



Indigenous Medicinal Plants of Northeast India in Human Health: Literary Note

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ABSTRACT

Objective: This study was conducted to prepare records of medicinal plants used in various traditional practices in North-east India for the management of different diseases.

Introduction: Northeastern region comprises the states of Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Tripura, and Sikkim. Topography of the region which is the prime source of diversity of flora and fauna covering the part of natural medicine is from tropical, subtropical, temperate, and alpine regions of vegetation distribution. This topography reflects the occurrence of diverse types of medicinal plants suitable for different climatic conditions. The study deals with the medicinal plants used in the management of various prevalent diseases in Northeast India by the use of locally available herbs.

Outcome: Medicinal plants distributed in the different climatic zones of Northeast are *Aconitum heterophyllum*, *Acer palmatum*, *Adiantum capillus veneris*, *A. lunulatum*, *Aquilaria malaccensis*, *Bacopa monnieri*, *Berberis aristata*, *B. wallichiana*, *Bergenia ciliata*, *Curcuma caesia*, *C. zedoaria*, *Crateva nurvela*, *Cordyceps sinensis*, *Embelia ribes*, *Emblia officinalis*, *Gentiana kurroo*, *Gmelina arborea*, *Gynocardia odorata*, *Hydnocarpus kurzii*, *Nardostachys jatamansi*, *Panax pseudoginseng*, *Paris polyphylla*, *Picrorhiza kurroo*, *Rauvolfia serpentina*, *Rubia manjith*, *Saraca asoca*, *Solanum nigrum*, *Taxus wallichiana*, *Terminalia arjuna*, *T. bellerica*, *T. chebula*, *T. citrina*, *Valeriana jatamansi*, *Zanthoxylum armatum*, *Z. rhetsa*, *Zingiber zerumbet*, *Z. officinale*, etc.

Conclusion: The commercial cultivation, systemic collection for trade is the mode through which local inhabitants may earn money for moving toward prosperity.

Keywords: Cultivation, Medicinal plants, *Rubia manjith*, *Zanthoxylum armatum*.

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INTRODUCTION

Medicinal plants are in use for human health management since ages and still today it is serving the purpose with stability through scientific validity, i.e., with the help of modern science efficacy of the plant drug occurrence and quantitative estimation of active principles, alkaloids, terpenoids, phenolics, etc., as per the requirement for management of diseases. Accordingly, it has created the platform for exploration and identification of medicinal plants in different climatic zones, area, districts, and at state level. During exploration in different Northeastern states, it was observed that medicinal plants are categorized in the form belonging to established systems of medicines like Ayurveda, Unani, Siddha, Homoeopathy, and modern medicines, and secondly, the plants used by local traditional healers provide health services by obtaining locally available herbs from nature. Based on various survey and identification of medicinal plants, a number of publications have been made by the researchers.¹⁻¹⁷ Antimalarial plants and plants used in the cure of jaundice have already been described. Among these diseases, jaundice, malaria, and fever include maximum number of plant species, which have been described.^{15,16} Authors have also made extensive exploration of medicinal plants in different Northeastern states and documented information on medicinal plants used in the management of various ailments in human body. Accordingly, the paper deals with the medicinal plants used in the management of about 100 body disorders. The details of plants with vernacular names and method of use in brief are described in Table 1.

Most of the plants are used in compound formulation by including three or more, up to 20, ingredients whereas few like *Acorus calamus*, *Berberis aristata*, *Centella asiatica*, *Cinnamomum tamala*, *C. zeylanica*, *Coptis teeta*, *Emblia officinalis*

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Table 1: Medicinal plants used in cure of various body disorders

Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used
1	Anemia	<i>Phyllanthus urinaria</i> L. S.	Bhumyamalaki	Plant (decoction)
2	Asthma	<i>Alstonia scholaris</i> R. Br. <i>Artemisia vulgaris</i> L. <i>Bacopa monnieri</i> (L.) Penn <i>Calotropis gigantea</i> (L.) R. Br. ex Ait. <i>Cassia alata</i> L. <i>Curcuma caesia</i> Roxb. <i>C. zedoeria</i> (Christ.) Rosc. <i>Dicranopteris linearis</i> Burm. <i>Myrica esculenta</i> Buch. D. Don. <i>Papaver somnifera</i> L. <i>Phyllanthus amarus</i> Schum. and Th. <i>P. urinaria</i> L. <i>Rorippa indica</i> L. <i>Solanum viarum</i> Dunal <i>Stephania japonica</i> (Thunb.) <i>Trichosanthes tricuspidata</i> (Lour.) Voight	Saptaparna Nagadamani Nira-brahmi Arka Dadmardan Narkachura Kachura Katphala Ahiphena Bhumyamalaki Tamar Valli Hiern Khasianum Rajpatha/Vanatiktika Mahakala	Whole plant Leaf, flowering buds Whole plant Powdered flower Leaf (decoction) Rhizome Rhizome Rhizome Bark, fruit Fruit Whole plant Whole plant Seed Fruit Root Root, fruit
3	Arthritis	<i>Piper longum</i> L. <i>Saussurea lappa</i> C.B. Clark. <i>Vitex negundo</i> (L.)	Pippali Kuth Nirgundi	Fruit Seed Leaf
4	Analgesic	<i>Cannabis sativa</i> L.	Ganjika	
5	Abscesses	<i>Cissus repens</i> Lam. <i>Desmodium triflorum</i> (L.) D.C. <i>Potentilla sundaica</i> (Bl.) Okbze	Puraini Kudaliya Vajradanti	Stem (juice) Root Fresh leaf
6	Abortifacient	<i>Buddleja asiatica</i> Lour.	Ointapin	Root
7	Acute boils	<i>Catunaregam spinosa</i> (Thunb.) Tenub <i>Cissus repens</i> Lam. <i>Kalanchoe pinnata</i> (Lamk.) Pers <i>Mirabilis jalapa</i> L. <i>Punica granatum</i> L. <i>Ricinus communis</i> L.	Madana Puraini Patharchura Krishnakeli Dadima Eranda	Fruit pulp Stem Leaf applied Leaf applied Bark Leaf (application)
8	Amenorrhea	<i>Chenopodium ambrosioides</i> L.	Mexican tea	Plant, seed
9	Antifertile	<i>Drymaria diandra</i> Blume.	Kadokara	Plant (juice)
10	Antiperiodic	<i>Tinospora cordifolia</i> (Willd.) Miers <i>Toddalia asiatica</i> (L.) Lamk.	Guduchi Kanchana	Stem part Root bark
11	Aphrodisiac	<i>Hibiscus abelmoschus</i> L. <i>Heracleum lanatum</i> Michx. <i>Mirabilis jalapa</i> L. <i>Rumex maritimus</i> L. <i>Sida acuta</i> Burm. f. <i>Sida cordifolia</i> (Burm. f.) Boesum <i>S. rhombifolia</i> L. <i>Tinospora cordifolia</i> (Willd.) Miers	Latakasturi Chem-mem Krishnakeli Jungli Palak Bala Bala Bala Guduchi	Seed Seed, whole plant Root Seed Root Root Root Stem
12	Bone fracture	<i>Acronychia pedunculata</i> (L.) Miq.	Laojan	Whole plant
13	Bronchitis	<i>Cassia alata</i> L. <i>Phyllanthus urinaria</i> L. <i>Symplocos racemosa</i> Roxb.	Dadmardan Tamar Valli Lodhra	Leaf (decoction) Whole plant Stem, bark
14	Blood disorder	<i>Amaranthus spinosus</i> L. <i>Citrus reticulata</i> Blanco <i>Cryptolepis buchanani</i> Roem. and Schult <i>Diospyros kaki</i> L. f. <i>Hedyotis corymbosa</i> (L.) Lamk. <i>Hedyotis scandens</i> Roxb. ex D. Don. <i>Lobelia nicotianifolia</i> Heyne <i>Rungia pectinata</i> (L.) Nees	Tenduliya Airavata Karanta Shimbi Parpata Shimbi Devanala Pindi	Whole plant Fruit (juice) Whole plant (decoction) Roasted seed Leaf, shoot Root (decoction) Leaf Whole plant

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Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used
		<i>Sida acuta</i> Burm. f.	Bala	Root
		<i>Sida cordifolia</i> (Burm. f.) Boesum	Bala	Root
		<i>S. rhombifolia</i> L.	Bala	Root
		<i>Zizyphus mauritiana</i> Lamk.	Badari	Fruit
15	Blood pressure	<i>Elaeocarpus sphericus</i> (Gaertn) Sch.	Rudraksha	Leaf, seeds
		<i>Rauvolfia tetraphylla</i> L.	Sarpagandha Bhed	Root
16	Burning	<i>Lobelia nicotianifolia</i> Heyne	Devanala	Leaf
		<i>Rumex maritimus</i> L.	Jungli Palak	Leaf applied
		<i>Solanum verbascifolium</i> L.	Vidari	Dried plant (warm water)
		<i>Vernonia albicans</i> DC	Sahadevi	Whole plant
		<i>Zanthoxylum acanthopodium</i> DC.	Tumbru Bheda	Plants
17	Chronic dyspepsia	<i>Acorus calamus</i> L.	Vacha, Bhadra	Rhizome
18	Cough	<i>Adiantum capillus-veneris</i> L.	Hansraj	Whole plant
		<i>Albizia macrophylla</i> L.	Siris Bheda	Stem bark
		<i>Amomum subulatum</i> Roxb.	Sthul ela (Brihatlela)	Fruit
		<i>Bambusa arundinacea</i> (Retz.) Willd.	Vams	Exudate from the hollow trunk
		<i>Barleria cristata</i> L.	Hemtacho	Root, leaf
		<i>Barleria prionitis</i> L.	Hemtacho	Root, leaf
		<i>Barleria strigosa</i> L.	Hemtacho	Root, leaf
		<i>Caesalpinia crista</i> L.	Lata Karanja	Seed
		<i>Calotropis gigantea</i> (L.) R. Br. ex Ait.	Arka	Powdered flower
		<i>Cassia occidentalis</i> L.	Kasmarda	Whole plant
		<i>Cinnamomum tamala</i> Nees and Eb.	Tamalaka	Leaf, root bark
		<i>Cissampelos pareira</i> L.	Ambastha	Root
		<i>Coptis teeta</i> Wall.	Mishmi Teeta	Root
		<i>Curcuma aromatica</i> Salisb	Sugandh Haldi	Rhizome
		<i>C. caesia</i> Roxb.	Narkachura	Rhizome
		<i>C. zedoeria</i> (Christ.) Rosc.	Kachura	Rhizome
		<i>Dichrocephala integrifolia</i> Kuntze		Tender shoot
		<i>Drynaria quercifolia</i> (L.) J. Smith	Asvakatri	Whole plant
		<i>Embelia ribes</i> Burm. f.	Vidanga	Root
		<i>Euphorbia hirta</i> L.	Pusitola	Plant (juice)
		<i>Ficus hispida</i> L.	Kokadumbara	Fresh fruit (juice)
		<i>Hibiscus rosa-sinensis</i> L.	Japa	Root
		<i>Illicium griffithii</i> Hook. f. Thomson	Lissi	Fruit (juice)
		<i>Kaempferia angustifolia</i> Rosc.	Chandramulika	Rhizome (powder mixed with honey)
		<i>Lycopodium cernuum</i> L.	Nagbeli	Plant (decoction)
		<i>Mesua ferrea</i> L.	Nagakeshara	Flowers, stamens
		<i>Morus alba</i> L.	Tula/Tuda	Fruit
		<i>Myrica esculenta</i> Buch. D. Don.	Katphala	Bark
		<i>Pandanus fascicularis</i> Lamk.	Ketaki	Fruit
		<i>Pericampylus glaucus</i> (Lam.) Merrill	Barakkanta	Root
		<i>Phlogacanthus thyrsoiflorus</i> Nees	Chuhai/Titavasa	Leaf/plant
		<i>Piper longum</i> L.	Pippali	Fruit
		<i>Piper nigrum</i> L.	Maricha	Fruit
		<i>Podophyllum hexandrum</i> Royle	Bankakri	Fruit
		<i>Solanum viarum</i> Dunal	Kanta beri	Fruit
		<i>Symplocos racemosa</i> Roxb.	Lodhra	Stem bark
		<i>Taxus wallichiana</i> L.	Talisa Patra	Leaf
		<i>Terminalia chebula</i> Retz.	Haritaki	Fruit
		<i>Vernonia albicans</i> DC.	Sahadevi	Whole plant
		<i>Viola pilosa</i> Bl.	Vanafsha	Whole plant
		<i>Vitex negundo</i> (L.) Hopper		Leaf

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Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used		
19	Cholera	<i>Alstonia scholaris</i> R. Br.	Sapta parna	Stem bark		
		<i>Chenopodium ambrosioides</i> L.	Mexican tea	Plant, seed		
		<i>Trichosanthes anguina</i> L.	Swetrajai, Chichinda	Fruit		
20	Cancer	<i>Podophyllum hexandrum</i> Royle	Bankakri	Fruit		
		<i>Taxus wallichiana</i> L.	Talisa Patra	Rich source of taxol		
21	Cardiac disorder	<i>Citrus maxima</i> (Burm.) Merrill.	Madhukarkati	Fruit		
		<i>Lagerstromia parviflora</i> Roxb.	Arjuna pratinidhi	Stem bark		
		<i>Terminalia arjuna</i> (Roxb. ex DC.) W and A.	Arjuna	Stem bark		
22	Conjunctivitis	<i>Tamarindus indicus</i> L.	Chincha	Extract of tender leaf		
23	Dropsy	<i>Cissampelos pareira</i> L.	Ambastha	Roots		
		<i>Punica granatum</i> L.	Dadima	Leaf		
24	Dysentery	<i>Aconitum heterophyllum</i> Wall. ex. Royle	Vatsanabh	Root (tonic)		
		<i>Bambusa arundinacea</i> (Retz.) Willd.	Vams	Exudate from the hollow trunk		
		<i>Butea monosperma</i> (Lam.) Kuntze	Palasha	Seed		
		<i>Calotropis gigantea</i> (L.) R.Br.ex Ait.	Arka	Root bark		
		<i>Cassitha filiformis</i> L.	Akaashavalli	Whole plant		
		<i>Catunaregam spinosa</i> (Thunb.) Tenub	Madana	Stem bark		
		<i>Citrus limon</i> (L.) Burm.	Nimbu	Fruit		
		<i>Desmodium triflorum</i> (L.) DC.	Shalaparni Bhed	Root		
		<i>Dioscorea bulbifera</i> L.	Vaarahi	Tuber		
		<i>Diospyros kaki</i> L. f.	Shimbi	Roasted seeds		
		<i>Euphorbia hirta</i> L.	Pusitola	Plant (juice)		
		<i>Ficus racemosus</i> L.	Udambara	Root		
		<i>Hydrocotyle javanica</i> Thunb.	Mandukaparni Bheda	Leaf		
		<i>Hypodematium crenatum</i> Forsk. Kuhn	Bhutkeshar	Rhizome		
		<i>Leea indica</i> (Burm. f.) Merrill	Karkatajihva	Root		
		<i>L. macrophylla</i> Roxb. ex Hornem.	Hasthi kand	Root		
		<i>Mahonia nepaulensis</i> DC.	Tamen	Berries		
		<i>Mucuna pruriens</i> (L.) DC.	Atmagupta	Seeds		
		<i>Oroxylum indicum</i> Vent.	Shyonaka tree	Root bark (tonic)		
		<i>Oxalis corniculata</i> L.	Amlika	Whole plant		
		<i>O. debilis</i> H.B.K.	Amlika	Whole plant		
		<i>Plantago erosa</i> Wall.	Ashvagol Bhed	Seed		
		<i>Punica granatum</i> L.	Dadima	Fruit		
		<i>Rhododendron arboreum</i> Sm.	Kurbak	Leaf		
		<i>Stephania glandulaefolia</i> Miers	Rotunda	Root		
		25	Diuretic	<i>Achyranthes bidentata</i> Blume	Apamarga	Whole plant
				<i>Agrimonia pilosa</i> Ledeb.	Roiseng	Root, leaf
				<i>Brugmansia suaveolens</i> L.	Dhattura	Dried leaf
				<i>Galium asperiana</i> Wall.		Plant (juice)
				<i>Gnaphalium luteo-album</i> L.	Shutamento	Leaf
<i>Hedyotis corymbosa</i> (L.) Lamk.	Parpata			Whole plant		
<i>Hibiscus esculentus</i> L.	Gandhamula			Immature capsule		
<i>Kaempferia angustifolia</i> Rosc.	Chandramulika			Rhizome		
<i>Lycopodium clavatum</i> L.	Nagbeli			Whole plant		
<i>Mahonia napaulensis</i> DC	Tamen			Berries		
<i>Phyllanthus amarus</i> Schum. and Th.	Bhumyamalaki			Whole plant		
<i>Phyllanthus reticulatus</i> Poir	Krishna kambhoja			Leaf		
<i>Physalis angulata</i> Ham.	Phooligach			Whole plant		
<i>Punica granatum</i> L.	Dadima			Leaf		
<i>Rorippa indica</i> L.	Hiern			Whole plant		
<i>Rungia pectinata</i> (L.) Nees	Pindi	Whole plant				
<i>Saccharum officinarum</i> L.	Ikshu	Stem (juice)				
<i>Sambucus hookeri</i> Rehder	Utikhamal	Whole plant				

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Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used
		<i>Saurauia armata</i> Kurz.	Poparar	Whole plant
		<i>Staurathera grandiflora</i> Benth.	Rotunda	Root
		<i>Stereospermum chelonoides</i> (L.f.) DC.	Patoli	Root (decoction), leaf, flower
		<i>Tinospora cordifolia</i> (Willd.) Miers	Guduchi	Plant (juice)
		<i>Triumfetta rhomboids</i> Jacq.	Jhinhirita	Leaf, flower, fruit
		<i>Urena lobata</i> L.	Vanabheda	Root
26	Diarrhoea	<i>Butea monosperma</i> (Lam.) Kuntze	Palasha	Seed
		<i>Brugmansia suaveolens</i> L.	Dhattura	Root, leaf and seed
		<i>Cissampelos pareira</i> L.	Ambastha	Root
		<i>Coptis teeta</i> Wall.	Mishmi teeta	Root (decoction)
		<i>Datura metel</i> L.	Sadah-dhattura	Root, leaf, seed
		<i>Datura stramonium</i> L.	Dhattura.	Root, leaf, seed
		<i>Embelia ribes</i> Burm. f.	Vidanga	Root
		<i>Emilia sonchifolia</i> (L.) DC.	Shashshruti	Root, leaf (juice)
		<i>Leea indica</i> (Burm. f.) Merrill	Karkatajihva	Root
		<i>Oganum vulgare</i> L.	Van Tulasi	Volatile herb (oil)
		<i>Paederia foetida</i> L.	Prasarani	Leaf (juice)
		<i>Paris polyphylla</i> Sm.	Mithi Vacha	Tuber
		<i>Rhododendron arboreum</i> Sm.	Kurbak	Leaf
		<i>Solanum nigrum</i> L. Medd	Kakamachi	Berries
		<i>Ziziphus mauritiana</i> Lamk.	Badari	Bark
27	Diabetes	<i>Cinnamomum tamala</i> Nees and Eb.	Tamalaka	Leaf, root bark
		<i>Coccinia indica</i> W. and A.	Bimbi	Root, leaf (juice)
		<i>Coptis teeta</i> Wall.	Mamira/Mishmi teeta	Root
		<i>Diospyros kaki</i> L. f.	Shimbi	Roasted seed
		<i>Ficus racemosa</i> L.	Udambara	Root (soup)
		<i>Gentiana kurroo</i> Royle	Keri	Root (tonic)
		<i>Lagerstroemia parviflora</i> Roxb.	Arjuna	Leaf
		<i>Piper nigrum</i> L.	Maricha	Fruit
		<i>Syzygium cumuni</i> (L.) Skeel	Jambu	Fruit
		<i>Tamarindus indicus</i> L.	Amlika	Seed
28	Dyspepsia	<i>Cordia dichotoma</i> Forst.	Lasora	Bark (decoction)
		<i>Drynaria quercifolia</i> (L.) J. Smith	Asvakatri	Whole plant
		<i>Michelia champaca</i> L.	Champaka	Flower, fruit
		<i>Zanthoxylum armatum</i> DC	Tumbru	Bark, seed
29	Dysmenorrhea	<i>Chenopodium ambrosioides</i> L.	Mexican tea	Plant, seed
30	Dysuria	<i>Hibiscus esculentus</i> L.	Gandhamula	Mucilage from capsule
31	Ear ache	<i>Vitex negundo</i> (L.) Hopper	Nirgundi	Leaf
32	Eczema	<i>Jatropha curcas</i> L.	Kanakeranda	Plant (juice)
		<i>Ludwigia octovalvis</i> (Jac.) Raven	Shulavanga	Whole plant
		<i>Lygodium flexuosum</i> Sw.	Kali jhanta	Fresh root
33	Erysipelas	<i>Adiantum lunulatum</i> Burm.	Hansavati	Whole plant
34	Epilepsy	<i>Bacopa monnieri</i> (L.) Penn	Nira-brahmi	Whole plant
		<i>Elaeocarpus ganitrus</i> Roxb.	Rudraksha	Fruit
		<i>Flemingia strobilifera</i> R.Br.	Kushtunthi	Root
		<i>Indigofera drossua</i> Hemilt.	Nili Bheda	Whole plant
		<i>I. tinctoria</i> L.	Nilika	Whole plant
		<i>I. trifoliata</i> L.	Nilika	Whole plant
		<i>Marsilea minuta</i> L.	Sunnisanka	Whole plant
		<i>Trema orientalis</i> Bl.	Jivanti	Whole plant
		<i>Valeriana jatamansi</i> Wall.	Tagara	Root
35	Eye sight weakness	<i>Emblica officinalis</i> Gaertn.	Amlaki	Fruit
		<i>Luffa aegyptiaca</i> (Mill.) L.	Dhamargava	Fruit
		<i>Solanum nigrum</i> L.	Kakamachi	Berries
36	Fistula	<i>Mimosa pudica</i> L.	Lajjalu	Root, leaf

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(Cont'd...)

Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used
37	Fever	<i>Adiantum lunulatum</i> Burm. f.	Hansavati	Whole plant
		<i>Aristolochia indica</i> L.	Ishvari	Root (tonic)
		<i>Bambusa arundinacea</i> (Retz.) Willd.	Vams	Exudate from the hollow trunk
		<i>Callicarpa macrophylla</i> Vahl.	Priyangu	Fruit
		<i>Cassia occidentalis</i> L.	Kasmarda	Whole plant
		<i>Chloranthus officinalis</i> Blume	Barau Barau	Root, leaf
		<i>Citrus reticulata</i> Blanco	Airavata	Fruit (juice)
		<i>Cleome gynandra</i> L.	Surjavarta	Root (decoction)
		<i>Clerodendrum serratum</i> (L.) Moon.	Bharangi	Leaf
		<i>Drynaria quercifolia</i> (L.) J. Smith	Asvakatri	Whole plant
		<i>Exacum tetragonum</i> Roxb.	Ava-chiratta, Kiratatikta	Whole plant
		<i>Gentiana kurroo</i> Royle	Keri	Root (tonic)
		<i>Girardinia heterophylla</i> Decne.	Bichhua	Leaf (decoction)
		<i>G. zeylanica</i> Decne	Bichhua	Leaf (decoction)
		<i>Gouania tiliaefolia</i> Lamk.	Parpata	Leaf (decoction)
		<i>Gynandopsis gynandra</i> (L.) Briq.	Surjavarta	Root (decoction)
		<i>Hedyotis corymbosa</i> (L.) Lamk.	Parpata	Whole plant
		<i>Hibiscus rosa sinensis</i> L.	Japa	Infusion of petal
		<i>Laportea crenulata</i> Gaud	Utigun	Root (juice)
		<i>Leucas lavandulaefolia</i> Nees	Dronapushpi	Leaf (juice)
		<i>Michelia champaca</i> L.	Champaka	Flower, fruit
		<i>Morus alba</i> L.	Tula/Tuda	Fruit
		<i>Myrica esculenta</i> Buch. D. Don.	Katphala	Bark
		<i>Pandanus fascicularis</i> Lamk.	Ketaki	Leaf
		<i>Paris polyphylla</i> Sm.	Meethi Vach, Satuwa	Tuber
		<i>Pericampylus glaucus</i> (Lam.) Merrill	Barakkanta	Root
		<i>Phlogacanthus thyrsoformis</i> (Hard.) Mabb.	Chuhai/Titavasa	Leaf, whole plant
		<i>Picrorhiza kurrooa</i> Royle ex Benth.	Katuki	Root
		<i>Pinus roxburghii</i> L.	Saral	Fumigation
		<i>Piper longum</i> L.	Pippali	Fruit
		<i>Podophyllum hexandrum</i> Royle	Bankakri	Fruit
		<i>Pogostemon patchouli</i> Hook. f. non Pelletier	Pharijjak	Essential oil
		<i>Pratia begonifolia</i> Lindl.		Whole plant
		<i>Rungia pectinata</i> (L.) Nees	Pindi	Whole plant
		<i>Solanum nigrum</i> L. Medd.	Kakamachi	Berries
		<i>Stephania glandulaefolia</i> Miers	Rotunda	Root
		<i>Stepania japonica</i> (Thunb.) Miers	Rajpatha/Vanatiktika	Root
		<i>Viola pilosa</i> Bl.	Vanafsha	Whole plant
		<i>Vitex nergundo</i> (L.) Hopper	Nirgundi	Leaf
		<i>Zanthoxylum armatum</i> DC	Tumbru	Bark, seed
		<i>Zizyphus mauritiana</i> Lamk.	Badari	Root (decoction)
38	Gonorrhoea	<i>Abroma augusta</i> L. f.	Pishach Karpash	Root (decoction), root bark
		<i>Cinnamomum tamala</i> Nees and Eb.	Tamalaka	Leaf, bark
		<i>Gmelina arborea</i> Roxb.	Gambhari	Root bark, leaf
		<i>Hibiscus esculentus</i> L.	Gandhamula	Mucilage from capsule
		<i>Opuntia dillenii</i> Haw.	Vidara	Fruit
		<i>Phyllanthus amarus</i> Schum. and Th.	Bhumyamalaki	Whole plant
		<i>Tinospora cordifolia</i> (Willd.) Miers	Guduchi	Plant (juice)
39	Gynecological disorders	<i>Triumfetta rhomboids</i> Jacq.	Jhinjhirita	Leaf, flower, fruit
40	Hemorrhage	<i>Saccharum spontaneum</i> L.	Kash	Root
41	Hemiplegia	<i>Pouzolzia viminea</i> Wedd.	Phutibum	Root infusion
42	Hypertension	<i>Wedelia calendulacea</i> (L.) Less.	Pitabhringi	Plant (decoction)
41	Hemiplegia	<i>Alstonia scholaris</i> R. Br.	Sapta parna	Stem bark
42	Hypertension	<i>Coptis teeta</i> Wall.	Mishmi Tita	Root
42	Hypertension	<i>Rauwolfia serpentina</i> (L.) Benth. Ex Kurz.	Sarpagandha	Root

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Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used
		<i>Thevetia peruviana</i> (pers.) Merill.	Karvira	Seed
		<i>Valeriana jatamansi</i> Wall.	Tagara	Root
43	Hair disease	<i>Acacia concinna</i> L.	Shikakai	Pods (shampoo)
		<i>Eclipta prostrata</i> L.	Bhringaraja	Plants (hair tonic)
44	Hepatitis	<i>Phyllanthus amarus</i> Schum. and Th.	Bhumyamalaki	Whole plant
45	Headache	<i>Alstonia scholaris</i> L.	Sapta parna	Whole plant
		<i>Girardinia heterophylla</i> Decne	Bichchua	Leaf
		<i>G. zeylanica</i> Decne	Bichua	Leaf
		<i>Leucas indica</i> L Nees	Pushpin	Leaf
		<i>Litsaea cubeba</i> Bl.	Santu bore	Fruit
		<i>Oenanthe javanica</i> (Blume) DC.	Komprek	Whole plant
		<i>Ricinus communis</i> L.	Eranda	Leaf paste
46	Hydrophobia	<i>Indigofera drossua</i> Hemilt.	Nili Bheda	Whole plant
		<i>I. tinctoria</i> L.	Nilika	Plant extract
		<i>I. trifoliata</i> L.	Nilika	Plant extract
		<i>Solanum nigrum</i> L.Medd	Kakamachi	Berries
47	Hysteria	<i>Flemingia strobilifera</i> R.Br.	Kushtunthi	Roots
		<i>Litsaea cubeba</i> Bl.	Santu bore	Fruit
		<i>Valeriana hardwickii</i> Wall. Ex Roxb.	Tagar Bheda	Roots
		<i>V. jatamansi</i> Wall.	Tagara	Roots
48	Insomnia	<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz.	Sarpagandha	Roots
49	Insanity	<i>Bacopa monnieri</i> (L.) Penn.	Brahmi	Whole plant
		<i>Rauvolfia tetraphylla</i> L.	Sarpagandha bhed	Roots
50	Immune disorder	<i>Emblia officinalis</i> Gaertn.	Amlaki	Fruit
51	Inflammation	<i>Melothria heterophylla</i> (Lour.) Cogn.	Amantmul	Root and leaf
		<i>Mirabilis jalapa</i> L.	Krishnakeli	Leaf
		<i>Opuntia dillenii</i> Haw.	Nagaphani	Pulp
		<i>Solanum verbascifolium</i> L.	Vidari	Dried plant
52	Insect bite	<i>Acacia concinna</i> L.	Shikakai	Pods
		<i>Dichrocephala integrifolia</i> Kuntze		Tender shoot
		<i>Kalanchoe pinnata</i> (Lamk.) Pers.	Patharchura	Leaf
53	Jaundice	<i>Boerhaavia diffusa</i> L.	Punarnava	Root
		<i>Coptis teeta</i> Wall.	Mamira/Mishmiteeta	Roots
		<i>Curculigo orchoides</i> Gaertn.	Talamuli	Whole plant
		<i>Curcuma amada</i> Roxb.	Amra haridra	Rhizome
		<i>Eclipta prostrata</i> L.	Bhringaraja	Whole plant
		<i>Gentiana kurroo</i> Royle	Keri, Renke	Root
		<i>Phyllanthus amarus</i> Schum. and Th.	Bhumyamalaki	Whole plant
		<i>Picrorhiza kurrooa</i> Royle ex Benth.	Katuki	Root
		<i>P. scrophulariflora</i> Pennel.	Katuki	Root
		<i>Punica granatum</i> L.	Dadima	Fruit
		<i>Saccharum officinarum</i> L.	Ikchhu	Whole plant
54	Joint pains	<i>Alstonia scholaris</i> R. Br.	Sapta parna	Whole plant
		<i>Amomum subulatum</i> Roxb.	Sthul ela	Fruit
		<i>Caesalpinia crista</i> L.	Lata karanja	Seeds
		<i>Hedychium coronarium</i> Koen. Ex Retz.	Shati Bheda	Rhizome
		<i>Pogostemon patchouli</i> Hook. f. non Pelletier	Pharijjak, marubak	Oils
		<i>Pothos cathartii</i> Schott.	Chhabya/Gajippali bheda	Leaf
		<i>Smilax ovalifolia</i> Roxb.	Maitri	Root
		<i>Tabernemontana divaricata</i> (L.) Br. Ex Roem	Tengri, Nadi briksha	Whole plant
55	Kidney stone	<i>Acacia concinna</i> L.	Shikakai	Pods
		<i>Pandanus fascicularis</i> Lamk.	Ketaki	Leaf
56	Leucoderma	<i>Luffa aegyptiaca</i> (Mill.) L.	Dhamargava	Fruit
		<i>Pandanus fascicularis</i> Lamk	Ketaki	Leaf

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Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used
57	Leucorrhoea	<i>Rungia pectinata</i> (L.) Nees	Pindi	Whole plant
		<i>Saussurea lappa</i> C.B. Clark.	Kuth	Seeds
		<i>Smilax ovalifolia</i> Roxb	Maitri	Roots
58	Leprosy	<i>Amaranthus spinosus</i> L.	Tenduliya	Whole plant
		<i>Luffa acutangula</i> (L.) Roxb.	Rajkoshataki	Fruit
		<i>Centella asiatica</i> (L.) Urban	Brahmi	Whole plant
59	Malaria	<i>Hydnocarpus kurzii</i> (King) Warb.	Tuvarak pratinidhi	Seed oil
		<i>Phyllanthus urinaria</i> L.S.	Tamar	Whole plant
		<i>Pongamia pinnata</i> (L.) Pierre	Karanj	Seeds
		<i>Alstonia scholaris</i> R. Br.	Sapta parna	Stem bark
		<i>Caesalpinia crista</i> L.	Lata karanja	Seed, stem bark
		<i>Clerodendrum viscosum</i> Vent.	Bhantaka	Leaf (juice)
		<i>C. serratum</i> (L.) Moon	Bharangi	Root
60	Menorrhoea	<i>Coptis teeta</i> Wall.	Mamira	Root (juice/decoction)
		<i>Thalictrum foliolosum</i> DC.	Pitamulika pratinidh	Roots
		<i>Thevetia peruviana</i> (Pers.) Merrill	Karvira	Whole plant
61	Muscular pain	<i>Saraca asoca</i> L.	Ashoka	Stem bark
62	Nervousness	<i>Curcuma aromatic</i> Salisb.	Sugandh haldi	Rhizome
		<i>C. caesia</i> Roxb.	Narkachura	Rhizome
63	Nervous disorder	<i>Hydrocotyle javanica</i> Thunb.	Mandookaparni Bheda	Leaf
64	Paralysis	<i>Acorus calamus</i> L.	Vacha, Bhadra	Rhizome
		<i>Artemisia vulgaris</i> L.	Nagadamani	Roots and flower tops
		<i>Bacopa monnieri</i> (L.) Penn.	Nira brahmi	Whole plant
		<i>Brugmansia suaveolens</i> L.	Dhattura	Root, leaf and seed
		<i>Datura metel</i> L.	Sada-dhattura	Root, leaf and seed
		<i>D. stramonium</i> L.	Dhattura	Root, leaf and seed
		<i>Enhydra fluctuans</i> Lour.	Hilamochi	Leaf
		<i>Indigofera tinctoria</i> L.	Nilika	Whole plant
		<i>I. trifoliata</i> L.	Nilika	Whole plant
		<i>Mucuna pruriens</i> (L.) DC)	Atmagupta	Seed
		<i>Polygonatum verticillatum</i> All.	Meda, maha meda	Bulb
		<i>Sida acuta</i> Burm. f.)	Bala	Root
		<i>S. cordifolia</i> Burm. f.) Boesum	Bala	Root
		<i>S. rhombifolia</i> L.	Bala	Root
		<i>Tephrosia candida</i> DC.	Mashaparni	Fruit
		<i>Valeriana hardwickii</i> Wall.	Tagar	Root
		65	Pneumonia	<i>Litsaea cubeba</i> Bl.
<i>Tephrosia candida</i> DC.	Mashaparni			Fruit
66	Piles	<i>Acacia concinna</i> L.	Shikakai	Pods
		<i>Alstonia scholaris</i> R. Br.	Saptaparna	Whole plant
		<i>Curculigo orchioides</i> Gaertn.	Talamuli	Whole plant
67	Rejuvenatory tonic	<i>Dioscorea bulbifera</i> L.	Vaarahi	Tubers
		<i>Luffa acutangula</i> (L.) Roxb.	Rajkoshataki	Fruit
		<i>L. aegyptiaca</i> (Mill.) L.	Dhamargava	Fruit
		<i>Mimosa pudica</i> L.	Lajwanti	Roots and leaf
		<i>Saccharum spontaneum</i> L.	Kash	Root
68	Rheumatism	<i>Panax pseudoginseng</i>	Ginseng	Root
		<i>Acacia concinna</i> L.	Shikakai	Pods
		<i>Aconitum palamatum</i>	Visha	Root
		<i>Ageratum conyzoides</i> L.	Puspaya	Whole plant
		<i>Alpinia allughas</i> Rosc.	Taraka	Rhizome
		<i>Alstonia scholaris</i> R. Br.	Sapta paran	Whole plant
		<i>Argyreia nervosa</i> (Burm. f.) Boj.	Vastantri	Leaf
<i>Bridellia retusa</i> Spreng.	Mahavira	Bark with gingili oil		

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Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used
		<i>Citrus reticulata</i> Blanco	Airavata	Fruit
		<i>Cleome gyanadra</i> L.	Surjavarta	Leaf
		<i>Curcuma aromatic</i> Salisb	Sugandh haldi	Rhizome
		<i>Curcuma caesia</i> Roxb	Narkachura	Rhizome
		<i>Hedyotis costata</i> (Roxb.) Kurz	Teking	Root (decoction)
		<i>Hedyotis scandens</i> Roxb. ex D. Don	Hylubi	Root (decoction)
		<i>Hydrocotyle rotundifolia</i> Roxb	Mandukakarni	Whole plant
		<i>Juglans regia</i> L.	Aksoda	Nuts
		<i>Lantana indica</i> L.	Chaturangi	Plant (decoction)
		<i>Lycopodium clavatum</i> L.	Nagbeli	Whole plant
		<i>Lygodium flexuosum</i> Sw.	Kali jhanta	Fresh root
		<i>Oroxylum indicum</i> Vent.	Shyonaka	Stem bark
		<i>Paederia foetida</i> L.	Prasarani	Whole plant
		<i>P. wallichii</i> Jack.	Saral prathinidi	Fumigation
		<i>Urena lobata</i> L.	Vanabheda	Roots
69	Respiratory disorder	<i>Alpinia allughas</i> Rosc.	Taraka	Rhizome
		<i>Bambusa arundinacea</i> (Retz.) Willd.	Vams	Exudate from hollow trunk
		<i>Brugmansia suaveolens</i> L.	Dhattura	Root, leaf, and seed
		<i>Centella asiatica</i> (L.) Urban	Brahmi	Whole plant
		<i>Datura metel</i> L.	Sadah dathura	Root, leaf, and seed
		<i>Datura stramonium</i> L.	Dhatura	Root, leaf, and seeds
		<i>Hedychium spicatum</i> Ham. Ex. Sm.	Shati	Root
		<i>Solanum indicum</i> L.	Brahati	Whole plant
70	Ringworm	<i>Cassia alata</i> L.	Dadrmdardan	Leaf
		<i>Cassia tora</i> L.	Chakramrda	Leaf and seed
		<i>Euphorbia thymifolia</i> L.	Lagudhugdika	Dried leaf and seed
		<i>Jatropha curcas</i> L.	Kanakeranda	Plant (juice)
71	Sciatica	<i>Vitex negundo</i> (L.) Hopper	Nirgundi	Leaf
72	Scorpion sting	<i>Gynandropsis gynandra</i> (L.) Briq. (Syn. <i>G. pentaphylla</i> DC.)	Surjavarta	Whole plant
73	Stomach disorder	<i>Acacia concinna</i> L.	Shikakai	Pods
		<i>Amomum subulatum</i> Roxb.	Sthul Ela	Fruit
		<i>Atlantia monophylla</i>	Liimbu	Fruit
		<i>Bambusa arundinacea</i> (Retz.) Willd	Vams	Root, stem, leaf
		<i>Callicarpa macrophylla</i> Vahl.	Priyangu	Oil from root
		<i>Cassia mimosoides</i> L.		Root
		<i>Cassia occidentalis</i> L.	Kasmarda	Whole plant
		<i>Citrus limon</i> (L.) Burm.	Nimbu	Fruit
		<i>C. medica</i> L. S.	Bijapura	Fruit
		<i>C. maxima</i> (Burm.) Merrill.	Madhukarkati	Fruit
		<i>C. reticulata</i> Blanco	Airavata	Fruit (juice)
		<i>Curcuma amada</i> Roxb.	Amra haridra	Rhizome
		<i>Cyclea arnotii</i> Miers.	Patha bheda	Root
		<i>Dillenia indica</i> L.	Bhavya	Fruit
		<i>Elaeocarpus floribundus</i> Blume	Jalpai	Fruit
		<i>Emblica officinalis</i> Gaertn	Amlika	Fruit
		<i>Exacum tetragonum</i> Roxb.	Ava-chiratta, kiratatikta	Whole plant
		<i>Ficus carica</i> L.	Falgu/bhadrodumbara	Fruit
		<i>Hibiscus abelmoschus</i> L.	Latakasturika	Seed
		<i>Houttuynia cordata</i> Thunb.	Masundari	Whole plant
		<i>Hydrocotyle javanica</i> Thunb.	Mandukaparni	Leaf
		<i>Hydrocotyle rotundifolia</i> Roxb	Mandukaparni	Whole plant
		<i>Mesua ferrea</i> L.	Nagakeshara	Flowers

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Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used
		<i>Michelia champaca</i> L.	Champaka	Flower and fruit
		<i>Mollugo pentaphylla</i> L.	Paraptaka	Whole plant
		<i>Oxalis corniculata</i> L.	Amlika; changeri	Whole plant
		<i>Oxalis debilis</i> H.B.K.	Changeri bhed	Whole plant
		<i>Terminilia bellerica</i> (Gaertn.) Roxb.	Bahera	Fruit
		<i>Thalictrum foliolosum</i> DC.	Pitamulika pratinidh	Roots
		<i>Thunbergia grandiflora</i> Roxb.	Kakanasa	Leaf (decoction)
		<i>Zanthoxylum armatum</i> DC.	Timbru	Fruit
		<i>Zizyphus mauritiana</i> Lamk	Badari	Root (decoction)
74	Snake bite	<i>Alternanthera sessilis</i> (L.) R.Br.	Matsyakshi	Stem and leaf
75	Skin disease	<i>Berberis aristata</i> DC.	Daru haridra	Root and bark
		<i>Berberis wallichiana</i> DC.	Daru haridra	Root and bark
		<i>Buddleia Asiatica</i> Lour	Ointapin	Whole plant
		<i>Brugmansia suaveolens</i> L.	Dhattura	Root, leaf, and seed
		<i>Caesalpinia crista</i> L.	Lata karanja	Seed
		<i>Callicarpa arborea</i> Roxb.	Priyangu	Bark
		<i>Cassia fistula</i> L.	Aragvadha	Leaf, fruit pulp, seed
		<i>Cassia tora</i> L.	Chakramarda dadamari	Leaf and seeds
		<i>Cassythia filiformis</i> L.	Akashavali	Whole plant
		<i>Clerodendrum viscosum</i> Vent.	Bhantaka	Root and leaf
		<i>Cryptolepis buchanani</i> Roem. and Schult.	Krishna sariva	Whole plant
		<i>Datura metel</i> L.	Sadah dhatura	Root, leaf, and seed
		<i>Datura stramonium</i> L.	Dhatura	Root, leaf, and seed
		<i>Euphorbia nerifolia</i> L.	Snuhi	Milky juice
		<i>Euphorbia thymifolia</i> L.	Laghudugdhika	Dried leaf and seed
		<i>Ficus hispida</i> L.	Kokadumbara	Fresh fruit (juice)
		<i>Hedyotis corymbosa</i> (L.) Lamk	Parpata	Whole plant
		<i>Hedyotis scandens</i> Roxb. ex D. Don	Hylubi	Root (decoction)
		<i>Hydrocotyle rotundifolia</i> Roxb.	Mandukaparni	Whole plant
		<i>Hypericum japonicum</i> Thunb. ex Murr.	Vatsant	Whole plant
		<i>Lindenbergia indica</i> (L.) Oltze.	Bheetchatti	Whole plant
		<i>Melastoma malabathricum</i> L.	Lakhori	Whole plant
		<i>Pongamia pinnata</i> (L.) Pierre	Karanj	Oil and seed
		<i>Rubia manjith</i> Roxb. ex Fleming	Manjishtha	Root
		<i>Schima wallichii</i> (DC.) Korth	Chilauni	Bark
76	Scurvy	<i>Oxalis corniculata</i> L.	Amlika changeri	Whole plant
		<i>O. debilis</i> H. B. K.	Chageri bhed	Whole plant
		<i>Portulaca oleracea</i> L.	Lonika	Whole plant
77	Scabies	<i>Crotalaria serica</i> Retz.	Ghantarva	Whole plant
		<i>Lygodium flexuosum</i> Sw.	Kali Jhanta	Fresh root
78	Sores	<i>Macaranga indica</i> Wight	Vattathamre	Gum
		<i>Smilax glabra</i> Roxb.	Bari chobchini	Fresh root (decoction)
		<i>Smilax perfoliata</i> (Lour.) Cogn.	Chobchini bheda	Fresh root (decoction)
79	Spermatorrhoea	<i>Melothria heterophylla</i> (Lour.) Cogn.	Amantmul	Root, leaf
80	Sprains	<i>Croton caudatus</i> Grisel.	Sonaphuli	Leaf
		<i>Hedychium coronarium</i> Koen. Ex Retz	Shati bheda	Rhizome
		<i>Hedychium spicatum</i> Ham. Ex. Sm	Shati	Roots
81	Snoring	<i>Deeringia amaranthus</i> Merrill	Latman	Root, leaf
82	Syphilis	<i>Dioscorea bulbifera</i> L.	Vaarahi	Roots
		<i>Macaranga indica</i> Wight	Vattathamre	Gums
		<i>Premna latifolia</i> Roxb.	Agnimantha bhed	Plant/leaf
83	Spleen enlargement	<i>Bambusa arundinacea</i> (Retz.) Willd.	Vams	Roots
		<i>Cordia dichotoma</i> Forst.	Lasora	Fruit
		<i>Eclipta prostate</i> L.	Bhringaraja	Whole plant
		<i>Luffa acutangula</i> (L.) Roxb.	Rajkoshataki	Fruit

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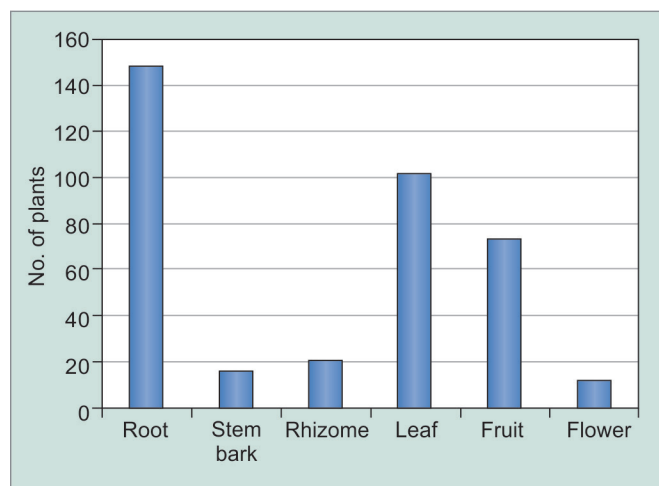
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Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used
84	Swollen joints	<i>Luffa aegyptiaca</i> (Mill.) L.	Dhaargava	Fruits
		<i>Solanum torvum</i> Gaertn.	Swet kantakari	Fruit
		<i>Dioscorea pentaphylla</i> L. var. <i>rumphii</i> Br.	Vidari kand	Tubers
		<i>Girardinia heterophylla</i> Decne.	Bichhua	Leaf
		<i>G. zeylanica</i> Decne	Bichua	Leaf
		<i>Nicotiana tabacum</i> L.	Tamahu	Leaf
85	Tetanus	<i>Polygonum alatum</i> Buchh. Ham. Ex Ham.	Indrani Bheda	Leaf
		<i>Lantana indica</i> L.	Vanachhedi	Plant (decoction)
86	Tonsillitis	<i>Bauhinia purpurea</i> L.	Kovidar, Vanaraja	Stem bark
		<i>B. variegata</i> L.	Kanchanar	Stem bark
87	Uterine disorders	<i>Abroma augusta</i> L. f.	Pishach karpash	Root and root bark
		<i>Lobelia nicotianifolia</i> Heyne	Devanala	Leaf
		<i>Saraca asoca</i> L	Ahoka	Bark
88	Urinary disease	<i>Wedelia calendulaceae</i> Less	Pitabhringi	Plant (decoction)
		<i>Amaranthus spinosus</i> L.	Tenduliya	Whole plant
		<i>Boerhaavia diffusa</i> L	Punarnava	Root
		<i>Centella asiatica</i> (L) Urban	Mandukaparni	Whole plant
		<i>Cissampelos pareira</i> L	Ambastha	Root
		<i>Cordia dichotoma</i> Forst	Lasora	Fruit
		<i>Crataeva nurvela</i> Buch-Ham	Varuna	Stem bark
		<i>Curculigo orchioides</i> Gaertn	Talamuli	Whole plant
		<i>Hibiscus esculentus</i> L	Gandhamula	Mucilage from capsule
		<i>Melastoma malabathricum</i> L	Lakhori	Whole plant
		<i>Phyllanthus urinaria</i> L S	Tamar valli	Whole plant
		<i>Saccharum spontaneum</i> L	Kash	Root
		<i>Sida acuta</i> Burm f	Bala	Roots
		<i>S. cordifolia</i> (Burm f) Boes	Bala	Roots
		<i>S. rhombifolia</i> L	Bala	Roots
		89	Ulcers	<i>Stephania japonica</i> (Thunb) Miers
<i>Vernonia albicans</i> DC	Sahadevi			Whole plant
<i>Berberis wallichiana</i> DC.	Daru haridra			Root and bark
<i>Cassytha filiformis</i> L	Akaashavali			Whole plant
<i>Entada phaseoloides</i> (L) Merril	Chian gila			Bark (paste)
<i>Lygodium flexuosum</i> Sw	Kali Jhanta			Fresh root
<i>Podophyllum hexandrum</i> Royle	Bankakri			Root
<i>Symplocos racemosa</i> Roxb	Lodhra			Stem bark
90	Venereal complaints	<i>Terminalia chebula</i> Retz	Haritaki	Fruit
		<i>Zizyphus mauritiana</i> Lamk	Badari	Root (decoction)
		<i>Smilax glabra</i> Roxb.	Bari Chobchini	Fresh root (decoction)
91	Visceral obstruction	<i>S. perfoliata</i> Lour	Chobchini bheda	Fresh root (decoction)
		<i>Pavetta indica</i> L.	Parpata	Root
92	Vomiting	<i>Cynoglossum wallichii</i> G. Don.	Lakshamana	Root (juice)
93	Vulnerary troubles	<i>Gnaphalium luteo-album</i> L.	Shutomento	Leaf
94	Worm infestation	<i>Caesalpinia crista</i> L.	Lata Karanja	Seeds
		<i>Cassytha filiformis</i> L.	Akaashavali	Whole plant
		<i>Chenopodium ambrosioides</i>		
		<i>Curculigo orchioides</i> Gaertn	Talamuli	Whole plant
		<i>Embelia ribes</i> Burm f.	Vidanga	Fruit
		<i>Euphorbia hirta</i> L.	Madanaghanti	Seed
		<i>Spermocoe hispida</i> L.	Madanaghanti	Root, seed
		<i>Tabernemontana divaricata</i> (L.) Br. Ex Roem.	Tengri	Whole plant
		<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Bahera	Fruit
		<i>Trichosanthes anguina</i> L.	Shwetraji	Fruit
	<i>Vernonia albicans</i> DC.	Sahadevi	Whole plant	

(Cont'd...)

(Cont'd...)

Sl. no.	Diseases	Plants used for treatment	Sanskrit/vernacular name	Part used
95	Wounds	<i>Ludwigia octovalvis</i> (Jac.) Raven	Shulavanga	Whole plant
		<i>Desmodium trifolium</i> (L.) DC.	Kudaliya	Leaf
		<i>Lygodium flexuosum</i> Sw.	Kali Jhanta	Fresh root
		<i>Macaranga denticulata</i> Muell. Arg.	Jalo	Plant (decoction)
		<i>Zizyphus mauritiana</i> Lamk.	Badari	Root (decoction)



Graph 1: Number of plants with parts used in the management of different diseases

nale, *Rauwolfia serpentina*, *Solanum nigrum*, *Swertia chirayita*, *Taxus wallichiana*, etc. are used as single drug for various disorders. Several poisonous drugs like *Abrus precatorius*, *Aconitum* spp., *Thevetia peruviana*, etc. are used in compound formulation after passing through various steps of purification described as Sodhana in Ayurvedic formulation. Accordingly, direct use of these herbs may cause harm to the body in several cases. Graphical representation has been made through bar diagram (Graph 1).

SUSTAINABILITY AND PROSPERITY

Cultivation and raising planting materials of high valued medicinal plants through nursery is the mode of prosperity for which plants growing in different climatic zones like tropical, sub-tropical, temperate and alpine zones of North East Region. In tropical belts of Northeast region, cultivation of *Alpinia galanga*, *Aquilaria malaccensis*, *Asparagus racemosus*, *Bacopa monnieri*, *Centella asiatica*, *Crataeva nurvala*, *Curcuma aromatic*, *C. caesia*, *Crataeva nurvala*, *Emblia officinalis*, *Gmelina arborea*, *Gmelina arborea*, *Gynocardia odorata*, *Holarrhena antidysenterica*, *Rauwolfia serpentina*, *Saraca asoca*, *Solanum nigrum*, *S. indicum*, *S. kurzii*, *S. toroum*, *Zanthoxylum rhetsa* *Zingiber officinale*, *Z. jerumbet*, different Orchid, *Acampe papillosa*, *Rhynchostylis retusa*, *Terminalia arjuna*, *T. bellerica*, *T. chebula*, *T. citrena*, etc. are the avenue plants for income generation. Similarly in subtropical zone, cultivation

of *Acorus calamus*, *Amomum subulatum*, *Centella asiatica*, *Cinnamomum tamala*, *Clerodendrum serratum*, *Zanthoxylum armatum*, and *Gynocardia odorata* is helpful, whereas in temperate and alpine zones cultivation of *Aconitum heterophyllum*, *A. palmatum*, *Berberis aristata* *B. wallichiana*, *Berginia ciliata*, *Gentiana kurroo*, *Nardostachys jatamansi*, *Panax pseudo-ginseng*, *Paris polyphylla*, *Picrorhiza kurroo*, *Podophyllum hexandrum*, *Taxus wallichiana*, *Valeriana jatamansi*, *Zanthoxylum armatum* is helpful in income generation as most of collection in trade in Northeastern India is based on collection from wild sources. This pressure results in degradation of plants from their natural habitats and needs cultivation for sustainability. Most of diversity belongs to the state of Arunachal Pradesh, which covers most of its areas falling under tropical in foot hills adjoining to Assam and temperate and alpine areas neighboring to China, whereas subtropical forest areas in the middle region of the state thus gives platform for high scope of medicinal plants cultivation and most of the medicinal plants are used in health management with a priority of *Acorus calamus*, *Adhatoda zeylanica*, *Aquilaria malaccensis*, *Andrographis paniculata*, *Asparagus racemosus*, *Centella asiatica*, *Clerodendrum serratum*, *Curcuma* spp. *Gynocardia odorata*, *Homalomena aromatic*, *Mesua ferrea*, *Rauwolfia serpentina*, *Santalum album*, *Solanum kurzii*, *S. indicum*, *S. nigrum*, *Tinospora cordifolia* in foothills whereas *Aconitum heterophyllum*, *A. ferox*, *A. palmatum*, *Berberis aristata*, *Cordyceps sinensis*, *Nardostachys*, *Picrorhiza kurroo*, *Podophyllum hexandrum*, *Rubia manjith*, *Swertia chirayita* and *Taxus wallichiana* gives immense scope for cultivation and trade. Next to Arunachal comes the state of Sikkim where plants of *Cordyceps sinensis*, *Nardostachys*, *Picrorhiza kurroo*, *Podophyllum hexandrum*, *Swertia chirayita*, etc., can be the source of income to the natives of the state. Manipur, Meghalaya, Mizoram, and Nagaland being states with smaller forest areas and having less alpine forest can give scope with smaller areas for cultivation and trade of medicinal plants whereas Tripura has developed scope for the cultivation of *Hedychium spicatum*, *Holarrhena antidysenterica*, *Mallotus philippensis*, etc. for undertaking in trade. Meghalaya gives suitability for *Berginia ciliata*, *Embelia ribes*, *Valeriana jatamansi*, and different kinds of Orchid species.

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हिन्दी सारांश

मानव स्वास्थ्य प्रबंधन में पूर्वोत्तर भारत की वनौषधियां: साहित्यिक टिप्पणी

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उद्देश्य: प्रस्तुत अध्ययन पूर्वोत्तर भारत की वनौषधियों की उपलब्धता का व्याप्त बीमारियों के निवारण हेतु प्रारूप तैयार करने हेतु किया गया है।

रूपरेखा: पूर्वोत्तर भारत अरुणाचल प्रदेश, असम, मणिपुर, मेघालय, मिज़ोरम, नागालैंड, त्रिपुरा व सिक्किम राज्यों को मिला कर कहा जाता है। इस क्षेत्र की भौगोलिक रचना में वनस्पतियों व वन्य जीवों की प्रचुरता का श्रोत हैं, जिसके अंतर्गत वनौषधियां भी आती हैं, विभिन्न ऊंचाइयों के पर्वतीय शीतोष्ण, सम शीतोष्ण व बर्फीले पर्वतों के अंतर्गत वितरित है। इस प्रकार की पर्यावरणीय विभिन्नता अधिकाधिक वनौषधियों की विभिन्नता को दर्शाते हैं।

उपलब्धियां: पूर्वोत्तर भारत के विभिन्न पर्यावरणीय क्षेत्रों में पाई जाने वाली कुछ प्रमुख वनौषधियों में विष, अतिविष, हंसराज (एडिएंटेम लुनुलेटम), हंसपदी (एडिएंटेम कैपिलस वेनेरिस), अगरु एक्युलेरिया मलाकेंसिस), दारु हरिद्रा (बर्बेरिस एसियटिका), पाषाण भेद (बर्जिनिया सिलिएटा), नरकचूर (कुर्कुमा सीसिया), कचूर (कुर्कुमा जेडोरिया), वरुण (क्रेटेवा नर्वेला), वायविडंग (एम्बेलिया राइब्स), आम्लकी (एम्ब्लिका ओफीसिनेरिस), जेंसिआना कुरु, गम्भारी (मेलिना आर्बोरिया), चालमूगरा गाइनोकार्डिया ओडोरेटा), जटामंसी (नार्दास्टैचिस जटामंसी), जिसेंग (पैनेक्स स्युडोजेसेंग), मीठी वच (पेरिस पोलीफिल्ला), कुटकी (पिक्रोराइजा कुरुआ), सर्पगंधा (रावल्फिया सर्पेटिना), मंजिष्ठा (रुबिया मंजिष्ठा), अशोक (साराका असोका), काकमाची (सोलैनम नाइग्रम), तालिस पत्र (टैक्सस वालिचियाना), अर्जुन (टर्मिनेलिया अर्जुना), बहेरा (टर्मिनेलिया बेलेरिका), हरीतकी (टर्मिनेलिया चेबुला), तगर (वैलेरियाना जटामंसी), तिम्बुरु (जैथोजाइलम आर्मेटम), जंगली आर्द्रक (जिंजिबर जेरम्बेट) व आर्द्रक (जिंजिबर ओफिसिनेलिस) आदि हैं।

निष्कर्ष: पूर्वोत्तर भारत के विभिन्न क्षेत्रों में भेषजशाला में उपयोगी औषधीय पौधों की कृषिकरण द्वारा उपलब्ध किया जा सकता है।

