X. MULTIPLE THERAPEUTIC EFFECTS OF THE SPECIES IN THE DATABASE

Most species in the database have several therapeutic effects. In fact there are very few species with exclusive effects.

The formulations in indigenous medicine seem to have been chosen over a long period of trial and error, to contain species with wider therapeutic action. Sometimes a single species like *Apium graveolens* and *Trachyspermum ammi* with 10 different effects each or *Cinnamomum camphora* and *Foeniculum vulgare* with nine different effects, or *Aegle marmelos*, *Aglaia elaeagnoides*, *Apium involucratum*, *Aquilaria agallocha*, *Cinnamomum zeylanica* and *Vetiveria zizanioides* with eight different effects each are used as single source remedies for gastrointestinal problems.

Indian plant species, as seen from the database and summarised in Table 5, appear to offer a very rich and wide range of sources of drugs useful in the prevention and control of gastrointestinal disorders.

XI. THERAPEUTIC VALUE OF FOOD PLANTS

About 41 species in the database are edible (Table 5). They are consumed as staple sources of starch (*Hordeum vulgare* and *Oryza sativa*), vegetables (*Trichosanthes dioica*)