Ethnomedicinal Practices and Traditional Medicinal Plants of Barak Valley, Assam: a systematic review

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Objectives: The Barak Valley is well known for its rich diversity of medicinal plants. Ethnomedicinal practices are prominent among Barak Valley’s major and minor ethnic groups. This systemic review focuses on traditionally used medicinal plants found in the Barak Valley as reported in different ethnobotanical surveys.

Methods: We searched various databases, including PubMed, Web of Science, and Google Scholar, to find ethnomedicinal surveys conducted in the Barak Valley. The search was performed using different terms, including ethnomedicinal survey, folk medicine, indigenous knowledge, and Barak Valley. Potential articles were identified following the exclusion and inclusion criteria.

Results: A total of eight ethnobotanical surveys were included in this study. We identified a total of 216 plant species belonging to 167 genera and 87 families, which are widely used by the ethnic communities who live in the rural areas of Barak Valley for the treatment of various diseases and ailments.

Conclusion: Folk medicine is the result of decades of accumulated knowledge and practices by people who live in rural communities based on their needs and provides an important source of information to assist the search for new pharmaceuticals. Therefore, available information on traditional medicinal plants needs to be explored scientifically to find effective and alternative treatments for different diseases.

Keywords: barak valley, ethnobotanical survey, folk medicine, medicinal plants, systematic review

INTRODUCTION

The Barak Valley, located between 24°8' and 25°8'N, 92°15' and 93°15'E, is comprised of three districts of Assam; Cachar, Hailakandi, and Karimganj. This area is located in the Southern part of Northeast India and covers an area of 6,922 km². Considering the physiography of the area, Barak Valley can be divided into different ecosystems, ranging from the high hills, whose elevation exceeds 300 meters, to the perennially waterlogged wetlands. The Valley reports a warm, humid climate with an average annual rainfall of 2,440-4,100 mm, most of which is acquired during the southwest monsoon season spanning May to September [1]. A well-known feature of the Barak Valley is the rich diversity of medicinal plants found along the wetlands and floodplains, which are home to several tribes and other communities [2].

The Cachar district covers an area of 3,786 km² and has a population density of 17,360, as per the census of 2011. There are many small rivers in the district flowing from Manipur or Mizoram. The main river is the Barak, from which the name Barak Valley is derived. The district’s forests are the Barail and Inner line reserves. The Hailakandi district covers an area of 1,327 km² with a population size of 6,59,296 per the 2011 census. The Dhaleswari river is the main river of the district and flows north through the center of the district. The Inner line reserved forest and the Katakhal reserved forest make up the district’s reserves. The Kamriganj district has a geographical area of 1,809 km² and a population of 12,28,686 as per the census of
2011. The Kushiyara river runs through the Kamriganj district on the district’s northern border with Bangladesh [1].

The Barak Valley is a customary territory for various ethnic groups. Bengali Hindus and Muslim communities account for most of the ethnic groups in the Barak Valley. The other communities or tribes include the Manipuri, Mizo, Barman, Riang, Hmar, Vaiphei, Kuki, Dimasa, Assamese, Jaintia, Chorai, Hrangkhol, Karbi, Naga, and Chirus [2-4].

Humans have used plants to cure diseases and relieve physical agony since before recorded history [5]. Plants have been used as medicinal agents initially based on anecdotal evidence and then later developed into single-agent drugs via scientific methods [6]. Science and technology have experienced significant advances since the turn of the century. Plants used as folk medicines have helped identify plants to further scientifically investigate, reducing the time for new drug discoveries. Still, much of the population living in remote areas rely on herbal medicine as their primary means of healthcare [7].

There are many ethnic groups in India with diverse backgrounds, and it has been reported that approximately 400 tribes and ethnic groups make up India’s rural population. Most of India's tribes and ethnic groups reside in rural areas and forests and rely heavily on the indigenous system of medicine. The World Health Organization (WHO) emphasizes the use of plants by different ethnic groups around the world [8, 9]. Therefore, this paper focuses on a systematic documentation of ethnomedicinal practices, and folk use of medicinal plants in Barak Valley, Assam.

### MATERIALS AND METHODS

#### 1. Data sources and search strategy

Using ethnobotanical surveys, this review compiled medicinal plants traditionally used in medicine. This study was performed following the guidelines of Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) [10].

Discerning pertinent articles for this study was done while focusing on the main objectives of this systematic review. Google Scholar, PubMed, Springer, and Scopus databases were searched to locate relevant literature. The search was filtered without regard to duration or publication date and was last updated on January 31st, 2022.

Specific keyword combinations included “ethnomedicinal survey” OR “ethnobotanical uses” OR “folk medicine” OR “ethnobotanical survey” OR “indigenous knowledge” OR “traditional knowledge” AND “medicinal plants” OR “Barak Valley” OR “Specific state of Barak Valley” as well as free-text words were used in the search.

#### 2. Inclusion and exclusion criteria

Ethnomedicinal studies and surveys that reported plants used traditionally in treating various diseases were included in this review. The inclusion criteria for the articles were full-length research articles published in English and ethnobotanical surveys conducted in the Barak Valley region of Assam. The exclusion criteria included articles published in other languages, review articles, articles on ethnoveterinary use, and articles published in platforms or forums other than scientific journals.

#### 3. Data selection

In the first phase of article selections, a manual evaluation of journal article titles and abstracts was performed by four different authors to include the articles related to the topic. All potentially qualified papers were examined again by other authors. A third author’s opinion was considered in cases of discrepancies. The data selection process is given in Fig. 1.

#### 4. Data analysis and reporting

A detailed evaluation of the literature search data was conducted, and data, including the plant name, family, local name or vernacular name, parts used, reported traditional uses, detail of informants, and area of the survey was epitomized. Based on the scope of this systematic review, no specific analytical tools were used.

### RESULTS

Various databases were preliminarily searched and 185 records were identified. Using different criteria, including title, abstract, and other criteria at different stages, 95 articles were selected. In addition, duplicate entries and records other than journal publications were excluded. As a result, eight ethnobotanical survey journal articles were analyzed and included in this systematic review.

A total of 216 plants were reported in the eight ethnobotanical surveys that are used by the local people, communities, and
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The 216 plants used traditionally for medicinal purposes are listed in Table 1 [11-14], along with the family, parts used for treatment, details of the informants, and availability.

A detailed analysis divulged that the 216 plant species widely used by the locals, tribals, and other communities of the Barak Valley for the treatment of various diseases and ailments belong to 167 genera and 87 families. Out of the 216 plants identified in this systematic review, the Asteraceae family contributed 15 species making it the most prominent family of plants in this review, followed by Zingiberaceae and Fabaceae (11 each); Solanaceae, Verbenaceae, Euphorbiaceae, and Lamiaceae (each 8 species); Acanthaceae and Apocynaceae (each 7 species); Moraceae and Malvaceae (each 6 species); Araceae and Cucurbitaceae (each 5 species); Amaranthaceae, Combretaceae, and Poaceae (each 4 species); Liliaceae, Asclepiadaceae, Caesalpiniaceae, Convolvulaceae, Myrtaceae, Rutaceae, and Scrophulariaceae (each 3 species); Crassulaceae, Oxalidaceae, Piperaceae, Apiaceae, Arecaceae, Boraginaceae, Cyperaceae, Gentianaceae, Lauraceae, Meliaceae, Musaceae, Phyllanthaceae, Rhamnaceae, and Rubiaceae (each 2 species); and the remaining 48 families represented single species.

This review also revealed that the leaf is the most common part used for treating various diseases accounting for 39.26% of the cases. The leaf is used in decoctions, pastes, or directly to cure various ailments. The other common parts used for healing are fruit (9.93%), stem (8.77%), whole plant (8.54%), bark (7.62%), root (6.46%), seed (6.23%), flower (4.61%), rhizome (4.15%), bulb (1.15%), and latex (0.69%) (Fig. 2).

It was also revealed that the various communities and tribes of the Barak Valley use different plant species to treat diabetes (62 species); fever (34 species); cuts and wounds (31 species); stomach troubles and ulcers (26 species); dysentery (25 species); cough (23 species); skin disease (19 species); jaundice (18 species); liver trouble (14 species); parasites (11 species); piles, tooth aches, headaches, and tonics (10 species each); gastric trouble, diarrhea, and constipation (8 species each); menstruation trouble, asthma, hair growth, urinary problems, appetizers, malaria, and muscle, stomach, and abdominal pain (6 species each); hypertension, rheumatic pain, fractures, and blood purification (5 species each); eye trouble and small pox (4 species each); snake bites, boils, and impotency (3 species each); leucorrhoea, cardiotonic, tuberculosis, burns, gout, and typhoid (2 species each); anaemia, purgative, heart trouble, dyspepsia, increased lactation, curing body, intestinal problems, lactagogue, helminthics, and sprains (1 species each) (Fig. 3). It was also found that the juice from different plant parts are the most common form of preparation, followed by paste, direct use, and extracts. However, a major limitation of this study is that in many of these cases, the authors did not mention the folk recipes (Fig. 4).

In the ethnobotanical surveys across the Barak Valley, most of the information and data was collected through traditional methods.
| Sl no | Plant name                  | Family         | Vernacular name | Part used | Folk uses                                                                 | Informants                      | Availability | Reference       |
|-------|----------------------------|----------------|----------------|-----------|---------------------------------------------------------------------------|---------------------------------|--------------|-----------------|
| 1.*   | Averrhoa carambola L.       | Oxalidaceae    | Kamrenga (BN)  | Fruit     | Ripe fruits are taken to cure jaundice.                                   | Village headman, medicine men   | Various villages | Laskar and Dutta, 2009 [11] |
| 2.    | Acanthus leucostachys Wallich | Acanthaceae    | Mussali (BN)   | Leaf      | Leaf paste is applied externally in fresh cuts and wounds.               | Village chiefs, medicine men, women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 3.    | Achyranthes aspera L.       | Amaranthaceae  | Kathapatta (BN) | Leaf, twig | Leaf juice used internally in otorrhea. Young twig paste used as bandage in external wounds, injury. | Old people in the society       | Different districts | Barbhuiya et al., 2009 [1] |
|       |                            |                | Obhat kata (AS)| Stem, leaf| Stem and leaf juice is useful in jaundice. Leaf juice is used in menstruation trouble. | Village chiefs, medicine men, women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 4.    | Acorus calamus L.           | Araceae        | Boch (AS)      | Not mentioned | Dried powder mixed with honey and taken in morning as stimulant.          | Old people                      | Different districts | Barbhuiya et al., 2009 [1] |
| 5.    | Adhatoda vasica Nees        | Acanthaceae    | Vasaka (BN)    | Leaf      | Leaf juice is used to cure or relieve cough.                              | Village headman, medicine men   | Various villages | Laskar and Dutta, 2009 [11] |
|       |                            |                |                | Leaf      | Leaf juice is used in cough.                                              | Village chiefs, medicine men, women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |                            |                |                | Twig, leaf, bulb | Twigs are used in diabetes. Fresh leaves used to develop resistance against poison. Paste of bulb used to cure gastric troubles. Leaves are used to cure cough, fever and itching. | Herbal practitioners or kavirajs | Kamranga village, Cachar district | Singh et al., 2011 [3] |
|       |                            |                |                | Leaf      | Leaf is used in jaundice, used with honey for cough, asthma.              | -                               | Halakandi district | Khan et al., 2011 [12] |
| Sl no | Plant name                         | Family     | Vernacular name | Part used     | Folk uses                                                                 | Informants                                      | Availability        | Reference        |
|-------|-----------------------------------|------------|-----------------|---------------|---------------------------------------------------------------------------|------------------------------------------------|---------------------|------------------|
| 6.    | *Aegle marmelos* (L.) Correa      | Rutaceae   | Bel (BN)        | Fruit, leaf, root | Ripen fruit shake used in stomach troubles. Leaf paste used in forehead against intermittent fever. Root, leaf extract used in diarrhoea and blood dysentery. | Old people in the society                        | Districts of Barak Valley | Barbhuiya et al., 2009 [1] |
|       |                                   |            |                 | Leaf          | Leaf juice mixed with black pepper and taken to get relief from piles.     | Village chiefs, medicine men, Qoha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |                                   |            |                 | Leaf          | Leaf juice with *Piper longum* taken orally against cold cough.           | -                                              | Hailakandi district | Khan et al., 2011 [12] |
|       |                                   |            |                 | Leaf          | Used in treatment of diabetes                                             | Hmar, Manipuri and Barman communities           | Hailakandi district | Khan et al., 2014 [13] |
|       |                                   |            |                 | Fruit         | Fruits are taken to cure dysentery                                         | Village headman, medicine men                   | Various villages    | Laskar and Dutta, 2009 [11] |
| 7.    | *Ageratum conyzoides* L.          | Asteraceae  | Gendali bon (AS)| Whole plant   | Leaf juice is applied externaly in fresh cuts and wounds and in eye trouble. Plant juice is taken orally once daily in jaundice. | Village chiefs, medicine men, Qoha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 8.    | *Allium sativum* L.               | Liliaceae   | Rasun (BN)      | Bulb          | Bulb is good for stomach problem.                                         | Village headman, medicine men                   | Various villages    | Laskar and Dutta, 2009 [11] |
|       |                                   |            |                 | Bulb, leaf     | Bulb paste is applied on injuries to remove pus.                         | Herbal practitioners or kavirajs                 | Kamrang a village, Cachar district | Singh et al., 2011 [3] |
|       |                                   |            |                 | Bulb, leaf     | Bulb is used to maintain blood pressure, and paralysed body part.         | Hmar, Manipuri and Barman communities            | Hailakandi district | Khan et al., 2014 [13] |
|       |                                   |            |                 | Bulb           | Used in treatment of diabetes.                                            | Hmar, Manipuri and Barman communities            | Hailakandi district | Khan et al., 2014 [13] |
|       |                                   |            |                 | Bulb           | Bulb paste mixed with mustard oil is used to reduce body ache.            | Village chiefs, medicine men, Qoha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
## Table 1. Continued

| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|----------------|-----------|-----------|------------|--------------|-----------|
| 9.    | *Alocasia indica* | Araceae | Hong-ngoo (M) | Rhizome | Used in treatment of diabetes. | Hmar, Manipuri and Baman communities | Hailakandi district | Khan et al., 2014 [13] |
| 10.   | *Alocasia macrorrhizos* (L.) G. Don | Araceae | Hong-ngo (M) | Rhizome, petiole | Rhizome is used in bee bite. Petiole is used in poisonous bite. | Local people, herbalist and traditional healers. | Mashkall village, Cachar district | Chanu et al., 2015 [14] |
| 11.   | *Aloe barbadensis* W. Miller | Liliaceae | Ghritakumari (BN) | Leaf | Leaf juice useful in leucorrhea, hair growth and tuberculosis | - | Hailakandi district | Khan et al., 2011 [12] |
| 12.   | *Alpinia malaacensis* Burm. f. | Zingiberaceae | Murta (BN) | Leaf | Young bud is used to cure ear problem. | Village headman, medicine men | Various villages of Barak Valley | Laskar and Dutta, 2009 [11] |
| 13.   | *Alpinia galangal* (L.) Wild. | Zingiberaceae | Kulajan (BN) | Whole plant | Plant extract is used as abortifacient. Paste used for curing ringworm and rheumatic pain. | Old people in the society | Districts of Barak Valley | Barbhuinya et al., 2009 [1] |
| 14.   | *Alstonia scholaris* (L) R.Br. | Apocynaceae | Chaituang (MZ) | Bark | Bark paste with honey is used to cure fever. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |            |        | Leaf, latex, bark |         | Leaf is used against headache. Latex is applied in allergy and abscesses. Bark used against stomach trouble. | Village chiefs, medicine men, Qjha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 15.   | *Alternanthera sessilis* (L.) Br. ex. DC. | Amaranthaceae | Aklench (BN) | Stem, leaf | Stem and leaf paste is applied against snake bite. | Village chiefs, medicine men, Qjha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 16.   | *Amaranthus spinosus* L. | Amaranthaceae | Khentyimyra (MZ) | Stem, leaf | Stem and leaf are useful in dysentery. | Village chiefs, medicine men, Qjha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 17.   | *Amaranthus virides* L. | Amaranthaceae | Tanduliva (MZ) | Stem, leaf | Stem and leaf are useful against small pox. | Village chiefs, medicine men, Qjha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|----------------|-----------|-----------|------------|--------------|-----------|
| 18.   | Ananas comosus (L.) Merr. | Bromeliaceae | Anaras (BN) Keehom (M) | Leaf | Leaf juice mixed with salt and given to child to cure worm infection. | Village headman, medicine men | Various villages of Barak Valley | Laskar and Dutta, 2009 [11] |
|       |            |        |                | Fruit, leaf | Ripe fruit is used to cure cough. Young leaves are used to treat breathing problems. | Herbal practitioners or kavirajs | Kamranga village, Cachar district | Singh et al., 2011 [3] |
|       |            |        |                | Leaf | Young leaf juice taken orally against worm | - | Halakandi district | Khan et al., 2011 [12] |
|       |            |        |                | Whole plant | Used in treatment of diabetes | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 19.   | Andrographis paniculata (Burman f.) Wallich ex Nees | Acanthaceae | Kalmeg (BN) | Leaf, twig | Paste of leaves and twigs are used for hair growing. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |            |        |                | Stem, leaf | Stem and leaf are useful in dysentery. Leaf juice is taken orally in fever and stomach trouble. Stem juice is taken to eradicate worms. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        |                | Leaf, whole plant | Leaf extract is used in asthma and bronchitis. Whole plant is soaked in water overnight and taken for curing worms and stomach pain. | Old people in the society. | Different districts | Barbhuiya et al., 2009 [1] |
|       |            |        |                | Twig | Twigs are used in fever, cough and liver troubles | Herbal practitioners or kavirajs | Kamranga village, Cachar district | Singh et al., 2011 [3] |
|       |            |        |                | Whole plant | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
|       |            |        |                | Leaf | Fresh juice of the leaves along with honey is prescribed in fever. | Village old men, medicine man, local men, women and cultivators | Manipuri community of Barak Valley | Choudhury et al., 2010 [4] |
| 20.   | Angiopteris evecta (G. Froster) Hoffmann | Angiopteridaceae | Gokur (M) | Rhizome | Rhizome is useful in piles. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        |                | Leaf | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|------|------------|--------|----------------|-----------|-----------|------------|--------------|-----------|
| 21.  | Annona squamosa L. | Annonaceae | Sitaphala m (MZ) | Leaf | Used in treatment of diabetes. | Hmar, Manipuri and Baman communities | Hailakandi district | Khan et al., 2014 [13] |
| 22.  | Apama tomentosa (Bl.) Engl | Aristolochiaceae | Akpati (BN) | Stem | Stem juice is used as tonic. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 23.  | Areca catechu L. | Arecaceae | Kwa (BN) | Nut | Used in treatment of diabetes. | Hmar, Manipuri and Baman communities | Hailakandi district | Khan et al., 2014 [13] |
| 24.  | Argemone mexicana L. | Papaveraceae | Siyalkata (BN) | Root | Root juice is useful in fresh cuts and wounds. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 25.  | Artocarpus chama Buch.-Ham | Moraceae | Chamkatha l (BN) | Bark | Bark extract is used in jaundice. Dried fruit powder is used in diabetes. | Old people in the society | Different istricts | Barbhuuiya et al., 2009 [1] |
| 26.  | Artocarpus lakoocha Roxb. | Moraceae | Bohot (AS) | Leaf, bark, fruit | Dried leaf and bark powder are used in malaria. Fruit is used in stomach troubles. | Old people in the society | Different districts | Barbhuuiya et al., 2009 [1] |
| 27.* | Averrhoa carambola L. | Oxalidaceae | Theiher-awt (MZ) | Fruit | Fruits are useful in jaundice. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
|      |            |        | Kadamba (BN) |   | Bark extract used as tonic. | - | Hailakandi district | Khan et al., 2011 [12] |
| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|----------------|-----------|-----------|------------|--------------|-----------|
| 28.   | *Azadirica indica* A. Jussieu | Meliaceae | Neem (BN) | Leaf | Fresh leaves are useful household remedy in fever. | Village old men, medicine man, local men, women and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
|       |            |        |                | Twig, leaf | Twig is used in pyorrhea. | Local people, herbalist and traditional healers | Mashkall village, Cachar district | Chanu et al., 2015 [14] |
|       |            |        |                | Leaf, bark, seed | Leaf is used against skin diseases. Leaf juice is useful in diabetes. Bark juice is used against worms. Seed oil is used for abortion. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        |                | Fruit | Fruits used in jaundice. | - | Hailakandi district | Khan et al., 2011 [12] |
|       |            |        |                | Leaf | Leaf juice is taken to cure malaria. | The village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |            |        |                | Leaf, seed | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 29.   | *Bacopa monnieri* (L.) Wettst. | Scrophulariaceae | Brahmisag Plant | Plant juice is used as nerve tonic and in asthma. Paste is bandaged as snake antidote. | Old people in the society. | Districts of Barak Valley | Barbhuiya et al., 2009 [1] |
| 30.   | *Bambusa tulda* Roxb | Poaceae | Nim (BN) | Wax, hair | Wax and hairs are applied directly on injured body part to check bleeding. | Herbal practitioners or kavirajs | Kamranga village, Cachar district | Singh et al., 2011 [3] |
|       |            |        |                | Leaf | Leaves used in skin diseases. Seed oil for abortion. | - | Hailakandi district | Khan et al., 2011 [12] |
| 31.   | *Bauhinia purpurea* L. | Caesalpinia- ceae | Kanchan (BN) | Bark | Bark juice with honey is taken orally against leucorrhoea. Bark juice is also useful in menstruation trouble. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 32.   | *Begonia roxburghii* (Miq.) DC | Begoniaceae | Almikri (BN) | Root, petiole, leaf | Root, petiole and leaf are used against cough and fever. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| Sl no | Plant name               | Family       | Vernacular name | Part used | Folk uses                                           | Informants                                      | Availability            | Reference         |
|-------|--------------------------|--------------|-----------------|-----------|----------------------------------------------------|------------------------------------------------|-------------------------|---------------------|
| 33.   | *Benincasa hispida*     | Cucurbitaceae| Torbot (BN)     | Fruit     | Used in treatment of diabetes.                    | Hmar, Manipuri and Barman communities          | Hailakandi district     | Khan et al., 2014  |
|       | *(Thunberg) Cogniaux*    |              |                 |           |                                                    |                                                 |                         |                     |
| 34.   | *Bixa orellana* L.      | Bixaceae     | Ureirom (M)     | Bark      | Bark decoction has antipyretic effect.            | Village old men, medicine man, local men, women and cultivators | Manipuri community      | Choudhury et al., 2010 |
| 35.   | *Blechnum orientale* L. | Blechnaceae  | Vobnam (MZ)     | Rhizome, frond | Rhizome and fronds are used in fresh cuts and wounds. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district |                     |
| 36.   | *Bombax ceiba* L.       | Malvaceae    | Simul (BN)      | Seed      | Seed used in liver and stomach troubles.          | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district |                     |
|       |                         |              |                 | Flower fruit, bud | Used in treatment of diabetes | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014  |
| 37.   | *Borreria hispida*      | Rubiaceae    | -               | Leaf      | Leaf juice is used as blood coagulant.            | Village headman, medicine men                  | Various villages         | Laskar and Dutta, 2009 |
|       | *Spruce ex K. Schum.*   |              |                 |           |                                                    |                                                 |                         |                     |
| 38.   | *Borussia javanica* L.  | Simaroubaceae| Heining (MZ)    | Fruit, seed | Used in treatment of diabetes                     | Hmar, Manipuri and Barman communities          | Hailakandi district     | Khan et al., 2014  |
| 39.   | *Brassica camprestris* L.| Brassicaceae | Chalgom (AS)    | Leaf      | Cooling of head, foot and palm. Absorption of clotted blood from any cut or injury. | Local people, herbalist and traditional healers. | Mashkall village, Cachar district | Chanu et al., 2015  |
| 40.   | *Bryophyllum pinnatum*  | Crassulaceae | Pathar chura (BN)| Leaf | Fresh leaf juice is taken orally against dysentery. Leaf paste is applied externally in cuts and wounds and on forehead to reduce headache. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district |                     |
|       | *(Lam.) Oken*            |              |                 | Leaf      | Used in treatment of dysentery, diabetes, problems related to uterus. | Local people, herbalist and traditional healers. | Mashkall village, Cachar district | Chanu et al., 2015  |
| 41.   | *Cajanus cajan* L.      | Fabaceae     | Aral (BN)       | Leaf      | Young leaf juice is useful in jaundice.           | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district |                     |
|       | *(L.) Mill.*             |              |                 |           |                                                    |                                                 |                         |                     |
| Sl no | Plant name | Family     | Vernacular name | Part used | Folk uses | Informants | Availability | Reference       |
|------|------------|------------|----------------|-----------|-----------|------------|--------------|----------------|
| 42   | Cajanus indicus Spreng. | Papilionaceae | Arahor (AS) | Leaf | Leaf juice is used to cure | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
| 43   | Callicarpa arborea Roxb. | Verbenaceae | Hnahkiah (MZ) | Bark | Bark is useful in diarrhea. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 44   | Calotropis iarrhea Br. | Asclepiadaceae | Opegamgoi (M) | Leaf, flower | Warm leaves are applied externally against rheumatism. Flowers are applied in piles. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 45   | Calotropis procera (Aiton) W.T. Aiton | Asclepiadaceae | Akon (AS) | Latex, whole plant | Latex is applied externally in skin diseases. Plant juice is used for gastric problems, diarrhoea, stomach ulcers. UTI. | Herbal practitioners or kavirajs | Kamranga village, Cachar district | Singh et al., 2011 [3] |
| 46   | Canna indica L. | Cannaceae | Laphurei (M) | Root | Crushed fresh root is given in fever. | Village old men, medicine man, local men, women and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
|      |            |            | Leaf, aerial parts | Used in treatment of diabetes. |  | Hmar, Manipuri and Barman communities | Halakandi district | Khan et al., 2014 [13] |
| 47   | Cannabis sativa L. | Cannabaceae | Gunja (MZ) | Leaf, flower, resins | Used in treatment of diabetes | Hmar, Manipuri and Barman communities | Halakandi district | Khan et al., 2014 [13] |
| 48   | Capsicum frutescens L. | Solanaceae | Akand (BN) | Leaf | Leaves used in rheumatic pain |  | Halakandi district | Khan et al., 2011 [12] |
| 49   | Carica papaya L. | Caricaceae | Kofol (BN) | Fruit | Fruit is used to cure stomach problem. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|      |            |            | Fruit, flower, leaf, seed | Fruits used in dysentery. Flower used in ear trouble. Pseudo fruit mixed with the fruits of Melastoma malabathricum is taken orally against impotency. Leaf is used against toothache. Seeds are used for deworming. |  | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|      |            |            | Seed | Used in treatment of diabetes. |  | Hmar, Manipuri and Barman communities | Halakandi district | Khan et al., 2014 [13] |
**Table 1.** Continued

| Sl no | Plant name            | Family       | Vernacular name | Part used           | Folk uses                                                                 | Informants                                           | Availability                  | Reference                  |
|-------|-----------------------|--------------|-----------------|---------------------|---------------------------------------------------------------------------|------------------------------------------------------|------------------------------|----------------------------|
| 50.   | *Cassia alata* L.     | Fabaceae     | Duidubi (MZ)    | Leaf                | Paste made by pounding fresh leaves and *Allium sativum* is applied allergy and abscesses. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]       |
| 51.   | *Cassia fistula* L.   | Fabaceae     | Suvarnaka (M)   | Flower              | Decoction of the flower is given in chronic fever.                         | Village old men, medicine man, local people and cultivators | Manipuri community            | Choudhury et al., 2010 [4] |
|       |                       |              |                 | Flower, seed, stem bark | Used in treatment of diabetes.                                              | Hmar, Manipuri and Barman communities               | Hailakandi district           | Khan et al., 2014 [13]     |
| 52.   | *Cassia occidentalis* L. | Fabaceae     | Meitarbi (MZ)   | Seed, leaf          | Seed and leaf paste is applied externally on skin diseases                 | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]       |
| 53.   | *Cassia tora* L.      | Fabaceae     | Thounam (M)     | Leaf, seed          | Leaves and seeds are applied on skin diseases.                             | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]       |
| 54.   | *Catharanthus roseus* (L.) G. Don | Apocynaceae | Nayantara (BN)  | Leaf                | Leaf paste is applied on forehead to reduce headache.                     | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]       |
|       |                       |              |                 | Leaf                | Leaves used in diabetes and fever.                                         | -                                                    | Halakandi district            | Khan et al., 2011 [12]     |
Table 1. Continued

| Sl no | Plant name                                      | Family          | Vernacular name | Part used   | Folk uses                                                                 | Informants                        | Availability    | Reference        |
|-------|-------------------------------------------------|-----------------|-----------------|-------------|--------------------------------------------------------------------------|-----------------------------------|-----------------|------------------|
| 55.   | *Centella asiatica* (L.) Urban                  | Apiaceae        | Thankuni (BN)   | Leaf        | Leaf is taken raw to cure stomach problems. Rhizome is used in body pain. | Village headman, medicine men     | Various villages | Laskar and Dutta, 2009 [11] |
|       |                                                 |                 |                 | Whole plant, leaf, rhizome | Whole plant is used in dysentery and digestive problems. Leaves are used for blood purification. Powder of dried leaf used in skin infections. Rhizome is used in fractured bone to get early relief. | Herbal practitioners or kavirajs   | Kamranga village, Cachar district | Singh et al., 2011 [3] |
|       |                                                 |                 |                 | Whole plant | Used in blood purification, improving memory, amoebic dysentery, rheumatism, stomach ulcer, diarrhea, gastric, digestive problems, appetite and skin diseases. | Local people, herbalist and traditional healers | Mashkail village, Cachar district | Chanu et al., 2015 [14] |
| 56.   | *Chromolaena odorata* (L.) King & Robinson      | Asteraceae      | Pholony (MZ)    | Leaf        | Leaf juice is useful in fresh cuts and wounds. Young leaf paste is useful against headache. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 57.   | *Cinnamomum bejolghota* (Buch.-Ham.) Sweet      | Lauraceae       | Janglitej patha (BN) | Leaf, bark  | Leaf & bark extracts are used in cough, cold and in liver troubles. Bark paste used in toothache. | Old people in the society. Different districts | Barbhuiya et al., 2009 [1] |
| 58.   | *Cinnamomum tamala* Nees & Eberm.               | Lauraceae       | Tejpatha (BN)   | Leaf, bark  | Soaked leaf is used as carminative. Leaf and bark extracts are used in diarrhoea and chronic dysentry. | Old people in the society. Different districts | Barbhuiya et al., 2009 [1] |
|       |                                                 |                 |                 | Stem, bark, root | Used in treatment of diabetes. | Hmar, Manipuri and Baman communities | Hailakandi district | Khan et al., 2014 [13] |
|       |                                                 |                 |                 | Bark, leaf  | Bark and leaves are useful in diarrhea. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |                                                 |                 |                 | Leaf        | Leaf juice useful in cough | - | Hailakandi district | Khan et al., 2011 [12] |
| Sl no | Plant name | Vernacular name | Part used | Folk uses | Availability | Reference |
|-------|------------|----------------|-----------|-----------|--------------|-----------|
| 60.   | Cissus quadrangularis L. | Harjura (BN) | Shoot | Shoot paste is used to cure or joining of bones. | Various villages | Laskar and Dutta, 2009 [11] |
| 61.   | Citrus reticulata Blanca | Komla (MZ) | Fruit, root | Used to treat intestinal worm, blood pressure, blood sugar, skin diseases, cough, dysentery. | Local people, herbalist and traditional healers | Various villages | Chanu et al., 2015 [14] |
| 62.   | Clerodendron colebrookei Walp. | Anphui (MZ) | Leaf | Used to treat intestinal worm, blood pressure, blood sugar, skin diseases, cough, dysentery. | Old people in the society | Different districts | Barbhuiya et al., 2009 [1] |
| 63.   | Clerodendron infortunatum Verbenaceae | Korobi (BN) | Root, leaf | Root paste is used as bandage in swelling. Leaf extract is used in stomach pain and malaria. | Old people in the society | Different districts | Barbhuiya et al., 2009 [1] |
| 64.   | Clitoria ternatea Linn | Aparajita (BN) | Root | Root juice mixed with milk is taken orally against impotency. Seed used in stomach trouble. | Old people in the society | Different districts | Khan et al., 2011 [12] |
| 65.   | Chloris viridissima Fabaceae | Aparajita (BN) | Root | Root paste is used as bandage in swelling. Leaf extract is used in stomach pain and malaria. | Old people in the society | Different districts | Khan et al., 2011 [12] |
| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|----------------|-----------|-----------|------------|--------------|-----------|
| 66.   | *Cocos nucifera* L. | Arecales | Narikol (BN) Daab (M) | Fruit | Immature fruit is used to cure dyspnoea. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |            |        |                 | Fruit, flower | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 67.   | *Coix lacryma-jobi* L. | Poaceae | Angouba (M) | Root | Used in treatment of diabetes | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 68.   | *Combretum pilosum* Roxb. | Combretaceae | Juniloth (BN) | Leaf | Young leaves are taken for deworming. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 69.   | *Coptis teeta* Wall. | Ranunculaceae | Urihangam pal (M) | Leaf | Decoction of leaves is prescribed in fever. | Village old men, medicine man, local men, women and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
| 70.   | *Cordia dichotoma* Forskal | Boraginaceae | Bahubara (BN) Leaf, fruit | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 71.   | *Costus speciosus* (Koening) Smith | Zingiberaceae | Keu (BN) | Leaf | Leaf juice are given against snake bite. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |            |        | Leaf, stem | Dried powdered leaf and young stem are used for curing piles. | Old people in the society. | Different districts | Barbhuinya et al., 2009 [1] |
|       |            |        | Whole plant | Specific use not mentioned. | - | Hailakandi district | Khan et al., 2011 [12] |
| 72.   | *Costus variegata* | Zingiberaceae | Kood (BN) Leaf, stem | Leaf and stem extracts are taken for curing piles. | Old people in the society. | Different districts | Barbhuinya et al., 2009 [1] |
| 73.   | *Croton bonplandianum* Bail. | Euphorbiaceae | Photka (BN) Stem, latex | Stem latex is useful for fresh cuts and wounds to stop bleeding. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 74.   | *Cucurma sps.* | Zingiberaceae | Jangli Haldi (BN) Rhizome | Rhizome is used to cure body pain. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
| Sl no | Plant name                  | Family          | Vernacular name | Part used | Folk uses                                                                 | Informants                                      | Availability               | Reference                  |
|-------|-----------------------------|-----------------|-----------------|-----------|--------------------------------------------------------------------------|------------------------------------------------|---------------------------|----------------------------|
| 75.   | *Curculigo orchoides*       | Amaryllidaceae  | Lairudamsia     | Rhizome   | Rhizome is useful in diarrhea and jaundice.                               | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2]        |
|       | *Gaertn*                    | (R) Bengthang   | (MZ)            |           |                                                                          |                                                 |                           |                            |
| 76.   | *Curcuma aromatica*         | Zingiberaceae   | Banhalud (BN)   | Rhizome   | Rhizome is used in constipation.                                          | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2]        |
|       | *Salisb*                     |                 |                 |           |                                                                          |                                                 |                           |                            |
| 77.   | *Curcuma domestica*          | Zingiberaceae   | Haldi (BN)      | Rhizome   | Rhizome paste is rubbed on the injured body parts to reduce pain.        | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2]        |
|       | *Valeton*                    |                 |                 |           |                                                                          |                                                 |                           |                            |
| 78.   | *Curcuma longa L*            | Zingiberaceae   | Yaingang (M)    | Rhizome   | Used in treatment of dhatu, blood purification, cuts or wounds, and as appetizer | Local people, herbalist and traditional healers. | Mashkall village, Cachar district | Chanu et al., 2015 [14]    |
|       |                             |                 | Halud (BN)      | Rhizome   |                                                                          |                                                 |                           |                            |
|       |                             |                 |                 | Rhizome   | Rhizome juice is used to treat piles and urinary tract infections. Crushed rhizome is also used on wounded area for its antiseptic property. | Herbal practitioners or Kavirajis.              | Kamranga village, Cachar district | Singh et al., 2011 [3]     |
|       |                             |                 |                 | Rhizome   | Juice of the rhizome is useful in fever.                                 |                                                 |                           |                            |
|       | Leaf, rhizome               |                 |                 |           | Used in treatment of diabetes.                                           | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4]  |
|       | NM                          |                 |                 |           | Used against liver trouble and for healing of wound                      | Hmar, Manipuri and Barman communities            | Hailakandi district     | Khan et al., 2014 [13]     |
| 79.   | *Cuscuta reflexa*            | Convolvulaceae  | Swamalata (M)   | Whole plant | Boiled plant is considered in chronic fever.                              | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4]  |

Table 1. Continued
Table 1. Continued

| Sl no | Plant name                  | Family   | Vernacular name | Part used   | Folk uses                                                                 | Informants                        | Availability                  | Reference                  |
|-------|-----------------------------|----------|-----------------|-------------|---------------------------------------------------------------------------|-----------------------------------|-------------------------------|----------------------------|
| 80.   | *Cynodon dactylon* (L.) Pers.| Poaceae  | Durba (MZ)      | Leaf        | Leaf is used in cuts as antiseptic.                                       | Village headman, medicine men     | Various villages              | Laskar and Dutta, 2009 [11] |
|       |                             |          |                 | Whole plant | Plant juice is taken orally against dysentery. Paste of the grass is used in fresh cuts and injuries to stop bleeding. Juice of the plant mixed with juice of *Hibiscus rosa sinensis* L. flowers and taken in menstruation troubles. Plant paste is applied on forehead to reduce headache. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2]       |
| 81.   | *Cyperus rotundus* L.       | Cyperaceae| Shembangkaothum (M) | Root | Crushed extract of the roots is prescribed in fever. | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
|       |                             |          |                 | Whole plant, rhizome | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 82.   | *Dactyloctenium aegyptium* (L.) P. Beauv. | Gramineae | Pungphai (M)    | Whole plant | Juice of the fresh plant is used in fever. | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
| 83.   | *Datura metel* L.           | Solanaceae| Dhatura (BN)     | Root | Roots are used in treatment of asthma. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |                             |          |                 | Leaf | Dried leaves used against skin diseases. | - | Hailakandi district | Khan et al., 2011 [12]       |
| 84.   | *Datura stramonium* L.      | Solanaceae| Dhutra (BN)     | Seed | Seeds are taken once daily as the remedy for skin diseases. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2]       |
|       |                             |          |                 | Leaf | Leaves used against asthma & skin diseases | - | Hailakan di district | Khan et al., 2011 [12]       |
| Sl no | Plant name                  | Family               | Vernacular name | Part used | Folk uses                                                                                                                                                                                                                                                                                                                                 | Informants                                                                                           | Availability                                      | Reference                             |
|------|-----------------------------|----------------------|-----------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------|----------------------------------------|
| 85.  | *Dioscorea alata* L.        | Dioscoreaceae        | Chupri alu (BN) | Tuber     | Tubers are used in piles                                                                                                                                                                                                                                                                                                                   | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers.                 | Tribal villages of Cachar district            | Das et al., 2008 [2]                    |
|      |                             |                      |                 | Rhizome   | Rhizome Used in treatment of diabetes                                                                                                                                                                                                                                                                                                     | Hmar, Manipuri and Barman communities                                                               | Hailakandi district                          | Khan et al., 2014 [13]                  |
| 86.  | *Diplazium esculentum* (Retz.) Sw. | Athyriaceae        | Paloi (BN)      | Frond     | Young fronds are used as vegetable, which stimulate digestion.                                                                                                                                                                                                                                                                             | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers.                 | Tribal villages of Cachar district            | Das et al., 2008 [2]                    |
| 87.  | *Docynia indica* (Wall.) Decne | Rosaceae             | -               | Fruit     | Fruit is used to cure stomach problem.                                                                                                                                                                                                                                                                                                   | Village headman, medicine men                                                                      | Various villages                             | Laskar and Dutta, 2009 [11]             |
| 88.  | *Dryopteris sp.* Dryopteridaceae | -                  | Leaf            | Leaf Juice is used to cure body pain.                                                                                                                                                                                                                                                                                                   | Village headman, medicine men                                                                      | Various villages                             | Laskar and Dutta, 2009 [11]             |
| 89.  | *Eclipta prostrata* L.      | Asteraceae           | Kariya (BN)     | Whole plant | Whole plant is used in fresh cuts and wounds. Plant juice is useful for hair growth. Stem and leaf juice is taken against constipation.                                                                                                                                                                                                   | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers.                 | Tribal villages of Cachar district            | Das et al., 2008 [2]                    |
|      |                             |                      |                 | Uchishum bal (M) | Leaf Juice of the leaves along with the honey is recommended in fever                                                                                                                                                                                                            | Village old men, medicine man, local men, women and cultivators                                   | Manipuri community                           | Choudhury et al., 2010 [4]              |
| 90.  | *Emblica officinalis* Gaertn. | Euphorbiaceae        | Amlaki (BN)     | Seed, leaf, fruit | Seeds are useful in menstruation trouble. Leaves and fruits are used in diabetes. Fruit is useful in constipation.                                                                                                                                                              | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers.               | Tribal villages of Cachar district            | Das et al., 2008 [2]                    |
|      |                             |                      |                 | Amlaki (BN) | Leaf, fruit Leaves and fruits used in diabetes.                                                                                                                                                                                                                                                                                         | Hmar, Manipuri and Barman communities                                                               | Hailakandi district                          | Khan et al., 2014 [13]                  |
| 91.  | *Enhydra fluctuans* Lour.  | Asteraceae           | Hincha (BN)     | Stem      | Stem is used in gastric and ulcers. Whole plant is useful in constipation.                                                                                                                                                                                                     | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers.                 | Tribal villages of Cachar district            | Das et al., 2008 [2]                    |
| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|-----------------|-----------|-----------|------------|--------------|-----------|
| 92.   | *Equisetum debile* Roxb. | Equisetaceae | Lai utong (MZ) | Whole plant | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 93.   | *Eugenia cumini* (L.) | Myrtaceae | Jam | Fruit | Ripe fruit is eaten raw to cure diabetes. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
| 94.   | *Eupatorium odoratum* L. | Asteraceae | KiRinga lota (AS) | Leaf | Leaf by grinding is used to cure scar. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
| 95.   | *Euphorbia hirta* L. | Euphorbiaceae | Gakhir lota (AS) | Whole plant | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 96.   | *Euphorbia nerifolia* L. | Euphorbiaceae | Hiju (BN) | Leaf | Leaves used against cough. | - | Hailakandi district | Khan et al., 2011 [12] |
| 97.   | *Eupatorium cannabinum* | Asteraceae | Tongol loti (AS) | Leaf | Leaf juice is used to cure tooth pain. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
| 98.   | *Ficus benghalensis* L. | Moraceae | Bar (MZ) | Whole plant | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 99.   | *Ficus religiosa* L. | Moraceae | Ashwata (BN) | Leaf, bark | Leaf bark juice is used as tonic. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        | Aswat (M) | Root-bark, root | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 100.  | *Garcinia cowa* Roxb. ex Choisy | Clusaceae | Bonthekra (BN) | Leaf, fruit | Leaf juice is used in diarrhoea. Raw fruits are used in dysentery. | Old people in the society. | Different districts | Barbhuiya et al., 2009 [1] |
| 101.  | *Globa multiflora* Wallich | Zingiberaceae | Jungliada (BN) | Rhizome | Rhizome useful in fresh cuts, wounds and swelling. Rhizome paste is applied on forehead to reduce headache. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 102.  | *Gloriosa superba* L. | Colchicaceae | Agnisikha (MZ) | Whole plant | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| Sl no | Plant name            | Family       | Vernacular name | Part used | Folk uses                                      | Informants                                      | Availability                          | Reference                  |
|-------|-----------------------|--------------|-----------------|-----------|-----------------------------------------------|------------------------------------------------|---------------------------------------|----------------------------|
| 103.  | *Glycosmis pentaphylla* (Retz.) Correa | Rutaceae     | Bonjamir (BN)   | Leaf      | Fresh leaf juice is useful in skin diseases. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2]       |
| 104.  | *Gmelia arborea* Roxb   | Verbenaceae  | Gamari (M)      | Leaf, stem, fruit | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Halakandi district                   | Khan et al., 2014 [13]     |
| 105.  | *Goodyera procera* (Ker Gawl.) Hook. | Orchidaceae  | -               | Whole plant | Dysentery, bloody dysentery. | Local people, herbalist and traditional healers | Mashkall village, Cachar district | Chanu et al., 2015 [14]    |
| 106.  | *Hedyotis diffusa* Wild.  | Rubiaceae    | Limorui (M)     | Whole plant | Decoction of the plant is recommended in intermittent fever. | Village old men, medicine man, local people and cultivators | Manipuri community                   | Choudhury et al., 2010 [4] |
| 107.  | *Helianthus annus* L.  | Asteraceae   | Numitlei (M)    | Leaf, flower | Decoction of the leaves and flowers along with honey is prescribed in malarial fever. | Village old men, medicine man, local people and cultivators | Manipuri community                   | Choudhury et al., 2010 [4] |
| 108.  | *Heliotropium indicum* L. | Boraginaceae | Hatisura (BN)   | Root, leaf | Root juice is useful against ophthalmia. Fresh leaf extract is applied externally in fresh cuts. | Village chiefs, medicine man, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2]       |
| 109.  | *Hibiscus abelmoschus* L. | Malvaceae    | Shamal moturi (M) | Leaf    | Decoction of the leaves is given in typhoid fever. | Village old men, medicine man, local people and cultivators | Manipuri community                   | Choudhury et al., 2010 [4] |
| 110.  | *Hibiscus mutabilis* L. | Malvaceae    | Rakta jaba (BN) | Flower | Paste of flower applied externally to fresh cuts and wounds. | -                                | Halakandi district                  | Khan et al., 2011 [12]     |
| 111.  | *Hibiscus rosa-sinensis* L. | Malvaceae    | Jaba (BN)      | Flowers | Flowers paste is applied on fresh cuts and wounds. Extract of flowers is used in irregular menstruation trouble. | Village chiefs, medicine man, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2]       |

*Table 1. Continued*
### Table 1. Continued

| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|----------------|-----------|-----------|-------------|--------------|-----------|
| 112. | Homalomena aromatica (Roxb) Schott | Araceae | Gandikochu/ Gandkochu (BN) | Petioles | Petioles taken as vegetable for purification of blood and healing of wound caused during child birth. | - | Halakandi district | Khan et al., 2011 [12] |
| 113. | Houttuynia cordata Thunb. | Saururaceae | Tengalai (BN) | Plant | Whole plant except root is taken for the purification of blood. Plant is used against jaundice and also as appetizer. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 114. | Hoya globulosa Hook. f. | Asclepiadaceae | - | Leaf | Leaf paste is applied on bone fracture. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 115. | Hydrocotyl javanica Thunb. | Apiaceae | Kudmanko ni (BN) | Plant | Whole plant is useful in stomach trouble. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 116. | Hydrocotyle sibthorpioides Lam. | Umbelliferae | Paruklei (M) | Plant | Juice of the plant along with honey is prescribed in typhoid fever. | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
| 117. | Hydrocolea zeylanica Linn | Hydrophyllaceae | Kasschra (M) | Leaf, twig | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Halakandi district | Khan et al., 2014 [13] |
| 118. | Hyptis suaveolens (L.) Poiret | Lamiaceae | Bilati tulsi (BN) | Twig, leaf | Young twigs and leaf are useful against skin diseases. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 119. | Hyptis suaveolens Poiret | Lamiaceae | Nagatulsí/ Thukma (BN) | NM | Used against stomach trouble and in constipation. | - | Halakandi district | Khan et al., 2011 [12] |
| 120. | Imperata cylindrica Linn | Poaceae | Oolo (M) | Root | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Halakandi district | Khan et al., 2014 [13] |
| 121. | Ipomoea aquatica Forsskål | Convolvulaceae | Kalmisak (BN) | Leaf, twig | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Halakandi district | Khan et al., 2014 [13] |
| 122. | Ipomoea carnea Jacq. | Convolvulaceae | Kalam (BN) | Plant | Fresh milky juice of the plant is useful in fresh cuts and wounds. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| Sl no | Plant name                | Family                | Vernacular name | Part used          | Folk uses                                      | Informants                              | Availability    | Reference       |
|------|---------------------------|-----------------------|-----------------|--------------------|------------------------------------------------|------------------------------------------|-----------------|-----------------|
| 123. | *Jatropha curcas* L.      | Euphorbiaceae         | Lalbhen dha (MZ)| Leaf, twig         | Used in treatment of diabetes.                  | Hmar, Manipuri and Barman communities  | Hailakandi district | Khan et al., 2014 [13] |
| 124. | *Justicia adhatoda* L.    | Acanthaceae           | Boga bahak (AS) | Leaf               | Used in treatment of cough, itch, fever, dysentery, cough, fever, bronchial congestion, muscular sprain, gout, itching, diabetes and as anti-venom. | Local people, herbalist and traditional healers. | Mashkail village, Cachar district | Chanu et al., 2015 [14] |
|      |                           |                       | Nongman gkha (MZ)| Leaf, flower, root | Used in treatment of diabetes.                  | Hmar, Manipuri and Barman communities  | Hailakandi district | Khan et al., 2014 [13] |
| 125. | *Justicia gendarussa* Burm.f. | Acanthaceae          | Tita bahak (AS) | Leaf               | Leaf useful in bone fracture.                  | Village chiefs, medicine men, Qaja, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 126. | *Kalanchoe pinnata* Persoon | Crassulaceae          | Patharkuc hi (M) | Whole plant        | Used in treatment of diabetes.                  | Hmar, Manipuri and Barman communities  | Hailakandi district | Khan et al., 2014 [13] |
| 127. | *Kyllinga triceps* Rotlb. | Cyperaceae            | Chumthan gachouba (M) | Whole plant | Decoction of the plant is given in fever.     | Village old men, medicine man, local men, women and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
| 128. | *Lagenaria siceraria* (Molina) | Cucurbitaceae        | Pani lao (AS)   | Leaf               | Warm leaves are wrapped on the boils to make pus out. | Herbal practitioners or kavirajs       | Kamranga village, Cachar district | Singh et al., 2011 [3] |
| 129. | *Lantana camara* L. var. aculeate | Verbenaceae          | Japnlaio (MZ)   | Leaf               | Young leaves mixed with salt are eaten to stimulate digestion. Leaves are used in fresh cuts and wounds. | Village chiefs, medicine men, Qaja, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 130. | *Lawsonia innermis* L.    | Lythraceae            | Mehendi (BN)    | Leaf               | Fine paste of the leaves is used to prevent snakebite. | Village headman, medicine men          | Various villages | Laskar and Dutta, 2009 [11] |
|      |                           |                       |                 | Leaf               | Leaf is used against hypertension               | -                                       | Hailakandi district | Khan et al., 2011 [12] |
| 131. | *Leonurus sibiricus* L.   | Lamiaceae             | Raктaron (BN)   | Root               | Root used in stomach trouble.                  | Village chiefs, medicine men, Qaja, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
Table 1. Continued

| Sl no | Plant name            | Family         | Vernacular name | Part used | Folk uses                                                                 | Informants                          | Availability              | Reference               |
|-------|-----------------------|----------------|-----------------|-----------|---------------------------------------------------------------------------|-------------------------------------|---------------------------|-------------------------|
| 132.  | *Leucas aspera*       | Lamiaceae      | Drun kalash (BN)| *Twig*    | Used in blood purification, skin diseases, cough, fever, stomach disorder, appetite, liver trouble and eye drop | Local people, herbalist and traditional healers. | Mashkall village, Cachar district | Chanu et al., 2015 [14] |
|       | H.B. & kunth          |                |                 | *Leaf*    | Leaf used against stomach trouble.                                       | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2]   |
| 133.  | *Lidia geminata*      | Verbenaceae    | Pichas ban (BN); Motka (BN) | *Leaf*    | Fresh leaf juice is useful against fresh cuts and wounds.                | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]   |
| 134.  | *Macaranga denticulata* | Euphorbiaceae  | Loko (MZ)       | *Stem*    | Stem juice is useful in skin diseases, cuts and wounds.                  | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]   |
| 135.  | *Mangifera indica* L. | Anacardiaceae  | Am (BN)         | *Leaf*    | Leaf juice is taken against gastric problems, ulcers and diarrhoea.      | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]   |
|       |                      |                |                 | *Leaf*    | Used in treatment of diabetes.                                           | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]   |
| 136.  | *Melastoma malabathricum* L. | Melastomaceae | Loloti (BN); Taintong (R) | Fruit, stem | Fruits are used as one of the ingredients in impotency. Stem is used in toothache. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]   |
| 137.  | *Melia composita* Wild. | Meliaceae      | Gura Neem (BN)  | *Leaf*    | Leaf is useful in stomach and liver troubles.                            | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]   |
| 138.  | *Mentha arvensis* L.  | Lamiaceae      | Pudina (BN)     | *Leaf*    | Pounded leaves mixed with salt are eaten against stomach trouble.        | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]   |
|       |                      |                |                 | *Leaf*    | Leaf juice useful in stomach trouble                                     | -                                   | Hailakandi district      | Khan et al., 2011 [12] |
| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|----------------|-----------|-----------|------------|-------------|-----------|
| 139.  | *Michelia champaca* L. | Magnoliaceae | Tita sopa (AS) | Leaf, seed | Leaf is used against colic. Seed is used as appetizer and also in liver and stomach troubles. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 140.  | *Mikania micrantha* Kunth | Asteraceae | Repujiloth (BN) | Plant, leaf | Whole plant except root is useful against diarrhoea. Fresh leaf paste is applied externally in fresh cuts and wounds. Leaf juice is useful in eye trouble. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        | Leaf           |           | Crushed leaves are used to stop bleeding. Leaf paste used in ring worm and other skin infections | Herbal practitioners or kavirajs | Kamranga village, Cachar district | Singh et al., 2011 [3] |
| 141.  | *Mikania cordata* (Burm.f.) | Asteraceae | Refujee lat (BN) | Leaf | Leaf juice is used as blood coagulant. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
| 142.  | *Mimordica charantia* L. | Cucurbitaceae | Korola (MZ) | Leaf | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 143.  | *Mimosa pudica* L. | Fabaceae | Hlonuor (MZ) | Leaf, root | Leaf juice is used externally on piles and boils. Leaf paste is applied on bone injuries as pain killer, and in tumor for early burst. Root juice mixed with fruit juice of *Dillenia indica* and honey, and taken to cure dysentery. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        | Whole plant    |           | Used in treatment of diabetes | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 144.  | *Momordica charantia* L. | Cucurbitaceae | Karanaakhabi (M) | Leaf | Leaf juice is taken once daily in morning to control diabetes. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        | Leaf, fruit    |          | Leaf juice an dried fruit used in fever. | Herbal practitioners or kavirajs | Kamranga village, Cachar district | Singh et al., 2011 [3] |
|       |            |        | Leaf           |          | Fresh juice of the leaves is given in fever. | Village old men, medicine man, local men, women and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
Table 1. Continued

| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|----------------|-----------|----------|------------|-------------|-----------|
| 145.  | *Moringa oleifera* Lam. | Moringaceae | Shajna (M) Sajna (BN) | Green stick | Green stick is good for stomach. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |            |        |                | Bark      | Bark paste is used externally on the effected body parts to reduce rheumatic pain. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        |                | Bark      | Bark used against rheumatic pain. | - | Halakandi district | Khan et al., 2011 [12] |
| 146.  | *Morus australis* Poirin Lam. | Moraceae | Tuthphol (BN) | Fruit, root | Fruits are useful in cough. Root is used in jaundice. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 147.  | *Musa balbisiana* Colla | Musaceae | Athiya Kol (AS) | Flower | Inflorescence is used to cure jaundice. | Herbal practitioners or kavirajs | Kamranga village, Cachar district | Singh et al., 2011 [3] |
| 148.  | *Musa paradisiaca* L. | Musaceae | Kola (BN) | Fruit | Unripe fruits used in dysentery and diarrhea | - | Halakandi district | Khan et al., 2011 [12] |
| 149.  | *Nerium indicum* Mill. | Apocynaceae | Karabi (BN) | Leaf | Leaf is used against skin diseases. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        |                | Karobi (BN) | Stem juice used in skin diseases | - | Halakandi district | Khan et al., 2011 [12] |
| 150.  | *Nyctanthus arbor-tristis* L. | Oleaceae | Sefali (BN) Singgrele (M) Shiwli (MZ) | Leaf | Leaf juice mixed with honey are given to cure fever. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |            |        |                | Leaf | Leaf extract taken orally against chronic fever and liver trouble. | - | Halakandi district | Khan et al., 2011 [12] |
|       |            |        |                | Leaf | Juice of the fresh leaves is prescribed in chronic fever. | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
|       |            |        |                | Leaf | Used in treatment of diabetes. | Hmar, Manipuri and Baman communities | Halakandi district | Khan et al., 2014 [13] |
|       |            |        |                | Leaf | Leaves are useful in liver trouble. Leaves are used in fever. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|----------------|-----------|-----------|------------|-------------|-----------|
| 151.  | Ocimum americanum L. | Labiatae | Tulsi (M) | Leaf | Juice of the leaves along with honey is given in fever. | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
| 152.  | Ocimum gratissimum L. | Lamioae | Ram Tulsi (BN) | Leaf and shoot | Juice of the leaves along with honey prescribed in fever. | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
|       |            |        | Tulsi (BN)   | Shoot | Shoots are used to treat fever. Leaves are used to treat cough, rheumatism, flatulence, abdominal pain. | Local people, herbalist and traditional healers | Mashkall village, Cachar district | Chau et al., 2015 [14] |
| 153.  | Ocimum sanctum L. | Lamioae | Barpai (MZ) | Leaf | Leaf juice is used to cure cough. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |            |        | Tulsi (BN)  | Root and leaf | Root is used against scorpion sting and snakebite. Leaf juice mixed with honey and taken to cure cough and fever. Juice of tulsi, turmeric and onion is given to cure gout. Leaf juice is also used in constipation. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 154.  | Opuntia dillenii Haworth | Cactaceae | Fanimansha (BN) | Phylloclade | Leaf juice is used to cure cough. | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
| 155.  | Oroxylon indicum (L.) Kurz | Bignoniaceae | Sona (BN) | Bark, root | Bark extract is used as hair tonic. Dried powdered root is used as anti-helminthic and carminative. | Old people in the society | Different districts | Barbhuiya et al., 2009 [1] |
| 156.  | Oxalis corniculata L. | Oxalidaceae | Amrul (BN) | Whole plant | Whole plant except root is used in eye trouble. Plant juice is taken against dysentery also applied on fresh cuts and injury to stop bleeding. Whole plant is used as appetizer. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        |              | Leaf | Leaf juice with honey taken orally against cough and cold. | - | Hailakandi district | Khan et al., 2011 [12] |
|       |            |        |              |      | Paste of phylloclade useful in burns. | - | Hailakandi district | Khan et al., 2011 [12] |
|       |            |        |              |      | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| Sl no | Plant name            | Family       | Vernacular name | Part used | Folk uses                                      | Informants                          | Availability               | Reference               |
|-------|-----------------------|--------------|-----------------|-----------|-----------------------------------------------|-------------------------------------|---------------------------|-------------------------|
| 157.  | *Parkia roxburghii* G. Don. | Fabaceae    | Yong Chak (M) Zwangta (MZ) | Seed      | Gas problem of stomach.                      | Local people, herbalist and traditional healers. | Mashkall village, Cachar district | Chanu et al., 2015 [14] |
| 158.  | *Parkia timoriana* (DC.) Merr. | Fabaceae    | Khorial (AS)    | Seed, pods | Seeds are useful to removal of intestinal gas. Tender pods are used for intestinal disorder. | Herbal practitioners or kavirajs | Kamrang village, Cachar district | Singh et al., 2011 [3] |
| 159.  | *Phlogacanthus thyrsiflorus* (Roxb) Nees. | Acanthaceae | Tita bahak (AS) | Leaf      | Decoction of the leaves is prescribed in fever. | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
| 160.  | *Phlogacanthus tubiflorus* Nees | Acanthaceae | Titaphul (AS)   | Leaf      | Boiled leaf juice is given in cough.         | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 161.  | *Phyllanthus acidus* L. | Phyllanthaceae | Pomloki (AS)   | Leaf      | Used in treatment of diabetes.               | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 162.  | *Phyllanthus emblica* L. | Phyllanthaceae | Amlika (M) Amlokhi (BN) | Seeds     | Used in treatment of diabetes.               | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
|       |                       |              |                 | Fruit    | Fruit is used to cure jaundice.              | Village headman, medicine men        | Various villages | Laskar and Dutta, 2009 [11] |
| 163.  | *Piper betle* L.      | Piperaceae   | Pan (BN) Panamana (M) | Leaf      | Juice of leaf is taken with honey to cure cough. Juice is also acts as blood coagulant on external application. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |                       |              |                 | Leaf     | Juice of the leaves along with the honey is useful in fever. | Village old men, medicine man, local people and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
| 164.  | *Piper nigrum* L.     | Piperaceae   | Gulmarich (BN)  | Seed      | Powdered seed with palm candy taken orally against cough. | -                                    | Hailakan di district | Khan et al., 2011 [12] |
| 165.  | *Plumbago rosea* L.   | Plumbaginaceae | Kangol (M)     | Stem      | Used in treatment of diabetes.               | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13] |
| 166.  | *Plumeria acuminata* Alt | Apocynaceae | Gulich (BN)    | Leaf      | Leaf is used in stomach trouble.            | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|-----------------|-----------|-----------|------------|--------------|-----------|
| 167.  | *Polygonum barbatum* L. | Polygonaceae | Anbon (MZ) | Stem | Stem is used in gastric trouble and ulcers. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 168.  | *Pongamia glabra* Vent. | Leguminosae | Karanja (BN) | Seed | Oil from seed is good for skin. | Village headman, medicine men. | Various villages | Laskar and Dutta, 2009 [11] |
| 169.  | *Portulaca oleracea* L. | Portulacaceae | Nunia Sag (BN) | Stem, leaf | Stem and leaves are used as appetizer. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 170.  | *Pothos scandens* L. | Araceae | Haranga (BN) | Plant | Whole plant is used in bone fracture. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 171.  | *Pouzolzia hirta* (Bl.) Hassk. | Urticaceae | Chirchira (BN) | Leaf | Leaf and stem are used as lactagogue. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 172.  | *Psidium guajava* L. | Myrtaceae | Karthal (MZ) Piyara (BN) | Leaf | Tender leaves are taken to cure abdominal pain. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
| | | | | | | | Tribal villages of Cachar district | Das et al., 2008 [2] |
| | | | | | | | Various districts Khan et al., 2011 [12] |
| 173.  | *Punica granatum* L. | Punicaceae | Dalim (BN) | Leaf | Leaf juice is taken orally in dysentery. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
| | | | | | | | Various districts Khan et al., 2011 [12] |
| 174.  | *Rauwolfia serpentina* Benth. | Apocynaceae | Sarpagondha (AS) | Leaf | Leaf juice is taken as soup for controlling high BP. | Old people in society | Different districts | Barbhuiya et al., 2009 [1] |
| Sl no | Plant name                  | Family               | Vernacular name | Part used        | Folk uses                                                                 | Informants                                      | Availability          | Reference                  |
|-------|-----------------------------|----------------------|-----------------|------------------|---------------------------------------------------------------------------|------------------------------------------------|------------------------|----------------------------|
| 175.  | Ricinus communis L.         | Euphorbeaceae        | Mutih (MZ)      | Leaf             | Leaf is used to cure body ach.                                            | Village headman, medicine men                   | Various villages       | Laskar and Dutta, 2009    |
|       |                             |                      | Barela (BN)     |                  |                                                                           |                                                 |                        | [11]                       |
|       |                             |                      | Seed, leaf      |                  | Seed oil is used externally against rheumatism. Leaves are used against  | Village chiefs, medicine men, Ojha, local old  | Tribal villages of     | Das et al., 2008          |
|       |                             |                      |                 |                  | body ache and headache                                                    | women, school teachers, forest dwellers.         | Cachar district        | [2]                       |
|       |                             |                      | Leaf            |                  |                                                                           |                                                 |                        |                            |
|       |                             |                      |                 |                  | Leaves used against bleeding piles.                                       |                                                 | Hailakandi district    | Khan et al., 2011         |
| 176.  | Saccharum officinarum L.    | Graminaceae          | Kuiar (BN)      | Stem             | Juice is taken in raw to cure jaundice.                                  | Village headman, medicine men                   | Various villages       | Laskar and Dutta, 2009    |
|       |                             |                      |                 |                  |                                                                           |                                                 |                        | [11]                       |
| 177.  | Santalum album L.           | Santalaceae          | Chandan (BN)    | Bark             | Used in headache, fever, skin disease, and warm sensation of head, feet,| Local people, herbalist and traditional healers.| Mashkall village,    |
|       |                             |                      |                 |                  | palms.                                                                    |                                                 | Cachar district        | Chanu et al., 2015        |
|       |                             |                      |                 |                  |                                                                           |                                                 |                        | [14]                       |
| 178.  | Saraca asoca (Roxb.) De Wilde | Caesalpiniaceae     | Maikampar (MZ)  | Bark             | Bark juice is used as tonic.                                              | Village chiefs, medicine men, Ojha, local old  | Tribal villages of     | Das et al., 2008          |
|       |                             |                      |                 |                  |                                                                           | women, school teachers, forest dwellers.         | Cachar district        | [2]                       |
| 179.  | Saxifraga ligulata Murray   | Saxifragaceae        | Patharkuchi (BN)| Root             | Root is used to cure stomach pain.                                       | Village headman, medicine men                   | Various villages       | Laskar and Dutta, 2009    |
|       |                             |                      |                 |                  |                                                                           |                                                 |                        | [11]                       |
| 180.  | Scoparia dulcis L.          | Scrophulariaceae     | Bon dhonia (AS) | Leaf, whole plant | Leaf juice is used in jaundice. Plant juice is useful against irregular  | Village chiefs, medicine men, Ojha, local old  | Tribal villages of     | Das et al., 2008          |
|       |                             |                      |                 |                  | menstruation.                                                             | women, school teachers, forest dwellers.         | Cachar district        | [2]                       |
| 181.  | Scutellaria discolor Coleb. | Lamiaeaceae          | Yanakhat (M)    | Leaf             | Fresh leaf juice is used against cuts and wounds.                        | Village chiefs, medicine men, Ojha, local old  | Tribal villages of     | Das et al., 2008          |
|       |                             |                      |                 |                  |                                                                           | women, school teachers, forest dwellers.         | Cachar district        | [2]                       |
| 182.  | Sesamum indicum L.          | Pedaliaceae          | Til (BN)         | Seed             | Seeds with fish is given to mother to increase lactation.                | Village headman, medicine men                   | Various villages       | Laskar and Dutta, 2009    |
|       |                             |                      |                 |                  |                                                                           |                                                 |                        | [11]                       |
| 183.  | Senna auriculata L.         | Fabaceae             | Jayantri (AS)   | Flower           | Used in treatment of diabetes.                                            | Hmar, Manipuri and Barman communities           | Hailakandi district    | Khan et al., 2014         |
|       |                             |                      |                 |                  |                                                                           |                                                 |                        | [13]                       |
| Sl no | Plant name                  | Family       | Vernacular name | Part used | Folk uses                                           | Informants                                      | Availability               | Reference                |
|-------|-----------------------------|--------------|-----------------|-----------|----------------------------------------------------|------------------------------------------------|---------------------------|--------------------------|
| 184.  | *Sida rhombifolia* L.       | Malvaceae    | Boriala (AS)    | Whole plant | Plant extract is useful in rheumatism and urinary trouble. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]    |
| 185.  | *Smilax macrophylla* Willd. | Liliaceae    | Kumariota (BN)  | Stem, leaf | Stem, young leaf extract is taken as general tonic. Dried powder is used against jaundice and urinary diseases. | Old people in the society.                      | Different districts        | Barbhuiya et al., 2009 [1] |
| 186.  | *Solanum melongena* L.      | Solanaceae   | Bengena (AS)    | Fruit      | Fruits are used to remove unwanted materials from boil. | Herbal practitioners or kavirajs                  | Kamranga village, Cachar district | Singh et al., 2011 [3]  |
| 187.  | *Solanum nigrum* L.         | Solanaceae   | Kaikor (BN)     | Stem, leaf, seed | Stem and leaves are useful in constipation. Seeds are also used in liver trouble. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]    |
| 188.  | *Solanum torvum* Swartz     | Solanaceae   | Bhi tita (AS)   | Fruit, root, seed | Fruit paste is useful against headache. Root useful against fever and cough. Seeds useful in toothache. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]    |
| 189.  | *Solanum virginianum* L.    | Solanaceae   | Kantakari (BN)  | Leaf, fruit | Cough, bone and muscle pain, fever, dysentery, dyspepsia, tooth ache. | Local people, herbalist and traditional healers. | Mashkall village, Cachar district | Chanu et al., 2015 [14] |
| 190.  | *Solanum xanthocarpum* Schrad & Wendl. | Solanaceae | Tita bekhuri (AS) | Root | Root is used against small pox. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]    |
| 191.  | *Spilanthes calva* DC.      | Asteraceae    | Huhoni (AS)     | Flower     | Fresh flower is rubbed and kept near gums to cure the toothache. | Herbal practitioners or kavirajs                  | Kamranga village, Cachar district | Singh et al., 2011 [3]  |
| 192.  | *Spilanthes paniculata* DC. | Asteraceae    | Ankacha (MZ)    | Stem, leaf, flower | Young stem and leaf are taken for deworming, constipation and liver trouble. Fresh flower is applied against toothache. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]    |
| 193.  | *Sterculia villosa* Roxb.   | Sterculiaceae | Khapui (MZ)     | Root       | Root juice is used as tonic. Root juice mixed with honey and taken orally against blood dysentery. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]    |
| 194.  | *Streblus asper* Loureiro   | Moraceae     | Doi-Shang (MZ)  | Bark       | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Hailakandi district | Khan et al., 2014 [13]  |
| Sl no | Plant name                  | Vernacular name | Part used | Folk uses                                                                 | Informants                                      | Availability          | Reference                  |
|-------|-----------------------------|-----------------|-----------|---------------------------------------------------------------------------|-------------------------------------------------|------------------------|---------------------------|
| 195.  | *Swertia chirayita* (Roxb.) Buch.-Ham. | Chirata (AS)    | Leaf, stem | Leaf, young stem soaked overnight in water and taken early morning as general tonic, also used in stomach ache, chronic fever, bronchial asthma, liver troubles. | Old people in the society.                      | Different districts    | Barbhuiya et al., 2009 [1] |
| 196.  | *Swertia paniculata* Wall. | Gentianaceae     | NM        | Whole plant soaked overnight in water is used in liver troubles, intestinal worms and malaria. | Old people in the society.                      | Different districts    | Barbhuiya et al., 2009 [1] |
| 197.  | *Syzygium cumini* (L.) Skeels | Kalojam (BN)     | Leaf, seed | Young leaf juice is taken once daily in empty stomach to check blood sugar. Seed powder is given in diabetes. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]        |
|       |                             | Kala jam (M)    | Leaf, seed | Leaf, seed juice taken orally against diabetes.                           |                                                  |                        |                           |
|       |                             |                  | Bark, fruit, seeds | Used in treatment of diabetes.                                           | Hmar, Manipuri and Barman communities            |                        |                           |
| 198.  | *Tabernaemontana divaricata* (L.) R.Br | Jongli togor (BN) | Root      | Cure a wound area.                                                        | Local people, herbalist and traditional healers. | Tribal villages of Cachar district | Chanu et al., 2015 [14]    |
|       |                             |                  | Bark      | Bark paste is useful in burns.                                            |                                                  |                        |                           |
| 199.  | *Tagetes patula* L. | Asteraceae       | Leaf, whole plant | Leaf juice is useful in fresh cuts and wounds. Plant juice used in dysentery. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2]        |
| 200.  | *Tagetes erecta* L. | Compositae       | Nari phul (BN) | Juice of the leaf is used for curing scar and cut.                        | Village headman, medicine men                    | Various villages       | Laskar and Dutta, 2009 [11]|
| 201.  | *Tamarindus indica* L. | Caesalpiniaceae  | Leaf      | Leaves boiling in water and taken cure urine problem                      | Village headman, medicine men                    | Various villages       | Laskar and Dutta, 2009 [11]|
|       |                             | Tatol (BN)       | Seed, leaf | Seeds useful against snakebite. Leaf extract against rheumatism           | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers              | Tribal villages of Cachar district | Das et al., 2008 [2]        |
| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|----------------|-----------|-----------|------------|--------------|-----------|
| 202.  | Terminalia arjuna (Roxb.) Weight & Arn. | Combretaceae | Arjun (BN) | Bark | Bark is boiled and taken to cure tuberculosis. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |            |        |                | Bark, stem, leaf | Bark, young stem and leaf extract is used as cardiotonic, in high blood pressure and in liver complaints. | Old people in the society. | Districts of Barak Valley | Barbhuiya et al., 2009 [1] |
|       |            |        |                | Bark, leaf | Bark and leaf juice is useful in liver trouble. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        |                | Bark | Bark extract with milk taken orally to get relief from heart troubles. | - | Halakandi district | Khan et al., 2011 [12] |
| 203.  | Terminalia bellirica Roxb | Combretaceae | Bohera (BN) | Fruit | Fruits used against piles and diarrhea. | - | Halakandi district | Khan et al., 2011 [12] |
|       |            |        |                | Leaf, stem, fruit | Leaf and young stem juice is used in urinary troubles. Fruit juice is used for curing liver disorders and indigestion. | Old people in the society. | Different districts | Barbhuiya et al., 2009 [1] |
| 204.  | Terminalia chebula Retz | Combretaceae | Hortoki (MZ) | Fruit | Fruits used as appetizer are also applied against small pox. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers. | Tribal villages of Cachar district | Das et al., 2008 [2] |
|       |            |        | Haritaki (BN) | Fruit | Fruit keeping in water in one night is used as purgative. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
|       |            |        |                | Bark, fruit | Bark, fruit juice is used as cardiotonic, purgative. Bark paste is used in skin ulcer, toothache. | Old people in the society. | Districts of Barak Valley | Barbhuiya et al., 2009 [1] |
|       |            |        |                | Seeds | Used in treatment of diabetes. | Hmar, Manipuri and Barman communities | Halakandi district | Khan et al., 2014 [13] |
|       |            |        |                | Fruit | Paste of fruit made in iron pan applied externally promote hair growth. | - | Halakandi district | Khan et al., 2011 [12] |
| Sl no | Plant name                  | Family          | Vernacular name | Part used | Folk uses                                                                 | Informants                                      | Availability         | Reference       |
|-------|-----------------------------|-----------------|-----------------|-----------|---------------------------------------------------------------------------|------------------------------------------------|----------------------|-----------------|
| 205.  | *Thevetia nerifolia* Juss.  | Apocynaceae     | Utonglei (M)    | Fruit     | Outer cover of fruits are prescribed in chronic fever.                    | Village old men, medicine man, local men, women and cultivators | Manipuri community  | Choudhury et al., 2010 [4] |
| 206.  | *Tinospora cordifolia* (Wild) Miers. | Menispermac-eae | Gulacha (BN) Golancha (M) | Leaf, stem | Leaf extract is used in diarrhoea, dysentery. Dried powdered stem is used in anaemia and urinary troubles. | Old people in the society | Different districts | Barbhuiya et al., 2009 [1] |
|       |                             |                 |                 | Whole plant | Extract of the whole plant used as antipyretic                            | Village old men, medicine man, local men, women and cultivators | Manipuri community  | Choudhury et al., 2010 [4] |
|       |                             |                 |                 | Whole plant | Plant juice is useful against swelling. Stem juice is taken against gastric trouble and ulcer. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district |                 |
|       |                             |                 |                 | Leaf, bark  | Used in treatment of diabetes                                             | Hmar, Manipuri and Barman communities            | Halakandi district | Khan et al., 2014 [13] |
| 207.  | *Torenia diffusa* D. Don.   | Scrophulariaceae | -               | Whole plant | Whole plant is used against headache.                                     | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 208.  | *Trigonella foenum-graecum* L. | Fabaceae        | Methee (M) (BN) | Leaf, seed | Used in treatment of diabetes.                                            | Hmar, Manipuri and Barman communities            | Halakandi district | Khan et al., 2014 [13] |
| 209.  | *Urena lobata* L.           | Malvaceae       | Bachita (BN)    | Root       | Root is useful against rheumatic pain.                                   | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 210.  | *Vernonia cinerea* (L.) Less. | Asteraceae      | Hiyalmutra (BN) | Leaf       | Leaf juice is useful in leucorrhoea.                                     | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 211.  | *Vitex negundo* L.          | Verbenaceae     | Tingpir (MZ)    | Leaf       | Leaf juice boiled with garlic and mustard oil and applied externally to get relief from rheumatic pain. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| Sl no | Plant name | Family | Vernacular name | Part used | Folk uses | Informants | Availability | Reference |
|-------|------------|--------|----------------|-----------|-----------|-------------|--------------|-----------|
| 212.  | *Wedelia chinensis* (Osbeck.) Merr. | Asteraceae | Bhimraj Kesarak (AS) | Stem, leaf | Stem and leaf juice is useful for hair growth. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 213.  | *Xanthium strumarium* L. | Asteraceae | Agora (AS) | Fruit | Fruits are used against toothache. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 214.  | *Zingiber sp.* | Zingeberaceae | Jangli Adha (BN) | Rhizome | Juice is taken after roasting for curing cough. | Village headman, medicine men | Various villages | Laskar and Dutta, 2009 [11] |
| 215.  | *Zingiber officinale* Rosc | Zingeberaceae | Ada (AS) | Rhizome | Rhizome juice is mixed with honey and prescribed in cold fever. | Village old men, medicine man, local men, women and cultivators | Manipuri community | Choudhury et al., 2010 [4] |
| 216.  | *Ziziphus jujuba* Lam. | Rhamnaceae | Bagari bogori (AS) | Bark | Bark juice is useful in stomach trouble. | Village chiefs, medicine men, Ojha, local old women, school teachers, forest dwellers | Tribal villages of Cachar district | Das et al., 2008 [2] |
| 217.  | *Zizyphus mauritiana* Lamark | Rhamnaceae | Boro/ Kul (BN) | Bark | Bark is medicinally useful. | - | Hailakandi district | Khan et al., 2011 [12] |

M, Manipuri; MZ, Mizo; BN, Bengali; AS, Assam.

*Sl no 1 and 27 are the same.*
DISCUSSION

It is estimated that a large proportion of the global population still relies on herbal medicines for their primary health care needs. People have always used plants as a source of medicine to cure various ailments. Our ancestors learned to utilize different plants for medical purposes through trial and error, and the knowledge has been passed from generation to generation without any written script. This knowledge of plants is still used in rural and ethnic communities [15, 16]. Ethnomedicinal and ethnobotanical surveys remain an important approach to
finding unexplored plant resources that can be an important source for new drug discoveries [15]. Indigenous people have utilized many plants for medicinal purposes to maintain their health. There are countless possibilities for new drugs based on folk uses of plants [17]. It is estimated that only 5-15% of higher plant species (about 250,000 species) have been scientifically explored [16]. In India, folk medicine plays an important role in rural areas. It is estimated that traditional medicine use 8,000 plant species and more than 25,000 herbal formulas [18].

Barak Valley can be considered as a vast repository of medicinal plants although very few publications highlighted the significance of medicinal plants available in this area. Medicinal plants of the Barak Valley have been the subject of few of the publications and the significance of ethnomedicinal research has received little attention. After a critical search, we can able to retrieve only eight journal article (ethnomedicinal survey) which described the folk medicinal plants of the region which was included in this systematic review. Of course a number of other documents also highlighted the medicinal plants of Assam/North East India taking Barak valley as a part of the research area. Some of the literature like Saha and Dutta (2001) [19], Borthakur (1997, 2004) [20, 21], Bhattacharjee et al. (1980) [22], Dutta and Dutta (2001) also highlighted the importance of medicinal plants of this area and our observations are also in the line of such documents. Expansion of modern civilization has a huge impact on the practice of traditional knowledge, most primitive civilizations have abandoned their cultural and traditional beliefs and traditions. There will be a gradual separation from culture and tradition, resulting in the loss of plant knowledge and practices in daily life. As a result, there is an urgent need to record such information for the benefit of mankind as a whole, before these people entirely lose their knowledge of the therapeutic benefits of plants.

This systematic review identified only eight ethnobotanical surveys, which is small considering the area, diversity of medicinal plants, and nature of the indigenous people. However, this review depicted the medicinal value of 216 plant species. Ethnobotany, scientific investigations focusing on the observations of ethnobotanical surveys, and validations of ethnomedicinal claims are important in identifying possible targets for new drug discoveries.

CONCLUSION

In the Barak Valley region, ethnomedicine is prevalent, and the people have a deep understanding of how plants can be used for different ailments. Furthermore, the Barak Valley contains a large number of plants used to treat ailments in the daily lives of the people in this region, whose potential has not yet been scientifically investigated. This paper provides significant data on the diversity, indigenous knowledge, and folk medicinal value of medicinal plants. This data is important for discovering new pharmaceuticals based on plants used in traditional medicine in the Barak Valley.

CONFLICT OF INTEREST

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