tr>
<td>172</td>
<td><em>Bauhinia varigata</em></td>
<td>Caesalpiniaceae</td>
<td>Koharu</td>
<td>Tree</td>
<td>Urine turning red to yellow</td>
<td>Root</td>
</tr>
<tr>
<td>173</td>
<td><em>Cleodendron saratium</em></td>
<td>Verbinaceae</td>
<td>Safed sagi</td>
<td>Shrub.</td>
<td>Piles, Menstrual disorders</td>
<td>Bark, Leaf</td>
</tr>
<tr>
<td>174</td>
<td><em>Hyptis sualens</em></td>
<td>Lamiaceae</td>
<td>Bhangut, Bhangut</td>
<td>Herb</td>
<td>Fever</td>
<td>Leaves and flowers</td>
</tr>
<tr>
<td>175</td>
<td><em>Atylosia platicarpa</em></td>
<td>Fabaceae</td>
<td>Bhara</td>
<td>Climber</td>
<td>Bleeding</td>
<td>Root</td>
</tr>
<tr>
<td>176</td>
<td><em>Celosia cristata</em></td>
<td></td>
<td>Devkurudu</td>
<td>Herb</td>
<td>Menstrual Problems</td>
<td>Root</td>
</tr>
<tr>
<td>177</td>
<td><em>Leonotis nepetifolia</em></td>
<td>Lamiaceae</td>
<td>Gokhadu (Masu)</td>
<td>Herb</td>
<td>Scabies on the head, Scabies</td>
<td>Whole plant</td>
</tr>
<tr>
<td>178</td>
<td><em>Celastrus paniculata</em></td>
<td>Fabaceae</td>
<td>Karkangael</td>
<td>Climber</td>
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<tr>
<td>179</td>
<td><em>Cissus repanda</em></td>
<td>Vitaceae</td>
<td>Nandan, Pandvel</td>
<td>Climber</td>
<td>Menstrual disorders</td>
<td>Root</td>
</tr>
<tr>
<td>180</td>
<td><em>Haplanthus tentaculatus</em></td>
<td>Acanthaceae</td>
<td>Nanu Ekaru</td>
<td>Herb</td>
<td>Waist - nerve pain</td>
<td>Leaves</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
<td>Locally Used For</td>
<td>Parts Used</td>
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<td>181</td>
<td><strong>Ougenia dalbergiodes</strong></td>
<td>Fabaceae</td>
<td>Tanas</td>
<td>Tree</td>
<td>Dysentery</td>
<td>Bark</td>
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<tr>
<td>182</td>
<td><strong>Kirganelia recticuleta</strong></td>
<td>Euphorbiaceae</td>
<td>Kamboi, pichrund</td>
<td>Shrub</td>
<td>Chicken pox</td>
<td>Root</td>
</tr>
<tr>
<td>183</td>
<td><strong>Panicum miliaceum</strong></td>
<td>Poaceae</td>
<td>Varai</td>
<td>Grass</td>
<td>Any problem with stomach, Lump in the stomach, Stomach Pain, Big boils on the neck</td>
<td>Flour</td>
</tr>
<tr>
<td>184</td>
<td><strong>Eleusine coracana</strong></td>
<td>Poaceae</td>
<td>Nagali</td>
<td>Grass</td>
<td>Milk Production in Mother, Mother’s milk spoils</td>
<td>Flour</td>
</tr>
<tr>
<td>185</td>
<td><strong>Chlorophytum borivilianum</strong></td>
<td>Liliaceae</td>
<td>Kaunibhaji,Musali</td>
<td>Herb</td>
<td>Jaundice, Stomach Pain</td>
<td>Root</td>
</tr>
<tr>
<td>186</td>
<td><strong>Tagetes patula</strong></td>
<td>Asteraceae</td>
<td>Mokamani</td>
<td>Herb</td>
<td>Ear pain, Watering the eyes</td>
<td>Leaves</td>
</tr>
<tr>
<td>187</td>
<td><strong>Clematis Sp.</strong></td>
<td>Ranunculaceae</td>
<td>Halund kairi</td>
<td>Climber</td>
<td>Cough, Acidity, All kinds of pain, Blurred vision, Sterility, Kidney stone, Regular menstruations</td>
<td>Root</td>
</tr>
<tr>
<td>No.</td>
<td>Botanical Name</td>
<td>Family</td>
<td>Local Name</td>
<td>Habit</td>
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<tr>
<td>188</td>
<td><em>Couropita guianensis</em></td>
<td>Luacythidaceae</td>
<td>Kials</td>
<td>Tree</td>
<td>Hand and leg thin with big stomach</td>
<td>Fruit</td>
</tr>
<tr>
<td>189</td>
<td><em>Sapindus emarginatus</em></td>
<td>Sapindaceae</td>
<td>Arita</td>
<td>Tree</td>
<td>Constipation</td>
<td>bark</td>
</tr>
<tr>
<td>190</td>
<td><em>Cassine glauca</em></td>
<td>Celastraceae</td>
<td>Bootiya aland, Aland</td>
<td>Tree</td>
<td>Cancer, Menstrual disorders, Milk Production, Snake bite and Swelling</td>
<td>Root ,Bark</td>
</tr>
<tr>
<td>191</td>
<td><em>Casearia graveolens</em></td>
<td>Flacourtiaceae</td>
<td>Kirambada</td>
<td>Tree</td>
<td>Snake Bite</td>
<td>Bark</td>
</tr>
<tr>
<td>192</td>
<td><em>Accacia Sp</em></td>
<td>Mimosaceae</td>
<td>Echan</td>
<td>Tree</td>
<td>Bleeding, Kidney Stone, sleeplessness</td>
<td>Bark, Leaves</td>
</tr>
<tr>
<td>193</td>
<td><em>Piliostigma fovelatum</em></td>
<td>Caesalpinaceae</td>
<td>Chamoli, Bhootchamoli</td>
<td>Tree</td>
<td>Bleeding, Contagious diseases, Menstruation</td>
<td>Bark root</td>
</tr>
<tr>
<td>194</td>
<td><em>Plantago ovata</em></td>
<td>Plantagonaceae</td>
<td>Isabgoul</td>
<td>Herb</td>
<td>Menstrual problems. Water from the mouth while sleeping,</td>
<td>Whole plant</td>
</tr>
<tr>
<td>195</td>
<td><em>Millusa tomentosa</em></td>
<td>Kanokaceae</td>
<td>Humbh</td>
<td>Tree</td>
<td>Asthma</td>
<td>leaves</td>
</tr>
</tbody>
</table>