

An Ethnomedicinal Plant Study in Fringe Villages of Col. Sher Jung National Park Simbalbara, Sirmour, H.P. India

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ABSTRACT: A series of preliminary research attempt have been initiated in ethnobotany in the Western Himalaya from last three decades. But Col. Sher Jung Park, Simbalbara and its surroundings although rich in plant diversity still excluded in particular. This protected area having altitudinal variation between 350-700m with mean annual rainfall of 1260mm. Present study was planned to collect information of plants used by inhabitants in and around Col. Sher Jung National Park, Simbalbara. Field surveys were conducted during January 2010 to December 2016 in different season to collect data on ethnobotanically important plants from villagers and traditional healers. Total 214 plant species belonging to 69 families were documented having medicinal importance. Among the families recorded Fabaceae was the largest with altogether 26 species followed by Poaceae (12 species), Euphorbiaceae (11 species), Rutaceae (10 species), Lamiaceae and Moraceae with 9 species each. Traditions, customs and cultural rights play a key role in protection of biodiversity and environment. Hence, there is immense need to utilize the ethnobotanical information and promote the indigenous people being playing a key role in conserving the biodiversity in real sense.

Keywords: Col. Sher Jung Park; Ethnobotany; Fabaceae; Lamiaceae; Moraceae; Poaceae; Rutaceae.

INTRODUCTION: Plants considered as the source of food, medicines, fiber and other useful products to humankind from time immemorial. Natural herbal drug whether traditional or modern, have originated directly or indirectly from folklore, rituals and ancient traditional practices known as ethnomedicobotany. Its studies have led to the introduction of more or less known potential medicinal herbs and provided materials for the pharmacological and chemical research and new data on the locations and uses of drugs (Jain, 1987). For sustenance, the various inhabitants of Himalayan region use about 300 wild spp as subsidiary food (Kapoor, 1978; Arora, 1981); 37 spp for fibre; 35 tree spp as multipurpose socioeconomically important spp and a large number as medicinal plants (Rao, 1996). Application of the ethnobotanical knowledge towards biodiversity management, community development and conservation is gaining rapid momentum from last one decade. In India many workers contributed in compiling data on protected area (Kala, 1998; Kaur *et al.*, 2010). The different aspect of plants of Sirmour in Himachal Pradesh was contributed by different workers in the past by Kaur & Sharma, 2004; Kumar, 2005; Thakur, 2011 and Gupta, 2012. Although many workers previously contributed in the field but no attempt has been made so far to scientifically document information on traditional uses of plants by the local inhabitants in and around Simbalbara National Park. The inhabitants have a unique language, culture, food habits, and socio-religious practices and still dependent on surrounding plant

resources for their sustenance. Moreover, due to increasing urbanization and development, lure of modern civilization and growing pressures of population, their rich traditions developed over years of observation by trial and error found to be on the verge of extinction.

MATERIALS AND METHODS: The study was carried out in and around Col. Sher Jung National Park (CSJNP) Simbalbara (Geo co-ordinates North - 30°28'13"N & 77°28'43"E, East - 30°24'15"N & 77°33'55"E, South - 30°23'31"N & 77°33'44"E and West - 30°27'26"N & 77°27'40"E), having 27.88 sq. Km with a altitudinal range of 350m to 700m, located in Paonta Valley of Sirmour district, H.P. in the confluence of plains and the main Shivalik range in Western Himalaya in India (Figure 1). The area receives a mean annual rainfall of about 1260 mm while the relative humidity varies from 100% during monsoon to 26% in summer. The Col. Sher Jung National Park Simbalbara, located at the junction of the four states viz. Uttarakhand, Uttar Pradesh, Haryana and Himachal Pradesh, falls in Shivalik foot hill, and it share boundaries with three protected areas of two different states namely Kalesar Wildlife Sanctuary & Kalesar National Park of Haryana towards the South and Rajaji National Park of Uttarakhand towards the East.

The protected area was notified as a game sanctuary for the first time on 8 February, 1958, under the Indian (Forest) Act 1927, the Punjab Wild Birds and Wild Animal (Protection) Act 1933, and other relevant acts.

A revised notification was issued in 1972, and the sanctuary was re-notified on 27 March, 1974 and declared Simbalbara as Wildlife Sanctuary comprising an area of 19.00 Km². Initially the protected area has been divided into five beats for effective administration and conservation of its biodiversity before declaration of National Park which were as follows-

1. Marusidh Reserve Forest
2. Danda Sukchainpur Reserve Forest
3. Karwe Ka Khala Reserve Forest
4. Gharuk Reserve Forest
5. Kaludev Reserve Forest

In addition to above two more beats recently included Batamandi and Behral Beats raised the total number to seven and declared it as a National Park. The areas

added to existing boundaries of sanctuaries were as follows-

6. Batamandi
 - i. Kata Pathar Reserve Forest
 - ii. Ghutanpur Reserve Forest
7. Behral
 - i. Kothiwala Reserve Forest
 - ii. Masdali Reserve Forest
 - iii. Ambwali Reserve Forest

The above all the beats were delineated into blocks for effective administration and conservation. The State Govt. keeping in view the purpose of protecting, propagating and developing wildlife and its environment upgraded the existing WLS into National Park by adding 8.88Km² on 07th June, 2013. After rationalization presently the total protected area is 27.88 Km².

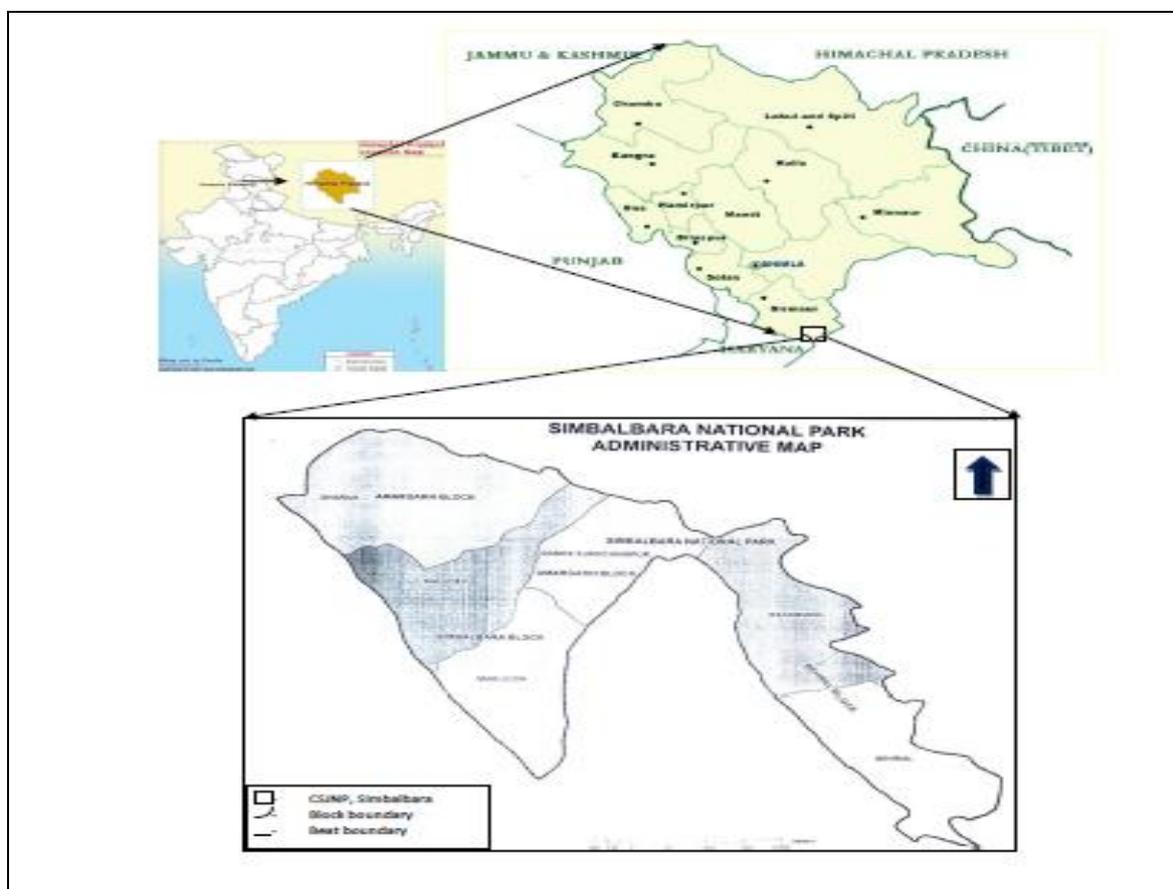


Figure 1: Map of Col. Sher Jung National Park, Simbalbara, District- Sirmour, Himachal Pradesh, India

The present intensive field research work was initiated in the Simbalbara WLS from January 2011 till December 2016. The research work primarily focused in order to collect data of interest on ethnobotanically important plants from rural inhabitants of different villages adjoining Col. Sher Jung National Park Sim-

balbara, field tours to these areas were made as per the procedure delineated by Schultes (1962) and Jain (1964, 1967). The duration of each visit in different seasons was of 2-3 months. Firsthand account of ethnobotanically interesting species either in flowering or fruiting stage was taken. Medicine men, healers, fami-

ly heads, old people and many local informants for getting a better understanding of local customs, beliefs and habits was interviewed and group discussions was done. The data collected was verified and cross checked by showing plant specimens to various informants and even to the same informants on different occasions. The species was identified with the help of treatises on Indian flora and carefully matched with authentic specimens housed in the herbarium of F.R.I., Dehradun. Photographs of the ethnically important plants were clicked in the natural habitat. The vernacular (Local) name (s) and the name of the families have also been provided along with the valid botanical name. The voucher herbariums were submitted to the Ethnobotanical Herbarium, Department of Biosciences, H.P.U. Summer hill, Shimla.

Necessary permission was taken from the Principal Chief Conservator of Forest (Wildlife)-cum-Wildlife Warden H.P. for the study.

RESULTS AND DISCUSSION: Ethnobotanical knowledge on forest resources is the local knowledge that is unique to a given culture or a human society.

Traditional knowledge basically related with the socio-cultural activities of a particular community that included health care, food security and natural resource management in rural communities etc. A total 214 ethnomedicinal plant species belonging to 69 families were recorded in the present study. Among the families recorded Fabaceae was the largest altogether with 26 species followed by Poaceae (12 species), Euphorbiaceae (11 species), Rutaceae (10 species), Lamiaceae and Moraceae with 9 species each. Out of the total species studied 87% (186) found to be dicots 12% (26) belongs to monocots and 1% (3) only pteridophyta. The detailed ethnobotanical importance, utilization pattern of every plant part (s) were given in table 1.

Public environmental awareness programmes needed for the study area. Protection of land, water, fauna, flora and atmosphere must become the joint responsibility of the people and the Government. Present study has enabled in understanding the people of this region socio-culturally and their relation with the plants especially the uses of medicinal plants.

Table 1: Ethnomedicinal important species of Col. Sher Jung National Park, Simbalbara

Sr. No.	Botanical Name	Family	Vernacular Name	Part Used	Ethnomedicinal Uses
1.	<i>Abrus precatorius</i> Linn.	Fabaceae	Rati	Leaves. Seeds.	Poultice of fresh leaves applied for wound healing, swellings, leaves mixed with warm mustard oil applied to heal painful swellings; Seeds given once for expelling of placenta in cattle.
2.	<i>Acacia catechu</i> (Linn.f.) Willd.	Fabaceae	Khair	Bark. Branches. Stem.	Young branches used as tooth brush. Sticks boiled in tea for curing sore throat.
3.	<i>Acacia concinna</i> (Willd.) DC.	Fabaceae	Shika-kai, Allah, Ritha	Pods.	Pods used for washing the hair. To clear dandruff pods crushed with 'Heena' leaves soaked in water overnight and lemon juice added just before washing, after drying hairs the coconut oil mixed with camphor applied.
4.	<i>Acacia nilotica</i> (L.) Del. subsp. <i>indica</i> (Benth.) Brenan	Fabaceae	Kikar	Bark. Branches. Gum.	Bark decoction used thrice a day for gargle against sore throat and hoarseness of voice. Fresh twigs used for scouring & brushing teeth. Gum given to women after childbirth to cure backache problems.
5.	<i>Achyranthes aspera</i> Linn.	Amaranthaceae	Chitra, Puthkanda	Root. Stem. Seeds.	Root tied in cloth and put in the baby neck to protect from throat infection. Stem and root used as scouring teeth and chewed the stem against pyorrhea. Stem paste applied against skin infection.
6.	<i>Adiantum capillus-veneris</i> L.	Adiantaceae	Hansraj	Fronde.	Shade dried plants burn to ash and then applied on burnt area for healing of wounds. Fresh leaves tea given for 2-3 days against cold.
7.	<i>Aegle marmelos</i>	Rutaceae	Bel, Bill, Bael	Leaves.	Leaf poultice applied to cure inflamma-

	(Linn.) Corr.				tion.
8.	<i>Agave angustifolia</i> Haw.	Asparagaceae	Keorpatha	Leaf.	Leaves used as a packing material for healing fractured bones tied with bamboo sticks over fractured bones to set them right. Slices of leaf applied as poultice to check inflammations.
9.	<i>Agave sisalana</i> Perrine	Asparagaceae	Ramban	Leaf.	Leaf applied as hot poultice in joints to check inflammation and pain.
10.	<i>Ageratum conyzoides</i> L.	Asteraceae	Uchanti, Nelaphulnu	Leaf.	Poultice of twigs and leaves paste applied on wound also helps in blood clotting.
11.	<i>Ailanthus excelsa</i> Roxb.	Simaroubaceae	Maharukh	Shoot. Bark.	Bark decoction 15-20ml recommended for 2 weeks against uric acid.
12.	<i>Albizia lebbbeck</i> (L.) Benth.	Fabaceae	Siras	Bark.	Bark decoction taken twice a day orally for 4-5 days against bronchitis.
13.	<i>Albizia procera</i> Benth.	Fabaceae	Safed Siras	Bark.	Bark decoction 5-10ml recommended twice a day for a week against rheumatic pain.
14.	<i>Aloe vera</i> (L.) Burm.f.	Asparagaceae	Ghee-kwanar, Gwarpatha	Leaf.	Paste of mucilaginous gel mixed with gram flour & turmeric applied on face to cure acne; paste also applied on burns, boils and blisters for quick healing.
15.	<i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson	Araceae	Jimmikand, Suran	Corm.	Poultice of corm used against rheumatic pain.
16.	<i>Anethum sowa</i> Roxb. ex Fleming	Apiaceae	Sowa	Whole Plant. Seed.	Decoction of stem about 30ml given twice for two days to check diarrhoea. Powdered seed in combination given to domestic animals in bloating twice a day.
17.	<i>Annona squamosa</i> L.	Annonaceae	Sitaphal	Leaves. Fruit. Seed.	Leaves paste applied to cure acne and boils. Fruit eaten fresh to provide strength and considered refreshing and thirst quencher. Seeds mixed with goat milk to prepare the paste, and applied for three months to retain healthy hair and cure baldness.
18.	<i>Anogeissus latifolia</i> (Roxb. ex DC.) Bedd.	Combretaceae	Bakli, Chhal	Bark.	Decoction of bark used for chronic cough.
19.	<i>Argemone mexicana</i> Linn.	Papaveraceae	Pili Kanteli, Bharbhara	Stem.	Stem used against skin diseases.
20.	<i>Artocarpus heterophyllus</i> Lam.	Moraceae	Kathal	Latex.	Latex applied for healing of abscesses.
21.	<i>Asparagus adscendens</i> Roxb.	Asparagaceae	Jhirma	Root.	1/2 spoon root powder taken with milk for 4 weeks against general body weakness and to impart strength. 10-20 g root crushed and mixed 100ml water and left overnight taken for 3 days and repeated thrice after gap of one month to cure diabetes.
22.	<i>Asparagus racemosus</i> Willd.	Asparagaceae	Satawari	Root.	Half tsp of root powder mixed with equal amount of turmeric powder taken with glass of milk once a day for healing of internal injury of body. Half tsp of root powder recommended with milk twice a day for one month for imparting strength to the body. 10-20 g root crushed and mixed 100ml water and left overnight taken for 3 days and repeated thrice after

					gap of one month to cure diabetes.
23.	<i>Azadirachta indica</i> A. Jussieu	Meliaceae	Neem	Leaves. Twigs.	Decoction used for gargles against sore throat. 5ml leaf and fruit decoction administered to the children early morning for 4-5 days to expel intestinal worms. Leaf paste mixed with gram flour, turmeric powder and curd applied on face to cure acne, blisters, pimples and skin ailments.
24.	<i>Baccharoides anthelmintica</i> (L.) Moench	Asteraceae	Brahmjiri	Seed.	10ml decoction of seeds administered empty stomach for one week to keep body fit after delivery. Powder used against stomachache and flatulence.
25.	<i>Bacopa monnieri</i> (L.) Wettst.	Plantaginaceae	Brahmi	Whole Plant.	10-15ml decoction of the whole plant taken every morning as a brain tonic. 5 leaves chewed to control high blood pressure for 1 month.
26.	<i>Bambusa bambos</i> (L.) Voss.	Poaceae	Bainjh	Stem.	Sticks tied over fractured bone to keep it stable.
27.	<i>Bambusa vulgaris</i> Schrad. ex Wendl.	Poaceae	Basini bans	Culms.	Sticks tied over fractured bone to keep it stable.
28.	<i>Bauhinia malabarica</i> Roxb.	Fabaceae	Khatua Khatti	Leaves.	Leaves eaten due to its sour taste and to stop bad breath. Leaf paste applied thrice a day for rapid healing of open wound.
29.	<i>Bauhinia vahlii</i> Wight & Arn.	Fabaceae	Maljhan	Root.	Decoction given to check fever.
30.	<i>Bixa orellana</i> L.	Bixaceae	Sindoori	Leaf. Fruit.	Decoction of leaf used against sore throat. Leaf paste applied on blisters. Fruits powder prescribed to cure diabetes.
31.	<i>Boehmeria macrophylla</i> Hornem.	Urticaceae	Samrala	Leaves.	Used as poultice to cure eczema.
32.	<i>Boerhavia diffusa</i> L.	Nyctaginaceae	Punarnava	Whole plant.	Used against fever & pain, and also for menstrual trouble, virility & aphrodisiac.
33.	<i>Bombax ceiba</i> L.	Bombacaceae	Simbal	Roots.	Decoction used to get relief from joint pains. Root powder also recommended in combination to increase virility.
34.	<i>Brassica rapa</i> Linn.	Brassicaceae	Sarson	Seed oil.	Oil mixed with 2 garlic clove heated and used as massage against inflammation and joint pains. Oil boiled with Neem leaves used as skin massage against skin ailments.
35.	<i>Bridelia retusa</i> Spreng.	Euphorbiaceae	Gagari, Gaya	Leaves.	Decoction given to expel intestinal worms.
36.	<i>Bryophyllum pinna-</i> <i>tum</i> (Lam.) Oken	Crassulaceae	Pattharchat	Leaves.	1-2 leaf chewed orally daily empty stomach in the morning to remove kidney stone.
37.	<i>Butea monosperma</i> (Lam.) Taub.	Fabaceae	Dhaak, Palash	Bark. Seeds. Gum.	Local bath with decoction of bark and flowers used against bleeding piles till cure. Seeds used against worm infestations; paste of seeds also applied in skin infection, local Gum used to cure body and backache after child birth. Decoction of flowers given to cure urination problem.
38.	<i>Caesalpinia bonduc</i> (Linn.) Roxb.	Fabaceae	Kath Karanj	Shoot. Seeds.	Tender shoot and seeds decoction given thrice a day to check fever.
39.	<i>Calotropis gigantea</i> (L.) W.T. Aiton	Asclepiadaceae	Safed Ak	Leaf. Milky Latex.	Milky latex used to cure eczema and other skin diseases, also applied on gums to get rid of toothache, hot leaf fomentation used against joint pain & swelling for 2-3 days

					in night.
40.	<i>Calotropis procera</i> (Aiton) W.T. Aiton	Asclepiadaceae	Ak	Leaves. Stem.	A hot fomentation of leaves used to cure inflammation, pain and skin related ailments. Leaves tied on place of inserted spine for swelling and easy removal.
41.	<i>Cannabis sativa</i> Linn.	Cannabaceae	Bhang	Leaves.	Leaves applied on affected part to get relief from insect bite.
42.	<i>Carissa spinarum</i> L.	Apocynaceae	Karunda	Root.	Root paste applied on wounds for rapid healing.
43.	<i>Cassia fistula</i> Linn.	Fabaceae	Aahali, Gul-lakadi.	Fruit. Gum.	Against constipation. Improve liver functioning. Gum used against Joint Pain.
44.	<i>Catharanthus roseus</i> (L.) G. Don	Apocynaceae	Sadabhar	Leaf.	Used against insect bite, diabetes and high blood pressure.
45.	<i>Catunaregam spinosa</i> (Thunb.) Tirveng.	Rubiaceae	Mainphal	Leaf.	Poultice applied on abscesses for healing.
46.	<i>Celastrus paniculatus</i> Willd.	Celastraceae	Malkanghani	Leaves. Seeds.	Leaf paste applied on affected part to relieve body pain. Seed powder as memory tonic.
47.	<i>Centella asiatica</i> (L.) Urb.	Apiaceae	Brahmi booti	Whole plant.	Against high blood pressure and to sharpen memory.
48.	<i>Cereus hildmannianus</i> K. Schum.	Cactaceae	Kantila	Milky latex.	Used against skin infection.
49.	<i>Cheilocostus speciosus</i> (J. Koenig) C.D. Specht	Costaceae	Keu	Root.	Used against Snake bite and increasing virility.
50.	<i>Chenopodium album</i> Linn.	Chenopodiaceae	Bathu	Seeds. Leaves.	Skin diseases, Wounds and Sores.
51.	<i>Chenopodium murale</i> L.	Chenopodiaceae	Kharatua Bathu	Leaves.	Skin Ailments.
52.	<i>Cissampelos pareira</i> Linn.	Menispermaceae	Patah	Whole plant.	Retention of pregnancy, cleaning of wounds, skin and eye problem.
53.	<i>Citrus aurantifolia</i> (Chrism.) Swingle	Rutaceae	Nimbu	Fruit.	Healthy gums, scurvy, dandruff and silky hairs.
54.	<i>Citrus aurantium</i> L.	Rutaceae	Santara	Fruit peel.	Powdered, mixed with turmeric powder, gram flour and used as face pack & to cure acne.
55.	<i>Citrus maxima</i> (Burm.) Merr.	Rutaceae	Chakotra	Leaves.	Decoction applied on swellings.
56.	<i>Citrus medica</i> L.	Rutaceae	Galgal	Fruit.	Eaten to cure cold, congestion and improve digestion.
57.	<i>Citrus reticulata</i> Blanco	Rutaceae	Narangi	Leaves.	Scrubbing teeth and stopping bad breath.
58.	<i>Citrus sinensis</i> Osbeck	Rutaceae	Mausami	Fruit.	Juice taken against arthritis.
59.	<i>Clerodendrum infortunatum</i> L.	Lamiaceae	Bhant, Karu	Leaves & Roots.	Used against Skin ailments & insect bite.
60.	<i>Clitoria ternatea</i> L.	Fabaceae	Neeli Aparajita	Whole plant.	Decoction applied to clean Piles. Also used for gargles against sore throat.
61.	<i>Colebrookea oppositifolia</i> Smith	Lamiaceae	Bhamber, Binda	Leaves.	Paste applied on sore and wound, also used on burn injuries.
62.	<i>Cordia dichotoma</i> G. Forst.	Boraginaceae	Lasora	Fruit.	Controlling diabetes and arthritic pain.
63.	<i>Crateva adansonii</i> subsp. <i>odora</i> (Buch.-Ham.) Jacobs	Capparaceae	Varun	Bark.	Powdered bark to cure urinogenital infection and removal of kidney stone.

64.	<i>Crotalaria spectabilis</i> Roth.	Fabaceae	Jhunjhun	Roots.	Decoction used against scabies.
65.	<i>Cucumis sativa</i> Linn.	Cucurbitaceae	Kakri	Fruit. Seeds.	Fruit paste applied for healing burn injuries. Seeds diuretic.
66.	<i>Cuminum cyminum</i> Linn.	Apiaceae	Jeera	Seeds.	Decoction administered to keep proper digestion and healthy body.
67.	<i>Curcuma longa</i> L.	Zingiberaceae	Haldi	Rhizome.	Powdered rhizome taken with milk to cure inflammation, sprains, cough and cold. Also used to heal cuts, wounds and acne.
68.	<i>Cyanthillium cinereum</i> (L.) H. Rob.	Asteraceae	Sahadevi	Whole plant.	Decoction thrice a day to check fever, bladder affections and stomachache.
69.	<i>Cyathocline purpurea</i> (Buch.-Ham. ex D. Don) O.Kuntze	Asteraceae	Bandhaniya	Roots.	Powder taken to relieve stomach pain.
70.	<i>Cymbopogon citratus</i> Stapf.	Poaceae	Lemon Ghas	Leaves.	Decoction of leaves boiled with tea leaves and taken twice daily for improving cold, cough & also to control fever.
71.	<i>Cynodon dactylon</i> Pers.	Poaceae	Doob	Leaf. Stem.	Leaf juice against diarrhoea thrice a day. Paste applied on burn and internal injuries.
72.	<i>Dalbergia sissoo</i> DC.	Fabaceae	Shisham	Leaves. Twigs.	Paste applied to cure acne. Twigs used for scouring teeth.
73.	<i>Datura metel</i> Linn.	Solanaceae	Kala Dhatura	Whole plant.	Powdered ash of the plant consumed twice daily against fever, cough, cold and tuberculosis.
74.	<i>Datura stramonium</i> L.	Solanaceae	Dhatura	Leaves. Bark.	Leaves poultice used for boils and sores. Juice applied to treat hair fall and dandruff.
75.	<i>Dendrocalamus hamiltonii</i> Nees & Arn.	Poaceae	Bains	Gum.	Body nutrition after child birth.
76.	<i>Dendrocalamus strictus</i> (Roxb.) Nees	Poaceae	Bans	Stem.	To set the fractured bones.
77.	<i>Desmodium oojense</i> (Roxb.) H. Ohashi	Fabaceae	Sandan	Bark. Gum.	2-3 drop Juice used as eye drop to control cataract. Paste applied on wound. Powdered gum administered with sugar twice day check diarrhoea.
78.	<i>Dicliptera paniculata</i> (Forssk.) I. Darbysh	Acanthaceae	Kakjangha	Whole Plant.	Powdered plant taken to control diabetes.
79.	<i>Diospyros exsculpta</i> Buch.-Ham.	Ebenaceae	Tendu	Fruit Juice.	Applied on cuts and wounds.
80.	<i>Dodonaea viscosa</i> Linn.	Sapindaceae	Walayati Mehndi	Leaves.	Hot poultice in combination used to heal fractured bone.
81.	<i>Duranta erecta</i> L.	Verbenaceae	Doranta	Whole plant.	Poultice applied on abscess for healing.
82.	<i>Dysphania ambrosioides</i> (L.) Mosyakin & Clemants	Amaranthaceae	Kah-Ajwain	Leaves.	Decoction administered for expelling intestinal worms.
83.	<i>Echinochloa colona</i> (L.) Link.	Poaceae	Sawank	Root.	Poultice of root paste applied to get relief in acute pain.
84.	<i>Equisetum arvense</i> L.	Equisetaceae	Jod-tod	Stem.	Paste mixed with Goat beat, Bark of ' <i>Litsea glutinosa</i> ' and tied with bamboo stick on fractured bone as plaster. Fresh plant material also used against Jaundice.
85.	<i>Equisetum debile</i> Roxb. ex Vauch.	Equisetaceae	Jod-tod	Stem.	Paste mixed with Goat beat, Bark of ' <i>Litsea glutinosa</i> ' and tied with bamboo stick on fractured bone as plaster. Fresh plant material also used against Jaundice.

86.	<i>Eriobotrya japonica</i> (Thunb.) Lindl.	Rosaceae	Loquat	Leaves.	Leaves juice given twice daily till cure of diarrhoea.
87.	<i>Eucalyptus camaldulensis</i> Dehnh.	Myrtaceae	Safeda	Leaves.	Leaves chewed to stop bad breath and to get relief from gums and throat infection. Decoction taken with sugar pellets twice daily to check cold.
88.	<i>Eucalyptus globulus</i> Labill.	Myrtaceae	Safeda	Leaves.	Leaves chewed to stop bad breath and toothache. Warm leaf poultice used against throat infection.
89.	<i>Eupatorium adenophorum</i> Spreng.	Asteraceae	Kali basuti	Leaves.	Leaves paste rubbed to check swellings and irritation after insect bite. Leaf paste used to check bleeding.
90.	<i>Euphorbia hirta</i> L.	Euphorbiaceae	Lal Dudhi	Whole plant.	Leaf juice mixed with juice of <i>Euphorbia prostrata</i> and given against snake bite. Used against skin complexion, leucorrhoea; and also for clotting & healing of wounds.
91.	<i>Euphorbia prostrata</i> Aiton	Euphorbiaceae	Chhoti Dudhi	Whole plant.	Leaf juice mixed with juice of <i>Euphorbia hirta</i> and given against snake bite.
92.	<i>Euphorbia pulcherrima</i> Willd. ex Klotzsch	Euphorbiaceae	Lal Patti	Milky latex.	Applied on eczema and other skin ailments.
93.	<i>Euphorbia royleana</i> Boiss.	Euphorbiaceae	Danda Thor	Stem.	Roasted and taken with honey against dry expectorant.
94.	<i>Euphorbia tithymaloides</i> L.	Euphorbiaceae	Nagdaman	Leaves.	Decoction taken against snake bite.
95.	<i>Evolvulus alsinoides</i> L.	Convolvulaceae	Shankhpushi	Whole plant. Root.	Decoction of whole plant taken as brain tonic. Roots powder along with <i>Curcuma longa</i> taken with a cup of milk against fever.
96.	<i>Ficus benghalensis</i> L.	Moraceae	Bargad	Leaf. Bark. Fruit. Root.	Leaves decoction considered antiseptic used to wash wounds. Fruit and bark powder used to check uric acid and cure arthritis. Root powder used to increase virility.
97.	<i>Ficus carica</i> L.	Moraceae	Anjeer	Fruit. Leaf.	Fruit powder taken with milk to get relief from constipation and piles. Leaf poultice used against skin ailments.
98.	<i>Ficus hispida</i> L.	Moraceae	Fagula	Bark.	Powdered bark taken with honey against throat infection & cough.
99.	<i>Ficus lacor</i> Buch.-Ham.	Moraceae	Pilkhan	Fruit.	½ tsp fruit powder given twice for fortnight to check uric acid level.
100.	<i>Ficus racemosa</i> L.	Moraceae	Gullar	Fruit.	Considered good for eyesight and internal weakness.
101.	<i>Ficus religiosa</i> Linn.	Moraceae	Pipal	Stem bark.	Decoction used for gargles against mouth sores.
102.	<i>Ficus semicordata</i> Buch.-Ham. ex Sm.	Moraceae	Jadphali	Fruit.	Used to overcome body deficiency.
103.	<i>Fragaria vesca</i> L.	Rosaceae	Strawberry	Leaves.	Used for gargles against sore throat. Decoction used against dysentery.
104.	<i>Fumaria parviflora</i> Lam.	Papaveraceae	Pitpapra	Whole plant.	Whole plant extract used in case of liver problem.
105.	<i>Gloriosa superba</i> L.	Colchicaceae	Kalihari	Root.	Powdered root with honey given against snake bite. Root paste applied on scalp for healthy hairs and against fungal infection.
106.	<i>Gmelina arborea</i> L.	Lamiaceae	Gambhar	Leaves. Bark.	Leaves paste used against headache. Decoction of bark used to wash wound.
107.	<i>Gossypium arboreum</i> Linn.	Malvaceae	Kapas	Seeds.	Extract of seeds consumed once daily to overcome internal weakness

108.	<i>Gossypium barbadense</i> L.	Malvaceae	Kapas	Leaves. Seeds.	Poultice of fresh leaves used to check headache. Seed oil edible and also used for body massage for improving skin complexion; also consumed with milk at bedtime as a mild laxative.
109.	<i>Grewia optiva</i> Drumm.	Tiliaceae	Dhaman, Beul	Fruit.	Consumed considered as diuretic.
110.	<i>Gymnema sylvestre</i> (Retz.) R.Br. ex Sm.	Asclepiadaceae	Gudmar	Leaves.	Chewed once daily to control diabetes and reducing body fats.
111.	<i>Haldina cordifolia</i> (Roxb.) Ridsdale	Rubiaceae	Haldu	Leaves.	Leaves applied over swollen portion as fomentation to reduce swellings and pains.
112.	<i>Helicteres isora</i> Linn.	Sterculiaceae	Maror-phali	Root.	Root juice applied on insect bite or snake bite. Bark decoction about 20ml thrice a day recommended against diarrhoea and dysentery.
113.	<i>Hibiscus rosa-sinensis</i> Linn.	Malvaceae	Gurhal	Leaves. Flowers.	Leaf paste applied on suppuration of boils. Petals of 3 flowers boiled in 10 ml water for 10 minutes and decoction so prepared taken (10-15ml) orally twice a day remove kidney stones.
114.	<i>Holarrhena pubescens</i> Wall. ex G. Don.	Apocynaceae	Karu	Leaves. Seeds. Bark.	Leaves poultice used against suppuration of boils. Powdered seeds with honey used against diarrhoea and stomach pain. Decoction of bark prescribed daily till cure against dysentery and arthritis.
115.	<i>Hordeum vulgare</i> Linn.	Poaceae	Jao	Whole plant.	Shoot paste recommended to anemic patient with cup of goat milk for 15 days before breakfast.
116.	<i>Indigofera cassioides</i> DC.	Fabaceae	Kathi	Roots. Leaves.	Decoction of root recommended for cough treatment. Leaves decoction used for washing wounds.
117.	<i>Ipomoea carnea</i> Jacq.	Convolvulaceae	Besharam	Leaves. Latex.	Leaves warmed and bandaged to suppress inflammation. Leaf paste used applied against skin infection. Latex used for healing of wounds, also applied against eczema.
118.	<i>Jacaranda mimosifolia</i> D. Don	Bignoniaceae	Jacrandia	Leaf.	Leaf paste applied for healing of wounds.
119.	<i>Jatropha curcas</i> L.	Euphorbiaceae	Ratanjot	Latex.	Applied while mixing with mustard oil to heal skin infection. Powdered seeds consumed at night with milk as purgative.
120.	<i>Justicia adhatoda</i> Linn.	Acanthaceae	Basuti, Arusa	Whole plant.	Leaf paste applied to check bleeding. Decoction used against skin ailments. Also used to check cough.
121.	<i>Kydia calycina</i> Roxb.	Malvaceae	Pula	Leaves.	Leaf poultice applied on affected part to get relief from body pain, also applied for cure of abscess and skin diseases.
122.	<i>Lagerstroemia speciosa</i> (L.) Pers.	Lythraceae	Jarool	Dried fruit. Leaves.	Decoction recommended in the morning against diabetes.
123.	<i>Lannea coromandelica</i> (Houtt.) Merr.	Anacardiaceae	Jhingan	Bark.	Bark juice applied on cuts to stop bleeding, and decoction applied to stop toothache.
124.	<i>Lawsonia inermis</i> L.	Lythraceae	Mehndi	Leaf.	Fresh leaf poultice applied in skin ailments & itches.
125.	<i>Leucas cephalotes</i> (Roth) Spreng.	Lamiaceae	Dronpushpi	Whole plant. Leaves.	Whole plant extract administered against snake bite. Paste applied against scorpion sting. Decoction recommended twice a day to check fever. Leaves paste mixed with

					lemon juice and sesame oil recommended to check abnormal bleeding during menstruation.
126.	<i>Linum usitatissimum</i> Linn.	Linaceae	Alsi	Seed.	Seeds oil recommended for body massage during pain. Grinded seed mixed with wheat flour and recommended for diabetic patient and also for reducing body fats.
127.	<i>Litsea glutinosa</i> (Lour) C. B. Rob.	Lauraceae	Chanana	Bark.	Poultice to cure sprain, inflammation and localized body pain.
128.	<i>Madhuca longifolia</i> var. <i>latifolia</i> (Roxb.) A. Chev.	Sapotaceae	Mahuwa	Leaves. Flower.	Ash of leaves mixed with coconut oil used against to cure burns and itching. Flowers taken with milk to cure cold and cough. Seed oil applied against joint pains.
129.	<i>Mallotus philippensis</i> (Lam.) Mull. Arg.	Euphorbiaceae	Kamela, Rohini, Raenii	Fruit.	Red powder from fruits mixed with betel leaves given once daily for three days considered good against jaundice. Seed powder mixed with jaggery to make small tablets less than a size of Pea seed, 1 tab given to child for three days to expel intestinal worms.
130.	<i>Malvastrum coromandelianum</i> (L.) Garcke	Malvaceae	Suchi	Leaves.	Leaves applied for healing of cuts and wounds. Decoction used for gargle by adding salt against sore throat.
131.	<i>Mangifera indica</i> Linn.	Anacardiaceae	Aam	Seed.	Dry seed powder recommended against bleeding piles.
132.	<i>Martynia annua</i> Linn.	Martyniaceae	Bichu, Kakanasika	Leaf. Fruit.	Leaf juice water used as gargle to cure sore throat. Ash of fruit mixed with coconut oil and applied to heal burns and abscesses.
133.	<i>Melia azedarach</i> L.	Meliaceae	Darek	Leaves.	Garland of leaves hung at the entrance of a house as precaution from diseases like small pox. Leaf and flower poultice tied over belly during labour pain.
134.	<i>Melilotus indicus</i> (L.) All.	Fabaceae	Aspurk	Whole plant.	Poultice applied on bruises for rapid healing.
135.	<i>Mentha piperita</i> L.	Lamiaceae	Pudina	Whole plant.	Fresh leaves chewed to get relief from headache. Tea made of its leaves used to cure stomachache, gastric trouble and vomiting. Chutney prepared by grinding with tamarind
136.	<i>Mitragyna parviflora</i> Korth.	Rubiaceae	Kaim	Leaf.	Paste used for wound healing.
137.	<i>Moringa oleifera</i> Lam.	Moringaceae	Sahanjana	Whole plant.	Root & pod pickled taken for a month to reduce uric acid. Tender pods, flower, buds eaten as vegetable and considered blood purifier. Also used against arthritis, rheumatic pain and respiratory troubles.
138.	<i>Morus nigra</i> L.	Moraceae	Shehtoot	Bark.	Powdered bark recommended with honey on empty stomach for expelling intestinal worms.
139.	<i>Mucuna pruriens</i> (L.) DC.	Fabaceae	Kaunch	Seeds.	Powdered seeds once a day to provide internal strength.
140.	<i>Murraya koenigii</i> (Linn.) Spreng.	Rutaceae	Karipatta	Leaves.	Decoction of leaves taken twice a day till cure of arthritis. Also taken for expelling worms and stomach pains. Pinch of powder taken with milk against piles.
141.	<i>Murraya paniculata</i> (L.) Jack.	Rutaceae	Mirchua	Leaf.	Leaf paste applied on cuts for wound healing. Twigs used for scouring teeth.
142.	<i>Musa paradisiaca</i>	Musaceae	Kela	Fruit.	Edible against constipation, dysentery and

	Linn.			Leaf.	diarrhoea. Fruit and leaf sheath paste applied on burn injuries.
143.	<i>Nerium oleander</i> L.	Apocynaceae	Kaner	Leaf.	Poultice of leaves applied to check inflammations. Latex applied against skin ailments.
144.	<i>Nyctanthes arbor-tristis</i> L.	Oleaceae	Har Singar	Whole plant.	Dry plant powder consumed with honey to check high fever. Decoction of leaves taken for 2-3 months against arthritis.
145.	<i>Ocimum sanctum</i> Linn.	Lamiaceae	Tulsi	Leaves.	Decoction of leaves in combination with <i>Adhatoda vasica</i> and seeds of <i>Trachyspermum ammi</i> given thrice a day to check cough and sore throat.
146.	<i>Opuntia stricta</i> (Haw.) Haw.	Cactaceae	Nagphani	Whole plant.	Stem ash 1-2g taken with honey for dry cough.
147.	<i>Oryza sativa</i> Linn.	Poaceae	Dhan	Rice Soup.	Given to children in case of diarrhoea.
148.	<i>Oxalis corniculata</i> L.	Oxalidaceae	Changeri	Whole plant.	Decoction of whole plant given twice daily against to get relief from stomachache, dysentery and diarrhoea. Leaf poultice applied for healing cuts and suppuration of boils.
149.	<i>Papaver somniferum</i> Linn.	Papaveraceae	Afim	Leaves.	Leaves boiled and used for gargles by adding pinch of salt against sore throat. Decoction of poppy seed applied on joints to get relief from pain.
150.	<i>Pedaliium murex</i> L.	Pedaliaceae	Gokhru	Leaves. Seed.	Powder mixed with honey taken for 7-10 days for promoting urination and normal renal functioning. Seed powder also taken with milk as aphrodisiac.
151.	<i>Perilla frutescens</i> (L.) Britton	Lamiaceae	Bhanjeera	Leaf.	Leaf juice applied against cut and wounds for rapid healing. Decoction of leaves considered good for stomach disorders.
152.	<i>Phoenix sylvestris</i> Roxb.	Arecaceae	Khajoor	Fruit.	Fruit eaten for painless menstrual cycle. One piece given to children every day to get rid of bedwetting.
153.	<i>Phyla nodiflora</i> (L.) Greene	Verbenaceae	Jalpeepli	Whole plant.	Decoction of plant given thrice a day to check fever and body fatigue. Leaf juice applied to check bleeding gum. Powder plant applied to stop bleeding from cuts or wounds.
154.	<i>Phyllanthus emblica</i> L.	Euphorbiaceae	Amla	Fruit.	'Trifla' powder prepared by adding shade dry fruits with 'Bhera' <i>Terminalia bellirica</i> & 'Harrar' <i>T. chebula</i> in ratio of 1:1:1 recommended (1 tsp once daily for 5-10 days) with pinch of black salt for gastric trouble like dysentery, gastritis, constipation. Powder fruit mixed with 'Heena' (<i>Lawsonia inermis</i>) for good growth of hair. Fruit powder also taken to increase virility. One pickled fruit 'Muraba' eaten daily empty stomach to cure anaemia, ophthalmic, liver ailments and as cardi-otonic.
155.	<i>Phyllanthus fraternus</i> G.L. Webster	Euphorbiaceae	Bhumiamla	Leaves.	Powdered leaves prescribed as cooling medicine. Decoction recommended for curing dysentery and diarrhoea.
156.	<i>Phyllodium pulchellum</i> (L.) Desv.	Fabaceae	Jatsalpan	Leaf.	Leaf paste applied on injuries for rapid healing.

157.	<i>Piper longum</i> L.	Piperaceae	Muggphali	Fruit.	One fruit boiled in cow milk and given to children once a week for normalcy of digestive tract. A pinch of fruit powder taken with honey against throat infection, fever and cold.
158.	<i>Piper nigrum</i> Linn	Piperaceae	Kali Mirch	Seed.	Seed powder mixed with ginger juice and honey and recommended twice a day for one week against cough.
159.	<i>Plumbago zeylanica</i> L.	Plumbaginaceae	Chitrak	Root. Stem. Leaf.	Root powder recommended against general body debility and as aphrodisiac. Oil from root massaged for painful joints and leprosy. Twigs used for scouring teeth. Decoction of leaves used for bathing twice a day against scabies.
160.	<i>Pongamia pinnata</i> (L.) Pierre	Fabaceae	Karanj	Bark.	Pinch of bark powder recommended against stomach trouble.
161.	<i>Populus deltoides</i> Bartram ex Marshall	Salicaceae	Poplar	Bark.	Poultice of bark applied against rheumatic joints and suppuration of boils. Fomentation of leaves considered good against nasal congestion and cold.
162.	<i>Prosopis juliflora</i> (Sw.) DC.	Fabaceae	Vilayati Kikar	Leaves.	Paste of foliage used for suppuration of boils.
163.	<i>Prunus persica</i> Batsch.	Rosaceae	Arne, Aru	Flower. Leaves. Seed.	Flower and leaves juice recommended for children to expel intestinal worms. Seed oil massaged on scalp as hair tonic.
164.	<i>Psidium guajava</i> Linn.	Myrtaceae	Amrood	Fruit. Leaves. Bark.	Edible against constipation and diabetes. Roasted unripe fruit eaten against cough. Leaves chewed to check mouth ulcer, scouring teeth and painful gums. Bark and leaves ash with honey taken against fever, diarrhoea; also taken as anthelmintic.
165.	<i>Pterospermum acerifolium</i> Willd.	Sterculiaceae	Kanakchampa	Bark.	Decoction of bark used for bath to get rid of scabies. Also used for gargle in throat infection.
166.	<i>Punica granatum</i> L.	Lythraceae	Anar	Buds. Leaves. Fruit. Bark.	Decoction used for gargles in case of ulcerated mouth. Fruit rind kept in mouth against sore throat. Dried powder also taken for normal menstrual cycle. Decoction of bark taken to cure diarrhoea and expelling intestinal worms.
167.	<i>Pyrus communis</i> L.	Rosaceae	Nashpati	Fruit.	Considered good for diabetic patient.
168.	<i>Rauvolfia serpentina</i> Benth. ex Kurz.	Apocynaceae	Sarpagandha	Leaves. Roots.	A drop of leaf juice applied in eye to cure infection. Shade dry root powder recommended with a cup of cow milk twice a day to check high blood pressure.
169.	<i>Ricinus communis</i> L.	Euphorbiaceae	Arand	Leaves. Seed.	Leaves tied with warm cloth on joints after hot massage with mustard oil to get relief from sprain and rheumatic pain. Leaf poultice applied for the same; also for suppuration of boils and swellings. 5-10ml oil taken to get rid of constipation and as aphrodisiac; also used for massaging to get relief from arthritic pain.
170.	<i>Rosa indica</i> Hook. f.	Rosaceae	Gulab	Flower.	Decoction given twice a day to remove kidney stone. 'Gulkand' taken for digestive disorders, constipation and as laxative. Rose petal tea taken against sore throat.
171.	<i>Saccharum officina-</i>	Poaceae	Ganna	Stem.	Juice recommended for normal liver func-

	<i>rum</i> Linn.				tioning and jaundice.
172.	<i>Saccharum spontaneum</i> Linn.	Poaceae	Kans	Stem.	Mixture of shade dry stem powder in equal quantity of <i>Saccharum spontaneum</i> , <i>Crateva adansonii</i> , <i>Tribulus terrestris</i> & <i>Cicer arietinum</i> prepared and half teaspoon powder taken twice a day with lukewarm water to flush out kidney stone.
173.	<i>Sambucus nigra</i> L.	Caprifoliaceae	Khaman	Leaves. Flower.	Two green leaves chewed twice a day for whooping cough, sore throat and tonsillitis. Decoction of leaves and flowers used for gargles in sore throat thrice a day. Poul-tice of flowers applied to check headaches, sunburn and for improving skin texture.
174.	<i>Sapindus saponaria</i> L.	Sapindaceae	Dodan	Fruit. Leaves	Fruit used for washing hair. Leaves poultice applied on dog bite; also to check joint pains and headache.
175.	<i>Semecarpus anacardium</i> Blanco	Anacardiaceae	Bhilawa	Seed.	Seeds of 'Bhilwana', 'Sal' (<i>Shorea robusta</i>) and 'Arind' (<i>Ricinus communis</i>) boiled in 'Til' (<i>Sesamum indicum</i>) oil and used for rubbing twice a day against joint pains.
176.	<i>Senna alata</i> (L.) Roxb.	Fabaceae	Dadmurdan	Leaves.	Poultice of leaves mixed with the little lemon juice and applied thrice a day for curing ringworm and other skin problems.
177.	<i>Senna obtusifolia</i> (L.) H.S. Irwin & Barneby	Fabaceae	Panwar	Leaves.	Leaf poultice used against skin infection and sores.
178.	<i>Senna occidentalis</i> (L.) Link	Fabaceae	Chakunda	Seeds. Leaves.	Seeds and leaves paste applied in skin diseases. Pinch of powdered seeds taken daily with honey to get relief in swollen joints and arthritis. Root paste applied to cure ringworm for one week.
179.	<i>Sesamum indicum</i> Linn	Pedaliaceae	Til	Seed.	Oil used for massaging to get relief from pain and swellings.
180.	<i>Shorea robusta</i> C. F. Gaertn.	Dipterocarpaceae	Sal	Seed.	Seed oil used against skin ailments.
181.	<i>Sida acuta</i> Burm.f.	Malvaceae	Khareti	Leaf. Root.	Leaf paste applied to heal cuts and wounds; also for suppuration of boils. Root powder given twice a day for forty days for imparting body strength, regulat-ing low blood pressure; one dose for three days to expel intestinal worms in case of children.
182.	<i>Solanum ameri-canum</i> Mill.	Solanaceae	Makoi	Whole plant.	Decoction of leaves given for 2-3 days against inflammation of liver, kidney and urinary bladder. Poultice of plant applied on forehead to check headaches and joint pain.
183.	<i>Solanum anguivi</i> Lam.	Solanaceae	Brihati	Whole plant.	Shade dry plant powdered taken with honey twice a day to check cough. Leaf juice taken as appetizer; also given against vom-iting. Powdered roots mixed with sugar prescribed empty stomach as anthelmintics and for kidney affections. Poultice of seeds applied to check itching and boils.
184.	<i>Solanum erianthum</i> D. Don	Solanaceae	Bantamakoo	Leaves.	Dried, powdered and paste applied on painful inflammation.
185.	<i>Solanum tuberosum</i> Linn.	Solanaceae	Aloo	Stem tuber.	Paste applied on burn injuries.

186.	<i>Solanum virginianum</i> L.	Solanaceae	Kateli	Whole plant.	Whole plant paste applied on swollen and painful joints till relief. Leaf juice applied on toothache.
187.	<i>Sonchus wightianus</i> DC	Asteraceae	Sadhi	Whole plant. Latex.	Decoction taken to cure sore throat and hepatic disorders. Latex applied on wounds for healing cuts and wounds.
188.	<i>Spilanthes acmella</i> Murray	Asteraceae	Akarkara	Flower. Leaves.	Inflorescence kept in mouth against dental caries, toothache, gum infections, mouth ulcers to get relief; and its infusion good for chest infection. Leaves paste applied for painful joints and in skin infections.
189.	<i>Spondias pinnata</i> (L.f.) Kurz.	Anacardiaceae	Ambara	Fruit.	Fruit powder given to get relief from dysentery.
190.	<i>Stephania glabra</i> (Roxb.) Miers.	Menispermaceae	Bishkharpar	Corm.	Dry powder taken to control diabetes.
191.	<i>Syzygium cumini</i> (L.) Skeels.	Myrtaceae	Jamun	Fruit. Bark.	Fruit considered as liver tonic; and vinegar prepared relished as good appetizer. Bark decoction used for gargles against hoarseness and bronchitis. Fruit seeds powdered and taken to control blood sugar level and pancreatic disorder. Also used to cure bleeding gums and pyorrhea.
192.	<i>Syzygium jambos</i> (L.) Alston	Myrtaceae	Jamoya	Bark. Stem.	Bark decoction used for gargle against hoarseness and bronchitis. Bark powder taken with honey for throat infection and digestive trouble. Twigs used for scouring teeth.
193.	<i>Tamarindus indica</i> L.	Fabaceae	Imli	Leaf. Fruit.	Leaf paste mixed with rocksalt applied on gums to get rid of gum infection and pyorrhea. Leaves paste applied to relieve inflammation and swellings.
194.	<i>Tectona grandis</i> L.	Lamiaceae	Sagwan	Wood.	Ash of wood in equal proportion with honey given against throat and cough infection.
195.	<i>Terminalia arjuna</i> (Roxb.) Wight.	Combretaceae	Arjun	Stem bark.	Powder of stem bark recommended for a month with milk or lukewarm water for a month as cardio-tonic, also help in reducing blood cholesterol level.
196.	<i>Terminalia bellirica</i> Roxb.	Combretaceae	Bahera	Fruit.	1tsp of fruit juice with a cup of milk taken for 1 week for gastric trouble; pulp and seed oil applied against skin ailments. As 'triphala' churan taken against stomach and mouth problem.
197.	<i>Terminalia chebula</i> Retz.	Combretaceae	Harrar	Fruit.	Fruit roasted and eaten thrice a day against cough and chest infection. Fruit juice mixed with honey taken before bedtime for against cough, fever, mouth sores, constipation, bronchial infections and gastric troubles. As 'triphala' churan taken against stomach and mouth problem.
198.	<i>Terminalia tomentosa</i> (Roxb. ex DC.) Wight & Arn.	Combretaceae	Sain , Asan	Bark.	Decoction of bark given for internal haemorrhage and liver ailments.
199.	<i>Tinospora sinensis</i> (Lour.) Merr.	Menispermaceae	Giloe	Stem.	Decoction used against fever. Also taken against diabetes. Stew chewed as an appetizer.
200.	<i>Toona ciliata</i> M. Roem.	Meliaceae	Toon	Bark.	Bark powder taken with honey against blood disorder and as febrifuge.

201.	<i>Trachyspermum ammi</i> (L.) Sprague	Apiaceae	Ajwain	Seeds.	5-10 gm seeds taken to get rid of flatulence, constipation & abdominal pain with warm water.
202.	<i>Tridax procumbens</i> L.	Asteraceae	Pila Bhangra	Aerial parts of plant.	Aerial parts of plant crushed and applied as poultice for healing of bruises and cuts; also shade dried powdered leaves prescribed with lukewarm water against stomachache.
203.	<i>Trigonella foenum-graecum</i> Linn.	Fabaceae	Methi	Seeds.	Soaked seeds chewed empty stomach in the morning for a week to control diabetes. Tea prepared, taken for improving digestion. Seed poultice taken against painful and swollen joints.
204.	<i>Tylophora asthmatica</i> Wight & Arn.	Asclepiadaceae	Dama booti	Leaf.	Leaf with black peppers taken early morning for a week against asthma.
205.	<i>Urtica dioica</i> L.	Urticaceae	Bichhubooti	Leaf.	Young leaves decoction taken as tea for body aches & rheumatic pain. Also recommended for expelling kidney stone.
206.	<i>Vanda tessellata</i> Hook. ex G. Don	Orchidaceae	Bhangru	Leaf.	Two drops of leaf juice used to cure earache.
207.	<i>Verbascum thapsus</i> Linn.	Scrophulariaceae	Giddar-Tambaku	Leaves.	Fomentation and poultice of the leaves help to cure hemorrhoidal complaints.
208.	<i>Vitex negundo</i> Linn.	Lamiaceae	Bana	Fruit. Stem. Leaves.	Stem used for scouring teeth. Leaf juice prescribed to cure tonsils. Warm poultice good against rheumatism, insect bite, skin diseases & wound healing. Dried fruit powder consumed with lukewarm milk against headache, liver ailment and nerve tonic.
209.	<i>Wendlandia heynei</i> (Schult.) Santapau & Merchant	Rubiaceae	Pansara	Bark.	Bark paste applied to suppress furuncle.
210.	<i>Withania somnifera</i> (L.) Dunal	Solanaceae	Ashwagandha	Leaf. Root.	One leaf chewed daily for one month to regularize menstrual cycle. Decoction taken against urinary troubles, root powder taken with hot milk before bedtime for nervous debility and as aphrodisiac. Paste of tender shoot applied for skin inflammations and rheumatic joints.
211.	<i>Woodfordia floribunda</i> Salisb.	Lythraceae	Dhawi	Flower.	Dried flower taken with water against stomachache.
212.	<i>Zanthoxylum armatum</i> DC	Rutaceae	Tirmir	Stem. Leaf.	Twigs used for scouring teeth & healthy gums. Decoction of leaves used against skin ailments.
213.	<i>Zea mays</i> Linn.	Poaceae	Challi	Corn silk.	Decoction of corn silk used against urogenital infection.
214.	<i>Zingiber officinale</i> Rosc.	Zingiberaceae	Addark	Rhizome.	Juice taken with Black pepper and honey against cough & cold.

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