

## **Digital Database and Glossary**

# **Documentation and Preservation of Indigenous Medicinal Plant Knowledge in Tripura: A Collaborative Community-Based Approach**

**Completed  
by**

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And  
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## **Executive Summary**

The internship project aims to document, analyze and preserve the traditional knowledge (TK) practices of the study area, which was done as part of a project called Indian Knowledge Systems (IKS). The project aimed to gain insights into indigenous knowledge about local flora and fauna, plants used for medicinal purposes, traditional practices for managing health, farming and livelihoods, food systems, cultural values and heritage, and sustainable use of natural resources by engaging with the local population and key informants.

Information has been gathered from the local people, traditional healers, farmers, artisans and elders through field surveys and interviews, observations and discussion to gain authentic information. The study captured and recorded the different indigenous practices that have been passed down through generations and still impact the health, livelihood and environment of the community. A special focus was given to the medicinal plants identification, traditional uses, preparation method, dosage and their use in primary health care.

The internship demonstrated the scientific value and applications of TK developed in a way relevant to the current issues of health, agriculture, conservation of biodiversity and sustainable development. It also highlighted the need for the conservation of indigenous systems of knowledge, which are losing their value today with the modernisation, urbanisation and transformation of lifestyle.

The results show that the local communities have vast experiential knowledge of the use and conservation of natural resources. Recording of this knowledge aids in the conservation of cultural heritage and can provide opportunities for the future research, validation and incorporation of modern scientific methods. The project also highlights the importance of protecting the rights to IPR and proper documentation, through prior informed consent and community involvement.

In general, the internship offered a first-hand experience of the richness and breadth of Indian Knowledge Systems, and highlighted the value of traditional knowledge as a vital part of sustainable development, cultural heritage and community health. The documented information is a valuable resource for future research and study, as well as for policy makers, teachers and students and for future generations who wish to learn more about indigenous knowledge and its applications.

## **Objectives**

### **Objective 1: Document Traditional Knowledge of Medicinal Plants**

Conduct comprehensive field research to document the traditional knowledge of medicinal plants used by Indigenous communities in Tripura. This includes identifying and cataloging plants, recording their local names, parts used, preparation methods, and the ailments they treat.

### **Objective 2: Develop a Digital Database and Glossary**

Create a comprehensive digital database and glossary of the documented medicinal plant knowledge. This resource will be user-friendly and accessible to the community, researchers, and policymakers, ensuring that the knowledge is preserved and easily disseminated.

**Project Duration:** From: May 2025 to Nov 2025

**Intern Name**

Sl.No.	ID No.	Name of the candidate
1	24IUT0060020	Taniya Debnath
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3	24IUT0060011	Esther Jamatia
4	24IUT0060017	Soibam Divya Devi
5	24IUT0060030	Dubhui Debbarma
6	24IUT0060035	Khushi Debbarma

**Places**

1. Bishramganj	2. Cherma Area, Singhichara
3. Bishramganj	4. Bachaibari, Durganagar
5. Hezamara	6. Ramchandraghat, Chedri area, Office Tila
7. Pungkhirai Village	8. Office Tila, Madhyasinghachara, Gomki Area
9. West Pungkhirai	10. Barabil, Jabartilla
11. Baikunthapur	12. Sonatala, Cherma
13. Lungabari	14. Lalchara, Puran Bazar, Barkhathal Area
15. Subalsingh	16. Barkathal area
17. Barabagai Area, Singhichara, Khowai	18. Tamakari, Kamalghat
19. West Pungkhirai	20. Fatikchera, Sidhai Mohanpur, Lembuchara
21. Kumarghat, Monoroad Area	22. Ramnagar
23. Fatikroy Area, Kumarghat	24. Kumarghat, Kanchanbari
25. Kanchanbari	26. Bishalgarh
27. Lakmibill area	28. Raghunathpur

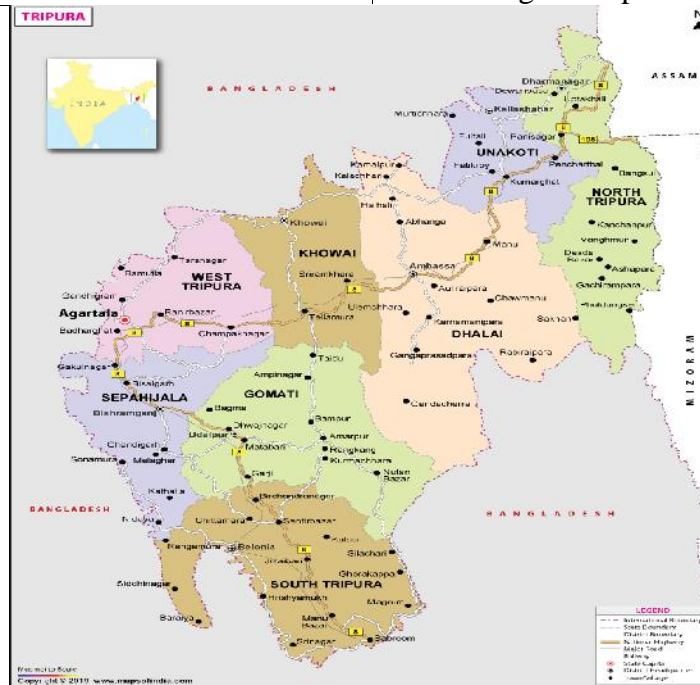


Fig 1 – Map of Tripura

### Community

Village Elders, Traditional Healers (Vaidyas/Ojhas), Farmers, Forest Resource Users, Women's Groups from Tripuri (Borok), Reang (Bru), Chakma, Manipuri and Bengali Communities

Following information on Indigenous Medicinal Plant Knowledge in Tripura were collected by A Collaborative Community-Based Approach:

Plant local Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Angon/ Akanda	<i>Calotropis gigantea</i>	Pain reliefs, Fever.	Take the leaf warm it at the fire than use as an ointment in the pain area of body.	Apply 1 warmed leaf over the affected area for 15–30 minutes, 1–2 times daily, or as practiced traditionally. External use only. Avoid application on open wounds or damaged skin.



Fig 2 *Calotropis gigantea*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Aloe Vera	<i>Aloe barbadensis miller</i>	Burns, skin ailments, digestive issues	Fresh leaf gel is applied externally ( <i>Lepa</i> ) for burns and skin conditions. Inner pulp may be consumed orally for digestive benefits.	External application as needed; internal pulp 10–15 ml once daily (traditional use)



Fig 3- *Aloe barbadensis miller*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Amla	<i>Phyllanthus emblica</i>	Immunity enhancement, acidity, general health tonic	Fresh fruit juice ( <i>Swarasa</i> ) or dried fruit powder ( <i>Churna</i> ) is used orally.	Juice: 20 ml once daily; Powder: 1 tsp once or twice daily (traditional use)

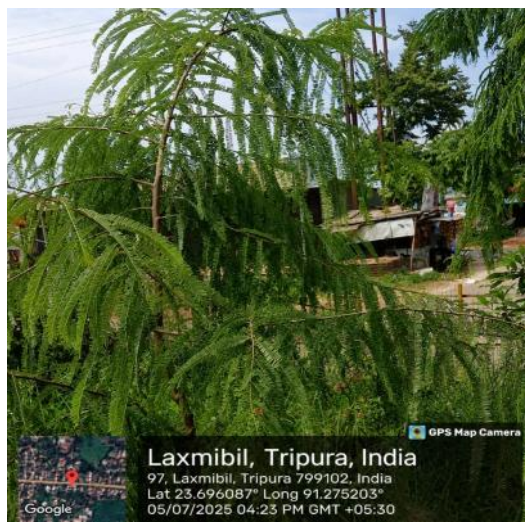


Fig 4- *Phyllanthus emblica*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Aparajita/ Nilkontha	<i>Clitoria ternatea</i>	Cough, Asthma, Nausea, bleeding	For - Cough, Asthma : Pluck a fresh flower boil with tea and drink it every morning. For Nausea, bleeding : Raw leaf intake: Fresh leaves are collected, washed, and consumed directly. Swarasa (fresh leaf juice): Fresh leaves are crushed and strained to obtain the juice, which is consumed orally.	For - Cough, Asthma :1 cup (approximately 150–200 mL) of the prepared infusion once daily in the morning. Traditionally prepared using 2–3 fresh flowers per cup. For Nausea, bleeding : Raw leaves: 4–5 fresh leaves daily. Swarasa: 5–10 mL once daily, preferably in the morning.

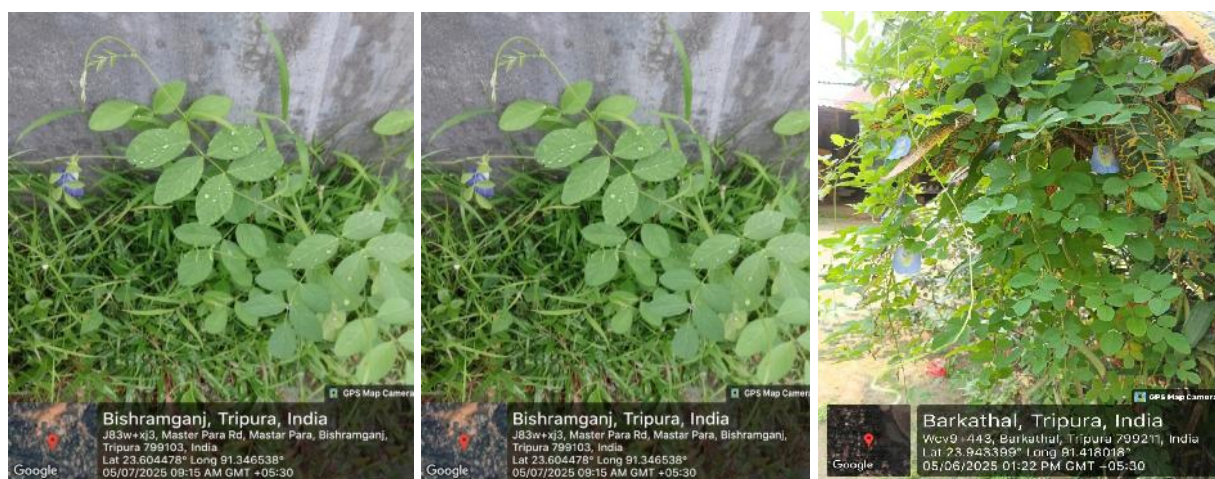


Fig 5 - *Clitoria ternatea*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Arhar/ Pigeon pea	<i>Cajanus cajan</i>	Digestive issues, jaundice, Liver ailments	Take a leaves make a fresh juice and consumed in empty stomach. Boil the leave in water for few minutes strain the liquid and consumed as a tea.	Leaf juice: 10–15 mL once daily on an empty stomach. Leaf decoction/tea: 1 cup (150–200 mL) once or twice daily.



Fig 6 - *Cajanus cajan*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Arjun Tree	<i>Terminalia arjuna</i>	Decreases cholesterol, reduces stress, good for heart health	Peel or cut the bark of the Arjun tree and sun-dry it. Once dried, cut it into small pieces about 1 inch long.	Take 2 to 3 pieces and boil them in 1 to 1.5 glasses of water. Drink 1 cup of this decoction 2 to 3 times a week on an empty stomach.



Fig 7- *Terminalia arjuna*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Atka Swlai	<i>Portulaca oleracea</i>	Helps in increasing blood	Boiled the leaves in 100 ml of water and then put a little salt of 1 spoon and then consume it like a soup.	1 serving (approximately 100–150 mL) once daily, preferably fresh and warm.

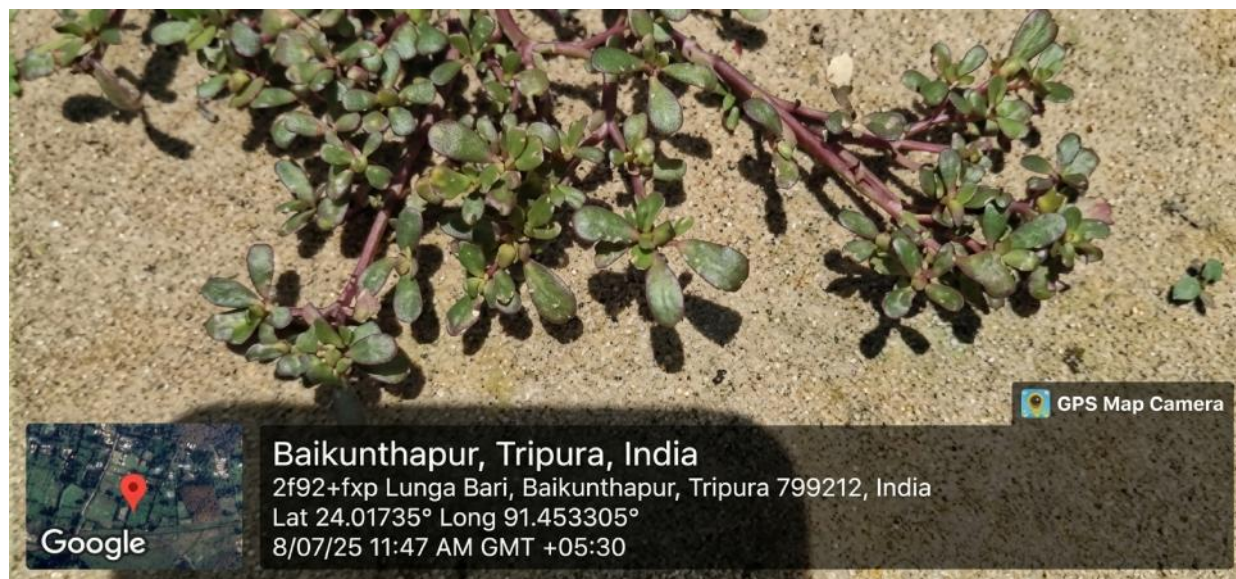


Fig 8 - *Portulaca oleracea*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Bael Tree	<i>Aegle marmelos</i>	Constipation, purifies blood, upset stomach	Pluck a handful of fresh bael leaves, crush them, and extract the juice until you have about 1 cup. Add a pinch of salt to the juice and drink it.	20–30 mL of fresh leaf juice with a pinch of salt, once daily, preferably in the morning on an empty stomach.

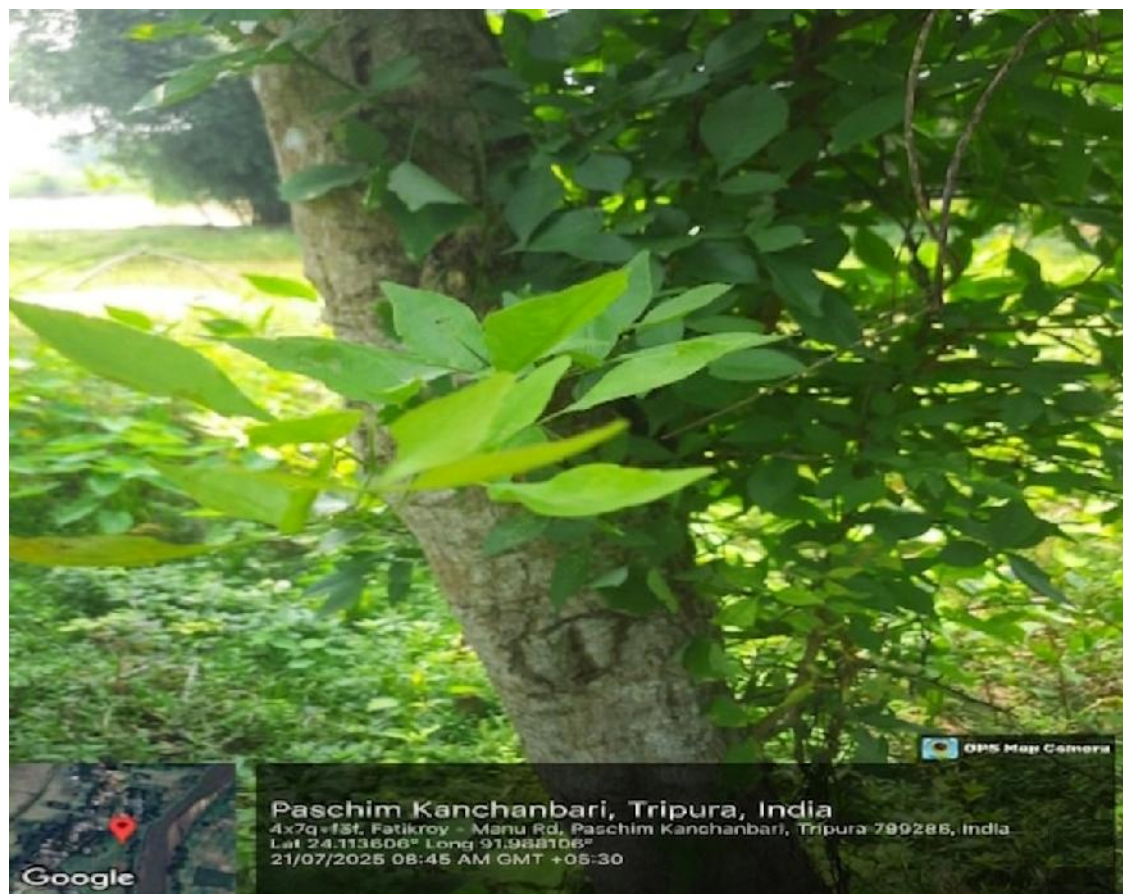


Fig 9 - *Aegle marmelos*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Bahera	<i>Terminalia bellirica</i>	Liver disease, Cough cold, skin disease.	Take ¼ to ½ tea spoon powder mixed with warm water. Triphala juice combine with haritaki, bahera and amla.	Powder: ¼–½ teaspoon (approximately 1–3 g) mixed with warm water, once or twice daily. Triphala preparation: 3–5 mL of Triphala juice or as traditionally prescribed.

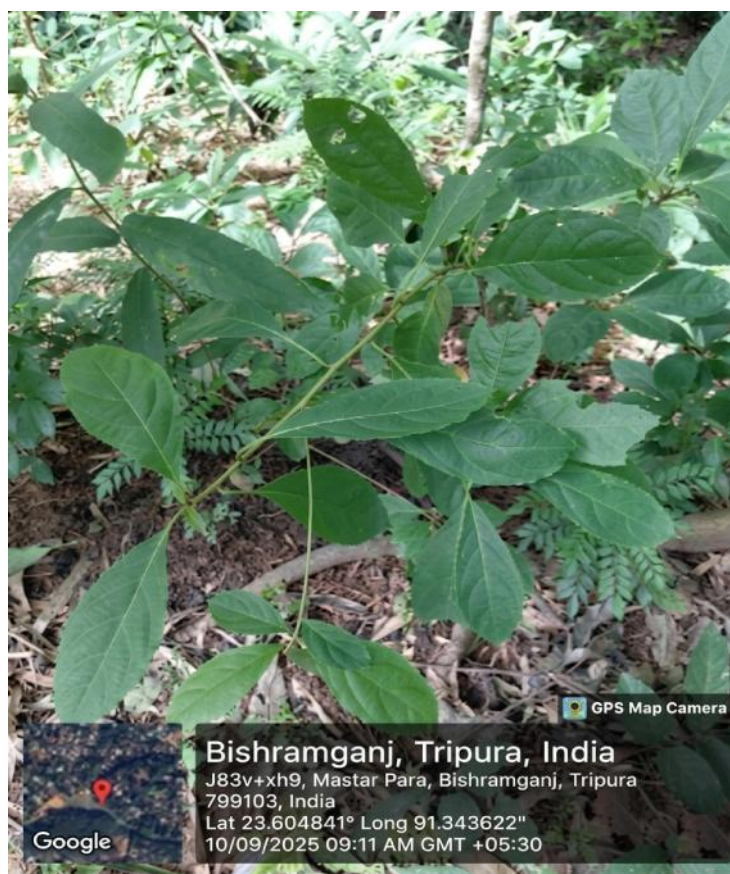


Fig 10- *Terminalia bellirica*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Bangfa i	<i>Amphicarpaea bracteata</i>	Bleeding	Latex application directly on wound	Apply 1–2 drops (or sufficient quantity) of fresh latex directly to the affected area as needed. External use only.



Fig 11- *Amphicarpaea bracteata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Barr Bithi	<i>Urena lobata</i>	Diabetes	Fresh leaves are collected, washed, and crushed to extract the Swarasa (fresh leaf juice), which is consumed orally.	10–15 mL of fresh leaf juice (Swarasa) once daily, preferably in the morning on an empty stomach.



Fig 12- *Urena lobata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Barun	<i>Crataeva nurvala</i>	Kidney stones, UTI	Kadha (decoction): The bark is cleaned, dried, and boiled in water until the volume is reduced. The liquid is then strained and consumed warm.	40–50 ml twice daily

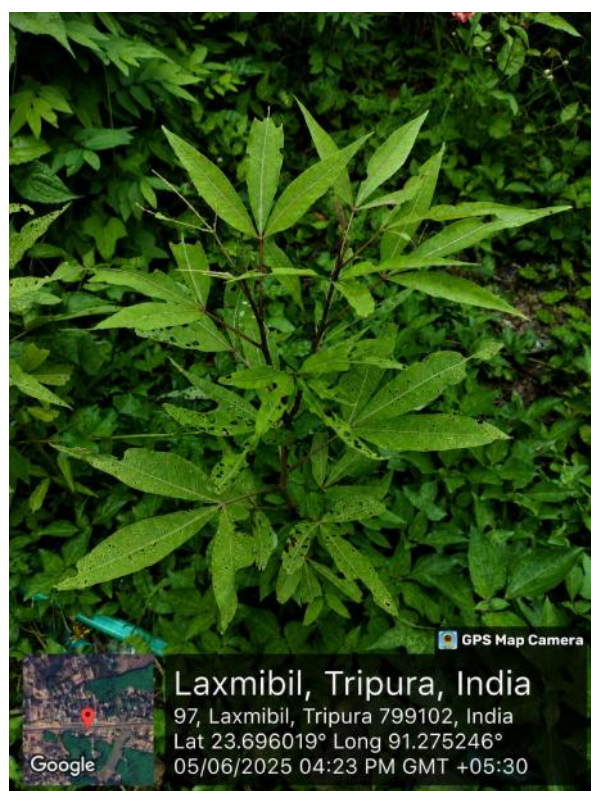


Fig 13- *Crataeva nurvala*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Basalia koroni	Alternanthera dentata	Minor cuts and wounds	Fresh leaves are washed and crushed into a fine paste. The paste is applied directly to the affected area to aid wound healing and control minor bleeding.	Apply a sufficient quantity of fresh leaf paste to cover the affected area 1–2 times daily until healing occurs. External use only.



Fig 14- *Alternanthera dentate*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Basok pata	<i>Justicia adhatoda</i>	Sneezing, common cold, respiratory discomfort	Fresh leaves are washed and crushed into a coarse paste with a small amount of water. The paste or its expressed juice is consumed fresh.	Juice obtained from 1–2 fresh leaves (approximately 5–10 mL) once or twice daily, or as traditionally practiced.



Fig 15- *Justicia adhatoda*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Bhringraj/ Khum Bwsa/ Gerai	<i>Eclipta prostrata</i>	Jaundice, hair growth for kids, Blood pressure	For Jaundice: A handful of fresh leaves are washed, crushed, and the juice is extracted. One cup of leaf juice is mixed with half a cup of milk and a small piece of <i>tal mishri</i> (palm sugar) until dissolved, then consumed. For Hair Growth: Fresh leaves are crushed into a paste and applied directly to the scalp and hair. For Blood pressure: Swarasa (leaf juice) - Fresh leaves are collected, washed thoroughly, crushed, and strained to obtain the juice, which is consumed orally.	For Jaundice: 100–150 mL leaf juice mixed with 50–75 mL milk, once daily. For Hair Growth: Apply sufficient quantity of fresh leaf paste to the scalp, leave for 30–60 minutes, then wash off; 2–3 times per week. External use only for hair application. For Blood pressure: 10–15 mL of fresh leaf juice (Swarasa) once daily, preferably in the morning on an empty stomach.



Fig 16- *Eclipta prostrata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Bhumi amla	<i>Phyllanthus niruri</i>	Jaundice, constipation, dissolves kidney and gallstones	For constipation, kidney stones, and gallstones: A handful of fresh leaves are washed, crushed, and the juice is extracted. The juice may be consumed alone or mixed with amla juice. For jaundice: Fresh leaves are consumed raw. Herbal tea: Leaves may also be boiled in water, strained, and consumed as a tea for urinary and kidney-related ailments.	Leaf juice: 10–20 mL once daily on an empty stomach. Raw leaves: 3–4 fresh leaves daily. Herbal tea/decoction: 1 cup (150–200 mL) once or twice daily.



a.



b.

Fig 17- *Phyllanthus niruri*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Bisjiha ron	<i>Pseuderant hemum sp.</i>	Dislocated joints, joint pain and swelling	Lepa (herbal paste): Fresh leaves are washed and crushed into a smooth paste. The paste is applied over the affected joint and covered with a clean cloth or bandage.	Apply a sufficient quantity of paste to cover the affected joint and bandage securely. Reapply 1–2 times daily or as traditionally practiced. External use only.



Fig 18- *Pseuderanthemum sp.*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Biskun dali	<i>Polygonum chinense</i>	Swelling, bone pain, and minor injuries	Fresh leaves are collected, washed, and crushed into a fine paste. The paste is applied directly to the swollen or injured area.	Apply a sufficient quantity of fresh leaf paste to cover the affected area 1–2 times daily until symptoms improve. External use only.



Fig 19- *Polygonum chinense*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Blai Motom	<i>Blumea lacera</i>	Asthma and respiratory discomfort	Fresh leaves are boiled in water and the steam is inhaled. In some traditional practices, the young leaves are also used as a cooked vegetable or incorporated into the diet.	Steam inhalation: Inhale steam from the boiled leaves for 5–10 minutes, once or twice daily. Dietary use: Consume 25–50 g of cooked leaves as part of a meal, as traditionally practiced.



Fig 20- *Blumea lacera*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Bornna rkhel Kalam ag,	<i>Milingtonia hortensis</i>	Body pain, kidney stone	Fresh or dried bark is washed, gently crushed, and ground into a fine paste. The paste is traditionally applied externally to areas affected by body pain. In some folk practices, bark preparations are also used in remedies for kidney stones.	For body pain: Apply a sufficient quantity of bark paste to the affected area 1–2 times daily. For kidney stones: If administered orally as a traditional preparation, 10–15 mL of bark extract/decoction once daily is commonly reported in ethnomedicinal practices.



Fig 21- *Milingtonia hortensis*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Boroi pata	<i>Ziziphus mauritiana</i>	Ringworm and other minor fungal skin infections	Fresh leaves are collected, washed, and crushed into a paste. A small quantity of turmeric is added and mixed thoroughly. The paste is then applied directly to the affected area.	Apply a sufficient quantity of the leaf–turmeric paste to cover the affected area 1–2 times daily until symptoms improve. External use only.



Fig 22- *Ziziphus mauritiana*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Brahmi	<i>Bacopa monnieri</i>	Asthma, skin disease	Churna: The whole plant is shade-dried and powdered. The powder is taken with warm water, honey, or milk. Swarasa: Fresh aerial parts of the plant are washed, crushed, and strained to obtain the fresh juice, which is consumed orally.	Churna: 1 teaspoon (approximately 3–5 g) once or twice daily. Swarasa: 10 mL fresh juice once or twice daily, preferably before meals.



Fig 23- *Bacopa monnieri*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Chengkruk Tinghang, Khetopapra, Ban-Paleng, Kantanotey, Spiny Amaranth, Denta	<i>Amaranthus spinosus</i>	Chickenpox, Stomachache, Fever, diarrhoea, jaundice	Fresh roots are collected, washed thoroughly, crushed, and pressed to extract the juice. The filtered juice is consumed on an empty stomach. Swarasa (fresh leaf juice): Fresh leaves and young shoots are washed, crushed, and strained to obtain the juice, which is consumed orally.	2 teaspoons (approximately 10 mL) of fresh root juice once daily on an empty stomach. 10–15 mL of fresh leaf juice (Swarasa) once or twice daily, preferably after meals.



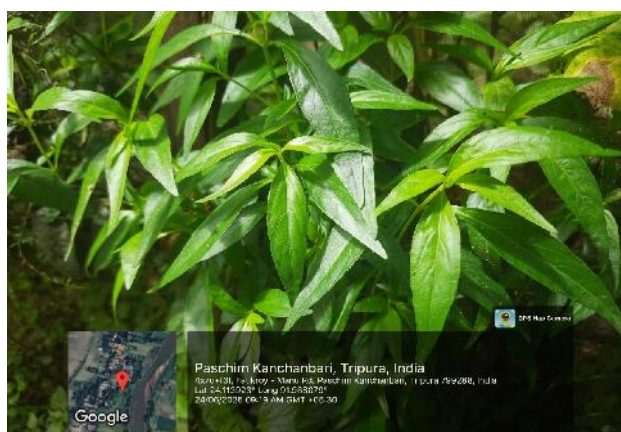
Fig 24- *Amaranthus spinosus*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Chibuk Bumul	<i>Dracaena trifasciata</i>	Pig fever (traditional veterinary use)	Fresh leaves are washed, crushed into a paste, and mixed with the animal's feed before administration.	Approximately 10–20 g of fresh leaf paste mixed with a single feed ration, administered once daily for 2–3 days or as traditionally practiced.



Fig 25- *Dracaena trifasciata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Chirata	<i>Swertia chirayita</i>	Lowers blood sugar, diabetes, cough, asthma	For diabetes/blood sugar management: 5–6 fresh leaves are boiled in 1–1.5 glasses (250–350 mL) of water. The decoction is strained and consumed. For cough and asthma: 4–5 fresh leaves are crushed to extract the juice. The juice is mixed with 2 teaspoons of honey and warm water prepared with crushed ginger and Nomangkha, then consumed after meals.	For diabetes: 1 cup (150–200 mL) of the decoction once daily. For cough and asthma: 5–10 mL leaf juice mixed with honey and herbal water, twice daily after meals.



a.



b.

Fig 26- *Swertia chirayita*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Chuwan	<i>Tectana granis</i>	Bond fractures	The bark of <i>Tectona grandis</i> is collected and mixed with sugarcane bark and Chuwan leaves. The ingredients are ground into a powder and mixed with egg to form a paste. The paste is dried for several days until it becomes whitish in color. Before use, a small amount of water is added to reconstitute the paste, which is then applied to the injured area.	Apply a sufficient quantity of the prepared paste to completely cover the affected area and bandage if required. Reapply once daily or as traditionally practiced. External use only.

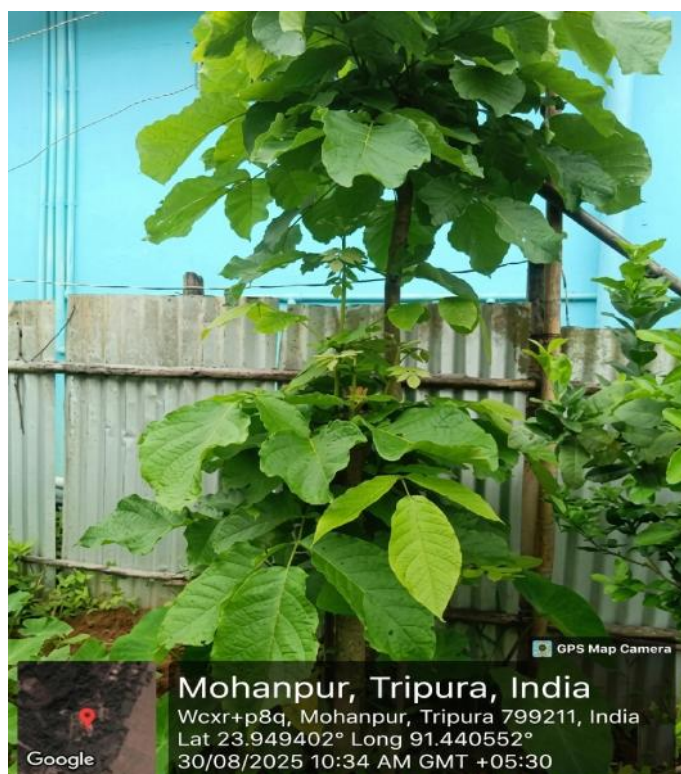


Fig 27- *Tectana granis*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Crepe Ginger /Malima	<i>Cheilocostus speciosus</i>	Fever, Jaundice, Skin problem.	The rhizome is collected, cleaned, dried, and ground into a fine powder. The powder is mixed with water, honey, or warm water and consumed orally.	½–1 teaspoon (approximately 2–5 g) of rhizome powder mixed with water, honey, or warm water, once or twice daily.

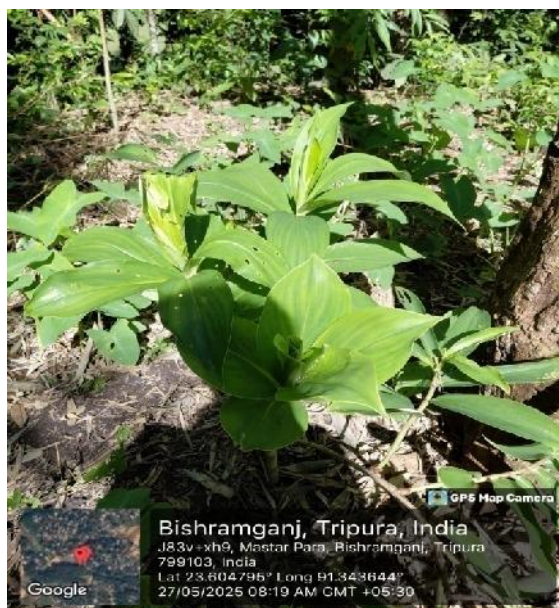


Fig 28- *Cheilocostus speciosus*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Dandh akalash	<i>Leucas aspera</i>	Cough, Cold	Fresh leaves are washed and crushed into a paste. About ½ teaspoon of the paste is mixed with water and consumed as a juice.	½ teaspoon (approximately 2–3 g) of leaf paste mixed with 20–30 mL water, once or twice daily.
		Sinus, cough, cold, fever	For sinus relief: Fresh leaves are crushed and the juice is extracted. For cough, cold, and fever: Leaves are boiled in water to prepare a decoction.	For sinus relief: 2–3 drops of fresh leaf juice in each nostril, once or twice daily. For cough, cold, and fever: 1 cup (150–200 mL) of decoction after meals, once or twice daily.
		Snake bite, digestion	Lepa: Fresh leaves are crushed into a paste and applied externally. Swarasa: Fresh leaf juice is extracted and consumed in small quantities under traditional guidance.	External application: Apply sufficient paste to the affected area as needed. Oral use: 5–10 mL fresh leaf juice once daily under the supervision of an experienced traditional healer.



a



b



c

Fig 29- *Leucas aspera*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Dato Raja	<i>Senna Alata</i>	Ringworm and other fungal skin infections	Fresh leaves are collected, washed, and ground into a fine paste. Approximately 50 g of leaf paste is prepared. The affected area is gently cleaned, and the paste is applied directly over the ringworm lesion. It is allowed to dry for a few minutes before being removed and the area dried.	Apply approximately 50 g of fresh leaf paste to the affected area once or twice daily until symptoms improve. External use only.



Fig 30- *Senna Alata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Datura	<i>Datura stramonium</i>	Asthma, pain	<p>Dhoomapana: Dried leaves are traditionally smoked in very small quantities for respiratory ailments.</p> <p>Lepa: Fresh leaves are crushed into a paste and applied externally to painful areas.</p>	<p>External application (Lepa): Apply a thin layer of paste to the affected area once daily as needed.</p> <p>Internal use/Dhoomapana: Traditionally administered only in very small amounts under the direct supervision of an experienced Ayurvedic practitioner or traditional healer.</p>



Fig 31- *Datura stramonium*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Dhul Pata	<i>Commelina benghalensis</i>	Diarrhea, urinary tract infections (UTI)	Swarasa (fresh leaf juice): Fresh leaves are collected, washed thoroughly, crushed, and strained to obtain the juice, which is consumed orally.	10–20 mL of fresh leaf juice, twice daily.



Fig 32- *Commelina benghalensis*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Dudhi	<i>Euphorbia hirta</i>	Asthma, ulcer	For ulcer: Fresh apical shoots are collected, washed, and consumed directly. For asthma: Fresh apical shoots are boiled in approximately 1.5 glasses (300–350 mL) of water, the liquid is strained, and the decoction is consumed.	For ulcer: 2–3 fresh apical shoots, twice daily (morning and evening) on an empty stomach. For asthma: Decoction prepared from 5–6 apical shoots; consume 1 cup (150–200 mL) on an empty stomach, three times daily.



Fig 33- *Euphorbia hirta*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Moshokor Duksa Moshok	<i>Abelmoschus moschatus</i>	Dislocated joints	Lepa (herbal paste): The plant material is crushed and mixed with traditional additives (as locally practiced) to prepare a paste. The paste is applied over the affected joint and covered with a clean cloth or bandage.	Apply a sufficient quantity of the paste to completely cover the affected joint. Reapply 1–2 times daily or as traditionally practiced. External use only.



Fig 34- *Abelmoschus moschatus*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Giloy	<i>Tinospora cordifolia</i>	Fever, diarrhea, upset stomach, immunity enhancement	<p><b>Kadha (stem decoction):</b> Fresh stems are cut into small pieces, lightly crushed, and boiled in water until the volume is reduced.</p> <p><b>Cold infusion:</b> Stems or roots are cut into 2–3 inch pieces, split lengthwise, lightly crushed, and soaked overnight in a glass of water. The infusion is strained and consumed in the morning on an empty stomach.</p>	<p><b>Kadha:</b> 30–50 mL once daily. <b>Cold infusion:</b> 1 glass (approximately 150–200 mL) on an empty stomach once daily in the morning.</p>



Fig 35- *Tinospora cordifolia*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Ginger	<i>Zingiber officinale</i>	Cold, digestive disorders, nausea, vomiting, gas, bloating	Kadha: Fresh ginger rhizome is crushed and boiled in water to prepare a decoction. Ardraka Swarasa with Honey: Fresh ginger juice is extracted and mixed with honey. Herbal Syrup: Ginger is combined with honey, lemon juice, and other herbal extracts to prepare a syrup for digestive and respiratory ailments.	Kadha: 1–2 cups (150–200 mL each) daily. Ginger juice with honey: 5–10 mL ginger juice mixed with 1–2 teaspoons honey, once or twice daily. Herbal syrup: 1–2 teaspoons (5–10 mL) two to three times daily as needed.



Fig 36- *Zingiber officinale*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Gotu kola, Thank uni, Peruk	<i>Centella asiatica</i>	Asthma, Diabetes, hypertension, memory enhancement, digestion, wound healing, diarrhoea, ulcers, Supports liver health, enhances memory and cognitive function, improves blood circulation, purifies blood	The whole fresh plant is collected, washed thoroughly, and crushed to extract the juice (Swarasa). The fresh juice is consumed early in the morning before breakfast. Fresh leaves are collected and washed thoroughly. Raw consumption: 4–5 fresh leaves are eaten every morning on an empty stomach, either alone or along with neem and tulsi leaves. Swarasa (leaf juice): Fresh leaves are crushed and strained to obtain the juice, which is consumed plain without additives.	10–20 mL of fresh whole-plant juice once daily on an empty stomach before breakfast. Raw leaves: 4–5 fresh leaves once daily on an empty stomach. Leaf juice (Swarasa): 1 cup (approximately 100–150 mL) once daily in the morning.



Fig 37- *Centella asiatica*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Goyam bwlai	<i>Psidium Guajava</i>	Loose motion	Freshly sprouted guava leaves are plucked, washed, and consumed directly. A pinch of salt may be added for taste before consumption.	Approximately 20 g of fresh young leaves with a pinch of salt, once daily or as traditionally practiced until symptoms improve.



Fig 38- *Psidium Guajava*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Hadjod	<i>Cissus quadrangularis</i>	Bone healing, fractures, musculoskeletal injuries	Kadha (decoction): Fresh stems are cut into small pieces, crushed, and boiled in water to prepare a decoction. Lepa (paste): Fresh stems are crushed into a paste and applied externally over the affected area.	Kadha: 30 mL once or twice daily. Lepa: Apply a sufficient quantity of paste over the affected area and renew once daily or as traditionally practiced. External use only. Apply externally 1–2 times daily until recovery (traditional use)



Fig 39- *Cissus quadrangularis*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Turmeric	<i>Curcuma longa</i>	Skin disorders, digestion, arthritis, wound healing, sneezing, itching, runny nose, sprains, and swelling	<b>Kadha/Turmeric Drink:</b> Turmeric powder is mixed with a glass of hot water and consumed, preferably on an empty stomach. <b>External Paste:</b> Turmeric powder is mixed with lime and a small quantity of salt to prepare a paste, which is applied to sprains, swelling, or minor wounds.	Turmeric drink: 1 glass (150–250 mL) once daily, preferably on an empty stomach. External paste: Apply a sufficient quantity to cover the affected area 1–2 times daily. External use only.



Fig 40- *Curcuma longa*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Haritaki	<i>Terminalia chebula</i>	Constipation	Churna: The dried fruits are powdered and consumed with warm water, usually at bedtime.	1 teaspoon (approximately 3–5 g) of Haritaki powder with warm water at bedtime.



Fig 41- *Terminalia chebula*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Helancha	<i>Enhydra fluctuans</i>	Dehydration, weakness, general debility	Kadha: Fresh leaves and tender shoots are boiled in water to prepare a mild decoction. Soup preparation: Fresh plant material is cooked as a light soup, sometimes with a small amount of salt and spices, and consumed warm.	Kadha: 1 cup (150–200 mL) once daily. Soup: 1 bowl (approximately 200–250 mL) daily.



Fig 42- *Enhydra fluctuans*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Hemori	<i>Euphorbia prostrata</i>	Hemorrhoids (Piles)	Swarasa (whole plant juice): The whole fresh plant is collected, washed thoroughly, crushed, and strained to obtain the juice, which is consumed orally.	5–10 mL of fresh whole-plant juice (Swarasa) once daily, preferably in the morning.



Fig 43- *Euphorbia prostrate*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Indian heliotrope/ Maaung Buswindwi	<i>Heliotropium indicum</i>	Skin condition, fever, malaria, Allergies	For fever and malaria: Fresh leaves or the whole plant are washed, crushed, and the juice (Swarasa) is extracted and consumed. Alternatively, the leaves may be cooked and eaten as a vegetable. For skin conditions: The whole plant is crushed into a paste and applied externally to the affected area. In some traditional practices, the cooked plant is also consumed. For Allergies: Fresh leaves or tender aerial parts are collected, washed thoroughly, and cooked with meat or other food preparations. The cooked preparation is consumed as part of the regular diet.	Swarasa (juice): 10–15 mL once daily. Cooked plant: 25–50 g as part of a meal once daily. External paste: Apply a sufficient quantity to the affected area 1–2 times daily. For Allergies: Approximately 25–50 g of cooked plant material consumed as part of a meal, once daily or as traditionally practiced.



Fig 44- *Heliotropium indicum*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Iskipat a	<i>Basella alba</i>	Respiratory issues	Fresh leaves and tender parts of the plant are washed and ground with about half a cup of water to prepare a paste or thick extract. The preparation is consumed fresh.	Approximately 10–15 mL of the expressed juice/extract or 1–2 tablespoons (15–30 g) of the prepared paste, once daily, preferably in the morning.



Fig 45- *Basella alba*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Jhuri Badam	<i>Terminalia catappa</i>	Swelling, inflammation	Kadha (leaf decoction): Fresh or dried leaves are washed and boiled in water until the volume is reduced. The decoction is then strained and consumed. In some traditional practices, the boiled extract is also applied externally over swollen areas.	30–50 mL of leaf decoction once daily.



Fig 46- *Terminalia catappa*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Kala Tulsi	<i>Ocimum tenuiflorum</i>	Cough, cold	Fresh leaves are collected, washed, and crushed into a paste. The paste is mixed with honey and consumed orally.	1 teaspoon (approximately 5 mL) of leaf paste mixed with 1–2 teaspoons of honey, taken 2–3 times daily as needed.

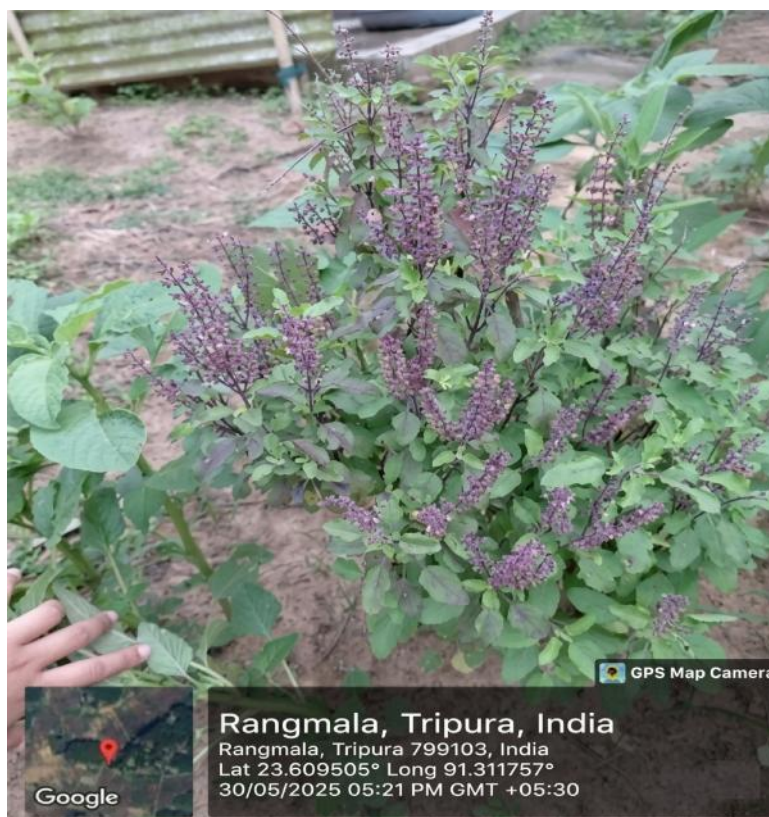


Fig 47- *Ocimum tenuiflorum*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Kalom egh	<i>Andrographis paniculata</i>	Fever, liver disorders, liver detoxification	Kadha (decoction): Fresh or dried leaves and tender stems are boiled in water until the volume is reduced, then strained and consumed. Churna: The dried plant material is powdered and taken with water, honey, or warm water.	Kadha: 10–20 mL once or twice daily. Churna: 1–2 g (approximately ¼–½ teaspoon) once or twice daily with water.



Fig 48- *Andrographis paniculata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Kamini Plant	<i>Murraya paniculata</i>	Toothache, skin diseases	For toothache: Fresh leaves are washed and boiled in water. The cooled decoction is used as a mouth rinse or for washing the teeth and gums. For skin diseases: Fresh leaves are crushed into a fine paste and applied directly to the affected skin area.	Toothache: Rinse the mouth with 20–30 mL of leaf decoction 2–3 times daily. Skin diseases: Apply a sufficient quantity of fresh leaf paste to the affected area 1–2 times daily. External use only.



Fig 49- *Murraya paniculata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Kantikari	<i>Solanum xanthocarpum</i>	Asthma, cough	Kadha (root decoction): The roots are cleaned, dried, and boiled in water until the volume is reduced. The decoction is strained and consumed warm.	20–30 mL of root decoction, once or twice daily.

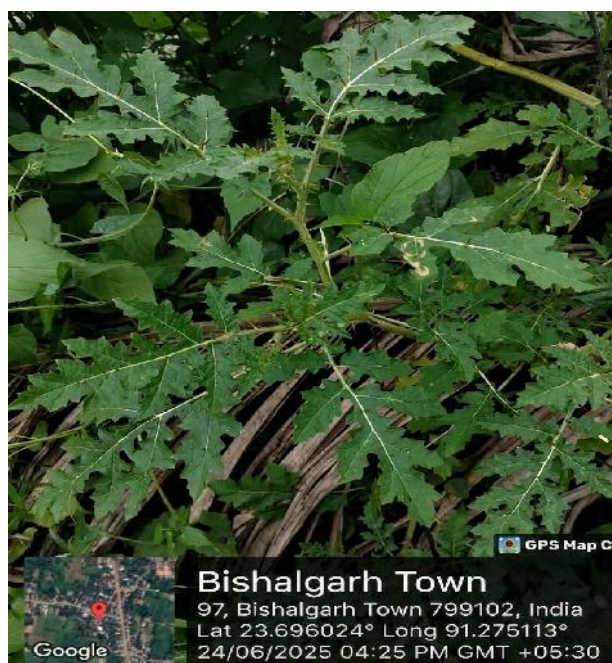


Fig 50- *Solanum xanthocarpum*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Kerang	<i>Jatropha gossypifolia</i>	Toothache	Latex application: A fresh stem is broken to obtain the milky latex. The latex is traditionally applied to the affected tooth or used in very small amounts during brushing to relieve toothache.	Apply 1–2 drops of fresh latex to the affected tooth or gum area once or twice daily as needed. External/local application only; avoid swallowing.



Fig 51- *Jatropha gossypifolia*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Khum Athukiri	<i>Catharanthus roseus</i>	Hair fall	Lepa (paste): Fresh leaves are washed and crushed into a fine paste, which is applied directly to the scalp. Swarasa: Fresh leaves are crushed and strained to obtain the juice, which is gently massaged onto the scalp.	Lepa: Apply a sufficient quantity of fresh leaf paste to the scalp, leave for 30–60 minutes, and then wash off. Swarasa: Apply 5–10 mL of fresh leaf juice to the scalp once daily or 2–3 times per week. External use only.

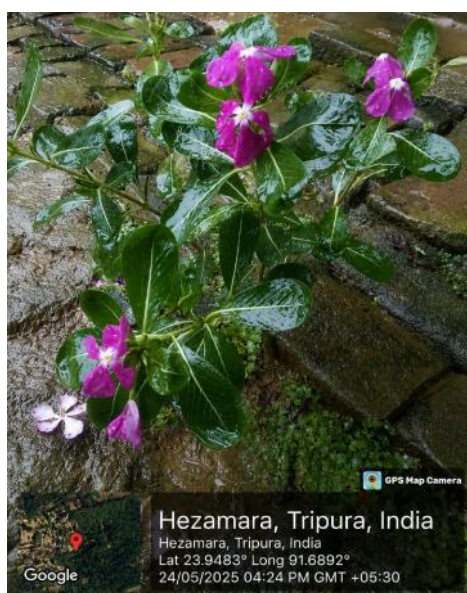


Fig 52- *Catharanthus roseus*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
kuasia	<i>Quassia amara</i>	Intestinal worms, Flatulence	The bark (epidermis) of <i>Holarrhena pubescens</i> and the whole plant parts or leaves of <i>Syzygium polyanthum</i> are collected, cleaned, and soaked in water overnight. The infused water is strained and consumed the following morning.	1 glass (approximately 150–200 mL) of the overnight infusion once daily on an empty stomach for 3–7 days, or as traditionally practiced.



Fig 53- *Quassia amara*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Kulekhara	<i>Hygrophila auriculata</i>	Anemia	Swarasa: Fresh leaves are washed, crushed, and strained to obtain the juice. Kadha: Leaves are boiled in water to prepare a decoction. Traditional infusion: Fresh leaves are ground with about half a cup of water and soaked overnight; the preparation is consumed the next morning. Cooked leaves: Tender leaves are cooked and eaten as a leafy vegetable.	Swarasa: 20–30 mL once daily. Kadha: 20–30 mL once or twice daily. Overnight infusion: ½ cup (approximately 100–120 mL) once daily in the morning. Cooked leaves: 50–100 g as part of the daily diet.



Fig 54- *Hygrophila auriculata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Kwsabithi	<i>Iresine herbstii</i>	Fresh wounds, bleeding control, wound healing	Fresh leaves (approximately 100 g) are collected, washed, and crushed thoroughly by hand until a soft paste is formed. The paste is applied directly to the fresh wound to help stop bleeding and promote healing.	Apply a sufficient quantity of fresh leaf paste to completely cover the wound. Reapply 1–2 times daily or after cleaning the wound, as traditionally practiced. External use only.



Fig 55- *Iresine herbstii*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Kwsha Kwthang / Pathar Kuchi	<i>Kalanchoe pinnata</i>	Wounds, cuts, and minor injuries, diarrhea, kidney stones (urolithiasis)	Lepa (leaf paste): Fresh leaves are collected, washed, and crushed into a fine paste. The paste is applied directly to the wound or affected area and covered with a clean cloth or bandage if necessary.	Apply a sufficient quantity of fresh leaf paste to cover the affected area 1–2 times daily until healing occurs. External use only. For wounds: Apply a sufficient quantity of fresh leaf paste to cover the affected area 1–2 times daily. For kidney stones/urolithiasis: 10–15 mL of fresh leaf juice or juice prepared from 2–3 leaves mixed with 1 glass (200–250 mL) of water, once daily on an empty stomach. For diarrhea: Juice from 1 crushed leaf with 1 tablespoon of water, once daily in the morning.



Fig 56- *Kalanchoe pinnata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Kwthwi Khum	<i>Mussaenda frondosa</i>	Joint pain, joint swelling	Lepa (herbal paste): Fresh leaves are collected, washed, and crushed into a fine paste. The paste is applied over the affected joint and secured with a clean cloth or bandage.	Apply a sufficient quantity of fresh leaf paste to cover the affected joint and bandage gently. Reapply 1–2 times daily or as traditionally practiced. External use only.



Fig 57- *Mussaenda frondosa*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Lajjabati/ Shamsundru	<i>Mimosa pudica</i>	Diabetes, urinary tract infections (UTI), wounds, bleeding, Hemorrhoids (Piles)	<p>For Diabetes Churna: The whole plant or roots are dried and powdered; the powder is consumed with water. For wounds Lepa: Fresh leaves are crushed into a paste and applied directly to wounds or bleeding sites. For urinary tract infections (UTI)- Kadha: Fresh or dried plant material is boiled in water to prepare a decoction, which is consumed orally.</p> <p>For Hemorrhoids (Piles): Fresh leaves of Shamsundru (<i>Mimosa pudica</i>) are collected and washed. As per traditional practice, the leaves are crushed together with the leaves of Garimgura and Dukkofur, using approximately ½ cup (100–120 mL) of water to prepare a herbal extract or paste. The preparation is consumed orally.</p>	<p>Churna: 1 teaspoon (approximately 3–5 g) once daily. Kadha: 20 mL once or twice daily. Lepa: Apply a sufficient quantity of fresh paste to the affected area 1–2 times daily. External use only for wounds. For Hemorrhoids (Piles): Approximately ½ cup (100–120 mL) of the freshly prepared extract once daily, preferably in the morning, or as traditionally practiced.</p>



Fig 58- *Mimosa pudica*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Lod Dalok	<i>Peperomia pellucida</i>	Blisters, minor skin eruptions	Lepa (herbal paste): Fresh leaves are collected, washed, and crushed into a fine paste. The paste is applied directly to the blistered or affected skin area and allowed to remain until dry.	Apply a sufficient quantity of fresh leaf paste to cover the affected area 1–2 times daily until symptoms improve. External use only.



Fig 59- *Peperomia pellucida*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Maswi ndwi	<i>Chromolaena odorata</i>	Wounds, cuts, bleeding	Lepa (leaf paste): Fresh leaves are collected, washed, and crushed into a fine paste. The paste is applied directly to the wound or injured area to help control bleeding and promote healing.	Apply a sufficient quantity of fresh leaf paste to completely cover the affected area. Reapply 1–2 times daily or after cleaning the wound, as traditionally practiced. External use only.



Fig 60- *Chromolaena odorata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Moringa	<i>Moringa oleifera</i>	Immunity enhancement, anemia, general weakness	Swarasa (leaf juice): Fresh leaves are collected, washed, crushed, and strained to obtain the juice, which is consumed orally. Cooked vegetable: Tender leaves and shoots are cooked as a vegetable and consumed as part of the daily diet.	Leaf juice: 20 mL once daily, preferably in the morning. Cooked leaves: 50–100 g as part of a regular meal.

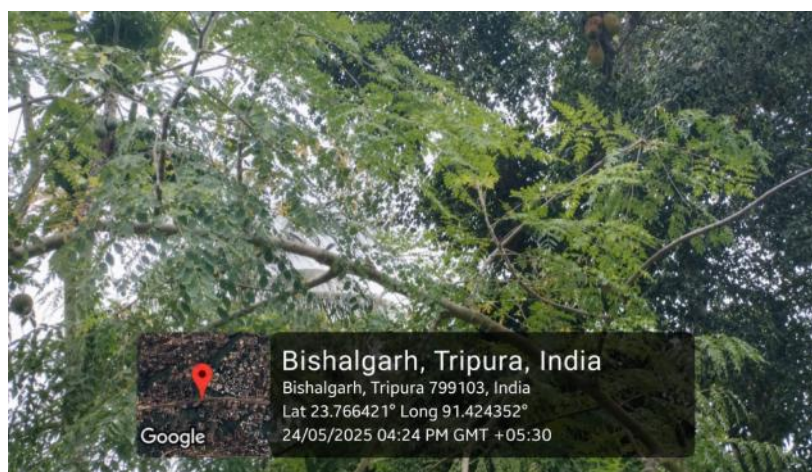


Fig 61- *Moringa oleifera*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Morong Chwla	<i>Sida rhombifolia</i>	Inflammation, swelling, musculoskeletal pain	Lepa (leaf paste): Fresh leaves are collected, washed, and crushed into a fine paste. The paste is applied directly to the inflamed or swollen area and may be covered with a clean cloth or bandage.	Apply a sufficient quantity of fresh leaf paste to cover the affected area 1–2 times daily or as traditionally practiced. External use only.



Fig 62- *Sida rhombifolia*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Murbo duk	<i>Schumannianthus dichotomus</i>	Wounds, cuts, minor injuries	Poultice (leaf paste): Fresh leaves of the climber are collected, washed, and crushed into a fine paste. The paste is applied directly to the wound or affected area and may be covered with a clean cloth or bandage.	Apply a sufficient quantity of fresh leaf paste to completely cover the wound. Reapply 1–2 times daily or after cleaning the wound, as traditionally practiced. External use only.



Fig 63- *Schumannianthus dichotomus*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Muya Bwlai	<i>Bambusa vulgaris</i>	Joint Pain	Fresh leaves are collected, washed, and boiled in approximately 500 mL of water until the volume is reduced. The decoction is strained and consumed on an empty stomach.	Decoction prepared from 5 fresh leaves; consume 1 cup (approximately 150–200 mL) once daily on an empty stomach.

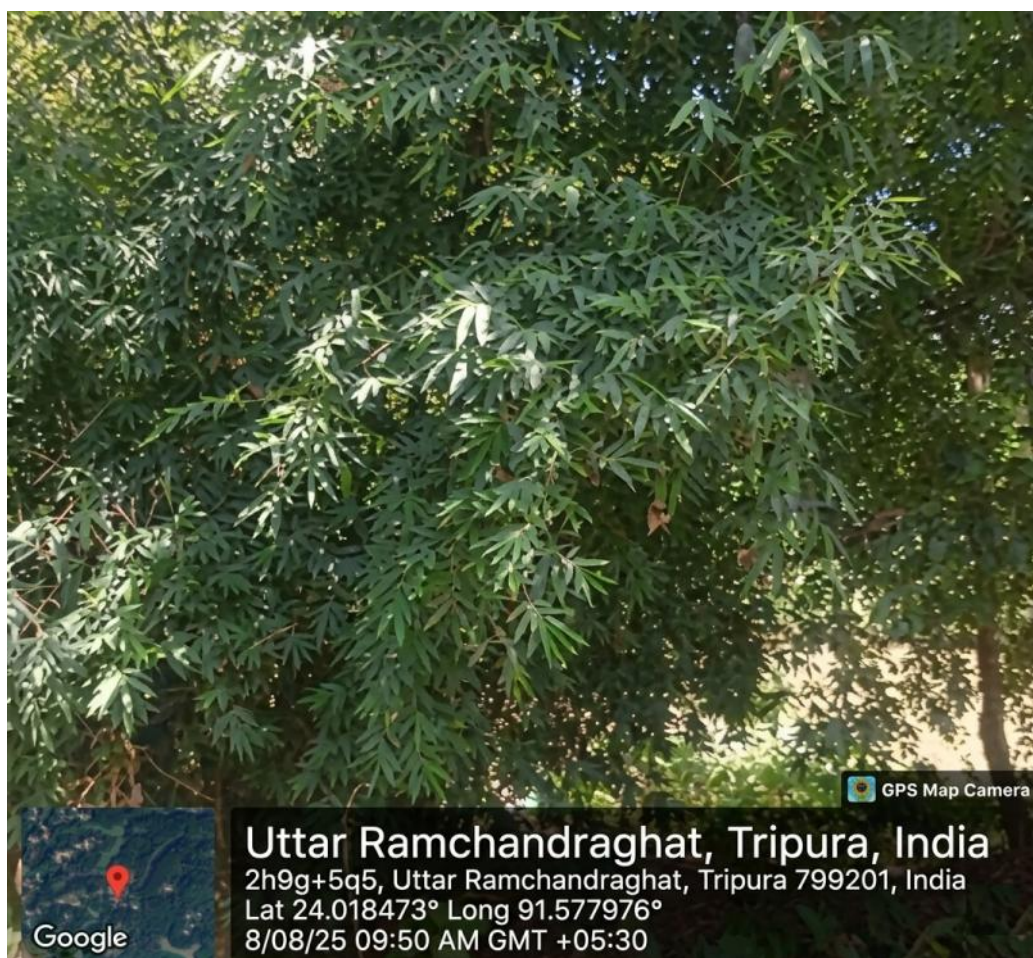


Fig 64- *Bambusa vulgaris*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Neem	<i>Azadirachta indica</i>	Skin diseases, wound healing, oral problems	<p>Lepa: Fresh neem leaves are washed, crushed into a paste, and applied externally to affected skin areas or wounds.</p> <p>Kadha: Fresh leaves are boiled in water to prepare a decoction, which may be used internally or as a skin wash.</p> <p>Nimba Oil: Neem oil extracted from seeds is applied externally to skin lesions.</p> <p>Traditional Oral Care: Fresh neem twigs are used as natural toothbrushes (<i>datun</i>) for maintaining oral hygiene.</p> <p>Cooked/Fried Leaves: Tender leaves are lightly fried or boiled and consumed in small quantities as part of traditional remedies.</p>	<p>Kadha: 20 mL once daily.</p> <p>Lepa/Nimba Oil: Apply a sufficient quantity to the affected area 1–2 times daily. Neem twig: Use one fresh twig daily for brushing. Cooked leaves: 5–10 g once daily as traditionally practiced.</p>



Fig 65- *Azadirachta indica*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Nobarkotornisum	<i>Scoparia dulcis</i>	Kidney stones, urinary disorders	Fresh aerial parts of the herb are collected, washed thoroughly, and cooked as a vegetable or incorporated into food preparations. The cooked herb is consumed regularly as part of the diet.	Approximately 25–50 g of cooked herb consumed once daily or as traditionally practiced.



Fig 66- *Scoparia dulcis*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Noman g kha	<i>Phlogacanthus thyrsoformis</i> (Roxb. ex Nees)	Cough, cold, fever, tuberculosis (traditional use)	Fresh leaves are collected and washed thoroughly. Take 2–3 leaves and boil them in 1 glass (approximately 200–250 mL) of water. After boiling, strain the decoction and add 2 teaspoons of honey. The preparation is consumed warm after meals.	1 cup (approximately 150–200 mL) of the decoction with honey, twice daily after meals.



Fig 67- *Phlogacanthus thyrsoformis*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Noni	<i>Morinda citrifolia</i>	Gastric ulcers, body pain, waist pain, arthritis, muscle pain, digestive disorders, blood purification (traditional use)	Fresh Fruit Juice: Ripe fruits are cut into small pieces and blended to obtain juice, which is consumed orally. Sun-Fermented Juice: Ripe fruits are tightly packed in a glass jar and exposed to sunlight for several days until juice is released. The extracted liquid is used both externally for body or waist pain and internally after dilution with water. Seed Use: After juice extraction, seeds are removed, sun-dried, and consumed.	Fresh fruit juice: 20–30 mL once daily, preferably on an empty stomach. Sun-fermented juice: 2 teaspoons (10 mL) mixed with 1 glass (200–250 mL) of water, once daily on an empty stomach. External application: Apply a small amount of the juice to painful areas 1–2 times daily. Dried seeds: 1–2 seeds after meals, as traditionally practiced.



Fig 68- *Morinda citrifolia*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Noti shak	<i>Amaranthus viridis</i>	Skin infections	Fresh leaves (6–8 leaves) are washed thoroughly, crushed with approximately ½ cup of lukewarm water, and strained to obtain the juice (Swarasa). The fresh juice is consumed orally.	20–30 mL of fresh leaf juice once daily for 10 days.



Fig 69- *Amaranthus viridis*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Osund ui	<i>Acmella oleracea</i>	Toothache, oral disorders, wound healing	Mouth Wash: Fresh leaves are washed and boiled in water. The cooled decoction is used for rinsing the mouth. Lepa (paste): Fresh leaves are crushed into a paste and applied directly to wounds or affected areas. Flower Chewing: Fresh flowers are chewed to relieve toothache and oral discomfort.	Mouth wash: Rinse with 20–30 mL of leaf decoction 2–3 times daily. Lepa: Apply a sufficient quantity of fresh leaf paste to the affected area 1–2 times daily. Flowers: Chew 1–2 fresh flowers as needed for toothache relief.



Fig 70- *Acmella oleracea*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Phapui Bithi	<i>Mitracarpus hirtus</i>	Skin diseases, skin infections, rashes	Lepa (leaf paste): Fresh leaves are collected, washed thoroughly, and crushed into a fine paste. The paste is applied directly to the affected skin area and allowed to dry before washing off.	Apply a sufficient quantity of fresh leaf paste to completely cover the affected area 1–2 times daily or as traditionally practiced. External use only.



Fig 71- *Mitracarpus hirtus*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Punarnava	<i>Boerhavia diffusa</i>	Liver disorders, edema (fluid retention), urinary disorders	Swarasa (fresh plant juice): Fresh leaves and tender aerial parts are washed, crushed, and strained to obtain the juice, which is consumed orally. Kadha (decoction): Fresh or dried plant material is boiled in water until the volume is reduced, strained, and consumed warm.	Swarasa: 10–20 mL once or twice daily. Kadha: 20–30 mL once or twice daily.



Fig 72- *Boerhavia diffusa*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Purnol ata	<i>Calinopodium brownie</i>	Wound healing, Anti microbial	Lepa (leaf paste): Fresh leaves are carefully collected, washed thoroughly, and crushed into a fine paste. The paste is applied directly to wounds, cuts, or affected skin areas to promote healing and help prevent infection.	Apply a sufficient quantity of fresh leaf paste to completely cover the wound or affected area. Reapply 1–2 times daily after cleaning the area, or as traditionally practiced. External use only.



Fig 73- *Calinopodium brownie*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Sak Bwlai	<i>Sauropus androgynus</i>	High blood pressure	Fresh leaves are collected and washed thoroughly. The leaves are crushed into a paste, mixed with approximately 200 mL of water, and filtered if desired. Honey may be added for taste before consumption.	Juice prepared from a handful of fresh leaves mixed with 200 mL of water, consumed once daily, preferably in the morning.

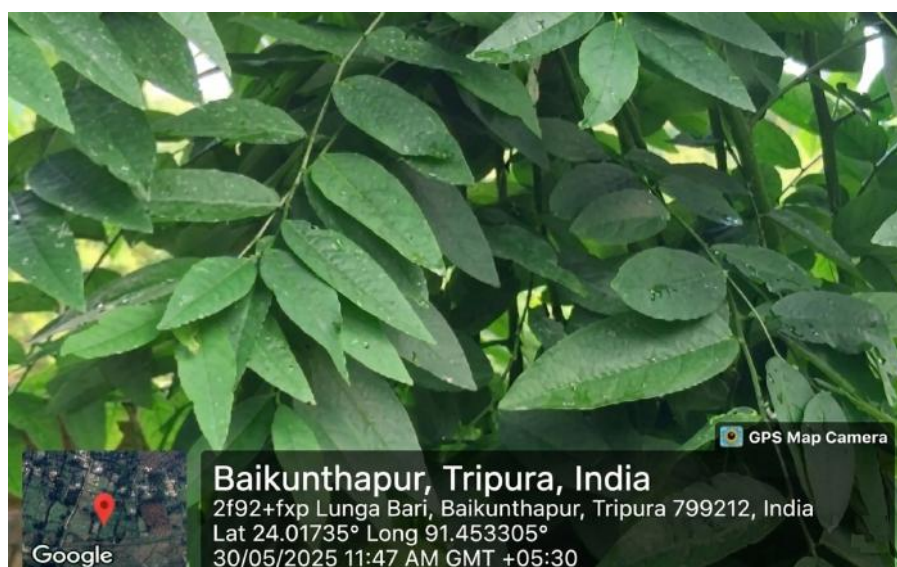


Fig 74- *Sauropus androgynus*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Sam Drupa	<i>Cynodon dactylon.</i>	Wounds, cuts, minor injuries	Lepa (herbal paste): Fresh leaves are collected, washed thoroughly, and crushed into a fine paste. The paste is applied directly to the wound or affected area and allowed to remain in place. A clean cloth or bandage may be used to secure the paste if required.	Apply a sufficient quantity of fresh leaf paste to completely cover the wound. Reapply 1–2 times daily or after cleaning the wound, as traditionally practiced. External use only.



Fig 75- *Cynodon dactylon*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Sam Loti	<i>Ichnocarpus frutescens</i> .	Boils, inflammation, localized swelling	<p>Poultice (root paste): Fresh roots are collected, cleaned thoroughly, and crushed into a fine paste. The paste is applied directly to boils, inflamed areas, or localized swellings and covered with a clean cloth if necessary.</p>	Apply a sufficient quantity of fresh root paste to completely cover the affected area. Reapply 1–2 times daily until symptoms improve. External use only.



Fig 76- *Ichnocarpus frutescens*.

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Shatavari	<i>Asparagus racemosus</i>	Lactation support, Polycystic Ovary Syndrome (PCOS), female reproductive health	Churna with milk: The dried roots are powdered to prepare Shatavari Churna. The powder is mixed with warm milk and consumed orally. Honey or sugar may be added according to traditional practice.	1 teaspoon (approximately 3–5 g) of Shatavari Churna mixed with 1 cup (150–200 mL) of warm milk, taken twice daily.



Fig 77- *Asparagus racemosus*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Shiuli	<i>Nyctanthes arbor-tristis</i>	Fever, cough, cold, fungal infections, malaria	1. Stem bark is boiled and mixed with ginger and pepper for malaria. 2. Flowers or leaves are crushed to extract juice and consumed. 3. Leaf paste is applied externally on affected areas for fungal infections.	Juice: 10–15 ml twice daily; Decoction: as prescribed; External paste: apply 1–2 times daily



Fig 78- *Nyctanthes arbor-tristis*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Shon (Lemon grass)	<i>Cymbopogon citratus</i>	Wounds, antiseptic, skin infections	100 g sun-dried leaves are collected and ground into a fine paste. The paste is applied topically on affected areas.	Apply once daily for 7 days



Fig 79- *Cymbopogon citratus*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Tairu	<i>Physalis minima</i>	Urinary infections	One whole plant is taken and boiled in 300 ml water. The decoction is reduced to half by boiling and then filtered.	50–75 ml of decoction once daily for 5–7 days



Fig 80- *Physalis minima*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Telaku cha	<i>Coccinia grandis</i>	Diabetes, anemia	Fresh leaf juice ( <i>Swarasa</i> ) or cooked tender leaves used as vegetable.	10–15 ml leaf juice daily or regular dietary use as cooked vegetable



Fig 81- *Coccinia grandis*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Tokharung	<i>Alocasia mocrorrhizis</i>	Jaundice	Fresh leaves are collected and juice ( <i>Swarasa</i> ) is extracted from them. The juice is consumed orally.	Fresh leaf juice taken once daily in the morning.



Fig 82- *Alocasia mocrorrhizis*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Tokhi Selang	<i>Gilricidiav sepium</i>	Muscle Soreness	40 g fresh leaves are boiled in 1 litre water and heated to 80–90°C. The decoction is used externally as a bath.	Use as bath water once daily for 3 consecutive days



Fig 83- *Gilricidiav sepium*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Toshin g Mai Bwlai	<i>Coffea Arabica</i>	Fracture (bone injury support)	Fresh leaves (5–6) are crushed and mixed with one desi hen egg to form a paste. The mixture is applied externally on the affected area.	Apply 10–15 g paste twice daily until healing.



Fig 84- *Coffea Arabica*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Tulsi Bwlai	<i>Ocimum sanctum</i>	Commom cold	10–12 fresh leaves are boiled with 1 cup water along with ginger and black pepper. The decoction is reduced to ~25 ml by boiling.	25 ml once daily for 5–7 days



Fig 85- *Ocimum sanctum*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Udal	<i>Sterculia villosa</i>	Urinary disorders	Fresh leaf juice ( <i>Swarasa</i> ) is extracted and mixed with palm candy ( <i>jaggery</i> ) for oral consumption.	20–30 ml daily



Fig 86- *Sterculia villosa*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Usund wi	<i>Achuranthes bidentata</i>	Toothache	Fresh whole plant/flowers are collected, made into a paste, and chewed for local analgesic effect in the oral cavity.	Chew for a few minutes as needed.

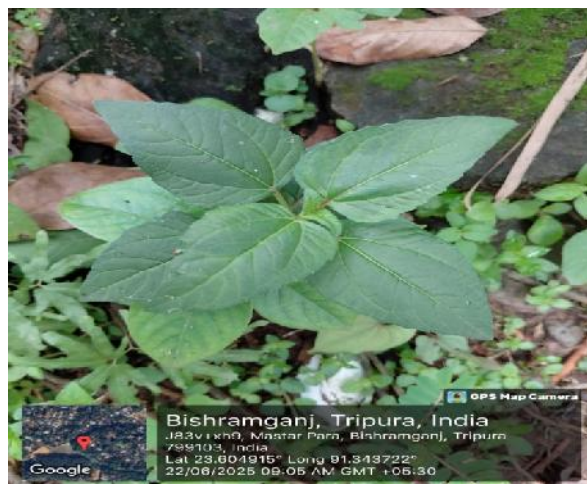


Fig 87- *Achuranthes bidentata*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Wak khunju	<i>Strobilanthes crispa</i>	Cough, respiratory ailments	Fresh leaves are collected and juice ( <i>Swarasa</i> ) is extracted and consumed orally. Leaves may also be cooked and eaten as a vegetable.	Leaf juice 10–15 ml once or twice daily, or cooked leaves as food.



Fig 88- *Strobilanthes crispa*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Panilajak	<i>Neptunia olerace</i>	Jaundice, dysentery, fever	Whole plant or tender shoots are consumed either raw or boiled as a vegetable/decoction.	Consume boiled plant or raw shoots as dietary use once daily



Fig 89- *Neptunia olerace*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
White frangipani	<i>Plumeria pudica</i>	Blennorrhagia, chest cough, influenza (grippe), bleeding control	For blennorrhagia: root is collected, sun-dried, and ground into powder, then applied externally to the infected area. For cough and grippe: fresh flowers are used to prepare herbal tea and consumed. Flower seeds are traditionally used to help stop bleeding.	External application: apply powder 1–2 times daily; Tea: 1 cup once daily for 3–5 days



Fig 90- *Plumeria pudica*

Plant Name	Scientific Name	Medicinal Uses	Preparation Method (Ayurvedic)	Dosage
Yenjhin	<i>Oxalis corniculata</i>	Gastric disorders, indigestion, upset stomach	A handful of fresh whole plant is boiled in ~2 glasses of water for about 5 minutes. The decoction is filtered before use.	1 glass of decoction once daily

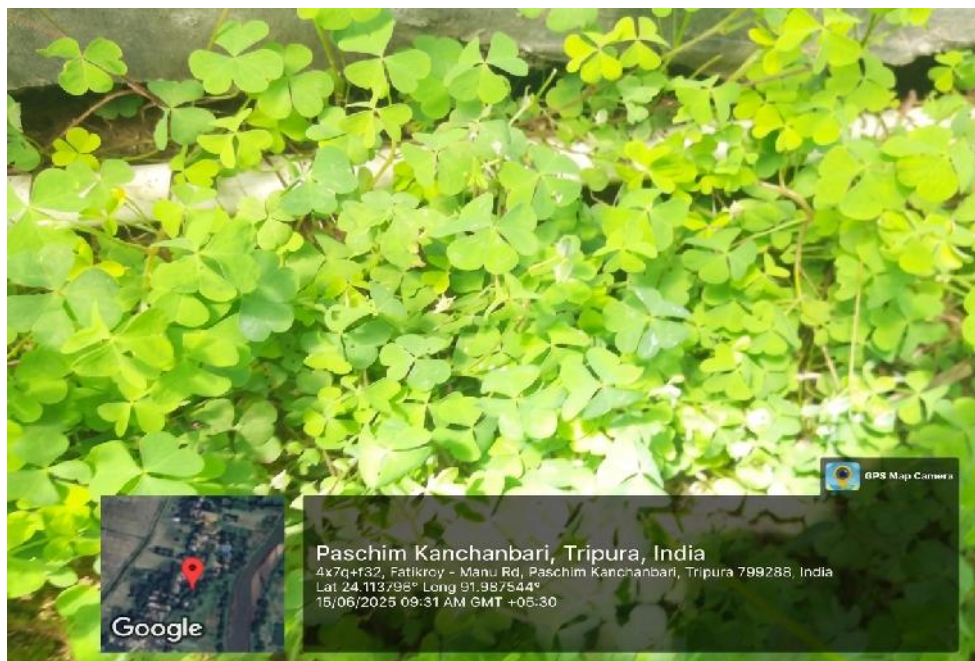


Fig 91- *Oxalis corniculata*