

## **Himalayan Medicine System and its Materia Medica**

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### **Introduction:**

Himalaya has great wealth of medicinal plants and traditional and local knowledge. Central Himalaya Region covers the new state of India which comprising the major divisions of Kumaon and Garhwal. This region has played a significant role in the historical processes of Northern India and provides a mini model for understanding the Indian civilization processes. Through the millennia different tribes and people- Protoaustraloids, Mundas, Kiratas, Mongoloids, Indo-Aryans, Khasas, Sakas and others have been leaving their signatures and producing a mosaic of cultures. Another important view of Himalaya is, its mythological history. It is very interesting to note that this region has the local gods and goddesses who are more powerful than the Brahmanical gods. Such gods go back to prehistoric times. Himalayan concept of diseases is also belonging to these local gods and its super natural powers. They believe that diseases are caused by the supernatural of local gods.

Indian Himalayan region alone supports about 18,440 species of plants (Angiosperms: 8000 spp., Gymnosperm: 44 spp., Pteridophytes: 600 spp., Bryophytes: 1736 spp., Lichens: 1159 spp. and Fungi: 6900 spp. of which about 45% are having medicinal property. According to Samant *et al.* that, of the total species of vascular plants 1748 spp. species are medicinal. The cultural groups of the Central Himalayan Region comprise of Kumaunees, Garhwalees and some tribes like Bhotias, Rajees, Tharus, Boxas, Jaunsarees which have their own different cultures, different traditions, different languages, different customs, etc. Thus Central Himalaya also provide excellent opportunities for studying the Traditional Knowledge System.

### **Himalayan People:**

The people of Himalaya are racially a mixture of various tribes. Shah quotes in his article that the *Vishnu-puran*, the *Mahabharata*, and the *Varit Samhita*-the old ethnical literature of Hindus, mention a number of tribes such as the Sakas, the Nagas, the Kiarats, the Hunas, and the Khasas dwelling on the border of India, which, with confidence, may be referred to the portion of the Himalaya known as Kumaon. The Sakas are pointed out to be among the earliest ruling races of the Kumaon Hills. There are traces of a mysterious serpent race known as Nagas, which were one quite widespread. The Kiarats, or Rajya Karats, were a tribe of foresters of which a trace, still found in some interior region like Askot, represent itself as the descendants of one of the aboriginal princes of Kumaon, who fled with his family to escape destruction threatened by a usurper. The Hunas may be the pastoral tribe occupying parts of the Punjab or they may be Bhotias dwelling along the Northern border of Kumaon. The Khasas were, like the Nagas, a very powerful race whose claim to be Aryan immigrants is generally allowed; they came at a very early period from Central Asia. The Khasa are numerically the most important people in the Kumaon hills.

In this region majority of the population speaks Pahari (Kumaoni and Garhwali) dialect but some tribal like Bhotia, Rajees, Tharus, etc. population speaks their own dialect. Himalayans are simple, superstitious, god fearing, people with their own customs, traditions, and folklore.

### **What is Traditional knowledge and Himalayan Medicine System?**

United Nations University proposal defines Traditional Knowledge System: “Traditional Knowledge or ‘local knowledge’ is a record of human achievement in comprehending the complexities of life and survival in often unfriendly environments. Traditional knowledge may be technical, social, organizational, or cultural was obtained as part of the great human experiment of survival and developments.” Traditional knowledge provides the basis for problem-solving strategies for local communities, especially the poor.

Traditional Himalayan medicine is a good example of TKS, which has affected the lives of people around the globe. Finally, TKS is of particular relevance to the poor in the following sectors or strategies: Agriculture, Animal husbandry and ethnic veterinary medicine, Use and management of natural resources, Primary health care (PHC) and preventive medicine and psycho-social care, Saving and lending, Community development, Poverty alleviation, etc.

According to an estimate of the World Health Organization, approximately 80% of the people in developing countries depend on traditional medicines for primary health care needs; a major portion of these involves the use of medicinal plants (Kumar and Singh, 2001).

Traditional Himalayan Medicine System (THMS) is a great example of TKS where small communities prevent his life for incurable diseases through the traditional methods, which came from their fathers or grand fathers and goes to next generation. They are also curing their animals through these traditional methods also. These traditional methods are totally oral and non-documented. They use generally herbal products like resin, bark, root, etc., soils, animal products and *tantric* practices.

### **Concept of Himalayan Medicine System:**

Diseases are the bane of humankind ever since its advent on this planet. Humans have been fighting against a variety of diseases since prehistoric periods. Eventually he developed an indigenous pattern of medicines, which tries to resist the effects of the diseases.

Primitive Human societies have been depending on plants and plants products for various remedies. In certain areas these folk medical prescriptions are endemic and have survived through ages from one generation to next through the word of mouth. They do not exist as written knowledge. Generally these systems of medicines depend on old people’s experiences. The person, prescribing these medicines has no so-called scientific knowledge about the disease. For example, suppose they use a mixture of different leaves in their treatment, but they don’t know which specific leaves have the disease fighting properties. Indigenous systems of medicine are specially conditioned by cultural heritage and myths.

The Himalayas have a wide range of herbal products as this region supports approximately 18,440 species of plants. Just like the ancient people, the Himalayan people have close relationship with nature for their basic needs like food, fuel, fodder, medicine, etc. In health care needs they use their own medicine system, which is based on the ancient cultural traditions.

All mythological texts celebrated Central Himalayan Region as a land of gods. But it is very interesting to note that this region has the local gods like Gollu Devata, Lakiya Bhut, Nanda Devi, Bhola Nath, etc. who were originally noble human beings. The local people deified them. These local gods are more powerful than Brahmanical gods. The Himalayan people believe that unhappiness of such local gods is causes of all diseases. In their medical system they use magico-religious therapies and natural therapies against diseases

### **Himalayan Therapies:**

In magico-religious therapies they practices *Jagar*, *Thau-dham*, *Bhbhuti*, *Tantra-mantra*, etc. to placate the local gods and supernatural powers. And in natural therapies, like Ayurveda they use herbal products. According to mode of application, the natural therapies have three categories:

1. Herbal products used in systematized system of medicine like Ayurveda, Siddha.
2. Herbal products used in ethno-medicine or indigenous medicine like HMS based on oral tradition.
3. Herbal products used in Modern medicine, based on active chemical principles of the herbal products.

### **❖ Magico-religious Therapies:**

Himalayan people are simple, superstitious, god-fearing people with their own customs, traditions, and folklore. They believe that diseases are caused by unhappiness of local gods. Thus they treat diseases through some magico-therapies. Mostly the magico-religious physicians are called as Poochari who are the mystic-priest of village. Firstly Himalayan people use some folklore medicine but if person does not recover from an affliction after treatment with folklore medicines, his relatives approach the mystic-priest (Poochari). The Poochari tells them whether the patient is under the spell of an evil spirit or under the anger of the local god, or whether he is suffering from some sort of illness. In the latter case, the patient is taken to a village herbal physician for treatment. If the Poochari decides that the patient is under the spell of an evil spirit, he recommends some other mystic-priest who, with the help of hymns, drives the spirit away. Before leaving the patient, the spirit may ask for some rice and pulse or for the sacrifice of a cock, pig, goat, or he may desire some colored cloth. The rice and pulse are left on road crossings. It is believed that the spirit will leave the patient after getting the articles demanded. And at the last Poochari put some ash marks on patient's, forehead which is locally, called as *Bhabhuti*. If the Poochari says the patient is under the anger of the local god, he recommends a magico-religious ceremony known as *Jagar* to placate the god.

*Jagar* is always held at night. A large room in the patient's house is cleaned and fitted with articles worship such as fruit, cereals, milk, curd, ghee, sweet, etc. It is decorated with various flowers and branches of some especial trees.

The *Jagari* who is the hymn chanter and conductor of the ceremony, the *Dangaria* (the dancer who acts as a medium for the appearance of the god), and the relatives and friends are seated in ceremonial room. A crude drum (*nagara*) and a metallic plate (*thali*) are played, the *Jagari* chants hymns, and the *Dangaria* begins to dance. When the dance and

the music reach their climax, the patient's household god speaks through the medium of the *Dangaria*. The relatives ask the god-in-medium the cause of his anger. He tells the cause, which may be, among other reasons, that the patient did not worship him properly or that he did not give him a sufficient share from his earnings. As a penalty the god may demand a simple *Khichari* (a mixture of uncooked rice, pulses, chillies, and salt); a sacrifice of a goat, pig, cock, or coconut; a continuous *Jagar* for 20 days or so; or simple worship at home or in a particular temple. Every Himalayan people fulfill the demands of the god because failure to do so may result in serious consequences not only to the patient but also to his family. One may witness such a magico-religious ceremony in any village of Himalaya, even among the learned classes. About 50% of the patients are cured by it.

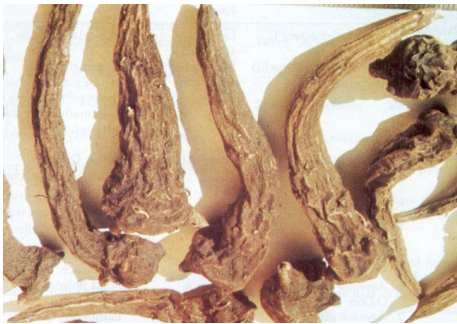
### ❖ Natural therapies

India is a country rich in indigenous herbal resources and traditionally the vast population is accustomed to the use of several herbal folk medicines.

The use of plants for treatment in India dates back to prehistoric times. This indigenous knowledge about medicinal plants and therapies was composed verbally and passed orally from generation to generation. Much later, some of this information was composed in treatise form like *Rigveda*, *Yajurveda*, *Charak Samhita*, *Sushrut Samhita*, etc. These systematized systems of knowledge about medicinal plants and therapies are included under Ayurveda - the Indian Traditional Medicine System.

Despite significant development of rural health services, village people still use herbal folk medicines to a good extent for treatment of common ailments like cough, cold and fever, headache and body-ache, constipation and dysentery, burns, cuts and scalds, boils and ulcers, skin diseases and respiratory troubles, and others.

The Himalayas have a wide range of herbal products as this region supports approximately 18,440 species of plants. Just like the ancient people, the Himalayan people have close relationship with nature for their basic needs like food, fuel, fodder, medicine, etc. in health care, they use their own medicine system, which is based on the ancient cultural traditions.



*Aconitum atrox*



*Rhododendron arboreum*

The herbal medicines are prescribed by the following modes: household ladies, elder person, Poochari, Ojhas (physicians practicing witchcraft.) etc., traditional herbalists.

### **Household ladies**

The Indian household ladies use herbal drugs for most of the ordinary ailments of infants and children. The herbal drugs are mostly available to them from their kitchen stock, kitchen garden or village fields and from the village bazaar.

The use of rhizome of *Curcuma domestica* (Haladi) for cuts, burns and scalds, the fruits of *Piper nigrum* (Black pepper, Kali- mirch or Gol-mirch) for coughs and colds, the fruits of *Trachyspermum ammi* (Ajawain) and resin of *Ferula* spp. (Heeng) for stomach troubles and whooping cough, the seeds of *Sesamum indicum* (Til) for ulcers and boils, etc., are well known to Indian house ladies.

The use of infusions of the leaves of *Ocimum sanctum* (Tulsi) for coughs and colds and mild fever, fomentation with the hot leaves of *Ricinus communis* (Erand) and *Aloe barbadensis* (Geekuar) for relieving inflammations, swellings of joints and sprains, and many other home remedies are learnt traditionally in the home.

### **Elderly persons**

In the villages the elderly persons, Poochari, Ojhas, and priests, etc., know quite a few herbal drugs, which grow near at hand and try them without any hesitation against several common ailments and diseases. Their services are entirely philanthropic.

### **Traditional herbalists**

Traditional herbalists are professionals. They are mostly illiterate but have considerable knowledge of the herbal drugs and their uses. They keep stocks of crude drugs for sale and prescribe these for common ailments. The traditional herbalists maintain a small shop.

There is another kind of herbalist, who is roamers. Among these there are two categories: those who administer a pounded mixture of herbal drugs, and those who prescribe and also supply the herbal drugs as such.

The first category of herbalists keep their crude drugs in glass jars and often displays them at the roadside. Mostly they procure their drugs from established crude drug markets of Northern India. They administer drugs mainly for venereal ailments and as tonics and aphrodisiacs. The most common herbal drugs seen with them are the tuberous roots of *Orchis* spp. (Salam panja or Salam gatta), the roots of *Asparagus* spp. (Satawar), *Withania somnifera* (Ashwagandha), the fruits of *Tribulus terrestris* (Chota gokhru), and *Pedaliium murex* (Bara gokhru), seeds of *Mucuna pruriens* (Kiwanch), *Entadapursaetha* (Chian, gila), stems of *Tinospora cordifolia* (Giloya), the tubers of *Pueraria tuberosa* (Vidari kanda), and others.

The second category of herbalists administers the herbal drugs directly without pounding; they keep only a limited number of crude drugs for day- to-day maladies. The drugs, which they commonly keep, are fruits of *Terminalia chebula* (Harra), *T. belerica* (Bahera), *Emblica officinalis* (Awanla), *Helicteres isora* (Marorphali), bark of *Symplocos* sp.

(Pathani lodhra), roots of *Withania somnifera* (Aswagandha nagori), and seeds and oleoresins of various plants.

In the hills, the herbalists are often seen also with crude drugs procured from the alpine regions, like *Rheum* spp. (Dolu), *Aconitum heterophyllum* (Atis), *Picrorhiza kurooa* (Karu), *Angelica glauca* (Chora or gandrayan), *Nardostachys jatamansi* (Mansi), and the flavorings leaves of *Allium govanianum* and other *Allium* spp. (Uambu), and many others.

### **Materia Medica of Himalayan Medicine System**

The materia medica of Himalayan Medicines is very vast compared to that of other indigenous systems of medicine. In the usage of generally herbal products, like plant bark, resin, leave, root, rhizome, stem, etc. and also usage some minerals and chemicals in the natural form like red soil, black soil, etc. In following list we describe some Himalayan folk medicinal important plants:

S. No.	Name of Plants	Family	Part Use	Diseases
1	<i>Abelmoschus esculentus</i>	Malvaceae	RT	Venereal diseases
2	<i>Abies pindrow</i>	Pinaceae	LF, RE, BK	Cough, cold, rheumatism, ulcer
3	<i>Abies spectabilis</i>	Pinaceae	LF	Carminative, pthesis
4	<i>Abrus precatorius</i>	Fabaceae	LF, SD	Diabetes, menstruation, cough, fever, asthma
5	<i>Acacia catechu</i>	Mimosaceae	BK	Diarrhoea
6	<i>Acacia nilotica</i>	Mimosaceae	FL	Urinary trouble
7	<i>Achyranthes aspera</i>	Amaranthaceae	ST, FR, RT, LF, WP, WP, SD,	Pyorrhoea, appetite, Muscular cramps, mouth-blisters, cough, cold, scorpion sting, snake-bite, piles, check bleeding, boils, blisters, cataract, Cuts, spermatorrhoea, skin diseases, headache, stomachache, toothache, body-ache, dysentery, ear trouble, ribs pain, eye trouble, anti-fertility in women
8	<i>Achyranthes bidentata</i>	Amaranthaceae	WP	Diuretic, astringent, fever, jaundice, cough
9	<i>Aconitum atrox</i>	Ranunculaceae	RH, RT,	Rheumatism, neuralgia, paralysis, dyspepsia, phthisis, rheumatic fever, puerperal fever, asthma, snake-bite,

				stomachache, fever
10	<i>Aconitum balfourii</i>	Ranunculaceae	RT, TU,	Septics, boils, stomachache, tonsil, gastritis, leprosy, rheumatism, swelling, wounds
11	<i>Aconitum falconeri</i>	Ranunculaceae	RT	Paralysis, sciatica, gout, fever, rheumatism, diarrhoea
12	<i>Aconitum heterophyllum</i>	Ranunculaceae	RT, TU,	Diarrhoea, fever, vomiting, cough, chills, stomach ache, gastrointestinal disorders, digestive disorders, fever, colic pain, wormicide headache, dyspepsia, piles, gastric, dysentery
13	<i>Aconitum voilaceum</i>	Ranunculaceae	RT, TU	Stomachache, fever, abdominal pain, bronchitis, cough, epilepsy, headache, inflammation, neck pain, snake-bite, lice killer, Gastrointestinal troubles, renal pain, rheumatism
14	<i>Acorus calamus</i>	Araceae	RT, RH	Warm Killer, menstrual disorders, improve lost voice, abdominal pains, inflammation, neck pain, asthma, cough, cold, rheumatism, gout, stomach trouble
15	<i>Adenostemma lavenia</i>	Asteraceae	LF	As antiseptic, insect bite, cuts, wounds
16	<i>Adhatoda vasica</i>	Acanthaceae	LF, WD, RT	Fever, Cough, eye diseases, blood diseases
17	<i>Adiantum capillus-veneris</i>	Adiantaceae	FD	Cough, mouth blisters, eye diseases
18	<i>Adiantum edgeworthii</i>	Adiantaceae	FD	Mouth blisters
19	<i>Adiantum incisum</i>	Adiantaceae	FD	Mouth blister, bronchitis
20	<i>Adiantum junulatum</i>	Adiantaceae	ST	Nose-studs, ear-studs
21	<i>Adiantum lunulatum</i>	Adiantaceae	FD, ST	Fever, nose studs, ear studs
22	<i>Adiantum venustum</i>	Adiantaceae	FD	Cold, cough, bronchitis, Fever, expectorant, diuretic

23	<i>Aegle marmelos .</i>	Rutaceae	FR, LF	Toothache, vomiting, worm killer, throat-ache, rheumatism, diarrhoea, dysentery
24	<i>Aerides multiflorum</i>	Orchidaceae	BB	Cuts, wounds
25	<i>Aesculus indica</i>	Hippocastanaceae	FR, SD, LF, RT	Fistula, rheumatic, leucorrhoea, rheumatism
26	<i>Ageratum conyzoides</i>	Asteraceae	LF	Piles
27	<i>Ainsliaea aptera</i>	Asteraceae	RT	Stomachache
28	<i>Ajuga bracteosa</i>	Lamiaceae	LF, RT	Jaundice, leucorrhoea, blood purifier, fever, worm killer,
29	<i>Ajuga parviflora</i>	Lamiaceae	LF, SD	Jaundice, ascariasis, fever, stomachache
30	<i>Allium cepa</i>	Liliaceae	BB, LF	Ear trouble, earache, vomiting, piles, jaundice, anthelmintic, asthma, nose bleeding, blisters, boils, bronchitis, diuretic, expectorant, eye trouble, giddiness, insect bites, itching, skin diseases, wounds
31	<i>Allium consanguineum</i>	Liliaceae	LF	Indigestion flatulence
32	<i>Allium humile</i>	Liliaceae	BB, LF	Asthma, stomach diseases, jaundice, cold, cough
33	<i>Allium sativum</i>	Liliaceae	BB, CL	Cholera, treat abscesses, rheumatic pain, gout, scorpion, bruises
34	<i>Allium stracheyi</i>	Liliaceae	LF	Jaundice, cold, cough
35	<i>Allium victorialis</i>	Liliaceae	LF	Cuts, wounds, check bleeding
36	<i>Allium wallichii</i>	Liliaceae	BB	Pectoral diseases
37	<i>Aloe brabadense</i>	Liliaceae	LF	Eye trouble, headache
38	<i>Aloe vera</i>	Liliaceae	PU	Inflammation of the body
39	<i>Alstonia scholaris</i>	Apocynaceae	LT	Asthma, tuberculosis, leucorrhoea
40	<i>Alysicarpus vaginalis</i>	Fabaceae	RT	Cough
41	<i>Amaranthus vridis</i>	Amaranthaceae	RT	Urinary disorders



42	<i>Amorphophallus paeoniifolius</i>	Araceae	RT	Piles, scabies, abortion, boils
43	<i>Anagalis arvensis</i> L.	Primulaceae	WP, SD	Diphtheria
44	<i>Anaphalis adnata</i>	Asteraceae	FL	Check bleeding
45	<i>Anaphalis contorta</i>	Asteraceae	LF	Check bleeding
46	<i>Anaphalis triplinervis</i>	Asteraceae	WP	Diuretic
47	<i>Anemone obtusiloba</i>	Ranunculaceae	RT, SD	Rheumatism
48	<i>Anemone polyanthes</i>	Ranunculaceae	SD	Food poisoning
49	<i>Anemone rivularis</i>	Ranunculaceae	LF, WP	Ear pain, maggots in sores, bone fracture
50	<i>Angelica glauca</i>	Apiaceae	RT, FR, ST	Flatulence, colic, constipation, digestive disorder, stomachache, constipation, dyspepsia, cough, indigestion, vomiting, eye diseases, power tonic, dysentery, gastric troubles, menorrhoea
51	<i>Anisomeles indica</i>	Lamiaceae	WP	Carminative, astringent, tonic
52	<i>Anogeissus latifolia</i>	Combretaceae	RT	Puerperal fever
53	<i>Arabidopsis thaliana</i>	Brassicaceae	WP	Mouth sores
54	<i>Arctium lappa</i>	Asteraceae	RT	Gastric trouble
55	<i>Areca catechu</i>	Arecaceae	NT	Power tonic
56	<i>Argemone mexicana</i>	Papaveraceae	RT, WP	Leucorrhoea, wound
57	<i>Arisaema flavum</i>	Araceae	BB	Skin diseases
58	<i>Arisaema jacquemontii</i>	Araceae	BB	Ringworm killer, skin diseases
59	<i>Arisaema wallichianum</i>	Araceae	RT	Erysipelas, scabies
60	<i>Arnebia benthamii</i>	Boraginaceae	RT, WP	Cuts, wounds, as excellent, as antiseptic, hair tonic
61	<i>Arnebia euchroma</i>	Boraginaceae	RT	As hair tonic
62	<i>Artemisia maritima</i>	Asteraceae	LF, WP	As incense, cuts, gastric, anthelmintic, as antiseptic,

				blood purifier
63	<i>Artemisia nilagarica</i>	Asteraceae	LF, WP	Cuts, wounds, Ulcer, as antiseptic, ear trouble, abscess, analgesic, anthelmintic, asthma, ear troubles, epilepsy
64	<i>Artemisia vulgaris</i>	Asteraceae	LF	Ulcer, ear trouble
65	<i>Arundinaria falcata</i>	Poaceae	WP	Abscesses
66	<i>Asparagus adscendens</i>	Liliaceae	RT	Strength, vitality
67	<i>Asparagus curillus</i>	Liliaceae	RT	Gonorrhoea, piles, diabetes, rejuvenating tonic
68	<i>Asparagus filicinus</i>	Liliaceae	RT	Sexual debility, urinogenital disorders
69	<i>Astilbe rivularis</i> Buch.-Ham.	Saxifragaceae	LF	Toothache
70	<i>Astragalus aegacanthoides</i>	Fabaceae	RT	Burns, boils, skin diseases
71	<i>Astragalus candolleanus</i>	Fabaceae	WP	Leprosy, tuberculosis, bringing fertility to barren women
72	<i>Axyris amaranthoides</i>	Chenopodiaceae	WP	Boils, wounds
73	<i>Azadirachta indica</i>	Meliaceae	SD, LF, FL, FR, BK	Diabetes, scabies, fever, scorpion sting, snake-bite
74	<i>Barleria cristata</i>	Acanthaceae	RT, LF	Swelling, cough, snake-bite
75	<i>Barleria prionitis</i>	Acanthaceae	LF	Irritation, piles
76	<i>Barringtonia acutangula</i>	Barringtoniaceae	BK	Weakness
77	<i>Basella alba</i>	Basellaceae	LF	Boils, blisters
78	<i>Bauhinia roxburghiana</i>	Caesalpiniaceae	LF, FL	Blood dysentery
79	<i>Bauhinia variegata</i>	Caesalpiniaceae	BU, FL	Diarrhoea, dysentery, tumors, stomach disorders
80	<i>Begonia picta</i>	Begoniaceae	WP	Fever, stomachache
81	<i>Berberis aristata</i>	Berberidaceae	BK, RT	Cold, fever, conjunctivitis, malaria, typhoid, leucorrhoea, hemorrhoids, jaundice, snake-bite, boils, anticancer, blood pressure
82	<i>Berberis asiatica</i> Roxb.	Berberidaceae	BK, LF, RT	Stomach trouble, eye trouble, snakebite, ear trouble, piles,

				malaria
83	<i>Berberis jaeschkeana</i>	Berberidaceae	RT, FL	Astringent, blood purifier, diuretic, eye diseases, jaundice, skin diseases
84	<i>Berberis kumaonensis</i>	Berberidaceae	RT, FR	Blood purifier, diuretic, eye trouble, jaundice, skin diseases
85	<i>Berberis lycium</i>	Berberidaceae	RT, BK, FR	Eye trouble, ear trouble
86	<i>Berberis pseudumbellata</i>	Berberidaceae	RT, LF	Intestinal disorders, throat-ache
87	<i>Bergenia ciliata</i>	Saxifragaceae	RT	Constipation, dysentery, kidney stones, gall bladder stones, painful and small urination, wormicide, boils, wounds, burn, piles, urinary trouble, asthma, fever
88	<i>Bergenia himalaica</i>	Saxifragaceae	RT	Cuts, boils, wounds, burns, dysentery
89	<i>Bergenia ligulata</i>	Saxifragaceae	RT, LF, RH	Burns, boils, fever, wounds, asthma, boils, cuts, liver trouble, ophtalmia, piles, thirst, kidney stone, diarrhoea
90	<i>Bergenia stracheyi</i>	Saxifragaceae	RT, LF	Kidney stones, sores, swelling, power tonic, cuts, boils, wounds, burns, diuretic, fever
91	<i>Beta vulgaris</i>	Chenopodiaceae	RT	Piles
92	<i>Betula alnoides</i>	Betulaceae	BK	Eye diseases
93	<i>Betula utilis</i>	Betulaceae	RE, BK	Cuts, burns, wounds, hysteria, jaundice, ear pain, asthma, cough, cold, internal injury, hysteria, menstruation
94	<i>Bidens pilosa</i>	Asteraceae	WP	Cough, cut, diarrhoea, ear trouble, headache, eye trouble, inflammation, leprosy, skin diseases, snakebite, sores, wounds
95	<i>Blumea laciniata</i>	Asteraceae	LF	Eczema, skin diseases
96	<i>Boerhavia diffusa</i>	Nyctaginaceae	RT, LF	Jaundice, asthma, urinary disorders, snake-bite
97	<i>Bombax ceiba</i>	Bombacaceae	RT	Family planning, leucorrhoea

98	<i>Brassica campestris</i>	Brassicaceae	OI	Eczema
99	<i>Brassica juncea</i>	Brassicaceae	SD	Pills, boils
100	<i>Brassica rugosa</i>	Brassicaceae	SD	As anthelmintic
101	<i>Bridelia retusa</i>	Euphorbiaceae	BK	Gum diseases
102	<i>Bryonopsis laciniosa</i>	Cucurbitaceae	WP	Snake-bite
103	<i>Buchanania lanzoa</i>	Anacardiaceae	KE, GU	Skin diseases, snake-bite
104	<i>Bupleurum falcatum</i>	Apiaceae	RT	Liver trouble, abdominal inflammation, fever
105	<i>Butea minor</i>	Fabaceae	LF	Anthelmintic, boils, skin diseases
106	<i>Caesalpinia bonduc</i>	Caesalpiniaceae	RT	Malarial fever
107	<i>Caesalpinia crista</i>	Caesalpiniaceae	FL	Epilepsy
108	<i>Caesulia axillaries</i>	Asteraceae	WP	Cuts, boils
109	<i>Callicarpa arborea</i>	Verbinaceae	LF, FR, RT, WD	Mouth-sores, lip-sores
110	<i>Callicarpa macrophylla</i>	Verbinaceae	LT, LF	Body swelling, mouth sores, rheumatism
111	<i>Calotropis gigantea</i>	Asclepiadaceae	LT, RT	Scorpion sting, rheumatic pain, toothache
112	<i>Calotropis gigantean</i>	Asclepiadaceae	RT, FL, LT	Rheumatic pain, toothache, leprosy, ear trouble, boils
113	<i>Calotropis procera</i>	Asclepiadaceae	RT, FL, LT	Cholera, spines, urine trouble, toothache
114	<i>Canna indica</i>	Cannaceae	RT	Boils
115	<i>Cannabis sativa</i>	Cannabinaceae	LF, BK, SD, FL, FR	Cuts, cold, constipation, gastric trouble, piles, blisters, boils, stomachache, wounds, appetite, bowel troubles, bronchitis, dyspepsia, ear trouble, skin diseases, sores
116	<i>Capparis sepiaria</i>	Capparaceae	FR	Typhoid
117	<i>Capsella bursa-pastoris</i>	Brassicaceae	WP	Blood pressure, diarrhoea, dropsy
118	<i>Capsicum annuum</i>	Solanaceae	LF	Burns, dog-bite, eye diseases

119	<i>Carica papaya</i>	Caricaceae	FR	Stomach trouble
120	<i>Carum carvi</i>	Apiaceae	SD	Gastric dysfunctions, stomachache, carminative, cold, cough, fever
121	<i>Cassia absus</i>	Caesalpiniaceae	LF	Cough
122	<i>Cassia occidentalis</i>	Caesalpiniaceae	LF	Piles, diuretic tonic, dropsy, fever, rheumatism, eczema, snake-bite
123	<i>Cassia sophera</i>	Caesalpiniaceae	LF	Piles, itching
124	<i>Cassia tora</i>	Caesalpiniaceae	SD, RT	Cold, worm killer, malarial fever
125	<i>Catunaregam uliginosa</i>	Rubiaceae	SD	Diphtheria
126	<i>Cedrus deodara</i>	Pinaceae	WD, RE, ST	Scabies, boils, blisters, itching, worm killer, Fever, dysentery, rheumatic pain, piles, ulcers, skin diseases
127	<i>Celastrus paniculatus</i>	Celastraceae	FR, SD	Haemorrhoids, piles, gout rheumatism, cold, dysentery, diarrhoea, leprosy, snake-bite, wounds
128	<i>Centella asiatica</i>	Apiaceae	LF	Painful and slow urination, Eye trouble, fever, snake-bite, brain tonic, malaria, cholera
129	<i>Cerastium cerastoides</i>	Caryophyllaceae	WP	Body-ache, headache, renal pain, cough
130	<i>Cerastium vulgatum</i>	Caryophyllaceae	WP	Fever
131	<i>Cheillanthes farinose</i>	Chulanthaceae	ST	Nose-studs, ear-studs
132	<i>Chenopodium album</i>	Chenopodiaceae	SD, LF	Stomach trouble, piles
133	<i>Chenopodium ambrosioides</i>	Chenopodiaceae	LF	Piles
134	<i>Chenopodium botrys</i>	Chenopodiaceae	WP	Itch, septic
135	<i>Cicer arietinum</i>	Fabaceae	FR	Remove dandruff
136	<i>Cinnamomum tamala</i>	Lauraceae	LF, BK	Cold, cough, lumbago, heart troubles
137	<i>Cissampelos pareira</i>	Menispermaceae	LF, RT	Diabetes, diphtheria, eye trouble, pimple, boils, burns, fever

138	<i>Cissus quadrangularis</i>	Vitaceae	ST	Bone fracture
139	<i>Citrus arietinum</i>	Rutaceae	FR	Remove constipation
140	<i>Citrus hystrix</i> DC.	Rutaceae	FR	Vomiting, worm killer
141	<i>Citrus medica</i>	Rutaceae	FR, RT, SD	Cold, cough, typhoid, Stomach trouble, diarrhea, fever, bruises
142	<i>Clausena excavata</i>	Rutaceae	AP	Menorrhagia
143	<i>Clematis barbellata</i>	Ranunculaceae	WP	Itching, skin diseases
144	<i>Clematis grata</i>	Ranunculaceae	LF	Cuts
145	<i>Clerodendrum viscosum</i>	Verbenaceae	RT	Spermatorrhoea
146	<i>Clinopodium vulgare</i> L.	Lamiaceae	LF, INF	Astringent, carminative, hearth tonic
147	<i>Coccinia grandis</i>	Cucurbitaceae	RT	Kidney stone, gall bladder stone
148	<i>Coelogyne stricta</i>	Orchidaceae	BB	Bone fracture, fever, headache
149	<i>Colebrooekea oppositifolia</i>	Lamiaceae	LF, RT	Cataract, epilepsy, wounds, bruises
150	<i>Coleus forsskohlii</i>	Lamiaceae	RT	Constipation
151	<i>Commelina bengalensis</i>	Commelinaceae	LF, RT	Fever, diarrhoea, liver disorder
152	<i>Convolvulus arvensis</i>	Convolvulaceae	LF	Piles
153	<i>Coriandrum sativum</i>	Apiaceae	SD	Urinary disorders
154	<i>Cortia depressa</i>	Apiaceae	WP	Rheumatism, sedative, stomachache
155	<i>Corydalis govaniana</i>	Fumariaceae	RT	Suppressed urination, muscular, gastric pain, fever, liver trouble, diuretic, eye trouble
156	<i>Costus speciosus</i>	Zingiberaceae	RH	Boils
157	<i>Cotoneaster microphyllus</i>	Rosaceae	RT	Scrofula
158	<i>Crateva magna</i>	Capparaceae	BK, RT	Diphtheria
159	<i>Cucumis melo</i>	Cucurbitaceae	SD, FR	Urine trouble, renal trouble, stomach disorder

160	<i>Cucumis sativus</i>	Cucurbitaceae	FR	Pneumonia
161	<i>Cucurbita maxima</i>	Cucurbitaceae	FR, SD	Burns, intestinal worms
162	<i>Curculigo orchioides</i> Gaertn.	Amaryllidaceae	TU	Spermatorrhoea, wounds, snake-bite, asthma, piles, stomach disorders, scorpion bite, wounds, skin diseases, itching, cough, cold
163	<i>Curcuma amada</i>	Zingiberaceae	RH	Stomachache
164	<i>Curcuma domestica</i>	Zingiberaceae	RH	Wounds, cough, swelling, insect sting
165	<i>Cuscuta reflexa</i>	Cuscutaceae	ST, SD	Stomach, warts, hair tonic, menstrual, rheumatism, gout, jaundice, itch, fever
166	<i>Cynodon dactylon</i>	Poaceae	LF	Vomiting, cuts, check bleeding, wounds
167	<i>Cynoglossum glochidiatum</i>	Boraginaceae	RT	Cuts, wounds, ulcer, swelling
168	<i>Cyperus rotundus</i>	Cyperaceae	RH	Dog bite, malarial fever
169	<i>Dactylorrhiza hatagireia</i>	Orchidaceae	RT, TU	Cuts, wounds, bone fracture, astringent, expectorant, tonic, diarrhoea, dysentery, chronic fever
170	<i>Dalbergia sissoo</i>	Papilionaceae	SD	Rheumatic pain, skin diseases
171	<i>Daphne papyraceae</i>	Thymeliaceae	WP	Purgative, febrifuge
172	<i>Datura metel</i>	Solanaceae	LF, SD, RT	Fistula, gum trouble, pyorrhoea, asthma
173	<i>Delphinium brunonianum</i>	Ranunculaceae	LF	Cut, burn
174	<i>Delphinium denudatum</i>	Ranunculaceae	RT	Contusions, ulcer, toothache, abdominal pain, respiratory disorders, ulcer
175	<i>Delphinium vestitum</i>	Ranunculaceae	WP	Snake bite, cuts, wounds, fever, diarrhoea
176	<i>Dendrophthoe falcata</i>	Loranthaceae	LF	Spermatorrhoea
177	<i>Desmodium oojeinense</i>	Fabaceae	BK	Low blood pressure
178	<i>Desmodium heterocarpon</i>	Fabaceae	WP	Cough, fainting, convulsion
179	<i>Didymocarpus pedicellata</i>	Gesneriaceae	LF	Kidney, bladder stone
180	<i>Dioscorea belophylla.</i>	Dioscoreaceae	RT	Blood purifier

181	<i>Dioscorea bulbifera</i>	Dioscoreaceae	TU	Check conception, bronchial cough, cold
182	<i>Dioscorea deltoidea</i>	Dioscoreaceae	RH	Spermatorrhoea
183	<i>Dioscorea kumaonensis</i>	Dioscoreaceae	TU	Arthritis, rheumatism
184	<i>Diplocyclos palmatus</i>	Cucurbitaceae	FR	Chronic constipation, stomachache
185	<i>Diploknema butyracea</i>	Sapotaceae	SD	Skin diseases
186	<i>Dioscorea deltoidea</i>	Dioscoreaceae	TU	Piles, dysentery
187	<i>Dolichos uniflorus</i>	Fabaceae	FR	Kidney stone
188	<i>Drosera peltata</i>	Droseraceae	LF	Skin blister, epilepsy
189	<i>Drimia indica</i>	Liliaceae	BB	Decay of finger, snake-bite
190	<i>Echinochloa frumentacea</i>	Poaceae	SD	Sterility
191	<i>Echinops echinatus</i>	Asteraceae	RT	Stomachache, colic
192	<i>Ehretia laevis</i>	Ehretiaceae	BK	Diphtheria
193	<i>Elaeagnus parviflora</i>	Elaeagnaceae	WP	Pulmonary disorders
194	<i>Eleusine coracana</i>	Poaceae	FR	Boils, cough, delivery
195	<i>Elsholtzia densa</i>	Lamiaceae	LF, SD	Burns, cuts
196	<i>Elsholtzia strobilifera</i>	Lamiaceae	LF, INF, FL	Internal burn
197	<i>Embelia robusta</i>	Myrsinaceae	LF, BK, FR	Skin diseases, burns, blood purifier, cholera, diarrhoea, throat disorders, ulcer, wormicidal
198	<i>Emblica officinalis</i>	Euphorbiaceae	FR	As Purgative, diuretic, digestive trouble
199	<i>Emilia sonchifolia</i>	Asteraceae	RT, LF	Febrifuge, night blindness
200	<i>Ephedra gerardiana</i>	Ephedraceae	LF, RT, ST	Eye trouble, bronchial disorders, cardiac trouble, wounds, headache, rheumatism, asthma
201	<i>Equisetum debile</i>	Equisetaceae	WP	Bone fracture
202	<i>Eucalyptus tereticornis</i>	Myrtaceae	LF	Cough, cold, headache
203	<i>Eugenia jambolana</i>	Myrtaceae	BK	Diarrhoea



204	<i>Eulophia dabia</i>	Orchidaceae	TU	Cold, cough, blood purifier, sexual diseases
205	<i>Euonymus tingens</i>	Celastraceae	BK, RT	Eye diseases, constipation, dyspepsia, headache, dysentery
206	<i>Euphorbia hirta</i>	Euphorbiaceae	AP, LT	Piles, Blood stopper, suppuration, cough, fever, dysentery, bronchial, asthma
207	<i>Euphorbia hypericifolia</i>	Euphorbiaceae	LF	Dysentery, lucoderma
208	<i>Euphorbia neriiifolia</i>	Euphorbiaceae	LT	Otorrhoea, regenerate hair
209	<i>Euphorbia nivulia</i>	Euphorbiaceae	LT	Boils, blisters
210	<i>Eurya accuminata</i>	Theaceae	BK	Scurvy
211	<i>Evolvulus alsinoides</i>	Convolvulaceae	RT, LF	Fever, dysentery
212	<i>Fagopyrum dibotrys</i>	Polygonaceae	LF	Skin diseases
213	<i>Fagopyrum esculentum</i>	Polygonaceae	RT, LF, FR	Rheumatic pain, typhoid, urinary disorders, lung disorders
214	<i>Ficus auriculata</i>	Moraceae	FR	Stomachache, dysentery
215	<i>Ficus bengalensis</i>	Moraceae	LT, RT	Spermatorrhoea, diabetes
216	<i>Ficus palmate</i>	Moraceae	LT, FR	Boils, dysentery
217	<i>Ficus racemosa</i>	Moraceae	LT, FR	Menorrhagia, internal wounds, piles, diarrhoea, dysentery
218	<i>Ficus religiosa</i>	Moraceae	LF, LT, BK	Bronchial asthma, improve female fertility, ear trouble, snake-bite
219	<i>Ficus roxburghii</i>	Moraceae	FR	Hyperacidity
220	<i>Flemingia strobilifera</i>	Fabaceae	WP	Rheumatic pain
221	<i>Foeniculum vulgare</i>	Apiaceae	WP	Vomiting
222	<i>Fragaria vesica</i>	Rosaceae	RT, LF	Headache, inflammation
223	<i>Fritillaria roylei</i>	Liliaceae	BB	Asthma, bronchitis, burns, stomach trouble, tonic
224	<i>Fumaria indica</i>	Fumariaceae	AP	Fever
225	<i>Fumaria parviflora</i>	Fumariaceae	WP	Fever, influenza

226	<i>Gaespalinia bonduc</i>	Caesalpiniaceae	SD	Stomachache
227	<i>Galinsoga parviflora</i>	Asteraceae	LF	Ear ache
228	<i>Galium acutum</i>	Rubiaceae	WP	Antiscorb, diuretic, skin diseases
229	<i>Galium rotundifolium</i>	Rubiaceae	WP	Bronchitis, sorethroat, tonsil, wounds
230	<i>Gaultheria fragrantissima</i>	Ericaceae	LF, FR	Cough, cold
231	<i>Gaultheria nummularioides</i>	Ericaceae	LF, FR	Carminative, stimulent
232	<i>Geaster mammosum</i>	Geastraceae	SP	Burn, otorrhoea, earache, wounds, umbilical sepsis
233	<i>Gentiana stipitata</i>	Gentianaceae	RT	Urinary infection
234	<i>Gentiana kuroo</i>	Gentianaceae	LF	Bronchial asthma
235	<i>Geranium nepalense</i>	Geraniaceae	RT	Renal diseases, cuts, jaundice, toothache, ulcer, wounds, stomach disorders
236	<i>Geranium ocellatum</i>	Geraniaceae	WP	Diuretic
237	<i>Geranium wallichiana</i>	Geraniaceae	RT	Dysentery, diarrhoea, astringent, ear trouble, eye trouble, toothache
238	<i>Gerbera gossypina</i>	Asteraceae	RT	Menstrual disorders, blood pressure, gastric
239	<i>Geum elatum</i>	Rosaceae	RT	Astringent, dysentery, diarrhoea
240	<i>Giraadinia diversifolia</i>	Urticaceae	RT	Spermatorrhoea
241	<i>Gloriosa superba</i>	Liliaceae	RT	Painful delivery, skin diseases, gonorrhoea, piles, snake-bite, scorpion stings, tumour, rheumatism, intermittent fever, leprosy
242	<i>Glycine max</i>	Papilionaceae	SD	Jaundice
243	<i>Gonatanthus pumilus</i>	Araceae	RT	Boils, sores
244	<i>Grewia asiatica</i>	Tiliaceae	BK	Gonorrhoea
245	<i>Grewia hirsuta</i>	Tiliaceae	RT	Spematorrhoea
246	<i>Grewia optiva</i>	Tiliaceae	RT	Bone fracture
247	<i>Grewia subinaequalis</i>	Tiliaceae	BK	Bone fractures

248	<i>Gymnadenia orchidis</i>	Orchidaceae	RT	Urinary, gastric, gonadic disorders
249	<i>Hedera nepalensis</i>	Araliaceae	LF, FR	Rheumatism
250	<i>Hedychium acuminatum</i>	Zingiberaceae	RT	Dyspepsia, piles
251	<i>Hedychium spicata</i>	Zingiberaceae	RH	Gastric trouble, asthma, vomiting, blood purifier
252	<i>Hedychium spicatum</i>	Zingiberaceae	RH	Cuts, wounds, internal injuries, asthma, vomiting, gastric, blood purifier, bronchitis
253	<i>Hedyotis corymbosa</i>	Rubiaceae	WP	Stomachache
254	<i>Heracleum candicans</i>	Apiaceae	RT, FR	Leucoderma, menstrual disorders
255	<i>Hibiscus rosa-sinensis</i>	Malvaceae	FL	Delivery
256	<i>Hippophae salicifolia</i>	Elaeagnaceae	BK, FR	Cuts, ulcer, wounds
257	<i>Hippophae rhamnoides</i>	Elaeagnaceae	FR	Cardiac trouble, cold, cough
258	<i>Hoelboellia latifolia</i>	Lardizabalaceae	LF	Burns
259	<i>Holoptelea integrifolia</i>	Ulmaceae	BK	Leucoderma, scabies, skin diseases
260	<i>Hoya longifolia</i>	Asclepiadaceae	AP	Wounds, cuts
261	<i>Hyoscyamus niger</i>	Solanaceae.	SD	Tooth ache, hysteria, muscle pain, whooping, cough, astringent
262	<i>Hypericum cernuum</i>	Linaceae	FL	Wounds, boils
263	<i>Ilex dipyrena</i>	Aquifoliaceae	BK	Ascariasis
264	<i>Impatiens gigantean</i>	Balsaminaceae	AP, SD	Wounds, scarcity, burn
265	<i>Indoneesiella echioides</i>	Acanthaceae	LF	Malaria
266	<i>Inula cappa</i>	Asteraceae	RT	Stomachache, dysentery, indigestion
267	<i>Ipomoea carnea</i>	Convolvulaceae	LF	Rheumatism, gout, cuts, boils
268	<i>Ipomoea nil</i>	Convolvulaceae	LF	Skin diseases
269	<i>Iris kumaonensis</i>	Iridaceae	RT, LF	Urinary, kidney disorders, fever

270	<i>Ixeris sagittarioides</i>	Asteraceae	RT	Snake-bite
271	<i>Jasminum dispurimum</i>	Oleaceae	FL	Earache
272	<i>Jasminum humile</i>	Oleaceae	BK, RT	Sinus, skin diseases
273	<i>Juglans regia</i>	Juglandaceae	BK, LF, FR	Herpes, eczema, scrophula, syphilis, tooth diseases, scrofula, syphilis, pyorrhoea, toa sores
274	<i>Juniperus indica</i>	Cupressaceae	FR	Incense
275	<i>Juniperus wallichiana</i>	Cupressaceae	LF	Anti phlegm, biles, tension, depression, frustration, blood purifier
276	<i>Jurinea dolomiea</i>	Asteraceae	RT	Sores
277	<i>Jurinea macrocephala</i>	Asteraceae	RT	Eruptions, colic, intermittent fever
278	<i>Jurinella macrocephalla</i>	Asteraceae	RT	Colic, fever, as antiseptic, eruption, laxative
279	<i>Justicia adhatoda</i>	Acanthaceae	RT	Cold, fever
280	<i>Kigelia pinnata</i>	Bignoniaceae	FR	Skin diseases, eczema
281	<i>Lablab purpureus</i>	Fabaceae	LF	Skin diseases
282	<i>Lantana indica</i>	Verbenaceae	LF	Chicken pox, cuts, wounds
283	<i>Launaea fallax</i>	Asteraceae	RT	Leucorrhoea
284	<i>Lawsonia inermis</i>	Lythraceae	LF	Blood dysentery
285	<i>Lepidium rudemale</i>	Cruciferae	WP	Skin diseases
286	<i>Leucas cephalotes</i>	Lamiaceae	RT, LF	Stomatitis, scorpion sting
287	<i>Leucas lanata</i>	Lamiaceae	LF	Wounds, check bleeding, heating
288	<i>Lindenbergia indica</i>	Scrophulariaceae	LF	Skin eruption, chronic bronchitis, sore throat, toothache
289	<i>Litsea glutinosa</i>	Lauraceae	BK	Bone fracture
290	<i>Litsea umbrosa</i>	Lauraceae	SD	Skin diseases, wounds
291	<i>Lobelia pyramidalis</i>	Lobeliaceae	LF	Asthma
292	<i>Lomatogonium cariathiacum</i>	Gentianaceae	WP	Antipyretic, cold, cough

293	<i>Luffa aegyptica</i>	Cucurbitaceae	FR	Jaundice
294	<i>Luffa graveolens</i>	Cucurbitaceae	FR	Fever, eye diseases
295	<i>Lychnis indica</i>	Caryophallaceae	LF	Eye trouble
296	<i>Lychnis inflata</i>	Caryophallaceae	WP	Fever
297	<i>Lyonia ovalifolia</i>	Ericaceae.	LF, BB	Scabies, itching, skin diseases
298	<i>Magnifera indica</i>	Anacardiaceae	BK	Impotency, jaundice
299	<i>Maharanga emodi</i>	Boraginaceae	WP	Skin diseases, rheumatism, urinary disorders
300	<i>Mahonia nepaulensis</i>	Berberidaceae	RT, BK	Eye cataracts
301	<i>Malaxis muscifera</i>	Orchidaceae	BB	Wounds, bone fracture, burns
302	<i>Mallotus philippinensis</i>	Euphorbiaceae	FR, RT, SD	Stomachache
303	<i>Malva parviflora</i>	Malvaceae	SD	Cough, ulcer
304	<i>Marsdenia roylei</i>	Asclepiadaceae	FR	Cold, cough
305	<i>Martynia annua</i>	Martyniaceae	FR	Scorpion sting
306	<i>Meconopsis aculeata</i>	Papaveraceae	WP	Fever, renal pain, colic, backache
307	<i>Megacarpea polyandra</i>	Brassicaceae	RT	Fever, stomach ache, dysentery
308	<i>Melia azedarach</i>	Meliaceae	SD, LF	Impotency, boils
309	<i>Melothria heterophylla</i>	Cucurbitaceae	RT, LF, FR	Antifertility, cuts, diabetes, fever, stomachache
310	<i>Mentha longifolia</i>	Lamiaceae	LF	Cholera, dysentery
311	<i>Mentha piperata</i>	Lamiaceae	WP	Gastro-intestinal trouble, fever
312	<i>Micromeria biflora</i>	Lamiaceae	WP	Eczema
313	<i>Milletia extensa</i>	Caesalpiniaceae	RT	Stomachache, conception
314	<i>Momordica charantia</i>	Cucurbitaceae	FR	Eczema, diabetes
315	<i>Nardostachys grandiflora</i>	Valerianaceae	RT	Epilepsy, hysteria, skin diseases, throat trouble, lumbago, ulcers, rheumatism, paralysis, cough, diuretic, snake-bite
316	<i>Ocimum sanctum</i>	Lamiaceae	LF	Malaria, cough, cold, coryza

317	<i>Oroxylum indicum</i>	Bignoniaceae	LF, RT, SD	Snake-bite, urinary disorders, epilepsy, indigestion
318	<i>Oxalis corniculata</i>	Oxalidaceae	LF	Cuts, wounds, swelling, insect stings, snake-bite, scorpion sting, appetite, corns, dysentery, fever, jaundice, rickets, stomachache
319	<i>Paeonia emodi</i>	Paeoniaceae	RT, LF, ST	Dyspepsia, dysentery, diarrhoea, fever, blood purifier, cuts, ulcers, wounds, colic, convulsions, dropsy, epilepsy, hysteria, mental diseases, rheumatism, urinary troubles
320	<i>Parnassia nubicola</i>	Saxifragaceae	TU	Snake-bite, wounds, boils, remedy for poisonous food, Eye diseases
321	<i>Pinus roxburghii</i>	Pinaceae	RE	Swelling, sprains, boils, bone fractures, urine trouble, concussions, heel cracks, eye, bone fracture
322	<i>Pinus wallichiana</i>	Pinaceae	RE, BK, LF	Hurt, bone fracture, headache, waist pains, internal injury, heel crack, skin diseases abscess, ulcers
323	<i>Pleurospermum angelicoides</i>	Apiaceae	WP	Ascariasis, fever, dyspepsia, dysentery, gastric trouble, stomachache, body-ache
324	<i>Polygonatum verticillatum</i>	Liliaceae	RT, TU	Piles, bone fracture, fever, appetite, aphrodisiac
325	<i>Prunus persica</i>	Rosaceae	SD, ST, FR, LF	Eczema, tooth diseases, wounds, antiseptic, eczema, headache, scabies
326	<i>Rheum emodi</i>	Polygonaceae	RT	Wounds, cuts, inflammation, piles, swelling, sprains, jaundice, stomach trouble, muscular pain
327	<i>Rhododendron arboreum</i>	Ericaceae	FL	Mental retardation, dysentery, headache, eye cataract, wounds, rheumatism
328	<i>Saussurea obvallata</i>	Asteraceae	RT	Leucoderma, cuts, bruises, urinary trouble, hurt, bone fracture, wounds, burns

329	<i>Taxus baccata</i>	Taxaceae	LF	Asthma, bronchitis, lumbago, indigestion, cancer
330	<i>Zanthoxylum armatum</i>	Rutaceae	ST, BK, FR, SD	As anesthetic, pyorrhoea, cough, cold, fever, toothache, abdominal trouble, leucoderma, eye, ear trouble

Abbreviation used in text: LF-Leaf, RT-Root, SD-Seed, FR-Fruit, LT-Latex, ST-Stem, TU-Tuber, WP-Whole Plants, BK-Bark, RE-Resin, BB-Bulb, RH-Rhizome, ST-Stipe, CL-Clove, PU-Pulp, KE-Kernel, SP-Spores, AP-Arial Part, INF-Inflorescence, FL-Flower, BU-Bud, OL-Oil, GU-Gum, NT-Nut.

### Conclusion

Himalayan people have close relationship with nature. They believe that diseases are caused by unhappiness of gods and nature. Thus HMS is specially conditioned by cultural heritage and myths. Generally the Himalayan's are believe that diseases are caused by the supernatural powers and they treat them through natural products like plants, herbs, trees, soils, etc. Himalayan medicine system is totally non-systematized. The person, prescribing these medicines has no so-called scientific knowledge about the disease. For example, suppose they use a mixture of different leaves in their treatment, but they don't know which specific leaves have the disease fighting properties. HMS has very old roots; in ancient time these Himalayan medicinal plants were not only traded internally but also exported. For example, Kuth (*Saussurea costus*) was exported to east as it is mentioned in *Atharvaveda*. It was also exported to China. Thus HMS is an interesting medicine system and it needs more study. It is intimately connected with Ayurveda and may also be related to the Chinese medicine system.

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