INTRODUCTION

Ethno-botany is defined as the science of interaction between people and plants [1] and deals with the study and documentation of indigenous knowledge of people on plants i.e. how plant resources are used by ethnic groups (people having their own common cultures, languages, and belief systems) [2]. Ethno-medicine deals with the study of traditional medical practices by different ethnic groups [3]. More than 20,000 species of higher plants are used for the traditional medicinal practices by indigenous people (native people) living around the world [4]. Indigenous people of developed and developing countries are using plants as a source of medicine [5,6,7].

There are 1950 species of medicinal plants being used in Nepal [8], out of which 145 species are listed as commercial medicinal plants [9]. In Nepal, the lower sub-tropical region (1000-1500 m) harbors a maximum number (679 species) of medicinal plants [10]. Traditional herbal medicines have been practiced by rural people in Nepal since a long time ago because they are easily available, having no side-effects and are cheaper than modern medicines [11,12]. The ethnic groups have the best knowledge on the uses of plants and also transferring it to their next-generation [11]. The methods of using plants to cure several diseases vary among ethnic groups and also among healers [13]. The ethnomedicinal knowledge is being recognized worldwide because it support on innovation and formulation of many modern medicines [11,14]. The discovery of new drugs can be obtained through the bio-visioning of indigenous medicinal plants [15]. It is important to document and explore indigenous knowledge on medicinal plants of different ethnic groups because the knowledge might get lost with the loss of knowledgeable persons, biodiversity loss, and socio-economic changes [16,17].

Many researchers have contributed on ethnomedicinal study of plants in Nepal. However, no review study has been done till now on ethnomedicinal uses of plant species by various ethnic groups of hilly districts in Nepal. Therefore, this study has attempted to review and compile all the published research documents on ethnomedicinal uses of plants by various ethnic groups of hilly districts in Nepal.

MATERIALS AND METHODS

The entire information was obtained from a review of several published sources including research notes and reports, academic papers, journals, and theses from 1988-2020. Google Scholar and Research gate were the primary databases for obtaining the whole data on ethnomedicinal uses of several
RESULTS

There are 126 ethnic groups in Nepal, out of which 59 are officially recognized as indigenous ethnic groups [18]. Brahmin, Chhetri, Gurung, Magar, Tamang, Thami, Newar, Rai, Limbu, etc. are major indigenous ethnic groups residing on the hilly region of Nepal [18]. Documents focusing on single ethnic groups are described in our results and discussion. Ethnomedicinal uses of plants by 10 ethnic groups of 13 hilly districts are described in this paper.

DISCUSSION

Altogether 215 species of plants were found to be used for the treatment of 139 types of diseases. Whole plant or its parts i.e. rhizome, stem, bark, twig, leaf, root, fruit, bulb, seed, latex, tuber, flower, and buds of plants were used for the treatment of single or multiple diseases. The plants' parts used and numbers of diseases treated are mentioned in (Figure 1). According to our

Table 1: Ethnic groups, their inhabited districts, and numbers of (medicinal plants/diseases treated)

| S.N. | Ethnic groups | Districts (studied) | Abbreviation of districts (used on Table 2) | Numbers of plants | Numbers of diseases | Sources |
|------|---------------|---------------------|---------------------------------------------|-------------------|-------------------|---------|
| 1.   | Gurung        | Kaski               | P                                           | 42                | 43                | [19]    |
| 2.   | Magar         | Parbat              | Ro                                          | 75                | 39                | [20]    |
|      |               | Rolpa               | Pa                                          | 171               | 104               | [21]    |
|      |               | Palpa               | G                                           | 161               | 123               | [14]    |
|      |               | Gulmi               | Ta                                          | 54                | 33                | [22]    |
|      |               | Baglung             | Ba                                          | 86                | 72                | [23]    |
| 3.   | Newar         | Kathmandu           | K                                           | 119               | 35                | [24]    |
| 4.   | Raji           | Surkhet             | L                                           | 44                | 32                | [25]    |
| 5.   | Tamang         | Kathmandu           | N                                           | 19                | 15                | [26]    |
| 6.   | Thami          | Illam               | L                                           | 30                | 55                | [28]    |
| 7.   | Yakkha         | Dhankuta            | L                                           | 30                | 47                | [29]    |
| 8.   | Lepcha         | Ilam                | S                                           | 90                | 63                | [30]    |
| 9.   | Rai            | Jhupur              | L                                           | 87                | 65                | [31]    |
| 10.  | Tangbetons     | Kaski               | L                                           | 60                | 64                | [32]    |

(Abbreviation for districts is used for researches carried out from more than one district.)

Table 2: Name of plants with their medicinal uses by ethnic groups of hilly districts in Nepal

| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated                                      | Ethnic groups | Sources |
|------|----------------------------------------|------|------------------------------------------------------|---------------|---------|
| 1.   | Acacia catechu (L.f.) Willd., Khayar,  | S    | Body pain and stomachache                            | Magar (Na)    | [22]    |
|      | Fabaceae                               |      | Body pain                                            | Lepcha        | [30]    |
| 2.   | Acacia nilotica (L.) Delile, Babul,    | B, S | Stomachache                                          | Magar (Pa)    | [33]    |
|      | Fabaceae                               |      | Toothache                                            | Raji          | [25]    |
| 3.   | Achyranthes aspera L., Datiwan,        | L    | Urinary tract irritation                              | Newar         | [24]    |
|      | Amaranthaceae                          |      | Stomachache                                          | Lepcha        | [30]    |
|      |                                        | R    | Fever, body pain, rheumatism, and pneumonia          | Rai           | [31]    |
|      |                                        |      | Pneumonia and menstrual disorder                     | Lepcha        | [30]    |
| 4.   | Aconitum forex Wall. ex Ser., Bikha,   | Tu   | Diabetes, food poison, and stomach problems          | Lepcha        | [30]    |
|      | Ranunculaceae                          |      |                                                      |               |         |
| 5.   | Acorus calamus L., Bojho, Acoraceae    | Rh   | Cough and tonsillitis                                | Raji          | [25]    |
|      |                                        |      | Cough, cold, and shore throat                        | Magar (Pa)    | [33]    |
|      |                                        |      | Scabies, sore throat, and appetite                   | Yakkha        | [29]    |
|      |                                        |      | Cough                                                | Magar (Na)    | [22]    |
|      |                                        |      | Cholera, diarrhoea, gastritis, cough, scabies, and   | Lepcha        | [30,34] |
|      |                                        |      | toothache                                            | Magar (Ro)    | [2]     |
|      |                                        |      | Cough, sore throat, and scabies                      | Tamang (N)    | [27]    |
|      |                                        |      | Cough and bronchitis                                 | Magar (Ba)    | [23]    |
|      |                                        |      | Fever, bronchitis, stomach problems, and throat      | Newar         | [24]    |
| 6.   | Adhatoda vasica Nees, Asuro, Acanthaceae| L    | Fever                                                |               |         |

(Contd...
| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated | Ethnic groups | Sources |
|------|----------------------------------------|------|------------------|--------------|---------|
| 7.   | *Aegle marmelos* (L.) Correa, Bel, Rutaceae | F    | Diarrhoea, dysentery, heat sickness, constipation, and dyspepsia, Diarrhoea and dysentery | Magar (G) | [14] |
|      |                                        | B    | Diarrhoea        | Magar (Ba)   | [23]   |
|      |                                        | R    | Stomachache      | Magar (Ta)   | [22]   |
| 8.   | *Ageratum conyzoides* L., Seto gandhe, Asteraceae | L    | Cuts and wounds  | Magar (Pa)   | [33]   |
|      |                                        |      |                  | Magar (Ta)   | [22]   |
|      |                                        |      |                  | Lepcha       | [30]   |
|      |                                        |      |                  | Tamang (N)   | [27]   |
| 9.   | *Allium cepa* L., Pyaj, Amaryllidaceae  | Bu   | Eye boils and sun stroke | Magar (Pa) | [33] |
|      |                                        |      |                  | Magar (P)    | [20]   |
|      |                                        |      |                  | Magar (Ba)   | [23]   |
| 10.  | *Allium sativum* L., Lasun, Amaryllidaceae | Bu   | High blood pressure and altitude sickness, Boils and gastritis | Gurtung     | [19] |
|      |                                        |      |                  | Magar (Pa)   | [33]   |
|      |                                        |      |                  | Magar (P)    | [20]   |
|      |                                        |      |                  | Tamang (N)   | [27]   |
| 11.  | *Allium wallichii* Kunth, Ban lasun, Amaryllidaceae | W    | Sinusitis        | Magar (Pa)   | [33]   |
|      |                                        |      |                  | Magar (P)    | [20]   |
|      |                                        |      |                  | Tamang (N)   | [27]   |
| 12.  | *Aloe vera* (L.) Burm. F., Ghiu kumari, Liliaceae | L    | Burned skin, gastritis, and abdominal distention, Gastritis and burn, Burns and internal inflammation, Burns | Raji       | [25] |
|      |                                        |      |                  | Magar (Ba)   | [23]   |
|      |                                        |      |                  | Tamang (N)   | [27]   |
|      |                                        |      |                  | Lepcha       | [30]   |
| 13.  | *Alstonia scholaris* (L.) R. Br., Chattiwai, Apocynaceae | S    | Fever, diarrhea, dysentery, and skin diseases, Scabies, skin diseases, and tonic | Magar (Pa) | [33] |
|      |                                        |      |                  | Magar (P)    | [20]   |
|      |                                        |      |                  | Magar (G)    | [14]   |
|      |                                        |      |                  | Yaksha       | [29]   |
| 14.  | *Alternanthera sessilis* (L.) R. Br. ex. DC, Bhiringi jhar, Arumaceae | L    | Wounds           | Magar (Pa)   | [33] |
|      |                                        |      |                  | Magar (P)    | [20]   |
|      |                                        |      |                  | Magar (Ba)   | [23]   |
| 15.  | *Amaranthus viridis* L., Latte sag, Amaranthaceae | R    | Leucorrhea, pneumonia, and colic pain | Magar (Pa) | [23] |
|      |                                        |      |                  | Magar (P)    | [20]   |
| 16.  | *Amaranthus spinosus* L., Kande lundo, Amaranthaceae | R    | Overheat         | Magar (P)    | [20]   |
| 17.  | *Amorphophallus campanulatus* (Roxb.) Blume ex Decne, Kaan, Araceae | Bu   | Hydrocele, dysentery, asthma, and piles | Magar (Pa) | [21] |
| 18.  | *Amonum subulatum* (Roxb.) Kuntze, Alachi, Zingiberaceae | Sd   | Cold             | Magar (Pa)   | [20] |
|      |                                        |      | Indigestion and vomiting, Cough | Lepcha | [30] |
|      |                                        |      |                  | Magar (Pa)   | [21] |
| 19.  | *Ananas comosus* (L.) Merr., Bhui Katahar, Bromeliaceae | L    | Constipation     | Magar (Pa)   | [21] |
|      |                                        |      | Skin diseases, Internal inflammation and urinary complaints | Magar (Ba) | [23] |
| 20.  | *Anaphalis contorta* (D. Don) Hook. F., Buki phul, Asteraceae | R    | Diarrhoea        | Magar (Pa)   | [21] |
| 21.  | *Annona squamosa* L., Sitaphal, Annonaceae | F    | Tonic            | Magar (Pa)   | [21] |
| 22.  | *Atherocephala indica* Willd., Titepati, Asteraceae | L    | Indigestion      | Magar (Pa)   | [21] |
|      |                                        |      | Cuts, wounds, and scabies | Magar (P) | [33] |
|      |                                        |      |                  | Magar (P)    | [20]   |
|      |                                        |      |                  | Lepcha       | [34]   |
| 23.  | *Artocarpus lakoocha* Roxb., Badahar, Moraceae | B    | Stomachache      | Magar (Pa)   | [33] |
|      |                                        |      | Mumps            | Magar (P)    | [20]   |
|      |                                        |      |                  | Magar (Ta)   | [22]   |
| 24.  | *Andrographis paniculata* (Burm. f.) Wall. ex. Nees, Kaalmegh, Acanthaceae | W    | Diabetes         | Magar (Pa)   | [21] |
|      |                                        |      |                  | Magar (P)    | [20]   |
| 25.  | *Asclepias curassavica* L., Khursani koshe phul, Apocynaceae | W    | Antiseptic       | Magar (Pa)   | [21] |
| 26.  | *Asparagus racemosus* Willd., Kurilo, Asparagaceae | Tu   | Diabetes         | Magar (Pa)   | [33] |
|      |                                        |      | Stomach problem and fracture, Increase lactation and urinary problems, Agalactia and gastritis, Laxative, Increase lactation, tonic, and fever, Headache, paralysis, anorexia, and lactation | Magar (Pa) | [33] |
|      |                                        |      |                  | Magar (P)    | [20]   |
|      |                                        |      |                  | Magar (Ta)   | [22]   |
|      |                                        |      |                  | Magar (Ba)   | [23]   |
|      |                                        |      |                  | Rai          | [31]   |
|      |                                        |      |                  | Tangbeton    | [32]   |
| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated |
|------|----------------------------------------|------|------------------|
| 27   | Astilbe rivularis Buch.-Ham. ex. D.Don, Budho Okhati, Saxifragaceae | Rh   | Aphrodisiac and maternity problems |
|      |                                        |      | Back pain, body pain, and sprain |
|      |                                        |      | Fracture and body pain |
| 28   | Azadirachta indica A. Juss., Neem, Meliaeace             | L    | Toothache, malarian fever, and diarrhea |
|      |                                        |      | Fever and intestinal worms |
|      |                                        |      | Fever |
| 29   | Basella alba L., Poi Saag, Basellaceae | L    | Constipation |
| 30   | Bauhinia purpurea L., Tanki, Fabaceae   | Fl   | Diarrhoea & dysentery |
| 31   | Bauhinia variegata (L.) Benth. Koiralo, Fabaceae | B    | Diarrhoea & dysentery |
|      |                                        |      | Dirrhoea, dysentery, piles, and liver disorders |
| 32   | Begonia nepalensis (A. DC.) Warb., Makar kanchi, Begoniaceae | R    | Antihelmintic |
| 33   | Berberis aristata DC., Chuto, Berberidaceae | B    | Diarrhoea |
|      |                                        |      | Fever and eye infection |
|      |                                        |      | Pinworm |
|      |                                        |      | Intestinal worms |
|      |                                        |      | Wounds and inflammation |
|      |                                        |      | Jaundice and diarrhea |
| 34   | Bergenia ciliata (Haw.) Sternb., Pakhanbed, Saxifragaceae | Rh   | Aphrodisiac, fever, maternity problem, and post pregnancy |
|      |                                        |      | Diarrhoea and fever |
|      |                                        |      | Typhoid, dysentery, diarrhoea, vomiting, stomach ache, headache, and menstrual disorder |
|      |                                        |      | Cuts, wound, and stomach problems |
|      |                                        |      | Renal calculi, fracture, and menstrual haemorrhage |
|      |                                        |      | Whooping cough, body pain, and sprain |
|      |                                        |      | Body pain |
|      |                                        |      | Jaundice, fever, and skin disease |
| 35   | Betula alnoides Buch.-Ham. ex. D.Don, Saur, Betulaceae | B    | Bone fracture, sprain, and bleeding |
|      |                                        |      | Pyorrhrea, tooth ache, and rabies |
| 36   | Blumea lacera (Burm. f.) DC., Kukure, Asteraceae | L    | Headache |
| 37   | Boeravua diffusa L., Punnare Jhar, Nyctaginaceae | L    | Gonorrhea and bleeding |
| 38   | Bombax ceiba L., Simal, Malvaceae     | B    | Constipation |
|      |                                        |      | Dysentery and gastritis |
|      |                                        |      | Aphrodisiac, diarrhoea, and dysentery |
|      |                                        |      | Internal inflammation |
|      |                                        |      | Cuts and wounds |
| 39   | Brachycorythis obcordata (Lindl. ex. Wall.) Summerh., Gamdol, Orchidaceae | Rh   | Aphrodisiac and tonic |
| 40   | Brassica campestris L., Tori, Brassicaceae | Sd   | Back and body pain |
|      |                                        |      | Cough |
| 41   | Bryophyllum pinnatum (Lam.) Oken, Ajambi, Crassulaceae | L    | Inflammation and cholera |
| 42   | Calotropis gigantea (L.) W.T. Alton, Aank, Apocynaceae | F    | Body pain and sinusitis |
|      |                                        |      | Boils and sprain |
|      |                                        |      | Sprain |
|      |                                        |      | Bloody stool |
|      |                                        |      | Sprain |
| 43   | Calitha palustris L., Sim Gaitihare, Ranunculaceae | L    | Fever |
| 44   | Cannabis sativa L., Gaanja, Cannabaceae    | L    | Diarrhoea and stomachache |
|      |                                        |      | Pain killer and stomachache |
|      |                                        |      | Stomach problems |
|      |                                        |      | Abdominal disorders |
|      |                                        |      | Blood purifier |
|      |                                        |      | Cold |
|      |                                        |      | Abdominal pain, cuts, and wounds |
| 45   | Capsicum annuum L., Dalle Khursani, Solanaceae | F    | Gastritis |

(Contd...)
## Table 2: (Continued)

| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated | Ethnic groups | Sources |
|------|----------------------------------------|------|------------------|---------------|---------|
| 46.  | Carica papaya L., Mewa, Caricaceae     | R    | Renal calculus   | Raji          | [25]    |
|      |                                        | F    | Jaundice         |               |         |
| 47.  | Cassia fistula L., Raj brikshaya, Fabaceae | F    | Constipation     | Raji          | [25]    |
|      |                                        | F    | Rheumatism, snake bite, and stopped urine | Magar (Ba) | [23]    |
| 48.  | Cassia occidentalis (L.) Link, Thulo Tapre, Fabaceae | L    | Headache and skin diseases | Magar (Pa) | [33]    |
| 49.  | Cassia tora L., Sano Tapre, Fabaceae  | R    | Intestinal worms | Magar (Pa)    | [21]    |
|      |                                        | Sd   | Insomnia         | Magar (Pa)    | [21]    |
| 50.  | Centella asiatica (L.) Urb., Ghodtapre, Apiaceae | W    | Antidote to poison, cut, wounds, and urinary trouble | Newar | [24]    |
|      |                                        | L    | Fever, jaundice, and stomach problem | Raji | [25, 35]|
|      |                                        | S    | Cuts, wound, snake bite, skin diseases, and severe headache | Gurung | [19]    |
|      |                                        | L    | Skin disease     | Magar (Pa)    | [33]    |
|      |                                        | R    | Fever, urinary tract infection, and body cooling | Magar (Ta) | [22]    |
|      |                                        | L    | Fever, jaundice, and heat sickness | Magar (Ba) | [23]    |
|      |                                        | S    | Fever and body cooling | Magar (Pa) | [33]    |
| 51.  | Cheilanthes dalhousiae (Hook.), Ranisinka, Cheilanthoidae | W    | Skin disease, indigestion, and diuretic | Tamang (N) | [27]    |
|      |                                        | S    | Antiseptic       | Raji          | [25]    |
| 52.  | Chenopodium album L., Bethe, Chenopodiaceae | Sd   | Abdominal pain   | Gurung | [19]    |
|      |                                        | L    | Retention of placenta | Raji | [25]    |
| 53.  | Cinnamomum tamala (Buch.-Ham) T. Nees & Eberm., Dalchini, Lauraceae | L    | Colic pain and diarrhea | Magar (Pa) | [33]    |
|      |                                        | R    | Digestive disorder and kidney disease | Tangbeton | [32]    |
| 54.  | Cirsium verutum (D.Don) Spreng., Thakal, Asteraceae | Sd   | Stomachache      | Magar (Pa) | [33]    |
|      |                                        | R    | Urinary trouble  | Newar          | [24]    |
| 55.  | Cissus quadrangularis L., Had jor, Vitaceae | W    | Fever and marasmus | Magar (Ro) | [2]     |
| 56.  | Citrus limon (L.) Osbek, Kagati, Rutaceae | F    | Altitude sickness, vomiting, and dandruff | Raji | [25]    |
|      |                                        | R    | Altitude sickness | Raji          | [31]    |
| 57.  | Dioscorea villosa L., Batul pate, Menispermaceae | Tu   | Abdominal disorders | Raji | [25]    |
|      |                                        | W    | Hemorrhage       | Newar          | [24]    |
| 58.  | Cleistocalyx operculatus (Roxb.) Merr. & L.M., Kyamuno, Myrtaceae | L    | Gastritis, Menstrual disorder, and abdominal distention | Raji | [25]    |
|      |                                        | B    | Diarrhoea, dysentery, and cholera | Magar (Ba) | [23]    |
| 59.  | Clematis buchananiana DC., Pinashe lahara, Ranunculaceae | L    | Cough and cold   | Newar         | [24]    |
|      |                                        | R    | Sinusitis        | Lepcha         | [34]    |
| 60.  | Cleome viscosa L., Ban Methi, Capparaceae | L    | Headache and earache | Magar (Pa) | [21]    |
| 61.  | Clerodendrum indicum (L.) Gaertn., Rudilo, Verbenaceae | Sd   | Wounds           | Magar (Ta)    | [22]    |
| 62.  | Clerodendrum viscosum Vent., Bhat, Lamiaeae | R    | Cough, cold, fever, and headache | Magar (Pa) | [33]    |
| 63.  | Cocculus grandis (L.) Voigt, kundaru, Cucurbitaceae | L    | Blood dysentery  | Magar (Pa)    | [33]    |
|      |                                        | L    | Wormicide        |               |         |
| 64.  | Colebrookea oppositifolia Sm., Dhursuli, Lamiaeae | R    | Conjunctivities, typhoid, and wounds | Gurung | [19]    |
|      |                                        | L    | Epilepsy         | Magar (Ba)    | [23]    |
|      |                                        | L    | Sinusitis        | Raji          | [25]    |
|      |                                        | L    | Opaqueness in cornea | Lepcha | [30]    |
|      |                                        | L    | Nose bleeding    | Raji          | [31]    |
|      |                                        | L    | Sinuse and wounds | Magar (Ba)    | [23]    |
| 65.  | Colocasia esculenta (L.) Schott, Karkalo, Araceae | L    | Wounds           | Raji          | [25]    |
| 66.  | Coriandrum sativum L. Dhaniya, Apiaceae  | Sd   | Cold and cough   | Tangbeton     | [32]    |

(Contd...)
| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated | Ethnic groups | Sources |
|------|---------------------------------------|------|------------------|---------------|---------|
| 67.  | *Coriaria nepalensis* Wall., Machchaimo, Coriariaceae | L    | Antiseptic        | Newar         | [24]    |
| 68.  | *Costus speciosus* (Koeing) Sm., Betlauri, Costaceae | R    | Cough, fever, pain, and tonic | Magar (Ba)    | [23]    |
| 69.  | *Crinum asiaticum* L., Hade phool, Amaryllidaceae | S    | Burning urination and stone | Rai           | [31]    |
| 70.  | *Cucumis sativus* L., Kankro, Cucurbitaceae | Tu   | Cholera           | Kai           | [31]    |
| 71.  | *Cucurbita maxima* Duchesne, Pharsi, Cucurbitaceae | F    | Cold             | Rai           | [34]    |
| 72.  | *Curcuma angustifolia* Roxb., Besar, Zingiberaceae | R    | Fractured and dislocated bones | Magar (Ro)    | [2]     |
| 73.  | *Curcuma longa* L., Besar, Zingiberaceae | Rh   | Wounds and cough  | Raji          | [25]    |
| 74.  | *Cynoglossum zeylanicum* (Vahl) Thunb. ex. Lehm., Kanike kuro, Boraginaceae | W    | Cuts and wounds   | Newar         | [24]    |
| 75.  | *Cyathula tormentosa* (Roth) Moq., Aulo kuro, Amaranthaceae | R    | Fever            | Newar         | [24]    |
| 76.  | *Cynodon dactylon* (L.) Pers., Dubo, Poaceae | L    | Haemorrhage       | Newar         | [24]    |
| 77.  | *Dactylorhiza hatagirea* (D.Don) Soo, Panchaunle, Orchidaceae | Rh   | Fever            | Newar         | [24]    |
| 78.  | *Daphne papyracea* Wall. ex. G.Don, Lokta, Thymelaeaceae | R    | Fever and antidote to poison | Newar         | [24]    |
| 79.  | *Daturas stramonium* L., Dhaturo, Solanaceae | L    | Haemorrhage       | Newar         | [24]    |
| 80.  | *Delphinium cooperi* (Hook.f.) Jessop, Nirmasi, Ranunculaceae | Rh   | Fever            | Newar         | [24]    |
| 81.  | *Dioscorea bulbifera* L., Githa, Dioscoreaceae | Tu   | Sore throat       | Newar         | [24]    |
| 82.  | *Drymaria cordata* (L.) Willd. ex Schult., Abhijalo, Caryophyllaceae | W    | Cuts, wounds, and eye problem | Newar         | [24]    |
| 83.  | *Drymeria cordta subsp. Diandra* (Sw.) J.A. Duke., Abhijalo, Caryophyllaceae | L    | Sore throat, cough, cold, sinusitis, fever, pneumonia, cut, wounds, and diarrhea | Newar         | [24]    |
| 84.  | *Euphorbia hirta* L., Khukuri, Euphorbiaceae | W    | Sinusitis and abdominal distention | Magar (Ro)    | [2]     |
| 85.  | *Euphorbia tirucalli* L., Pharsi, Euphorbiaceae | L    | Sinusitis and abdominal distention | Magar (Ro)    | [2]     |
| 86.  | *Garrania indica* L., Githa, Calendulaceae | L    | Sinusitis and abdominal distention | Magar (Ro)    | [2]     |
| 87.  | *Gnaphalium uliginosum* L., Swayambhunath, Compositae | W    | Sinusitis and abdominal distention | Magar (Ro)    | [2]     |
| 88.  | *Helleborus niger* L., Shwe, Ranunculaceae | L    | Fever            | Newar         | [24]    |

(Contd...)
| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated                                                                 | Ethnic groups | Sources |
|------|----------------------------------------|------|-----------------------------------------------------------------------------------|---------------|---------|
| 89.  | Dryoathyrium boryanum (Willd.) Ching, Kali neuro, Pteridaceae | Bd   | Headache, fever, and stomach disorders                                              | Magar (Ba)    | [23]    |
| 90.  | Eclipta prostrata (L.) L., Jire jhaar, Asteraceae | W    | Antihelminthic                                                                     | Newar         | [24]    |
| 91.  | Elephantopus scaber L., Sahasrabuti, Asteraceae | R    | Body cooling                                                                       | Magar (Ta)    | [22]    |
| 92.  | Elsholtzia flava Benth., Ban Silam, Lamiaceae | Fl   | Heart disease                                                                      | Rai           | [31]    |
| 93.  | Ensete glaucum (Roxb.) Cheesman, Ban kera, Musaceae | L    | Urinary tract infection                                                            | Magar (Ta)    | [22]    |
| 94.  | Eupatorium adenophorum Spreng., Banmara, Asteraceae | L    | Body cooling                                                                       | Magar (P)     | [20]    |
| 95.  | Euphorbia heterophylla L., Wild Poinsettia Euphorbiaceae | S    | Cuts and wounds                                                                    | Newar         | [24]    |
| 96.  | Euphorbia hirta L., Dudhe jhaar, Euphorbiaceae | Lt   | Antiseptic                                                                         | Magar (Pa)    | [33]    |
| 97.  | Euphorbia royleana Boiss., Siudi, Euphorbiaceae | W    | Earache, boils, sprain, and muscular swellings                                   | Magar (Ba)    | [23]    |
| 98.  | Ficus benghalensis L. Bar, Moraceae          | L    | Dysentery and cholera                                                              | Magar (G)     | [14]    |
| 99.  | Ficus lacor Buch.-Ham., Kabhro, Moraceae     | Sd   | Fever and cough                                                                    | Tangbeton     | [32]    |
| 100. | Ficus religiosa L., Pipal, Moraceae         | B    | Ulcer and leucorrhoea                                                              | Magar (Ba)    | [23]    |
| 101. | Ficus semicordata Buch.-Ham. ex Sm. Khanyu, Moraceae | L    | Skin diseases                                                                      | Magar (Pa)    | [33]    |
| 102. | Hedychium spicatum Sm., Pani sarro, Zingiberaceae | R    | Constipation                                                                        | Magar (P)     | [20]    |
| 103. | Heliotropeum indicum L., Hattisude, Boraginaceae | L    | Fever, red eyeiness, and conjunctivitis                                           | Magar (Pa)    | [21]    |
| 104. | Imperata cylindrica (L.) P. Beau., Siru, Poaceae | L    | Constipation                                                                        | Newar         | [24]    |
| 105. | Inula capa (Buch.-Ham. ex D. Don) DC, Gaitthare, Asteraceae | L    | Constipation                                                                        | Newar         | [24]    |
| 106. | Iris decora Wall., Himalayan Iris, Iridaceae  | R    | Constipation                                                                        | Newar         | [24]    |
| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated | Ethnic groups | Sources |
|------|----------------------------------------|------|-----------------|--------------|---------|
| 114. | *Jatropha curcas* L., Sajjiwan Euphorbiaceae | Lt   | Cuts and wounds | Magar (Ta)   | [22]    |
|      |                                        | W    | Syphilis, whitlow, dropsy, anasarca, pneumonia, convulsion, and neuralgia | Magar (Ba)   | [23]    |
|      |                                        | L    | Rubefacient, insecticidal, galactogogue, tumors, and scabies | Yakkha       | [29]    |
| 115. | *Juglans regia* L., Okhar, Juglandaceae | B    | Toothache | Magar (Ro)   | [2]     |
|      |                                        |      | Leprosy and skin diseases | Magar (Ba)   | [23]    |
| 116. | *Lagenaria siceraria* (Molina) Standl., Lauka, Cucurbitaceae | Sd   | Chronic cough | Magar (Ba)   | [23]    |
| 117. | *Leucas cephalotes* (Roth) Spreng., Dronpuspi, Lamiaceae | L, Fi | Fever and cough | Magar (Pa)   | [21]    |
| 118. | *Lindera neesiana* (Wall. ex Nees) Kurz, Siltimur, Lauraceae | Sd   | Cholera and headache | Magar (P)    | [20]    |
|      |                                        | F    | Abdominal distension, altitude sickness, and gastritis | Magar (Pa)   | [20]    |
|      |                                        | T    | Gastritis, cough, and cold | Magar (Pa)   | [31]    |
|      |                                        | L    | Cholera, gastritis, and indigestion | Magar (Ba)   | [23]    |
|      |                                        |      | Fever, cough, and control poison | Magar (Ba)   | [23]    |
|      |                                        | W    | Fever and stomach disorder | Yakkha       | [29]    |
| 119. | *Lyonia ovalifolia* (Wall.) Drude, Angeri, Ericaceae | B    | Scabies and skin diseases | Magar (Pa)   | [21]    |
|      |                                        | T    | Skin diseases | Newar        | [24]    |
|      |                                        | L    | Scabies | Magar (P)    | [20]    |
| 120. | *Macrotyloma uniflorum* (Lam.) Verdc., Gahat, Fabaceae | Sd   | Jaundice and leucorrhoea | Magar (Pa)   | [21]    |
| 121. | *Mahonia napaulensis* DC., Jamanemandro, Berberidaceae | B    | Eye boils | Magar (P)    | [20]    |
| 122. | *Malaitus philippensis* (Lam.) Muell. Arg., Sindhure, Euphorbiaceae | B    | Diarrhea, dysentery, and stomachache | Raji         | [25]    |
|      |                                        |      | Adolph distension, altitude sickness, and gastritis | Magar (P)    | [33]    |
|      |                                        |      | Gastritis, cough, and cold | Magar (Pa)   | [31]    |
|      |                                        |      | Cholera, gastritis, and indigestion | Magar (Pa)   | [33]    |
|      |                                        |      | Fever, cough, and control poison | Magar (Pa)   | [33]    |
| 123. | *Mangifera indica* L., Aanp, Anacardiaceae | B    | Dysentery and abdominal distension | Magar (Pa)   | [20]    |
|      |                                        |      | Rheumatism and stomach ache | Magar (Pa)   | [20]    |
|      |                                        |      | Dysentery | Magar (Ba)   | [23]    |
|      |                                        |      | Gastritis | Magar (Pa)   | [20]    |
|      |                                        |      | Anthelmintic | Magar (Pa)   | [20]    |
| 124. | *Melia azedarach* L., Bakaino, Meliaceae | B    | Body cooling | Magar (P)    | [20]    |
| 125. | *Mentha spicata* L., Pudina, Lamiaceae | Sd   | Headache, fever, and loose bowel | Magar (Pa)   | [20]    |
|      |                                        | L    | Appetizer | Magar (Pa)   | [33]    |
|      |                                        |      | Throat infection, indigestion, and appetizer | Magar (Pa)   | [33]    |
|      |                                        |      | Vomiting, gastric disorder, appetizer, and boils | Magar (Pa)   | [33]    |
|      |                                        |      | Cholera and stomach problems | Yakkha       | [29]    |
|      |                                        |      | Insomnia | Magar (Pa)   | [20]    |
|      |                                        | W    | Jaundice and heat sickness | Magar (Pa)   | [21]    |
|      |                                        |      | Jaundice | Magar (G)    | [14]    |
| 126. | *Michelia champaca* L., Champ, Magnoliaceae | B    | Wounds, scabies, and gastritis | Magar (Pa)   | [20]    |
|      |                                        | F    | Cholera, kidney problem, and fever | Magar (Pa)   | [20]    |
|      |                                        |      | Bone fracture | Magar (Pa)   | [20]    |
| 127. | *Mimosa pudica* L., Lajjawati, Fabaceae | R    | Body cooling | Magar (Pa)   | [20]    |
| 128. | *Miraibilis jalapa* L., Malatiphol, Nyctaginaceae | R    | Stomachache and gastritic | Magar (Pa)   | [20]    |
| 129. | *Momordica charantia* L., Tite karela, Cucurbitaceae | F    | Fever, blood purifier, and appetizer | Magar (Pa)   | [20]    |
|      |                                        |      | High blood pressure | Magar (Pa)   | [20]    |
| 130. | *Moringa oleifera* Lam., Shitalchini, Moringaceae | L    | Chocked voice | Magar (Pa)   | [20]    |
|      |                                        |      | Blood pressure maintain | Magar (Pa)   | [20]    |
| 131. | *Murraya koenigii* (L.) Spreng., Mitho Neem, Rutaceae | Sd   | Eye and skin diseases | Magar (Pa)   | [21]    |
| 132. | *Musa paradisiaca* L., kera, Musaceae | L    | Diarrohoea and dysentery | Tamang (N)   | [27]    |
|      |                                        | S    | Snake bite | Lepcha       | [34]    |
|      |                                        | Rh   | Internal inflammation | Magar (Pa)   | [23]    |
|      |                                        | Fl   | Retained placenta | Magar (Pa)   | [23]    |
| 133. | *Mussenda macrophylla* Wall., Dhobini, Rubiaceae | R    | Fever | Magar (Pa)   | [21]    |
|      |                                        |      | Pneumonia, cough, cold, jaundice, and fever | Lepcha       | [30]    |

(Contd...)
Table 2: (Continued)

| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated | Ethnic groups | Sources |
|------|----------------------------------------|------|-----------------|---------------|---------|
| 134. | Myrica esculenta Buch.-Ham. ex D.Don, Kafal, Myricaceae | B | Fever | Newar | [24] |
|      |                                        |     | Cholera | Raji | [25] |
|      |                                        |     | Diarrhea, dysentery, chronic bronchitis, and rheumatic pain | Magar (Pa) | [33] |
|      |                                        |     | Dysentery | Magar (P) | [20] |
|      |                                        |     | Bleeding from teeth and blood dysentery | Magar (Ta) | [22] |
|      |                                        |     | Indigestion, cold, cough, fever, and appetizer | Magar (Pa) | [21] |
|      |                                        |     | Jaundice and burning urination | Lepcha | [30] |
|      |                                        |     | Fever | Newar | [24] |
|      |                                        |     | Fever and chronic typhoid | Magar (Ba) | [23] |
|      |                                        |     | Diabetes and inflammation | Magar (Pa) | [21] |
|      |                                        |     | Scurvy | Magar (Pa) | [21] |
| 135. | Nephrolepis cordifolia (L.) K. Presl, Pani amala, Nephrolepidaceae | Tu | Indigestion, cold, cough, fever, and appetizer | Lepcha | [30] |
|      |                                        |     | Jaundice and burning urination | Magar (Pa) | [21] |
|      |                                        |     | Bleeding from teeth and blood dysentery | Magar (Ta) | [22] |
|      |                                        |     | Diarrhea, dysentery, chronic bronchitis, and rheumatic pain | Magar (Pa) | [33] |
|      |                                        |     | Dysentery | Magar (P) | [20] |
|      |                                        |     | Indigestion, cold, cough, fever, and appetizer | Magar (Pa) | [21] |
|      |                                        |     | Jaundice and burning urination | Lepcha | [30] |
|      |                                        |     | Fever | Newar | [24] |
|      |                                        |     | Fever and chronic typhoid | Magar (Ba) | [23] |
|      |                                        |     | Diabetes and inflammation | Magar (Pa) | [21] |
| 136. | Ocimum gratissimum L., Bantulsi, Lamiaceae | L | Fever | Newar | [24] |
|      |                                        |     | Fever and chronic typhoid | Magar (Ba) | [23] |
|      |                                        |     | Diabetes and inflammation | Magar (Pa) | [21] |
|      |                                        |     | Scurvy | Magar (Pa) | [21] |
| 137. | Ocimum sanctum L., Tulasi, Lamiaceae | W | Indigestion, cold, cough, fever, and appetizer | Magar (Pa) | [21] |
|      |                                        |     | Jaundice and burning urination | Lepcha | [30] |
|      |                                        |     | Fever | Newar | [24] |
|      |                                        |     | Fever and chronic typhoid | Magar (Ba) | [23] |
|      |                                        |     | Diabetes and inflammation | Magar (Pa) | [21] |
| 138. | Ocimum sanctum L., Tulasi, Lamiaceae | L | Headache, sinusitis, allergies, cold, migraines, and tonsillitis | Magar (P) | [20] |
|      |                                        |     | Cough and tonsillitis | Tangbeton | [32] |
| 139. | Oroxylum indicum (L.) Benth. ex Kurz, Tatelo, Bignoniaceae | B | Jaundice | Tamang (K) | [26] |
|      |                                        |     | Fever | Newar | [24] |
|      |                                        |     | Tooth corrosion | Magar (P) | [20] |
|      |                                        |     | Sinusitis, anaemia, and piles | Magar (Pa) | [33] |
|      |                                        |     | Cuts and wounds | Magar (Pa) | [21] |
|      |                                        |     | Illness due to evil spirit | Magar (P) | [20] |
|      |                                        |     | Cuts and control poison | Magar (Pa) | [21] |
| 140. | Phoenix humilis Royle. ex Becc., Thakal, Arecaecae | B | Fever | Newar | [24] |
|      |                                        |     | Fever and chronic typhoid | Magar (Ba) | [23] |
|      |                                        |     | Diabetes and inflammation | Magar (Pa) | [21] |
| 141. | Pogostemon benghalensis (Burm.f.) Kuntz, Rudilo, Lamiaceae | F | Cough and cold | Newar | [24] |
|      |                                        |     | Cough | Magar (Pa) | [21] |
|      |                                        |     | Cough and cold | Magar (Pa) | [21] |
|      |                                        |     | Gastritis, cough, and appetizer | Magar (Ba) | [23] |
|      |                                        |     | Gastritis and stomach disorder | Lepcha | [30] |
| 142. | Polygonatum verticillatum (L.) All., Khiraula, Asparagaceae | R | Headache | Newar | [24] |
|      |                                        |     | Cough | Magar (Pa) | [21] |
|      |                                        |     | Cough and cold | Magar (Pa) | [21] |
|      |                                        |     | Gastritis, cough, and appetizer | Magar (Ba) | [23] |
| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated | Ethnic groups | Sources |
|------|----------------------------------------|------|------------------|---------------|---------|
| 155. | *Potentilla fulgens* Wall. ex Hook., Bajradanti, Rosaceae | R    | Toothache        | Newar         | [24]    |
| 156. | *Premna barbata* Wall. ex Schauer, Gineri, Lamiaceae | B    | Fever            | Magar (Pa)    | [21]    |
| 157. | *Prunus cerasoides* D.Don, Paiyu, Rosaceae | L    | Headache         | Magar (Ta)    | [22]    |
| 158. | *Psidium guajava* L., Amba, Myrtaceae | B    | Cut and wounds   | Magar (P)     | [20]    |
| 159. | *Premna barbata* Wall. ex Schauer, Gineri, Lamiaceae | L    | Headache         | Magar (Pa)    | [21]    |
| 160. | *Rhus chinensis* Mill., Bhakiamilo, Anacardiaceae | F    | Indigestion      | Magar (Pa)    | [21]    |
| 161. | *Ricinus communis* L., Arandi, Euphorbiaceae | B    | Intestinal disorders | Magar (Pa) | [20]    |
| 162. | *Roscoea purpurea* Sm., Rashgaree, Zingiberaceae | R    | Antiseptic and rheumatism | Newar         | [24]    |
| 163. | *Rubus ellipticus* Sm., Ainselu, Rosaceae | F    | Antiseptic and rheumatism | Newar         | [24]    |
| 164. | *Saccharum officinarum* L., Ukhu, Poaceae | S    | Jaundice         | Newar         | [24]    |
| 165. | *Sarcococca coriacea* (Hook.) Sweet, Bhakhr Ghans, Buxaceae | L    | Scabies          | Magar (Pa)    | [20]    |
| 166. | *Schefflera venulosa* (Wight & Arn.) Hams, Kursiulo, Araliaceae | B    | Paralysis        | Rai           | [31]    |

Table 2: (Continued)
Table 2: (Continued)

| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated | Ethnic groups | Sources |
|------|----------------------------------------|------|------------------|---------------|---------|
| 173. | *Schima wallichii* (DC.) Korth., Chilaune, Theaceae | B    | Antiseptic       | Newar         | [24]    |
|      |                                        |      | Fever            | Tamang (N)    | [27]    |
|      |                                        |      | Piles            | Rai           | [31]    |
|      |                                        |      | Fever and stomach pain | Magar (N)    | [27]    |
|      |                                        |      | Gastritis and healing cracks | Lepcha    | [30]    |
|      |                                        |      | F Scorpion bite  | Magar (G)     | [14]    |
|      |                                        |      | Spider bite      | Yakkha        | [29]    |
| 174. | *Scindapsus officinalis* Schott, Kanchiho, Araceae | R    | Cough, bronchitis, and bone fracture | Magar (Pa) | [21]    |
|      | *Scoparia dulcis* L., Mitha jhar, Scrophulariaceae | F    | Cuts and wounds  | Magar (Pa)    | [21]    |
| 176. | *Scutellaria discolor* Celebr., Ratopate, Lamiaceae | R    | Fever            | Newar         | [24]    |
| 177. | *Selium tenuifolium* Wall. ex C.B. Clarke, Bhutkeshi, Apiaceae | W    | Cough and cold   | Newar         | [24]    |
| 178. | *Semenecarpus anacardium* L. f., Bhalayo, Anacardiaceae | F    | Dysentery, asthma, and acute rheumatism | Magar (G) | [14]    |
|      |                                        |      | Wounds           | Raji          | [25]    |
| 179. | *Sesamum indicum* L., Kande bihi, Solanaceae | Sd   | Toothache        | Newar         | [24]    |
|      | *Solanum nigrum* L. Jungali bihi, Solanaceae | F    | Diabetes         | Magar (G)     | [14]    |
|      |                                        |      | Headache         | Yakkha        | [29]    |
|      |                                        |      | Diabetic, high blood pressure, and headache | Magar (Ba) | [23]    |
|      |                                        |      | Toothache, piles, and scabies | Lepcha    | [34]    |
| 180. | *Sonchus arvensis* L., Dudhi, Asteraceae | W    | Diabetes         | Newar         | [24]    |
|      | *Solanum anguivi* Lam., Bihi, Solanaceae | F    | Headache         | Magar (G)     | [14]    |
|      |                                        |      | Diabetic, high blood pressure, and headache | Yakkha    | [29]    |
|      |                                        |      | Toothache, piles, and scabies | Magar (Ba) | [23]    |
| 181. | *Sida cordifolia* L., balu, Malvaceae | W    | Rheumatic pain   | Magar (Pa)    | [21]    |
|      |                                        |      | Jaundice         | Newar         | [24]    |
| 182. | *Smilax ovalifolia* Roxb. ex D.Don, Kukurdaino, Smilacaceae | L    | Scabies, skin diseases, and maternity problems | Newar         | [24]    |
| 183. | *Solanum aculeatissimum* Jacq., Kantakari, Solanaceae | F    | Jaundice         | Newar         | [24]    |
| 184. | *Solanum indicum* L., Kande bihi, Solanaceae | Sd   | Toothache        | Newar         | [24]    |
| 185. | *Solanum nigrum* L. Jungali bihi, Solanaceae | F    | Diabetes         | Magar (G)     | [14]    |
|      |                                        |      | Headache         | Yakkha        | [29]    |
|      |                                        |      | Tothache, piles, and scabies | Magar (Ba) | [23]    |
| 187. | *Solidago virgaurea* L., Goldenrod, Asteraceae | W    | Diabetes         | Newar         | [24]    |
|      | *Solanum indicum* L., Kande bihi, Solanaceae | Sd   | Toothache        | Newar         | [24]    |
|      |                                        |      | Jaundice         | Newar         | [24]    |
|      |                                        |      | Insomnia and indigestion | Newar         | [24]    |
| 188. | *Sonchus arvensis* L., Dudhi, Asteraceae | W    | Diabetes         | Newar         | [24]    |
|      | *Solanum nigrum* L. Jungali bihi, Solanaceae | F    | Headache         | Magar (G)     | [14]    |
|      |                                        |      | Diabetic, high blood pressure, and headache | Yakkha    | [29]    |
|      |                                        |      | Toothache, piles, and scabies | Magar (Ba) | [23]    |
| 189. | *Swertia angustifolia* Buch.-Ham. ex D.Don, Goru tite, Gentianaceae | W    | Anthelmintic, diarrhoea, fever, headache, and stomachache | Newar         | [24]    |
|      | *Swertia chirayita* (Roxb. ex Fleming) H. Karst, Chiraito, Gentianaceae | W    | Antipyretic       | Tamang (K)    | [26]    |
| 190. | *Spiranthes sinensis* (Pers.) Ames, Screw Flower, Orchidaceae | Rh   | Aphrodisiac      | Newar         | [24]    |
| 191. | *Spondias pinnata* L. f. Kurz, Amaro, Anacardiaceae | B    | Rheumatism       | Magar (Ta)    | [22]    |
|      |                                        |      | Joint pain       | Magar (Ba)    | [23]    |
|      |                                        |      | F Cough and rheumatism | Magar (Ta) | [22]    |
|      |                                        |      | Fever            | Tamang (N)    | [27]    |
| 192. | *Spondias amara* L., Amara, Anacardiaceae | W    | Antipyrhetic     | Tamang (K)    | [26]    |
| 193. | *Spondias pinnata* L. f. Kurz, Amaro, Anacardiaceae | W    | Cough and bronchitis | Lepcha    | [30]    |
|      |                                        |      | Antipyretic      | Tamang (K)    | [26]    |
|      |                                        |      | Fever, malaria, cough, cold, diarrhoea, pneumonia, and diabetes | Magar (Ba) | [23]    |
|      |                                        |      | Fever, typhoid, diabetes, cuts, and wounds | Magar (Ba) | [23]    |
|      |                                        |      | Fever, pneumonia, and jaundice | Magar (Ba) | [23]    |
|      |                                        |      | Fever, jaundice  | Lepcha        | [34]    |
|      |                                        |      | Fever            | Lepcha        | [34]    |
|      |                                        |      | Dysentery        | Rai           | [31]    |
| 194. | *Syzygium cumini* (L.) Skeels, Jamun, Myrtaceae | B    | Cough, headache, and sinusitis | Magar (Ta) | [22]    |
|      | *Tagetes erecta* L., Sayapatri, Asteraceae | L    | Cough            | Lepcha        | [34]    |
|      | *Tamarindus indica* L., Jalmarti, Fabaceae | L    | Fever            | Magar (Pa)    | [21]    |
|      | *Terminalia chebula* (Gaertn.) Roxb., Harro, Combretaceae | F    | Measles, gastritis, tonsillitis, and stomach problems | Lepcha    | [30]    |
|      |                                        |      | Cough throat pain | Magar (Ta) | [22]    |
|      |                                        |      | Cough and bronchitis | Lepcha    | [30]    |
|      |                                        |      | Cough and bronchitis | Tamang (N) | [27]    |
|      | *Terminalia chebula* (Gaertn.) Roxb., Harro, Combretaceae | F    | Cough            | Magar (Ta)    | [22]    |
|      |                                        |      | Sore throat, fever, and cough | Lepcha    | [30]    |
|      |                                        |      | Cough and bronchitis | Tamang (N) | [27]    |
|      |                                        |      | Cough, fever, and eye disease | Magar (Ba) | [23]    |
|      |                                        |      | Gastritis and blood purifier | Tangbeton | [32]    |

(Contd...)
| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated | Ethnic groups | Sources |
|------|----------------------------------------|------|-----------------|--------------|---------|
| 199. | *Thalictrum virgatum* Hook. fil. & Thomson, Daampaate, Ranunculaceae | R    | Toothache       | Newar        | [24]    |
| 200. | *Thepesia lampas* (Cav.) Dalzell & A. Gibson, Ban kapas, Malvaceae | S,R  | Joint and backbone pain | Tamang (G) | [14] |
|       |                                         | R    | Jaundice        | Magar (Ta)   | [22] |
|       |                                         | W    | Cut, wounds, sprain, and bone | Magar (Pa) | [33] |
| 201. | *Thysanolaena maxima* (Roxb.) Kunzke, Amriso, Poaceae | R    | Antihelmintic   | Lepcha       | [30] |
|       |                                         |      | Chocking needle on foot and boils | Rai         | [31] |
|       |                                         |      | Labour pain     | Raji         | [25] |
|       |                                         |      |                | Raji         | [25] |
| 202. | *Tinospora cordifolia* (Thunb.) Miers, Gurjo, Menispermaceae | B    | Snake bite      | Ragi         | [35] |
|       |                                         | Rh   | Diabetes and stomach problem | Newar | [24] |
|       |                                         |      | Stomachache     | Tamang (K)   | [26] |
|       |                                         |      | Sprain and body cooling | Magar (Ta) | [22] |
|       |                                         |      | Diabetes and body pain | Magar (Ba) | [23] |
|       |                                         |      | Menstruation problem | Tamang (N) | [27] |
| 203. | *Trichosanthes lepiniana* (Naudin) Cogn., Chichindo, Cucurbitaceae | Sd   | Sore throat     | Newar        | [24] |
| 204. | *Tridax procumbens* L., Kurkure, Asteraceae | W    | Cuts and wounds | Magar (Pa)   | [33] |
| 205. | *Trigonella foenum-graecum* L., Methi, Fabaceae | Sd   | Cold and cough  | Ragi         | [25] |
|       |                                         |      | Heat sickness   | Magar (Pa)   | [33] |
|       |                                         |      | Cough           | Lepcha       | [34] |
|       |                                         |      | Boils           | Magar (Pa)   | [33] |
| 206. | *Urtica dioica* L., Sisnoo, Urticaceae | R    | Labour pain and retain placenta | Ragi | [25] |
|       |                                         |      | Fever, mental and stomach disorder | Gurung | [19] |
|       |                                         |      | Toothache       | Magar (Pa)   | [33] |
|       |                                         |      | High blood pressure | Ragi         | [25] |
|       |                                         |      | Dog bite        | Magar (Pa)   | [21] |
|       |                                         |      |                | Lepcha       | [34] |
|       |                                         |      | Diabetes and rheumatism | Magar (Pa) | [33] |
|       |                                         |      | Diabetes        | Newar        | [24] |
| 207. | *Viola serpens* Wall., Ghatte Ghas, Violaceae | W    | Cold and cough  | Newar        | [24] |
| 208. | *Viscum album* L., Hadchur, Santalaceae | W    | Cuts, wounds, and fracture | Lepcha | [30] |
|       |                                         |      | Fracture and body pain | Thami | [28] |
|       |                                         |      | Fracture        | Rai          | [31] |
| 209. | *Vitex negundo* L., Simai, Verbenacea | L    | Cold and cough  | Newar        | [24] |
|       |                                         |      | Swollen body parts | Rai          | [31] |
|       |                                         |      | Sinuses         | Magar (Ba)   | [23] |
| 210. | *Woodfordia fruticosa* (L.) Kurtz, Dhiero, Lythraceae | T    | Cholera         | Magar (Pa)   | [33] |
|       |                                         |      | Jaundice and dysentery | Magar (Pa) | [33] |
|       |                                         |      | Dysentery       | Magar (P)    | [20] |
|       |                                         |      |                | Tamang (N)   | [27] |
|       |                                         |      |                | Magar (Ba)   | [23] |
| 211. | *Xeromphis spinosa* (Thunb.) Keay, Main kanda, Rubiaceae | R    | Headache       | Magar (G)    | [14] |
| 212. | *Youngia japonica* (L.) DC., Dulla jhar, Asteraceae | L    | Indigestion    | Magar (G)    | [14] |
| 213. | *Zanthoxylum armatum* DC., Timur, Rutaceae | Sd   | Cold and gastritis | Magar (Pa) | [33] |
|       |                                         |      | Gastritis       | Magar (P)    | [20] |
|       |                                         |      | Cold, stomach disorder, and poison | Magar (Ro) | [2] |
|       |                                         | F    | Headache, abdominal pain, appetite, and indigestion | Gurung | [19] |
|       |                                         |      | Cold and cough  | Magar (Pa)   | [21] |
|       |                                         |      |                | Tangbeton    | [32] |
|       |                                         |      |                | Lepcha       | [34] |
|       |                                         |      | Joint pain      | Magar (Ba)   | [23] |

(Contd...)
### Table 2: (Continued)

| S.N. | Scientific name, Nepali name and Family | P.U. | Diseases treated | Ethnic groups | Sources |
|------|----------------------------------------|------|------------------|---------------|---------|
| 214. | *Zingiber officinale* Roscoe, Aduwa, *Zingiberaceae* | Rh   | Throat pain, cough, and high altitude sickness | Raji          | [25]    |
|      |                                        |      | Cough, vomiting, and infection of caterpillar hairs | Lepcha        | [30,34] |
|      |                                        |      | Kidney problem, throat pain, gastritis, diabetes, and cough | Tangbeton     | [32]    |
| 215. | *Ziziphus mauritiana* Lam. Bauy, *Rhamnaceae* | W    | Cholera          | Rai           | [31]    |
|      |                                        | F    | Stomach problem and body cooling | Magar (G)     | [14]    |

P.U. = Parts Used, S = Stem, B = Bark, F = Fruit, L = Leaf, R = Root, Fl = Flower, T = Twig, Rh = Rhizome, Tu = Tuber, W = Whole plant, Bu = Bulb, Sd = Seed, Lt = Latex, Bd = Buds

![Figure 1: Plants’ parts used and numbers of diseases treated](http://dx.doi.org/10.32859/era.19.18.1-29)

### CONCLUSIONS

Medicinal plants are major sources of crude drugs for healing diseases by various ethnic groups living near the forests of Nepal. A total of 215 Plant species from 93 families is used for the treatment of 139 types of diseases or ailments by 10 ethnic groups residing in 13 hilly districts of Nepal. The whole plant or its parts were used for medicinal purposes and leaf is found to be used for the treatment of maximum numbers of diseases.

Ethnomedicinal knowledge is the foundation for the invention of new medicines. Proper documentation of traditional knowledge on medicinal plants with their identification and cultivation should be done which helps to preserve traditional knowledge as well as medicinal plants. Highly valuable medicinal plants are needed to be grown commercially to reduce pressure on these species in wild habitats. Young generations should be encouraged and trained in traditional medicinal knowledge. Phytochemical and pharmacological researches are needed to be carried out for scientific validation of the medicinal properties of the plant species used by indigenous people.

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