CHAPTER: V

Description of the medicinal plants used as a traditional source

The Traditional Knowledge Holders (TKHs) used a number of medicinal plants for preparing the medicines used for the cure and treatment of the various diseases. This chapter provides the information of the 95 medicinal plants and 2 other products used by the TKHs. It also discusses how the plants and plant parts are used by them. The researcher also tried to provide the information regarding the parts of the medicinal plants used. An attempt was made to compare the collected information with the existing literature.

5.1. Description of medicinal plants:

The medicinal plants used by the different TKHs were explored and documented and 95 medicinal plants were identified which were used by TKHs in different ways, were elaborated with their traditional uses. The scientific names of the plants identified are arranged alphabetically and elaborated with common names and their traditional uses.

5.1.1. Acacia catechu

Family – Mimosaceae

Common names – Khair, Rasmanik, Black cutch

Traditional uses – The heartwood of the bark is used to extract the “Katha” a common ingredients used in ‘pan’ is traditionally used for sore throat and cough. If the mouth has ulcers, a simple ‘pan’ with this if eaten shows tremendous effect. Katha along with other herbs is also used to cure cough and fever.

5.1.2. Achillea millefolium

Family – Asteracea
Common names – Gandana, Momadhanu, Daar pira di jadi (herb for tooth ache)

Yarrow

Traditional uses – The flower heads, leaves and other aerial parts of the plant are used for the treatment of cold and flu (as tea), menstrual problems, circulatory disorders, toothache, mouth-freshener, gastric problems, fever (as vapour bath), bleeding piles. Decoction is used as a tonic and stimulant.

5.1.3. *Achyranthes aspera*

Family – Amaranthaceae

Common names - Puthkanda, Parkanda, Prickly Chaff Flower

Traditional uses – The whole plant is used as antidiabetic and anti-rheumatic. Seed powder for treating piles. Roots are used for treating pneumonia and toothache. It is traditionally used in bronchial disorders, snake bites, skin eruption and in renal dropsy. The juice extracted from the leaves cure blisters of the mouth.

5.1.4. *Aconitum heterophyllum*

Family – Ranunculaceae

Common names – Atees, Patris, Ponkar, Aconite

Traditional uses – The powder of the roots of the plant are used for the cure and treatment of diarrhoea, dysentery, abdominal disorders, fever, cough, as tonic and astringent. The tubers and flowers are valuable febrifuge.

5.1.5. *Agave sisalana*

Family – Agavaceae

Common names – Kuera, Rambhan, Hemp

Traditional uses – The pulp waste of the plant act as a source of cortisone for the treatment of rheumatoid, arthritis, certain allergies and cancer.
5.1.6. *Albizia lebbeck*

Family – Mimosaceae/ Fabaceae

Common names – Sareen, Siris tree

Traditional uses – The powder of the seeds of the plant are used in curing cold and cough, the juice of the leaves are used for eye troubles, powder of the bark is beneficial for boils and the juice of the flowers is used to cure asthma. Used in piles and diarrhea. The powder of the roots used as gum tonner and aphrodisiac.

5.1.7. *Allium cepa*

Family – Alliaceae

Common names – Ganda, Tason, Piyaaz, Onion

Traditional uses – The bulb of the plant is used in curing cold, cough and flu. The volatile substance released while cutting the bulb is beneficial for eye troubles. The leaves of the plant are used as a vegetable. It is an effective appetizer. The bulb eaten as raw also provides a shield from the harsh hot waves of prickly summers.

5.1.8. *Allium sativum*

Family – Alliaceae

Common names – Lahsun, Thom, Rohun, Garlic

Traditional uses – The bulb of the plant is used in curing various skin problems, rheumatism, paralysis, ear problems and in asthma also. The bulb beaded as chain (5/7 in number) is used to cure running nose and cold in case of small children. The paste of the bulb is helpful in getting relief from joint pains.

5.1.9. *Aloe barbadensis*

Family – Liliaceae

Common names – GritKumari, Guyaarpata, First-aid plant
Traditional uses – The leaves of the plant are used to cure fever, skin diseases, stomach problems especially constipation, liver and spleen ailments, gonorrhea, menstrual suppression, piles and jaundice.

5.1.10. *Amaranthus spinosus*

Family – Amaranthaceae

Common names – Kanda aayli chalari, Kand chalara, Prickly Amaranthus

Traditional uses – The boiled roots and leaves are given to children as laxative and applied as emollient. The poultice of leaves is applied to abscesses, piles and wounds.

5.1.11. *Angelica glauca*

Family – Apiaceae

Common names – Choru, Chohor, Choraka, Angelica

Traditional uses – The powder of the roots and stems of the plant is used in curing asthma, bronchitis, rheumatic inflammation, appetite, dyspepsia and stomachache.

5.1.12. *Asparagus racemosus*

Family – Asparagaceae

Common names – Satavari, Satmooli, Moasali, Indian Asparagus

Traditional uses – The root of the plant is used to cure the female disorders and improves breast milk. It has demulcent, aphrodisiac, diuretic and anti-dysenteric properties. It is the major ingredient of Wranger Syrup which improves the functioning of human body and increases the immune system also.

5.1.13. *Azadirachta indica*

Family – Meliaceae

Common names – Niim, Neem, Margosa tree
Traditional uses – Leaves of the plant possess antiseptic and insecticidal properties, bark is used for skin troubles, flowers used as tonic and stomachic, non dried oil of seed is beneficial in skin infection and fresh tender twigs are used to clean teeth as datun by the local people. The syrup of the plant is used as blood purifier. The leaves of the plant are eaten raw to control the diabetes. The oil extracted from the leaves is used to prevent hair fall.

5.1.14. *Bambusa arundinacea*

Family – Poaceae
Common names – Bans, Bah, Bantulu, Solid bamboo

Traditional uses – It is used to prepare a number of traditional medicine. The leaves of the plant are used as emmenagogue, anthelmintic and as astringent. Stem and leaves are used as blood purifier, leucoderma and inflammations. White substances deposited at nodes given to children and ladies having calcium deficiency.

5.1.15. *Bauhinia variegata*

Family – Caesalpiniaceae
Common uses - Kachnar, Katrer, Karrar, Kared, Mountain ebony

Traditional uses – The roots of the plant act as carminative, antiseptic and its decoction prevents obesity. The bark act as tonic and it has anthelmintic properties also. Bark is also used for skin problems, the powder of the flowers is used for piles and constipation and the juice of the roots is beneficial in gastric problems.

5.1.16. *Berberis aristata*

Family – Berberidaceae
Common names – Kambal, Rasonth, Dandladhar, Kingora, Indian Barberry

Traditional uses – The fruit is cooling and digestive. The leaves and its juice are given in the treatment of jaundice. Extract obtained from the root of the plant is used to cure fever,
bleeding piles and as a bitter tonic. Its external application on the eyelids is used to cure the acute conjunctivitis. Bark is used to cure eye sores and ulcers.

5.1.17. **Bergenia stracheyi**

Family – Saxifragaceae

Common names – Gatikpa, Jkhama hayat, saprotar

Traditional uses – The powder and oil extracted from the roots of the plant are used for massaging and help in cure the body swellings. The powder of rhizome and root is dusted on the wounds for early healing. It is also used in diarrhea, fever and pulmonary infections.

5.1.18. **Brassica campestris**

Family – Brassicaceae

Common names – Saro, Sarso, Indian mustard

Traditional uses – The oil extracted from the seeds is used as ingredient in preparing a number of traditional medicines. The oil is used for massaging also. During high fever the massage of this oil on the back of foot with copper utensil beneficial to get relief from the fever.

5.1.19. **Butea monosperma**

Family – Papilionaceae

Common names – Palah, Palas, Tatroah, Dhak, Kinju, Parrot tree, Flame of the forest

Traditional uses – The powder of flowers and leaves are diuretic, antiseptic, astringent and the gum extracted used to cure diarrhea. Flowers and seeds of the plant used as decoction for wormicide. The bark is used to cure snake bite. The leaves are used as a tonic.

5.1.20. **Calotropis procera**

Family – Asclepiadaceae

Common names – Akk, Madar, Chita, Swallow wart
Traditional uses – The powder of root bark of the plant is used for leprosy and eczema, flowers juice is beneficial as tonic and used in cough, cold and asthma and indigestion, the secretion ooze out from the plant is used to cure the skin diseases. The root paste applied locally to cure elephantiasis.

5.1.21. *Cannabis sativa*

Family – Cannabinacea

Common names – Bhand, Bhang, Hemp

Traditional uses – The leaves of the plant are used to treat asthma, hemorrhages, gonorrhea, tetanus and nervous disorders. The plant is used as intoxicant, tonic, analgesic, sedative, antiseptic and anodyne.

5.1.22. *Cardiospermum halicacabum*

Family – Sapindaceae

Common names – Kanfari, Love in a puff, Balloon plant

Traditional uses – The plant is diuretic, stomachic, used to cure nervous disorders, locally applied to cure dandruff.

5.1.23. *Carum carvi*

Family – Apiaceae

Common names – Siazira, Konayatat, Caraway

Traditional uses – The seeds are used to cure blood vomiting, piles, intermittent fevers, worm infestation.

5.1.24. *Cassia augustifolia*

Family – Caesalpiniaceae

Common names – Sanay, Sunay, Indian Senna
Traditional uses – The pulp is used for the constipation. It acts as stool softner and bowel cleaner. The bark of the plant is used to cure the diarrheal attacks especially in children. The bark is tied on the ankle and wrists which cures the Nari dosha by controlling the loose motion.

5.1.25. *Centella asiatica*

**Family** – Hydrocotylaceae

**Common names** – Brahmi bhuti, Gor sumbhi, Asiatic pennywort

Traditional uses – The leaves extract of the plant used as brain tonic, used to cure leprosy and treat tuberculosis. The syrup also helps in improving digestion and increases appetite also. The syrup of the fruit is helpful in curing heart-burns, indigestion and liver disorders.

5.1.26. *Cichorium intybus*

**Family** – Asteraceae

**Common names** – Jungli Hand, Lishkan, Handi posh, Cichory

Traditional uses – The roots of the plant has the medicinal value and the powder with other ingredients help to cure typhoid. The leaves of the plant used as a paste to reduce inflammation of joints.

5.1.27. *Crocus sativus*

**Family** – Iridaceae

**Common names** – Kesar, Zaffron, Kung, Saffron

Traditional uses – The powder of the plant is used in eye problems, skin problems, act as body coolant also. It is good tonic and the rural and locals suggest the pregnant lady to have a milk with its tendrils for healthy and sharpen mind of the baby. It is used as highly energetic herb to overcome the general weakness.

5.1.28. *Curcuma domestica*

**Family** – Zingiberaceae
Common names – Haldar, Haldi, Turmeric

Traditional uses – The powder of the rhizome is used as blood purifier, tonic, skin disinfectant, antiseptic agent. It is used to cure cough, cold and the internal fracture. The rural women prefer it with ghee after delivery for heal up the internal cuts and wounds. The housewives sprinkle its powder after cuts and wounds externally and give with milk for internal injury.

5.1.29. *Datura stramonium*

Family – Solanaceae

Common names – Datura, Datur, Shivapriya, Jimson weed, Thorn apple

Traditional uses – The leaves and seeds of the plant are used as antiseptic, anodyne, narcotic and intoxicant. The powder of leaves used to cure piles, haemorrhoids and the seeds powder cure dandruff. It is also used in the treatment of asthma.

5.1.30. *Delphinium vestitum*

Family – Ranunculaceae

Common names – Changuathpa, Morri

Traditional uses – The whole plant is used in the preparation of the medicine for diabetes. It is a good source of glucoside.

5.1.31. *Didymocarpus pedicellata*

Family – Gesneriaceae

Common names – Patherfori, Silfori

Traditional uses – The leaves of the plant have medicinal value and used for kidney ailment especially kidney stones. It regulates calcium absorption in the body.

5.1.32. *Digitalis purpurea*

Family – Scrophulariaceae
Common names – Akarkara, Common foxglove

Traditional uses – The leaves are used in the treatment of heart problems and found effective in curing the diseases of cardio-vascular system.

5.1.33. *Dodonaea viscosa*

Family – Sapindaceae

Common names – Santha, Sticky hop bush

Traditional uses – The leaves used for wounds, burns, swellings

5.1.34. *Elettaria cardamomum*

Family – Zingiberaceae

Common names – Hari elaichi, choti elaichi, Lesser cardamom

Traditional uses – The fruit and seed of the plant is used as flavoring agent in many medicines. It is in combination with others used for cough, cold, flu and asthma and to cure fractured bones also.

5.1.35. *Embleca officinalis / Phyllanthus emblica*

Family – Euphorbiaceae

Common names – Amla, Indian Gooseberry

Traditional uses – The fruit is used in curing dysentery, diarrhea, haemorrhages, jaundice, anemia, dyspepsia. It is used as laxative and is beneficial in curing piles, liver and stomach complaints. It is the richest source of Vitamin C.

5.1.36. *Eugenia jambolana / Syzygium cumini*

Family – Myrtaceae

Common names – Jamun, Tallan, Java plum, Tambolana
Traditional uses – The decoction of bark and powdered seeds used in diabetes, bark astringent, also used in gargles and mouth washes, fresh juice of bark given with milk of goat for curing diarrhea in children. It is a rich source of iron especially the black fruit variety of the plant. It helps to cure bronchitis, asthma and ulcers.

5.1.37. *Euphorbia hirta*

Family – Euphorbiaceae

Common names – Jatli-dodal, Lal-dodai

Traditional uses – The juice of the plant is used in bronchial ailments. It is used in colic, dysentery and cough, worms and vomiting. The decoction of plant is given in bronchial infections and asthma, latex is applied locally in eczema and warts.

5.1.38. *Euphorbia royleana*

Family – Euphorbiaceae

Common names – Thor, Sulu, Sahandu

Traditional uses – The latex of the plant is used to cure tooth infection. It is cathartic, laxative and anthelmintic.

5.1.39. *Ferula asafetida*

Family – Apiaceae

Common names – Hing, Heend, Asafetida

Traditional uses – The gum resin is used to cure cough, cold, heartburn, gastric problems. The paste of the hing is massaged in winter near the naval pit of the child to keep the child away from the gastric problems.

5.1.40. *Ficus benghalensis*

Family – Moraceae

Common names – Borh, Broyai, Banyan
Traditional uses – The bark of the plant is used to cure rheumatism, diarrhea, dysentery, diabetes. The leaves of the plant used as tonic and cooling agent.

5.1.41. *Ficus religiosa*

Family – Moraceae

Common names – Barh, Pipal, Bo-tree

Traditional uses – The bark of the plant is used to cure ulcers and skin diseases. The bark is astringent and given internally to cure scabies.

5.1.42. *Fumaria indica*

Family – Fumariaceae

Common names – Pitpapra, Pidpapra, Fumitory

Traditional uses – The whole plant is used to cure anthelmintic, diuretic and is diaphoretic in low fever. It purifies blood and cures skin diseases. It is also used in combination with other herbs for the preparation of medicine for the heart problems.

5.1.43. *Gentiana kurroo*

Family – Gentianaceae

Common names – Tikta, Neelkandoo, Neelkandposh, Himalayan Gentian

Traditional uses – The whole plant is used as blood purifier and for cure of fever, cough, liver ailments, headache. Roots are used as tonic, febrifuge, stomachic and for urinary troubles.

5.1.44. *Gloriosa superba*

Family – Liliaceae

Common names – Charkiara, Langli, Tiger’s claws
Traditional uses – The powder of the roots is used to prepare the medicine which acts as antidote to snake poison. The tubers are abortifacient, stimulant and anthelmintic. It is used to cure leprosy.

5.1.45. *Glycyrrhiza glabra*

Family – Papilionaceae

Common names – Mullathi, Mallathi, Mullattin, Sweet wood

Traditional uses – The root of the plant is chewed to keep the upper respiratory tract clean and clear. It is beneficial in cough, cold, asthma and cure bronchial respiratory problems.

5.1.46. *Hyoscynamus niger*

Family – Solanaceae

Common names - Tukhlang, Bazar Bang, Henbane

Traditional uses – The leaves, flowers and seeds of the plant are used to cure nervousness, asthma, whooping cough, tooth-ache.

5.1.47. *Hyssopus officinalis*

Family – Lamiaceae

Common names – Tengu, Tyangu, Jufah, Hyssop

Traditional uses – The whole plant is used in curing liver disorders, blood disorders, cough, cold, bronchitis, asthma. It is also used as a substitute for saffron.

5.1.48. *Jatropha curcas*

Family – Euphorbiaceae

Common names – Ratan-Jot, Purging nut

Traditional uses – The oil extracted from the seed of the plant is used to prepare traditional medicine for burns and wounds.
5.1.49. *Juniperus communis*

Family – Cupressaceae

Common names – Chukpa, Hauber, Dhoop, Common Juniper

Traditional uses – The flowers, fruits and twigs are used to prepare the traditional medicine. It acts as carminative, stimulant, diuretic and is helpful in chronic arthritis, gout, rheumatism, stomach disorders.

5.1.50. *Lantana camara*

Family – Verbenaceae

Common names – Panjfulli Jarri, Lantana

Traditional uses – The seed oil is used as antiseptic, antispasmodic and is also useful against tetanus, malaria and rheumatism

5.1.51. *Linum usitatissimum*

Family – Linaceae

Common names – Alsi, Linseed, Flax

Traditional uses – The oil is used for massaging of the fractured bones and also helps in curing the wounds and burns.

5.1.52. *Mangifera indica*

Family – Anacardiaceae

Common names – Amb, Aam, Mango

Traditional uses – The fruit, bark and seeds of the plant are used in traditional medicine. It is used to cure rheumatism, uterine hemorrhage, diphtheria and asthma. It acts as laxative and diuretic. It is a richest source of calcium.
5.1.53. *Melia azedarach*

Family – Meliaceae

Common names – Dherank, Pride of India

Traditional uses – The leaves of the plant are used as anthelmintic, as diuretic and for cure of spleen enlargement. The infusion of bark is given in ascariasis. Seeds are recommended to cure rheumatism.

5.1.54. *Mentha arvensis*

Family – Lamiaceae

Common names – Pudina, Putana, Japanese peppermint

Traditional uses – The leaves of the plant are used as antiseptic, carminative, stimulant, refrigerant and diuretic. It helps in curing asthma, jaundice and gastroentritis. It is used to control the pit-dosh (heat/heartburn). It also used to cure liver and spleen diseases.

5.1.55. *Morus alba*

Family – Moraceae

Common names – Toot

Traditional uses – The leaves are diaphoretic, roots are anthelmintic and cure diarrhea, fruit is mild laxative.

5.1.56. *Ocimum sanctum*

Family – Lamiaceae

Common names – Vrinda, Manjri, Tulsi, Sacred Basil

Traditional uses – The leaves of the plant are used to cure cough, cold, bronchitis, asthma and fever.
5.1.57. *Phoenix sylvestris*

Family – Arecaceae

Common names – Khajur, Wild Date Palm

Traditional uses – The fruit of the plant is used as appetizer, tonic and help in curing cough, cold, bronchitis, rheumatism and menstrual problems. It is a rich source of Vitamin B & C. The roots of the plant are used for toothache.

5.1.58. *Phyllanthus urinaria*

Family – Euphorbiaceae

Common names – Hazarmani,

Traditional uses – The leaves are used to cure diarrhea, dysentery and jaundice. This herb with other medicinal herbs used to cure piles and snakebite.

5.1.59. *Picrorhiza kurroa*

Family – Scrophulariaceae

Common names – Honglong, Kutki, Kuki, Chitti kor, Picrorhiza

Traditional uses – It is the most useful herb of J&K. It is used with other herbs to cure Hepatitis B. It is effective against fever.

5.1.60. *Plantago lanceolata*

Family – Plantaginaceae

Common names – Gobba, Bhummnu, Baltanaga

Traditional uses – The seeds are used to cure stomach disorders. Leaves and roots are astringent and are used to cure cough.

5.1.61. *Prunus bokhariensis*

Family – Rosaceae
Common names – Aaloo-bhukhara,

Traditional uses – The dry fruit of the plant is used to cure jaundice in children.

5.1.62. *Rauvolfia serpentine*

Family – Apocynaceae

Common names – Sarpgandhi, Chotta chand, Chandrabhaga, Serpentine root

Traditional uses – The root of the plant is used in high blood pressure, diseases of bowels and in fever ailments.

5.1.63. *Rheum australe*

Family – Polygonaceae

Common names - Chukri, Tukshu, Pambash, Khandol, Indian rhubarb

Traditional uses – The root of the plant is used in stomachache, cuts and wounds, muscular swelling and mumps, chronic constipation, diarrhea and liver problems. The bark extract is a best antiseptic and cure skin diseases. The residue of the bark is used for bathing to cure skin problems.

5.1.64. *Ricinus communis*

Family – Euphorbiaceae

Common names – Aran, Arand, Harnoli, Castor oil plant

Traditional uses – The seed oil of the plant is used for constipation, rheumatism and to cure skin diseases.

5.1.65. *Rumex dentatus*

Family – Polygonaceae

Common names – Abuj, Tandalak, Garden sorrel

Traditional uses – The root of the plant is used to cure constipation.
5.1.66. *Saccharum spontaneum*

Family – Poaceae

Common names – Kamaand, Gannaa, Sugarcane

Traditional uses – The extract of the plant is used to cure cough, cold and also act as disinfectant. The extracted form as mishri is used with a number of traditional medicines to provide a sweetness effect.

5.1.67. *Salvia plebia*

Family – Lamiaceae

Common names – Samundar sokh

Traditional uses – The seeds are used to cure menorrhagia, gonorrhea, diarrhea and hemorrhoids.

5.1.68. *Saussurea costus*

Family – Asteraceae

Common names - Kuth, Kuste, Himid, Kouth, Costus

Traditional uses – The root of the plant is used to cure asthma, bronchitis, cough, dental problems, dysentery, hysteria, heart problem, menstruation trouble, arthritis, in excess fever, strengthen digestion and detoxify the body.

5.1.69. *Sesamum indicum*

Family – Pedaliaceae

Common names – Til, Sesame

Traditional uses – The seeds of the plant have antioxidant and synergistic properties. The oil extracted from white seed variety of the plant is useful in massaging to cure bone problems. The powder with luke water is beneficial for foot care.
5.1.70. *Shorea robusta*

Family – Dipterocarpaceae

Common names – Raal, Sal

Traditional uses – The resin is used to prepare the traditional medicine for wounds and burns.

5.1.71. *Sphaeranthus indicus*

Family – Asteraceae

Common names – Gorakh mundi, East Indian Globe Thistle

Traditional uses – The plant is used in combination with others to prepare the traditional medicine for the diabetes.

5.1.72. *Swertia chirata*

Family – Gentianaceae

Common names – Chiretta, Chirata

Traditional uses – The plant is used to cure diabetes with other herbs also.

5.1.73. *Syzygium aromaticum*

Family – Myrataceae

Common names – Laung, Cloves

Traditional uses – The fruit bud is used to cure gum problems, gum pain. It is also used with other ingredients to cure fractures.

5.1.74. *Tagetes minuta*

Family – Asteraceae

Common names – Guta, Marigold
Traditional uses – The flowers of the plant are stomachic, diuretic and diaphoretic. It has spasmolytic, broncho-dilatory and inflammatory properties. The leaves are used to make a tea which cures the gas problem and its oil paste cure swelling.

5.1.75. *Tamaridus indica*

Family – Caesalpiniaceae

Common names – Imli, Tamarind

Traditional uses – Fruit is used with other herbal products and minerals to cure leucorrhoea.

5.1.76. *Taraxacum officinale*

Family – Asteraceae

Common names – Khursa, Dhuila, Hanth, Han, Common Dandelion

Traditional uses – The whole plant is used to cure kidney disorders, liver disorders, snakebites, boils, sprains. It acts as diuretic, blood purifier, laxative and increases appetite. It is the richest source of iron specially given to pregnant ladies. The extract of the plant is given as antibiotic to the ladies immediately after delivery for early and better recovery.

5.1.77. *Terminalia arjuna*

Family – Combretaceae

Common names – Arjuna, Arjan

Traditional uses – The bark of the plant is used to cure the wounds and cuts.

5.1.78. *Tinospora cordiflora*

Family – Menispermaceae

Common names – Gloe, Guduchi, Ghinio, Gulancha Tinospora
Traditional uses – The stem and bark of the plant is used as tonic, cure antiperiodic and diarrhea.

5.1.79. *Toona ciliata*

Family – Meliaceae

Common names – Tooni

Traditional uses – The bark of the plant is used for chronic dysentery of infants and in ulcers also

5.1.80. *Tribulus terrestris*

Family – Zygophyllaceae

Common names – Pakhrra

Traditional uses – It is used in toothache, painful gum and to reduce inflammation, used in urinogenital disorders

5.1.81. *Triticum aestivum*

Family – Poaceae

Common names – Atta, Wheat

Traditional uses – The powder of the fruit is used to cure boils and also help in cure of stomach disorders. It is also used for cure of skin ailments.

5.1.82. *Typha elephantine*

Family – Typhaceae

Common names – Aera, Pater

Traditional uses – It is used against dysentery, gonorrhoea and measles
5.1.83. *Uraria picta*

Family – Fabaceae

Common names – Dabra

Traditional uses – The roots of the plant are an important component of Dashmoola. Roots are used to cure cough, chills and fevers. The leaves are antiseptic and used in gonorrhea.

5.1.84. *Urginea indica*

Family – Liliaceae

Common names – Ban Ganda

Traditional uses – It is used to cure heart ailments, cough, bronchitis and also employed in dropsy, rheumatism and skin warts

5.1.85. *Urtica dioica*

Family – Urticaceae

Common names – Soi, Bishu bhooti, Stinging nettle

Traditional uses – The roots of the plant are used to cure rheumatoid pains, minor wounds. The infusion of leaves and roots is used as hair – stimulant and for cleaning dandruff.

5.1.86. *Valeriana jatamansi*

Family – Valerianaceae

Common names – Mushk-bala, Sugandhwala, Indian valerian

Traditional uses – The whole plant is used to cure nervous exhaustion, insomnia, headache, antispasmodic, carminative, acute stomachache.

5.1.87. *Verbascum thapsus*

Family – Scrophulariaceae
Common names – Giddar Tambaku

Traditional uses – The leaves of the plant smoked for asthma and sore throat. The infusion of the leaves is given orally to cure snakebite. Tea prepared from leaves to treat cold and dysentery. Leaves locally applied on inflammations, hemorrhoids and sunburn.

5.1.88. *Verbena officinalis*

Family – Verbenaceae

Common names – Karaita

Traditional uses – The plant are used in jaundice, ulcers opthalmia, prevents miscarriage, rheumatism and cure liver and gall bladder disorders.

5.1.89. *Viola odorata*

Family – Violaceae

Common names – Bunufsha, Sweet Violet

Traditional uses – The flowers of the plant is used to cure respiratory infections.

5.1.90. *Vitex negundo*

Family – Verbenaceae

Common names – Bana, Nirgandi, Chinese Chaste tree

Traditional uses – The leaves of the plant are used as a major ingredient in Joshanda and used for chest infection, astringent and contraceptive. It also used in combination with other herbs to cure rheumatism and arthritis. The kernels of the plant are sedative, soporific, antidote to aconite poisoning and abdominal pain in pregnancy. The dried leaves smoked are used to cure headache.

5.1.91. *Withania coagulans*

Family – Solanaceae
Common names – Paneer Doda

Traditional uses – The whole plant is used to cure diabetes with other herbs also.

5.1.92. *Withania somnifera*

Family – Solanaceae

Common names – Sagunn, Ashwagandha, Winter Cherry

Traditional uses – The root of the plant is used as aphrodisiac, tonic and diuretic, helps in curing rheumatism, ulcers and inflammation. It is helpful to overcome sexual as well as general weakness. The fruits of the plant are diuretic.

5.1.93. *Woodfordia fruitcosa*

Family – Lythraceae

Common names – Dhai, Dhoe, Fire flame bush

Traditional uses – The leaves and flowers of the plant are used to cure catarrh and headache. It is used as anticancer agent. It is used in fever and liver complaints. It is used as tonic and cure of cough, dysentery, nausea and smallpox.

5.1.94. *Zingiber officinale*

Family – Zingiberaceae

Common names – Adarak, Ginger

Traditional uses – The rhizome of the plant is used to cure cough, cold and digestive problems. It is used with other herbs to prepare the traditional medicines also. The rhizome is also used to cure the anemia problems.

5.1.95. *Ziziphus jujube*

Family – Rhamnaceae

Common names – Singli, Chinese Tsao
Traditional uses – The seeds of the plant are used to cure jaundice.

5.1.96. Shilajeet

Shilajeet or Shilaji oil has its origin from the natural rocks of the mountains at higher reaches like from Khir Ganga, Rudranath Parvati Valley. It is very effective against bone problems, joint pains and high blood pressure. It also empowers human sexual system.

5.1.97. Honey

Honey extracted from the bee-hives made from the juices of a number of flowers is beneficial to health. Honey is used as antiseptic, mixing agent in traditional medicines. It is a Hindu ritual followed in most of the villages that when a child born, a close relative write ‘Aum’ in his/her tongue with honey with a belief that the honey clears all the impurities from the digestive tract. It is used in cough, cold, as slimming agent. In teething child, the massage with the honey 3-4 times a day on the gums proves beneficial and relieves the child from the pain and irritation. Honey is also used as substitute of sugar. The wax of the honey is used to prepare the traditional medicines for wounds, burns and boils.

5.2. Parts of medicinal plants used:

The medicinal plants used by the TKHs are either collected from the tribal of the region, self from the field or purchased from the local markets. The various plants parts like roots, stem, fruit, flower, tuber, latex, pulp and other secretions of the plant, fresh twigs, bark and whole plant also are used as a part of traditional medicine. As per the different parts of the plant used it has been found that the use of whole plant (21) is maximum in the data collected and the 22 medicinal plants falls in the category in which more than one part of the plant is used. Among the single part used category it has been found that seeds dominate the data and flower and bulb has the minimum uses. It has also been observed that in combination of various parts used as a traditional source the use of leaves dominate the category.

5.3. Methods of using medicinal plants:

It has been found that the medicinal plants mostly used by TKHs are in powdered form. They can be used in the form of liquid extract like oil, paste and juice. The medicines given to take
with water, gur, mishri, honey or sprinkled over sweet granules. In the form of oil, it is used for massaging. In few cases, it has been used in the form of vegetables. The plant parts are used and eaten raw also to get better effect. The powder of bark, root, stem, flower are used with other herbs also for a particular treatment.

5.4. Comparison of the study with existing literature:

The medicinal plants found from the region have traditional uses and the references of these plants are also traced in the ancient literature like Ayurveda, Unani and Siddha system of medicines. The details of the medicinal plants used by the TKHs are gathered and were compared with the available literature. It has been found that most of the plants used traditionally by TKH for the cure and treatment are in use on the basis the ancient history and use by previous generations. The above described plants were compared with the literature provided by Khare (2004) and it was found that out of 95 plants, 82 plants with same species or with other species has the reference but the 13 plants have no details given in it. The details of these 13 plants were reported by others like Cardiospermum reported by Pillai and Vijayamma (1985), Didymocarpus has description in herbal products, Dodonaea described by Mahadevan, et al (1998), Lantana by Ross (1999), Morus by Laddha, et al (2012), Salvia by Orhan et al (2007), Syzygium by Ross(1999), Patil (2006) and in herbal product, Toona by Kritikar and Basu (1995), Tribulus by Gauthaman et al (2002), Triticum by Kant (2002), Typha by Gautam et al (2007), Verbascum by Kant (2002) and Verbena by Patil (2006).

5.4.1. Acacia catechu:

The plant is used by the 16th century onwards for various purposes like for skin diseases, obesity, urethral discharges, jaundice, polyurea, diabetes, cough, diseases of the mouth, hoarseness of the voice, sore throat, oral cancer and in asthma also. Its description is also given in Charaka, Sushruta of Ayurvedic system of medicine.

5.4.2. Achillea millefolium:

The description of this plant is given in Unani system of medicine. The plant is used as diaphoretic during fever, diuretic, anti-inflammatory agent, liver tonic, regulates menstruation, blood purifier, circulatory disorders, cold, flu, and as deobstructant.
5.4.3. *Achyranthes aspera*:

The description of the plant is given in Charaka, Sushruta of Ayurvedic system of medicine and also in Siddha and Unani system of medicine. The plant is used in parasitic infections, hemicranias, rheumatism, internal tumour, cough, piles, intestinal parasites, arrest bleeding and dysentery.

5.4.4. *Aconitum heterophyllum*:

The description of the plant is given in Charaka, Sushruta of the Ayurveda system of medicine. The plant is used for treating diarrhea, malabsorption syndrome, colitis, rheumatic, gastralgia, rheumatic, uterine and vaginal disorders.

5.4.5. *Agave sisalana*

The plant is used in western herbal medicine and also in homeopathic medicines. The plant sap is a soothing and restorative remedy for many digestive ailments. It is used to treat ulcers and inflammatory conditions affecting the stomach and intestines and protect them from infection and irritation, encourages healing. It is employed to treat liver diseases. It is demulcent, laxative and antiseptic. In American folk medicine it is used for spasm, coughs, accumulated phlegm, poor urination, kidney inflammation and pain, urinary tracts infection and wounds.

5.4.6. *Albizia lebbeck*

The description of the plant is given in Charaka Samhitaa, Sushruta Samhitaa, Ashtaanga Sangraha and Ashtaanga Hridaya of Ayurvedic system of medicine. It is also used in Unani and Siddha system of medicine. It is used in asthma, skin diseases and eruptive boils, for erysipelas, antiseptic, in hemicranias, urinary anomalies, oedema, and urethral discharges.

5.4.7. *Allium cepa*

The description of the plant is found in Charaka of Ayurvedic system of medicine, Siddha and Unani system of medicine also. Its red variety helps in curing cough, scanty stools and haemorrhage. The paste of bulb mixed with curd and salt is given in diarrhea and dysentery. It is used as diuretic, anti-inflammatory, analgesic, anti-rheumatic and an antibiotic for cough, cold and flu in Unani medicine.
5.4.8. *Allium sativum*

The description of the plant is given in Charaka Samhitaa, Sushruta Samhitaa, Raaju Nighantu and Bhaav-aprakaasha of Ayurvedic system of medicine. It’s description also given in Unani and Siddha system of medicine. It is a tonic for the whole body, age – sustainer, rejuvenator, aphrodisiac, boosts up immune system, promote strength, complexion and eyesight. It is prescribed in cardiac diseases, chronic fevers, tumours; also for throat infections, cough, asthma, oedema.

5.4.9. *Aloe barbadensis*

The plant has its description in Ayurvedic, Unani and Siddha system of medicine. It is in use from the 12th century. It is used in liver, spleen, internal tumours, chronic cough and fever, in vitiated blood, skin diseases and toxic conditions. It also helps in curing rheumatism, paralysis and other nerve disorders.

5.4.10. *Amaranthus spinosus*

The plant has its description in Ayurvedic and Unani system of medicine. It is used in toxic conditions, intoxication, and internal hemorrhage. It has diuretic, laxative and antitoxic properties. It helps to cure drowsiness. It checks bleeding and all sorts of poison.

5.4.11. *Angelica glauca*

The description of the plant is given in Ayurvedic (Charaka, Sushruta) and Siddha system of medicine. It is used in headache, insanity, epilepsy, hiccough, bronchial asthma, skin eruptions, swelling and fracture of bones.

5.4.12. *Asparagus racemosus*

The description of the plant is given in Ayurvedic (Charaka, Sushruta), Siddha and Unani system of medicine. It is used for intrinsic haemorrhage, disorders of female genitourinary tract, diarrhea, epilepsy, migraine, skin diseases, oedema, respiratory troubles, urethral discharges and seminal disorders.
5.4.13. *Azadirachta indica*

The description of the plant is given in Ayurvedic (Charaka, Sushruta), Siddha and Unani system of medicine. It is used in skin diseases, erysipelas, leprosy, urinary discharges, chronic fevers, poisoning, ascites, internal parasites, malignant ulcers, internal tumours, piles, oedema and jaundice.

5.4.14. *Bambusa arundinacea*

The description of the plant is given in Ayurvedic, Siddha and Unani system of medicine. It is used for poisonous bites, intestinal worms, excessive fat, treating bronchitis, jaundice, ulcers, oedema, skin diseases, osteoarthritis, osteoporosis, cough, cold, asthma, vomiting, dyspepsia and diarrhea.

5.4.15. *Bauhinia variegata*

The plant description can be traced from Ayurvedic (Charaka and Sushruta) and Siddha system of medicine. The root is used in dyspepsia and flatulence. The bark is used as an anthelmintic, astringent and antiseptic agent in skin diseases, ulcers and leprosy. Buds decoction is beneficial in diarrhea, dysentery, cough, haematuria, piles and menorrhagia.

5.4.16. *Berberis aristata*

The plant has description in Ayurvedic (Charaka, Sushruta and Bhaavaprakaasha), Siddha and Unani system of medicine. It is used to cure piles, haemorrhage, anaemia, jaundice and diseases of mouth, swollen gums, skin diseases, leprosy, indigestion and deficiency in breast milk, uterine and vaginal disorders.

5.4.17. *Bergenia stracheyi*

The plant is used in Ayurvedic, Siddha and Unani system of medicine. It is used in menorrhagia, in urinary discharges, as anthelmintic.

5.4.18. *Brassica campestris*

The plant is used in Ayurvedic (Charaka, Sushruta) and Unani system of medicine. It is used to cure intestinal catarrh, colic pain, indigestion, flatulence, rhinitis, coryza, hemicrania, dysurea, boils and an appetizer.
5.4.19. *Butea monosperma*

The plant description is available in Ayurvedic (Charaka, Sushruta and Bhaavaprakaasha), Unani and Siddha system of medicine. It is used in constipation, colic dysuria, menstrual disorders, seminal weakness, obesity, piles, malfunctioning of the liver, non healing ulcers, intestinal worms, skin diseases and leprosy.

5.4.20. *Calotropis procera*

The description of the plant is given in Ayurvedic (Charaka, Sushruta, Vaidya manoramaa), Unani and Siddha system of medicine. The flowers have digestive, stomachic and tonic properties. The latex used in piles, boils, ulcers, scabies, eczema, enlarged glands and leprosy. Leaves of the plant are beneficial in painful rheumatic joints, swellings, sores and wounds.

5.4.21. *Cannabis sativa*

It has description in Ayurvedic, Unani and Siddha system of medicine. It is used in diarrhea, dysentery, insomnia, skin diseases, local inflammation, neuralgia, haemorrhoids. It is also used to remove dandruff and vermin.

5.4.22. *Cardiospermum halicacabum*

Reference not found. (But the details of the plant given in Pillai and Vijayamma, 1985).

5.4.23. *Carum carvi*

The plant is used from time immemorial and has description in all system of medicines like Ayurvedic, Unani and Siddha system of medicine. Its seeds are digestive, stomachic, carminative, astringent, uterine disinfectant, useful in diarrhea, dyspepsia, fevers, inflammations, cough and catarrh.

5.4.24. *Cassia augustifolia*

The plant is used in Ayurvedic, Unani and Siddha system of medicine. It used to cure constipation, abdominal bloating, indigestion and colic. It has purgative properties combined with carminatives and aromatics.
5.4.25. *Centella asiatica*

The plant has description in Ayurvedic (Charaka and Sushruta) and Siddha system of medicine. The decoction of leaves is helpful in rejuvenation, for pectoral lesions, ulcers and intestinal affections. It helps in increasing the intellectual vigour and longevity, cure chronic skin diseases, and cough, fever, urinary disorders, as astringent and nervine tonic.

5.4.26. *Cichorium intybus*

The plant is used in Ayurvedic, Unani, Siddha system of medicine. It is beneficial in jaundice, liver enlargement, abdominal inflammations, gout, rheumatic affections, as diuretic and emmenagogue.

5.4.27. *Crocus sativus*

The plant is used in Ayurvedic and Unani system of medicine. It helps to improve cataract, night blindness, poor vision, headache, nausea, promotes strength, cures skin diseases, and has antitoxic, antiflatulent and antibilious properties. It helps to keep skin radiant and free from blemishes and eruptions.

5.4.28. *Curcuma domestica*

The plant is used in Ayurvedic (Charaka, Sushruta), Unani and Siddha system of medicine. It is used to cure liver disorders, urinary affections, dermatosis, toxicosis, piles, bronchial asthma, senility, impaired vision and skin diseases.

5.4.29. *Datura stramonium*

The plant is used in Ayurvedic (Sushruta) and Unani system of medicine. The extract of the plant with other medicinal herbs is used to cure a number of diseases like in insanity, eczema and ringworm, boils and eruptions, fevers, astringent, chronic coryza, chronic bronchitis, asthma, vomiting, burning sensation in chest, hyperacidity, as head massager also.

5.4.30. *Delphinium vestitum*

The plant with other species has the description in Ayurvedic and Unani system of medicine. It is used as anti inflammatory, anodyne, astringent, blood purifier, inflammations, piles, ulcers, catarrh.
It is used against the diseases of nervous system, digestive disorders and sluggish liver and abdominal affections.

5.4.31. *Didymocarpus pedicellata*

Reference not found (but plant is used in herbal products).

5.4.32. *Digitalis purpurea*

The plant has description in Ayurvedic system of medicine. It is used as myocardial stimulant, for the cleansing of wounds, in case of burns also. It is also used in homeopathic system of medicine.

5.4.33. *Dodonaea viscosa*

Reference not found (but plant has description in Mahadevan et al)

5.4.34. *Elettaria cardamom*

The plant has the description in Ayurvedic (Charaka, Sushruta Samhitaa, Ashtaanga Sangraha, Ashtaanga Hridaya, Vrindamaadhava, Gadanigraha), Unani and Siddha system of medicines. It is used to cure indigestion, colic pain, intestinal mucus, gastralgia, rhinitis, catarrh, hemicrania and as an antitoxic agent. It is used as cardiac tonic, in vomiting, loss of appetite, dyspepsia, for cough and bronchitis, chronic throat infections and asthma.

5.4.35. *Emblica officinalis / Phyllanthus emblica*

Its description is given in Ayurvedic (Charaka Samhitaa, Sushruta Samhitaa, Ashtaanga Hridaya, Vrindamaadhava), Unani and Siddha system of medicine. It is the one of the ingredient of Chyavanpraasha, Dashmula, Chaturjaatakas, Ashtavarga. It is used in suppressed urine, dysuria, haematuria, jaundice, diabetes, anaemia, constipation, cough, conjunctivitis, ulcers and wounds.

5.4.36. *Eugenia jambolana / Syzygium cumini*

The plant has description in Ayurvedic (Charaka and Sushruta), Unani and Siddha system of medicine. It is used in diarrhea, nausea, vomiting, consumption, as an astringent, vaginal discharges and menstrual disorders, cold infusion, diabetes and diuretic.
5.4.37. *Euphorbia hirta*

The other species of the plant has description in Ayurvedic and Siddha system of medicine. It is used in acute constipation, jaundice, abdominal glands, abdominal dropsy, intestinal paralysis, urinary calculi and diabetes. It is found useful in warts, scabies, ulcers and cutaneous eruptions.

5.4.38. *Euphorbia royleana*

The other species of the plant has description in Ayurvedic and Siddha system of medicine. It is used in acute constipation, jaundice, abdominal glands, abdominal dropsy, intestinal paralysis, urinary calculi and diabetes. It is found useful in warts, scabies, ulcers and cutaneous eruptions.

5.4.39. *Ferula asafoetida*

The plant has description in Ayurvedic (Charaka, Sushruta), Unani and Siddha system of medicine. It is used to cure indigestion, colic pain, tympanitis, internal catarrh, as an appetizer, hysterical convulsions, chronic constipation, urinogenital problems and regulating menstrual cycle.

5.4.40. *Ficus benghalensis*

The plant has its description in Ayurvedic, Unani and Siddha system of medicine. It is used to cure diarrhea, haemorrhages and bleeding piles, for leucorrhoea and other vaginal discharges, to check vomiting and thirst, in fevers, to promote conception, blood purifier and in urinogenital disorders.

5.4.41. *Ficus religiosa*

The plant has description in Ayurvedic, Unani and Siddha system of medicine. It is used to cure haemorrhages, wounds, skin infections, burns, stomatitis, vomiting, whooping cough, asthma, diarrhoea, dysentery, erysipelas and diabetes, vaginal and nervous disorders.

5.4.42. *Fumaria indica*

The plant has the description in Ayurvedic, Unani and Siddha system of medicine. It is used to cure fevers, chronic skin diseases, urinary disorders, diarrhea, haemoptysis. It is also act as blood purifier, anti-infective, appetizer and restorative.
5.4.43. *Gentiana kurroo*

The description of the plant is given in Ayurvedic and Unani system of medicine. It is helpful in curing high body temperature, splenic disorders and skin diseases. It is useful in malignant ulcers, leprosy, blood purifier, hepatitis, jaundice and splenomegaly.

5.4.44. *Gloriosa superb*

The description of the plant is given in Ayurvedic and Siddha system of medicine. It is used for inhalation during labor pains, internally in pruritus, dermatosis and as a laxative. It is used in obesity, skin diseases, malignant ulcers, cleansing and antiseptic agent. It helps in curing haemorrhoids, boils, kills lice in the hair, as antiseptic and fungicide in skin diseases.

5.4.45. *Glycyrrhiza glabra*

The plant is used in Ayurvedic (Charaka and Sushrita Samhitaa), Unani and Siddha system of medicines. It is used to cure epilepsy, paralysis, rheumatism, haemorrhagic diseases, dysuria, ulcers, diarrhea, fevers, wounds, burns and hoarseness of voice, chronic bronchitis and asthma.

5.4.46. *Hyoscynamus niger*

The plant has description in Ayurvedic, Unani and Siddha system of medicine. It is used to cure cough, consumption, pectoral lesions and debility. It also helps in expelling intestinal worms. It is used as sedative in mental and maniacal excitement, epileptic mania, chronic dementia with insomnia, convulsions, neuralgia and rheumatism.

5.4.47. *Hyssopus officinalis*

The plant is used in Unani system of medicine. It is used in the condition when phlegm is thick and sticky and chest is congested. It is a strong expectorant. It is also found efficacious in intestinal catarrhs.

5.4.48. *Jatropha curcas*

The plant has description in Ayurvedic system of medicine. It is used externally for the cure of wounds, sore, ulcers, scabies, eczema and piles.
5.4.49. *Juniperus communis*

The plant is used in Ayurvedic (Charaka and Sushrata) and Unani system of medicine. It is used in female diseases and dysuria. It is an ingredient in bolus for treating paralysis. It acts as appetizer and digestive. It is used as laxative, carminative and stomachic. It is prescribed for cardiac asthma.

5.4.50. *Lantana camara*

Reference not found (but plant has described by Ross).

5.4.51. *Linum usitatissimum*

The plant is used in Ayurvedic and Unani system of medicine. It is used to cure anaemia, consumption, urinary diseases, intestinal parasites, goiter, wounds, rheumatic affections, pneumonia, cardiac asthma and bronchitis.

5.4.52. *Mangifera indica*

The plant has description in Ayurvedic (Charaka, Bhaavaprakaasha, Maadhav-dravyaguna, Vrindamaadhava) and Unani system of medicine. It is a cardiac tonic, promotes complexion, semen and strength, increase digestive power, cure urinary diseases and disorders caused by vitiated blood. It cures vomiting and diarrhea, obesity and vaginal discharges.

5.4.53. *Melia azedarach*

It has description in Ayurvedic (Sushruta) and Unani system of medicine. It is used to cure indigestion, colic, intestinal catarrh, in gout. It is used as an anthelmintic, astringent, stomachic and blood purifying aid.

5.4.54. *Mentha arvensis*

It is used in Unani system of medicine. It is used in flatulence, stomachache, dyspepsia, nausea, vomiting, cholera, stomachache, colic, diarrhea, cardalgia, catarrh and migraine.

5.4.55. *Morus alba*

Reference not found (but plant has described by Laddha etal).
5.4.56. *Ocimum sanctum*

The plant has description in Ayurvedic (Charaka Samhitaa, Sushruta Samhitaa, Ashtaanga Hridaya, Vrindamaadadhava), Unani and Siddha system of medicine. It is used to cure fever, splenic affections, toxicosis, skin eruptions, catarrh, cough, cold, asthma, dyspepsia, rhinitis, parasitic infections, chronic skin diseases, piles, vomiting, earache, conjunctivitis, chest diseases, malarial fever, bronchial and lung infections.

5.4.57. *Phoenix sylvestris*

The plant is used in Ayurvedic, Unani and Siddha system of medicine. It is used to cure haematuria, cough, asthma, fever, vomiting and intrinsic haemorrhage. It is used as cardiac tonic, appetizer, nourishing and refreshing.

5.4.58. *Phyllanthus urinaria*

The plant has description in Ayurvedic, Unani and Siddha system of medicine. It is used to cure menometrorrhagia, haematuria, diarrhea with blood, alleviating urinary disorders, chronic dysentery, ulcers, sores, swellings, jaundice, diuretic and as cooling agent.

5.4.59. *Picrorhiza kurroa*

The plant is used in Ayurvedic (Charaka and Sushruta), Unani and Siddha system of medicine. It is used in jaundice, anemia, intestinal catarrh, colic, indigestion, dermatosis, vaginal discharges and other female diseases including deficient lactation. It is used for bronchial asthma, fever, diarrhea, dysentery and peptic ulcers.

5.4.60. *Plantago lanceolata*

The plant has description in Ayurvedic, Unani and Siddha system of medicine. It is used to cure fever with diarrhea, chronic diarrhea, dysentery, irritative condition of gastro-intestinal tract, cough, cold, bleeding piles, internal haemorrhages.
5.4.61. *Prunus bokhariensis*

The other species of the plant is used in Ayurvedic (Charaka and Sushruta) and Unani system of medicine. It is used to cure debility, wasting diseases, emaciation, anemia, as a revitalizing tonic, regulate menstrual cycle, cold, cough, asthma, catarrh and diabetes food.

5.4.62. *Rauvolfia serpentine*

The plant is used in Ayurvedic (Charaka Samhitaa) system of medicine. It is used in various central nervous system disorders, both psychic and motor, including anxiety states, excitement, maniacal behavior associated with psychosis, schizophrenia, insanity, insomnia and epilepsy.

5.4.63. *Rheum austral*

The plant is used in Ayurvedic, Unani and Siddha system of medicine. It is used as purgative and astringent tonic for constipation and atonic dyspepsia. It is used for cleaning teeth, ulcers and colic.

5.4.64. *Ricinus communis*

The plant is used in Ayurvedic (Charaka Samhitaa, Sushruta Samhitaa, Ashtaanga Hridya), Unani and Siddha system of medicine. It is used to cure misperistalsis, constipated bowels, diarrhea with blood and mucus. It is used to cure rheumatic affections, inflammatory and irritable conditions of intestines, diarrhea, dysentery, inflammatory diseases of rectum and urinogenital tract. It also cure jaundice, hepatitis and constipation.

5.4.65. *Rumex dentatus*

The other species of the plant is used in Ayurvedic and Unani system of medicine. It is used in bleeding piles, diarrhea and constipation, refrigerant, diaphoretic and anti-scrobutic during fevers, bronchial affections and skin diseases.

5.4.66. *Saccharum spontaneum*

The plant has description in Ayurvedic and Unani system of medicine. It is used to cure liver and digestive functions. It helps in clearing urine and urinary bladder. It is used as cardiac tonic and cures diarrhea, dysentery, cough, cold, bronchitis, dysuria, anuria, for urinary affections during pregnancy.
5.4.67. *Salvia plebia*

Reference not found (but plant details given in Orhan et al).

5.4.68. *Saussurea costus*

The other species of the plant is used in Ayurvedic (Charaka and Sushruta), Unani and Siddha system of medicine. It is used in toxicosis, intestinal colic, indigestion, anaemia, deficient lactation, uterine and vaginal affections, chronic skin diseases. It is used in hemiplegia, paralysis and other neurological disorders.

5.4.69. *Sesamum indicum*

The plant has description in Ayurvedic (Charaka, Sushruta), Unani and Siddha system of medicine. It is used to cure diarrhea, haemorrhoids, alleviating piles, anaemia, splenomegaly, cough and asthma. It is used as dressing in burns and scalds. It is a good nourishing tonic.

5.4.70. *Shorea robusta*

The plant has description in Ayurvedic (Charaka Samhitaa, Sushruta Samhitaa, Ashtaanga Hridya), Unani and Siddha system of medicine. It is used to cure polyuria, emaciation, anaemia due to blood loss, goiter and diseases due to vitiated blood. It also cures asthma, cough, leucorrhoea, foul ulcers, infected wounds, skin eruptions, diarrhea with blood, bleeding piles, urethral discharges and also used in cracks of hands and feet.

5.4.71. *Sphaeranthus indicus*

The plant is used in Unani and Siddha system of medicine. It is used to cure haemothermia, gout, rheumatism, polyuria, as a nourishing and rejuvenating tonic. It is sweet, refringent, age –sustaining and rejuvenating, blood purifier and as syrup.

5.4.72. *Swertia chirata*

The plant is used in Ayurvedic (Charaka and Sushruta), Unani and Siddha system of medicine. It is used cure chronic skin diseases, poisoning, oedema, fevers, cough, intrinsic haemorrhage, affections of urinary tract, eruptive boils, gouty affections, gastrointestinal disorders, dyspepsia, anorexia, malaria. It is used as antiseptic, expectorant, blood purifier and antiperiodic.
5.4.73. *Syzygium aromaticum*

Reference not found (but plant details given in Ross, Patil and herbal products).

5.4.74. *Tagetes minuta*

The plant has the description in Ayurvedic and Unani system of medicine. It is used in bleeding piles, venereal sores and discharges, anuria, retention of urine and kidney troubles, insect bites, cold, bronchitis and rheumatism.

5.4.75. *Tamarindus indica*

The plant has description in Ayurvedic, Unani and Siddha system of medicine. It is used as laxative, appetizer, digestive stimulant, cleanses urinary bladder, as cardiac tonic, cures exhaustion, giddiness, mental fatigue and morbid thirst, treating piles, diarrhea, dysentery and oedema. It is used as stomachic, astringent and appetizer.

5.4.76. *Taraxacum officinale*

The plant is used in Unani system of medicine. Its use starts from 16th century as a hepatic stimulant. It is used to cure liver and visceral diseases. It was also used as a mild cholagogue, diaphoretic, diuretic and in chronic skin diseases.

5.4.77. *Terminalia arjuna*

The plant is used in Ayurvedic (Charaka and Sushruta) and Siddha system of medicine. It is used for cardiac disorders, diarrhea, intrinsic haemorrhage, piles, ulcers, vaginal discharges, migraine, internal abscesses, obesity, haemoptysis, jaundice, urinary calculi, chronic skin diseases, as hair tonic and chronic fevers.

5.4.78. *Tinospora cordiflora*

The plant has description in Ayurvedic, Unani and Siddha system of medicine. It is used to cure jaundice, splenomegaly, normal to chronic fever, diabetes, acid gastritis, gout, rheumatic infections,
skin diseases, cough. It is a best tonic for rejuvenation. It has antipyretic, antiperiodic and anti-inflammatory properties.

5.4.79. *Toona ciliata*

Reference not found (but the detail of the plant is given by Kritikar and Basu).

5.4.80. *Tribulus terrestris*

Reference not found (but the plant has description in Gauthaman et al).

5.4.81. *Triticum aestivum*

Reference not found (but the plant has description in Kant).

5.4.82. *Typha elephantine*

Reference not found (but the detail of plant is given in Gautam et al).

5.4.83. *Uraria picta*

The plant has description in Ayurvedic (Charaka and Sushruta) and Unani system of medicine. It is used to cure misperistalsis, diarrhea, dysentery, cough, consumption, respiratory diseases, abdominal glands, fever and asthma. It is also cure bleeding piles and hemorrhages. It is also a good antiseptic and used in gonorrhea.

5.4.84. *Urginea indica*

The plant has description in Ayurvedic, Unani and Siddha system of medicine. It is used as cardiac tonic, for inflammations and ulcers, as antitoxic and anthelmintic drug, as expectorant, cardiac stimulant, diuretic and for bronchitis.

5.4.85. *Urtica dioica*

The plant is used in Unani system of medicine. It is used to cure cervical adenitis, enlarged thyroid and tumours, asthma, nephritis, hsematuria, leucorrhoea, menorrhagia. It is used as purgative and antilithic.
5.4.86. *Valeriana jatamansi*

It is used in Ayurvedic, Unani and Siddha system of medicine. It is used to cure fever of various aetiology, convulsions, irritating chronic cough and asthma, diarrhea and sprue syndrome. It is used as febrifuge, carminative and intestinal antiseptics, sedative, antispasmodic and tranquillizer.

5.4.87. *Verbascum thapsus*

Reference not found (but plant description is given by Kant).

5.4.88. *Verbena officinalis*

Reference not found (but plant description is given by Patil).

5.4.89. *Viola odorata*

The plant has description in Unani system of medicine. It is used as expectorant, diaphoretic, antipyretic, diuretic, for catarrhal and pulmonary affections. It is used to cure bronchitis, fever. It is used as laxative and has anti-inflammatory properties.

5.4.90. *Vitex negundo*

It has description in Ayurvedic (Charaka, Sushruta), Unani and Siddha system of medicine. It is used to cure dyspepsia, catarrh, cough, rhinitis and asthma. It is used to cure wounds, ulcers, venereal and skin diseases. It is used to cure rheumatism, boils, dysentery, piles, diarrhea, liver complaints and headache.

5.4.91. *Withania coagulans*

The plant has description in Unani system of medicine. It is used as sedative, alternative, diuretic, emetic and cures dyspepsia, colic, intestinal affections liver disorders, asthma, strangury and wounds.

5.4.92. *Withania somnifera*

The plant has the description in Unani system of medicine. It is used as sedative, alternative, diuretic and emetic. It is used to cure dyspepsia, flatulence, colic, intestinal affections, chronic complaints of liver, asthma and strangury. It is used to cure wounds.
5.4.93. *Woodfordia fruitcosa*

The plant has the description in Ayurvedic (Charaka and Sushruta) and Siddha system of medicine. It is used for fever, haemothermia, persistent dysentery, diarrhea and abdominal pain, leucorrhoea, bleeding piles, menorrhagia and seminal weakness.

5.4.94. *Zingiber officinale*

The plant is used in Ayurvedic (Charaka and Sushruta), Unani and Siddha system of medicine. It is used in oedema, piles, abdominal problems, influenza, fevers, cough, bronchial asthma, consumption, polyuria, jaundice, chronic rheumatism, constipation, hyperacidity, dry cough and diarrhea.

5.4.95. *Ziziphus jujube*

The plant is used in Unani system of medicine. It is used for fatigue, exhaustion, malnutrition, hypertension, insomnia. It is used to treat dry cough, polyuria due to diabetes, coryza, chronic catarrh and bronchitis.

As per the reporting of Kant (2002), the plants used by TKHs namely – *Acacia catechu, Aloe barbadensis, Datura stramonium, Digitalis purpurea, Glycyrrhiza glabra, Hyoscyamus niger, Linum usitatissinum, Mentha arvensis, Rauvolfia serpentine, Ricinus communis, Triticum aestivum, Urginea indica, Urtica dioica, Verbascum thapsus, Zingiber officinalis* – have already been listed in British Pharmaceutical Codex and the plants listed in Pharmacopoeia of India used by TKHs are - *Aloe barbadensis, Cannabis sativa, Curcuma longa, Datura stramonium, Digitalis purpurea, Glycyrrhiza glabra, Azadirachta indica, Hyoscyamus niger, Linum usitatissinum, Mentha arvensis, Rauvolfia serpentine, Ricinus communis, Triticum aestivum, Urginea indica, Cassia augustifolia, Carum carvi, Picorrhiza kurroa, Sesamum indicum, Swerna chirata, Withania somnifera, Zingiber officinalis*.

Ross (1999) in his book Medicinal plants of the World: Chemical constituents, traditional and modern medicinal uses has enumerated medicinal plants with their traditional uses in the different countries of the world and it has details of some of the medicinal plants elaborated by TKHs also like – *Allium sativum, Aloe vera, Cassia sp., Curcuma longa, Jatropha curcas, Lantana camara, Mangifera indica, Phyllanthus sp., Syzygium cumini and Tamarandus indica*. 
Patil (2006) while discussing role of traditional and folklore medicines in development of Government medicine has enumerated some medicinal plants and it has been found that the references of the medicinal plants used by the TKHs are also enlisted. These medicinal plants are – *Allium sativum*, *Elettaria cardamomum*, *Ocimum sanctum*, *Swertia chirayita*, *Syzygium cumini*, *Terminalia arjuna*, *Verbena officinalis*, *Withania somnifera*, *Asperagus sp.*, *Cannabis sativa*, *Euphorbia hirta*, *Rauvolfia serpentina*, *Digitalis purpurea*, *Agave sp.*

*Typha elephantine* is used as the source of antimycobacterial agent in India as reported by Gautam et al (2007).

*Cardiospermum halicacabum* is used in Ayurveda system of medicine and the decoction of plant shows sedative effect on Central Nervous System. It has analgesic and anti-inflammatory activities (Pillai and Vijayamma, 1985).

Mahadevan et al (1998) explained that *Dodonaea viscosa* is used by the tribals of Nilgiris as a traditional medicine for bone fracture and joint sprains.

Laddha, et al (2012) explained the use of *Morus alba* for the treatment of diabetic condition and it is also used in ancient literature like Ayurveda.

Orhan et al (2007) gives the medicinal uses of *Salvia* in European folk medicine and the seeds of the plant used for medicinal purposes.

The description of *Toona ciliate* is given in Ayurveda and Unani system of medicine. It is used in chronic dysentery, ulcer, leprosy, cures fever, headache, blood complaints, cardiotonic, aphrodisiac and anthelminthic (Kiritikar and Basu, 1995).

Gauthaman et al (2002) discussed that *Tribulus terrestris* has long been used in traditional Chinese and Indian system of medicine for the treatment of various ailment and is popularly claimed to improve sexual function in man.

A number of herbal products are available in the market which is made of various herbal drugs. A comparative statement of various herbal products shows that the medicinal plants used by the TKHs are also used as ingredients in herbal products (Table 5.1.).
Table 5.1.: Medicinal plants used by TKHs as ingredients of some common herbal products

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of the product</th>
<th>Contents</th>
<th>Therapeutic use</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Alfa – alfa</td>
<td><em>Zingiber officinale</em></td>
<td>Tonic.</td>
</tr>
<tr>
<td>2</td>
<td>Alfa – alfa tonic</td>
<td><em>Mentha arvensis</em></td>
<td>Body building tonic.</td>
</tr>
<tr>
<td>3</td>
<td>Angioton</td>
<td><em>Valeriana sp.</em></td>
<td>Heart troubles of adolescence, vaso and cardio-tons before and after operations.</td>
</tr>
<tr>
<td>4</td>
<td>Ayurvedic face pack</td>
<td><em>Curcuma domestica</em></td>
<td>Cleaning the face.</td>
</tr>
<tr>
<td>5</td>
<td>Boraplus</td>
<td><em>Ocimum sanctum, Emblica officinale</em></td>
<td>A preventive, curative and healing Ayurvedic ointment for dry skin diseases, cuts, scratches, minor burns, wounds, cold, sores.</td>
</tr>
<tr>
<td>6</td>
<td>Brahmi capsules</td>
<td><em>Centella asiatica</em></td>
<td>Memory enhancers.</td>
</tr>
<tr>
<td>7</td>
<td>Calicarmin drops</td>
<td><em>Ferula sp.</em></td>
<td>Against indigestion</td>
</tr>
<tr>
<td>8</td>
<td>Chawanprash</td>
<td><em>Emblica officinalis, Withania somnifera</em></td>
<td>Provides resistance against diseases.</td>
</tr>
<tr>
<td>9</td>
<td>Dabur Lal Tail</td>
<td><em>Sesamum indicum</em></td>
<td>Makes bone and muscles stronger in infants.</td>
</tr>
<tr>
<td>11</td>
<td>Damagian</td>
<td><em>Emblica officinalis</em></td>
<td>Tonic for headache.</td>
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<tr>
<td>12</td>
<td>Distone</td>
<td><em>Achyranthes aspera</em></td>
<td>Burning micturition and crystalluria.</td>
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<tr>
<td>13</td>
<td>Eraser</td>
<td><em>Triticum aestivum, Curcuma sp., Azadirachta indica, Ocimum sanctum, Aloe sp.</em></td>
<td>Removes scars, blemishes, burns marks and wrinkles.</td>
</tr>
<tr>
<td>14</td>
<td>Giron</td>
<td><em>Emblica officinalis, Withania somnifera</em></td>
<td>As iron tonic and Vitamin C.</td>
</tr>
<tr>
<td>15</td>
<td>Garlic pearl</td>
<td><em>Allium sativum</em></td>
<td>Relieves indigestion control cholesterol.</td>
</tr>
<tr>
<td>16</td>
<td>Hajmola</td>
<td><em>Ferula asafetida, Ocimum sanctum</em></td>
<td>Used for digestion.</td>
</tr>
<tr>
<td>17</td>
<td>Herbal tea</td>
<td><em>Zingiber officinale, Mentha arvensis</em></td>
<td>Stimulates and soothes the digestive tract.</td>
</tr>
<tr>
<td>18</td>
<td>Himalaya Cystone</td>
<td>Didymocarpus pedicellata, Achyrathes aspera</td>
<td>Assists the kidney and urinary tract in normal function.</td>
</tr>
<tr>
<td>19</td>
<td>Himalayan pureherb – Tulsi</td>
<td><em>Ocimum sanctum</em></td>
<td>Anti – inflammatory, promotes respiration, relieves cough, cold, throat pain.</td>
</tr>
<tr>
<td>20</td>
<td>Himalayan pureherb – Neem</td>
<td><em>Azadirachta indica</em></td>
<td>Prevents disorder and blemishes of skin.</td>
</tr>
<tr>
<td>21</td>
<td>Honitus</td>
<td><em>Ocimum sanctum, Mentha</em></td>
<td>Relieves muscles pains.</td>
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<tr>
<td>Sources of Traditional Knowledge on Medicinal Plants in the Western Himalayan Region</td>
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<td>arvensis, Viola odorata</td>
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<td>22. Itone</td>
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<tr>
<td>Mentha arvensis, Ocimum sanctum</td>
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<td>Eye drops.</td>
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<td>23. Joshina</td>
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<tr>
<td>Viola odorata, Ocimum sanctum</td>
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<tr>
<td>Relieves cough.</td>
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<td>24. Lahsun</td>
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<tr>
<td>Allium sativum</td>
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<td>Prevents cholesterol accumulation.</td>
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<td>25. Livtech</td>
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<tr>
<td>Phyllanthus niruri, Picrorrhiza kurroa</td>
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<tr>
<td>Ladies health restorative</td>
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<td>26. Margo</td>
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<tr>
<td>Azadirachta indica</td>
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<td>Soap</td>
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<td>27. Moov</td>
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<tr>
<td>Mentha sp.</td>
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<tr>
<td>Pain specialist in back pain, joint pains, inflammations, sprains, strains, myositis, fibrositis and sciatica.</td>
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<td>28. Medimix soap</td>
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<tr>
<td>Azadirachta indica</td>
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<td>Soap</td>
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<td>29. Mudgal – Ex</td>
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<tr>
<td>Phyllanthus emblica</td>
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<tr>
<td>Gastric acidity, constipation and indigestion</td>
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<td>30. Mudgal tone</td>
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<tr>
<td>Phyllanthus emblica, Berberis sp.</td>
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<tr>
<td>Gastric acidity, constipation and indigestation</td>
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<tr>
<td>31. M2 – Tone</td>
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<tr>
<td>Asparagus racemosus, Emblica officinalis, Zingiber officinalae</td>
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<td>Against eye infection</td>
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<td>32. Nari jiwan</td>
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<tr>
<td>Withania somnifera, Asparagus racemosus</td>
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<tr>
<td>Ladies health restorative</td>
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<tr>
<td>33. Nomarks face pack</td>
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<tr>
<td>Aloe barbadensis, Azadirachta indica</td>
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<tr>
<td>Used as skin preparation having antibacterial and anti-pimple properties.</td>
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<td>34. Neem active toothpaste (complete care)</td>
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<tr>
<td>Azadirachta indica, Mentha sp.</td>
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<tr>
<td>Prevents cavities, strengthens gums and gives freshness.</td>
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<td>35. Nyle – shampoo</td>
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<tr>
<td>Emblica officinalis, Acacia sp.</td>
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<td>Shampoo.</td>
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<td>36. Olivia</td>
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<td>Curcuma sp., Aloe vera</td>
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<td>Herbal bleach.</td>
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<td>37. Patlon</td>
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<tr>
<td>Withania somnifera</td>
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<td>Power capsule.</td>
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<td>38. Prozyme</td>
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<tr>
<td>Ferula sp., Phyllanthus emblica</td>
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<tr>
<td>Prevents gas formation and improves digestion.</td>
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<td>39. Pudin - hara tablets</td>
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<tr>
<td>Mentha arvensis</td>
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<td>Tablets used against gastric problems.</td>
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<td>40. Rex’s dimagi</td>
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<tr>
<td>Emblica officinalis, Phoenix sylvestris</td>
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<tr>
<td>Brain tonic, keeps brain, heart and eyes energetic. Makes memory sharp promotes alertness.</td>
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<td>41. Safi</td>
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<tr>
<td>Azadirachta indica, Ocimum sanctum</td>
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<tr>
<td>Blood purifier, for skin problem, making skin clear and beautiful.</td>
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<td>42. Shahi uptan</td>
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<tr>
<td>Triticum aestivum, Ocimum sanctum, Curcuma sp.</td>
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<tr>
<td>Helps in removing superfluous hair from the face and body. Regulates carbohydrate metabolism.</td>
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<td>43. Sualin Tablets</td>
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<tr>
<td>Ocimum sanctum, Mentha arvensis, Glycyrrhiza glabra</td>
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<tr>
<td>Remedy for cough and cold.</td>
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<td>No.</td>
<td>Item</td>
<td>Species/Names</td>
<td>Description</td>
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<tr>
<td>44</td>
<td>Triphala churna</td>
<td><em>Phyllanthus emblica</em></td>
<td>Used against indigestion.</td>
</tr>
<tr>
<td>45</td>
<td>Vatika oil</td>
<td><em>Ocimum sanctum</em></td>
<td>Hair oil.</td>
</tr>
<tr>
<td>46</td>
<td>Vico – turmeric</td>
<td><em>Curcuma domestica</em></td>
<td>Skin ointment.</td>
</tr>
<tr>
<td>47</td>
<td>Vito – 99</td>
<td><em>Withania somnifera, Asparagus racemosus</em></td>
<td>Brain stimulation and general weakness.</td>
</tr>
<tr>
<td>48</td>
<td>Wrangler syrup</td>
<td><em>Asparagus racemosus</em></td>
<td>Improves human body functioning and increases immune system.</td>
</tr>
<tr>
<td>49</td>
<td>Zandu Balm</td>
<td><em>Menthe arvensis</em></td>
<td>Used for cough and cold.</td>
</tr>
<tr>
<td>50</td>
<td>Zerub</td>
<td><em>Mentha sp.</em></td>
<td>Relieves headache and muscle pain.</td>
</tr>
</tbody>
</table>
References:


