




1	<p>Name: <i>Acorus calamus</i> Linn.</p> <ol style="list-style-type: none"> Common name: Sweet Flag (English), Mitha Bach (Hindi) Vernacular name: Bach (Assamese), Ghorabach (Bengali), Vasa (Kannada) and Okhidak (Manipuri) Family: Acoraceae Habits: Herbaceous Perennial Habitat: found in moist places near riversides and rice fields Flower: May-June Part used : Roots, rhizomes, leaves and stems Distribution: Manipur, Meghalaya, Arunachal Pradesh, Sikkim and Himachal Pradesh Uses: Used for stimulation of brain and nervous system, appetite, fever, stomach cramps 	
2	<p>Name: <i>Abroma augusta</i> (L.) L.f</p> <ol style="list-style-type: none"> Common name: Devil's cotton Vernacular name: Ulatkambal Family: Sterculiaceae Habit: Shrub or small tree Habitat: Found throughout the hot and humid parts of India. Flower: June to September Fruit: November to January Parts used: Roots, bark, stem and leaves Distribution: Assam, Kashmir, Madhya Pradesh, Maharashtra, Rajasthan, Uttar Pradesh, Tamil Nadu. Uses: Antifertility agent. Leaves are useful in treating uterine disorders, diabetes, pain of joints, headache and sinusitis. Root bark used as an menstrual flow and uterine tonic. 	
3	<p>Name: <i>Abrus precatorius</i> L</p> <ol style="list-style-type: none"> Common name: Hindi (Gunja/Rati), English (Crabs eye) Vernacular name: Kannada: Gulaganji, Gulgunji², Marathi: Gunja, Gunj², Bengali: Koonch, Kunch, Chunhali, Punjabi, Mulati Family: Fabaceae Habits: Herbaceous flowering plant Habitat: A common weed of roadsides, old gardens, disturbed sites, waste areas and waterways in the higher rainfall areas Flower: January to August Fruit: April to December Part used : Roots, Leaves, seeds and stem bark Distribution: Uttar Pradesh, Madhya Pradesh, Kerala, Assam and Kerala Uses: Used in eczema, stomatitis, conjunctivitis, alopecia, migraine, leukemia. 	

- 4 Name: ***Abutilon indicum* (Linn.)**
- Common name: Indian mallow
 - Vernacular name:
 - Family: Malvaceae
 - Habit: An erect shrub
 - Habitat: Present in sub-Himalayan tract and hills up to 1,200 m and hotter parts of India.
 - Flower: January to October
 - Fruit: March to December
 - Parts used: Roots bark and leaves
 - Distribution: Goa, Karnataka, Kerala, Maharashtra, Tamil Nadu.
 - Uses: Used in the treatment of leprosy, urinary disease, jaundice, pils, relieving thirst, cleaning wounds and ulcers, vaginal infection, diarrhea, rheumatism and mumps.



- 5 Name: ***Acacia catechu* (L.F)**
- Common name: Khatta
 - Vernacular name: Khaira
 - Family: Fabaceae
 - Habit: Small tree
 - Habitat: Subtropical or tropical open woodlands and shrubby grasslands. Usually occurs on shallow to medium depth sandy loams.
 - Flower and fruits from March to September
 - Parts used: Bark, Gum
 - Distribution: It is widely distributed between 900-1200 m from Jammu to Assam. Variety catechu is found in Sikkim, Tarai, West Begal, Assam, Shiwalik hills of H.P. and Punjab and Haryana. Variety sundra is found in Indian Peninsular region.
 - Uses: Food additives, Astringent, skin respiratory problems, tannins and dye



- 6 Name: ***Adhatoda vasika* (Linn.)**
- Common name: Malabar Nut
 - Vernacular name: Vasaka
 - Family: Acanthaceae
 - Habit: Evergreen shrub
 - Habitat: Well-drained soil in sun or partial shade, with high humidity
 - Flower: Early September
 - Fruit: Late December
 - Parts used: Leaves
 - Distribution: Tripura, Nagaland, Sikkim, Mizoram
 - Uses: Useful in treating cold and cough, asthma, chronic bronchitis and respiratory infection. It has anti-inflammatory, anti-bleeding, anti-ulcer, and fever reducer properties.



- 7 Name: ***Aegle marmelos* (Linn.)**
- Common name: Bael
 - Vernacular name: Bela
 - Family: Rutaceae
 - Habit: Deciduous tree
 - Habitat: It occurs in dry, open forests on hills and plains at altitudes from 0–1,200 m (0–3,937 ft) with mean annual rainfall of 570–2,000 mm (22–79 in).
 - Flower: End of May and continues till July
 - Fruit: March to June.
 - Parts used: Bark, fruits, leaves
 - Distribution: Throughout the Indian Peninsula, Western Ghats, Sub-Himalayan Tract, North-Eastern region
 - Uses: Fruits are edible and used for making juice. Its extracts cure inflammation. Leaf juice with honey can treat fever. Treat tuberculosis, diabetes, diarrhoea, constipation






- 8 Name: ***Albizia lebbek* (L.) Benth.**
- Common name: Woman's tongue
 - Vernacular name: Siris
 - Family: Fabaceae
 - Habit: Large tree
 - Habitat: Grows in Human Altered environments (yards, roadsides, abandoned fields).
 - Flower: September to October
 - Fruit: May-July
 - Parts used: Bark, seeds, leaves, and flowers
 - Distribution: Throughout India
 - Uses: Colds, cough, allergic disease, Bronchial asthma



- 9 Name: ***Aloe vera* (Linn.)**
- Common name: Aloe vera
 - Vernacular name:
 - Family: Asphodelaceae
 - Habit: Succulent herb with clump rosette basal
 - Habitat: Grows in Human Altered environments (yards, fields, and in and around abandoned houses)
 - Flower: Late winter
 - Parts used: Leaves
 - Distribution: Mumbai, Gujarat and South India. Mizoram, Assam
 - Uses: Reduce dental plaque, wound healing, constipation. Lower in blood sugar levels. Improve skin sunburn.



10	<p>Name: <i>Alstonia scholaris</i> (L.) R.Br</p> <ol style="list-style-type: none"> Common name: Devils tree/ Dita Vernacular name: Chatiyana Family: Apocynaceae Habit: Medium-sized evergreen tree Habitat: It thrives well in areas where annual rainfall is about 100–150 cm, as it prefers a fairly moist habitat. Flowering and fruiting occur from March to July, extending to August in subtropical climate. Parts used: Barks Distribution: sub-Himalayan tract, West Bengal, Bihar, Peninsular India and Andaman Uses: Skin ulcers, increase lactation, cure diarrhoea, useful in intestinal worms 	
11	<p>Name: <i>Amomum subulatum</i> Roxb.</p> <ol style="list-style-type: none"> Common name: Black elaichi Vernacular name: Baba Elaichi Family: Zingiberaceae Habit: Perennial herb Habitat: Cool forest areas near mountain streams and damp forest floor; 300 - 2000 m. altitude Flowering and Fruiting Time : May – September Parts used: Seeds Distribution: Eastern Himalayan region, including Sikkim and West Bengal Uses: Treatment of pain, to eradicate bad odor, increase appetite, treat skin disease, nausea, cough, and fever. Used in stomach disorder and malaria. 	
12	<p>Name: <i>Andrographis paniculata</i> (Burma f.)</p> <ol style="list-style-type: none"> Common name: Kalmegh Vernacular name: Family: Acanthaceae Habit: Erect and annual herb Habitat: Plains, hillsides, coastlines, and disturbed and cultivated areas such as roadsides and farms. Flower: September to December Parts used: Aerial parts, roots Distribution: Throughout the hotter and tropical parts of India from UP to MP, Gujarat, Rajasthan, Tamilnadu, Punjab, Haryana, Assam, Kerala, Gujarat, Madhya Pradesh, Odisha · Karnataka. Uses: Cancer, diabetes, high blood pressure, ulcer, leprosy, skin diseases 	

- 13 Name: ***Aqualaria malleensis* Lam.**
- Common name: Agar
 - Vernacular name: Sanchi (Assamese)
 - Family: Thymelaceae
 - Habit: Large evergreen tree about 20 meters tall and 1.5–2.4 meters in girth
 - Habitat: Lowland primary and secondary forests, and on hills and ridges, up to 750 m altitude.
 - Flower: between the months of July and August
 - Fruit: Between November and December
 - Parts used: Seeds and bark
 - Distribution: Mostly in the foothills of North-Eastern states as well as West Bengal up to an altitude of 1000 m above mean sea level.
 - Uses: Joints pain, treat rheumatism, smallpox and abdominal pains. Decoction of woods has anti-microbial properties against *Mycobacterium tuberculosis*



- 14 Name: ***Argyreia nervosa* (Burm. f.)**
- Common name: Elephant creeper (English), Samandar ka pat (Hindi)
 - Vernacular name: -----
 - Family: Convolvulaceae
 - Habits: Perennial climbing vine
 - Habitat: A tropical/sub-tropical climate with moderately moist, well drained soil, in a protected and sunny area.
 - Flower: January to April
 - Fruit: March to July.
 - Part used: Aerial part, seeds, bark and root leaf.
 - Distribution: Bengal, Assam, Orissa, Uttarakhand, Rajasthan, Karnataka, Kerala
 - Uses: Used for the treatment in diabetes, cough, liver diseases, ulcers, wounds, anemia, low blood pressure, urinary problem, constipation,



- 15 Name: ***Artemisia nilagirica* (C.B. Clarke)**
- Common name: Kukulya
 - Vernacular name:
 - Family: Asteraceae
 - Habit: Perennial aromatic herb
 - Habitat: Along forest margins
 - Flower and fruiting: May-December
 - Parts used: Leaves
 - Distribution: Throughout western Ghats of India including Vishakapatnam district of Andhra Pradesh. Karnataka.
 - Uses: Cure illness such as digestive problems, morning sickness, irregular menstrual cycle, typhoid, brain disorder, renal problems, bronchitis and malaria.



- 16 Name: *Artocarpus heterophyllus* Lam.
- Common name: Jackfruit
 - Vernacular name: Bala (Galo)
 - Family: Moraceae
 - Habit: Small to medium-sized evergreen tree 10-20 m tall
 - Habitat: Moderately rainy, humid areas of tropics; but grows in wide range of maritime tropical and subtropical climates
 - Flower: March-April.
 - Fruit: June-August
 - Parts used: Leaves, bark, roots, fruits
 - Distribution: Arunachal Pradesh, Assam, Tripura, West Bengal, Bihar, Uttar Pradesh, foothills of the Himalayas and South Indian States of Kerala, Tamil Nadu and Karnataka
 - Uses: Leaves possess wound healing, decrease abuses and relieve ear problems. Infusion of mature leaves and bark is effective in diabetes, gall stones and relieve asthma.





- 17 Name: *Asparagus racemosus* (Willd.)
- Common name: Shatavari
 - Vernacular name:
 - Family: Asparagaceae
 - Habit: Spinous, much branched climber
 - Habitat: In the plains from the coast, in scrub jungle, hill slopes, forest borders, fallow lands, up to 1400m.
 - Flowering and fruiting : December–January.
 - Parts used: Roots
 - Distribution: common throughout the tropical and subtropical regions, particularly central India. It is also found up to an altitude of 1500 m in subtropical Himalayas.
 - Uses: Used in upset stomach, constipation, cancer, memory loss, tuberculosis, diabetes

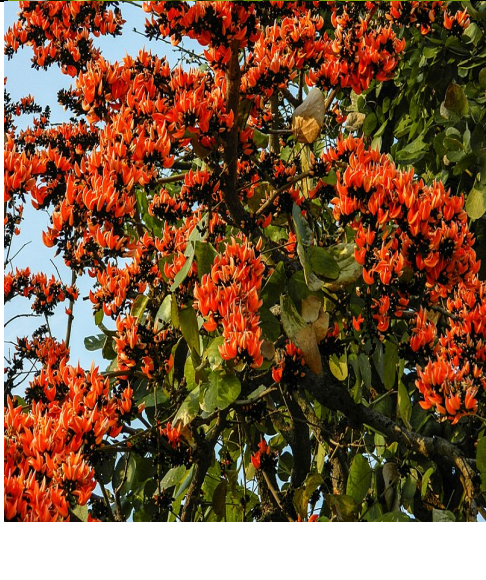




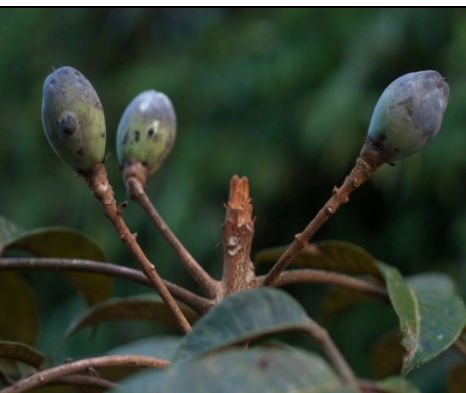
- 18 Name: *Averrhoa carambola* L.
- Common name: Star fruit
 - Vernacular name: Kordoi/ carambola
 - Family: Oxalidaceae
 - Habit: Evergreen tree
 - Habitat: Humid forests and woodland on sandy loam
 - Flower: Plant will flower and fruit almost year-round.
 - Parts used: fruits
 - Distribution: Throughout India especially in Gujarat and Maharashtra
 - Uses: Jaundice, intestinal parasites



19	<p>Name: <i>Azadirachta indica</i> A. Juss</p> <ol style="list-style-type: none"> Common name: Neem Vernacular name: Bevu Family: Maliaceae Habit: A medium sized deciduous tree, upto 15m. Habitat: Shrublands, open woodlands, grasslands, floodplains, riparian zones (banks of watercourses), coastal sites and other disturbed natural vegetation. Flower: February-April Fruit: June-August Parts used: Whole plant Distribution: Throughout India, except Jammu and Kashmir, Himachal Pradesh, Sikkim. Uses: Treatment of inflammation, infection, fever, skin diseases, dental disorders. Leaves is used for leprosy, eye disorders, bloody nose, intestinal worms. 	
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20	<p>Name: <i>Bacopa Monnieri</i> (Linn.)</p> <ol style="list-style-type: none"> Common name: Brahmi, Indian pennywort Vernacular name: Birami (Bengali), Neera Brahmi (Tamil) Family in the Scrophulariaceae Habits: :creeping perennial herb Habitat: Marshy places, mangroves, riverbanks, coastal areas and along streams and ditches Flower: September-October Part used : Whole plant Distribution: Andhra Pradesh, West Bengal, Assam and Manipur Uses: Used for stimulation of brain and nervous system, stress and anxiety and reduce inflammation 	
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21	<p>Name: <i>Butea monosperma</i> (Lam.) Taub.</p> <ol style="list-style-type: none"> Common name: Flame of forest, flame tree petals Vernacular name: Family: Leguminosae or <i>Fabaceae</i> Habit: A medium-sized, deciduous tree, upto 12m Habitat: Found throughout the drier parts of India, often gregarious in forests, open grasslands and wastelands Flower: February-April Fruit: April-May Parts used: fruits, barks, seeds, <u>seed oil</u>, leaves, flowers, and roots Distribution: Throughout India, Kerala, Maharashtra, Karnataka, Assam, Arunachal Pradesh Uses: Used for parasitic infections, urinary diseases, and diabetes. The fruits and sprouts are used in folk remedies for abdominal tumors in India, diseases of the eye, skin, and vagina; itch; piles; tumors; ulcers; and wounds. The bark is used internally for bleeding piles and beriberi. seed ash is used to strengthen the teeth. 	
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22	<p>Name: <i>Bryophyllum pinnata (Lam.)</i></p> <ol style="list-style-type: none"> Common name: Life plant, love plant, Canterbury bells, Cathedral bells Vernacular name: Patharkuch (Bengali) Family: <u>Crassulaceae</u> Habits: succulent perennial plant Habitat: It is a common weed in banks, hummocks, waste grounds and thickets in dry and wet regions. Flower: winter–spring Part used : Leaves Distribution: Assam, Kerala, Tamil Nadu and the north-eastern states. Uses: Healing Wounds, regulating blood sugar levels, relieving menstrual cramps, treating skin conditions treating digestive problems and kidney stones. 	
23	<p>Name: <i>Calotropis procera (Ait.) R.Br.</i></p> <ol style="list-style-type: none"> Common name: The apple of sodom Vernacular name: Family: Apocynaceae Habit: A large shrub Habitat: Found mostly in semi-arid and arid inland areas, as well as in the drier parts of tropical and sub-tropical regions. A weed of disturbed sites, roadsides, waste areas Parts used: Leaves Distribution: Present more or less throughout India Uses: Leaves are said to valuable as counteract for snake bite , joints pain,mumps,burn injuries and body pain 	
24	<p>Name: <i>Canarium strictum Roxb.</i></p> <ol style="list-style-type: none"> Common name: Kaala Dammer Vernacular name: Dhuna Family: Burseraceae Habit: Tree Habitat : Moist deciduous to semi-evergreen forests. It grows up to 40 meters (130 ft) tall at altitudes in the range of 750–1,400 meters (2,460–4,590 ft). Flower : Between September and November Fruit:April to October Parts used: Fruit and resins Distribution: Kerala, Maharashtra, Tamil Nadu Uses: Rheumatism and asthma also used as mosquito repellent 	

- 25 Name: ***Catharanthus roseus***
- Common name: Periwinkle
 - Vernacular name: Sadabahar
 - Family: Apocynaceae
 - Parts used: Leaves ,roots
 - Habit: Perennial herb
 - Habitat: coastal habitats (e.g. cliff faces, rocky ocean ledges and sand dunes) and other sites with sandy soils, but also grows in bushland and disturbed natural vegetation near urban areas.
 - Flower: All summer from July through September
 - Distribution: throughout tropical and sub-tropical parts of India. Tamil Nadu, Karnataka, Andhra Pradesh, Gujarat, Madhya Pradesh and Assam
 - Uses: Relieving muscle pain, depression of the central nervous system, also used for applying wasp stings and heal wounds






- 26 Name: ***Centalla asiatica (L.)***
- Common name: Indian pennywort (English), Gotukola (Hindi)
 - Vernacular name: Kodagam (Malyalum) Thankuni (Bengali)
 - Family: Apiaceae
 - Habits: herbaceous perennial plant
 - Habitat: It occurs in slightly shaded or sunny, humid areas, prefers damp.
 - Flowering and Fruiting Time : May-November
 - Part used : Whole plant
 - Distribution: Assam, Bihar, Kerala, Madhya Pradesh and Manipur
 - Uses: used in skin treatments for a wide spectrum of skin conditions, insomnia and reduce swelling and spinal injury. G.



- 27 Name: ***Cinnamomum zeylanicum Bl.***
- Common name: Cinnamon, cassia
 - Vernacular name: Dalchini
 - Family: Lauraceae
 - Habit: Evergreen tree, grows to around 10 m (30 ft).
 - Habitat: present in the Himalayas and other mountain areas and is present in tropical and subtropical montane rainforests, in the weed-tree forests, in valleys, and mixed forests of coniferous and deciduous broad-leaved trees
 - Flower: November to March
 - Fruit: May to August
 - Parts used: Bark
 - Distribution: Western Ghats in Kerala and Tamil Nadu
 - Uses: Influenza, Cold and cough, Diarrhoea, loose motion, Loss of taste, Tooth ache, Hair fall, Bad breathe, skin tightening properties, antiseptic, antibacterial, anti-fungal, and uterine stimulant. It controls vomiting, relieves flatulence (buildup of gas in the digestive system that can lead to abdominal discomfort) and has been found useful in diarrhoea and haemorrhage



28	<p>Name: <i>Cinnamomum tamala</i> (Buch.-Ham.) Th. G. G. Nees</p> <ol style="list-style-type: none"> Common name: bay leaf Vernacular name: Tejpat,<i>tejpata</i> Family: Lauraceae Habit: Evergreen tree or large shrub Habitat: It is seen growing in full sun or partial shady habitat on hills, roadside, mountain slopes and other well drained places. Flower: Last week of March to the first week of April Fruit: June to October Parts used: Leaves Distribution: North-Western Himalayan region, Sikkim, Assam, Mizoram, Meghalaya Uses: Dental caries, bad odour and cough and asthma, gastro-intestinal tract, anticancer 	
29	<p>Name: <i>Cissus quadrangularis</i> L.</p> <ol style="list-style-type: none"> Common name: veldt grape, winged treebine^l or adamant creeper Vernacular name: Harjora (Assamese), hasjora (Bengali), Hadjod (Hindi) Family: Vitaceae Habits: Perennial Habitat: It flourishes in sun or light shade in a warm tropical climate Flower: Spring and early summer (September to December). Distribution: Uttar Pradesh, Madhya Pradesh Tamil nadu, Assam and kerala Part used : Leaves and stem Uses: Diabetes, weight loss, asthma, malaria, bone fracture and high cholesterol 	
30	<p>Name: <i>Cleodendrum colebrookianum</i> L.</p> <ol style="list-style-type: none"> Common name: East Indian glory bower. Vernacular name: Ongin(Adi) Family: Lamiaceae Habit: Evergreen flowering shrub or small tree Habitat: mainly grows in forest margin, rain forest, slightly shaded to sunny places Flowering/Fruiting: June-January. Parts used: Roots and leaves Distribution: Arunachal Pradesh, Assam, Manipur, Meghalaya, Sikkim, Tripura, West Bengal. Uses: Used in cough, dysentery, headache, stomach disorder, hypertension, parasitic worm infection, diabetes and some skin diseases. 	

31	<p>Name: <i>Clitoria ternatea L.</i></p> <ol style="list-style-type: none"> Common name: Koyala, butterfly pea and aparajita Vernacular name: Aparajita (Assamese), Aparajite (Kannada) Family: <i>Fabaceae</i> Habits: Herbaceous, Climbing twiner Habitat: Found in grassland, open woodland, bush, riverine vegetation, and disturbed places. Flower: summer Distribution: Kerala, Assam, Maharashtra and Tamil Nadu Part used : All parts Uses: Used in the treatment fever, diarrhea, gastric, nausea, vomiting and bleeding
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32	<p>Name: <i>Coffea robusta Linn.</i></p> <ol style="list-style-type: none"> Common name: coffee Vernacular name: Family: Rubiaceae Habit: Shrub or small trees Habitat: Inhabit the understory of tropical forests Flower Between December of the end of the year and March of the next calendar year Fruit: 300-330 days Parts used: beans Distribution: Grown in the hills of Karnataka, Kerala (Malabar region) and Tamil Nadu (Nilgiris District). Uses: Raise nervous activity in the body, relieve fatigue, antioxidant, Lower the risk of type-2 diabetes and relieves asthma
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33	<p>Name: <i>Costus igneus (Nak)</i></p> <ol style="list-style-type: none"> Common name: Insulin plant Vernacular name: Bija-Sal Family: Costaceae Habit: Tropical evergreen herb Habitat: It needs sunshine but it also grows in slightly shady areas Flower: During the warm months Parts used: Leaves, rhizome Distribution: Southern Part of India Uses: Helps lower the blood glucose levels, anti oxidant
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34	<p>Name: <i>Costus speciosus</i> (Koen ex. Retz.) Sm.</p> <ol style="list-style-type: none"> Common name: Ketaki Vernacular name: Family: Costaceae Habit: Fleshy herb Habitat: Found in roadside ditches and low-lying areas in tropical forests. Flowering and Fruiting Time : August-October. Parts used: Rhizome Distribution: Andhra Pradesh : Kurnool district, Vishakapatnam district, West Godavari district, Assam Uses: Given to patients with pneumonia, constipation, skin diseases, fever, Asthma, respiratory inflammation, urinary disease 	
35	<p>Name: <i>Curcuma Amada</i> (Roxb.)</p> <ol style="list-style-type: none"> Common name: Mango ginger, Ammi Haldi Vernacular name: Amradrakam (Sanskrit) Family: Zingiberaceae Habits: Herbs Habitat: Semi-Evergreen forests and also cultivated Flower: Blooms all summer long. Part used : Rhizomes Distribution: West Bengal, and is cultivated in Gujarat, Uttar Pradesh, Kerala, Karnataka, Tamil Nadu and the north-eastern states. Uses: An antibacterial, antifungal, anti-inflammatory and an antioxidant a good appetizer, anti-allergenic 	
36	<p>Name: <i>Cymbopogon citrates</i> (Roxb.)</p> <ol style="list-style-type: none"> Common name: Lemon grass Vernacular name: Family: Poaceae Habit: Clumping grass Habitat: Prefers moist, well-drained loamy soils, but will tolerate most other soil types. Flower: March-April Parts used: leaves Distribution: Kerala, Karnataka, Arunachal Pradesh, Meghalaya Uses: Prevents cancer, infections. Treats fever and respiratory disorders. Aids in insomnia 	

37	<p>Name: <i>Dendrobium nobile</i> (Lindl.)</p> <ul style="list-style-type: none"> • Common name: Noble dendrobium • Vernacular name: Sunakhari (Nepali) • Family: Orchidaceae • Habits: Epiphytic orchids • Habitat: Is mostly an epiphytic orchid but some are lithophytes. • Flower: March to May. • Part used :Stems, leaves, roots and stem bark. • Distribution: Assam • Uses: It is also used in the treatment of pulmonary tuberculosis, thirsty mouth, night sweats, and fever. They may also help boost the immune system. 	
38	<p>Name: <i>Dillenia indica</i> L.</p> <ol style="list-style-type: none"> a. Common name: Elephant Apple b. Vernacular name: Outenga(Arunachali) c. Family: Dilleniaceae d. Habit: Large shrub or Medium-sized evergreen tree e. Habitat: Terrestrial (Primary Rainforest, Freshwater Swamp Forest, Riverine) f. Flower: July-August g. Fruit: November- December h. Parts used: Fruits i. Distribution: Sub-Himalayan tract j. Uses: The fruit is use in Indian cuisine, Indigestion, asthma, influenza, dysentery, jaundice, weakness 	
39	<p>Name: <i>Dioscorea floribunda</i> L.</p> <ol style="list-style-type: none"> a. Common name: Floribunda yam, wild yam and Chinese yam b. Vernacular name: Khamalu (Arunachal) c. Family: <i>Dioscoreaceae</i> d. Habits: perennial herbaceous e. Habitat: warm and humid conditions with a mean temperature of 30C and a well distributed annual rainfall of 1200-2000 mm. Sandy loam soil f. Flower: April–May g. Part used : All parts h. Distribution: Karnataka, Assam, Meghalaya, Tamil Nadu, Goa, and the Andaman Islands. i. Uses: stomach ache, leprosy, burns, fungal infections, dysentery, skin diseases 	

40

Name: ***Elaeocarpus ganitarus*** (Roxb.)

- a. Common name: Rudraks
- b. Vernacular name:
- c. Family: Elaeocarpaceae
- d. Habit: Evergreen, medium-sized tree, reaching heights of 50 to 80 feet
- e. Habitat: Common along the foot hills
- f. Flower: April-May
- g. Fruit: About 3 to 4 months after flowering
Distribution: Bihar, Bengal, Assam, Madhya Pradesh and Mumbai
- h. Parts used: Dried seeds and leaves
- i. Distribution: Bihar, Bengal, Assam, Madhya Pradesh and Bombay, Arunachal Pradesh, Assam, Manipur, Meghalaya and Nagaland
- j. Uses: Cure stress, anxiety, depression, palpitation (abnormal heart rhythm), nerve pain, migraine, lack of concentration, hypertension, arthritis, asthma and liver



41

Name: ***Embelia ribes*** (Burm.)

- a. Common name: False black pepper (Eng) Wawrung (Hindi)
- b. Vernacular name: Vidanga (Sanskrit)
- c. Family: *Primulaceae*
- d. Habits: woody creeper shrub
- e. Habitat: climbing shrub found in the hilly parts of India from the central and lower Himalayas down. It is commonly seen in places up to the height of 1500 m.
- f. Flower: February.
- g. Part used : Fruits, Roots
- h. Distribution: Widely distributed throughout India
- i. Uses: Used in the treatment diabetes, ulcer, eczema, blood purifier, nausea, vomiting, constipation, abdominal pain and also for cancer.



42

Name: ***Eryngium Foetidum*** (L.)

- a. Common name: Culantro, recao, chadonbeni, Mexican coriander and Ban Dhanian (Hindi)
- b. Vernacular name: Jangli Dhanian (Assamese)
- c. Family: Apiaceae
- d. Habits: Biennial, pungently smelling, tropical herb which grows best in wet or moist conditions on open banks or in pastures.
- e. Habitats: Occurs in forests or land that have been cleared by slash and burn practices. Also found near trails that are shaded where soil is moist
- f. Flower: During May.
- g. Fruit ripens during cold season.
- h. Part used : Root and whole plant
- i. Distribution: Tripura, Mizoram, Meghalaya, Assam, Nagaland, Manipur, Arunachal Pradesh, and Sikkim,
- j. Uses: burns, fevers, hypertension, constipation, asthma, stomachache, worms, infertility complications, snake bites, diarrhea, and malaria.



43 Name: ***Euphorbia nerifolia* (L.)**

- Common name: Indian spurge tree
- Vernacular name:
- Family: Euphorbiaceae
- Habit: Annual or Perennial herb
- Habitat: Growing in dry thickets, woodlands, lowlands and rocky grounds
- Flowering and Fruiting Time : March-April
- Parts used: Whole plant part above root
- Distribution: Andhra Pradesh : East Godavari district, Maharashtra
- Uses: Milky juice is used to treat ear pain, Whoopingcough, stone in bladder, jaundice, leorosity, tumors, asthma



44 Name: ***Flickingeria fugax* (Rchb.f.)**




- Common name: Fading dendrodium
- Vernacular name: -----
- Family: Orchidaceae
- Habits: Epiphytic herbs
- Habitat: Epiphyte in humid evergreen forest, mixed deciduous forest.
- Flower: October-November.
- Part used : Whole plant
- Distribution: Uttrakhand
- Uses: Powder use as general tonic dibility stimulan






45 Name: ***Garcinia indica* (Thouars)**

- Common name: Kokum
- Vernacular name: Bindin (Arunachali)
- Family: Clusiaceae
- Habit: Evergreen tall tree
- Habitat: forest lands, riversides and wastelands. These plants prefer evergreen forests, but sometimes they also thrive in areas with relatively low rainfall.
- Flower: September to the third week of November
- Fruit: April to June
- Parts used: Fruits
- Distribution: Assam, Central & Northern Western Ghats.
- Uses: Boost immunity, aid in skin care, improve digestion, anti-allergenic property, aid in weight loss. Helpful in constipation



46	<p>Name: <i>Garcinia pedunculata</i> (Roxb.)</p> <ol style="list-style-type: none"> Common name: Borthekhera Vernacular name: Meba or Mibia (Nyishi) Family: Clusiaceae Habit: Medium to large evergreen tree Habitat: Humid dense forests on hills; usually at elevations from 200 - 400 metres Flower: Between March to April Fruit: April Parts used: Seeds Distribution:widely distributed throughout the Northeastern part of India. Uses:Cardiacstimulant,digestive and laxative(Empty bowels and treat constipation).Useful in cough, bloating, splenomegaly(Enlarge spleen). Seeds oil is rich in vitamin E.Fruit prevents scurvy 	
47	<p>Name: <i>Gloriosa Superba</i> (L.)</p> <ol style="list-style-type: none"> Common name: Glory lilly (Eng) Languli (Hindi) Vernacular name: Agnishikha (Assamese) Family:Colchicaceae Part used : Whole plant Habits: Herbaceous climber Habitat: Tropical jungles, forests, thickets, woodlands, grasslands, and sand dunes Part used : Whole plant Distribution: Uttar Pradesh, Madhya Pradesh Tamil Nadu, Assam and kerala Uses: Used in the treatment of bruises, colic, chronic ulcers, haemorrhoids and cancer and swellings of the joints, sprains and dislocations 	
48	<p>Name: <i>Gynocardia odorata</i> (Roxb.)</p> <ol style="list-style-type: none"> Common name: Chalmogra Vernacular name: Teeksin (Arunachali) Family: Achariaceae Habit: Evergreen tree Habitat:Grows in the dense tropical, temperate forest and on secondary forest margins10-12 Flower: April until late May Fruit: July to December Parts used: Fruits Distribution:Arunachal Pradesh, Assam, Manipur, Meghalaya, Nagaland, Sikkim, West Bengal. Uses: Fruit juice is antipyretic used as lotion in leprosy, lupus (red rashes on cheeks), and other skin disease.Fruit is use as fish poison. 	

49	<p>Name: <i>Hibiscus rosa sinensis</i> (L.)</p> <ol style="list-style-type: none"> Common name: China rose Vernacular name: Family: Malvaceae Habit: Shrub Habitat: Grows in Human Altered environments (yards and gardens) Flower: In summer and autumn. Parts used: Leaves,flowers Distribution: Andhra Pradesh, Assam, Bihar, Delhi, Goa, Gujarat, Haryana, Himachal Pradesh, Karnataka, Kerala Uses: use for haircare.Can be consumed as tea made from its flowers,leaves and roots.Treathypertension,cholesterol production and cancer progression. 	
50	<p>Name: <i>Homolomena aromatic</i> (Spreng.)</p> <ol style="list-style-type: none"> Common name: Sugandhmantri Vernacular name: Gandh Kochu (Assamese) Family: Equisetopsida Habits: Evergreen perennial Habitats: Evergreen perhumid broad-leaved tropical and subtropical forests, less often in drier habitats Part used : Rhizome Distribution: Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, and Tripura. Uses: Anti inflammatory, Anti depressant, antiseptic and beneficial for treating joint pain and skin infection. 	
51	<p>Name: <i>Homolomena aromatic</i></p> <ol style="list-style-type: none"> Common name: Sughandmantri Vernacular name: Gondh Kochu Family: Araceae Parts used: Rhizome Habit: Perennial herb Distribution: Arunachal Pradesh,Mizoram,Manipur,Nagaland,Tripura Uses: Plant is aromatic.skindisease,management of coughs,cold..It is useful in dysentery and post natal care and stomache. 	

52	<p>Name: <i>Houttuynia chordata</i> (Thunb.)</p> <ol style="list-style-type: none"> Common name: Heart leaf, fish mint Vernacular name: Masundari (Assamese) and Mumbre (Arunachal) Family: Saururaceae Habits: Herbaceous perennial grows in shady and moist soil Habitat: Ravines, stream sides, forests, wet meadows, slopes, thickets, trailsides, roadsides Flower: Late spring to early summer Part used : Rhizome Distribution: Assam, Manipur, Arunachal Pradesh and Nagaland. Uses: Antibacterial, <u>antifungal</u>, anticancer, anti-obesity, antitumor and <u>antidiabetic</u> 	
53	<p>Name: <i>Illicium griffithii</i> (Hook. f. & Thoms)</p> <ol style="list-style-type: none"> Common name: Star anise Vernacular name: Lissi, Munsheng (Ar.p) Family: Illiciaceae Habit: Shrub or small tree Habitat: Open or mixed subtropical, temperate broad leaved forests and forest margins Flower: April-May. Fruit: October Parts used: Fruits Distribution: Arunachal Pradesh, Nagaland, Meghalaya Uses: Cure abdominal pain, cough, indigestion, food poisoning, vomiting, toothache and sinusitis. Antifungal agents and food preservative 	
54	<p>Name: <i>Kaempferia galangal</i> (L.)</p> <ol style="list-style-type: none"> Common name: Aromatic ginger, Chandramula (Hindi) Vernacular name: Ganthiyon (Assamese), Kacholam (Tamil) Family: Zingiberaceae Parts used: Rhizome Habits: Perennial Habitat: Forest margins, open forest and bamboo forests at up to 1000 m above sea level. Flower: Through the summer & fall Distribution: Kerala, Karnataka, Tamil Nadu, states of the Northeast and West Bengal. Uses: Leaves and rhizomes are used to treat swelling, headache, toothache and stomachache 	

55	<p>Name: <i>Litsea cubeba</i> (Lour.) Pers.</p> <ol style="list-style-type: none"> Common name: Mountain Pepper Vernacular name: Santero (Apatani) Family: Lauraceae Habit: Deciduous tree Habitat: Sunny slopes, thickets, sparse forests, roadsides, watersides at elevations from 300 - 3,200 metres Flower: November to March Fruit: February to July Parts used: Bark, leaf, root and fruit Distribution: Tropical and subtropical region of India, North-Eastern region Uses: Cure indigestion, cold, arthritis, stomachache, swelling in body parts and traumatic injury. Treat chills, back pain and muscular aches
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56	<p>Name: <i>Mentha Arvenvis</i> (L.)</p> <ol style="list-style-type: none"> Common name: Wild mint and pudina Vernacular name: podina (Assamese), Putina (Malay) Family: <u>Lamiaceae</u>. Habits: herbaceous perennial plant Habitat: Occurs on moist soil in meadows and near the edge of forests or streams. Flower: June to August. Part used : leaves Distribution: Uttar Pradesh, Punjab, Haryana, Assam Uses: Indigestion and gas
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57	<p>Name: <i>Messua ferrea</i> (Linn.)</p> <ol style="list-style-type: none"> Common name: Nahar Vernacular name: Nahor (Assamese) Family: Calophyllaceae Habit: Large trees, buttressed, up to 35 m tall. Habitat: Evergreen forests, near streams Flower: April-June Fruit: July to September Parts used: Seeds, flowers and leaves Distribution: Assam, Bihar, Karnataka, Kerala, Maharashtra, Odisha, Sikkim, Tamil Nadu, Uttar Pradesh, West Bengal. Uses: Blood purifier, cardi tonic (improve contraction of heart muscle and blood flow), antiallergic, reduce fever, antiseptic, diuretic (increase production of urine), paste of flowers used in bleeding piles and burning feet.
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58	<p>Name: <i>Mimosa pudica</i> (Linn.)</p> <ol style="list-style-type: none"> Common name: Lajvanti, Touch me not and chuimui Vernacular name: Nilajibani (Assamese) and Lajjavati (Bengali) Family: Fabaceae Habits: Terrestrial and a small spreading, armed herb Habitat: A weed of wetter coastal areas. It is mostly found in plantation crops, disturbed sites, pastures, waste areas, parks, lawns, gardens and along roadsides. Flower: From the first heat of the dry season and the beginning of the warm period Part used : Root and whole plant Distribution: Assam, Bihar, Kerala, Madhya Pradesh, Manipur, West Bengal. Uses: Treating snake bites, diarrhea, dysentery, , menstrual problems, toothache, infections, piles, intestinal worms, ulcer, jaundice, asthma 	
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59	<p>Name: <i>Mimusops elengi</i> (Linn.)</p> <ol style="list-style-type: none"> Common name: Bullet wood Vernacular name: Bakul Family: Sapotaceae Parts used: Roots, flowers, bark Habit: Medium-sized, densely foliaceous evergreen tree, upto 12m Habitat: Humid lowland forests. Fairly common near the sea, but may also be found in rocky locations Flower: April Fruiting : Between June and October. Parts used: Roots, flowers, bark Distribution: South India in dry evergreen forests from the Krishna southwards and in ravines in the hills up to 20 meter along western coast and lower Ghats in moist evergreen forests. Uses: Used in the treatment of headache, toothache. Roots are used as diuretic, astringent, cardiotonic and stomachic. Diuretic effects, gastroprotective, antibacterial, antifungal. 	
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60	<p>Name: <i>Moringa oleifera</i> (Lam.)</p> <ol style="list-style-type: none"> Common name: Drumstick tree Vernacular name: Sajna Family: Moringaceae Habit: Evergreen, woody, perennial broadleaf tree, upto 15- to 40-feet tall Habitat: Grow well in the humid tropics and hot, dry lands and endure a range of rainfall from 250–3000 mm and a pH of 5–9. Flower: within the first six months after planting Fruit: Between July–September Parts used: Fruit, leaf and root bark Distribution: South of the Himalayan Mountains in northern India. Uses: Protect the liver from damage, oxidation and toxicity. It restore liver enzymes to normal level. Tap root is used as spice. Root bark used for eye diseases and heart complaints 	
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61	<p>Name: <i>Murraya koenigii</i> (Linn.)</p> <ol style="list-style-type: none"> a. Common name: Curry patta b. Vernacular name: c. Family: Rutaceae d. Habit: Shrub e. Habitat: well-drained soil that does not dry out, in areas with full sun or partial shade, preferably away from the wind. f. Parts used: Leaves g. Distribution:Foot hills of Himalaya, North-East region, Middle India, Eastern Ghats, Western Ghats and Andaman – Nicobar Islands. h. Uses: Help in treating dysentery,constipation and diarrhoea.Relieves morning sickness and nausea. i. Eliminates bacteria,healwounds,burns and skin eruption.Reduce stress. 	
62	<p>Name: <i>Nephrolepis cordifolia</i> (L.C.Presl.)</p> <ol style="list-style-type: none"> a. Common name: Fishbone fern b. Vernacular name: Moothirakilangu (Tamil) c. Family:Nephrolepidaceae d. Habits: Forb/herb wood fern e. Habitat: Deep swamps and riverbanks to rugged outcrops and rock faces, as well as roadsides f. Part used : Whole plant g. Distribution: Foothills of the Himalayas h. Uses: Used for coughs, rheumatism, chest congestion, jaundice, fever, indigestion, headache, cold g. 	
63	<p>Name: <i>Nyctanthes arbotristis</i> (Linn.)</p> <ol style="list-style-type: none"> a. Common name: Sewali b. Vernacular name: Harsinhar c. Family: Oleaceae d. Habit: Deciduous shrub or small tree e. Habitat: Dry deciduous forests and hillsides. f. Flowering and fruiting: March-May g. Parts used: Leaves,flowers h. Distribution: Widely in sub-Himalayan regions and Southwards to Godavari i. Uses: Anti-parasitic worms ,fever,as a laxative ,in joints pain,skin ailments and induce sleep 	

64 Name: ***Ocimum sanctum* (Linn.)**

- Common name: Holy basil
- Vernacular name: Tulsi
- Family: Lamiaceae
- Habit: Perennial herb
- Habitat: Present in the Himalayas up to 1800 meters above the sea level. It is also grown in all over the country
- Flower: mid to late summer
- Fruit: early autumn.
- Parts used: Leaves
- Distribution: Wide distributions, covering the entire Indian subcontinent, ascending up to 1,800 m in the Himalayas .
- Uses: Dissolving kidney stones, help fight diabetes. Skin and hair benefits. Improve digestion system. Aids in losing weight



65 Name: ***Opuntia sp* (Linn.)**

- Common name: Prickly pear cactus
- Vernacular name: Cactus
- Family: Opuntiaceae
- Habit: Succulent shrub
- Habitat: Well-adapted to arid zones characterized by droughty conditions, erratic rainfall and poor soils subject to erosion
- Flower: Spring
- Parts used: Fruit, flower and cladodes
- Distribution: Gujarat and Rajasthan
- Uses: Can be consumed as food. Used for type 2 diabetes, high cholesterol, obesity, alcohol hangover, colitis, diarrhea and infection against viruses.



66 Name: ***Oroxylum indicum* (L.) Kurz**

- Common name: Bhatgilla
- Vernacular name:
- Family: Bignoniaceae
- Habit: Medium sized trees upto 12 m high
- Habitat: Moist deciduous forests, also in the plains.
- Flowering and fruiting: July-December
- Parts used: Root and stem bark, fruits, seeds and leaves
- Distribution: Maharashtra, Kerala, Karnataka, Himalayan foothills, Eastern and Western Ghats, North East India.
- Uses: Jaundice and joints problems, gastric ulcers, tumours, diarrhoea, dysentery and respiratory diseases



67

Name: ***Paedaeria foetida* (Linn.)**

- a. Common name: skunkvine, stinkvine, or Chinese fever vine and Gandha prasarini
- b. Vernacular name: Bhedai Lota (Assamese)
- c. Family: Rubiaceae
- d. Habits: Herbaceous, seed propagated and vine/climber
- e. Habitat: Areas slightly exposed to the sun, on rocky and sandy soils at low altitude.
- f. Flowering during July.
- g. Fruit ripens during Cold season
- h. Part used : Leaves, Roots
- i. Distribution: India including Arunachal Pradesh
- j. Uses: Used in the treatment diabetes, abdominal pain, toothache, joint pain



68

Name: ***Paris polyphylla* (Smith)**

- a. Common name: Satuwa
- b. Vernacular name:
- c. Family: Melanthiaceae
- d. Habit: Perennial herb
- e. Habitat: It grows mainly in a forest with bamboo groves, grassy or rocky slopes, stream-sides, mixed conifer forests and scrub thickets
- f. Parts used: Rhizome
- g. Distribution: Himalayan region North-Eastern India
- h. Uses: Apply in curing burns, cuts, diarrhea, dysentery, fever, stomachache and wounds









69.




Name: ***Phyllanthus embelica* (Linn.)**




- a. Common name: Amla
- b. Vernacular name: kurba (Monpa)
- c. Family: Phyllanthaceae
- d. Habit: Tree
- e. Habitat: Dry deciduous or mixed forests; altitude: 10–1,450 m.
- f. Flower: Late March to mid-April
- g. Fruiting: November to February
- h. Parts used: Fruit
- i. Distribution: Andhra Pradesh, Telangana, Karnataka, Kerala, Maharashtra, Tamil Nadu, North Eastern States.
- j. Uses: Vitamin C source, digestion, liver, kidney & heart tonic, hair growth and antioxidant; Constituent of TRIPHALA- Ayurvedic formulation which is used for kidney and liver dysfunctions and acidity.





70	<p>Name: <i>Phoebe cooperiana</i></p> <ol style="list-style-type: none"> Common name: Mekai Vernacular name: Hisir (Galo) Family: Lauraceae Habit: Tall tree upto 15-18 m length Habitat: Forested areas. Flower: April-May Fruit: October-November Parts used: Fruits Distribution: Arunachal Pradesh, Assam, Tropical and subtropical rainforests of northeast India Uses: Fruit is eaten raw as it regulates metabolism. Use as condiments, Itching, antioxidant 	
71	<p>Name: <i>Piper longum</i> L.</p> <ol style="list-style-type: none"> Common name: Long pepper, pippali Vernacular name: Pipoli (Assamese), Pipari (Gujarati), Tippali (Malay) Family: Piperaceae Habits: A perennial slender, aromatic climber, glabrous with branches soft angular and grooved when dry, perennial woody roots, creeping and jointed stems. Habitats: found both wild as well as cultivated, throughout the hotter parts of India from central to the north-eastern Himalayas. Flower: Early winters Part used : fruits Distribution: Kerala, Assam and Tamil Nadu Uses: Cleansing the lungs, kidneys, and lymph nodes and used as a brain tonic 	
72	<p>Name: <i>Piper mullesua</i> L.</p> <ol style="list-style-type: none"> Common name: Hill pepper, Pahari pipar Vernacular name: Kathuthipali (Malay) Family: <u>Piperaceae</u> Habits: slender woody climber Habitats: Occur in forests at altitudes of about 600 m Flower: May-July Part used : Leaves and fruits Distribution: Kerala, Tamil Nadu and the north-eastern states. Uses: treating diarrhoea, indigestion, jaundice, and abdominal disorder, hoarseness of voice, asthma, cough, piles, malaria fever. 	

73	<p>Name: <i>Piper nigrum</i> (Linn.)</p> <ol style="list-style-type: none"> Common name: Black pepper, Kali mirch Vernacular name: Gol mirch (Marathi), Kalomirch (Gujarati) and Thingmarcha Family: Piperaceae Habits: Stout, glabrous climber Habitat: Lush tropical evergreen forests that are very humid and mountainous Flowering and Fruiting Time : During Monsoon season Part used : Stem and fruits Distribution: Kerala, Goa, and Karnataka. . Uses: Digestive aids, weight management, detoxification and skin care. 	
74	<p>Name: <i>Pogostemon bengalensis</i> (Burm.f.) Kuntze</p> <ol style="list-style-type: none"> Common name: Bengal shrub-mint Vernacular name: Jui-lata (Bengali) Family: Lamiaceae Habit: Shrub Habitat: Open riverine forests of tropical regions Flowering and fruiting: January-March. Parts used: Whole plant Distribution: Andhra Pradesh, Kerala, Assam, Bihar, Maharashtra, Meghalaya, Western Himalayas Uses: Used in wound. Leaves are useful in kidney stone. Relieves in body aches, headaches and fever. 	
75	<p>Name: <i>Pothos scandens</i> L.</p> <ol style="list-style-type: none"> Common name: Climbing aroid Vernacular name: Anapparuva (Malayam), Bendrali (Marathi) Family: <i>Araceae</i> Habits: Climbing Shrub Habitat: On trees and rocks in primary and secondary wet to dry lowland to hill evergreen tropical to subtropical forest, occasionally on sea cliffs Flower: May-November Part used : Stem, Leaves and roots Distribution: Assam, Odisha, and the Tropical Himalayas. Uses: reducing swelling and treating wounds, muscle catches, sprains, bone fractures, blisters, and diarrhea. 	

76	<p>Name: <i>Psidium guajava</i> L.</p> <ol style="list-style-type: none"> Common name: Guava Vernacular name: Amrut Family: Myrtaceae Habit: Small tree or evergreen shrub Habitat: Agricultural areas, forest edges, natural forests, riparian zones (banks of watercourses), ruderal/disturbed, scrub/shrublands in higher rainfall areas. Flower: Flowering occurs twice in a year i.e. during February and June Fruits ripe from July-September in rainy season Parts used: Fruits, Tender leaves Distribution: Almost in all state of India Uses: Fruit is eaten fresh, Dysentery, Dietary fibre, Diabetes, fever, Ulcers 	
77	<p>Name: <i>Pterocarpus santalinus</i> Linn.</p> <ol style="list-style-type: none"> Common name: Red sanders Vernacular name: Lal chandan Family: Fabaceae Habit: Medium-sized deciduous tree Habitat: Hilly region with hot dry climate. Flower: February to April Parts used: Heartwood and bark Distribution: Southern parts of Eastern Ghats of India specially in Andhra Pradesh Uses: Helpful in skin related problems, Protective effects on the liver, gastric mucosa, and nervous system 	
78	<p>Name: <i>Putranjiva roxburghii</i> (Wall.)</p> <ol style="list-style-type: none"> Common name: Putranjiva Vernacular name: Family: Putranjivaceae Habit: Tree Habitat: Moist and evergreen forests. Flower: March to April Parts used: Barks & leaves Distribution: Andhra Pradesh, Kerala Uses: Colds, illness, skin ailment, aridity and cure pain in joints. 	

79	<p>Name: <i>Rawolfia serpentine</i> (L.) Benth.</p> <ol style="list-style-type: none"> Common name: Sarpagandha Vernacular name: Family: Apocynaceae Habit: Evergreen shrub Habitat: Moist damp and shady places of regenerated forests Flower: Between November and December Parts used: Roots Distribution: sub—Himalyan tract from Himachal Pradesh eastwards to Sikkim , in Assam, in the lower hills of the Gangetic plains, eastern and western ghats, in some parts of central India and in the Andamans. Uses: mental illnesses treating high blood pressure ,cataract and anxiety.Used as antipsychotic and sedatives. 	
80	<p>Name: <i>Rhynchosyilis retusa</i> (L.) Blume</p> <ol style="list-style-type: none"> Common name: Foxtail orchid (Eng),Konkani (Hindi) Vernacular name: Seetha dande (Kannada), Droupadimaale (Kannada) and Chintaranamu (Telugu) Family:Orchidaceae Habits: Herb Habitat: Moist deciduous forests, also in sacred groves Flower: Late spring. Part used : Flower, rhizomes and leaves Distribution: Orissa, Andhra Pradesh, Arunachal Pradesh Uses: It is used in cuts, wound and minor injuries 	
81	<p>Name: <i>Saraca indica</i> L.</p> <ol style="list-style-type: none"> Common name: Sita ashok Vernacular name: Ashoka Family: Fabaceae Habit: Small trees, up to 5 m tall. Habitat: Moist tropical areas with well-distributed rainfall. Flower: February to April Fruit: March to July Parts used: Bark ,seed and flowers Distribution:Assam, Madhya Pradesh, Peninsular India Uses: Treatment of uterine , genital and other reproductive disorders in women, fever, pain and inflammation,diabetes,ulcers 	

82	<p>Name: <i>Sapindus mukorossi</i> (Gaertn.)</p> <ol style="list-style-type: none"> Common name: Ritha/ soapnut Vernacular name: Haithaguti (Assamese) Family: Sapindaceae Habit: Deciduous tree, growing to 25 m tall. Habitat: Lower foothills and midhills of the Himalayas at altitudes of up to 1,200 metres (4,000 ft). Flower: Early summer Fruits: July-August Parts used: Fruits Distribution: Native to western coastal Karnataka, Maharashtra, and Goa. In the hilly regions of the Himalayas Uses: Used as main ingredients of soap and shampoos. Treatment of extra salvation, migraine, epilepsy (Chronic brain disease) and chlorosis (less blood in the body). Treat eczema (skin related disease), psoriasis (Immune system problem). 	
83	<p>Name: <i>Seleginella</i></p> <ol style="list-style-type: none"> Common name: Hindi (Gunja/Rati), English (Crabs eye) Vernacular name: Family: Fabaceae Part used : Roots, Leaves, seeds and stem bark Habits: Perennial Uses: Used in eczema, stomatitis, conjunctivitis, alopecia migraine, leukemia. <p>Distribution: Uttar Pradesh, Madhya Pradesh Tamil Nadu, Assam and kerala</p>	<p>Same in 36</p>
84	<p>Name: <i>Seleginella spp</i></p> <ol style="list-style-type: none"> Common name: Peacock Moss, Flower of stone and Dinosaur plant Vernacular name: Spikemoss Family: Selaginellaceae Habits: herbaceous perennials, Habitat: Mostly the species prefer moist and shady places to grow but a few species are also found growing in xerophytic conditions i.e., on dry sandy soil or rocks Part used : Leaves, stem and rhizome Distribution: Eastern as well as western Himalayas and south India Uses: diabetes, hepatitis, gastritis, diseases of skin, cancers and infections of urinary tract 	

85	<p>Name: <i>Smilax glabra</i> Roxb</p> <ol style="list-style-type: none"> Common name: Floribunda yam, wild yam and Chinese yam Vernacular name: Chobchini (Assamese) Family: Smilacaceae Habits: Climbing vine Habitats: Moist evergreen and mixed deciduous forests in between 300 – 1000 m altitudes Flower: Spring Part used : Rhizomes Distribution: Meghalaya and Assam Uses: to treat dysentery, joint pain and colds
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86	<p>Name: <i>Solanum nigrum</i> Linn.</p> <ol style="list-style-type: none"> Common name: black nightshade, blackberry nightshade, or garden nightshade Vernacular name: Kochi (Assamese) and Leipunghanga (Manipuri) Family: Solanaceae Habits: variable ephemeral, annual or sometimes biennial herb Habitats: A common weed of crops, pastures, orchards, vineyards, roadsides, gardens, disturbed sites and waste areas in temperate, sub-tropical, tropical and semi-arid environments. Flower: July–October Fruit: summer and autumn. Part used : Whole plant Distribution: Assam, Karnataka and the north-eastern state Uses: Treating diarrhoea, antioxidant, high blood pressure, stomach ache and asthma
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87	<p>Name: <i>Solanum spirale</i> Roxb.</p> <ol style="list-style-type: none"> Common name: Spiral nightshade Vernacular name: Okobang (Arunachal Pradesh) Family: Solanaceae Habit: Evergreen shrub Habitat: Streamsides, wastelands Flowering : May - September Fruit ripen in cold season Parts used: Roots, bark Distribution: Arunachal Pradesh, Nagaland Uses: Young leaves are eaten as vegetables, Roots are used as an anaesthetic. The bark is broken and soaked in cold water then used to reduce fever for adults and infants
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88 Name: ***Spondias pinnata (L. f.) Kurz***

- Common name: Hog plum
- Vernacular name: Dorge(Arunachali)
- Family: Anacardiaceae
- Habit: Deciduous tree, up to 27 m tall.
- Habitat: Moist deciduous and semi-evergreen forest
- Flower: March-April
- Fruits: November-December
- Parts used: Fruits and leaves
- Distribution: Andhra Pradesh, Kerala, Tamil Nadu, Assam, Madhya Pradesh, Punjab.
- Uses: Plant possess antimicrobial, anti-diabetic, ulcer-protective, anti-cancerous, anti-diarrhoeal, antihelmintic (Treat parasitic worm infection), cytotoxic (Being toxic to cell)



89 Name: ***Syzygium aromaticum (L.)***

- Common name: loung
- Vernacular name: Laung
- Family: Clusiaceae
- Habit: Evergreen woody tree
- Habitat: Maritime forests in deep, well-drained sandy, acid loams with pH low
- Flower: September to October
- Fruit: About nine months after flowering
- Parts used: Flower bud
- Distribution: Mostly grown in the hilly areas of India, including Kerala, Tamil Nadu and Karnataka
- Uses: Cloves use in vomiting, flatulence (when gas build up in the digestive system), nausea; liver, bowel and stomach disorders. Used as a stimulant for the nerves. Used against scabies (Itchy skin), cholera, malaria and tuberculosis



90 Name: ***Syzygium cumini (L.)***

- Common name: Java plum
- Vernacular name: Jamun
- Family: Clusiaceae
- Habit: Medium sized tree
- Habitat: Ravines and semi-evergreen forests from plains to 1400m
- Flower: March to April
- Fruit: June and July
- Parts used: Bark
- Distribution: From the Indo-Gangetic plains in the North to Tamil Nadu in the South
- Uses: use as digestive, astringent to the bowels, anthelmintic and used for the treatment of sore throat, bronchitis, asthma, thirst, biliousness (bad digestion), dysentery and ulcers



91	<p>Name: <i>Tacca integrifolia</i> (Ker Gawl.)</p> <ol style="list-style-type: none"> Common name: Bat plant and white bat flower Vernacular name: Keladimurrai (Malay) Family: Dioscoreaceae Habits: This herbaceous plant emerges from a thick, cylindrical rhizome Habitat: Shaded, humid understories of tropical rainforests Flower: Any time from spring through to winter. Part used : Rhizome and leaves Distribution: Arunachal Pradesh, Meghalaya and Assam Uses: Hypotension, skin rashes and irregular menstruation 	
92	<p>Name: <i>Tamarindus indica</i> (L.)</p> <ol style="list-style-type: none"> Common name: Imli Vernacular name: Imli Family: Fabaceae Habit: Evergreen tree Habitat: Prefers these semi-arid areas and wooded grasslands, it can also be found growing along streams and riverbanks. Flower: April-June. Fruit: October-December Parts used: Fruit Distribution: Madhya Pradesh, Andhra Pradesh, Tamil Nadu and Karnataka Uses: Constipation, liver and gallbladder problems, and stomach disorders 	
93	<p>Name: <i>Terminalia bellirica</i> (Gaertn.) Roxb.</p> <ol style="list-style-type: none"> Common name: Bohera Vernacular name: Bauri (Assamese) Family: Combretaceae Habit: Tree Habitat: Scattered forests, sunny mountain slopes, one of the upper layer trees of stream valleys and lower seasonal rain forests Fruit: February to April Fruiting: November to February Parts used: Fruit Distribution: Andhra Pradesh, Assam, Bihar, Karnataka, Madhya Pradesh, Maharashtra, Odisha, Punjab, Rajasthan, Tamil Nadu, Tripura, West Bengal, Uttar Pradesh Andhra Pradesh, Assam, Bihar, Karnataka, Madhya Pradesh, Maharashtra, Odisha, Punjab, Rajasthan, Tamil Nadu, Tripura, West Bengal, Uttar Pradesh Uses: constituent of TRIPHALA- Ayurvedic formulation which is used for kidney and liver dysfunctions and acidity, alleviate diseases and bestows longevity, intellectual powers 	

94 Name: ***Terminalia chebula Retz.***

- a. Common name: *Haritaki*
- b. Vernacular name: Hilika
- c. Family: Combretaceae
- d. Habit: Tree
- e. Habitat: In mixed dry deciduous forests and is frequent in tropical and subtropical zones, mostly in hilly tracks
- f. Flower: May to June
- g. Fruiting: July to December
- h. Parts used: Fruit
- i. Distribution: Sub Himalayan region from Ravi, eastwards to western Bengal and Assam, ascending up to the altitude of 1,500 m (4,900 ft) in the Himalayas. This tree is wild in forests of northern India, central provinces and Bengal, common in Madras, Mysore and in the southern part of the Bombay presidency
- j. Uses: Constituent of TRIPHALA- Ayurvedic formulation which is used for kidney and liver dysfunctions and acidity. Constituent of TRIPHALA- Ayurvedic formulation which is used for kidney and liver dysfunctions and acidity.



95 Name: ***Terminalia arjuna***

- a. Common name: Arjun
- b. Vernacular name:
- c. Family: Combretaceae
- d. Habit: Tree
- e. Habitat: Wet, marshy areas and on riverbanks
- f. Flower: April-July
- g. Fruit : January to March
- h. Parts used: Bark
- i. Distribution: Uttar Pradesh, Bihar, Maharashtra, Madhya Pradesh, West Bengal, Odisha and south and central India,
- j. Uses: Asthma, Scorpion stings and poisonings, heart remedy



96 Name: ***Tinospora cordifolia* (Willd.) Hook.f. & Thomson.**
 a. Common name: Giloy, amarlata and heart leaved moonseed
 b. Vernacular name: Geloy (Assamese), Gulancha (Bengali) and Galo (Gujarati)
 c. Family: Menispermaceae
 d. Habits: Climbing shrub
 e. Habitat: Deciduous and dry forests.
 f. Flower: May–June, while fruiting is witnessed in September–October.
 g. Part used : Whole plant
 h. Distribution: Arunachal Pradesh, Assam, Bihar, Delhi, Gujarat, Goa, Karnataka, Kerala, Maharashtra, Odisha, Sikkim, Tamil Nadu, Uttar Pradesh, West Bengal.
 i. Uses: treatment of jaundice, diabetes, and rheumatoid arthritis.






97 Name: ***Trichosanthes tricuspidata* Lour.**
 a. Common name: Mahakal (Hindi) Indrayan (Eng)
 b. Vernacular name: Koa Bhatari (Assamese), indravaranu(Gujarati), Indrayan (Hindi)
 c. Family:Cucurbitaceae
 d. Habits: Climber
 e. Habitat: Very common on mountain slope and meadow
 f. Flower:June-August
 g. Part used : Fruits, seeds and roots
 h. Distribution: West Bengal, Southern India and Eastern Himalaya
 i. Uses: Leaf paste is used on burns. It also reduces inflammation, heat of brains, weakness of limbs and ear ache etc.



98 Name: ***Tropedia cucurlioides* Lindl.**
 a. Common name: Curculigoides Orchid, Cluster orchid
 b. Vernacular name: -----
 c. Family:Orchidaceae
 d. Habits: Epiphytic orchids
 e. Habitat: Terrestrial in lower montane forest; 1100 m.
 f. Flower: September to November.
 g. Part used :Stems, leaves, roots and stem bark.
 h. Distribution: Assam
 i. Uses: asthma, jaundice, diarrhea,



99	<p>Name: <i>Vanda teres (Roxb.) Lindl.</i></p> <ol style="list-style-type: none"> Common name: Cylindrical vanda Vernacular name: Cheitek lei (Manipuri), \kelabeng (Mizo) and \bhatouphul (Assames) Family: Orchidaceae Habits: Epiphytic orchids Habitat: Dense forest, humus rich forests, moss covered root boulders Flower: August to September Part used : leaves Distribution: Mizoram Assam Uses: anti-inflammatory, antioxidant neuroprotective, antiaging, antimicrobial, and wound healing 	
100	<p>Name: <i>Vitex negundo (Linn.)</i></p> <ol style="list-style-type: none"> Common name: Five-leaved chaste Vernacular name: Posotia (Assamese) Family: Lamiaceae Habit: Small tree or erect shrub Habitat: near bodies of water, recently disturbed land, grasslands, and mixed open forests. Flower: June to August Parts used: Leaves Distribution: It is common throughout India from coastal belt to subtropical Western Himalayas and Andaman Islands, abundant in drier zones. It is particularly found in Karnataka and Tamilnadu Uses: Relieves muscle aches and joint pains. Leaves are useful in eye diseases, inflammation, loss of skin colour. Helps in motility of sperm, cell cycle. 	
101	<p>Name: <i>Withania somnifera (L.)</i></p> <ol style="list-style-type: none"> Common name: Ashwagandha Vernacular name: Family: Apocynaceae Habit: Medium-sized shrub Habitat: Grown on sub-marginal waste lands and low fertility areas Flower: all year, mainly Nov. Parts used: Roots Distribution: It is found throughout the drier parts in subtropical regions and upper Gangetic Plains. Uses: Treatment of hypertension, mental illnesses such as schizophrenia and anxiety. Used as antipsychotic and sedatives. 	

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Name: *Zanthoxylum rhetsa* (Roxb.) DC

- a. Common name: Indian prickly ash
- b. Vernacular name: Onger
- c. Family: Rutaceae
- d. Habit: Deciduous Tree. Height, 30.00 m.
- e. Habitat: Evergreen and moist deciduous forests, also in the plains
- f. Flower: March–May
- g. Fruiting : July–August.
- h. Parts used: Fruits,seeds,Stem and root bark
- i. Distribution: Arunachal Pradesh, Nagaland.Found at moist forests of lower Assam and in foot hills of Himalaya in northern bank.
- j. Uses: Used for the treatment of dental caries, dizziness and bloating,malaria, urinary diseases, rheumatism,diuretic, stomach ache and diarrhea

