National Register of Medicinal Plants

IUCN–The World Conservation Union

May 2000
FOREWORD

Biological resources play a crucial role worldwide in national development. This will be specially important in coming years due to recent development in biotechnology such as genetic engineering. Therefore, biological resources existing in Nepal should be managed and used as a national property. We should be proud that although Nepal covers not more than 0.1 percent of the world’s area, it supports much higher proportion of earth’s biological diversity. For example, Nepal houses more than 2 percent of the flowering plants.

Most of the rural population in Nepal depend on these biological resources for their livelihood. These resources are used as firewood, fodder, food and medicine. Medicinal plants found in Nepal are very important for curing diseases in remote areas where modern health facilities do not exist. Moreover, for people who live in high altitude mountains, medicinal plants are the only source of employment and income. Hence, development of medicinal and aromatic plants possesses a big potential in poverty alleviation. His Majesty’s Government of Nepal has already realized this fact and initiated medicinal and aromatic plant based income generation program.

Conserving these biological resources is very important, because wise use of these resources can generate much higher level of employment and income than what we are getting today. The Convention on Biological Diversity (CBD) and the World Trade Organisation (WTO) requires each country to document the biological resources available in the country. Documentation of biological resources is further necessary in order to safeguard our interest as per the provision of Trade Related Intellectual Property (TRIP) rights. Preparation of this National Register of Medicinal Plants will go a long way in protecting our rights on our biological resources in international level.

In the context, I assure that this Ministry of Forests and Soil Conservation is very committed to managing these resources and protecting our rights. I congratulate IUCN-The World Conservation Union for initiating this very important activity and giving me an opportunity to share my feelings.

Thank you.

17 April 2000

Rabi B. Bista
Secretary
PREFACE

Conservation of natural resources and their sustainable use have been the central theme of IUCN since its establishment in 1948. IUCN has also been supporting the cause of the fair and equitable sharing of benefits arising out of the utilisation of genetic resources as has been spelled out in the Convention on Biological Diversity. Medicinal and aromatic plants of the Himalaya have been valued since time immemorial. Further, the indigenous knowledge associated with the traditional use of healing herbs warrants special attention to ensure the equitable sharing of the benefits arising from the utilisation of such knowledge, innovations and practices. In this light it is important for national governments to be equipped with national registers and inventories of important components of biological diversity, and as such, medicinal and aromatic plants could be considered as priority component.

In Nepal basic information on medicinal plants is available due to the scientific contributions of the HMG Department of Plant Resources previously known as the Department of Medicinal Plants, ever since its establishment in 1960. Similarly the HMG Department of Ayurved, and teaching institutions like Naradevi Campus and the Central Department of Botany under the Tribhuvan University have made significant contributions to the knowledge of medicinal and aromatic plants of Nepal. All these accumulated knowledge has made us possible to put together a volume on the National Register of Medicinal and Aromatic Plants of Nepal. The list presented here is by no means a complete one and we hope that further additions will subsequently be made to record and register full range of other species to reassure national sovereignty over biological resources of Nepal.

The Department of Plant Resources and the Nepal Country Office of the World Conservation Union (IUCN) received valuable support from Ayurvedic practitioners, business communities, teaching institutions, drug companies, herb processing institutions, research councils and so on. A national forum was being formed to dwell upon the issues related to the conservation and development of Nepal's medicinal and aromatic plants. The following members of the forum deserve our appreciation and acknowledgements for their continued support and contributions.

Dr. Basundhara Bharaty (Free-Lance Herb Promoter), Mr. Dhrub Raj Bhattarai (Herbs Production and Processing Co. Ltd.), Mr. Karna Chandra Agrawal (Rakesh Traders), Dr. Madhusudan Upadhay (Nepal Agriculture Research Council), Dr. Manjural Haque (Dabar Nepal), Dr. N.N. Tiwari (Naradevi Campus), Dr. Shyam Mani Adhikari (Singha Darbar Vaidhyakhana), Dr. Sumir Kumar Rimal (Arogya Bhavan Works), and Dr. Thakur Raj Adhikari (Department of Ayurved).

We would also like to acknowledge the contribution made by Dr. Puspa Ratna Shalaya, Dr. Krishna Ram Amatya and Mr. Giridhar Amatya in gathering information for this endeavour.
Last but not least, we are grateful for the support of the Ministry of Forests and Soil Conservation through the Memorandum of Understanding with IUCN Nepal. The financial assistance of Swiss Agency for Development and Cooperation (SDC) is also gratefully acknowledged by IUCN Nepal.

Madhusudan Bista
Director General
Department of Plant Resources

Dr. Badri Dev Pande
Acting Country Representative
IUCN Nepal
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INTRODUCTION

The war against wounds and diseases caused by arrowheads or AIDS (Acquired Immune Deficiency Syndrome) has been fought collectively throughout the history of human civilization. Every human community has responded to the challenges of diseases and disorders that range from cold and cough to malaria or meningitis. The secrets of healing substances almost invariably lie on natural substances bestowed upon biological diversity. Thus traditions and treaties on medicinal plants remained as the heritage of mankind. A Peruvian tree, cinchona, cured millions of people from malaria round the world, and a little shrub Rauvolfia of South Asia relieved agonizing terror of schizophrenic patients from every part of the world, and the pretty periwinkle from Madagaskar has been curing leukemia patients in the US and Europe. Similarly other substances for Cancer treatment are being sought in the Yew trees (Taxus spp.). However, the economic order that revolves around such global resources has failed to address the issues of fair and equitable sharing of benefits in the world arena of drug development and market mechanism. Therefore, the Convention on Biological Diversity introduced the notion of equitable sharing of benefits as one of its main stated objectives. As a result what was once regarded as the "Common heritage" of mankind has now come under national jurisdiction of states with authority to determine access and benefit sharing.

There won't be another "free periwinkle" for pharmaceutical companies of industrialized world without taking into consideration the issues of benefit sharing with the people of Madagaskar; but there is a need for a state to establish sovereignty over the property, and to recognize the conservation of biological diversity as the "common concern" of humankind.

This volume of Nepal Register of Medicinal and Aromatic Plants (MAP) is being prepared to assist His Majesty's Government of Nepal to establish property rights over biological resources. MAP is being considered as an important component of biodiversity that need priority action for conservation measures and offer the greatest potential for sustainable use, and the fair and equitable sharing of benefits.

RECORDS OF REFERENCES

Antiquity of medicinal herbs are to be traced back as far as the Vedic period 4500 BC to 1600 BC. Ayurveda, the science of life in Hinduism remains to be the main source of medical knowledge and skill in most part of South Asia including Nepal. Vaidhyas and Kabiraj's followed Ayurveda in their pursuit of knowledge and practice in medicine. It has been estimated that Ayurvedic knowledge was accessed by Nepali Vaidhyas as early as about 879 AD when Susruta Samhita Sahotara was hand copied by certain Nepali.
physician based at Kathmandu (vide Poornima No. 39, Aswin 2035 B.S.). Nepal's wealth of Himalayan herbs is reputed in Ayurvedic medicine all over the Indian sub-continent since time immemorable. Collection of herbs for export to Indian markets and manufacturing companies devoted to Ayurvedic preparations is still a fact of life for mountain dwellers. Medicinal substances for Nepalese physicians, faith-healers, witch crafts and household remedies are largely based upon Himalayan herbs. The need of a Nepali Pharmacopoeia was being felt by medical practitioners for a very long time. The task to compile a pharmacopoeia was undertaken by Pandit Ghana Nath Devkota during the prime ministership of Bir Shamsher Jung Bahadur Rana (A.D.1885-1901). Pandit Devkota started to prepare "Bir Nighantu" i.e. Bir Pharmacopoeia but Bir Shamsher died much earlier before the work was completed. The work was revived again by the year 1908 (B.S. 1964) when some Indian researchers of Calcutta University visited Nepal. However, the progress was not very encouraging and the manuscript was bound into a volume under the revised name Chandra Nighantu depicting the name of reigning prime-minister. An elaborated account of the story is to be found in the book "Nepali-Nighantu" written by Kosh Nath Devkota (the son of Ghana Nath) and published by the Royal Nepal Academy in 1969 (B.S. 2025). The original hand written manuscript and accompanying drawings of plants, animals and minerals are currently being safeguarded by the Singha Durbar Vaidhya Khana Development Committee under the Ministry of Health. References of "Chandra Nighantu" and "Nepali Nighantu" are being made as far as possible for each species of plant included in the present register.

Nepal government was keen and concerned to assist herb collecting peasants and farmers, herb traders and exporters, and to botanical researchers. Government started experimental herbal farms as early as 1937 A.D. and special attempts were being made to bring about judicial sharing of benefits between collectors, dealers and exporters. The trade cycle and marketing mechanism in Nepalese herbs, however, did not see much change while considerable scientific inputs from botanical and phyto-chemical researches have already been made. The government established the Department of Medicinal Plants during the First Five Year Plan (1956-61) and a modern herbarium came into being during 1960. It published the "Catalogue of Nepalese Vascular Plants" in 1976, which enumerates 3121 species of Angiosperms, 24 species of Gymnosperms and 308 species of Pteridophytes. Reference of this work thus denotes to the herbarium specimens housed in the National Herbarium (KATH) at Godawari. The Department of Medicinal Plants has already published the book "Medicinal Plants of Nepal" in 1970 June which included 393 medicinal plants. It was supplemented by another volume in 1984 with additional 178 species of plants. References of those works are cited to their full extent.

The history of botanical collection in the form of herbarium specimen was started by Francis (Buchanan) Hamilton during his stay at Kathmandu from April 1802 to March 1803. It was followed by Nathalia Wallich during 1820-1821 and by J.D. Hooker in 1848. All the collectings were housed in Britain at the Kew Herbarium of the Royal Botanical
Garden and at the British Museum (Natural History), London. However, systematic collection did not happen till Nepal opened its frontiers for foreigners during early 1950's, Botanical Survey of Nepal was organized as a focussed activity of the Ministry of Forests. A landmark of collaborative botanical activities between Nepalese and foreign scientists (especially British, Japanese and French) was set by the publication of "An Enumeration of the Flowering Plants of Nepal" [EFPN] Vol. I, II and III during 1978, 1979 and 1982 as a joint project of British Museum (National History) and the University of Tokyo. These volumes include a total of 5067 species that represent 26 species of Gymnosperms and 5041 species of Angiosperms (Flowering Plants). This work has been cited throughout to locate actual botanical specimens of Nepalese collection. Abbreviation used to locate the specimens are those used in the book and may be elaborated as following:

- Buch.-Ham. = Buchanan Hamilton
- PSW = Polunin, Sykes and Williams
- SSW = Stainton, Sykes and Williams
- TI = University of Tokyo Herbarium
- West = Western Nepal
- Cent. = Central Nepal
- East. = Eastern Nepal
- s.n. = Son numero i.e. without number
- BM = British Museum
- KATH = National Herbarium, Kathmandu

Most collectors provide numbers to their specimens. Thus, numbers refer to their respective herbarium specimen. A specimen without a number is indicated by s.n. (Son Numero).

**SCIENTIFIC NAME**

Naming a plant is not as simple as most of us like to think. Therefore a code of botanical nomenclature is followed all over the world to ensure that there is one system to follow. Thus all plant names are expressed in Latin language and each name has two words - first one depicting the generic identity and second one the specific. Each plant name is also affixed with the abbreviated name of its author. For example the plant name *Mahonia napaulensis* DC. was used by De Candole for a Napalese mahonia. He used specific epithet *napaulensis* and we follow the same for the plant in question. Other authors such as David Don used *Lilium nepalense* D.Don for a Nepalese lily. In a large number of cases a plant is known by several names depending upon various authors. The International Code of Botanical Nomenclature will allow only one valid name and the others are then cited as synonyms. For example *Nardostachys grandiflora* DC. is the valid name for Nepalese Jatamansi while the botanical name that we used earlier i.e. *Nardostachys jatamansi* DC. is now a synonym because the name was used earlier for another plant *Valeriana jatamansi* DC. Therefore,
scientific names are being followed as per the EFPN to avoid Nomenclatural complexities and hence confusion too. Family names are also assigned following the EFPN.

Nepal is a multilingual country. It has over 108 different languages. Thus it is natural that a plant is known by several languages. Attempts are being made to provide various names used under Nepali (Nep.), Newari (Newa), Sanskrit (Sans.) and English (Eng.). It should be stressed here that other names under various languages should be incorporated in the register as they become available. In other words the register should be evolving and developing through authentic information and regular updating.

CONSERVATION STATUS

Ministry of Forests and Soil Conservation is the government authority to administer the Forest act 1993. Under the provisions of the Act, the ministry imposed restrictions on 11 medicinal herbs for their export, collection or transportation. Those plants protected by HMG regulations under the Forest Act are duly indicated in the register.

IUCN-The World Conservation Union through its large network of Species Survival Commission brings about Red Lists and Red Data Books on various species of plants and animals. Threatened categories in the Red Data Book provide a basis to undertake conservation measures. Red Data Categories used for the current register is that of the year 1997. Categories are defined as following:

Extinct (EX)
A taxon is Extinct when there is no reasonable doubt that the last individual has died.

Extinct in the Wild (EW)
A taxon is Extinct in the wild when it is known only to survive in cultivation, in captivity or as a naturalised population (or populations) well outside the past range. A taxon is presumed extinct in the wild when exhaustive surveys in known and/or expected habitat, at appropriate times (diurnal, seasonal, annual), throughout its historic range have failed to record an individual. Surveys should be over a time-frame appropriate to the taxon's life cycle and life form.

Critically Endangered (CR)
A taxon is Critically Endangered when it is facing an extremely high risk of extinction in the wild in the near future.

Endangered (EN)
A taxon is Endangered when it is not Critically Endangered but is facing a very high risk of extinction in the wild in the near future.

4
**Vulnerable (VU)**

A taxon is Vulnerable when it is not Critically Endangered or Endangered but is facing a high risk of extinction in the wild in the medium-term future.

**Lower Risk (LR)**

A taxon is Lower Risk when it has been evaluated, does not satisfy the criteria for any of the categories Critically Endangered, Endangered or Vulnerable. Taxa included in the Lower Risk category can be separated into three subcategories:

- **Conservation Dependent (cd).** Taxa which are the focus of continuing taxon-specific or habitat-specific conservation programme targeted towards the taxon in question, the cessation of which would result in the taxon qualifying for one of the threatened categories above within a period of five years.

- **Near Threatened (nt).** Taxa which do not qualify for Conservation Dependent, but which are close to qualifying for Vulnerable.

- **Least Concern (lc).** Taxa which do not qualify for Conservation Dependent or Near Threatened.

The Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) is a global mechanism to safeguard biological species from being extinction on account of the pressure arising from international trade of animals and plants, and their parts or products. This treaty recognizes three categories of species as listed in Appendix I, II, and III.

**Appendix I** contains species that the Parties have deemed to be threatened with extinction and which are, or may be, affected by trade. For these species, trade is strictly regulated and only permitted in special circumstances. Appendix I includes some highly threatened species, such as the tiger, the rhino, the giant panda, the Madagascar lemur, some crocodiles, some orchids, and some cacti.

**Appendix II** contains species that, although not necessarily threatened, could become so if their trade is not properly controlled. Appendix II also contains some species that look so similar to species already listed that their trade is monitored and regulated in order to make control easier. Some of the species listed in Appendix II includes: parrots, wild cats, some butterflies, and stony corals.

Trade in Appendix II species is only permitted if the exporting country issues an export permit, while in the case of Appendix I species, where extra safeguards are necessary, an import permit is also required.
Appendix III contains species that are identified by any Party as being subject to regulation in that country and which require international cooperation to control trade.

Nepal is a party to the Convention and it is important that the register make note of the species which are included in the CITES Appendices.

ACCESS AND BENEFIT SHARING

Sharing of benefits from the use of medicinal plants and traditional knowledge remains to be a complex process. A start has to be made to facilitate access to biodiversity through prior informed consent and in mutually agreed terms as has been provisioned by the Convention on Biological Diversity (CBD).

A national register of medicinal plants would pave a way to establish the mechanism for meeting the third objective of CBD i.e. the fair and equitable sharing of benefits raising out of the utilization of genetic resources, including by access to genetic resources (article 15), and by appropriate transfer of relevant technologies (article 16 & 19), taking into account all rights over those resources and to technologies, and by appropriate funding. The register should be used as an authentic source to establish national sovereignty over the biological resource and indigenous knowledge system associated with it, and it will also help as an important source of information for bioprospecting medicinal plants on the basis of traditional use.

Dr. Tirtha Bahadur Shrestha
Coordinator
Natural Resource Management Unit
IUCN Nepal
ENUMERATION
ALAINCHI (AMOMUM SUBULATUM)


Family: Zingiberaceae

Common name: Alainchi (Nep.); Alainchi, Ela (Newa.); Brihadela, Bahula, Sthulaila (Sans.); Big cardamom, Amomi seed (Eng.)

Major documentation:
- An Enumeration of the Flowering Plants of Nepal 1: 59 (1978)
- Medicinal Plants of Nepal: 8 (1970)
- Nepali Nighantu # 207: 67 (1969)
- Chandra Nighantu # 176: 367-368

Conservation Status:
- Widely cultivated in eastern Nepal
- HMG/N protection: Not applicable
- IUCN-Category: Not applicable
- CITES-Category: Not applicable

Traditional uses:
- Seeds - stomachic, useful in neuralgia and also for various lungs diseases.
- Oil from seeds - aromatic, stimulant, stomachic and applied to eye lids to allay inflammation.
AMALA (PHYLLANTHUS EMBLICA)

Scientific name  

Family  
Euphorbiaceae

Common name  
Amala (Nep.); Ambah (Newa.); Aamalaki, Dhaatri (Sans.); Emblic myrobalan, Indian Gooseberry (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal: 198 (1982)  
Catalogue of Nepalese Vascular Plants # 877.2: 168 (1976)  
Medicinal Plants of Nepal: 6 (1970)  
Nepali Nighantu # 573: 195 (1969)  
Chandra Nighantu # 19: 39-40

Conservation Status  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Fresh fruits are acrid, cooling, diuretic, laxative and stomachic. Dry fruit is an important constituent of "Triphala" and "Chyavanpras" of Ayurvedic preparations. Useful in haemorrhage and dysentery. In combination with iron compounds, it is used as a remedy for anaemia, jaundice and dyspepsia. Root is astringent and seeds are used in asthma, bronchitis and biliousness.
ARANDI (*RICINUS COMMUNIS*)


**Family** Euphorbiaceae

**Common name** Ander, Arandi, Eranda (Nep.); Alahma (Newa.); Amanda, Chitraka (Sans.); Castor oil plant (Eng.)

**Major documentation**
- Catalogue of Nepalese Vascular Plants # 879.1: 168 (1976)
- Medicinal Plants of Nepal: 2 (1970)
- Chandra Nighantu #25: 51-52

**Conservation Status**
- HMG/N protection: Not applicable
- IUCN-Category: Not applicable
- CITES-Category: Not applicable

**Traditional uses** Useful in skin inflammation, pains, ascites, fever, asthma, bronchitis, leprosy (external use) arthritis and rheumatism. Leaves are useful in intestinal worms, night-blindness etc. Flowers are useful in glandular tumors. Seeds and oils are cathartic and aphrodisiac and used in lumbago, leprosy, constipation, etc.
**ASHOKA (SARACA ASOCA)**

| Scientific name | **Saraca asoca** (Roxb.) De Wilde in Blumea 15: 393 (1967).  
**Saraca indica** auct. non L.: Beddome, Fl. Sylv. 1: 57, t. 57 (1869). |
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Family</td>
<td><strong>Leguminosae</strong></td>
</tr>
<tr>
<td>Common name</td>
<td>Ashoka (Nep.); (Newa.); Ashoka (Sans.); Ashok tree (Eng.)</td>
</tr>
</tbody>
</table>
| Major documentation | An Enumeration of the Flowering Plants of Nepal 2: 129. (1979)  
Medicinal Plants of Nepal: 8 (1970)  
Nepali Nighantu # 452: 149 (1969)  
Chandra Nighantu # 86: 143-144 |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses | The bark is bitter and acrid; used as refrigerant, astringent, alexiteric, anthemintic, dumulcent, emollient; cures dyspepsia, burning sensation, diseases of the blood, biliaryness, effects of fatigue, colic, piles, ulcers, menorrhagia. Flowers used in haemorrhagic dysentery. |
**ASURO (JUSTICA ADHATODA)**

<table>
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<tbody>
<tr>
<td>Family</td>
<td>Acanthaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Asuro, Vasaka (Nep.); Aaleha (Nepa.); Vasa, Atarupak, Brisha (Sans.); Vasaca, Malabar Nut (Eng.)</td>
</tr>
<tr>
<td>Conservation Status</td>
<td>HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>Antiseptic, insecticidal. Used in cough, chronic bronchitis, asthma, phthisis, rheumatism. Leaf juice with honey is given for cough. Juice is used to stop nose bleeding and also used in urticaria.</td>
</tr>
</tbody>
</table>
ATIS (ACONITUM HETEROPHYLLUM)

Scientific name  
* Aconitum heterophyllum * Wall. [Cat. 167, n. 4722 (1831), nom. nud.] ex Royle, Ill. B. Him. t. 13 (1833); 56 (1834).

Family  
Ranunculaceae

Common name  
Atis (Nep.); (Newa.); (Sans.); Aconite (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal 2: 10 (1979)  
British Museum (BM) Cent.: *SSW 7466.*  
Catalogue of Nepalese Vascular Plants # 1.6: 31 (1976)  
Medicinal Plants of Nepal: 3 (1970)  
Nepali Nighantu # 224: 72 (1969)  
Chandra Nighantu # 590: 1266-1267

Conservation Status  
HMG/N protection:  
IUCN-Category: Rare  
CITES-Category: Not applicable

Traditional uses  
Non-poisonous plant and used in a variety of traditional medicines. The root is exhibited as white, yellow, red and black varieties; white variety is the best for medicinal uses; roots are bitter tonic, stomachic, digestive; alleviates dysentery and bilious complaints; good in periodic and intermittent fevers as a tonic, dyspepsia and cough.
<table>
<thead>
<tr>
<th><strong>BAJRADANTI (POTENTILLA FULGENS)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
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<tr>
<td><strong>Common name</strong></td>
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</tbody>
</table>
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal 2: 140 (1979)  
British Museum (BM) West: *PSW 3098* Cent.: *Wall. s.n.* (syntype of *P. splendens*); *SSW 4754*. East: *Stainton 4643*.  
Catalogue of Nepalese Vascular Plants # 296.11: 78 (1976)  
Medicinal Plants of Nepal: 90 (1970)  
Nepali Nighantu # 269: 85 (1969) |
| **Conservation Status** | HMGN protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | Root powder used for tooth powder and toothache. |
BALU (*Sida cordifolia*)


**Family** Malvaceae

**Common name** Balu (Nep.); Badyanchoh (Newa.); Bala (Sans.); (Eng.)

**Major documentation** An Enumeration of the Flowering Plants of Nepal 2: 68 (1979)
British Museum (BM) West: *PSW* 1274. Cent.: *SSW* 8760. East: Wiraber 32; *TI* 6300758
Catalogue of Nepalese Vascular Plants # 115.2: 50 (1976)
Nepali Nighantu # 95: 31 (1969)
Chandra Nighantu # 458: 990-991

**Conservation Status**

<table>
<thead>
<tr>
<th>Protection</th>
<th>IUCN Category</th>
<th>CITES Category</th>
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<tbody>
<tr>
<td>HMG/N</td>
<td>Not applicable</td>
<td>Not applicable</td>
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</tbody>
</table>

**Traditional uses** The juice of plants given in rheumatism, gonorrhoea and spermatorrhoea. Leaves are taken as vegetable in bleeding piles. Roots juice is used as sedative and cardiac stimulant. Astringent, cooling, tonic.
<table>
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<tr>
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<tbody>
<tr>
<td>Family</td>
<td>Lilaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Ban lasun (Nep.)</td>
</tr>
<tr>
<td>Major documentation</td>
<td>An Enumeration of the Flowering Plants of Nepal <em>I</em>: 74 (1978)</td>
</tr>
<tr>
<td></td>
<td>British Museum (BM) West: <em>PSW 2429. Cent.: Wallich s.n.</em> (type of <em>L. nepalense</em>); *SSW 3272. East: Williams 1126; <em>TI 6304153</em> (fr.).</td>
</tr>
<tr>
<td></td>
<td>Catalogue of Nepalese Vascular Plants # 955.2: 181 (1976)</td>
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<tr>
<td>Conservation Status</td>
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<td>IUCN-Category: Not applicable</td>
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<td></td>
<td>CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>Bulb used in relieving pain in cardiac region, also edible.</td>
</tr>
<tr>
<td><strong>BARALIKAND (PUERARIA TUBEROZA)</strong></td>
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<tr>
<td><strong>Scientific name</strong></td>
<td><em>Pueraria tuberosa</em> (Roxb. ex Willd.) DC. in Ann. Sci. Nat. 4: 97 (1825); Prodr. 2: 40 (1825).</td>
</tr>
<tr>
<td><strong>Family</strong></td>
<td>Leguminosae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Baralikand (Nep.); (Newa.); Bhumikushmand, Kandapalasha (Sans.); (Eng.)</td>
</tr>
</tbody>
</table>
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal 2: 128 (1979)  
British Museum (BM) West: *Stainton 6156*. Cent.: *Stainton 5597*.  
Catalogue of Nepalese Vascular Plants # 268: 74 (1976)  
*Medicinal Plants of Nepal*: 93 (1970)  
Chandra Nighantu # 652: 1390-1391 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
<p>| <strong>Traditional uses</strong> | Cooling, aphrodisiac, emetic, tonic, lactogogue, diuretic, alterative; clears the voice, cures biliousness, burning sensation, urinary discharges. |</p>
<table>
<thead>
<tr>
<th><strong>BARRO (TERMINALIA BELLIRICA)</strong></th>
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<tbody>
<tr>
<td><strong>Family</strong></td>
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<tr>
<td><strong>Common name</strong></td>
</tr>
<tr>
<td><strong>Conservation Status</strong></td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
</tr>
</tbody>
</table>
BEL (*AEGLE MARMELOS*)

**Scientific name**  
*Aegle marmelos* (L.) Correa in Tr. Linn. Soc. 5: 222 (1800).

**Family**  
Rutaceae

**Common name**  
Bel (Nep.); Bel (Newa.); Vilva, Biranab (Sans.); Bael tree, Bengal Quince (Eng.)

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal 2: 81 (1979)  
Medicinal Plants of Nepal: 100 (1970)  
Nepali Nighantu # 585: 200 (1969)  
Chandra Nighantu # 131: 267-268

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Ripe fruit-laxative, against constipation and dyspepsia.  
Unripe fruit - astringent, digestive and against dysentery.  
Roots bark is used against fever, and preparation of 'Dasmula'.

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**BHALÁYO (SEMECARPUS ANACARDIUM)**

**Scientific name**  
*Semecarpus anacardium* L. f., Suppl. Pl. 182 (1781).  
Roxb., Fl. Ind. ed. 2, 2: 83 (1832).

**Family**  
Anacardiaceae

**Common name**  
Bhaláyo (Nep.); Bhalah (Newa.); Bhallataka, Bhatratak (Sans.); Marking-nut tree (Eng.)

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal 2: 102 (1979)  
Catalogue of Nepalese Vascular Plants # 201.1: 64 (1976)  
Medicinal Plants of Nepal: 103 (1970)  
Chandra Nighantu # 195: 407-410

**Conservation Status**  
HM/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Fruit is acrid, hot, used as anthelmintic, used in dysentery, fevers, also useful in insanity, asthma, acute rheumatism and arthritis.
BHale-Sunpati (Rhododendron lepidotum)

Scientific name: *Rhododendron lepidotum* Wall. [Cat. 22, n. 758 (1829), nom. nud.] ex G. Don, Gen. Syst. 3: 845 (1834). Royle, Ill. B. Him. 260, t. 64 (1835).

Family: Ericaceae

Common name: Bhale-sunpati, Shukdhukpa, Dhupi (Nep.); (Newa.); (Sans.); (Eng.)

Catalogue of Nepalese Vascular Plants # 547.18: 118 (1976)

Conservation Status: HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses: Leaves are aromatic, used in incense, stimulant. Essential oil obtained from leaves are used in high grade perfume.
BHANG (CANNABIS SATIVA)

Scientific name  

Family  
Cannabaceae

Common name  
Bhang, Ganja (Nep.); Gaji (Newa.); Bhanga (Sans.); Indian Hemp, Hemp (Eng.)

Major documentation  
Catalogue of Nepalese Vascular Plants # 904.1: 171 (1976)
Medicinal Plants of Nepal: 104 (1970)
Nepali Nighantu # 63: 21 (1969)
Chandra Nighantu # 134: 273-274

Conservation Status  
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses  
Plant used as tonic, intoxicant, stomachic, antispasmodic, analgesic, narcotic, sedative, and anodyne; used in to relieve pain, encourage sleep and to soothe restlessness. Resinous exudate is used as *hashis*. It is also given in diarrhoea, dysentery and cholera.
BHRINGARAJ (ECLIPTA PROSTRATA)

Scientific name  
*Eclipta prostrata* (L.) L., Mant. Pl. 2:286 (1771).  

Family  
Compositae

Common name  
Bhringaraj, Bhangarijar (Nep.); Antali, Bhimraja, Bhinlay (Newa.); Bhringaraj, Markab, Keshranjan (Sans.); (Eng.)

Major documentation  
British Museum (BM) West: *PSW 1215; Tabata et al. 469. Cent.: *SSW 5227; Tabata et al. 7638.; Nakaso s.n. East: *Williams 1079; Numata 1631; TI 6306247.  
Catalogue of Nepalese Vascular Plants #: 482.1: 108 (1976)  
Medicinal Plants of Nepal: 106 (1993)  
Chandra Nighantu #: 13: 25-26

Conservation Status  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Plant juice is given to treat fever, liver problems, urinary and spleen trouble; paste is applied on wound and skin diseases.
BHUI AMALA (*PHYLLANTHUS AMARUS*)

**Scientific name**  

**Family**  
Euphorbiaceae

**Common name**  
Bhui amala, Bhumyalaki (Nep.); (Newa.); Amlika (Sans.); (Eng.)

**Major documentation**  
Medicinal Plants of Nepal: 66 (Supplement Volume, 1984)  
Catalogue of Nepalese Vascular Plants # 877.3: 168 (1976)  

**Conservation Status**

<table>
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<th>HMG/N protection:</th>
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<tr>
<td>IUCN-Category:</td>
<td>Not applicable</td>
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<tr>
<td>CITES-Category:</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**Traditional uses**

Acrid, cooling, useful in thirst, bronchitis, leprosy, anemia, urinary discharges, biliousness, asthma, hiccough. The plant is also used as a diuretic and in menorrhagia.
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<tbody>
<tr>
<td>Family</td>
<td>Euphorbiaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Bhui amala, Bhumyalaki (Nep.); (Newa.); Amlika, Tamalika, Bhudhatri (Sans.); (Eng.)</td>
</tr>
</tbody>
</table>
| Major documentation | Medicinal Plants of Nepal: 2 (Supplement Volume, 1984)  
Catalogue of Nepalese Vascular Plants # 877.6: 168 (1976)  
Nepali Nighantu # 38: 14 (1969) |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses | Acrid, cooling, useful in thirst, bronchitis, leprosy, anemia, urinary discharges, biliousness, asthma, hiccough. The plant is much used as diuretic in dropsical affections also in gonorrhoea and other genito-urinary troubles. |
BHUTKESH (SELINUM CANDOLLIi)

Scientific name

Family
Umbelliferae

Common name
Bhutkesh, Bhazadri (Nep.); (Newa.); Kanthaparna (Sans.); Ragwort (Eng.)

Major documentation
An Enumeration of the Flowering Plants of Nepal 2: 189 (1979)
British Museum (BM) West: PSW 313. Cent.: Wall. 582 (type of S. candollii); SSW 7850.
Catalogue of Nepalese Vascular Plants # 391:2: 95 (1976)

Conservation Status
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses
Used in cough and cold.
BHUTKESH (SELMINUM TENUIFOLIUM)

Scientific name: *Selenium tenuifolium* Wall.[Cat. 18, n, 579 (1829), nom. nud.] ex C. B. Clarke in Fl. Br. Ind. 2: 700 (1879).


Family: Umbelliferae

Common name: Bhutkesh, Bhazadri (Nep.); (Newa.); Kanthaparna (Sans.); Ragwort (Eng.)

Major documentation: An Enumeration of the Flowering Plants of Nepal 2: 189 (1979)
Catalogue of Nepalese Vascular Plants # 391.2: 95 (1976)
Medicinal Plants of Nepal: 106 (1970)

Conservation Status: HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses: Used in cough and cold.
BIKHA (*ACONITUM FEROX*)

**Scientific name**  

**Family**  
Ranunculaceae

**Common name**  
Bikha (Nep.); (Newa.); (Sans.); Aconite (Eng.)

**Major documentation**  
Medicinal Plants of Nepal: 60 (Suplement Volume, 1984)  
An Enumeration of the Flowering Plants of Nepal 2: 9 (1979)  
British Museum (BM) Cent.: *Wall. 4721A* (type of *A. ferox*); *SSW 8902*. East: *Dhwoj 606*.  
Catalogue of Nepalese Vascular Plants # 1.4: 31 (1976)  
Nepali Nighantu # 732: 263  
Chandra Nighantu # 710: 1506-1509

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Vulnerable  
CITES-Category: Not applicable

**Traditional uses**  
Poisonous plant used for curing many diseases (after careful detoxification), as a natural rodenticide and also as an effective insecticide.
BIKHA (*ACONITUM SPICATUM*)

**Scientific name**  
*Aconitum ferox var. spicata* Brühl in Ann. B. G. Calc. 5: 110 (1895).

**Family**  
Ranunculaceae

**Common name**  
Bikha (Nep.); (Newa.); (Sans.); Aconite (Eng.)

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal 2: 11 (1979)  
Medicinal Plants of Nepal: 131 (1970)  
Nepali Nighantu # 732: 263 (1969)  
Chandra Nighantu # 710: 1506-1509

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Vulnerable  
CITES-Category: Not applicable

**Traditional uses**  
Tubers are deadly poisonous, used in a variety of traditional medicines, anti-pyretic and analgesic.
<table>
<thead>
<tr>
<th><strong>BIKHAMA (ACONITUM BISMA)</strong></th>
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<tbody>
<tr>
<td><strong>Family</strong></td>
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<td><strong>Conservation Status</strong></td>
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<tr>
<td><strong>Traditional uses</strong></td>
</tr>
<tr>
<td><strong>BILOUNI (MAESA CHISIA)</strong></td>
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<td><strong>Common name</strong></td>
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</table>
| **Major documentation**  | An Enumeration of the Flowering Plants of Nepal 3: 76 (1982)  
Medicinal Plants of Nepal: 97 )1970) |
| **Conservation Status**   | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
<p>| <strong>Traditional uses</strong>      | Root bark used as insecticidal, in syphilis. |</p>
<table>
<thead>
<tr>
<th><strong>BOJHO (ACORUS CALAMUS)</strong></th>
</tr>
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<tbody>
<tr>
<td><strong>Family</strong></td>
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<tr>
<td><strong>Common name</strong></td>
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</tbody>
</table>
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal I: 87 (1978) 
Catalogue of Nepalese Vascular Plants # 970.1: 183 (1976) 
Nepali Nighantu # 194: 63 (1969) 
Chandra Nighantu # 135: 275-276 |
| **Conservation Status** | HMGN protection: Not applicable 
IUCN-Category: Not applicable 
CITES-Category: Not applicable |
| **Traditional uses** | Used as anti-spasmodic, carminative, used for sore throat and voice disorders, anthelmintic, used for the treatment of epilepsy and other mental ailments, chronic diarrhoea and dysentery, bronchial catarrh, intermittent fevers and glandular and abdominal tumours, insecticide, The oil is reported to have carcinogenic properties. |
CHAMP (*MICHELIA CHAMPA*CA)

**Scientific name**  

**Family**  
Magnoliaceae

**Common name**  
Champ (Nep.); Chaswan (Nawa.); Chambunala, Champaka, Champeya (Sans.); Golden champa, Yellow champa, *Magnolia* (Eng.)

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal 2: 25 (1978)  
British Museum (BM) Cent.: *W & S 8256; TI 2486*.  
East: *Stainton 6888*.  
Catalogue of Nepalese Vascular Plants # 23.1: 36 (1976)  
Medicinal Plants of Nepal: 47 (1970)  
Nepali Nighantu # 465: 154 (1969)  
Chandra Nighantu # 87: 177-180

**Conservation Status**  
HMG/N protection: Under the forest Act 1993, it is ban for felling, transportation and export.  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Bark - astringent, febrifuge, stimulant, expectorant, diuretic, bile and blood affections. Flowers and fruits - stimulant, tonic, expectorant, antispasmodic, stomachic, carminative, diuretic, used in bilious conditions, leprosy, skin diseases and ulcers. Useful in cough and rheumatism.
CHHATIWAN (ALSTONIA SCHOLARIS)

Scientific name


_Echites scholaris_ L., Mant. Pl. 1: 53 (1767).

Family

Apocynaceae

Common name

Chhatiwan (Nep.); Chhatiwansin (Newa.); Sapta parna, Bishmchhad, Saptachhad (Sans.); Dita bark (Eng.)

Major documentation


British Museum (BM) Cent.: _Makin 109_ (fr.); _Dobremez 1789_ (fr.).

_Catalogue of Nepalese Vascular Plants_ # 571.2: 123 (1976)

Medicinal Plants of Nepal: 53 (1970)

Nepali Nighantu # 621: 217 (1969)

Chandra Nighantu # 205: 433-434

Conservation Status

HMG/N protection: Not applicable

IUCN-Category: Not applicable

CITES-Category: Not applicable

Traditional uses

Bark - acrid, bitter, tonic, astringent, anthelmintic, alterative, febrifuge, useful in diarrhoea and dysentery, good for chronic ulcers and dental caries. Milky juice is applied to ulcer. Tender leaves roasted, pulverised, made into poultices and used in ulcers.
**CHIRAITO (SWERTIA ALATA)**

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
<td>Gentianaceae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Chiraito, Tite (Nep.); Khalu (Newa.); Kirattikta, Kirat (Sans.); Chiretta (Eng.)</td>
</tr>
</tbody>
</table>
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal 3: 96 (1982)  
British Museum (BM) West: *PSW 3121 & 3416*. Cent.: *Yon 435. 8444.*  
Catalogue of Nepalese Vascular Plants # 609.2: 128 (1976)  
Medicinal Plants of Nepal: (1970)  
Nepali Nighantu # 410: 130 (1969)  
Chandra Nighantu # 215 & 271: 457-458 & 579 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | Used as tonic, febrifuge, stomachic, laxative, anthelmintic, antimalaria, antidiarrhoetic |


### CHIRAITO (SWERTIA AUGUSTIFOLIA)

<table>
<thead>
<tr>
<th><strong>Scientific name</strong></th>
<th><em>Swertia augustifolia</em> Buch.-Ham. ex D. Don, Prodr. Fl. Nep. 127 (1825). Wall., Pl. As.Rar. 3: 2, t. 204 (1832).</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
<td>Gentianaceae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Chiraito, Tite (Nep.); Khalu (Newa.); Kirattikta, Kirat (Saris.); Chiretta (Eng.)</td>
</tr>
<tr>
<td><strong>Conservation Status</strong></td>
<td>HMG/N protection: Not Applicable IUCN-Category: Not Applicable CITES-Category: Not Applicable</td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
<td>Used as tonic, febrifuge, stomachic, laxative, anthelmintic, antimalaria, antidiarrhoetic</td>
</tr>
</tbody>
</table>
### CHIRAITO (*SWERTIA BIMACULATA*)

| **Scientific name** | *Swertia bimaculata* (Sieb. & Zucc.) C. B. Clarke in *J. Linn. S. B.* 14: 449 (1875); in *Fl. Br. Ind.* 4:123 (1883). |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| **Family**          | Gentianaceae                                                                                                                                  |
| **Common name**     | Chiraito, Tite (Nep.); Khalu (Newa.); Kirattikta, Kirat (Sans.); Chiretta (Eng.)                                                                 |
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal 3: 96 (1982)  
British Museum (BM) East: *Stainton 1431; TI 6302613.*  
Catalogue of Nepalese Vascular Plants # 609.4: 128 (1976)  
Nepali Nighantu # 410: 130 (1969)  
Chandra Nighantu # 215 & 271: 457-458 & 579 |
| **Conservation Status** |  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
<table>
<thead>
<tr>
<th><strong>Traditional uses</strong></th>
<th>Used as tonic, febrifuge, stomachic, laxative, anthelmintic, antimalaria, antidiarrhoeic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Gentianaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Chiraito, Tite (Nep.); Khalu (Newa.); Kirattikta, Kirat (Sans.); Chiretta (Eng.)</td>
</tr>
<tr>
<td>Conservation Status</td>
<td>HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>Used as tonic, febrifuge, stomachic, laxative, anthelmintic, antimalaria, antidiarrhoetic.</td>
</tr>
<tr>
<td><strong>CHITU (PLUMBAGO ZEYLANICA)</strong></td>
<td></td>
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<tr>
<td>--------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Family</strong></td>
<td>Plumbaginaceae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Chitu (Nep.); (Newa); Agnimata, Chitraka (Sans.): White flower lead wort (Eng.)</td>
</tr>
</tbody>
</table>
Medicinal Plants of Nepal: 48 (1970)  
Chandra Nighantu # 125 & 126: 253-256 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | Stimulant, diaphoretic stomachic, abortifacient, vesicant, narcotic. Used in dyspepsia, intermittent fever, diarrhoea, piles, rheumatism. Milky juice - applied in skin diseases. |
CHOPCHINI (*SMILAX ASPERA*)

Scientific name  

Family  
Liliaceae

Common name  
Chopchini (Nep.); (Newa.); Chobchini, chipantar vachha (Sans.); (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal *f.* 78 (1978)
British Museum (BM) West: *PSW* 5582. Cent.: *SSW* 8968 (fl.) & 28622 (fr.); *Buch.-Ham. s.n.* (type of *S. maculata*). East: *Dhwoj* 0348.
Catalogue of Nepalese Vascular Plants # 967.1: 182 (1976)
Medicinal Plants of Nepal: 52 (1970)
Nepali Nighantu # 158: 52 (1969)
Chandra Nighantu # 750: 1598-1599

Conservation Status  
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses  
Use for the treatment of sores, gonorrhoea and other discharges from mucous membranes. Fresh juice of root is taken internally for the treatment of rheumatic pains. Demulcent, alterative and blood purifier.
CHUTRO (*BERBERIS ARISTATA*)

**Scientific name**  

**Family**  
Barberidaceae

**Common name**  
Chutro, Rasanjan (Nep.); Marpyashi (Newa.); Daruharidra, Darbi, Rasanjan (Sans.); Berberry (Eng.)

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal 2: 29 (1979)  
British Museum (BM) West: Dobremez 2088. Cent.: Buch.-Ham. s.n. (type); Wall. 1474.1, p.p.  
Catalogue of Nepalese Vascular Plants # 36.1: 37 (1976)  
Medicinal Plants of Nepal: 52 (1970)  
Nepali Nighantu # 693: 246 (1969)  
Chandra Nighantu # 541: 1168-1169

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Wood and root bark- alterative, astringent, antiperiodic, deobstruent, used in skin diseases, menorrhagia, diarrhoea, jaundice. Root decoction used in fevers. Root bark is used externally to cure eye disease.
CHUTRO (*BERBERIS ASIATICA*)


**Family**  Barberidaceae

**Common name**  Chutro, Rasanjan, (Nep.); Marpyashi (Newa.);
Daruharidra, Darbi, Rasanjan (Sans.); Berberry (Eng.)

**Major documentation**  An *Enumeration of the Flowering Plants of Nepal* 2: 29 (1979)
Catalogue of Nepalese Vascular Plants # 36.2: 37 (1976)
Nepali Nighantu # 243: 78 (1969)
Chandra Nighantu # 541: 1168-1169

**Conservation Status**  HMG/N protection:  Not applicable
IUCN-Category:  Not applicable
CITES-Category:  Not applicable

**Traditional uses**  Wood and root bark- alterative, astringent, antiperiodic, deobstruent, used in skin diseases, menorrhagia, diarrhoea, jaundice. Root decoction used in fevers. Root bark is used externally to cure eye disease.
<table>
<thead>
<tr>
<th><strong>CHYURI (AESANDRA BUTYRACEA)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
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<tr>
<td><strong>Common name</strong></td>
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<tr>
<td><strong>Major documentation</strong></td>
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<tr>
<td></td>
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<tr>
<td><strong>Conservation Status</strong></td>
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<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
</tr>
</tbody>
</table>
DATIWAN (ACHYRANTHES ASPERA)

Scientific name: *Achyranthes aspera* L., Sp. Pl. 204 (1753). Wall. in Roxb., Fl. Ind. 2:497 (1824).

Family: Amaranthaceae

Common name: Datiwan, Apamarga (Nep.); Apamarga (New.) Apamarga (Sans.); Prickly chaff flower (Eng.)

Major documentation:
- Catalogue of Nepalese Vascular Plants # 795.2: 154 (1976)
- Nepali Nighantu # 1: 30 (1969)
- Chandra Nighantu # 142: 291-292

Conservation Status:
- HMG/N protection: Not applicable
- IUCN-Category: Not applicable
- CITES-Category: Not applicable

Traditional uses:
- Pungent, purgative, diuretic, astringent, used in dropsy and piles. Leaf juice is used in stomach ache, piles, skin eruptions. Roots for pyrrohea and cough.
DATIWAN (ACHYRANTHES BIDENTATA)

Scientific name  
*Achyranthes bidentata* Blume, Bijdr. 545 (1825).  

Family  
Amaranthaceae

Common name  
Datiwan, Apamarga (Nep.); Apamarga (Newa.);  
Apamarga (Sans.); Prickly chaff flower, two-toothed chaff  
flower (Eng.)

Major documentation  
Medicinal Plants of Nepal: 69 (Supplement Volume,  
1984)  
An Enumeration of the Flowering Plants of Nepal 3: 168  
(1982)  
British Museum (BM) Cent.: *TI* 721752 East: *TI*  
6304255  
Catalogue of Nepalese Vascular Plants # 795.3: 154  
(1976)  
Nepali Nighantu # 92: 30 (1969)  
Chandra Nighantu # 142: 291-292

Conservation Status  
HMGN protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
The plant is used as diuretic and astringent. White  
variety-bitter, pungent, heating, laxative, stomachic,  
itching, pain in the abdomen, ascites, dyspepsia,  
dysentery. Seeds are useful in piles. Red variety-pungent,  
cooling, emetic, constipating, alexipharmic, dried plant is  
given in colic. Roots are used in sore throat,  
hypertension, amenorrhoea, retention of placenta,  
carbuncles, traumatic injury, asthenia of liver and kidney,  
tiredness in the lower part of the body and the legs and in  
rheumatic pain.
DHAINYARO (WOODFORDIA FRUCTICOSA)

Scientific name  
*Woodfordia floribunda* Salisb., Parad. Lond. t. 42 (1806).

Family  
Lythraceae

Common name  
Dhainyaro, Amar phool (Nep.); (Newa.); Dhataki, Dhatupuspi (Sans.); Fire flame bush (Eng.).

Major documentation  
An Enumeration of the Flowering Plants of Nepal 2: 173 (1979)  
Catalogue of Nepalese Vascular Plants # 347.1: 89 (1976)  
Medicinal Plants of Nepal: 72 (1970)  
Chandra Nighantu # 193: 404

Conservation Status  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Flowers used in haemorrhage, dysentery, menorrhagia, stomach troubles, and leucorrhoea etc.
**DHASINGARE (GAULTHERIA FRAGRANTISSIMA)**

**Scientific name**  
*Gaultheria fragrantissima* Wall. in As. Research. 13: 397, t. (1820); Cat. 23 n. 765 (1829). Hook. f. in B. Mag. 98: t. 5984 (1872).

**Family**  
Ericaceae

**Common name**  
Dhasingare, Machino, Patpate, Kolomba (Nep.); (Newa.); (Sans.); Wintergeen (Eng.)

**Major documentation**  
British Museum (BM) West: *PSW* 726 & 463 (fr.).  
Cent.: *Wall. s.n.*, ann. 1818 (type of *G. fragrantissima*); *SSW* 2583. East: *Stainton 4459; TI 6304419*.  
Catalogue of Nepalese Vascular Plants # 544.2: 117 (1976)  
Medicinal Plants of Nepal: 78 (1970)

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Insecticidal. The wintergreen oil (Oil of Gaultheria) is obtained from the leaves by distillation. The oil is aromatic, stimulant and carminative. It is used as in the form of liniments or in the form of a ointment in acute rheumatism, muscular aches, sprains, headache and sciatica. Oil is also used as an ingredient in mouthwash, toothpaste etc.
DHATURA (*DATURA METEL*)

**Scientific name**  

**Family**  
Solanaceae

**Common name**  
Kalo dhatura (Nep.); Haku dudhale (Newa.); Krishnadhistura (Sans.); Thorn a le, Downy datura (Eng.)

**Major documentation**  
Catalogue of Nepalese Vascular Plants # 640.2: 132 (1976)  
Medicinal Plants of Nepal: (1970)  
Nepali Nighantu # 747: 270 (1969)  
Chandra Nighantu # 14: 27-30

**Conservation Status**

<table>
<thead>
<tr>
<th>Protection</th>
<th>Category</th>
</tr>
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<tbody>
<tr>
<td>HMG/N protection</td>
<td>Not applicable</td>
</tr>
<tr>
<td>IUCN Category</td>
<td>Not applicable</td>
</tr>
<tr>
<td>CITES Category</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**Traditional uses**  
Seed, leaves and roots are used in insanity, fever with catarrhal and cerebral complication, diarrhoea and skin diseases. Dried leaves and flower are used in bronchial astham, chronic bronchitis, epigastric pain, rheumatic pain, pain from injury and as antispasmodic, narcotic to check inflammation of the breast.
DHATURA (Datura stramonium)


Family: Solanaceae

Common name: Dhatura (Nep.); Dudhale, Dhatura (Newa.); Kantaphala, Dhustura (Sans.); Thorn a le, Devil's a le (Eng.)

British Museum (BM) West: Tyson 116; PSW 3746. Cent.: Fell 33; SSW 606. East: Williams 584; TI 1250 (fr.).
Chandra Nighantu # 14: 27-30

Conservation Status: HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses: Plant is used as antispasmodic, anodyne and narcotic. Leaves are used in inhalation of smoke to cure asthma. Fruits are used as sedative and intoxicating. Juice of flower is used for ear ache and that of fruits is applied to scalp for curing dandruff and falling hairs.
<table>
<thead>
<tr>
<th>DHUPI (JUNIPERUS COMMUNIS)</th>
</tr>
</thead>
</table>
| **Scientific name**         | *Juniperus communis* L., Sp. Pl.: 1040 (1753).  
*Juniperus communis* var. *saxatilis* Pallas, Fl. Ross. 1 (20: 12, t. 4, f. A (1788)). |
| **Family**                  | Cupressaceae |
| **Common name**             | Dhup, Dhupi (Nep.); (Newa.); (Sans.); Juniper (Eng.) |
| **Major documentation**     | An Enumeration of the Flowering Plants of Nepal /: 27 (1978)  
British Museum (BM) West: *Stainton 6341*. Cent.: *Shrestha & Bista 1840*.  
Catalogue of Nepalese Vascular Plants # 14.1: 30 (1976)  
Medicinal Plants of Nepal: 71 (1970)  
Nepali Nighantu # 100: 33 (1969) |
| **Conservation Status**     | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses**        | The plant is bitter, pungent, acrid; heating; appetizer; carminative, anthelmintic, alexipharmic, laxative; useful in diarrhoea, abdominal pains, strangury, diseases of the spleen and abdomen, ascites, tumors, piles, bronchitis, indigestion, constipation, vaginal discharges; fruit has a bad taste, aphrodisiac, styptic, useful in asthma, stomachic, hemicrania; useful in chronic bronchitis, disease of the liver and spleen, applied in hydrocele, and prolapse of the rectum; oil from the fruit is emmenagogue, abortifacient, tonic, anthelmintic, good for earache, toothache, piles, cooling to the brain. |
DHUPI (JUNIPERUS INDICA)


Family: Cupressaceae

Common name: Dhup, Dhupi (Nep.); (Newa.); (Sans.); Black juniper (Eng.)

Major documentation: An Enumeration of the Flowering Plants of Nepal J: 27 (1978)
Catalogue of Nepalese Vascular Plants # 14.2: 30 (1976)

Conservation Status:
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses: The plant is bitter, pungent, acrid; heating; appetizer; carminative, anthelmintic, alexipharmic, laxative; useful in diarrhoea, abdominal pains, strangury, diseases of the spleen and abdomen, ascites, tumors, piles, bronchitis, indigestion, constipation, vaginal discharges; fruit has a bad taste, aphrodisiac, styptic, useful in asthma, stomachic, hemicrania; useful in chronic bronchitis, disease of the liver and spleen, applied in hydrocele, and prolapse of the rectum; oil from the fruit is emmenagogue, abortifacent, tonic, anthelmintic, good for earache, toothache, piles, cooling to the brain.
DHUPI (*Juniperus recurva*)


**Family** Cupressaceae

**Common name** Dhup, Dhupi (Nep.); (Newa.); (Sans.); Drooping juniper (Eng.)

**Major documentation** An *Enumeration of the Flowering Plants of Nepal* 1: 28 (1978)
British Museum (BM) Cent.: *Buch.-Ham. s.n.* (type of *J. recurva*); *Polunin 494*. East: *Stainton 4514.*
Catalogue of Nepalese Vascular Plants # 14.3: 30 (1976)
*Medicinal Plants of Nepal* 71 (1970)

**Conservation Status**
- HMG/N protection: Not applicable
- IUCN-Category: Not applicable
- CITES-Category: Not applicable

**Traditional uses** The plant is bitter, pungent, acrid; heating; appetizer; carminative, anthelmintic, alexipharmic, laxative; useful in diarrhoea, abdominal pains, strangury, diseases of the spleen and abdomen, ascites, tumors, piles, bronchitis, indigestion, constipation, vaginal discharges; fruit has a bad taste, aphrodisiac, styptic, useful in asthma, stomachic, hemicrania; useful in chronic bronchitis, disease of the liver and spleen, applied in hydrocele, and prolapse of the rectum; oil from the fruit is emmenagogue, abortifacent, tonic, anthelmintic, good for earache, toothache, piles, cooling to the brain.
**DRONAPUSPA (LEUCAS CEPHALOTES)**

<table>
<thead>
<tr>
<th>Scientific name</th>
<th><em>Leucas cephalotes</em> (Roth) Spreng., Syst. Veg. 2: 743 (1825). Wall., Cat. 56, n. 2043 (1829)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Labiatae</td>
</tr>
<tr>
<td>Common name</td>
<td>Dronapuspa, Devdroni (Nep.); (Newa.); Chhatraka, Dronapuspi (Sam); (Eng.)</td>
</tr>
<tr>
<td>Major documentation</td>
<td>An Enumeration of the Flowering Plants of Nepal 3: 156 (1982)</td>
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<td>British Museum (BM) West: <em>PSW 3601</em>. Cent.: <em>SSW 6472</em>. East: <em>Stainton 1506; TI 6306476</em>.</td>
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<td>Catalogue of Nepalese Vascular Plants # 766.1: 150 (1976)</td>
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<td>Medicinal Plants of Nepal: 69 (1970)</td>
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<td>Chandra Nighantu # 9 &amp; 10: 17-20</td>
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<td>Conservation Status</td>
<td>HMG/N protection: Not applicable</td>
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<td>IUCN-Category: Not applicable</td>
</tr>
<tr>
<td></td>
<td>CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>The plant is laxative, anthelmintic, stimulant, useful in bronchitis, jaundice, inflammation, asthma, etc.</td>
</tr>
</tbody>
</table>

57
EKLEBIR (*LOBELIA PYRAMIDALIS*)

**Scientific name**
*Lobelia pyramidalis* Wall in As. Research. 13: 376 (11820); in Roxb., Fl. Ind. 2: 113 (1824).

**Family**
Lobeliaceae

**Common name**
Eklebir (Nep.); Ekbir (Sans.); Lobelia (Eng.)

**Major documentation**
Catalogue of Nepalese Vascular Plants # 538.4: 116 (1976)
Medicinal Plants of Nepal: 16 (1970)
Nepali Nighantu # 360: 113 (1969)
Chandra Nighantu # 109: 221-222

**Conservation Status**
HMGN protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

**Traditional uses**
Leaves and inflorescences are antispasmodic and poisonous.
**GAMDOL (BRACHYCORYTHIS OBCORDATA)**

**Scientific name**  
*Orchis obcordata* Buch.-Ham. ex D. Don, Prodr. Fl. Nepal.: 23 (1825); non Willem. (1796).

**Family**  
Orchidaceae

**Common name**  
Gamdol (Nep.);

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal I: 32 (1978)  
British Museum (BM) West: *PSW 568*. Cent.: *Buch.-Ham. s.n.* (type of *Orchis obcordata*); *Wallich 7050A*; *Pulunin 1317*. East: *Stainton 1196*.  
Catalogue of Nepalese Vascular Plants # 1004.1: 187 (1976)  
Medicinal Plants of Nepal: 38 (1970)

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Tubers are expectorant, astringent and nutritious.
GHODTAPRE (CENTELLA ASIATICA)

Scientific name  

Family  
Umbelliferae

Common name  
Ghodtapre (Nep.); Kholcha ghayan (New.); Brahmhi (Sans.); Water pennywort, Indian pennywort (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal 2: 185 (1979)  
Catalogue of Nepalese Vascular Plants # 378.1: 93 (1976)  
Medicinal Plants of Nepal: 43 (1970)  
Nepali Nighantu # 148: 49 (1969)  
Chandra Nighantu # 2: 3-4

Conservation Status  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Leaves: diuretic and tonic, purify blood, and improve appetite, use in indigestion, asthma, skin diseases, and improving memory. Leaf-juice is used in treatment of liver complaints and gastric troubles. Widely used in leprosy.
<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Morchella esculenta (L.) Pers., Syn. Fung. 618 (1801)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Helvellaceae (Ascomycetes)</td>
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<tr>
<td>Common name</td>
<td>Guchi chyau (Nep.); (Newa.); (Sans.); Morell mushroom (Eng.)</td>
</tr>
<tr>
<td>Major documentation</td>
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<td>Conservation Status</td>
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<td>IUCN-Category:  Not applicable</td>
</tr>
<tr>
<td></td>
<td>CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>Delicious food item supposed to have aphrodisiac properties, and fetching high prices even in local market.</td>
</tr>
</tbody>
</table>
### GHUIKUMARI (ALOE VERA)

| **Scientific name** | *Aloe vera* (L.) Burm. f., Fl. Ind.: 83 (1768, before 6 April).  
*Aloe barbadensis* Mill., Gard, Dict. ed. 8: Aloe n. 2 (16 April 1768). |
<table>
<thead>
<tr>
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</tr>
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<tr>
<td><strong>Family</strong></td>
<td>Liliaceae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Ghukumari, Musabar (Nep.); (Sans.); Indian aloe (Eng.)</td>
</tr>
</tbody>
</table>
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal I: 70 (1978)  
British Museum (BM) West: *PSW 4001*.  
Medicinal Plants of Nepal: 43 (1970)  
Nepali Nighantu # 143: 48 (1969)  
Chandra Nighantu # 41: 83-84 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | Stomachic, cooling, alterative, purgative, and emmenagogue, used against piles and rectal fissures.  
Useful in eye disease, tumors, enlargement of the spleen, liver complaints, vomiting. The mucilage is cooling and used to poultice inflammations and extensively used in cosmetic preparation. |
### GOBRESALLA/TALISPATRA (ABIES SPECTABILIS)

<p>| <strong>Family</strong> | Pinaceae |
| <strong>Common name</strong> | Gobre salla, Talispatra (Nep.); (Newa.); Talispatra (Sans.); Himalayan silver fir (Eng.) |
| <strong>Conservation Status</strong> | HMO/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable |</p>
<table>
<thead>
<tr>
<th><strong>Traditional uses</strong></th>
<th>Leaves used as carminative, expectorant, tonic, astringent, in asthma and bronchitis.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Zygophyllaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Gokhur (Nep.); (Newa.); Gokhura, Gokshuru, Gochurak (Sans.); Calthrops (Eng.)</td>
</tr>
</tbody>
</table>
| Major documentation | An Enumeration of the Flowering Plants of Nepal 2: 74 (1979)  
|                  | British Museum (BM) Cent.: *Gardner 1653.*  
|                  | Nepali Nighantu # 74: 25 (1969)  
|                  | Chandra Nighantu # 459: 974-975                                                                  |
| Conservation Status | HMG/N protection: Not applicable  
|                  | IUCN-Category: Not applicable  
|                  | CITES-Category: Not applicable                                                                  |
| Traditional uses | Cooling, diuretic, tonic, aphrodisiac. Used in painful micturition, calculus affections, urinary discharges, gonorrhoeal rheumatism, and impotency; in form of infusion useful as diuretic in gout, kidney diseases. |
GUJARGANO (*CISSAMELOS PAREIRA*)

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Menispermaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Gujarargano, Patha, Batulepat (Nep.); Paapagoun (Newa.); Ambasthika (Sam); False Pareira (Eng.)</td>
</tr>
<tr>
<td>Major documentation</td>
<td>Medicinal Plants of Nepal: 28 (Supplement Volume, 1984)</td>
</tr>
<tr>
<td></td>
<td>An Enumeration of the Flowering Plants of Nepal 2: 27 (1979)</td>
</tr>
<tr>
<td></td>
<td>British Museum (BM) West: <em>PSW</em> 1957. Cent.: <em>Buch.-Ham. s. n.</em> (type of <em>C. hirsula</em>); Stainton 6259. East: <em>Stainton 22; TI 720143; Nicolson 3121</em> (type of <em>C. nepalensis</em>).</td>
</tr>
<tr>
<td></td>
<td>Catalogue of Nepalese Vascular Plants # 30.1: 37 (1976)</td>
</tr>
<tr>
<td></td>
<td>Nepali Nighantu # 219: 70 (1969)</td>
</tr>
<tr>
<td>Conservation Status</td>
<td>HMG/N protection: Not applicable</td>
</tr>
<tr>
<td></td>
<td>IUCN-Category: Not applicable</td>
</tr>
<tr>
<td></td>
<td>CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>Stomachic, anthelmintic, digestive, febrifuge; cures skin eruption, heart trouble, burning, itching, enlarged spleen, and ulcers; useful for dyspepsia, diarrhoea, dropsy, cough and used for rheumatism.</td>
</tr>
</tbody>
</table>
GURJO (TINOSPORA SINENSIS)

Scientific name  

Family  
Menispermaceae

Common name  
Gurjo (Nep.); (Sans.); (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal 2: 29 (1979)  
Catalogue of Nepalese Vascular Plants # 35.1: 37 (1976)  
Medicinal Plants of Nepal: 40 (1970)  
Nepali Nighantu # 1: 1 (1969)  
Chandra Nighantu # 226: 487-488

Conservation Status  
HMGN protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Bitter, stomachic, antiperiodic, antipyretic, diuretic, alterative and aphrodisiac. Used in chronic diarrhoea, chronic dysentery. Used as febrifuge and also for various urinary troubles.
HALEDO (Curcuma angustifolia)

Scientific name  
*Curcuma angustifolia* Roxb. in Asiat. Research. 11: 338, t. 3 (1810); Fl. Ind. 1: 31 (1820).  

Family  
Zingiberaceae

Common name  
Haledo (Nep.); Besha (Neva.); Haladi, Aneshta (Sans.); Turmeric (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal I: 59 (1978)  
British Museum (BM) Cent.: *Wallich 223; Stainton 3750.*  
Catalogue of Nepalese Vascular Plants # 941.2: 179 (1976)  
Medicinal Plants of Nepal: 129 (1970)  
Nepali Nighantu # 242: 77-78 (1969)  
Chandra Nighantu # 202: 425-426

Conservation Status  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Aromatic, stimulant, tonic, carminative, blood purifier, antiperiodic alterative, externally applied to sprains wounds and injuries. Used in chest and abdominal distension, mucous discharge and relieve the congestion, rheumatalgia, irregular menses, amenorrhoea. Decoction of rhizomes in purulent conjunctivities; fresh juice- anthelmintic used as antiparasitic for many skin affections.
**HARCHUR (VISCUM ALBUM)**

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Loranthaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Harchur, Ainjeru (Nep.); Harchu (Newa.); Gandhamadini, Jiwantika (Sans.); Mistletoe, Devil's hufe (Eng.)</td>
</tr>
</tbody>
</table>
British Museum (BM) West: PSW 3835. Cent.: Buch.-Ham. s.n. (type of V. stellatum); Wall. 490; Nicolson 2765.  
Catalogue of Nepalese Vascular Plants # 847.1: 164 (1976)  
Medicinal Plants of Nepal: 149 (1970)  
Nepali Nighantu # 149: 49-50 (1969)  
Chandra Nighantu # 223: 473-474 |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
<p>| Traditional uses | Plant is given in the enlargement of spleen, wounds, tumour and ear disease, paste is applied on the broken limb as plaster, berries laxative, tonic, cardiotonic and aphrodisiac. |</p>
<table>
<thead>
<tr>
<th>Scientific name</th>
<th><em>Viscum articulatum</em> Burm. f., Fl. Ind. 311 (1768). Hook. f. in Fl. Br. Ind. 5: 226 (1886).</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Loranthaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Harchur (Nep.); Harchur (Neva.); Gandhamadini, Jiwantika (Sans.); Mistletoe (Eng.)</td>
</tr>
</tbody>
</table>
British Museum (BM) West: *Dobremez 1909*. Cent.: *Buch.-Ham. s.n.* (type of *V. dichotomum*); *Dobremez 159*.  
Catalogue of Nepalese Vascular Plants # 847.2: 164 (1976)  
Medicinal Plants of Nepal: 149 (1970)  
Nepali Nighantu # 149: 49-50 (1969)  
Chandra Nighantu # 223: 473-474 |
| Conservation Status |  
HMG/N protection: Not applicable  
IUCN Category: Not applicable  
CITES Category: Not applicable |
| Traditional uses | Plant is acrid, alexipharmic, useful in diseases of blood, ulcer, epilepsy, biliousness. |
**HARRO (TERMINALIA CHEBULA)**

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Combretaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Harro (Nep.); Halah (Newa.); Haritaki (Sans.); Chebula myrobalan (Eng.)</td>
</tr>
<tr>
<td>Major documentation</td>
<td>An Enumeration of the Flowering Plants of Nepal 2: 168 (1979)</td>
</tr>
<tr>
<td></td>
<td>British Museum (BM) Cent.: <em>W &amp;S 8178</em>. East:</td>
</tr>
<tr>
<td></td>
<td><em>Williams 261; TI 720977; Stainton 93</em>.</td>
</tr>
<tr>
<td></td>
<td>Catalogue of Nepalese Vascular Plants # 330.2: 86 (1976)</td>
</tr>
<tr>
<td></td>
<td>Medicinal Plants of Nepal: 150 (1970)</td>
</tr>
<tr>
<td></td>
<td>Nepali Nighantu # 593: 204 (1969)</td>
</tr>
<tr>
<td></td>
<td>Chandra Nighantu # 225: 477-480</td>
</tr>
<tr>
<td>Conservation Status</td>
<td>HMG/N protection: Not applicable</td>
</tr>
<tr>
<td></td>
<td>IUCN-Category: Not applicable</td>
</tr>
<tr>
<td></td>
<td>CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>Fruits are astringent, laxative, alterative, fine powder useful in carious teeth and bleeding gums. Bark is diuretic, cardiotonic. Used in ulcer. An ingredient of &quot;Triphala&quot; of Ayurvedic preparation.</td>
</tr>
</tbody>
</table>

70
<table>
<thead>
<tr>
<th>INDRAJAU (HOLARRHENA PUBESCENS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Scientific name</strong></td>
</tr>
<tr>
<td><strong>Family</strong></td>
</tr>
<tr>
<td><strong>Common name</strong></td>
</tr>
<tr>
<td><strong>Conservation Status</strong></td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
</tr>
</tbody>
</table>
INDRAYANI (TRICOSANTHUS TRICUSPIDATA)


Family: Cucurbitaceae

Common name: Indrayani (Nep.); (Nepa.); Mahakala (Sans.); (Eng.)


Conservation Status: HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable

Traditional uses: Useful in asthma, earache, and ozoena; carminative, purgative, abortifacient; lessens inflammation; cures hemicrania, weakness of limbs, heat of brains. The seeds are emetic, purgative.
<table>
<thead>
<tr>
<th><strong>JAMANE MANDRO (MAHONIA NEPAULENSIS)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
</tr>
<tr>
<td><strong>Common name</strong></td>
</tr>
<tr>
<td><strong>Conservation Status</strong></td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
</tr>
</tbody>
</table>
JAMUN (SYZYGIUM CUMINII)

Scientific name


*Eugenia jambolana* Lam., Encycl. 3:198 (1789).

*Syzygium jambolanum* (Lam.) DC., Prodr. 3: 259 (1828).

Family

Myrtaceae

Common name

Jamun (Nep.); Gunjhamsi (Newa.); Jambool (Sans.);
Black Plum, Indian Blackberry, Java Plum (Eng.)

Major documentation

Medicinal Plants of Nepal: 36 (Supplement Volume, 1984)
An Enumeration of the Flowering Plants of Nepal 2: 169 (1979)
Catalogue of Nepalese Vascular Plants # 335.1: 87 (1976)
Chandra Nighantu # 150 & 200: 310 & 419-420

Conservation Status

HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses

Bark - acrid, astringent, anthelmintic, useful in diarrhoea, dysentery, sore throat, bronchitis, asthma, biliousness, blood impurities, ulcers; Fruit - carminative and diuretic.
Seed used in diabetes.
JATAMANSI (NARDOSTACHYS GRANDIFLORA)

Scientific name  

Family  
Valerianaceae

Common name  
Jatamansi, Balchhar, Bhutle (Nep.); Naswan (Newa.);  
Jatamansi, Gandhamansi (Sans.); Spike Nard (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal 2: 209 (1979)  
Medicinal Plants of Nepal: 54 (1970)  
Chandra Nighantu # 352 & 353: 760-763

Conservation Status  
HMGN protection: Crud drugs are banned for export,  
but no restriction on export of Jatamansi oil.  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Used as biter tonic, stimulant, antispasmodic, diuretic,  
emmenagogue, stomachic and laxative, etc.
JHYAU (*PARMELIA NEPALENSIS*)

**Scientific name**  

**Family**  
Parmeliaceae

**Common name**  
Jhyau, Charila, Budhna (Nep.); (Newa.); Shaileya, Shaleja, Giripuspak, Pather Kumkum (Sans.); Lichen (Eng.).

**Major documentation**  
Nepali Nighantu # 662: 231 (1969)

**Conservation Status**  
HMG/N protection: Under the forest Act 1993, HMG/N banned on export of Lichen in crude form without processing, After processing only Lichen resinoid are allowed to export.  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Used for the treatment of mental ailments including epilepsy. The paste are used as ointment and antibiotic in cuts and wound; used in dyeing stuff; used in incense stick manufacture, veterinary drugs and spices. Lichen resinoid used as a fixative in high grade perfume.
**JHYAU (PARMELIA TINCTORIUM)**

| **Family** | Parmeliaceae |
| **Common name** | Jhyau, Charila, Budhna Nep.; (Newa.); Shaileya, Shaleja, Giripuspak, Pather Kumkum (Sans.); Lichen (Eng.). |
| **Conservation Status** | HMG/N protection: Under the forest Act 1993, HMG/N banned on export of Lichen in crude form without processing, After processing only Lichen resinoid are allowed to export. IUCN-Category: Not applicable CITES-Category: Not applicable |
| **Traditional uses** | Used for the treatment of mental ailments including epilepsy. The paste are used as ointment and antibiotic in cuts and wound; used in dyeing stuff; used in incense stick manufacture, veterinary drugs and spices. Lichen resinoid used as a fixative in high grade perfume. |
**JHYAU (USNEA THOMSONII)**

**Scientific name**  
*Usnea thomsonii* Stirt. Motyka, Monograph. 615 (1938)

**Family**  
Usneaceae

**Common name**  
Jhyau, Charila, Budhna (Nep.); (Newa.); Shaileya, Shaleja, Giripuspak, Pather Kumkum (Sans.); Lichen (Eng.).

**Major documentation**  

**Conservation Status**  
HMGN protection: Under the forest Act 1993, HMGN banned on export of Lichen in crude form without processing. After processing only Lichen resinoid are allowed to export.  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Used for the treatment of mental ailments including epilepsy. The paste are used as ointment and antibiotic in cuts and wound; used in dyeing stuff; used in incense stick manufacture, veterinary drugs and spices. Lichen resinoid used as a fixative in high grade perfume.
**JIMBU (ALLIUM HYPSISTUM)**

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Amaryllidaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Jimbu (Nep.)</td>
</tr>
<tr>
<td>Conservation Status</td>
<td>HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>Flavouring substance in local culinary, used to cure cough and cold, and also gastritis.</td>
</tr>
<tr>
<td>--------------------</td>
<td>--------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Family</strong></td>
<td>Orchidaceae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Jiwanti (Nep.)</td>
</tr>
</tbody>
</table>
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal *J*: 41 (1978)  
British Museum (BM) East: *Stainton* 6903; *TI* 6307318.  
Nepali Nighantu # 7: 4 (1969)  
Chandra Nighantu # 740: 1576-1577 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | Used to prepare tonics and also used for curing rhumatism and sinusitis. |
JIWANTI (OTOHILLUS PORRECTUS)

Scientific name  

Family  
Orchidaceae

Common name  
Jiwanti (Nep.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal I: 41 (1978)
Catalogue of Nepalese Vascular Plants # 1033.3: 192 (1976)
Nepali Nighantu # 7: 4 (1969)
Chandra Nighantu # 740: 1576-1577

Conservation Status  
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses  
Used to prepare tonics and also used for curing rhumatism and sinusitis.
**KACHUR (CURCUMA ZEDOARIA)**

<table>
<thead>
<tr>
<th><strong>Scientific name</strong></th>
<th><em>Curcuma zedoaria</em> (Christm.) in Trans Linn. Soc. 8:354 (1807)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
<td>Zingiberaceae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Kachur (Nep.); (Newa.); Dravida, Kachura, Gandhamulaka (Sans.); Zedoary (Eng.)</td>
</tr>
</tbody>
</table>
| **Major documentation** | Medicinal Plants of Nepal: 18 (1970)  
Nepali Nighantu # 252: 80-81 (1969)  
Chandra Nighantu # 187: 389 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | Stomachic, cooling, diuretic, aromatic, stimulant, carminative, applied to bruises and pains, decoction along with pepper, cinnamon and honey beneficial for colds. |
KAKAD SINGHI (INSECT GALL ON PISTACIA) (PISTACIA CHINENSIS)

Scientific name


Family

Anacardiaceae

Common name

Kakad singhi (Nep.); (Newa.); Karkatshringhi, Ajashringhi, Chakrangi, Karkati (Sans.); Insect gall on *Pistacia* (Eng.)

Major documentation

An Enumeration of the Flowering Plants of Nepal 2: 101 (1979)

British Museum (BM) West: PSW 802.

Nepali Nighantu # 230: 74 (1969)

Conservation Status

HMG/N protection: Not applicable

IUCN-Category: Not applicable

CITES-Category: Not applicable

Traditional uses

Insect galls - tonic, expectorant, used in cough, phthisis, fever, asthma etc.; Powdered insect galls fried in ghee given orally in dysentery.
<table>
<thead>
<tr>
<th><strong>KAKAD SINGHI (INSECT GALL ON PISTACIA) (PISTACIA KHINJUK)</strong></th>
<th></th>
</tr>
</thead>
</table>
| **Scientific name** | *Pistacia khinjuk* Stocks in Hook., Kew J. 4: 143 (1852).  
*Rhus kakrasingee* Royle, Ill. B. Him. 1: 175 (1835), nom.nud. |
| **Family** | Anacardiaceae |
| **Common name** | Kakad singhi (Nep.); (Newa.); Karkatshringhi, Ajashringhi, Chakrangi, Karkati (Sans.); Insect gall on *Pistacia* (Eng.) |
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal 2: 101 (1979)  
British Museum (BM) West: *Stainton* 6154 (fr.).  
Catalogue of Nepalese Vascular Plants # 199.1: 64 (1976)  
Nepali Nighantu # 230: 74 (1969) |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | Insect galls - tonic, expectorant, used in cough, phthisis, fever, asthma etc.; Powdered insect galls fried in ghee given orally in dysentery. |
**KAKOLI (FRITILLARIA CIRRHOSA)**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Liliaceae</td>
<td></td>
</tr>
<tr>
<td>Common name</td>
<td>Kakoli, Kalchelaharo (Nep.); Koylikasvan, Kvakhachola (Neha.); Kakoli, Vayasoli (Sans.); Fritillary (Eng.)</td>
<td></td>
</tr>
<tr>
<td>Conservation Status</td>
<td>HMG/N protection: Not applicable</td>
<td>IUCN-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>The dried corms (bulbs) are given in asthma, bronchitis, and tuberculosis, also used in stopping blood flow from wound and curing pimples.</td>
<td></td>
</tr>
</tbody>
</table>
**KALO SHARIVA (ICHNOCARPUS FRUTESCENS)**

**Scientific name**  

**Family**  
Apocynaceae

**Common name**  
Kalo sariwa (Nep.); (Newa.); Krisnamuli, Krishnashariva, Shariva (Sans.); (Eng.)

**Major documentation**  
British Museum (BM) West: Nicolson 2781; Dobremez 2383 (fr.). Cent.: SSW 8778. East: TI 6303480; Stainton 1795.  
Catalogue of Nepalese Vascular Plants # 577.1: 124 (1976)  
Nepali Nighantu # 656: 229 (1969)  
Chandra Nighantu # 628: 1342-1343

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Cooling, aphrodisiac, alterative tonic; cures vomiting, fever, biliousness, diseases of the blood, etc.
<table>
<thead>
<tr>
<th><strong>KALO SHARIVA (CRYPTOLEPSIS BUCHANANII)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
</tr>
<tr>
<td><strong>Common name</strong></td>
</tr>
<tr>
<td><strong>Conservation Status</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
</tr>
</tbody>
</table>
KALO-BIKHA (*ACONITUM LACINIATUM*)

**Scientific name**  

**Family**  
Ranunculaceae

**Common name**  
Kalo Bikha (Nep.); (Newa.); (Sans.); Nepal aconite (Eng.)

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal 2: 10 (1979)  
British Museum (BM) Cent.: Stainton 6678 East: Stainton 6577.  
Catalogue of Nepalese Vascular Plants # 1.8: 31 (1976)  
Nepali Nighantu # 732: 263 (1969)  
Chandra Nighantu # 710: 1506-1509

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
The tuberous rhizomes are highly poisonous, used in a variety of traditional medicines.
## KAPHAL (*MYRICA ESCULENTA*)

### Scientific name


### Family

Myricaceae

### Common name

Kaphal (Nep.); Kabasi (Newa.); Katphala (Sans.); Box Myrtle, Bay Berry, Wax Myrtle (Eng.)

### Major documentation


British Museum (BM) West: *PSW 1974* (fr.). Cent.: *Buch.-Ham. s.n. ann. 1802* (type of *M. esculenata*);

Wall. s.n. (syntype of *M. sapida*); *SSW 8684*; *TI 6304295*. East: *TI 6304296*;

*Stainton 4493* (fr.).

*Catalogue of Nepalese Vascular Plants # 915.1: 174* (1976)

Medicinal Plants of Nepal: 25 (1970)

Nepali Nighantu # 411: 130 (1969)

Chandra Nighantu # 292: 635-636

### Conservation Status

- **HMG/N protection:** Not applicable
- **IUCN-Category:** Not applicable
- **CITES-Category:** Not applicable

### Traditional uses

Bark is astringent, caminative, antiseptic, useful in fever, cough, asthma, and also used in sinusitis.
<table>
<thead>
<tr>
<th><strong>Scientific name</strong></th>
<th><em>Vetiveria zizanioides</em> (L.) Nash in small, Fl. South-ast U.S. 67. 1903</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
<td>Gramineae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Khas khas (Nep.); (Neva.); Ushir, Abhaya, Sugandhimula (Sans.); Vetiver (Eng.)</td>
</tr>
</tbody>
</table>
| **Major documentation** | Medicinal Plants of Nepal: 36 (1970)  
Chandra Nighantu # 383: 826-827 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | Cooling, stomachic, astringent, useful in burning sensations, bilious fever, sweats, foul breadth, thirst, ulcers, diseases of blood. |
KHAYER (ACACIA CATEchu)


Family Leguminosae

Common name Khayer (Nep.); (Newa.); Khadira (Sans.); Catechu tree, White catachu (Eng.)

Major documentation An Enumeration of the Flowering Plants of Nepal 2: 103 (1979)
Catalogue of Nepalese Vascular Plants # 204.2: 65 (1976)
Medicinal Plants of Nepal: 35 (1970)
Nepali Nighantu # 362: 114 (1969)
Chandra Nighantu # 240: 509-510

Conservation Status HMG/N protection: Under the Forest Act 1993
HMG/N has banned for transportation, export and felling
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses Used in chronic diarrhoea, dysentery, ulceration of mouth, particularly the gum, obstinate skin diseases. The resinous extract (in powder) is given for drying wounds, it is used to kill worms in catties. Katha, the extract is popularly used in pan (betel leaf).
**KHIRRO (WRIGHTIA ARBOREA)**

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Apocynaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Khirro, Karingi, (Nep.); Newa.; Sams.; (Eng.)</td>
</tr>
<tr>
<td>Conservation Status</td>
<td>HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>Decoction of bark is given in menstrual and renal complaints.</td>
</tr>
</tbody>
</table>
KOIRALO (BAUHINIA VARIEGATA)

Scientific name  

Family  
Leguminosae

Common name  
Koiralo (Nep.); Kunhah, Kunhahbun (Newa.); Kachnar, Kovidara (Sans.); Mountain Ebony (Eng.).

Major documentation  
An Enumeration of the Flowering Plants of Nepal 2: 109 (1979)
British Museum (BM) West: *PSW 1802* Cent.: *Codrington 355*. East: *Stainton 5705; TI 727245.*
Catalogue of Nepalese Vascular Plants # 211.5: 66 (1976)
Nepali Nighantu # 102 & 452: 33 & 149 (1969)
Chandra Nighantu # 102: 207

Conservation Status  
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses  
Bark- Alterative, tonic, astringent, emmenagogue. Used in dysentery, piles, dyspepsia, ulcers, scrofula, sore throat, cough, bleeding piles, haematuria and menorrhagia etc.
Root- decoction in dyspepsia, carminative.
Fresh flowers used as laxative. Dried flower buds used in dysentery and piles, diarrhoea.
**KURILO (ASPARAGUS RACEMOSUS)**

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Liliaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Kurilo, Satawari (Nep.); Shatamuli (Sans.); Asparagus (Eng.)</td>
</tr>
</tbody>
</table>
| Major documentation | An Enumeration of the Flowering Plants of Nepal *I*: 71 (1978)  
British Museum (BM) *Cent.*: Wallich 5154C; SSW 3982, 8660 (fr.). *East:* McCosh 178.  
Catalogue of Nepalese Vascular Plants # 947.4: 180 (1976)  
Medicinal Plants of Nepal: 135 (1970)  
Chandra Nighantu # 128 & 129: 259-261 |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses | Used as refrigerant, demulcent, diuretic, aphrodisiac, antispasmodic, antidiarrhoea, galactagogue and in rheumatism. |
**KUSTH (COSTUS SPECIOSUS)**

**Scientific name**  

**Family**  
Zingiberaceae

**Common name**  
Kusth (Nep.); (Neva.); Kushtha (Sans.); Costus (Eng.)

**Major documentation**  
Medicinal Plants of Nepal: 16 (Supplement Volume, 1984)  
An Enumeration of the Flowering Plants of Nepal II: 59 (1978)  
British Museum (BM) West: *PSW 5729*. Cent.: *SSW 7617*. East: *Williams 359; TI 6304188* (fr.).  
Catalogue of Nepalese Vascular Plants # 940.1: 179 (1976)  
Chandra Nighantu # 772: 1642-1643

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
The root is pungent, bitter; useful in bronchitis, fever, dyspepsia, inflammations, anaemia, rheumatism, lumbago, hiccough, tonic, anthelmintic, depurative and aphrodisiac; use for pain in the marrow, etc.
<table>
<thead>
<tr>
<th><strong>KUTKI</strong> (<em>PICRORHIZA SCROPHULARIIFLORA</em>)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
</tr>
<tr>
<td><strong>Common name</strong></td>
</tr>
</tbody>
</table>
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal 3: 126 (1982)  
Catalogue of Nepalese Vascular Plants # 671.1: 137 (1976)  
Medicinal Plants of Nepal: 30 (1970)  
Nepali Nighantu # 223: 72 (1969)  
Chandra Nighantu # 534: 1154-1155 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | Root and rhizome are bitter, tonic, antiperiodic, cholagogue, dyspepsia, stomachic, laxative and cathartic. Also used in various liver problems. |
LAGHU PATRA (*PODOPHYLLUM HEXANDRUM*)

**Scientific name**

*Podophyllum hexandrum* Royle, 111. B. Him. 64 (1834). Cambess. in Jacqem., Voy. 4 (Bot.): 10, t. 9 (1835).

*Podophyllum emodi* Wall. [Cat. 24, n. 814 (1829), nom. nud. Royle, 111. B. Him. 64 (1834), nom. nud.; 379 in adnota (1839)] ex Hokk. f. & Thoms., Fl. Ind. 1: 232 (1855), nom. illegit.

**Family**

Berberidaceae

**Common name**

Laghu patra (Nep.); (Newa.); (Sans.); May Apples, Indian podophyllum (Eng.)

**Major documentation**

An Enumeration of the Flowering Plants of Nepal 2: 31 (1979)


Catalogue of Nepalese Vascular Plants # 38.1: 38 (1976)

Medicinal Plants of Nepal: 124 (1979)

**Conservation Status**

HMG/N protection: Not applicable

IUCN-Category: Not applicable

CITES-Category: Appendix II

**Traditional uses**

Root and rhizome used in hepatic stimulant, cholagogue and purgative. Used in the treatment of cancer.
<table>
<thead>
<tr>
<th>LODH (SYMPLOCOS PANICULATA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scientific name</td>
</tr>
<tr>
<td>Family</td>
</tr>
<tr>
<td>Common name</td>
</tr>
</tbody>
</table>
| Major documentation | An Enumeration of the Flowering Plants of Nepal 3: 78 (1982)  
British Museum (BM) West: \textit{Bis Ram 284}; \textit{PSW 440} (fr.). Cent.: \textit{Stainton 3756}; \textit{Buch.-Ham. s.n.} (type of \textit{S. crataegoides}). East: \textit{Stainton 4623}.  
Catalogue of Nepalese Vascular Plants # 563.5: 122 (1976)  
Medicinal Plants of Nepal: 127 (1970)  
Chandra Nighantu # 814: 895-896 |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses | Bark - Astringent, cooling, useful in menorrhagia and leucorrhoea |
### MAHARANGI (MAHARANGA EMODI)

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Boraginaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Maharangi (Nep.); (Newa.); Raktadala (Sans.); Onosma (Eng.)</td>
</tr>
</tbody>
</table>
Catalogue of Nepalese Vascular Plants # 622.2: 130 (1976)  
Chandra Nighantu # 522: 1130-1131 |
| Conservation Status    | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses       | Cooling, laxative, anthelmintic, alexipharmic; good in diseases of the eye, derangements of the blood, bronchitis, abdominal pain, fevers, wounds, piles. Root used for hair dye and colouring. |
MAJITHO (RUBIA MANJITH)


Family: Rubiaceae

Common name: Majitho (Nep.); (Newa.); Manjistha, Yonjanwalli (Sans.); Indian Madder (Eng.)

Major documentation:
- An Enumeration of the Flowering Plants of Nepal 2: 207 (1979)
- British Museum (BM) Cent.: Roxb. t. (type of *R. manjith*); TI 723766; SSW 8318 (fr.). East: Stainton 1473; TI 6300511.
- Catalogue of Nepalese Vascular Plants # 440.2: 102 (1979)
- Chandra Nighantu # 300: 642-643

Conservation Status: HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses: Tonic, astringent, antidysenteric, antiseptic, and deobstruent properties. Used in rheumatism, ulcers, inflammations and skin troubles.
MOTHE (*CYPERUS ROTUNDUS*)

**Scientific name**

**Family**
Cyperaceae

**Common name**
Mothe (Nep.); Kasur, Khayu kasura (Newa.); Mustaka, Bhadramusta (Sans.); Nut grass (Eng.)

**Major documentation**
An Enumeration of the Flowering Plants of Nepal /: 108 (1978)
Medicinal Plants of Nepal: 115 (1970)
Nepali Nighantu # 225: 72 (1969)
Chandra Nighantu # 377: 814-815

**Conservation Status**
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

**Traditional uses**
Diuretic, emmenagogue, antihelminthic, diaphoretic, astringent, stimulant, useful in disorders of the stomach and irritation of the bowels. Leprosy, fever, blood diseases, biliousness and dysentery.
# MUSALI *(CURCULO\_GO ORCHIOIDES)*

<table>
<thead>
<tr>
<th><strong>Scientific name</strong></th>
<th><em>Curculigo orchioides</em> Gaertn., Fruct. 1: 63, t. 13 (1788).</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
<td>Hypoxidaceae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Musali, Kalo musalikanda (Nep.); Musali, Talmula (Nawa.); Talamulika, Krishna Talmuli, Musali, Arshoghn (Sans.); Black musale (Eng.)</td>
</tr>
</tbody>
</table>
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal #: 67 (1978)
British Museum (BM) Cent.: SSW 3367. East: Stainton 6768.
Medicinal Plants of Nepal: 114 (1970)
Nepali Nighantu #: 310: 98 (1969)
Chandra Nighantu #: 496: 1074-1075 |
| **Conservation Status** | HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable |
| **Traditional uses** | Prescribe in piles, jaundice, asthma, diarrhoea, gonorrhoea, considered demulcent, diuretic, tonic, aphrodisiac, alterative, used as poultice for itch and skin diseases. The powdered rhizomes put into cuts is said to stop bleeding and to dry up the wounds. |
### NAGEBELI (LYCOPODIUM CLAVATUM)

<table>
<thead>
<tr>
<th>Scientific name</th>
<th><em>Lycopodium clavatum</em> L., Sp. Pl. ed. 1, 2:1100, 1564 (1753)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Lycopodiaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Nagebeli (Nep.); (Newa.); (Sans.); Lycopodium powder (Eng.)</td>
</tr>
</tbody>
</table>
| Major documentation | British Museum (BM) West.: Cent.: East.:  
Catalogue of Nepalese Vascular Plants # 2.1: 1 (1976)  
Medicinal Plants of Nepal: 73 (1970) |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
<table>
<thead>
<tr>
<th>Traditional uses</th>
<th>Herbs - diuretic, antispasmodic, in form of a decoction used in rheumatism. Powder is used in treating general abdominal disorders and blood and lung infections and kidneys.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Guttiferae</td>
</tr>
<tr>
<td>Common name</td>
<td>Nagkesar (Nep.); Nageshor (Sans.); Iron wood (Eng.)</td>
</tr>
<tr>
<td>Major documentation</td>
<td>An Enumeration of the Flowering Plants of Nepal 2: 63 (1979)</td>
</tr>
<tr>
<td></td>
<td>Catalogue of Nepalese Vascular Plants # 100.1: 48 (1976)</td>
</tr>
<tr>
<td></td>
<td>Medicinal Plants of Nepal: 74 (1970)</td>
</tr>
<tr>
<td></td>
<td>Nepali Nighantu # 237 &amp; 455: 76 &amp; 151 (1969)</td>
</tr>
<tr>
<td></td>
<td>Chandra Nighantu # 105: 213-214</td>
</tr>
<tr>
<td>Conservation Status</td>
<td>HMG/N protection: Not applicable</td>
</tr>
<tr>
<td></td>
<td>IUCN-Category: Not applicable</td>
</tr>
<tr>
<td></td>
<td>CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>Seed used as stimulant, alterative, fever, biliousness, foul breath, scabies, skin eruption, itching, sore throat, cough and vomiting etc.</td>
</tr>
</tbody>
</table>
NEEM (AZADIRACHTA INDICA)

Scientific name  

Family  
Meliaceae

Common name  
Neem (Nep.); Neem (Newa.); Nimba, Pichumarda, Arista (Sans.); Neem, Margosa tree (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal 2: 85 (1979)  
Catalogue of Nepalese Vascular Plants # 158.2: 57 (1976)  
Medicinal Plants of Nepal: 70 (1970)  
Nepali Nighantu # 407:129 (1969)  
Chandra Nighantu # 118: 239

Conservation Status  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
The bark is bitter; refrigerant, anthelmintic, maturant, pectoral, astringent; relieves cough, vomiting, burning sensation near the heart, fatigue, fever; cures ulcers and inflammations; good for leprosy, urinary discharge.  
The leaves are anthelmintic, alexiteric, insecticidal, good in ophthalmia, biliousness and skin diseases; tender leaves are astringent, good for cough, asthma, piles, tumors, urinary discharge. Flowers are bitter, anthelmintic, removes cough and biliousness. Fruits bitter and oily, hot purgative, anthelmintic, cures urinary discharge, skin disease, tumors, piles and toothache.
<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Aconitum gammiei Stapf in Kew Bull. 1907: 56 (1907).</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Ranunculaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Nirmashi (Nep.); (Newa.); (Sans.); Aconite (Eng.)</td>
</tr>
<tr>
<td>Conservation Status</td>
<td>HMG/N protection: Not applicable&lt;br&gt;IUCN-Category: Not applicable&lt;br&gt;CITES-Category: Not applicable</td>
</tr>
<tr>
<td>Traditional uses</td>
<td>Non-poisonous plant and used in a variety of traditional medicines. Anti-pyretic.</td>
</tr>
</tbody>
</table>
NISOTH (*PERCULINA TURPETHUM*)

**Scientific name**  
*Convolvulus turpethum* L., Sp. Pl. 155 (1753).  

**Family**  
Convolvulaceae

**Common name**  
Nisotha, Niswanto (Nep.); (Newa.); Tribrita, Shubahaa, Rechani (Sans.); Turpetti, Indian Jalap (Eng.)

**Major documentation**  
Catalogue of Nepalese Vascular Plants # 633.1: 131 (1976)  
Medicinal Plants of Nepal: 74 (1970)  
Chandra Nighantu # 722 - 724: 1538-1543

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
White variety root- Purgative, expectorant; useful in biliousness.
NUN DHIKI *(OSYRIS WIGHTIANA)*

**Scientific name**  

**Family**  
Santalaceae

**Common name**  
Nun dhiki (Nep.); (Newa.); (Sans.); Wild tea (Eng.)

**Major documentation**  
British Museum (BM) Cent.: *Gardner 1059; TI 69722*.  
East: *TI 6302552*.  
Catalogue of Nepalese Vascular Plants # 850.2: 164 (1976)  
Medicinal Plants of Nepal: 77 (1970)  
Nepali Nighantu # 326: 102 (1969)  
Chandra Nighantu # 423: 916-917

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Infusion of bark is given to women after delivery to stop bleeding; infusion of leaves has emetic properties; leaves are used as tea in the hilly regions.
OKHAR (*JUGLANS REGIA*)


**Family** Juglandaceae

**Common name** Hade okhar (Nep.); Khosin (Newa.); Ashotaka (Sans.); Walnut (Eng.)

**Major documentation** An Enumeration of the Flowering Plants of Nepal 3: 212 (1982)


Catalogue of Nepalese Vascular Plants # 914.1: 173 (1976)

Medicinal Plants of Nepal: 17 (1970)

Nepali Nighantu # 546: 184 (1969)

Chandra Nighantu # 120: 244

**Conservation Status**

- HMG/N protection: Not applicable
- IUCN-Category: Not applicable
- CITES-Category: Not applicable

**Traditional uses**

Leaves - astringent, tonic, decoction anthelmintic. Bark - anthelmintic and detergent; root bark - decoction used for hair growth tonic. Green rind of unripe fruit is used to intoxicate fish and for tanning and dyeing. Fruit - alterative in rheumatism.
PADAM PUSKAR (IRIS DECORA)

Scientific name  

Family  
Iridaceae

Common name  
Padam puskar (Nep.); (Newa.); Padampuskar (Sans.); Iris (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal I: 64 (1978)  
Catalogue of Nepalese Vascular Plants # 991.2: 185 (1976)  
Medicinal Plants of Nepal: 79 (1970)

Conservation Status  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Root- deobstruent, aperient, diuretic, useful in bilious obstruction; used externally as an application to small sores and pimples.
PADAMCHAL (*RHEUM AUSTRALE*)

**Scientific name**  
*Rheum austral*e D. Don, Prodr. Fl. Nep. 75 (1825).  
*Sweet,* Br. Flow. g. 3: t. 269 (1828).  

**Family**  
Polygonaceae

**Common name**  
Padamchal (root and rhizome), Chulthi amilo (petioles) (Nep.); Pit muli, Revatchini (Sans.); Himalayan rhubarb (Eng.)

**Major documentation**  
British Museum (BM) Cent.: *Wall. 1727.1* (lectotype of *R. austral*e, K-W); SSW 3098 & 7794 (fr.). East: *Williams 660.*  
Catalogue of Nepalese Vascular Plants # 817.2: 159 (1976)  
Medicinal Plants of Nepal: 78 (1970)  
Nepali Nighantu # 221: 71 (1969)  
Chandra Nighantu # 632: 1350-1351

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Himalayan rhubarb has sharp bitter taste; used as a purgative, astringent tonic, useful in a tonic dyspepsia. Powdered roots are used for cleaning teeth; for quick healing of ulcers; for dyeing fabrics. Cooked leaf-stalks: purgative and preservative.
PADAMCHAL (RHEUM NOBILE)


Family: Polygonaceae

Common name: Padamchal (Nep.); Revatchini (Sans.); Himalayan rhubarb (Eng.)

Major documentation:
- British Museum (BM) East: *Beer 8286*; *TI 722200*.
- Catalogue of Nepalese Vascular Plants # 817.4: 159 (1976)
- Nepali Nighantu # 221: 71 (1969)
- Chandra Nighantu # 632: 1350-1351

 Conservation Status:
- HMG/N protection: Not applicable
- IUCN-Category: Not applicable
- CITES-Category: Not applicable

Traditional uses:
Himalayan rhubarb has sharp bitter taste; used as a purgative, astringent tonic, useful in a tonic dyspepsia. powdered roots are used for cleaning teeth; for quick healing of ulcers; for dyeing fabrics. Cooked leaf-stalks: purgative and preservative.
PADBIRI (PAEDERIA FOETIDA)

Scientific name: Paederia foetida L., Mant. Pl. 1: 52 (1767). Wall. in Roxb., Fl. Ind. 2: 517 (1824); ed. 2, 1: 683 (1832).

Family: Rubiaceae

Common name: Padbiri, Biri (Nep.); (Newa.); Bala, Prabhadra, Prasarani (Sam); (Eng.)

Major documentation:
- An Enumeration of the Flowering Plants of Nepal 2: 206 (1979)
- British Museum (BM) Cent.: Wall. 6247B; Buch.-Ham. s.n.; SSW 8925. East: Stainton 6629.
- Chandra Nighantu # 224: 475

Conservation Status:
- HMG/N protection: Not applicable
- IUCN-Category: Not applicable
- CITES-Category: Not applicable

Traditional uses:
The plant is bitter, aphrodisiac, tonic, used for inflammation, piles, fever; good for disease of the eye and night blindness; laxative; diuretic, emmenagogue; good for liver and stomach troubles, lumbago; rheumatic affections.
PAINLETI/DESI NEEM (*MURRAYA KOENIGII*)

**Scientific name**  

**Family**  
Rutaceae

**Common name**  
Painleti, Desi neem, Parbate neem, Mitha neem (Nep.); (Newa.); Saurabhi-nimba, Surabhinimba (Sans.); Curry leaf tree (Eng.)

**Major documentation**  
Medicinal Plants of Nepal: 48 (Supplement Volume, 1984)
An Enumeration of the Flowering Plants of Nepal 2: 82 (1979)
Catalogue of Nepalese Vascular Plants # 145.2: 55 (1976)
Nepali Nighantu # 409: 130 (1969)
Chandra Nighantu # 607: 1300-1301

**Conservation Status**  
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

**Traditional uses**  
Leaves and roots are anthelmintic, analgesic, cure piles, inflamations, and are useful in leucoderma and blood disorders.
PALANS (BUTEA MONOSPERMA)

Scientific name  
*Erythrina monosperma* Lam., Encycl. 1:391 (1785).

Family  
Leguminosae

Common name  
Palans, Tesu (Nep.); Palabhi, bhatusan (Newa.);  
Lakshataru (Sans.); Flame of the Forest, Bastard teak  
(Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal 2: 109 (1979)  
British Museum (BM) West: *Stainton 6111*. Cent.:  
*Kanai 670654*. East: *Stainton 6410*.  
Catalogue of Nepalese Vascular Plants # 225.2: 68 (1976)  
Medicinal Plants of Nepal: 80 (1970)  
Nepali Nighantu # 454: 150 (1969)  
Chandra Nighantu # 81: 163-166

Conservation Status  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Pasts of seeds is given as an anthelmintic. Astringent,  
diuretic, diarrhoea and dysentery, Aslo as poultice in  
swelling, boils and pimples.
PANCHAUNLE (DACTYLORHIZA HATAGIREA)

Orchis hatagirea D. Don, Prodr. Fl. Nepal.: 23 (1825).

Family: Orchidaceae

Common name: Panch aunle, Hatajadi (Nep.); Aralu, Salap (Sans.); Orchid (Eng.)

Major documentation: An Enumeration of the Flowering Plants of Nepal I: 38 (1978)
Medicinal Plants of Nepal: 88 (1970)
Nepali Nighantu # 311: 98 (1969)
Chandra Nighantu # 220: 468

Conservation Status: HMG/N protection: Under the Forest Act 1993, crud drugs are ban for collection, uses, sale, distribution, and transportation.
IUCN-Category: Not applicable
CITES-Category: Appendix II

Traditional uses: Used as farinaceous food, nervine tonic, aphrodisiac, dysentery, diarrhoea, expectorant, astringent, demulcent and chronic fevers.
PANGRA (*ENTADA PHASEOLOIDES*)

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Family</td>
<td>Leguminosae</td>
</tr>
<tr>
<td>Common name</td>
<td>Pangra (Nep.); (Newa.); Kakavalli (Sans.); Giant's rattle, Lady nut, Mackay bean (Eng.)</td>
</tr>
</tbody>
</table>
| Major documentation | An Enumeration of the Flowering Plants of Nepal 2: 120 (1979)  
British Museum (BM) East: *Stainton 5779*; *TI 6301561* (fr.).  
Catalogue of Nepalese Vascular Plants # 207.1: 65 (1976)  
Medicinal Plants of Nepal: 88 (1970)  
Chandra Nighantu # 368: 794-795 |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses | Seeds are used in pains of the joins, in debility and in glandular swellings. Internally used as an emetic. |

120
# PASHANVEDH (BERGENIA CILIATA)

|                 | Megasea ciliata Haw., Saxifr. Enum. 7 (1821).  
|                 | Bergenia ligulata (Wall.) Engl. In B. Zeit. 26: 840 (1868)  
| Family          | Saxifragaceae  
| Common name     | Pakhanbhed, Pashanbhed (Nep.); (Newa.); Pashanbhed, Ashamabhed (Sans.); Rock foil (Eng.)  
| Major documentation | An Enumeration of the Flowering Plants of Nepal 2: 150 (1979)  
|                 | British Museum (BM) West: PSW 3679 & 743. Cent.: Wall. 449.1 (neotype of M. ligulata); E. Gardner s.n. (lectotype of Saxifraga ligulata); SSW 226.  
|                 | Catalogue of Nepalese Vascular Plants # 310.1: 82 (1976)  
|                 | Medicinal Plants of Nepal: 83 (1970)  
|                 | Nepali Nighantu # 141: 47 (1969)  
|                 | Chandra Nighantu # 296: 644-645  
| Conservation Status | HMG/N protection: Not applicable  
|                 | IUCN-Category: Not applicable  
|                 | CITES-Category: Not applicable  
| Traditional uses | Rhizomes and root are bitter, astringent, diuretic, demulcent, aphrodisiac; also used to cure fever, diarrhoea, pulmonary affections and renal and muscular calculus, also after childbirth and applied to boils and ophthalmia etc.  

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121
**PIPALA (PIPER LONGUM)**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Family</strong></td>
<td>Piperaceae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Pipala, Murjhang, Pipalamul (Nep.); Pipee (Newa.); Aswotha, Krishnapali (Sans.); Long peer (Eng.)</td>
</tr>
</tbody>
</table>
| **Major documentation** | An Enumeration of the Flowering Plants of Nepal 3: 181 (1982)  
Catalogue of Nepalese Vascular Plants # 822.1: 160 (1976)  
Medicinal Plants of Nepal: 83 (1970)  
Nepali Nighantu # 180: 59 (1969)  
Chandra Nighantu # 162: 335-336 |
| **Conservation Status** | HMGN protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | Used in stomachic, laxative, anthelmintic, carminative, bronchitis, abdominal pains, alterative, fever, cold, asthma, urinary discharges, tumors, piles, insomnia, jaundice, and for gout and rheumatism. |
PUNARNAVA (*BOERHAVIA DIFFUSA*)

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Family</td>
<td>Nyctaginaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Punarnava (Nep.); Punarnava, Pundhana (Newa.); Punarnava, Punarnabhu, Sothagni (Sans.); Spreading Hogweed (Eng.)</td>
</tr>
</tbody>
</table>
British Museum (BM) West: *PSW 4000*. Cent.: *SSW 2537*. East: *Stainton 38; TII 6306985.*  
Catalogue of Nepalese Vascular Plants # 792.1: 154 (1976)  
Medicinal Plants of Nepal: 86 (1970)  
Chandra Nighantu # 172 & 173: 359-362 |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses | Bitter, stomachic, diuretic, laxative, expectorant, diaphoretic and emetic. Root purgative, anthelmintic, and used in asthma, oedema, anaemia, jaundice, ascites, anasarca, internal inflammation etc. The plant is also used in improving vision. |
PUSKARAMUL (INULA RECEMOSA)

Scientific name  
**Inula recemosa** Hook. f. in Fl. Br. Ind. 3: 292 (1881).  

Family  
Compositae

Common name  
Puskarmul (Nep.); (Newa.); (Sans.); (Eng.)

Major documentation  
Medicinal Plants of Nepal: 54 (1970)  
Chandra Nighantu # 468: 1010-1011

Conservation Status  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Used as expectorant and as resolvent in duration, as tonic, and stomachic.
RAASNA (*INULA CAPPA*)

**Scientific name**
*Inula cappa* (Buch.-Ham. ex D. Don) DC., Prodr. 5: 469 (1836). C. B. Clarke, Comp. Ind. 124 (1876).

**Family**
Compositae

**Common name**
Raasna (Nep.); (Newa.); (Sans.); (Eng.)

**Major documentation**
An Enumeration of the Flowering Plants of Nepal 3: 30 (1982)
British Museum (BM) West: *PSW 3217 & 3773; Tabata et al. 2560. Cent.: Buch.-Ham. s.n. (type of Conyza. ca a); Wall. 2992 & 3013; Stainton 5622; SSW 7679 & 8403; Nakao s.n.; Suehiro 489; TI 670053. East: Stainton 1436 & 1554; TI 6306284; Nishioka 901.
Catalogue of Nepalese Vascular Plants # 494.1: 110 (1976)
Chandra Nighantu # 378: 816-817

**Conservation Status**
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

**Traditional uses**
Used in rhumatism and arthritis.
RAJBRIKSHA (CASSIA FISTULA)

Scientific name


Family

Leguminosae

Common name

Rajbriksha (Nep.); Diphvah (New.); Rajbrikshya, Amaltas (Sans.); Indian laburnum (Eng.)

Major documentation

An Enumeration of the Flowering Plants of Nepal 2: 111 (1979)
Medicinal Plants of Nepal: 118 (1970)
Nepali Nighantu # 417: 133 (1969)
Chandra Nighantu # 153-154: 317-320

Conservation Status

HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses

Fruit pulp is used as purgative, tonic and febrifuge and also in heart diseases. Root is generally given as a tonic and febrifuge and purgative and useful in skin diseases, leprosy. Leaves are laxative, heal ulcers.
RATI GEDI (*ABRUS PRECATORIUS*)

**Scientific name**  

**Family**  
Leguminosae

**Common name**  
Rati gedi, Lal gedi (N); Gunja (S); Crab’s eye, Jamaica wild liquorice (E).

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal 2: 103 (1979)  
British Museum (BM) West: *PSW 1276*. East: *Tl 727142* (fr.).  
Catalogue of Nepalese Vascular Plants # 216.1: 66 (1976)  
Medicinal Plants of Nepal: 117 (1970)  
Nepali Nighantu # 748: 271 (1969)  
Chandra Nighantu # 191: 399-400

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Fruits are bitter, acrid, aphrodisiac, useful in eye disease, cure leucoderma. Seeds are purgative, but in large doses are an acrid poison, also use to prevent conception.
RITTHÁ (SAPINDUS MUKOROSSI)

Scientific name: *Sapindus mukorossi* Gaertn., Fruct. 1: 342, t. 70, f. 3 g, h (1788). Hiern in Fl. Br. Ind. 1: 683 (1875).

Family: Sapindaceae

Common name: Rittha (Nep.); Hathan (Newa.); Aristha (Sans.); Soapnut (Eng.)

Major documentation:
- An Enumeration of the Flowering Plants of Nepal 2: 96 (1979)
- Catalogue of Nepalese Vascular Plants # 185.1: 62 (1976)
- Medicinal Plants of Nepal: 12 (1970)
- Chandra Nighantu # 121: 246

Conservation Status:
- HMG/N protection: Not applicable
- IUCN-Category: Not applicable
- CITES-Category: Not applicable

Traditional uses: Fruits used as expectorant, used in salivation, chlorosis, epilepsy etc.
**RUDRAKCHYA** (*ELAEOCARPUS SPAHERICUS*)

| **Family** | Elaeocarpaceae |
| **Common name** | Rudrakchya (Nep.); Rudrakchya (Newa.); Rudraksha, Nilakanthaksha (Sans.); Utrasum Bead Tree (Eng.) |
| **Conservation Status** | HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable |
| **Traditional uses** | Fruits used in diseases of the head and epileptic fits. |
**SANO CHILYA (SIDA RHOMBIFOLIA)**

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
<td>Malvaceae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Sano chilya (Nep.); (Newa.); (Sans.); (Eng.)</td>
</tr>
<tr>
<td><strong>Major documentation</strong></td>
<td>An Enumeration of the Flowering Plants of Nepal 2: 68 (1979)</td>
</tr>
<tr>
<td></td>
<td>British Museum (BM) Cent.: <em>Codrington 377</em>, East: <em>Wiraber 123; TI 6300759</em>.</td>
</tr>
<tr>
<td></td>
<td>Catalogue of Nepalese Vascular Plants # 115.3: 50 (1976)</td>
</tr>
<tr>
<td><strong>Conservation Status</strong></td>
<td>HMG/N protection: Not applicable</td>
</tr>
<tr>
<td></td>
<td>IUCN-Category: Not applicable</td>
</tr>
<tr>
<td></td>
<td>CITES-Category: Not applicable</td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
<td>Leaves pounded and applied on sewellings. Stems mucilaginous, used as emollient and emollient, both internally and externally, Root considered valuable in rheumatism.</td>
</tr>
</tbody>
</table>
SARPAGANDHA (RAUWOLFIA SERPENTINA)

Scientific name  
*Rauwolfia serpentina* (L.), Benth. ex Kurz, For. Fl. Br.  
*Ophiopyle serpentinum* L., Sp. Pl. 1043 (1753)

Family  
Apocynaceae

Common name  
Sarpagandha, Chandmaruwa (Nep.); Sarpagandha (Sans.); Serpentine (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal 3: 84 (1982)  
Catalogue of Nepalese Vascular Plants # 580.1: 124 (1976)  
Medicinal Plants of Nepal: 46 (1970)  
Nepali Nighantu # 301: 95-96 (1969)

Conservation Status  
HMG/N protection: Crud drugs are banned for export by HMG/N under the Forest Act 1993.  
IUCN-Category: Not applicable  
CITES-Category: Appendix II

Traditional uses  
Used as anti-hypertensives and sedatives remedy in painful affections of the bowels, decoction employed in labour to increase uterine contractions.
SATUWA (*PARIS POLYPHYLLA*)

**Scientific name**  

**Family**  
Liliaceae

**Common name**  
Satuwa (Nep.); (Newa.); (Sans.); (Eng.)

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal *I*: 76 (1978)  
British Museum (BM) Cent.: *Buch.-Ham. s.n.* (type); *SSW 2591*. East: *McCosh 37*.  
Catalogue of Nepalese Vascular Plants *# 958.1*: 181 (1976)  
Medicinal Plants of Nepal: 136 (1970)

**Conservation Status**  
HMO/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Rhizome used as anthelmintic and vermifuse; also used as tonic.
SIKAKAI (*ACACIA RUGATA*)

**Scientific name**  
*Acacia rugata* (Lam.) Voigt, H. Suburb. Calcut. 263 (1845).  
*Acacia concinna* (Willd.) DC., Prodr. 2: 464 (1825).

**Family**  
Leguminosae

**Common name**  
Sikakai, Rasula (Nep.); Saptala, Charmakasa (Sans.); (Nueva.); (Eng.)

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal 2: 104 (1979)  
Medicinal Plants of Nepal: 139 (1970)  
Nepali Nighantu # 425: 137 (1969)

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Pods are used as expectorant, purgative, anthelmintic, antidiarrhoeal and emetic. The leaves are used as cathartic and in biliousness. Pods and leaves are used for hair growth and malarial fever.
<table>
<thead>
<tr>
<th><strong>SILPIKAN (CRATEVA UNILOCULARIS)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
</tr>
<tr>
<td><strong>Common name</strong></td>
</tr>
<tr>
<td><strong>Conservation Status</strong></td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
</tr>
<tr>
<td><strong>SILTIMUR (LINDERA NEESIANA)</strong></td>
</tr>
<tr>
<td>---------------------------------</td>
</tr>
<tr>
<td><strong>Family</strong></td>
</tr>
<tr>
<td><strong>Common name</strong></td>
</tr>
<tr>
<td><strong>Conservation Status</strong></td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
</tr>
</tbody>
</table>
SIMAL (BOMBAX CEIBA)

Scientific name  
Bombax malabaricum DC., Prodr. 1: 479 (1824).  
Wall., Cat. 50, n. 1840 (1829).  
Salmalia malabaricum (DC.) Schott & Endl., Meletem. B. 35 (1832).

Family  
Bombacaceae

Common name  
Simal (Nep.); Simbahsi (Newa.); Shalmali-Puspa, Raktapuspa; Mochras, Shalminiyars (Gum or reisn) (Sans.); Silk cotton tree (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal 2: 69 (1979)  
Catalogue of Nepalese Vascular Plants # 118.1: 51 (1976)  
Medicinal Plants of Nepal: 144 (1970)  
Chandra Nighantu # 151: 311-314

Conservation Status  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

Traditional uses  
Root and bark-emetic, stimulant, tonic; gum - aphrodisiac, demulcent, dysentery, astringent, tonic. Flower decoction used in dysentery, stomach troubles, and leucorrhoea etc.
**SIMALI (VITEX NEGUNDO)**

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Verbinaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Simali, Nirgundhi, Nilosiwali (Nep.); (Newa.); Nilanirgundi, Nirgundi, Shephali (Sam); Five-leaved chastetree; negundo chastetree (Eng.)</td>
</tr>
</tbody>
</table>
Catalogue of Nepalese Vascular Plants # 746.1: 148 (1976)  
Medicinal Plants of Nepal:141 (1970)  
Nepali Nighantu # 111: 37 (1969)  
Chandra Nighantu # 124: 252 |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses | Leaves used in common cold, fever, enteritis, rhumatism, diarrhoea, vaginal discharge, eczema, dermatitis. Fruits used in cough, asthma, epigastric pain, dyspepsia, diarrhoea. Root and stems used in cough due to bronchitis, fever, general fatigue. |
SINDHURE (MALLOTUS PHILIPPENSIIS)

Scientific name: *Mallotus philippensis* (Lam.) Muell.-Arg. in Linnaea 34: 196 (1865). Hook f. in Fl. Br. Ind. 5: 442 (1887).

Family: Euphorbiaceae

Common name: Sindhure, Rhohini, Kamala, Kampillaka (Nep.); Sansuh, Phalisi (Newa.); Kamphinna, Kampillaka, Rechan, Raktang (Sans.); Kamala (Eng.)

Catalogue of Nepalese Vascular Plants # 874.3: 167 (1976)
Medicinal Plants of Nepal: 123 (1970)
Chandra Nighantu # 292: 401-402

Conservation Status: HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses: Red powder on the fruit is used as anthelmintic, heals ulcer and wound and also used as purgative and in scabies.
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Family</td>
<td>Ephedraceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Somalata (Nep.); (Neva.); Somalata (Sans.); Ephedra (Eng.)</td>
</tr>
</tbody>
</table>
| Major documentation | An Enumeration of the Flowering Plants of Nepal I: 24 (1978)  
British Museum (BM) West: PSW 2194.  
Catalogue of Nepalese Vascular Plants 15.1: 30 (1976)  
Medicinal Plants of Nepal: 147 (1970)  
Nepali Nighantu # 30: 12 (1969)  
Chandra Nighantu # 727: 1548-1549 |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses | Very much used to cure asthma, cough and cold.                                                                                                                                                   |
SUGANDHAKOKILA (*CINNAMOMUM GLAUCESCENS*)

**Scientific name** *Cinnamomum glaucescens* (Ness) Hand.-Mazz. in Oesterr. B. Zeits. 85: 214 (1936).
*Cecidotaphne glaucescens* Ness in Wall., Pl. As. Rar. 2: 70 (1831).

**Family** Lauraceae

**Common name** Sugandhakokila, Malagiri (Nep.); (Newa.); Malagiri (Sans.); Sugandhakolila (Eng.)

**Major documentation** An Enumeration of the Flowering Plants of Nepal 3: 183 (1982)
British Museum (BM) West: *Stainton 6197*. East: *Stainton 6532*.
Chandra Nighantu # 584: 1254-1255

**Conservation Status** HMG/N protection: Under the Forest Act 1993, Fruits are banned for export.
IUCN-Category: Not applicable
CITES-Category: Not applicable

**Traditional uses** Essential oils are used in perfumery and cosmetic preparation. Locally it is used in various skin diseases.
**SUGANDAWALA (VALERIANA JATAMANSI)**

| Scientific name | *Valeriana jatamansi* Jones in As. Research. 2: 405, f. & 416 (1790).  
*Valeriana villosa* Wall., Cat. 14, n.433 (1829), nom. nud.  
*Valeriana wallichii* DC., Prodr. 4 : 640 (1830); Mém. Fam. Valérian. |
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Family</td>
<td>Valerianaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Sugandhawali (Nep.); Tagara, Wamen, Bahistham (Sans.); Valerian (Eng.)</td>
</tr>
</tbody>
</table>
| Major documentation | An Enumeration of the Flowering Plants of Nepal 2: 209 (1978)  
Catalogue of Nepalese Vascular Plants # 446.2: 103 (1976)  
Medicinal Plants of Nepal: 145 (1970)  
Nepali Nighantu # 500: 166 (1969)  
Chandra Nighantu # 6: 11-12 |
| Conservation Status | HMG/N protection: Under the Forest Act 1993, Crud drugs are banned for export.  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses | The dried rhizomes are used in perfumes and hair preparation, as incense, as remedy for hysteria, hypochondriasis, nervous unrest and emotional trouble, as carminative, sedative. |
### SUNPATI (RHODODENDRON ANTHOPOGON)

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Family</strong></td>
<td>Ericaceae</td>
</tr>
<tr>
<td><strong>Common name</strong></td>
<td>Sunpati, Dhup (Nep.); (Newa.); (Sans.); Anthopogon leaf (Eng.)</td>
</tr>
<tr>
<td><strong>Conservation Status</strong></td>
<td>HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable</td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
<td>Leaves are aromatic, used in incense, stimulant. Essential oil obtained from leaves are used in high grade perfume.</td>
</tr>
<tr>
<td>Scientific name</td>
<td><em>Zingiber officinale</em> (Willd.) Roscoe in Trans. Linn. Soc. 8:348 (1807)</td>
</tr>
<tr>
<td>-----------------</td>
<td>---------------------------------------------------------------</td>
</tr>
<tr>
<td>Family</td>
<td>Zingiberaceae</td>
</tr>
<tr>
<td>Common name</td>
<td>Sutho, Aduwa (Nep.); Palu (Newa.); Ardraka, shringaber (Sans.); Ginger, Dry ginger (Eng.)</td>
</tr>
</tbody>
</table>
| Major documentation | Medicinal Plants of Nepal: 3 (1970)  
|                  | Nepali Nighantu # 184: 60 (1969)  
|                  | Chandra Nighantu # 201: 421-424 |
| Conservation Status | HMG/N protection: Not applicable  
|                  | IUCN-Category: Not applicable  
|                  | CITES-Category: Not applicable |
| Traditional uses | Stimulant, diaphoretic, spasmolytic, carminative, and flavouring agent, given in dyspepsia and flattulence colic, prescribed as adjunct to many tonic and stimulating remedies. Decoction beneficial for colds. Used in common cold, vomiting, productive cough. Sutho used in gastralgia due to cold, vomiting and diarrhoea and indistinct pulse and cold extremities. Apart from medicinal uses it is use as a regular spice in Nepal cuisine. |
TALISPATRA/LOTH SALLA (TAXUS BACCATA L. SUBSP. WALLICHIANA)


Family: Taxaceae

Common name: Talispatra, Laudh salla, Thuner, Silangi, Singhi (Nep.); (Nawa.); Sthaunek, Shukapuspa (Sans.); Himalayan Yew (Eng.)

Major documentation: Medicinal Plants of Nepal: 44 (Supplement Volume, 1984)
An Enumeration of the Flowering Plants of Nepal I: 28 (1978)
Catalogue of Nepalese Vascular Plants # 4.1: 28 (1976)
Nepali Nighantu # 661: 231 (1969)
Chandra Nighantu # 314: 684

Conservation status: HMGN protection: Under the Forest Act 1993, raw materials are banned for export without processing.
IUCN-Category: Not applicable
CITES-Category: Appendix II

Traditional uses: Wood- as an incense. Leaves tincture use for the treatment of headache, giddiness, feeble, and falling pulse, coldness of the extremities, diarrhoea and severe biliousness. The leaves are credited with emmenagogue and antispasmodic properties. Used for the treatment of hysteria, epilepsy and nervousness. Taxol (extract of leaves and bark) are used as an anti cancer drug in modern medicine.
TALMAKHANA (*HYGROPHILA AURICULATA*)

**Scientific name**
*Hygrophila auriculata* (Schumach.) Heine in Kew Bull. 16:172 (1962).
*Asteracantha longifolia* (L.) Nees in Wall., Pl. As. Rar. 3: 90 (1832).

**Family**
Acanthaceae

**Common name**
Talmakhan (Nep.); (Newa.); Atichhatra, Ikshura, Kokilachya (Sans.); (Eng.)

**Major documentation**
Catalogue of Nepalese Vascular Plants # 719.1: 144 (1976)
Nepali Nighantu # 122: 40 (1969)
Chandra Nighantu # 443: 958-959

**Conservation Status**
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

**Traditional uses**
Leaves - Oleagenous, tonic, aphrodisiac, hypnotic; useful in diarrhoea and dysentery, thirst, urinary calculi, urinary discharges, inflammations, biliousness; good for cough, and in laumbago and pains in the joints.
Seeds - Cooling, tonic, useful in diseases of the blood and biliousness. Seeds are given for gonorrhoea.
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Family</td>
<td>Leguminosae</td>
</tr>
<tr>
<td>Common name</td>
<td>Tanki (Nep.); (Newa.); Rakta-pushpa kovindara (Sans.); Bauhinia (Eng.)</td>
</tr>
</tbody>
</table>
| Major documentation | Medicinal Plants of Nepal: 20 (Supplement Volume, 1984)  
An Enumeration of the Flowering Plants of Nepal 2: 108 (1979)  
Catalogue of Nepalese Vascular Plants # 211.2: 65 (1976)  
Nepali Nighantu # 416: 133 (1969)  
Chandra Nighantu # 472: 1018-1019 |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| Traditional uses | Bark- used as antidiarrhoeic, anticysenteric and astringent. |
TATELO (OROXYLUM INDICUM)

Scientific name  

Family  
Bignoniaceae

Common name  
Tatelo (Nep.); Balchee (Nueva.); Syonak (Sans.); Trumpet flower (Eng.)

Major documentation  
Catalogue of Nepalese Vascular Plants # 702.1: 142 (1976)
Medicinal Plants of Nepal: 58 (1970)
Nepali Nighantu # 413: 131 (1969)
Chandra Nighantu # 141: 289-290

Conservation Status  
HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses  
Stem and bark used in rheumatism; fruit - carminative, stomachic, purgative, astringent, tonic. Root bark is one of the ingredients of "Dasamul" of Ayurvedic preparation; decoction of root bark is used in diarrhoea and dysentery.
**TEJPAT/DALCHINI (CINNAMOMUM TAMALA)**

| Scientific name | 
|-----------------|------------------|

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<thead>
<tr>
<th>Family</th>
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</table>

| Common name | 
|-------------|------------------|
| Tejpat (Nep.); Dalchini (brk.) (Nep.); Tejpat (fl.), Dalchini (brk.) (Neva.); Tamal, Tuj, Twak. Tacho (Sans.); Indian cassia, Cinnamomum leaves and bark (Eng.) |

| Major documentation | 
|---------------------|------------------|
| British Museum (BM) West: Bis Ram. 317; Stainton 6300. Cent.: SSW 266; Stainton 6258. East: Stainton 5956. |
| Catalogue of Nepalese Vascular Plants # 827.3: 160 (1976) |
| Medicinal Plants of Nepal: 64 (1970) |
| Nepali Nighantu # 234 - 236: 75 (1969) |
| Chandra Nighantu # 130: 263-266 |

| Conservation Status | 
|---------------------|------------------|
| HMG/N protection: Not applicable |
| IUCN-Category: Not applicable |
| CITES-Category: Not applicable |

| Traditional uses | 
|-----------------|------------------|
| Leaves and bark- aromatic, astringent stimulant and carminative; used in rheumatism, colic, diarrhea; useful for checking nausea and vomiting. |
**THULO OKHATI (ASTILBE RIVULARIS)**

**Scientific name**  
*Astilbe rivularis* Buch.-Ham. ex D. Don, Prodr. Fl. Nep. 211: (1825).

**Family**  
Saxifragaceae

**Common name**  
Thulo Okhati, Budho Okhati (Nep.).

**Major documentation**  
An Enumeration of the Flowering Plants of Nepal 2: 149 (1979)  
British Museum (BM) West: *PSW 5089*. Cent.: *Buch.-Ham. s.n.* (type of *A. rivularis*); *SSW 6704*. East: *TI 6303230* (fr.).  
Catalogue of Nepalese Vascular Plants # 309.1: 82 (1976)

**Conservation Status**  
HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Use as a tonic, powder of rhizomes are administered in pre and post pregnancy.
TIMUR (ZANTHOXYLUM ARMATUM)

Scientific name  
Zanthoxylum armatum DC., Prodr. 1: 727 (1824).  
Zanthoxylum alatum Roxb., [H. Beng. 72 (1814), nom. nud.] Fl. Ind. ed. 2, 2: 768 (1832).

Family  
Rutaceae

Common name  
Timur (Nep.); Tebu (Nawa.); Tumburu, Tejobati, Tejsweni (Sans.); Toothache tree (Eng.)

Major documentation  
An Enumeration of the Flowering Plants of Nepal 2: 83 (1979)  
British Museum (BM) West: PSW 1904; Nicolson 2496.  
Cent.: SSW 5418.  
East: Stainton 73; S&W 8477 (tr.); TI 6301102 (tr.).  
Catalogue of Nepalese Vascular Plants # 148.2: 56 (1976)  
Medicinal Plants of Nepal: 59 (1970)  
Nepali Nighantu # 583: 199 (1969)  
Chandra Nighantu # 138: 281-282

Conservation Status  
HMGN protection: Not applicable  
IUCN-Category Not applicable  
CITES-Category Not applicable

Traditional uses  
Fruits and seed are used as carminative, stomachic and anthelmintic, in tooth powder and dental troubles and for scabies, insect-repellents. Tonic in fever and dyspepsia. The bark is also used to intoxicated fish.
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<th><strong>TITE PATI (ARTEMISIA INDICA)</strong></th>
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<tbody>
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<td><strong>Common name</strong></td>
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<tr>
<td><strong>Conservation Status</strong></td>
</tr>
<tr>
<td><strong>Traditional uses</strong></td>
</tr>
</tbody>
</table>
TUKIPHUL (TARAXACUM OFFICINALE)


Family: Compositae

Common name: Tukiphul, Atis (Nep.); (Newa.); (Sans.); Bitterwort, Dandelion root (Eng.)

Catalogue of Nepalese Vascular Plants # 520.2: 113 (1976)
Medicinal Plants of Nepal: 60 (1970)

Conservation Status: HMG/N protection: Not applicable
IUCN-Category: Not applicable
CITES-Category: Not applicable

Traditional uses: The root is diuretic, tonic, and slightly aperient; used as laxative, antirheumatic and in a remedy of chronic disorders of kidney and liver.
# TULASI (OCIMUM TENUIFLORUM)

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<td>Tulasi (Nep.); Tulasi (Neva.); Tulasi, Surasa (Sans.); Holy Basil (Eng.)</td>
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| **Major documentation** | An Enumeration of the Flowering Plants of Nepal 3: 160 (1982)  
Catalogue of Nepalese Vascular Plants # 775.4: 151 (1976)  
Medicinal Plants of Nepal: 64 (1970)  
Nepali Nighantu # 494: 163 (1969)  
Chandra Nighantu # 183: 381-382 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | The plant is pungent and dry; stomachic, anthelmintic, alexicpharmic, antipyretic; useful in diseases of the heart and blood, biliousness, leucoderma. Leaves are specifically used to reduce the severity of fevers, juice gives lustre to the eye, good for toothache, earache, headache; seed allay thirst; useful in chronic pain in the joints, asthma inflammations and enlarge spleen; seed infusions is used in gonorrhoea, diarrhoea and chronic dysentery. It is widely used in cough-cold and influenza. |
### VAYUVIDANGA (EMBELIA TSJERIAM-COTTAM)

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<td><strong>Common name</strong></td>
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| **Major documentation** | An Enumeration of the Flowering Plants of Nepal 3: 76 (1982)  
Catalogue of Nepalese Vascular Plants # 556.2: 121 (1976)  
Nepali Nighantu # 193: 63 (1969)  
Chandra Nighantu # 188: 391-392 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses**    | The fruit is given as an anthelmintic, and internally for piles. Also used as an antispasmodic and carminative. |
**VYAKUR (DIOSCOREA BULBIFERA)**

| **Family** | Dioscoreaceae |
| **Common name** | Vyakur, Kukurtarul, Chunar (Nep.); Bahrahkand (Sans.); Air potato; aerial yam (Eng.) |
| **Major documentation** | Medicinal Plants of Nepal: 14 (Supplement Volume, 1984)  
An Enumeration of the Flowering Plants of Nepal #: 67 (1978)  
Catalogue of Nepalese Vascular Plants #: 992.3: 186 (1976)  
Chandra Nighantu #: 338 & 481: 732-733 & 1062-1063 |
| **Conservation Status** | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Not applicable |
| **Traditional uses** | used in haemoptysis, epistaxis; pharyngitis; goitre; pyogenic infections, scrofula; orchitis; sprains and injuries. |
**VYAKUR (DIOSCOREA DELTOIDEA)**

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<td>Family</td>
<td>Dioscoreaceae</td>
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<tr>
<td>Common name</td>
<td>Vyakur, Kukurtarul, Ghunar (Nep.); Bahrahkand (Sans.); Deltoid Yam (Eng.)</td>
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</tbody>
</table>
Catalogue of Nepalese Vascular Plants # 992.4: 186 (1976)  
Chandra Nighantu # 338 & 481: 732-733 & 1062-1063 |
| Conservation Status | HMG/N protection: Not applicable  
IUCN-Category: Not applicable  
CITES-Category: Appendix II |
| Traditional uses | Used as fish poison, to kill lice, in herbal remedies and for extraction of diosgenin for manufacture of steroid hormones and cortico-steroids. |
**VYAKUR (DIOSCOREA PRAZERI)**

**Scientific name**

**Family**
Dioscoreaceae

**Common name**
Vyakur, Kukurtarul, Ghunar (Nep.); Bahrahkand (Sans.); Deltoid Yam (Eng.)

**Major documentation**
- An Enumeration of the Flowering Plants of Nepal I: 68 (1978)
- British Museum (BM) West: *Bis Ram 67* (fide Prain & Burkill).
- Cent.: *Burkill 28167* (fide Burkill, l.c. 134 (1910).
- Chandra Nighantu # 338 & 481: 732-733 & 1062-1063

**Conservation Status**
- HMG/N protection: Not applicable
- IUCN-Category: Not applicable
- CITES-Category: Appendix II

**Traditional uses**
Used as fish poison, to kill lice, in herbal remedies and for extraction of diosgenin for manufacture of steroid hormones and cortico-steroids.
YARSA GOMBA (*CORDYCEPS SINENSIS*)

**Scientific name**  
*Cordyceps sinensis* (Berk.) Sacc, in Michelia 1:320 (1878)  

**Family**  
Clavicipitaceae (Ascomycetes)

**Common name**  
Yarsa gomba (Nep.); (Newa.); (Sans.); Cordyseps (Eng.)

**Major documentation**  
Medicinal Plants of Nepal: 116 (1970)

**Conservation Status**  
HMG/N protection: Under the Forest Act 1993, This product is banned for collection, use, sale, distribution, transportation and export.  
IUCN-Category: Not applicable  
CITES-Category: Not applicable

**Traditional uses**  
Tonic, aphrodisiac, cardiacltonics, expectorant etc.
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Founded in 1948, IUCN—The World Conservation Union brings together States, government agencies and a diverse range of non-governmental organisations in a unique world partnership: over 900 members in all, spread across some 138 countries.

As a Union, IUCN seeks to influence, encourage and assist societies throughout the world to conserve the integrity and diversity of nature and to ensure that any use of natural resources is equitable and ecologically sustainable. A central secretariat coordinates the IUCN Programme and serves the Union membership, representing their views on the world stage and providing their goals. Through its six Commissions, IUCN draws together over 12,000 experts, volunteers in project teams and action groups, focusing in particular on species and biodiversity conservation and the management of habitats and natural resources. The Union has helped many countries to prepare National Conservation Strategies, and demonstrates the application of its knowledge through the field projects it supervises. Operations are increasingly decentralised and are carried forward by an expanding network of regional and country offices.

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IUCN—The World Conservation Union officially launched the Nepal Country Office on 23 February 1995 with the Ministry of Finance, His Majesty’s Government as the government partner. IUCN Nepal has been developing partnerships with various government line agencies as well as non-governmental organisations to carry forward its activities to conserve Nepal’s natural resources and ecological processes.