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Medicinal Phyto-Diversity of Bhabar Tract of Garhwal Himalaya

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A survey of villages of Bhabar tract of Garhwal region was done to identify medicinally important plants used by local peoples of that region. The paper deals with 393 plant species described by local peoples including- Boxas, Gujjars, Ayurvedic practitioners, herbal vendors, Vaidyas used for different diseases. The study was conducted between 2006 to 2008.

Keyword: Medicinal plants, Phytodiversity, Bhabar region, Garhwal Himalaya.

1. Introduction

Himalaya has been a continuing treasure of medicinal phytodiversity, since a long antiquity as many plant species of this area have medicinal value and were being used by local people or curing various diseases and to maintain their health. Garhwal Himalaya, due to varying topography has many remote area and in the absence of proper communications their health care system was totally based on indigenous uses of plants or Vaidyas which were not school based Doctors but their practice was based on knowledge inherited to them from their forefathers.

The present survey was undertaken in the Bhabar tract of Garhwal. In Garhwal region, Bhabar extends from 78° 22'E longitude to 78° 32'E longitude and 29° 43' to 29° 48'N latitude, occupying 4320.403 hectare area in Terai region. Extending from northwest to Southeast, the whole tract is about 132 km in length having the minimum and maximum width of 0.5 km and 6.0 km respectively. It is occupied by 48 villages. Its population in 1981 was 54,312.

Being located between the 'Siwaliks' and the 'Terai' zones, the bhabar tract has its own history. Infact, this narrow tract of bhabar remained afforested until recently and most part of its past history is still untold. The tract is named as "Bhabar" on the basis of grass "*Eulaliopsis binata*" which dominates the area.

Bhabar region having the inhabitants of mixed culture as they have the impact of hills as well as plains on one hand and ethnic groups like Boxas, Gujjars on other hand. In spite of having some government dispensaries and being near Kotdwara, its health care system is regulated upto some extent by the direct uses of plants by Ayurvedic practitioners, herbal vendors, Vaidyas and ethnic groups.

Various contributors have worked on phyto-diversity of Garhwal Himalaya. Some of them are- Hooker, (1872), Kanjilal (1928), Duthie, (1960), Babu,(1977), Raizada and Saxena (1978), Jain and Puri (1984), Naithani (1984 & 1985), Agarwal, (1983), Polunin and Stainton (1984), Stainton (1988), Kharwal and Sharma, (1990), Negi.and Pant (1991), Ghildiyal

and Srivastava, (1995), Purohit (1997), Ghildiyal *et.al.*(1999), Gaur (1999), Singh and Prakash (2002), Rana *et.al.*(2003), Bisht and Ghildiyal (2007), Ghildiyal *et.al* (2008).

2. Materials and Methods

The present study has been conducted in two steps:

2.1- A survey was made in different villages of Bhabar region of Garhwal Himalaya. Local inhabitants particularly old persons were consulted for the ethnobotanical uses of the plants. Fig.-1. India map showing Uttarakhand State and Fig.-2, Uttarakhand map showing Garhwal Region.

2.2- The plants pointed out by local inhabitants were collected, identified botanically with the help of flora- Forest flora of the Chakrata, Dehradun and Saharanpur forest Divisions Uttar Pradesh (Kanjlilal, 1928), Herbaceous flora of Dehra Dun (Babu, 1977), Flora of District Garhwal : North West Himalaya (Gaur, 1999), Flora of Chamoli (Naithani, 1984 & 1985), Collected plants were preserved in the herbarium of Govt. P.G. College Kotdwar (Garhwal).



Fig 1: India Map showing Uttarakhand State



Fig 2: Uttarakhand Map Showing Garhwal Region

3. Results and Discussion

Plant species and their uses in different diseases described by local peoples used for different diseases are enumerated as under:

S.No.	Name of The Plant	Medicinal Uses
1-	<i>Abrus precatorius</i> (Linn) Willd.	In sciatica, mouth bubbles, throat infection.
2-	<i>Abutilon indicum</i> (L.) Sweet.,	In piles, debility.
3-	<i>Acacia catechu</i> L.f. Willd.,	In toothache, debility.
4-	<i>Acacia nilotica</i> (L.) Delile. I.C.	In mouth bubbles, headache, leucorrhoea, ringworm,
5-	<i>Acacia polyacantha</i> Willd.,	In mouth bubbles.
6-	<i>Achyranthes aspera</i> Linn.,	In headache, vomiting, snake-bite, toothache, cataract.
7-	<i>Aconitum balfourii</i> Stapf,	In cough, cold.
8-	<i>Aconitum heterophyllum</i> Wall.,	In diarrhoea.
9-	<i>Acorus calamus</i> Linn.,	In chronic rheumatism, toothache, cataract, epilepsy, teething of a child.
10-	<i>Acrocephalus indicus</i> (Burm.f.)Kuntz,	In heart diseases, fever, cold, cough, rheumatism.
11-	<i>Adiantum capillus-veneris</i> L.,	In asthma, rib pain.

12-	<i>Aegle marmelos</i> (L.) Correa.,	In diabetes, dysentery, constipation, wound, jaundice, leucorrhoea, pyarrhoea,
13-	<i>Agaricus campestris</i> Linn.,	In mouth bubbles.
14-	<i>Ageratum conyzoides</i> Linn.,	In wounds, sores, cuts, skin ailments.
15-	<i>Alangium salviifolium</i> (Linn. f)Wang.	In snake bite, tuberculosis.
16-	<i>Albizia lebbek</i> (L.) Benth.,	In burn, piles, diarrhea, tonic, snake bite.
17-	<i>Alhagi pseudalhagi</i> (Beib.)Desv.,	In migraine, asthma, urine suppression.
18-	<i>Allium cepa</i> Linn. ,	In earache, dysentery, toothache, asthma, scorpion sting, whooping cough,
19-	<i>Allium sativum</i> Linn.,	In rheumatism, chronic gout, headache, flatulence, earache, ringworm, toothache,
20-	<i>Aloe vera</i> (L.) Burm.f.,	In wound, flatulence, earache, burn, boil, stone problem,
21-	<i>Alpinia galanga</i> (L.)Willd.,	In rheumatism, nervous debility.
22-	<i>Alstonia scholaris</i> R.Br.,	In ringworm, stomach ache.
23-	<i>Amaranthus caudatus</i> Linn.,	In anthelmintic properties, eczema.
24-	<i>Amaranthus tricolor</i> Linn.,	In cataract, epistaxis.
25-	<i>Amaranthus viridis</i> Linn.,	In snake bite.
26-	<i>Amomum subulatum</i> Roxb.	In teething of a child, syphilis, rheumatism, purgative.
27-	<i>Amorphophallus</i> <i>campanulatus</i> Blume.,	In piles.
28-	<i>Anacardium occidentale</i> Linn.,	In eczema.
29-	<i>Anacyclus pyrethrum</i> DC.	In pyarrhoea.
30-	<i>Andrographis paniculata</i> (Burm.f.)Nees.,	In tonic, dyspepsia.
31-	<i>Anethum sowa</i> Roxb. ex Flem.,	In cough, cold.
32-	<i>Angelica glauca</i> Edgew.,	In flatulence, dyspepsia.
33-	<i>Annona squamosa</i> Linn.,	In boil, pimple, louse.
34-	<i>Apium graveolens</i> Linn.,	In rheumatism, cough.
35-	<i>Aquilaria agallocha</i> Roxb.,	In headache, bronchitis.
36-	<i>Arachis hypogea</i> L.,	In diarrhoea, general debility, purgative.
37-	<i>Areca catechu</i> Linn.,	In acidity, eye sty.
38-	<i>Argemone mexicana</i> Linn.,	In headache, earache, scorpion sting, pimple, stammering.
39-	<i>Argyrea speciosa</i> Sweet,	In piles.
40-	<i>Artemisia vulgaris</i> Linn.,	In snake bite, insect bite, black spot of face.
41-	<i>Asclepias curassavica</i> Linn.,	In piles, gonorrhoea.
42-	<i>Asparagus adscendens</i> Buch.Ham.ex Roxb.,	In lumbago, rheumatism, dysentery, flatulence, leucorrhoea, diarrhoea, dyspepsia, liver problem.,
43-	<i>Asteracantha longifolia</i> Nees.,	In rheumatism, urinary trouble, dropsy.
44-	<i>Artocarpus heterophyllus</i> Lamk.,	In acidity, eczema.
45-	<i>Atropa belladonna</i> C.B.Clarke.,	In or as sedative antispasmodic.
46-	<i>Avena fatua</i> Linn.,	In wounds.
47-	<i>Azadirachta indica</i> A. Juss.,	In joint pain, diabetes, piles, constipation, wound, earache, ringworm.
48-	<i>Bacopa monnieri</i> (L.) Pennell.,	In acidity, cough, fever, blood purifier, epilepsy, hoarseness.

49-	<i>Balanites aegyptiaca</i> Linn.,	In cough.
50-	<i>Bambusa arundinacea</i> Willd.,	In cough, bone fracture, asthma.
51-	<i>Barleria cristata</i> Linn.,	In flatulence.
52-	<i>Barleria prionitis</i> Linn.,	In boil, crack heal.
53-	<i>Barringtonia acutangula</i> (Linn.)Gaertn.,	In eyes diseases.
54-	<i>Basella rubra</i> Linn.,	In constipation, urticaria.
55-	<i>Bauhinia racemosa</i> Lam.,	In dysentery, throat infection.
56-	<i>Bauhinia variegata</i> Linn.,	In dysentery, leucorrhoea, ringworm, cough.
57-	<i>Bauhinia vahlii</i> Wight and Arn.,	In malaria, asthma, eye diseases.
58-	<i>Benincasa hispida</i> (Thunb.)Cogn.,	In constipation, sphilis.
59-	<i>Berberis aristata</i> DC.,	In jaundice, diarrhoea, stomachic related problem, conjunctivitis.
60-	<i>Berberis lycium</i> Royle,	In mouth bubbles, cataract, ulcer, cancer, conjunctivitis.
61-	<i>Bergenia ciliata</i> (Haworth)Sternberg,	In kidney-stone, dysentery.
62-	<i>Beta vulgaris</i> Linn.,	In cough, general debility, purgative.
63-	<i>Betula utilis</i> D.Don, Prodr.,	In bone fracture, jaundice, leprosy, epilepsy.
64-	<i>Blumea lacera</i> DC.,	In dog bite.
65-	<i>Boerhavia diffusa</i> Linn.,	In bleeding piles, flatulence, jaundice, cataract, dog bite, boil, stone problem, gonorrhoea, easy delivery.
66-	<i>Bombax ceiba</i> Linn.,	In diabetes, dysentery, constipation, earache, debility.
67-	<i>Boehmeria platyphylla</i> D.Don.,	In leucorrhoea, hemorrhoids.
68-	<i>Borassus flabelliformis</i> Roxb.,	In debility, bile related problem.
69-	<i>Brassica campestris</i> Linn.,	In migraine, bite of lizard.
70-	<i>Brassica juncea</i> (L.) Czernajew & Cosson,	In scorpion sting, bed wetting.
71-	<i>Brassica oleracea</i> var. <i>capitata</i> Linn.,	In stomach ache, rheumatism, laxative.
72-	<i>Bryophyllum pinnatum</i> (Lam.) Oken,	In boil, pimple, wound, bruises.
73-	<i>Buchanania lanzan</i> Spreng.,	In bile related problem, debility.
74-	<i>Butea monosperma</i> (Lam.) Kuntze,	In lumbago, piles, jaundice, leucorrhoea, ringworm, cough, toothache, otorrhoea, stone problem.
75-	<i>Caesalpinia sappan</i> Linn.,	In wound, as blood purifier.
76-	<i>Cajanus cajan</i> (Linn.)Huth.,	In ulcer, inflammations, cough.
77-	<i>Callistemon citrinus</i> (Curtis)Skeels,	In or as antibacterial, antifungal.
78-	<i>Calotropis procera</i> (Aiton) Drya.A.f.,	In mouth bubbles, headache, earache, cough, toothache, asthma.
79-	<i>Camellia sinensis</i> (L.)O. Kuntze,	In toothache.
80-	<i>Cannabis sativa</i> Linn.,	In piles, headache, earache, louse.
81-	<i>Capparis decidua</i> (Forsk.)Edgew.,	In cough, prickly heat, skin diseases, tooth ache.
82-	<i>Capsicum annuum</i> Linn.,	In scorpion sting.
83-	<i>Carica papaya</i> Linn.,	In arthritis, piles, constipation, mouth bubbles, jaundice, acidity, ringworm.
84-	<i>Carthamus tinctorius</i> Linn.,	In muscular rheumatism, constipation.

85-	<i>Cascabela thevetia</i> (L.)Lippold,	In heart diseases, rheumatism, tumour.
86-	<i>Cassia absus</i> Linn.,	In hiccough, asthma, bronchitis.
87-	<i>Cassia angustifolia</i> Vahl.	In constipation.
88-	<i>Cassia fistula</i> Linn.,	In dysentery, constipation, flatulence, ringworm, burn, itching, stammering, goiter.
89-	<i>Cassia occidentalis</i> Linn.,	In skin diseases, piles, ringworms, snake bite.
90-	<i>Cassia tora</i> Linn.,	In ringworm, eczema, boil, itching, leprosy, leucoderma.
91-	<i>Catharanthus roseus</i> (Linn.) G. Don.	In diabetes, high blood pressure.
92-	<i>Catunaregam spinosa</i> (Thumb.) Tirven,	In cough, snake bite, leprosy, swelling, dyspepsia.
93-	<i>Cedrus deodara</i> (Roxb. ex.D.Don) G.Don.	In eczema, ulcer, leprosy, swelling of hand and feet, tonsil.
94-	<i>Celastrus paniculatus</i> Willd.	In rheumatism, gout, cough, paralysis, debility.
95-	<i>Centaurea behen</i> Linn.,	In ophthalmia, jaundice, eye diseases.
96-	<i>Chenopodium album</i> Linn.,	In stomach worms, spleen disease.
97-	<i>Chonemorpha fragrans</i> (Moon)Alston,	In snake bite.
98-	<i>Centella asiatica</i> L.,	In mental disorders and as a blood purifiers, diuretic.
99-	<i>Chrysanthemum cinerariifolium</i> Vis.,	In scabies, skin diseases, in veterinary practice.
100-	<i>Cicer arietinum</i> Linn.	In headache, influenza, leprosy, scurvy.
101-	<i>Cichorium intybus</i> Linn.,	In diarrhoea, spleen enlargement, asthma, fever.
102-	<i>Cinnamomum camphora</i> (L.)Presl,	In cholera, louse, diarrhoea, conjunctivitis, toothache, cataract.
103-	<i>Cinnamomum tamala</i> (Buch.- Ham.) Nees and Eberm,	In diabetes, stammering, babbling, bowel complaints, fever, toothache.
104-	<i>Cinnamomum zeylanicum</i> Blume,	In dropsy, bowel complaints, toothache.
105-	<i>Cissampelos pareira</i> Linn.,	In stomach ache, diarrhoea, heart troubles.
106-	<i>Cissus quadrangularis</i> L.,	In dyspepsia, flatulence, leprosy, tumours, swellings.
107-	<i>Citrus acida</i> Watt.,	In dysentery, cough, asthma, throat infection, stomachic related problem.
108-	<i>Citrus aurantifolia</i> (Christine) Swingle,	In lumbago, dysentery, constipation, headache, vomiting, flatulence, migraine, earache, cough, colic pain, obesity.
109-	<i>Citrus grandis</i> (Linn.)Osbeck ,	In ear ache, cholera.
110-	<i>Citrus limon</i> (L.)Burm.f.,	In sore throat, skin diseases, asthma.
111-	<i>Clerodendrum serratum</i> (L.) Moon ,	In rheumatism, dyspepsia.
112-	<i>Cleome viscosa</i> Linn.,	In fever, boil.
113-	<i>Clerodendrum phlomidis</i> Linn.,	In throat infection, brain related problem.
114-	<i>Clitoria ternatea</i> Linn.,	In migraine, bronchitis, dropsy.
115-	<i>Cocculus villosus</i> Lam.,	In arthritis.
116-	<i>Cocos nucifera</i> Linn.f.	In knee pain, debility, heart related problem, tuberculosis.
117-	<i>Coleus amboinicus</i> Lour.,	In urinary diseases, dyspepsia, asthma.
118-	<i>Coleus aromaticus</i> Benth.,	In constipation, as appetizer, urinary trouble.
119-	<i>Colocasia esculenta</i> (Linn.) Schott,	In earache, constipation, piles, otalgia.
120-	<i>Commiphora wightii</i> (Arnott)Bhandari.,	In or as tonic, heart diseases, arthritis, obesity.

121-	<i>Coptis teeta</i> Wall.,	In leprosy, debility.
122-	<i>Cordia dichotoma</i> Forster. f.,	In wound, cough, fever, hair problem, cold, leprosy.
123-	<i>Coriandrum sativum</i> Linn.,	In rheumatism, vomiting, flatulence, gonorrhoea, cold, swelling of hand and feet, deafness, hidden injury.
124-	<i>Crocus sativus</i> Linn.,	In constipation, leucorrhoea, hair problem.
125-	<i>Crotalaria juncea</i> Linn.,	In constipation, paralysis.
126-	<i>Croton tiglium</i> Linn.,	In constipation, cough, fever, stomachic related problem, animal diseases.
127-	<i>Cucumis melo</i> Linn.,	As a tonic.
128-	<i>Cucumis sativus</i> Linn.,	In constipation, jaundice, diabetes, purgative.
129-	<i>Cucumis trigonus</i> Roxb.,	In stone problem.
130-	<i>Cucurbita maxima</i> Duch.,	In scorpion sting, tonsil, liver problem, bile related problem.
131-	<i>Cullen corylifolium</i> L.Medik	In cough, leprosy, urinary trouble.
132-	<i>Cuminum cyminum</i> Linn.,	In urinary trouble, dyspepsia, flatulence.
133-	<i>Curculigo orchoides</i> Gaertn.,	In piles, jaundice, diarrhoea, gonorrhoea.
134-	<i>Curcuma aromatica</i> Salisbury, P arad.,	In stomach ache, sprains.
135-	<i>Curcuma domestica</i> Valeton,	In wound, leucorrhoea, ringworm, pyarrhoea, cataract, cuts, otorrhoea, itching, cancer, hidden injury, urinary trouble.
136-	<i>Curcuma zedorea</i> (Berg.) Roscoe.,	In wound, headache.
137-	<i>Cuscuta reflexa</i> Roxb.	In colic pain, epistaxis, naval dislocation.
138-	<i>Cyclea peltata</i> (Lam.)Hook.f.and Thoms.,	In colic pain, diarrhea, wounds, ulcer, skin diseases.
139-	<i>Cymbopogon martinii</i> (Roxb.)Wats,	In wound.
140-	<i>Cynodon dactylon</i> (Linn.) Persoon,	In wounds, epistaxis, piles.
141-	<i>Datura alba</i> Nees.,	In rheumatic pain, wound, headache, earache, toothache, asthma, otorrhoea, fever, swelling of hand and feet, more sweating.
142-	<i>Daucus carota</i> var. <i>satina</i> Linn.,	In diabetes, headache, migraine, acidity, burn. stone problem, low blood pressure, liver problem, urine suppression.
143-	<i>Dalbergia sissoo</i> Roxb.	In or As stimulant, gonorrhoea, leprosy, eruptions, vomiting, cutaneous effections, boils.
144-	<i>Delonix regia</i> Rafin schm,	In or as central nervous system, round worm.
145-	<i>Delphinium denudatum</i> Wall ex.Hook.f.and Thom,	In wounds, tooth ache, astringent.
146-	<i>Dendrobium macraei</i> Lindl.,	In increasing eye sight.
147-	<i>Desmodium gangeticum</i> (L.) D.C.,	In dysentery, asthma, fever.
148-	<i>Dillenia indica</i> Linn.,	In or as tonic, laxative, abdominal pain.
149-	<i>Dioscorea bulbifera</i> Linn.,	In diabetes, earache, cough, cold, piles.
150-	<i>Diospyros montana</i> Roxb.Wight,	In insect bite, swelling, rheumatism.
151-	<i>Dolichos lablab</i> Linn.,	In boil, pimple.
152-	<i>Drimia indica</i> (Roxb.),	In bronchitis, asthma prickly heat, vomiting.
153-	<i>Eclipta prostrata</i> (L.) L.,	In wounds, hair problems, jaundice, ulcer.
154-	<i>Elattaria cardamomum</i> Maton.,	In asthma, piles, burning sensation.
155-	<i>Elephantopus scaber</i> L.,	In acidity, diarrhoea, bronchitis.
156-	<i>Embelia tsjeriam cottam</i> (Roemer and Schultes) A.	In constipation, flatulence, dyspepsia, bronchitis, snake bite, fever.

	DC.	
157-	<i>Entada pursaetha</i> D.C.,	In or as emetic, anthelmintic.
158-	<i>Eriobotrya japonica</i> (Thunb.)Lindley,	In cough, asthma, apoplexy.
159-	<i>Eucalyptus globulus</i> Libill,	In cold, rheumatism, skin diseases, asthma.
160-	<i>Euphorbia hirta</i> Linn.,	In scorpion sting, debility, leprosy, asthma.
161-	<i>Euphorbia hypericifolia</i> Linn.,	In dysentery, diarrhea, menorrhagia, leucorrhoea.
162-	<i>Euphorbia ligularia</i> Roxb.,	In piles, constipation, ear ache, snake bite, toothache.
163-	<i>Euphorbia royleana</i> Boiss.,	In or as anthelmintic, cathartic.
164-	<i>Euphorbia thymifolia</i> Linn.,	In or as laxative, bowel complaints, ringworm.
165-	<i>Euphorbia tirucalli</i> Linn.,	In rheumatism, burn.
166-	<i>Evolvulus alsinoides</i> (L.) Linn.,	In debility, dyspepsia, brain related problem, insanity.
167-	<i>Ferula asafoetida</i> Linn.,	In flatulence, toothache, colic pain, epilepsy, hoarseness, maudlin.
168-	<i>Ficus benghalensis</i> Linn.,	In diabetes, bleeding piles, wound, cough, toothache, cataract, burn, fever, cholera, dentifrice, pimple, goiter, giddiness, urine suppression, unconsciousness, black spots on face.
169-	<i>Ficus hispida</i> Linn.f.,	In cuts, leprosy.
170-	<i>Ficus palmata</i> Forsk.,	In ringworm, pyarrhoea, leprosy, leucoderma.
171-	<i>Ficus racemosa</i> . L.,	In leucorrhoea, pneumonia, cataract, hair problem, epistaxis.
172-	<i>Ficus religiosa</i> Linn.,	In rheumatism, mouth bubbles, wound, headache, vomiting, jaundice, earache, cough, asthma, stomach ache, burns, otorrhoea, fever, hiccup, chilblain.
173-	<i>Foeniculum vulgare</i> (L.) Miller,	In constipation, flatulence, acidity, syphilis, teething of a child, cooling effect.
174-	<i>Fumaria vaillantii</i> (Hauss.K.), Pugsley	In cough, fever, diarrhoea.
175-	<i>Garcinia indica</i> (Thouars)Choisy,	In piles, abdominal disorders.
176-	<i>Gardenia gummifera</i> Linn.f.,	In vomiting, chronic constipation, as appetite.
177-	<i>Gendarussa vulgaris</i> Nees.,	In stomach ache, cough, snake bite.
178-	<i>Garuga pinnata</i> Roxb.,	In cuts.
179-	<i>Gloriosa superba</i> Linn.,	In or As stomachache, tonic, anthelmintic, vomiting, promoting labour pain, also used as abortifacient , chronic ulcer, piles, parasitic skin diseases, neuralgic pain.
180-	<i>Glycyrrhiza glabra</i> Linn.,	In cough, asthma, throat infection, hoarseness, urinary trouble.
181-	<i>Gmelina arborea</i> Roxb.,	In fever, gonorrhoea, dyspepsia, promote secretion of milk in woman.
182-	<i>Gossypium herbaceum</i> Linn.,	In gouty joints, dysentery, cough, pneumonia, diarrhoea, debility, bronchitis, promote secretion of milk in woman.
183-	<i>Grewia optiva</i> J.R.Drummond ex Burret.,	In constipation, easy delivery.
184-	<i>Gymnema sylvestre</i> (Retz.) R.Br. ex. Schult.,	In diabetes, piles.
185-	<i>Hedychium spicatum</i> Buch. Ham ex. J.E.Smith.,	In stomach ache, dyspepsia, veterinary medicine.
186-	<i>Helianthus annuus</i> Linn.,	In cholesterol, heart problem, bronchitis.
187-	<i>Helicteres isora</i> Linn.,	In constipation, bile related problem, diabetes.
188-	<i>Hemidesmus indicus</i> R.Br.	In headache, chronic rheumatism.
189-	<i>Hibiscus rosa sinensis</i> Linn.,	In cough, fever, body pain.

190-	<i>Hiptage benghalensis</i> (Linn.)Kurz.,	In cough, bile related problem.
191-	<i>Holarrhena pubescens</i> (Buch.- Ham.) Walliceh ex G.Don,	In colic pain, stomachic related problem, leucoderma, tonic.
192-	<i>Holoptelea integrifolia</i> (Roxb.) Planch.	In ringworm, scorpion sting, rheumatism.
193-	<i>Homonoia riparia</i> Lour.,	In goiter and skin diseases.
194-	<i>Hordeum vulgare</i> Linn.,	In boil.
195-	<i>Hydrocotyle asiatica</i> Linn.,	In cough, bronchitis.
196-	<i>Hygrophila auriculata</i> (Sch.)Heine,	In rheumatism, urine genital problem.
197-	<i>Hyoscyamus niger</i> Linn.,	In eye diseases, giddiness.
198-	<i>Indigofera tinctoria</i> Linn.,	In dog bite, burns, hair problem, stomachic related problem.
199-	<i>Inula cuspidata</i> (DC.) C.B. Clarke,	In rheumatism, tooth ache, cough, heart diseases, fever.
200-	<i>Ipomoea batatas</i> (Linn.)Lam.,	In fever, general weakness, diabetes.
201-	<i>Ipomoea nil</i> (Linn.)Roth.,	In skin diseases, as purgative, leucoderma.
202-	<i>Jasminum multiflorum</i> (Burm.f.) Andr.	In mouth bubbles, wound, cough, toothache, boil, eye pain.
203-	<i>Juglans regia</i> L.	In cramp, dysentery, toothache.
204-	<i>Juniperus communis</i> Linn.,	In urino-genital tract, gonorrhoea, gleet.
205-	<i>Justicia adhatoda</i> Linn.,	In sciatica, rheumatism, wounds, headache, asthma, fever, tuberculosis, blood purifier, whooping cough, stomach worms, debility, cramp, eye pain, bronchitis.
206-	<i>Kickxia ramosissima</i> (Wall)Jan,	In skin inflammations, spleen enlargement, leprosy, jaundice.
207-	<i>Lactuca sativa</i> Linn.,	In insomnia, cough, dropsy, asthma, gout diuretic.
208-	<i>Lagenaria siceraria</i> (Molina)Standlay,	In heart related problem, good source of vit. B, purgative, acne.
209-	<i>Lannea coromandelica</i> (Houtt.)Merr.,	In wound.
210-	<i>Lantana indica</i> Roxb.,	In dysentery, fever, diarrhoea, flatulence, snake bite.
211-	<i>Laportea interrupta</i> (L.)Chew.Gandich.,	In violent sneezing, sleeplessness, fever, swelling, chronic fever.
212-	<i>Lawsonia inermis</i> Linn.,	In headache, ringworm, leprosy, syphilis, jaundice, burning sensation.
213-	<i>Lens culinaris</i> Medic,	In black spots of face, indolent ulcer, intestinal affections, laxative.
214-	<i>Leucas cephalotes</i> (Roth)Sprengel,	In constipation, toothache, jaundice, cough, fever, skin diseases, paralysis.
215-	<i>Linum usitatissimum</i> Linn.,	In flatulence, rheumatism, swelling, irritation.
216-	<i>Litchi chinensis</i> Lam.,	In insect bite, heart related problems.
217-	<i>Litsea glutinosa</i> (Laur.) C.B. Robin.,	In bone fracture, cancer, diarrhea, dysentery, rheumatism, sprains.
218-	<i>Luffa acutangula</i> (L.) Roxb.,	In insect bite, anaemia, jaundice, piles, bowel complaints, cough.
219-	<i>Luffa cylindrica</i> Linn.M.Roemer,	In or as purgative, lactagogue, skin affections, carminative.
220-	<i>Lycium barbarum</i> Linn.,	In cough.
221-	<i>Lycopersicon lycopersicum</i> (L.) Karsten,	In black spots of face, beri-beri, cough, chest and skin eruptions.
222-	<i>Macrotyloma uniflorum</i> (Lam.) Verdc.,	In stone problem, as tonic, leucorrhoea, menstrual disorder, gout, nervous debility.

223-	<i>Madhuca indica</i> (Koenig) Mac Bride.,	In asthma, tuberculosis, debility, tonic, sprain, rheumatism.
224-	<i>Mallotus philippinensis</i> (Lam.) Muell. Arg.	In piles, dysentery, constipation, colic pain, baldness, stomach worms, fever.
225-	<i>Mangifera indica</i> Linn.,	In piles, dysentery, vomiting, earache, cough, dentifrice, hair problem, debility, bile related problem, apepsy, sunstroke.
226-	<i>Mariscus squarrosus</i> (L.)C.B.Clarke.,	In or as carminative, urinary suppuration, diaphoretic.
227-	<i>Melia azedarach</i> Linn.,	In sciatica, headache, flatulence, jaundice, debility, dyspepsia, leprosy, scrofula, fever.
228-	<i>Mentha longifolia</i> (L.)Hudson,	In dysentery, headache, vomiting, flatulence, ringworm, pneumonia, cuts, colic pain, malaria, cholera, diarrhea, stomach worms, external allergy, maudlin, haemorrhage.
229-	<i>Mentha piperita</i> Linn.,	In vomiting nausea, flatulence.
230-	<i>Mesua ferrea</i> Linn.,	In rheumatic joints, bleeding piles, dysentery, cough, external allergy, bile related problem, women diseases.
231-	<i>Michelia champaca</i> Linn.,	In rheumatism, leucorrhoea, constipation, fever.
232-	<i>Mimosa pudica</i> Linn.,	In diarrhoea, ulcer, leprosy, kidney stone, sores, piles.
233-	<i>Mimusops elengi</i> Linn.,	In dysentery, dentifrice, tonsil, increase fertility in women, headache.
234-	<i>Momordica charantia</i> Linn.,	In diabetes, dysentery, cough, fever, rheumatism.
235-	<i>Momordica cochinchinensis</i> (Lour.),	In flatulence, fever, stomachic related problem, leprosy.
236-	<i>Momordica dioica</i> Roxb.,	In snake bite.
237-	<i>Moringa oleifera</i> Lam.,	In rheumatic joints, gouty, wound, earache, boil, throat infection, goitre.
238-	<i>Morus alba</i> Linn.,	In mouth bubbles, throat infection, dyspepsia, sore throat.
239-	<i>Mucuna pruriens</i> (L.) D.C.	In joint pain, rheumatism, arthritis, flatulence, tuberculosis.
240-	<i>Murraya koenigii</i> (Linn.)Spreng,	In dysentery, diarrhoea, piles, poisonous bites.
241-	<i>Musa paradisiaca</i> Linn.,	In dysentery, wound, acidity, leucorrhoea, burn, baldness, bone fracture, stomachic related problem, epistaxis, bile related problem.
242-	<i>Myrica esculenta</i> Buch-Ham.ex.D.Don,	In piles, wound, earache, cough, toothache, asthma, cholera, throat infection, bone fracture, ulcer, naval dislocation.
244-	<i>Myristica fragrans</i> Houtt.	In rheumatism, headache, cramp, ear swelling, increase eyesight.
245-	<i>Naringi crenulata</i> (Roxb.)Nicolson,	In earache, dog bite.
246-	<i>Nelumbo nucifera</i> Gaerter,	In dysentery, bile related problem, tonic, piles, cold, cough, menorrhagia.
247-	<i>Nerium oleander</i> Linn.,	In rheumatism, headache, ringworm, colic pain, dentifrice, hair diseases.
248-	<i>Nicotiana tabacum</i> Linn.,	In epilepsy, scabies, flatulence, skin diseases, asthma.
249-	<i>Nigella sativa</i> Linn.,	In fever, ringworm, galactagogue.
250-	<i>Nyctanthes arbor-tristis</i> Linn.,	In fever, rheumatism, intestinal worms, laxative.
251-	<i>Ocimum basilicum</i> Linn.,	In scorpion bite, stomach worms, skin diseases.
252-	<i>Ocimum gratissimum</i> Linn.,	In earache, cancer, gonorrhoea, dysentery, bowel complaints of children.
253-	<i>Ocimum tenuiflorum</i> Linn.,	In gout, constipation, vomiting, flatulence, jaundice, earache, ringworm, snake bite, cough, toothache, asthma, apepsy, colic pain, fever, scorpion sting, malaria, stone problem, stomach worms, cold, insect bite, bowel complaints, liver problem, urine

		suppression, stress, hiccup, teething of a child, rib pain, small-pox, ear swelling, cholesterol.
254-	<i>Olea ferruginea</i> Royle.,	In rheumatic pain, diabetes.
255-	<i>Operculina turpethum</i> (Linn) Silva Manso.	In rheumatism, gout, dysentery, constipation, cough, fever, paralysis, leprosy, dropsy, stomachic related problem.
256-	<i>Opuntia elatior</i> Miller.,	In cough, inflammation, ophthalmia.
257-	<i>Oroxylum indicum</i> Vent.,	In acute rheumatism, otorrhoea, earache.
258-	<i>Oryza sativa</i> Linn.,	In dyspepsia, ulcer, small pox, bowel complaints, diarrhoea.
259-	<i>Ophiorrhiza mungos</i> Linn.,	In snake bite, cancer, ulcer.
260-	<i>Orchis latifolia</i> Linn.,	In syphilis, anthelmintic, diuretic.
261-	<i>Oxalis corniculata</i> Linn.,	In anaemia, dysentery, antiseptic, dyspepsia, vermifuge.
262-	<i>Paeonia emodi</i> Wallich ex Royle,	In urinary suppuration, wounds, hemorrhoids.
263-	<i>Panicum antidotale</i> Retz.,	In otorrhoea, bone fracture, epistaxis.
264-	<i>Papaver dubium</i> Linn.,	In diarrhoea, dysentery, headache.
265-	<i>Papaver somniferum</i> Linn.,	In conjunctivitis, swelling of hand and feet, ringworm.
266-	<i>Parthenium hysterophorus</i> Linn.,	In dysentery, hair diseases, analgastric.
267-	<i>Pavonia zeylanica</i> (L.)Cav.,	In anthelmintic, febrifuge.
268-	<i>Peganum harmala</i> Linn.,	In eye disorders, rheumatism, lactagogue.
269-	<i>Pennisetum typhoides</i> (Burm.f.)Stapf and Hubbard,	In dog bite.
270-	<i>Phaseolus lunatus</i> Linn.S.,	In stomachache, astringent, diet in fever.
271-	<i>Phoenix dactylifera</i> Linn.,	In blood related problem, diarrhoea, expectorant.
272-	<i>Phoenix humilis</i> Royle.,	In blood related problem, nervous system problem.
273-	<i>Phyllanthus amarus</i> Schumacher and Thonning,	In jaundice, leucorrhoea, gonorrhoea, dysentery, stomach swelling.
274-	<i>Phyllanthus emblica</i> Linn.,	In knee pain, piles, constipation, wound, flatulence, pyarrhoea, cough, burn, stomachic related problem, cold, eye pain, stammering, babbling, epistaxis, heart related problem.
275-	<i>Picrorhiza kurrooa</i> Linn,	In colic pain, stomach worms, tonic.
276-	<i>Pinus longifolia</i> Roxb.,	In fever, urinary trouble, dropsy.
277-	<i>Pinus roxburghii</i> Sargent,	In boil, rheumatism, cough, flatulence, skin diseases.
278-	<i>Piper betle</i> Linn.,	In constipation, headache, throat infection, promote secretion of milk in woman.
279-	<i>Piper cubeba</i> Linn.,	In headache, cough, influenza, gonorrhoea, antiseptic.
280-	<i>Piper longum</i> Linn.,	In headache, flatulence, stomachic related problem, dyspepsia, insomnia, spleen disease.
281-	<i>Piper nigrum</i> Linn.,	In headache, migraine, cough, colic pain, malaria, stomach worms, pimple, eye sty, increase eye sight.
282-	<i>Piper retrofractum</i> Vahl.,	In asthma, bronchitis, fever, carminative.
283-	<i>Prunus persica</i> Batsch.,	In animal diseases.
284-	<i>Psidium guajava</i> Linn.,	In diabetes, constipation, migraine, cough, toothache, colic pain, maudlin.
285-	<i>khinjuk Pistacia</i> Stocks.,	In cough, dysentery, diarrhoea, dyspepsia.
286-	<i>Pithecellobium dulce</i> (Roxb.)Benth.,	In anthelmintic, abortifacient, astringent.
287-	<i>Plantago ovata</i> Forssk.,	In mouth diseases, cough.
288-	<i>Pluchea lanceolata</i> (DC.) CB Clarke.,	In rheumatism, flatulence, cough, asthma, colic pain, fever, swelling of hand and feet.
289-	<i>Plumbago zeylanica</i> Linn.	In rheumatic joint, flatulence, cancer, leprosy.
290-	<i>Poa annua</i> Linn.,	In skin diseases, diabetes.
291-	<i>c</i> (L) Pierre,	In rheumatic pain, piles, cough, gonorrhoea, ulcer, leprosy.

292-	<i>Portulaca oleracea</i> Linn.,	In prickly heat, kidney and lungs diseases.
293-	<i>Premna integrifolia</i> Mucronate Linn.,	In cough, as blood purifier, eye diseases, aromatic.
294-	<i>Prunus amygdalus</i> Batsch.,	In peptic ulcers, skin eruptions, irritable sores.
295-	<i>Prunus mahaleb</i> Linn.,	In black spots of face.
296-	<i>Prunus puddum</i> Roxb.ex Wall.,	In heart related problem, as a tonic.
297-	<i>Pterocarpus marsupium</i> Roxb.,	In diarrhoea, pyrosis, toothache, skin diseases, dysentery.
298-	<i>Pterocarpus santalinus</i> L.f.,	In black spots of face, pimples, fever, chronic malaria.
299-	<i>Pterospermum acerifolium</i> Willd.,	In mouth bubbles, headache.
300-	<i>Pueraria tuberosa</i> (Roxb. ex. Willd.) DC.	In cough, promote secretion of milk in woman, rheumatism, malarial fever.
301-	<i>Punica granatum</i> Linn.,	In headache, cough, cataract, burns, dentifrice, stomach worm, ophthalmia, leprosy, epistaxis, heart related problem, tremor.
302-	<i>Pyrus communis</i> Linn.,	In whooping cough.
303-	<i>Pyrus malus</i> Linn.,	In diarrhoea, dyspepsia, fruits are heart tonic.
304-	<i>Quercus infectoria</i> Oliv.,	In piles, dysentery, diarrhea, gargle.
305-	<i>Randia dumetorum</i> Lam.,	In diarrhoea, dysentery, bruises, leprosy, anthelmintic.
306-	<i>Raphanus sativus</i> Linn.,	In jaundice, earache, cough, scorpion sting, stone problem, itching, insect bite, brain related problem.
307-	<i>Rauvolfia serpentina</i> (L.) Benth.ex.kurz,	In piles, high blood pressure, gastric ulcer.
308-	<i>Rheum emodi</i> Wall.ex Meissn.,	In rheumatism.
309-	<i>Rhododendron arboreum</i> Sm.,	In or as a tonic.
310-	<i>Ricinus communis</i> Linn.,	In arthritis, knee pain, rheumatic swelling, wounds, headache, eczema, burn, boil, stomach worms, black spots of face.
311-	<i>Rosa alba</i> Linn.,	In cataract, ophthalmia, eye pain, bowel complaints, brain related problem, syphilis, cooling effect.
312-	<i>Rubia cordifolia</i> (Roxb.) Miq.,	In wound, eye pain.
313-	<i>Rumex hastatus</i> D.Don.,	In wounds.
314-	<i>Saccharum officinarum</i> Linn.,	In jaundice, cough, increase eye sight.
315-	<i>Salvia plebeia</i> R.Br.,	In diarrhoea, gonorrhoea, menorrhagia, tuberculosis.
316-	<i>Santalum album</i> Linn.,	In headache, ringworm, fever, hidden injury.
317-	<i>Sapindus mukorossi</i> Gaertn.,	In dysentery, headache, paralysis, black spots of face.
318-	<i>Saraca asoca</i> (Roxb.) DeWilde,	In dyspepsia, blood related problem, control abortion, haemorrhage.
319-	<i>Sauromatum pedatum</i> (Willd)Schott,	In condiment, stimulating.
320-	<i>Saussurea lappa</i> C.B.Clark.	In rheumatism, headache, asthma, colic pain, cholera, ulcer, swelling of hand and feet, heart related problem, obesity, sprain.
321-	<i>Scindapsus officinalis</i> (Roxb)Schott,	In rheumatism, stimulant, anthelmintic.
322-	<i>Schleichera oleosa</i> (Lour)Oken.,	In dysentery, measles, ulcer.
323-	<i>Semecarpus anacardium</i> Linn.f.,	In piles, syphilis, procuring abortion, nervous debility.
324-	<i>Sesamum orientale</i> Linn.,	In bleeding piles, burn, dentifrice, gonorrhoea, polyuria, ear worms.

325-	<i>Sesbania grandiflora</i> (Linn.)Pers.,	In cough, bile related problem.
326-	<i>Shorea robusta</i> Roxb.ex.Gaertner f.,	In dysentery, diarrhoea, bleeding piles, wound healer.
327-	<i>Sida acuta</i> Burm.f.,	In debility, ophthalmia.
328-	<i>Sida cordata</i> (Burm.f.)Borssum,	In debility.
329-	<i>Sida rhombifolia</i> Linn.,	In debility.
330-	<i>Sida spinosa</i> Linn.,	In wounds.
331-	<i>Sisymbrium thalianum</i> (J.)Gray.,	In debility, asthma, wound, rheumatism, fever.
332-	<i>Smilax aspera</i> Linn.,	In rheumatism, gout, lumbago, headache, epilepsy, swelling of hand and feet, polyuria.
333-	<i>Solanum anguivi</i> Lam.,	In cough, rheumatism, fever, skin diseases.
334-	<i>Solanum khasianum</i> C.B.Clarke.,	In fever.
335-	<i>Solanum melongena</i> Linn.,	In earworms, toothache, cholera, asthma.
336-	<i>Solanum nigrum</i> Linn.,	In piles, dysentery, stomachic related problem.
337-	<i>Solanum surattense</i> Burm.f.,	In cough, asthma, fever, dropsy, sore throat.
338-	<i>Solanum tuberosum</i> Linn.,	In burns, chronic cough, burning sensation.
339-	<i>Sphaeranthus senegalensis</i> D.C.,Prodr.	In piles, migraine, blood purifier, stomachic related problem.
340-	<i>Spinacia oleracea</i> Linn.,	In constipation, ringworm, boil, itching, leprosy.
341-	<i>Stephania elegans</i> Hook.f. and Thomson,	In tuberculosis, asthma, dysentery, fever.
342-	<i>Stereospermum colais</i> Mabber.,	In hiccup.
343-	<i>Streblus asper</i> Lour.	In eczema, crack heal, fever, diarrhoea, ulcer.
344-	<i>Strychnos nux-vomica</i> Linn.,	In rheumatism, lumbago, cough, constipation, asthma.
345-	<i>Strychnos potatorum</i> Linn.f.,	In colic pain, conjunctivitis, increase eyesight.
346-	<i>Styrax benzoin</i> Dryand.,	In cough, pain, cold, pregnancy cases, ulcer, antiseptic.
347-	<i>Symplocos racemosa</i> Roxb.,	In dysentery, pyarrhoea, boil, diarrhoea, blood related problem.
348-	<i>Syzygium aromaticum</i> (L) Merrill and perry	In rheumatic pain, lumbago, headache, toothache, throat infection, cold, influenza.
349-	<i>Syzygium cumini</i> (Linn.) Skeels.	In diabetes, dysentery, vomiting, leucorrhoea, pyarrhoea, cataract, burn, otorrhoea, dentifrice, diarrhoea, stomachic related problem, liver problem, polyuria, problem of nervous system, naval dislocation.
350-	<i>Swertia chirayita</i> (Roxb. ex Fleming.)	In eczema, boil, stomach worms, tonic, malarial fever.
351-	<i>Tagetes erecta</i> Linn.,	In diabetes, earache, ringworm, stone problem, influenza, liver problem.
352-	<i>Tamarindus indica</i> Linn.,	In headache, acidity, ringworm, burns, scorpion bite, itching, eye sty, heart related problem, bile related problem, maudlin.
353-	<i>Taxus baccata</i> L.,	In skin diseases, leprosy, haemorrhage.
354-	<i>Tectona grandis</i> Linn.,	In headache.
355-	<i>Tephrosia purpurea</i> (Linn.)Pers.,	In bleeding piles, gonorrhoea, dyspepsia, leprosy, swelling of hand and feet.
356-	<i>Terminalia arjuna</i> (Roxb. ex DC.) Wight and Arn.	In leucorrhoea, bone fracture, heart related problem.
357-	<i>Terminalia bellirica</i> (Gaertner) Roxb.,	In cough, asthma, throat infection, piles, diarrhoea, leprosy, headache.

358-	<i>Terminalia chebula</i> Retz.,	In bleeding piles, dysentery, constipation, mouth bubbles, headache, acidity, asthma, throat infection, stone problem, pimple, cancer, eye pain, hoarseness, tremor.
359-	<i>Terminalia tomentosa</i> W & A.,	In cholera.
360-	<i>Thalictrum foliolosum</i> DC.,	In dyspepsia, purgative, ophthalmia.
361-	<i>Thespesia populnea</i> (L.)Soland.ex.Correa.,	In skin diseases, malaria, as purgative.
362-	<i>Thuja orientalis</i> L.,	In or as tonic, diuretic, expectorant.
363-	<i>Tinospora cordifolia</i> (Willd) Hook.f. and Thomson,	In fever, rheumatism, gonorrhoea, cough, malaria, stomachic related problem, debility, appetizer, cooling effect.
364-	<i>Tinospora malabarica</i> (Lam.)Miers,	In earache.
365-	<i>Toddalia asiatica</i> (Linn.)Lam.,	In debility, insect bite, as a tonic.
366-	<i>Trachyspermum ammi</i> (Linn.) Sprag,	In rheumatic joints, constipation, asthma, malaria, cholera, diarrhoea, stomachic related problem, stomach worms, bronchitis, external allergy, unconsciousness.
367-	<i>Trapa natans</i> L.,	In ringworm, diarrhoea, general debility, leucorrhoea.
368-	<i>Tribulus terrestris</i> Linn.,	In urinary disorders, cough, heart diseases, as tonic.
369-	<i>Trichosanthes dioica</i> Roxb.,	In constipation, acidity, cough, bile related problem.
370-	<i>Trichosanthes tricuspidata</i> Lour.,	In constipation, boil, hair problem, stomachic related problem, stomach worms, pimples, abdominal viscera.
371-	<i>Trigonella foenum-graecum</i> Linn.,	In rheumatism, arthritis, asthma, fever, stomach worms, cold, bowel complaints, heart related problem, polyuria.
372-	<i>Triticum aestivum</i> Linn.,	In diabetes, acidity, cancer, as tonic.
373-	<i>Urena lobata</i> Linn.,	In piles, ringworm, itching, deafness.
374-	<i>Urtica dioica</i> Linn.,	In polyuria.
375-	<i>Valeriana hardwickii</i> Wall.,	In fever, brain related problem.
376-	<i>Vetiveria jatamansii</i> Jones.,	In stress, dysentery, dyspepsia, ringworm, vomiting.
377-	<i>Vervascum Thapsus</i> Linn.,	In bronchitis, asthma.
378-	<i>Vernonia anthelmintica</i> (Willd.)	In dyspepsia, flatulence, cough, ringworm, leprosy.
379-	<i>Vetiveria zizanioides</i> (Linn.) Nash,	In dysentery, flatulence, colic pain, lumbago, sprains.
380-	<i>Vigna mungo</i> (Linn.) Hepper ,	In paralysis, piles, dysentery, diarrhoea, urinary complaints.
381-	<i>Vigna radiata</i> (Linn.) Wilczek	In boil, beri-beri, leprosy.
382-	<i>Viola canescens</i> Wall,	In fever, influenza, hoarseness.
383-	<i>Vitex negundo</i> Linn.,	In rheumatism, headache, colic pain, dyspepsia, palate disease, ear worms, joint pain, swelling of hand and feet.
384-	<i>Vitis vinifera</i> Linn.,	In asthma, gonorrhoea, influenza, low blood pressure, more sweating.
385-	<i>Withania somnifera</i> (L.) Dunal,	In stress, as a tonic, ulcer, rheumatism, tuberculosis.
386-	<i>Woodfordia fruticosa</i> (L.) Kurz.	In dysentery, ulcer, diarrhoea, ulcer, bowel complaints.
387-	<i>Wrightia arborea</i> (Denn)Mabb,	In dysentery, toothache, fever, burning sensation.
388-	<i>Xanthium indicum</i> Koenig,	In asthma, hair problem, gonorrhoea, heart related problem,

		polyuria.
389-	<i>Zanthoxylum armatum</i> DC.,	In toothache, dentifrice, fever, scabies.
390-	<i>Zeymays</i> Linn.	In rheumatism, diabetes, heart diseases.
391-	<i>Zingiber officinale</i> Roscoe.,	In rheumatism, dysentery, headache, flatulence, earache, toothache, colic pain, cold, hoarseness, hiccup, appetizer.
392-	<i>Ziziphus jujuba</i> (L.)Gaertner,	In tuberculosis, debility.
393-	<i>Ziziphus nummularia</i> (Burm.f.)Wight and Arn.,	In diarrhoea.

4. Conclusion

The present research paper is an attempt to enlist 393 plant species described by local peoples including- Boxas, Gujjars, Ayurvedic practitioners, herbal vendors, Vaidyas used for different diseases.

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