

(TAPPING THE LOCAL KNOWLEDGE: ETHNOBOTANY SERIES)

# MEDICINAL PLANTS USED BY LOCAL HEALERS FOR TRADITIONAL HEALING IN BHUTAN



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TRADITIONAL HEALING IN BHUTAN

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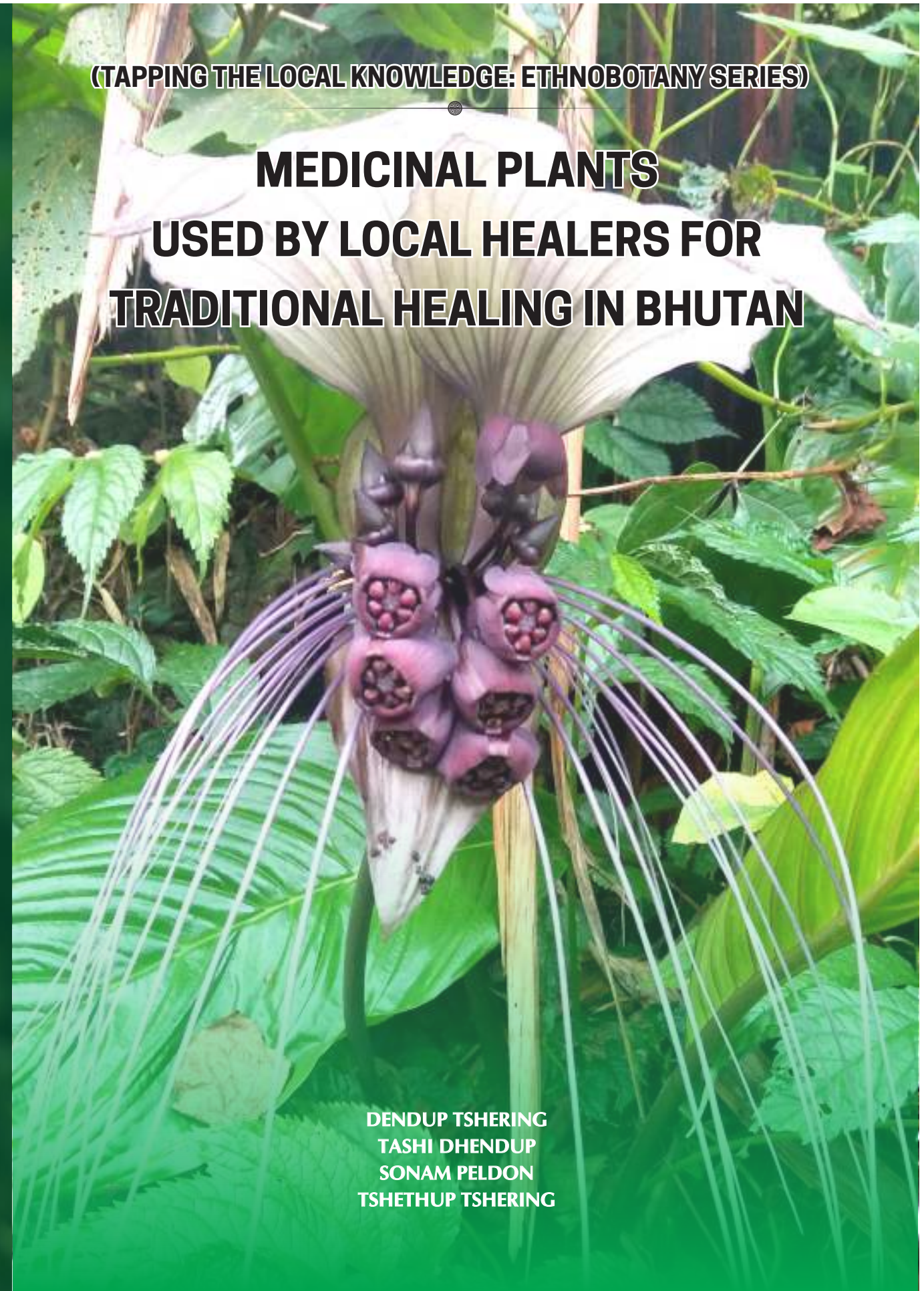
Post Box No:  
PABX: 975-2-323138  
www.dofps.gov.bt

ISBN: 978-99980-812-8-4

Designed & Printed: Yoebar Prints, Thimphu (yoebarprinters@gmail.com)



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**Suggested citation:**

Tshering D, Dhendup T, Peldon S, Tshering T (2022). *Medicinal Plants used by local healers for traditional healing in Bhutan*. Tapping the local knowledge: Ethnobotany Series. Ugyen Wangchuck Institute for Conservation and Environmental Research and Social Forestry Extension Division, Department of Forests and Parks Services, Ministry of Agriculture and Forest. Yoebar Prints. Thimphu.

Printed at: Yoebar Prints  
Phendey Lam, Thimphu-11001  
Bhutan

**ISBN: 978-99980-812-8-4**



This book is dedicated to  
His Majesty the King Jigme Khesar Namgyel Wangchuck  
for his untiring efforts and guidance in combating the  
COVIDO-19 pandemic and keeping our country  
and people safe and peaceful as always.





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# FOREWORD

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Bhutan is a treasure trove of traditional knowledge and practices that have been passed down from one generation to the next over the centuries. Before modern medicines made their way into Bhutan and many other developing countries, traditional medicine was a vital source of health care. Even in the present time which is marked by the emergence and re-emergence of infectious diseases, traditional medicine continues to play a significant role in catering to the needs of public health.

However, we observe that a heavy reliance on modern medicines is leading to the loss of the vast knowledge contained in indigenous culture and practices of Bhutan. What is even more concerning is that the traditional medicine practice systems are not documented properly, and there are currently very few traditional knowledge holders and practitioners. Also, as traditional medicines continue to gain recognition globally, it is important to protect knowledge through intellectual property laws and regulations. As such, documenting such practices should be a priority.

I am glad that the team from the Ugyen Wangchuck Institute for Conservation and Environmental Research and Social Forestry & Extension Division under the Department of Forest and Park Services has taken up the task of documenting traditional medicine practices in Bhutan, particularly in the identification of plants and plant products used for treating diseases. The documentation will complement the already excellent work being carried out by the Institute for Traditional Medicine Services, and also build a database of medicinal plants within the Department for future use and reference.

A handwritten signature in blue ink, which appears to read 'Thinley Namgyel'. The signature is fluid and cursive.

(Thinley Namgyel)

**Secretary**  
**MoAF**



# PREFACE

---



Bhutan has a rich botanical diversity, particularly of medicinal herbs, and was aptly known as the land of medicinal herbs, “*Menjong*” for over a thousand years.

The traditional science and the practice of medicine were integral to the health and healing of the Bhutanese communities and it continues to be to the present day. Currently, there are several traditional knowledge holders scattered across the country. However, literature on the medicinal plants and plant products which the traditional healers use is very scarce and should be documented before the knowledge is lost.

Our researchers reached out to seven local healers over two years in 2020-2021 to acquire the names of the medicinal plants and plant products which they use in preparing local medicines. This book also contains a short introduction of these seven local healers who took part in this survey.

The Ministry of Agriculture and Forests published a guideline on the identification and collection of medicinal plants in 2008 in which 47 species (including that of high altitude and low altitude together) were listed. The Institute of Traditional Medicine Services has also published guidebooks in two volumes documenting 224 medicinal plants from high and low altitudes. This study documented 172 species of medicinal plants used by the seven local healers, and of which, only 32 species were listed in the guidebooks published by the ITMS. This suggests that a vast knowledge about plants used in traditional medicine remains undocumented.

This guidebook contains illustrations of the medicinal plants used by the local healers. The plants documented here are found from the foothill plains of southern Bhutan to the temperate forests up to an elevation of about 2000 meters above sea level. At the time of this study local healers of higher altitudes could not be identified and many high-altitude plants used by local healers still needs to be identified and documented.

I am happy that the UWICER and SFED under the Department of Forests & Park Services has done a tremendous work. This guidebook will serve as a valuable source of information for the Bhutanese in the future.

A handwritten signature in blue ink, appearing to be 'L. Dorji', written over a light blue circular stamp.

(Lobzang Dorji)  
**Director, DoFPS**

# ACKNOWLEDGEMENT

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It would not have been possible for the Ugyen Wangchuck Institute for Conservation and Environmental Research and the Social Forestry & Extension Division under DoFPS to come out with this illustrated guide book on medicinal plants of Bhutan used by local healers without the contribution and support of many people.

The team would like to express its sincere gratitude to the seven local healers around the country for their contribution. Without their participation, this work would not have been possible. They have played a major role by being willing to share their knowledge and then helping in identifying the medicinal plants used for various local healing purposes.

The management would also like to extend our appreciation to our field colleagues and officials who have supported during the field works. Many thanks to Chief Forestry Officers -Tashigang, Samdrup Jongkhar, Tsirang, and Sarpang Forest Divisions for the support and cooperation extended. We would, in particular, like to acknowledge the support of Mr D.B Rai (Wamrong Range Office), Mr Tshering Dhendup (Thrimshing Beat Office), Mr Karma Wangdi (Gomdar Beat Office), Mr Dechen Tshering (Samdrup Jongkhar Forest Division), Mr Nima Sangay and Mr B.B. Chhetri (Sarpang Division), and Mr Kuikel (Tsirang Range) for their support during the field data collection.

The management would also like to offer our deepest gratitude to all colleagues of UWICER & SFED for providing the necessary technical guidance and fund support for the design and publication of this report through the Sustainable Community Based Enterprise for Livelihood project funded by Asian Forest Cooperation Organization (AFoCO). Without their support the publication of this work would not have materialized.

The management would like to deeply appreciate and thank the support of National Biodiversity Centre (NBC) for reviewing the report and providing the necessary clearance for the publication of this report.

The management would also like to commend Mr. Dendup Tshering, Ms. Sonam Peldon, Mr. Tashi Dhendup, and Mr. Tshethup Tshering for putting in concerted efforts in collection of pictures, identification of the plants, and compiling the report.

We hope that this book will serve as reference for local practitioners and enthusiasts of local healing medicines in the future.



(Shacha Dorji)  
**Head, UWICER**



# List of Local Terms

<i>Drungtsho</i>	- Local healer
<i>Lho-jong-men-jong</i>	- Bhutan's olden days' name (Tibetan)
<i>Sowa-Rigpa</i>	- Indigenous knowledge-in-healing
<i>Maan or Men</i>	- Medicine
<i>Maankhalu</i>	- Bitter medicine
<i>Chi-rik-kyi-men</i>	- General (mixed) medicine
<i>Shelmen</i>	- Medicine used to induce a system flush
<i>Shing-na-tong</i>	- 1000 medicinal plants
<i>Zikpey maan</i>	- Medicine for bath
<i>Dhoorba maan</i>	- Medicine made by boiling
<i>Dhuukman (Zeydhuuk)</i>	- Medicine for food poisoning
<i>Maan sururu</i>	- Medicine for sinusitis
<i>Sofu malekpa</i>	- Bad wounds (cancerous wounds)
<i>Drangwa</i>	- Urinary tract infection
<i>Zemned</i>	- Post-partum cramps
<i>Luzey-Lumen</i>	- Medicines used to appease <i>Nagas (kLu)</i>
<i>Naga or Lu/Klu</i>	- One class of beings in the Buddhist/Hindu mythology
<i>Zetpu</i>	- Eczema
<i>Moyoma</i>	- Vaginal Prolapse
<i>Gagned</i>	- Blocked throat
<i>Jari/Jashawa</i>	- Tea leaves
<i>Tshadim</i>	- Cough and cold
<i>Khusung</i>	- Boils
<i>Khom</i>	- Carbuncles

# Abbreviations

ITMS	- Institute of Traditional Medicine Services
MOAF	- Ministry of Agriculture and Forests
RGoB	- Royal Government of Bhutan
RNR	- Renewable Natural Sector
UWICER	- Ugyen Institute for Conservation and Environmental Research
WHO	- World Health Organisation
FAO	- Food and Agriculture Organisation of the UN
MAP	- Medicinal and Aromatic Plants
NBC	- National Biodiversity Centre
Sh	- Sharchhokpai kha (Language spoken in eastern Bhutan)
Lh	- Lhotsham kha (Language spoken in southern Bhutan)
Dz	- Dzongkha (National Language of Bhutan)
TM	- Traditional Medicine

# 1

# EXECUTIVE SUMMARY

In Bhutan, the traditional medicine had been practiced for over centuries, passed down from generation to generation. The Institute of Traditional Medicine Services (ITMS) based at Thimphu and the Department of Traditional Medicine Services under the Ministry of Health provides traditional medication services to the people through service facilities in hospitals throughout the country. The pharmaceutical unit of the traditional medicine established in 1982 was upgraded to a full corporation (Menjong Sorig Pharmaceuticals Corporation Ltd) in 2017 to boost production and supply of traditional medicines in the country.

Meanwhile, in addition to the official traditional medicine services available in the country there are still few local healers in rural areas around the country who continue the practice of traditional healing today. In the course of this study seven local healers around the country have been identified who still do local treatments. But with the advent of easy and modern scientific medication through the hospitals the traditional practice of local healing is on the decline. Most of the plants which are being used as medicines by these local healers are not documented and there is great danger of losing the information in the near future. Therefore, this study was initiated to document the medicinal plants used by local healers around the country.

With the help of these 7 local healers around the country a total of about 172 medicinal plants have been identified and recorded in this book. The two medicinal plant guidebooks published by Institute of Traditional Medicine Services contains about 224 medicinal plants (both high altitude and low altitude plants) of which only 32 plants are found overlapping. This means a significant number of plants used by local healers as medicinal plants are not recorded before.

This book provides illustrated information about the medicinal plants used by local healers. A tabular information is also provided with detailed information as to the usage of plants against each ailment. Meanwhile, this compilation doesn't contain medicinal plants of higher altitudes since the researchers could not identify practicing local healers at higher altitudes during the course of the study.

Hope this book will be helpful for all.



# 2

## INTRODUCTION

Dependence on plant and plant products for healing is undeniably a trade practiced throughout the world. Traditional herbal medicines are rooted in indigenous knowledge systems and existed since time immemorial. Medicinal plants form the basis of traditional or indigenous health practice systems used by the majority of the population of most developing countries. The World Health Organisation (WHO) defines Traditional medicine as “the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness”. FAO defines Medicinal Aromatic Plants (MAPs) “as botanicals that provide people with medicines - to prevent disease, maintain health or cure ailments”.

The WHO estimated that about 80% of the population of developing countries rely on traditional medicines, mostly plant drugs, for their primary health care needs. Astutik et al (2019) conducted a review of 247 journal articles, 15 institutional reports, and 28 book chapters and came to conclusion that at least 70% of the population of the developing world directly rely on traditional medicine for primary health care. They also noted that an estimated 25% of modern pharmacopeia and 18% of 150 top prescription drugs are plant-based.

FAO (2013) also lists about 8,000 species of plants as having ethnobotanical properties, of which 2500 species are primarily used in different traditional medicinal systems.

Bhutan had been called in the olden days as *Lho-jong-men-jong* which can be literally translated as Southern-land-of -medicines<sup>1</sup>. This name was understandably given by Tibetans as Bhutan is south of Tibet. Bhutan is home to more than 7000 species of vascular plants. The traditional medicine practice in Bhutan has been termed as *Sowa Rigpa* (Wylie transliteration *gso-ba rig-pa*) or crudely “knowledge in healing”). It appears like the Bhutanese *Sowa Rigpa* is an offshoot of Tibetan traditional medicine system and appears to be widely known in the west as Tibetan medicine, and is practiced throughout the world especially in Tibetan regions of China, Himalayan regions of India (Ladakh, Sikkim, Himachal Pradesh), Nepal, Bhutan, Mongolia, Russia, and recently in European and western countries (Yeshe et al, 2019). The *Sowa Rigpa* medical practice is still one of the living traditions in Bhutan with the Institute

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<sup>1</sup>South from mainland Tibet. In ancient Tibet Bhutan was called as Lho-mon (southern-land)

of Traditional Medicine Services (ITMS)<sup>2</sup> as National Institute and the local healers around the country who have been practicing from generations to generations.

Today, the ITMS records 224 medicinal plants that are available within the country of which 116 are high altitude medicinal plants and 108 are low altitude medicinal plants (Wangchuck et al, 2009). The ITMS uses about 267 medicinal raw materials to produce 98 traditional medicinal compounds. Of the many raw materials used by ITMS, the medicinal plants are the main ingredients of these essential traditional medicines and about 70 % of these plant materials are collected from within the country (Wangchuk et al. 2007).

In Bhutan, throughout the ages the private individuals had also been practicing healing in their local areas. Some of these local practices had been passed down from generations to generations while some have learnt through practices on their own. This study has tried to identify the medicinal plants in used by some local healers around the country.

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<sup>2</sup>Institute of Traditional Medicine Services is located at Thimphu, capital city of Bhutan. It was initially established as a Indigenous Dispensary at Dechencholing, Thimphu, in 1968. In 1979 it was shifted to current location and renamed as National Indigenous Hospital. In 1998 it had been upgraded to a full Institute ITMS. The institutes trains traditional medicine staff, and caters services to people through units in Dzongkhags tagged with the national hospitals.

# 3

## OBJECTIVES OF THE STUDY

Many species of plants have been used by local healers throughout the ages to treat various ailments. There are many local healers in the country who still continue to practice local healing. However, with the advancement of scientific medical treatment these local healers are on the decline. So far documents on medicinal plants and plant products used by local healers are not available. There may come a time when such practitioners and practices will be no more seen. Therefore, it is of importance to conduct a study and document these plant and plant products.

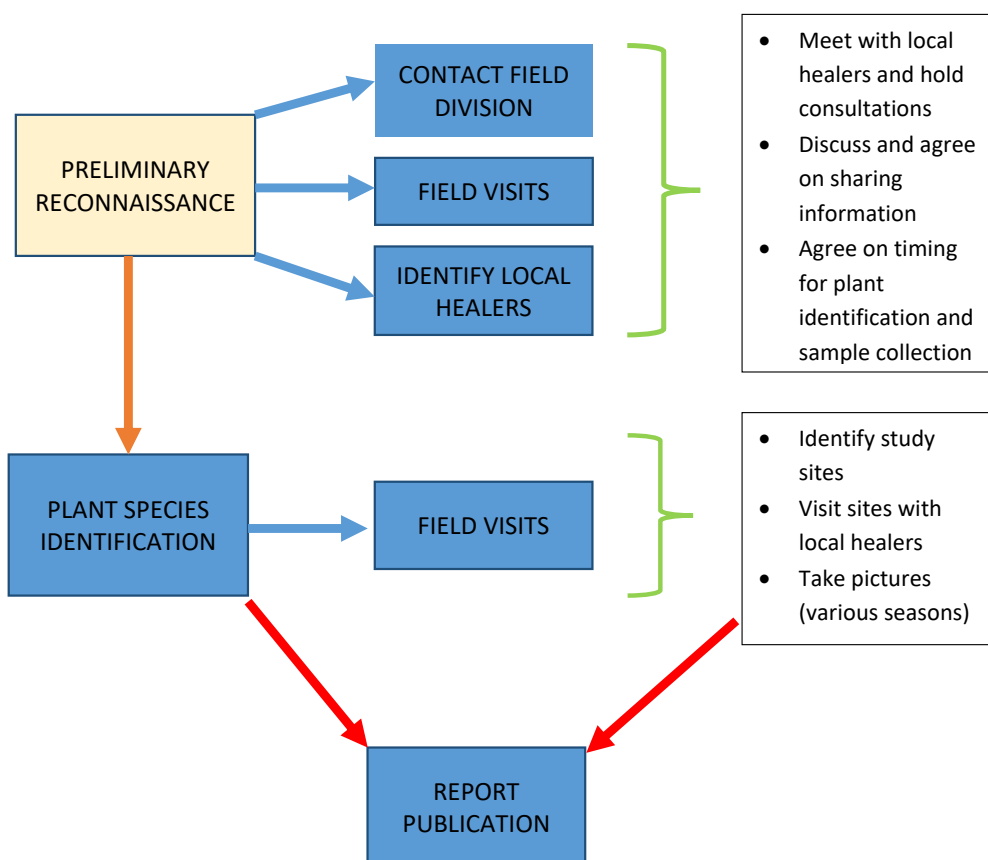
Thus the study had the following objectives:

- i) Identify and document plants and plant products used by local healers around the country as medicines
- ii) The documentation of traditional knowledge of medication adopted by local practitioners for information sharing and continuity of the traditional practice in the future
- iii) Inform policy makers about the need to provide regulations for sustainable use and conservation of these medicinal plants

# 4

## METHODOLOGY

The following simple and non-systematic methodology was adopted for conducting the study. In the preliminary reconnaissance travels were made to the field, consulted with field Forest Divisions, in order to identify local *Drungtshos* in their areas. After identification of the local *Drungtshos*, in consultation with them repeated field visits were carried out to identify, record and take pictures of these medicinal plants. Visits during different seasons were conducted to capture different morphological characteristics of the plants wherever possible.



Since this study required only the presence and cooperation of the local healers in identification and recording of plants the use of empirical data collection tools and data analysis was not required.



## 4.1 Study sites

The study sites were determined by the number of credible local healers that had been identified for this. During the preliminary assessment 5 local healers were identified throughout the country. Later on as the study progressed 2 more local practitioners were identified. Since the help of the local healers were undisputable in the identification of medicinal plants the sites had to be in the vicinity of these local healers.

Accordingly, the study sites were identified in congruent with the local healers. The study sites were basically spread in the four Dzongkhags namely Tashigang, Samdrup Jongkhar, Sarpang, and Tsirang. The search for medicinal plants were carried out in these areas with the help and guidance of the local healers.

The brief introduction of these local healers are also provided in Appendix I.

The details of the study sites are illustrated below:

*Figure 1: Map showing study sites in the country*



The specific study sites are provided in the sections that follow with brief description of their locations.

#### 4.1.1 Khoyar and Shekpashing

The first study site was at Khoyar of Gomdar Geog and Shekpashing of Orong Geog under Samdrup Jongkhar Dzongkhag. This is the practice area of Drungtsho Wangda of Khoyar, Gomdar. He collects the medicines from his local areas and travels to Shekpashing areas in the adjacent Geog of Orong.



Figure 2: Study site of Drungtsho Wangda



Figure 3: Study site of Drungtsho Khotsa

#### 4.1.2 Dungkarcholing

The second study site was at Dungkarcholing of Deothang Geog under Samdrup Jongkhar Dzongkhag. This is the practice area of Drungtsho Khotsa of Dungkarcholing, Deothang. Dungkarcholing is about 26 kilometres from Deothang town towards Bangtar.

#### 4.1.3 Chongapa

The third study site was at Chongapa of Wangphu Geog, under Samdrup Jongkhar Dzongkhag. Drungtsho Singye Dorji of Chongapa collects most of his medicines from in and around this place. Chongapa is one of the remotest areas of Wangphu Geog.



Figure 4: Study site of Drungtsho Singye

#### 4.1.4 Kheshing



Figure 5: Study site of Drungtsho Sonam

The fourth study site was at Kheshing of Lumang Geog, Wamrong Dungkhag under Tashigang Dzongkhag. Drungtsho Sonam of Kheshing collects most of his medicines from in and around this place. Kheshing is located in between Riserboo and Wamrong town.

#### 4.1.5 Dungchilo

The fifth study site was at Dungchilo of Thrimshing Geog, Thrimshing Dungkhag under Tashigang Dzongkhag. Drungtsho Karchung of Dungchilo gathers his medicinal ingredients from in and around this place. The village Dungchilo is located at about 3 kilometers from Thrimshing Phengpari, the Dungkhag headquarters.



Figure 6: Study site of Drungtsho Karchung

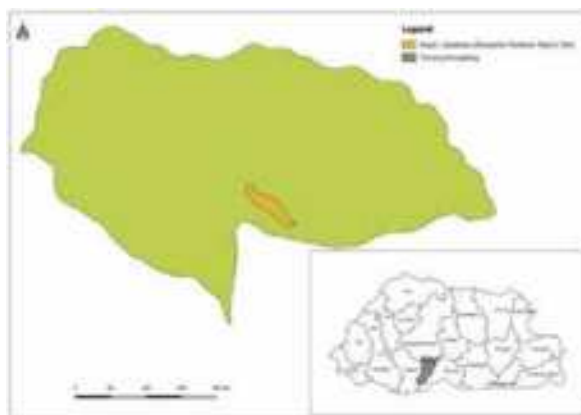


Figure 7: Study site of Drungtsho Partiman Aaley

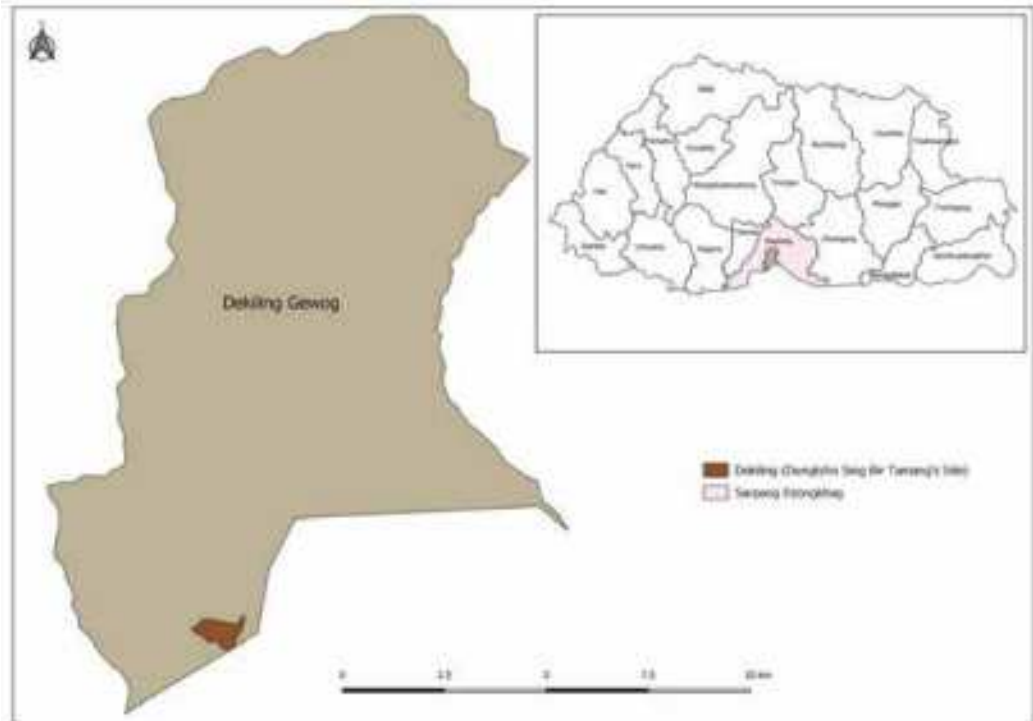
#### 4.1.6 Upper Labsibotey

The sixth study site was at Upper Labsibotey, Gosaling Geog, Tsirang Dzongkhag. Drungtsho Partiman Aaley of Upper Labsibotey collects medicinal plants in and around this place. The area is about 2.5 kilometers from Damphu town and is near Damphu Higher Secondary School.

#### 4.1.7 Dekiling

The seventh study site was at Dekiling, Dekiling Geog, Sarpang Dzongkhag. Drungtsho Sing Bir Tamang of Dekiling collects medicinal plants in and around this place. This collection site also is along the Indo-Bhutan border.

Figure 8: Study site of Drungtsho Sing Bir Tamang



## 4.2 Data Collection

The following process were involved in data collection.

### 4.2.1 Field work

The field work for the study began in March 2019. A preliminary assessment was carried out to identify the local healers around the country. Five practicing local healers were identified in four Dzongkhags. Two from Samdrup Jongkhar, one each from Tashigang, Tsirang, and Sarpang Dzongkhags were identified. Later at the time of collecting samples of medicinal plants two more healers (one each from Tashigang and Samdrup Jongkhar) were additionally identified.

In collaboration with the local healers, the field work consisted of scouring the study sites for medicinal plants, taking sample pictures, and collection of samples for identification. Visits to the sites at different seasons were made to capture different morphological phases of each plant. But it is very difficult to get all the phases of the plant morphology as most medicinal plants.



About 23 samples (including roots, stems, tubers) of the medicinal plants are collected from various places and are displayed at the Ethnobotany museum at Lamaigonpa.

#### 4.2.2 Timeline for study

<i>Name of work</i>	<i>Work began</i>	<i>Work completion</i>	<i>Remarks</i>
Preliminary reconnaissance of local healers throughout the country	March 2019	April 2019	Preliminary assessment report submitted
Fieldwork (venturing into study sites,)	July 2019	September 2020	Identification of medicinal plants along with local healers, taking and storing pictures
Botanical identification	October 2020	December 2020	Identification of plants with help of botanists and use of flora references
Data compiling	January 2021	February 2021	Listing, tabulation, sorting, preparing folders for design and printing, write up
Publication of the work	March 2022	April 2022	Design and printing

#### 4.3 Identification of plants

Identification of the plants were carried out with reference to books on Flora of Bhutan. Voucher specimens were cross checked with the herbarium specimens maintained at the National Biodiversity Centre, Serbhithang, Bhutan and all the species identification were properly authenticated. The Global Biodiversity Information Facility (GBIF) and Bhutan Biodiversity Portal (BBP) were also referred for identification of the species.

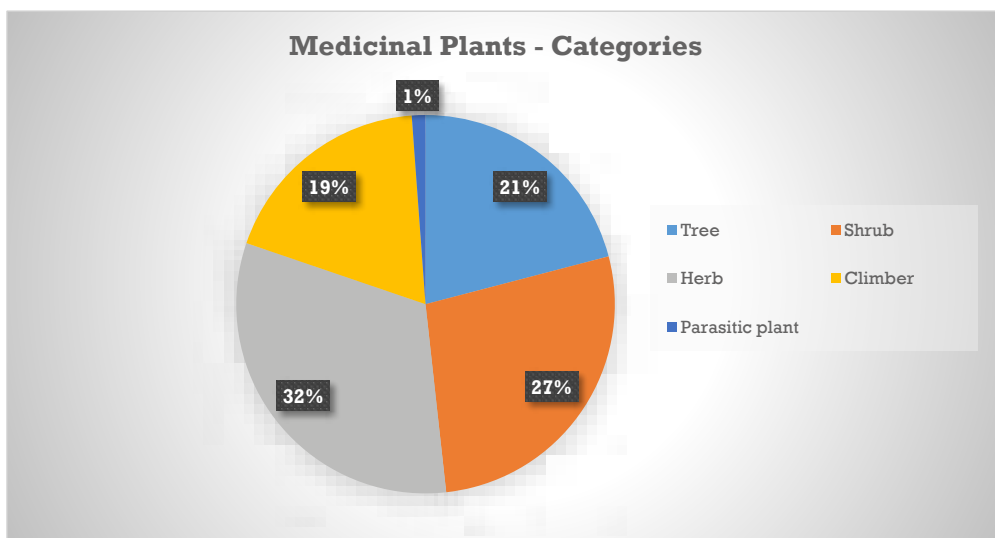
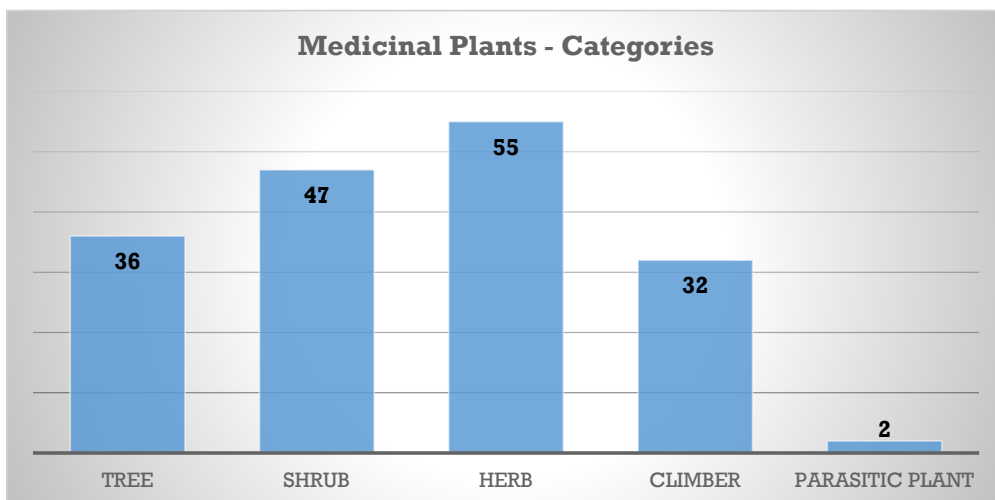
#### 4.4 Ethical Issues

The study very well got into the domains of private practices of the local people. As such people are always skeptical about any external interventions and there are certain ethical issues that were considered. The approach adopted was open and inclusive discussions with the local healers. Their sentiments and prior consent was sought before collecting any information on the plants and their uses. Information were sought and recorded upto what they could provide with regards to identification of the plant and plant products and avoided dwelling into too much details about their private practices. Meanwhile most of the local healers identified have agreed and cooperated in providing support in identification of the medicinal plants. Some of the healers did not want to share the information of their practice in whole and the records have been limited to the information that they could share.

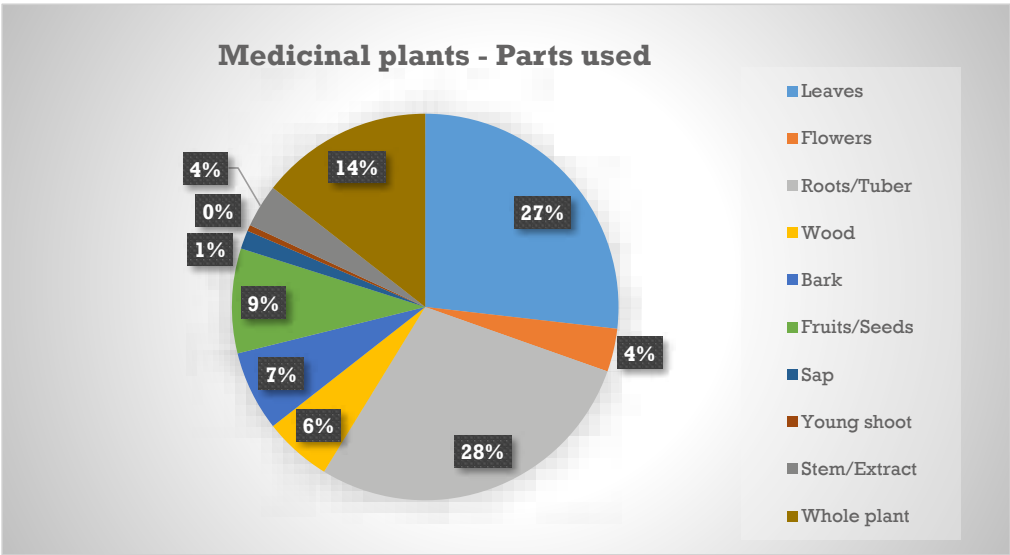
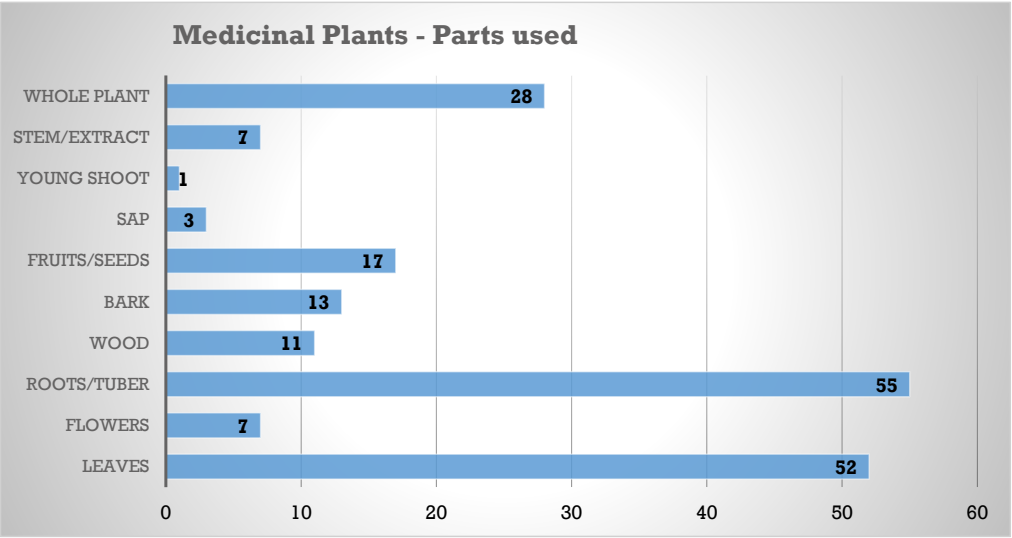
# 5

## RESULTS

From this compilation of the medicinal plants used by local healers, majority of the plants are herbs with almost 32% followed by shrubs at 27%. Woody trees constitute 21 % and climbers and vines make up to 19% of the medicinal plants. The two parasitic plants make up to 1% of the total.



If we look at the utility of the plant parts, the local healers use maximum of roots and tubers which constitute 28 % which is closely followed by use of the leaves at 27%. The use of whole plant as medicines is also significant with 14% of the plants being used whole. Most of the plants which are used whole are herbs. Fruits/seeds, bark, and wood parts are also significantly used with 9,7,6 percent respectively. Extract from stem and sap also are used as medicines.



## 5.1 Types of local medicinal compounds/mixes

Most of the local *Drungtshos* formulate various medicinal compounds/mixtures for treatment. Some of the medicines are administered in powdered form, where as some are made into liquid drinks, and some are molded into pills. Only certain plants are used individually for specific treatments. But mostly a mix of various plants are used for treatment of various ailments. The *Drungtshos* claim that actually if possible the best powdered medicine is made out of '*shing-na-tong*<sup>3</sup>' which means a medicine made from mixture of thousand plants.

Here are details of some of the medicine compounds/mixes. This section contains only medicinal compounds or mixes which are made by combining multiple plants. The names of medicines which are used by singular plants are not reflected here (they can be found in the individual tables along with the illustrations).

### 5.1.1 Maankhalu or Chi-rik-kyi-men

This is one of the most used medicine made by mixing various parts of multiple medicinal plants. The name '*Maan*' means medicine and '*khalu*' means bitter. As is the name the medicine thus made taste real bitter. The various plant parts are dried, powdered, and mixed.

The powder is then mixed in water and the concoction is administered orally. The quantity administered is not any more than half tea-spoon per instance.

The name '*chi-rik*' means general and this medicine is used for treatment of various general ailments. It is used for treatment of all kinds of gastro-intestinal problems (including diarrhoea, dysentery, flatulence, bloating, indigestion, blood stool, food poisoning, nausea and vomiting, and acid reflux). This combination also helps in purification of blood. This is also administered occasionally for liver and kidney ailments.

### 5.1.2 Zikpey Maan

This medicine is also made by mixing various parts of many medicinal plants. However, this medicine is not for oral administration, it is for bathing and application purposes. The work '*zikpey*' means to take bath. The various plant parts are collected and boiled/simmered in hot water. It is not necessary that all the plants that are listed are used at one time for the bathing purposes. Various ailments require different plant materials to prepare the bath.

The bathing medication is used for treatment of Tuberculosis, body aches, joint pains, various skin diseases, and muscle cramps.

<sup>3</sup>*Shing* means plants, *na* means variety, and *tong* means thousand



### 5.1.3 Dhoorba Maan

The name 'Dhoorba' means boiled. This medicine is made by boiling plant parts. There are two types of this medicine, one made by boiling the core wood and the other by boiling barks. In both the cases the wood/bark mix boiled for a long time until the water completely dries up. After the water is dried a dark brown residue remains which is then molded into pills with the help of flour or *zangdru*<sup>4</sup> powder.

The pill is soaked in water and administered as drink for these ailments. The pills made from boiling wood and bark are used for different purposes.

The *Dhoorba maan* is used for treatment of blood stool, internal hemorrhage, swelling of stomach and abdomen, back ache, joint pains, *Drangwa* (UTI), abdominal pain, and Tuberculosis.

### 5.1.4 Zemned

After delivery of children some ladies develop serious abdominal muscle pains and in certain cases continue to lose blood. This is called as *Zemned* in local name. This in modern medical term is known as postpartum cramps.

The mix of the plant parts is boiled and is administered orally for such post-delivery cramps and abdominal pains.

### 5.1.5 Maan sururu

Many plant parts are collected, dried, and powdered. The powder is physically sniffed through the nose. One sneezes heavily after sniffing the powder. If anyone doesn't sneeze, then they definitely have sinusitis. Long term use of this powder cures sinusitis.

### 5.1.6 Sofu malekpa maan

This medicine is also made by mixing parts of many medicinal plants. The name 'Sofu' means wounds and 'malekpa' means gone bad. In some cases, the wounds even become cancerous and the local treatment using these plants seem to help. This medicine is, however, externally applied on these bad cancerous wounds.

There are two methods of using this concoction. First, collect the plant parts, mix them green and apply on bad wounds for about few weeks. Second collect the plant parts, dry them, and grind them into powder. Often the powdered mixture can be made into a paste using oil (*Shingsii*) produced from *Parasassafra*s fruits and applied on the wounds.

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<sup>4</sup>It is medicinal powder made from mix of six plants (locally known as *Zati* (*Myristica fragrans*), *Chugang*, *Gurgum* (*Carthamus tinctorius*), *Lishi* (*Sizygiumaromatatum*), *Sukmel* (*Elettaria cardamomum*), *kakola* (*Amomum subulatum*) which are known to have excellent medicinal properties which benefits six various organs (*heart, lungs, liver, veins, kidney, spleen*) respectively. *Zangdrupowder* is used in making traditional medicines and blessed ritual pills.

### 5.1.7 Dhuukmaan (Zey-dhuuk)

This medicine is also made by mixing parts of many medicinal plants. The plant parts are collected, dried, and then crushed into powder. The local name 'Zey' is food and 'Dhuuk' poison. Therefore, this medicine is administered orally for treatment of ailments related to Food poisoning such as stomach muscle cramps, diarrhea, and severe vomiting.

### 5.1.8 Shelmen

The local healers collect seeds of few plants (as of now recorded two – *Erythrina arborescens* and *Butea buteiformis*) and grind them into powder. A small quantity is administered orally to induce heavy vomiting and heavy diarrhea. The healers claim that when this is administered it instills a chain reaction within the body so that all the internal poisons and unwanted liquid build up from all the organs get drained into the bowel system and gets flushed out. The loose stool that is flushed out is dark murky in colour.

The healers use this treatment in a guided phase. This treatment is used for all kinds of diseases. The healers claim that this treatment cleanse the internal system and helps in all diseases including gastro-intestinal problems, ulcers, liver ailments, kidney diseases, blood pressure, backaches, UTIs, fatigue, and body aches.

**Note for caution:** *Please don't use this treatment technique at home. This practice needs proper guidance under expert practitioner. It can be fatal if taken in wrong doses and without proper guidance.*

### 5.1.9 Luzey Lumen

This is not necessarily medicine for treatment of diseases physically. The 'Lu' or 'kLu' in local language means 'Naga' in Sanskrit which is one of the life forms who is said to inhabit the underworld. There are beliefs that Nagas and human co-exist but sometimes inflict harm to each other. *Luzey Lumen* is medicinal substances used during rituals performed to appease these beings.

Plants parts, stones, and many other materials are used in the preparation of *Luzey Lumen*. In here, some of the plants that are recognized by the local healers as used for preparation of such sacred pills are identified and recorded.



## **5.2 Illustrations of the medicinal plants**

The illustration follows Engler & Prantel system of arrangement according to the flora of Bhutan.



<b>Botanical Name</b>	<i>Justicia adhatoda</i>
<b>Family</b>	Acanthaceae
<b>Common Name</b>	Malabar Nut
<b>Local Name</b>	Khatserem shing (Sh), Bashaka (Dz), Ashuru (Lh)
<b>Category</b>	Small evergreen bush, Flowering time: January-April, At 200-1610m
<b>Parts Used</b>	Leaves and Flowers
<b>Uses</b>	Leaves for Sofu Malekpa (Cancerous wounds), swollen stomach, and swollen legs. Flowers for stomach and gastro intestinal ailments.
<b>Remarks</b>	Leaves: Heat, crush, and mix with other plant parts and apply externally. Flowers – boil and drink, or eaten as curry.







<b>Botanical Name</b>	<i>Phlogacanthus thyrsiformis</i>
<b>Family</b>	Acanthaceae
<b>Common Name</b>	Nongmangkha
<b>Local Name</b>	Sarkarshing (Sh)
<b>Category</b>	Shrub, Flowering time: February-March, Al 200-1100m
<b>Parts Used</b>	Leaves & Flowers
<b>Uses</b>	Scabies; Stomach and gastro intestinal disorders
<b>Remarks</b>	Leaves - heat, crush and apply for cure of scabies. Flowers – boil and drink, or eaten as curry for stomach and gastro intestinal disorders







<b>Botanical Name</b>	<i>Gynocordia odorata</i>
<b>Family</b>	Achariaceae
<b>Common Name</b>	Chhal Mogra (India)
<b>Local Name</b>	Abhidoro Shing (Sh), Gante (Lh)
<b>Category</b>	Crooked, evergreen tree, Flowering time: April-May, At 300-1219m
<b>Parts Used</b>	Leaves
<b>Uses</b>	To remove worms from infections, and remove fleas from bed/ floor
<b>Remarks</b>	Crush leaves and apply







<b>Botanical Name</b>	<i>Acorus calamus</i>
<b>Family</b>	Acoraceae
<b>Common Name</b>	Sweet flag/ Sweet grass
<b>Local Name</b>	Bartse (Sh), Chhutih rechhu (Dz), Bojho (Lh), Shoodhag (TM)
<b>Category</b>	Tall Grass, Flowering time; April-July, Al 610-2800m
<b>Parts Used</b>	Roots
<b>Uses</b>	For bathing
<b>Remarks</b>	To provide a sweet scent during bath treatment







<b>Botanical Name</b>	<i>Sambucus javanica</i>
<b>Family</b>	Adoxaceae
<b>Common Name</b>	Elderberry
<b>Local Name</b>	Moyomshing (Sh)
<b>Category</b>	Shrub or small tree, Flowering time: June-October, At 610-2134m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Vaginal prolapse (locally called as Moyoma), & Piles
<b>Remarks</b>	Crush the leaves, heat, and apply







<b>Botanical Name</b>	<i>Sambucus adnata</i>
<b>Family</b>	Adoxaceae
<b>Common Name</b>	Elderberry
<b>Local Name</b>	Phuga Moyomshing (Sh)
<b>Category</b>	Shrubby herb, Flowering time: June-September, Al 305-3962
<b>Parts Used</b>	Leaves
<b>Uses</b>	Vaginal prolapse & Piles
<b>Remarks</b>	Crush the leaves, heat, and apply







<b>Botanical Name</b>	<i>Crinum amoenum</i>
<b>Family</b>	Amaryllidaceae
<b>Common Name</b>	Himalayan Crinum Lily
<b>Local Name</b>	Gombalee (Sh)
<b>Category</b>	Perennial herb, Flowering time: June-August, Al 1400-2070m
<b>Parts Used</b>	Leaves/ Root bulb
<b>Uses</b>	Pain in arms and leg
<b>Remarks</b>	Crush, heat, and apply









<b>Botanical Name</b>	<i>Rhus chinensis</i>
<b>Family</b>	Anacardiaceae
<b>Common Name</b>	Nutgall tree
<b>Local Name</b>	Roptang shing (Sh), Choka shing (Dz), Bakimlo (Lh)
<b>Category</b>	Shrub or small tree, Flowering time: July- September, Al 915-2745m
<b>Parts Used</b>	Core wood
<b>Uses</b>	Dhoorba Maan
<b>Remarks</b>	Boil the wood trunk with others





<b>Botanical Name</b>	<i>Spondias pinnata</i>
<b>Family</b>	Anacardiaceae
<b>Common Name</b>	Wild Mango or Indian Hog Plum
<b>Local Name</b>	Phrumchungshing (Sh), Amaroo (Dz), Lapsi (Lh)
<b>Category</b>	Tree, Flowering time: March-May, Al 285-1150m
<b>Parts Used</b>	Seeds
<b>Uses</b>	Luzey-Lumen
<b>Remarks</b>	Powdered seeds mixed with others







<b>Botanical Name</b>	<i>Centella asiatica</i>
<b>Family</b>	Apiaceae
<b>Common Name</b>	Indian Pennywort
<b>Local Name</b>	Goratabre (Lh), Phetang Ngon/Zala Momring (Sh)
<b>Category</b>	Herb, Flowering time: March-April, Al 400-1500m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Tonsil/Burning urination/Gastritis
<b>Remarks</b>	Boil and drink, eat raw







<b>Botanical Name</b>	<i>Cynanchum auriculatum</i>
<b>Family</b>	Apocynaceae
<b>Common Name</b>	Vine swallowworts
<b>Local Name</b>	Chhongru (Sh)
<b>Category</b>	Twining climber, Flowering time: June- September, Al 900-2750m
<b>Parts Used</b>	Root
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powdered and mixed with many others







<b>Botanical Name</b>	<i>Alstonia scholaris</i>
<b>Family</b>	Apocynaceae
<b>Common Name</b>	Devil's Tree
<b>Local Name</b>	Shing Balingbhi (Sh)
<b>Category</b>	Evergreen tree, Flowering time: November-February, At 300-1000m
<b>Parts Used</b>	Sap
<b>Uses</b>	Swollen and bad internal growths of skin
<b>Remarks</b>	Apply sap









<b>Botanical Name</b>	<i>Periploca calophylla</i>
<b>Family</b>	Apocynaceae
<b>Common Name</b>	Pretty-leaved silk flower vine
<b>Local Name</b>	Menchha Bhifotpa Ruu (Sh)
<b>Category</b>	Twining shrub, Flowering time: November-April, At 900-2000m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Broken bones, Joints pain
<b>Remarks</b>	Crush, heat, and apply







<b>Botanical Name</b>	<i>Calotropis gigantea</i>
<b>Family</b>	Apocynaceae
<b>Common Name</b>	Crown flower/ Giant milkweed
<b>Local Name</b>	Noo-ngon (Sh), Ank (Lh)
<b>Category</b>	Large shrub to small tree, Flowering time: February-November, At 100-900m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Sprains/ Swelling
<b>Remarks</b>	Crush, heat, and apply







<b>Botanical Name</b>	<i>Arisaema petiolulatum</i>
<b>Family</b>	Araceae
<b>Common Name</b>	Cobra lilly
<b>Local Name</b>	Prakala Bozong (Sh)
<b>Category</b>	Perennial herb, Flowering time: June, Al 1600m
<b>Parts Used</b>	Rhizome
<b>Uses</b>	Hard boil/Carbuncle
<b>Remarks</b>	Apply crushed rhizome externally. Not to be used with open wounds (poisonous).







<b>Botanical Name</b>	<i>Alocasia macrorrhizos</i>
<b>Family</b>	Araceae
<b>Common Name</b>	Giant Taro
<b>Local Name</b>	Maan Bozong (Sh)
<b>Category</b>	Rhizomatous perennial plant, Flowering time: May, August-December, Al 305-1850m
<b>Parts Used</b>	Rhizome
<b>Uses</b>	Hard boils
<b>Remarks</b>	Crush rhizome, heat, and apply







<b>Botanical Name</b>	<i>Aristolochia platanifolia</i>
<b>Family</b>	Aristolochiaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Ruu Prakalashawa Mo (Sh)
<b>Category</b>	Climber, Flowering time: September-October, Al 1500-1600m
<b>Parts Used</b>	Roots
<b>Uses</b>	Maan Khalu
<b>Remarks</b>	Powdered and mixed with others







<b>Botanical Name</b>	<i>Aristolochia tagala</i>
<b>Family</b>	Aristolochiaceae
<b>Common Name</b>	Indian birthwort
<b>Local Name</b>	Ruu Leptang (Sh)
<b>Category</b>	Climber, Flowering time: May-June, At 300-900m
<b>Parts Used</b>	Roots
<b>Uses</b>	Maan Khalu
<b>Remarks</b>	Powdered and mixed with others







<b>Botanical Name</b>	<i>Artemisia verlotiorum</i>
<b>Family</b>	Asteraceae
<b>Common Name</b>	Common mugwort
<b>Local Name</b>	Merengma Ngangchhanglu (Sh), Khempa (Dz), Khen-nag (TM)
<b>Category</b>	Perennial herb, Flowering time: August- December, At 900-1800m
<b>Parts Used</b>	Leaves and young shoots
<b>Uses</b>	Cancerous wounds, Disinfectant
<b>Remarks</b>	Crush leaves and shoots, heat, and apply; soak in hot water to disinfect wounds before applying medicines







<b>Botanical Name</b>	<i>Ageratum conyzoides</i>
<b>Family</b>	Asteraceae
<b>Common Name</b>	Billygoat-weed
<b>Local Name</b>	Bangala Rokpu (Sh), Elamey (Lh)
<b>Category</b>	Herb, Flowering time: All year, Al 200-1900m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Maanbokpi & Snakebite
<b>Remarks</b>	Powdered and mix with others for Maanbokpi; Mix with others, Crush, heat and apply for Snakebite









<b>Botanical Name</b>	<i>Blumea aromatica</i>
<b>Family</b>	Asteraceae
<b>Common Name</b>	Ngai camphor
<b>Local Name</b>	Gon-yog (Sh)
<b>Category</b>	Perennial herb, Flowering time: October-December, March-April, AI 900-1950m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Sinusites
<b>Remarks</b>	Powder the dried leaves, mix with others





<b>Botanical Name</b>	<i>Acmella uliginosa</i>
<b>Family</b>	Asteraceae
<b>Common Name</b>	Marsh para cress
<b>Local Name</b>	Khalingpa Ngon (Sh), Hedonaap (Dz)
<b>Category</b>	Perennial herb, Flowering time: February-August, Al 200-2000m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Toothache
<b>Remarks</b>	Crush and apply in the cavity







<b>Botanical Name</b>	<i>Cirsium arvense</i>
<b>Family</b>	Asteraceae
<b>Common Name</b>	Creeping thistle
<b>Local Name</b>	Zomdogorba (Sh), Changtsher meto (Dz)
<b>Category</b>	Perennial small shrub, Flowering time: June-October, Al 3100-4730m
<b>Parts Used</b>	Tender shoots
<b>Uses</b>	UTI, Kidney ailments, body pain and itchiness
<b>Remarks</b>	Tender shoot juice extract, edible as vegetable, crush and apply









<b>Botanical Name</b>	<i>Adenostemma lavenia</i>
<b>Family</b>	Asteraceae
<b>Common Name</b>	Sticky Daisy
<b>Local Name</b>	Jarjar (Sh)
<b>Category</b>	Perennial Herb, Flowering time: August- December, At 200-2000m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Cancerous wounds
<b>Remarks</b>	Crush, heat and apply; mixed with others







<b>Botanical Name</b>	<i>Impatiens arguta</i>
<b>Family</b>	Balsaminaceae
<b>Common Name</b>	Bizzy Lizzy
<b>Local Name</b>	Drangzing Ngon (Sh)
<b>Category</b>	Perennial herb, Flowering time: May- October, Al 2000-2590
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Hard boils
<b>Remarks</b>	Crush, heat, and apply







<b>Botanical Name</b>	<i>Begonia rubella</i>
<b>Family</b>	Begoniaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Braksey (Sh)
<b>Category</b>	Perennial erect herb, Flowering time: August, Al 1220m
<b>Parts Used</b>	Roots
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powdered and mixed with others







<b>Botanical Name</b>	<i>Begonia sikkimensis</i>
<b>Family</b>	Begoniaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Paatpamaan 1 (Sh)
<b>Category</b>	Perennial herb, Flowering time: August-October, Al 900-3650m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	To ward of leeches
<b>Remarks</b>	Crush the whole plant and apply







<b>Botanical Name</b>	<i>Begonia palmata</i>
<b>Family</b>	Begoniaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Paatpamaan 2 (Sh)
<b>Category</b>	Perennial herb, Flowering time: August-October, Al 900-3650m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	To ward of leeches
<b>Remarks</b>	Crush and apply







<b>Botanical Name</b>	<i>Oroxylum Indicum</i>
<b>Family</b>	Bignoniaceae
<b>Common Name</b>	Midnight Horror, Indian trumpet flower
<b>Local Name</b>	Namkaling (Sh), Tsampaka Meto (Dz), Totola (Lh)
<b>Category</b>	Tree, Flowering time: May-June, Al 200-1525m
<b>Parts Used</b>	Petiole of the flower
<b>Uses</b>	Food poisoning
<b>Remarks</b>	Powdered and drink with water and flower edible as vegetable









<b>Botanical Name</b>	<i>Radermachera sinica</i>
<b>Family</b>	Bigoniaceae
<b>Common Name</b>	Serpent tree/ Emerald tree
<b>Local Name</b>	Zumphishing (Sh)
<b>Category</b>	Tree, Flowering time: May, Al 750-1675m
<b>Parts Used</b>	Wood trunk
<b>Uses</b>	Dhoorba Maan
<b>Remarks</b>	







<b>Botanical Name</b>	<i>Raphanus sativus</i>
<b>Family</b>	Brassicaceae/Cruciferae – Mustard family
<b>Common Name</b>	Radish
<b>Local Name</b>	Mulai (Sh), Laphu (Dz), Mula (Lh)
<b>Category</b>	Annual or biennial herb, Flowering time: February- July, Al 1300-2750m
<b>Parts Used</b>	The tuber/leaves
<b>Uses</b>	It is used for immediate relief for Indigestion, bloating, gastritis
<b>Remarks</b>	Eaten raw







<b>Botanical Name</b>	<i>Lobelia nicotianifolia</i>
<b>Family</b>	Campanulaceae
<b>Common Name</b>	Wild tobacco
<b>Local Name</b>	Zalaneng (Sh)
<b>Category</b>	Perennial herb, Flowering time: December-February, At 1650-2100m
<b>Parts Used</b>	Sap
<b>Uses</b>	Open wounds
<b>Remarks</b>	Apply the sap









<b>Botanical Name</b>	<i>Lobelia nummularia</i>
<b>Family</b>	Campanulaceae
<b>Common Name</b>	Roundleaf star creeper
<b>Local Name</b>	Maanshokpu (Sh)
<b>Category</b>	Pubescent herb, Flowering time: February, April- May, At 610-1400m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Stomach ulcer, tonsilitis, cuts and burns
<b>Remarks</b>	Dry and powder; for cuts and burns – crush, heat and apply







<b>Botanical Name</b>	<i>Codonopsis viridis</i>
<b>Family</b>	Campanulaceae
<b>Common Name</b>	Codonopsis
<b>Local Name</b>	Zumphimula (Sh)
<b>Category</b>	Climber, Flowering time: August -September, Al 1200-3350m
<b>Parts Used</b>	Root/leaves
<b>Uses</b>	Ringworm
<b>Remarks</b>	Crash and Apply







<b>Botanical Name</b>	<i>Cannabis sativa</i>
<b>Family</b>	Cannabaceae
<b>Common Name</b>	Hemp
<b>Local Name</b>	Phagpa Nam (Sh), Kena (Dz), Bhang (Lh)
<b>Category</b>	Herb, Flowering time: June-August, Al 300-3000m
<b>Parts Used</b>	Leaves
<b>Uses</b>	To remove worms from infections; to ward of fleas from bed/ floor
<b>Remarks</b>	Crush and apply









<b>Botanical Name</b>	<i>Carica papaya</i>
<b>Family</b>	Caricaceae
<b>Common Name</b>	Papaya
<b>Local Name</b>	Maduphala (Dz)
<b>Category</b>	Small palm-like tree, Flowering time: March-April, At best is below 900m but it can grow 2100m
<b>Parts Used</b>	Fruits/Seeds
<b>Uses</b>	Diabetes and weight loss
<b>Remarks</b>	Boil unripened fruits/seeds and consume





<b>Botanical Name</b>	<i>Drymaria cordata</i>
<b>Family</b>	Caryophyllaceae
<b>Common Name</b>	Tropical chickweed
<b>Local Name</b>	Pipi Rokpu (Sh)
<b>Category</b>	Creeper, Flowering time: May, Al 300-1050m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Snake bite
<b>Remarks</b>	Crush, heat and apply on swollen bite area; mix with others







<b>Botanical Name</b>	<i>Drymaria villosa</i>
<b>Family</b>	Caryophyllaceae
<b>Common Name</b>	Tropical Chickweed
<b>Local Name</b>	Abhijalo (Lh)
<b>Category</b>	Annual herb, Flowering time: May- August, Al 200-2000m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Tonsilitis
<b>Remarks</b>	Crush and drink with water, consume raw









<b>Botanical Name</b>	<i>Chloranthus elatior</i>
<b>Family</b>	Chloranthaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Menjari (Sh)
<b>Category</b>	Small shrub, Flowering time: May- October, At 270-1600m
<b>Parts Used</b>	Leaves & Roots
<b>Uses</b>	Leaves for bath; roots for toothache
<b>Remarks</b>	Leaves soak in hot water; roots -powder and apply in cavities





<b>Botanical Name</b>	<i>Terminalia chebula</i>
<b>Family</b>	Combretaceae
<b>Common Name</b>	Chebolic Myrobalan
<b>Local Name</b>	Aaroo (Sh), Aaroo (Dz), Hara (Lh)
<b>Category</b>	Tree, Flowering time: April-June, Al 300-1981m
<b>Parts Used</b>	Fruits
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Dried fruits powdered and mixed with others







<b>Botanical Name</b>	<i>Terminalia bellirica</i>
<b>Family</b>	Combretaceae
<b>Common Name</b>	Beach almond, Myrobalan
<b>Local Name</b>	Baroo (Sh), Baroo (Dz), Bara (Lh)
<b>Category</b>	Tree, Flowering time: March, May-June, Al 200-1372m
<b>Parts Used</b>	Fruits
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Dry and powdered, mixed with others









<b>Botanical Name</b>	<i>Galinsoga parviflora</i>
<b>Family</b>	Compositae
<b>Common Name</b>	Quickweed, Potato weed
<b>Local Name</b>	Bangru Ngon (Sh), Jaga-yuma (Dz), Udasay (Lh)
<b>Category</b>	Perennial herb, Flowering time: March- December, At 900-2450m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Hard boils
<b>Remarks</b>	Crush, heat and apply







<b>Botanical Name</b>	<i>Tagetes erecta</i>
<b>Family</b>	Compositae
<b>Common Name</b>	Marigold
<b>Local Name</b>	Soipatri (Lh)
<b>Category</b>	Shrub, Flowering time: February- October, Al 1200-2350m
<b>Parts Used</b>	Leaves & Flowers
<b>Uses</b>	Pneumonia & Gastritis
<b>Remarks</b>	Boil and drink







<b>Botanical Name</b>	<i>Tupistra wattii</i>
<b>Family</b>	Convallariaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Wangpaimo (Sh)
<b>Category</b>	Perennial herb, Flowering time: April- June fr. February, At 1800-2780m
<b>Parts Used</b>	Roots
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder and mix with others









<b>Botanical Name</b>	<i>Toricellia tillifolia</i>
<b>Family</b>	Cornaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Dengmala Shing (Sh)
<b>Category</b>	Short tree, Flowering time: April, Al 1000-2150m
<b>Parts Used</b>	Roots/Leaves
<b>Uses</b>	Cancerous wounds
<b>Remarks</b>	Crush, heat, and apply as paste







<b>Botanical Name</b>	<i>Hellenia speciosa</i> (Synonym <i>Costus speciosus</i> )
<b>Family</b>	Costaceae
<b>Common Name</b>	Crepe ginger
<b>Local Name</b>	Betlouri (Lh)
<b>Category</b>	Perennial herb, Flowering time: July-August, Al 150-610m
<b>Parts Used</b>	Stem
<b>Uses</b>	UTI/Pain during urination
<b>Remarks</b>	Drink juice extract from the stem







<b>Botanical Name</b>	<i>Kalanchoe pinnatum</i> (Synonym <i>Bryophyllum pinnatum</i> )
<b>Family</b>	Crassulaceae
<b>Common Name</b>	Kalanchoe
<b>Local Name</b>	Metoshawa Thetpu (Sh)
<b>Category</b>	Succulent perennial herb, Flowering time: March-May, At 300-1050m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Kidney stones
<b>Remarks</b>	Eat raw, or crush and drink with water









<b>Botanical Name</b>	<i>Luffa aegyptiaca</i> (Synonym <i>Luffa cylindrica</i> )
<b>Family</b>	Curcubitaceae
<b>Common Name</b>	Sponge cucumber
<b>Local Name</b>	Chhong brumsha (Sh), Jhalo (Lh)
<b>Category</b>	Climber, Flowering time: October- December, Al 200-600m
<b>Parts Used</b>	Fruits
<b>Uses</b>	Sinusites/Migrainne
<b>Remarks</b>	Powder mix with water and apply through nose







<b>Botanical Name</b>	<i>Trichosanthes tricuspidata</i>
<b>Family</b>	Curcubitaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Keke Dorji Pho (Sh)
<b>Category</b>	Climber, Flowering time: May -April, Al 1200-2300m
<b>Parts Used</b>	Roots
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder and mix with others







<b>Botanical Name</b>	<i>Trichosenthes spp</i>
<b>Family</b>	Curcubitaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Keke Dorji Mo (Sh)
<b>Category</b>	Climber
<b>Parts Used</b>	Roots
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder and mix with others









<b>Botanical Name</b>	<i>Solena amplexicaulis</i>
<b>Family</b>	Curcubitaceae
<b>Common Name</b>	Creeping cucumber
<b>Local Name</b>	Kangkulung Ruu (Sh), Golkakri (Lh)
<b>Category</b>	Climber, Flowering time: April- September, Al 450-2285m
<b>Parts Used</b>	Root tuber
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder and mix with others







<b>Botanical Name</b>	<i>Hodgsonia macrocarpa</i>
<b>Family</b>	Curcubitaceae
<b>Common Name</b>	Chinese lard seed
<b>Local Name</b>	Ruuprakala Shawa Pho (Sh)
<b>Category</b>	Climber, Flowering time: March- May, Al 280-1200m
<b>Parts Used</b>	Roots
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder and mix with others







<b>Botanical Name</b>	<i>Cuscuta reflexa</i>
<b>Family</b>	Cuscutaceae
<b>Common Name</b>	Giant dodder
<b>Local Name</b>	Ruuserboo or Bedengru (Sh), Dhoofee rubji (Dz), Amarlata (Lh)
<b>Category</b>	Leafless parasitic twined sprawling thin vine, Flowering time: February-October, Al 600-2700m
<b>Parts Used</b>	The whole plant (vine)
<b>Uses</b>	Jaundice
<b>Remarks</b>	Smash and drink the juice extract









<b>Botanical Name</b>	<i>Dioscorea belophylla</i>
<b>Family</b>	Dioscoreaceae
<b>Common Name</b>	Spear-leaved yam
<b>Local Name</b>	Khalaktang Serboo (Sh), Tarul (Lh)
<b>Category</b>	Climber, Flowering time: Otober- December, Al 200-1900m
<b>Parts Used</b>	Fruits/Roots
<b>Uses</b>	Maankhalu, Aara
<b>Remarks</b>	Powdered and mixed with others; additive in local brew (exudes colour)







<b>Botanical Name</b>	<i>Dioscorea bulbifera</i>
<b>Family</b>	Dioscoreaceae
<b>Common Name</b>	Potato plant Yam
<b>Local Name</b>	Khalaktang Chhanglu (Sh), Tarul (Lh)
<b>Category</b>	Climber, Flowering time: June-September, Al 90-1900(-2150)m
<b>Parts Used</b>	Fruits and Roots
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder and mix with others







<b>Botanical Name</b>	<i>Tacca integrifolia</i>
<b>Family</b>	Dioscoreaceae
<b>Common Name</b>	White bat flower
<b>Local Name</b>	Bozong Yongba or Menyongba (Sh)
<b>Category</b>	Rhizomatous evergreen perennial herb, Flowering time: February-September, At 300-500m
<b>Parts Used</b>	Rhizome & leaves
<b>Uses</b>	Cancerous growths
<b>Remarks</b>	Crush, heat and apply







<b>Botanical Name</b>	<i>Hippophae rhamnoides</i>
<b>Family</b>	Elaeagnaceae
<b>Common Name</b>	Sea-buckthorn
<b>Local Name</b>	Seyshing (Sh), Taraytshang (Dz)
<b>Category</b>	Short tree, Flowering time: April-July, Al 2133-2755m
<b>Parts Used</b>	Fruits
<b>Uses</b>	Blood pressure, Diabetes
<b>Remarks</b>	Fruits eaten or drink juice extract









<b>Botanical Name</b>	<i>Equisetum diffusum</i>
<b>Family</b>	Equisetaceae
<b>Common Name</b>	Himalayan horsetail
<b>Local Name</b>	Nyurchhu (Sh), Sallay (Lh), Chhoo-tshey (TM)
<b>Category</b>	Perennial herb, Flowering time: April- May, At 1000-3700m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Muscle pain, backache, gout
<b>Remarks</b>	Boil and drink







<b>Botanical Name</b>	<i>Euphorbia royleana</i>
<b>Family</b>	Euphorbaceae
<b>Common Name</b>	Sullu spurge or Royle's spurge
<b>Local Name</b>	Migthoma shing or Nimthomozoo (Sh), Sherikhen (TM)
<b>Category</b>	Succulent thorny shrub, Flowering time: April- May, Al 915-2130m
<b>Parts Used</b>	Sap
<b>Uses</b>	Ringworm
<b>Remarks</b>	Apply the sap







<b>Botanical Name</b>	<i>Ricinus communis</i>
<b>Family</b>	Euphorbiaceae
<b>Common Name</b>	Castor oil plant
<b>Local Name</b>	Chamleng shing (Sh), Rari (Lh)
<b>Category</b>	Shrub or small tree, Flowering time: January-March, At 200-3000m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Sofu malekpa (Cancerous wounds)
<b>Remarks</b>	Crush, heat and apply; mix with others







<b>Botanical Name</b>	<i>Acalypha wilkesiana</i>
<b>Family</b>	Euphorbiaceae
<b>Common Name</b>	Copper leaf
<b>Local Name</b>	Kaani Jar (Lh)
<b>Category</b>	Evergreen Shrub, Flowering time: May- June, At 300m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Wounds in ear, Athlete's foot, & Thigh Chafing
<b>Remarks</b>	Crush and apply







<b>Botanical Name</b>	<i>Tephrosia candida</i>
<b>Family</b>	Fabaceae
<b>Common Name</b>	White hoarypea
<b>Local Name</b>	Langashing or Kumchumo Shing(sh)
<b>Category</b>	Perennial shrub, Flowering time: June- November, At 1050-1200m
<b>Parts Used</b>	Roots/Barks/Flowers
<b>Uses</b>	Bath
<b>Remarks</b>	Soak in hot water, provides excellent scent









<b>Botanical Name</b>	<i>Flemingia macrophylla</i>
<b>Family</b>	Fabaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Gowaisharang shing (Sh)
<b>Category</b>	Woody leguminous shrub, Flowering time: April- May, At 300-2000m
<b>Parts Used</b>	Bark/Stem
<b>Uses</b>	Zemned (Postpartum cramps)
<b>Remarks</b>	Soak in hot water and massage; mix with others







<b>Botanical Name</b>	<i>Pterocarpus santalinus</i>
<b>Family</b>	Fabaceae
<b>Common Name</b>	Red Sandalwood
<b>Local Name</b>	Tsendhen Marpo (Sh), Tsendhen Maro (Dz)
<b>Category</b>	Tree, Flowering time: February- April, At 150-1000m
<b>Parts Used</b>	Wood
<b>Uses</b>	Zemned (Postpartum cramps), Drangwa (UTI, STDs, Scrotal swelling), Dhoorba maan
<b>Remarks</b>	Boil the wood; mix with others







<b>Botanical Name</b>	<i>Entada rheedii</i>
<b>Family</b>	Fabaceae
<b>Common Name</b>	African dream herb
<b>Local Name</b>	Kolokpa (Sh), Pangro (Lh), Chinpa-shosha (TM)
<b>Category</b>	Woody climber, Flowering time: March-June, At 600-1500m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Hard boils
<b>Remarks</b>	Crush, heat and apply. Not to be used with open wounds.







<b>Botanical Name</b>	<i>Erythrina arborescens</i>
<b>Family</b>	Fabaceae
<b>Common Name</b>	Himalayan Coral Tree
<b>Local Name</b>	Kharshing (Sh), Chhatshey shing (Dz), Phalaydo (Lh), Khelma zhoshanakpo (TM)
<b>Category</b>	Small tree with prickles, July- August, 1525-2440m
<b>Parts Used</b>	Seeds
<b>Uses</b>	Shelmen
<b>Remarks</b>	Powdered. Excessive use is fatal – therefore not to be used without a proper guide.







<b>Botanical Name</b>	<i>Butea buteiformis</i>
<b>Family</b>	Fabaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Frokpa Laga (Sh)
<b>Category</b>	Erect perennial herb, Flowering time: June- September, Al 1220-1440m
<b>Parts Used</b>	Seeds
<b>Uses</b>	Shelmen
<b>Remarks</b>	Powder and mix with others. Not to be used without a proper guide.







<b>Botanical Name</b>	<i>Millettia pachycarpa</i>
<b>Family</b>	Fabaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Ngairu (Sh)
<b>Category</b>	Tall climber, Flowering time: April-May, At 900-1350m
<b>Parts Used</b>	Leaves/roots
<b>Uses</b>	Remove lice
<b>Remarks</b>	Apply crushed roots and leaves







<b>Botanical Name</b>	<i>Bauhinia variegata</i>
<b>Family</b>	Fabaceae
<b>Common Name</b>	Butterfly tree
<b>Local Name</b>	Dogorom shing /Pekpekpa shing (Sh), Zibzib shing (Dz), Tanki (Lh)
<b>Category</b>	Small to medium-size deciduous tree; Flowering season September – November; Al 200 m – 1300 m
<b>Parts Used</b>	Flowers
<b>Uses</b>	Gastro-intestinal problems
<b>Remarks</b>	Eaten as vegetable







<b>Botanical Name</b>	<i>Castanopsis hystrix</i>
<b>Family</b>	Fagaceae
<b>Common Name</b>	Indian Chestnut
<b>Local Name</b>	Tsheshing (Sh), Sokay shing (Dz), Katus (Lh)
<b>Category</b>	Tree, Flowering time: April-June, AI 2000-2300m
<b>Parts Used</b>	Wood core
<b>Uses</b>	Dhoorba maan
<b>Remarks</b>	Boil the wood, mixed with others







<b>Botanical Name</b>	<i>Quercus semecarpifolia</i>
<b>Family</b>	Fagaceae
<b>Common Name</b>	Oak
<b>Local Name</b>	Betsenang Shing (Sh), Bjeshing (Dz), Khosru (Lh)
<b>Category</b>	Tree, Flowering time: April- June, Al 1500-2200m
<b>Parts Used</b>	Wood core
<b>Uses</b>	Dhoorba maan
<b>Remarks</b>	Boil the wood; mix with others







<b>Botanical Name</b>	<i>Quercus griffithii</i>
<b>Family</b>	Fagaceae
<b>Common Name</b>	Oak
<b>Local Name</b>	Bainangshing (Sh), Sisishing (Dz), Kasru (Lh)
<b>Category</b>	Tree, Flowering time: April, Al 1300-2500m
<b>Parts Used</b>	Core wood
<b>Uses</b>	Dhoorba Maan
<b>Remarks</b>	Boil the wood; mix with others







<b>Botanical Name</b>	<i>Swertia bimaculata</i>
<b>Family</b>	Gentianaceae
<b>Common Name</b>	Chirata
<b>Local Name</b>	Tiktsa/ Zingchhanglu/ Peylem Rokpa (Sh)
<b>Category</b>	Herb, Flowering time: February, July-October, Al 1520-3660m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Gagned (blocked throat), Sofu Malekpa (Cancerous wounds)
<b>Remarks</b>	Boil and drink, crush and mix with others







<b>Botanical Name</b>	<i>Swertia chirayita</i>
<b>Family</b>	Gentianaceae
<b>Common Name</b>	Chirata
<b>Local Name</b>	Phuga Chirata (Sh)
<b>Category</b>	Herb, Flowering time: September- November(March), At 2130-2740m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Gagned, Sofu Malekpa
<b>Remarks</b>	Boil and drink; crush and apply (mix with others)









<b>Botanical Name</b>	<i>Tripterospermum volubile</i>
<b>Family</b>	Gentianaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Yangrem ruu (Sh)
<b>Category</b>	Climber, Flowering time: June-October (fr.November), At 1525-3200m
<b>Parts Used</b>	Roots
<b>Uses</b>	Sofu Malekpa (Cancerous wounds)
<b>Remarks</b>	Crush, heat and apply; mix with others







<b>Botanical Name</b>	<i>Crawfordia speciosa</i>
<b>Family</b>	Gentianaceae
<b>Common Name</b>	Showy Gentian Vine
<b>Local Name</b>	Gowa Tappi (Sh)
<b>Category</b>	Climbing vine, Flowering time: September-November, Al 2134-3810(-4572)m
<b>Parts Used</b>	Roots
<b>Uses</b>	Man Khalu
<b>Remarks</b>	Powdered and mixed with other







<b>Botanical Name</b>	<i>Cymbopogon flexuosus</i>
<b>Family</b>	Gramineae
<b>Common Name</b>	Lemon grass
<b>Local Name</b>	Solobang (Sh), Humchung tsa (Dz)
<b>Category</b>	Grass, Flowering time: September- November, Al 370-1520m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Snake bite
<b>Remarks</b>	Apply lemon grass oil extract; mix with others







<b>Botanical Name</b>	<i>Exbucklandia Populnea</i>
<b>Family</b>	Hamamelidaceae
<b>Common Name</b>	Pipli Tree
<b>Local Name</b>	Lemshing (Sh), Chenju Shing (Dz), Pipli (Lh)
<b>Category</b>	Tree, Flowering time: November-March, Al 1260-2200m
<b>Parts Used</b>	Core wood
<b>Uses</b>	Dhoorba Maan
<b>Remarks</b>	Boil wood, mix with others







<b>Botanical Name</b>	<i>Hydrangea heteromalla</i>
<b>Family</b>	Hydrangeaceae
<b>Common Name</b>	Himalayan hydrangea
<b>Local Name</b>	Mizuma Laga (Sh), Halonre (Lh)
<b>Category</b>	Shrub, Flowering time: June-August, Al 2450-3350m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Zikpey maan (Bath)
<b>Remarks</b>	Boil leaves, mix with others







<b>Botanical Name</b>	<i>Dichroa febrifuga</i>
<b>Family</b>	Hydrangeaceae
<b>Common Name</b>	Evergreen hydrangea
<b>Local Name</b>	Ngangchhanglu shing or Ngonchhanglu Shing (Sh)
<b>Category</b>	Shrub, Flowering time: May-November, Al 1000-2300m
<b>Parts Used</b>	Leaves and shoot
<b>Uses</b>	Sofu Malekpa (Cancerous wounds)
<b>Remarks</b>	Crush, heat and apply; mix with others







<b>Botanical Name</b>	<i>Molinaria capitulata</i>
<b>Family</b>	Hypoxidaceae
<b>Common Name</b>	Palm grass
<b>Local Name</b>	Chimiktang or Tshamlaga (Sh), Doti Saro (Lh)
<b>Category</b>	Herb, Flowering time: April- June, Al 200-2400m
<b>Parts Used</b>	Roots
<b>Uses</b>	Dysentery, Sofu malekpa, & Bone fracture
<b>Remarks</b>	Boil and drink (for dysentery); crush, heat and apply – mix with others







<b>Botanical Name</b>	<i>Clerodendron serratum</i>
<b>Family</b>	Lamiaceae
<b>Common Name</b>	Glorybower, bagflower and bleeding-heart
<b>Local Name</b>	Nambala Pho or Lumberem shing (Sh)
<b>Category</b>	Shrub, Flowering time: May-October, AI 300-1500m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Bath (Zikpey Maan)
<b>Remarks</b>	Boil in water, mix with others







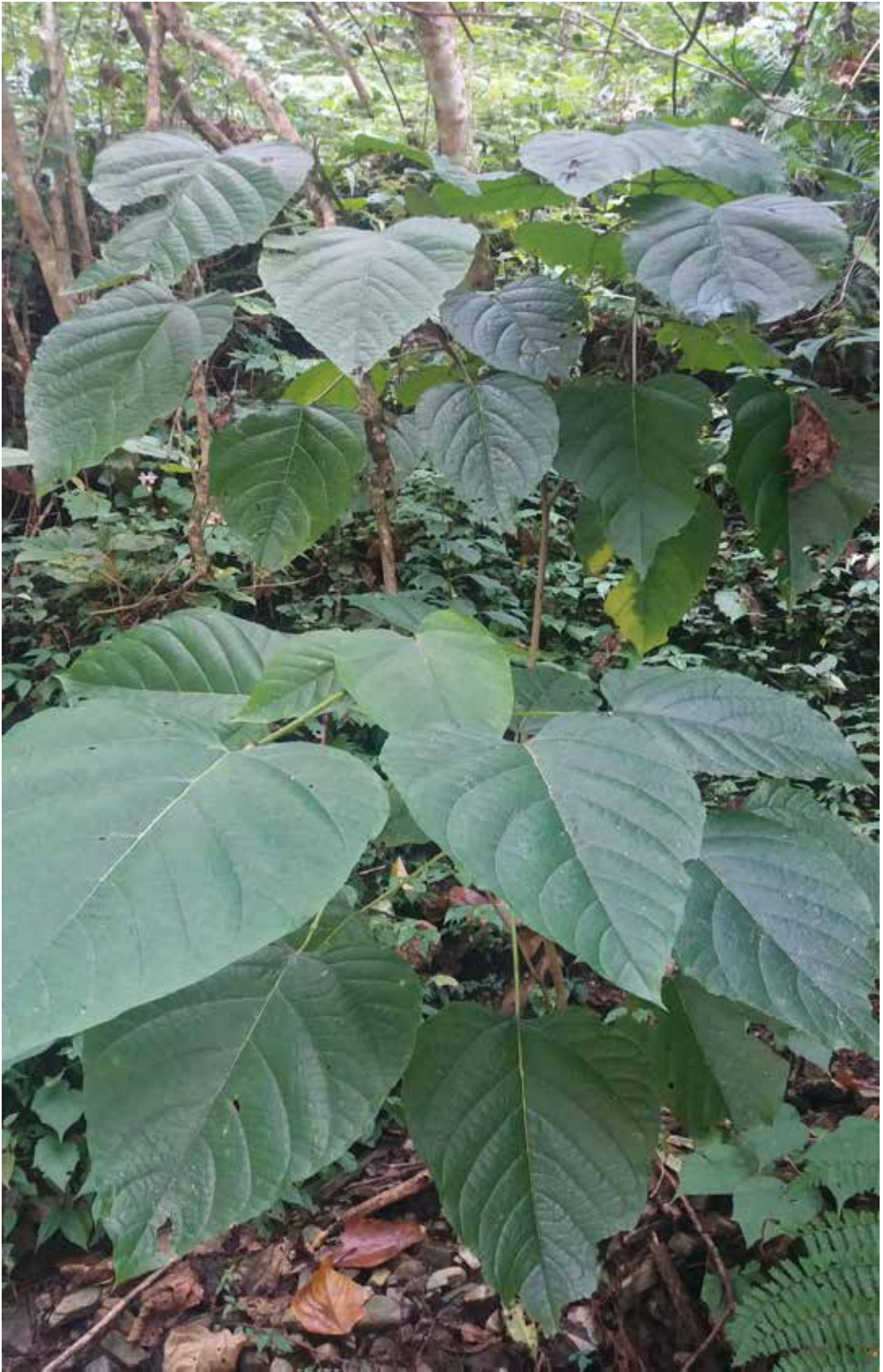
<b>Botanical Name</b>	<i>Clerodendrum glandulosum</i> (Synonym- <i>Clerodendrum colebrookianum</i> )
<b>Family</b>	Lamiaceae
<b>Common Name</b>	East Indian glory bower
<b>Local Name</b>	Nambalashing Mo (Sh)
<b>Category</b>	Perennial shrub, Flowering time: August-November, At 760-1670m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Zikpey maan (Bath)
<b>Remarks</b>	Boil in water, mix with others







<b>Botanical Name</b>	<i>Clerodendrum japonicum</i>
<b>Family</b>	Lamiaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Mantaanshing (Sh)
<b>Category</b>	Shrub, Flowering time: June-September, At 600-1200m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Sofu malekpa, Swollen stomach, swollen legs
<b>Remarks</b>	Crush, heat and apply; mix with others







<b>Botanical Name</b>	<i>Elsholtzia blanda</i>
<b>Family</b>	Lamiaceae
<b>Common Name</b>	Pleasant Himalayan Mint
<b>Local Name</b>	Tempashing (Sh)
<b>Category</b>	Shrub, Flowering time: October-December, Al 1070-2130m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Athlete's foot
<b>Remarks</b>	Crush and apply paste







<b>Botanical Name</b>	<i>Clinopodium umbrosum</i>
<b>Family</b>	Lamiaceae
<b>Common Name</b>	Shady calamint
<b>Local Name</b>	Maanbokpi Ngon (Sh)
<b>Category</b>	Herb, Flowering time: May-September, Al 200-3660m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Stomach ulcer, tonsilitis, cuts and burns
<b>Remarks</b>	Dry and powder; mix with others









<b>Botanical Name</b>	<i>Gmelina arborea</i>
<b>Family</b>	Lamiaceae
<b>Common Name</b>	Gamari, Beechwood
<b>Local Name</b>	Kholongshing (Sh), Khamari (Lh)
<b>Category</b>	Tree, Flowering time: February-April, Al 250-1700m
<b>Parts Used</b>	Bark
<b>Uses</b>	Mumps, Fever, Ulcer, Sore throat
<b>Remarks</b>	Drink concoction







<b>Botanical Name</b>	<i>Plectranthus scutellarioides</i>
<b>Family</b>	Lamiaceae
<b>Common Name</b>	Coleus
<b>Local Name</b>	Bagay Pata (Lh)
<b>Category</b>	Perennial weed, Flowering time: May- June, Al 450- 1300m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Swollen throat
<b>Remarks</b>	Drink the concoction







<b>Botanical Name</b>	<i>Ocimum tenuiflorum</i>
<b>Family</b>	Lamiaceae
<b>Common Name</b>	Basil
<b>Local Name</b>	Tulsi (Lh)
<b>Category</b>	Shrub, Flowering time: May-December, Al 1525m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Throat pain, Typhoid, Pneumonia of Children
<b>Remarks</b>	Concoction; mix with others









<b>Botanical Name</b>	<i>Callicarpa arborea</i>
<b>Family</b>	Lamiaceae
<b>Common Name</b>	Beautyberry
<b>Local Name</b>	Thulushing (Sh), Khalema (Dz), Guenla (Lh)
<b>Category</b>	Tree, Flowering time: April-June, Al 250-1520m
<b>Parts Used</b>	Cambium
<b>Uses</b>	Receding gums
<b>Remarks</b>	Eaten with paan







<b>Botanical Name</b>	<i>Parasassafra confertiflora</i>
<b>Family</b>	Lauraceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Singsishing (Sh), Shingmar (Dz)
<b>Category</b>	Tree, Flowering time: November- January, Al 900-2150m
<b>Parts Used</b>	Seeds
<b>Uses</b>	Zhetpu (Eczema)
<b>Remarks</b>	Apply oil extract from seeds







<b>Botanical Name</b>	<i>Cinnamomum tamala</i>
<b>Family</b>	Lauraceae
<b>Common Name</b>	Malabar leaf, Tezpat
<b>Local Name</b>	Shingtsashing (Sh), Shingtsa (Dz), Tezpata (Lh)
<b>Category</b>	Tree, Flowering time: April-May, Al 1400-1700m
<b>Parts Used</b>	Bark
<b>Uses</b>	Bone fracture
<b>Remarks</b>	Apply paste, not to be eaten







<b>Botanical Name</b>	<i>Mucuna nigricans</i> ( <i>Mucuna atropurpurea</i> )
<b>Family</b>	Leguminosae
<b>Common Name</b>	Black Jade Vine
<b>Local Name</b>	Khaimayosha or Zalakolokpa (Sh)
<b>Category</b>	Large twining shrub: Flowering time: August, Al 600m
<b>Parts Used</b>	Seeds
<b>Uses</b>	Luzey-Lumen (Medicinal pills used during Puja offering to Nagas)
<b>Remarks</b>	Powdered; Mix with others







<b>Botanical Name</b>	<i>Senna alata</i> (Synonym <i>Cassia alata</i> )
<b>Family</b>	Leguminosae
<b>Common Name</b>	Candlebrush
<b>Local Name</b>	Ringworm plant (Eng)
<b>Category</b>	Shrub, Flowering time: May, At 200-400m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Effective remedy for Ringworm
<b>Remarks</b>	Crush and apply







<b>Botanical Name</b>	<i>Crinum amoenum</i>
<b>Family</b>	Liliaceae
<b>Common Name</b>	Crinum lilly/Asian poison bulb
<b>Local Name</b>	Langpochhe Bhilam (Sh)
<b>Category</b>	Herb, Flowering time: June-August, Al 1400-2070m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Leg Swelling and sprains
<b>Remarks</b>	Apply paste







<b>Botanical Name</b>	<i>Torenia violacea</i>
<b>Family</b>	Linderniaceae
<b>Common Name</b>	Violet wishbone flower
<b>Local Name</b>	Maanbokpi Maeju (Sh)
<b>Category</b>	Herb, Flowering time: April- November, At 200-2185m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Stomach ulcer, Tonsilitis, cuts and burns
<b>Remarks</b>	Powder; mix with others









<b>Botanical Name</b>	<i>Viscum napalense</i>
<b>Family</b>	Loranthaceae
<b>Common Name</b>	Leafless Mistletoe
<b>Local Name</b>	Ngeshing Jormo (Sh), Ngenshithup (Dz), Harchul (Lh)
<b>Category</b>	Parasitic herb, Flowering time: May- August, Al 1400-2400m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Bone fracture, Joints and bones pain, Tea
<b>Remarks</b>	Paste and apply; concoction; drink tea







<b>Botanical Name</b>	<i>Scurrula elata</i>
<b>Family</b>	Loranthaceae
<b>Common Name</b>	Mistletoe
<b>Local Name</b>	Rungrungma or Khainingshing (Sh), Jashing (Dz), Aijeru (Lh)
<b>Category</b>	Parasitic plant, Flowering time: April-June, 2100-1500m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Bones and joint pain, Tea
<b>Remarks</b>	Drink concoction, Tea







<b>Botanical Name</b>	<i>Lycopodium japonicum</i>
<b>Family</b>	Lycopodiaceae
<b>Common Name</b>	Clubmoss
<b>Local Name</b>	Chhusindermo or Zalagadang (Sh), Chailab (Dz)
<b>Category</b>	Slender creeper, Flowering time: October- March, At 2500-3030m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Luzey-Lumen
<b>Remarks</b>	Powder, mix with others









<b>Botanical Name</b>	<i>Abelmoschus manihot</i>
<b>Family</b>	Malvaceae
<b>Common Name</b>	Sunset muskmallow/ Edible hibiscus
<b>Local Name</b>	Merakshing (Sh)
<b>Category</b>	Perennial herb, Flowering time: August-December, Al 600-1800m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Sofu malekpa (Cancerous wounds), Khom-khusung (Hard boils)
<b>Remarks</b>	Apply paste; mix with others







<b>Botanical Name</b>	<i>Paris polyphylla</i>
<b>Family</b>	Melanthiaceae
<b>Common Name</b>	Satuwa
<b>Local Name</b>	Thoksampa (Sh), Dochukewa (Dz), Satuwa (Lh)
<b>Category</b>	Perennial herb, Flowering time: April-June, Al 1300-3960m
<b>Parts Used</b>	Leaves/Tuber
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Oxyspora paniculata</i>
<b>Family</b>	Melastomataceae
<b>Common Name</b>	Bristletips
<b>Local Name</b>	Lechhangma Pho (Sh), Tulasi (Lh)
<b>Category</b>	Shrub, Flowering time: August-October, Al 680- 2130m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Zikpa maan (Bath)
<b>Remarks</b>	Soak in hot water; mix with others







<b>Botanical Name</b>	<i>Osbeckia stellata</i>
<b>Family</b>	Melastomataceae
<b>Common Name</b>	Starry Osbeckia
<b>Local Name</b>	Lechhangma Mo (Sh)
<b>Category</b>	Shrub, Flowering time: August- October, Al 305-1650m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Zikpey Maan (Bath)
<b>Remarks</b>	Soak leaves in hot water; mix with others







<b>Botanical Name</b>	<i>Melia azedarach</i>
<b>Family</b>	Meliaceae
<b>Common Name</b>	Chinaberry tree/ Indian lilac
<b>Local Name</b>	Trobdha shing (Sh), Jashing (Dz), Bucknai (Lh)
<b>Category</b>	Small deciduous tree (Exotic), Flowering time: March- May, Al 300-2320m
<b>Parts Used</b>	Leaves and young shoots
<b>Uses</b>	Diabetes
<b>Remarks</b>	Drink concoction







<b>Botanical Name</b>	<i>Stephania spp</i>
<b>Family</b>	Menispermaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Gonaras Marpo, Abhidoro Tsalo (Sh)
<b>Category</b>	Climber, Flowering time:
<b>Parts Used</b>	Tuber
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Stephania japonica</i>
<b>Family</b>	Menispermaceae
<b>Common Name</b>	Snake vine
<b>Local Name</b>	Gonaras Serbo/Abhidoro Serbo (Sh)
<b>Category</b>	Climber, Flowering time: June, Al 300-900m
<b>Parts Used</b>	Tuber
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Stephania glabra</i>
<b>Family</b>	Menispermaceae
<b>Common Name</b>	Snake vine
<b>Local Name</b>	Gonaras Karpō/Abhidoro Balingbi (Sh)
<b>Category</b>	Climber, Flowering time: May-June, At 600-1600m
<b>Parts Used</b>	Tuber
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Tinospora cordifolia</i>
<b>Family</b>	Menispermaceae
<b>Common Name</b>	Guduchi
<b>Local Name</b>	Jingru (Sh)
<b>Category</b>	Woody climber, Flowering time: February, Al 150-900m
<b>Parts Used</b>	Roots & woody stem
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Stephania glandulifera</i>
<b>Family</b>	Menispermaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Zalamathang (Sh)
<b>Category</b>	Climbing vine
<b>Parts Used</b>	Root tuber
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Cissampelos pareira</i>
<b>Family</b>	Menispermaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Jingru daza (Sh)
<b>Category</b>	Climber/Creeper, Flowering time: March- May, At 500-1700m
<b>Parts Used</b>	Root tuber
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Tinospora sinensis</i>
<b>Family</b>	Menispermaceae
<b>Common Name</b>	Heart-leaved moonseed, guduchi or giloy
<b>Local Name</b>	Gurzoo (Lh)
<b>Category</b>	Climber with woody stem, Flowering time: February- May, At 150-900m
<b>Parts Used</b>	Stem
<b>Uses</b>	Diabetes & Gout
<b>Remarks</b>	Powder, drink concoction







<b>Botanical Name</b>	<i>Moringa oleifera</i>
<b>Family</b>	Moringaceae
<b>Common Name</b>	Drumstick Tree
<b>Local Name</b>	Sajana (Lh)
<b>Category</b>	Small deciduous tree, Flowering time: January- February, Al 230m
<b>Parts Used</b>	Seeds/Leaves
<b>Uses</b>	Blood pressure
<b>Remarks</b>	Seeds eaten as dal; drink concoction of leaves







<b>Botanical Name</b>	<i>Musa thomsonii</i>
<b>Family</b>	Musaceae
<b>Common Name</b>	Indian Banana
<b>Local Name</b>	Neyra Laishing (Sh), Ngalashing (Dz)
<b>Category</b>	Large herb, Flowering time: November, Al 457m
<b>Parts Used</b>	Fleshy Stem
<b>Uses</b>	To reduce effect of poison due to Manchhen ( <i>Aconitum</i> )
<b>Remarks</b>	Drink Juice extract; mix with others







<b>Botanical Name</b>	<i>Myrica esculanta</i>
<b>Family</b>	Myricaceae
<b>Common Name</b>	Box berry
<b>Local Name</b>	Tsutsushing (Sh), Kaphal (Lh)
<b>Category</b>	Tree, Flowering time: September- March, Al 1200-2100m
<b>Parts Used</b>	Bark
<b>Uses</b>	Sinusitis
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Myristica fragrans</i>
<b>Family</b>	Myristicaceae
<b>Common Name</b>	Nutmeg
<b>Local Name</b>	Zati (Sh, Lh)
<b>Category</b>	Tree, Flowering time: Late spring, Al tropical upto 1000m
<b>Parts Used</b>	Seeds (imported from India)
<b>Uses</b>	Cough and cold
<b>Remarks</b>	Powder; drink concoction







<b>Botanical Name</b>	<i>Nephrolepis cordifolia</i>
<b>Family</b>	Nephrolepidaceae
<b>Common Name</b>	Fishbone fern
<b>Local Name</b>	Salugonpu (Sh)
<b>Category</b>	Terrestrial or epiphytic fern, do not produce flowers as they reproduce by spores, AI 800-2000m
<b>Parts Used</b>	Root tubers
<b>Uses</b>	Diabetes, UTI
<b>Remarks</b>	Eat the tubers







<b>Botanical Name</b>	<i>Fraxinus paxiana</i>
<b>Family</b>	Oleaceae
<b>Common Name</b>	Blomsterask
<b>Local Name</b>	Tsipshing (Sh), Lankuri (Lh)
<b>Category</b>	Tree, Flowering time: May- June, Al 2750-3500m
<b>Parts Used</b>	Wood trunk
<b>Uses</b>	Dhoorba maan
<b>Remarks</b>	Boil the wood core; mix with others







<b>Botanical Name</b>	<i>Jasmanum grandiflorum</i>
<b>Family</b>	Oleaceae
<b>Common Name</b>	Royal Jasmine
<b>Local Name</b>	Khangru Chhanglu (Sh)
<b>Category</b>	Shrub, Flowering time: June- October, Al 1050- 1450m
<b>Parts Used</b>	Stem
<b>Uses</b>	Zemned (Postpartum cramps)
<b>Remarks</b>	Boil the stem and apply; mix with others







<b>Botanical Name</b>	<i>Cymbidium erythraeum</i>
<b>Family</b>	Orchidaceae
<b>Common Name</b>	Orchid
<b>Local Name</b>	Olachoto (Sh, Dz)
<b>Category</b>	Epiphyte or lithophyte (Pseudobulb), Flowering time: September- November, Al 1200-2330m
<b>Parts Used</b>	Roots & flowers
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Dactylorhiza hatagirea</i>
<b>Family</b>	Orchidaceae
<b>Common Name</b>	Himalayan Marsh Orchid
<b>Local Name</b>	Wangpo lakpa (Sh, Dz)
<b>Category</b>	Annual herb, Flowering time: June-July, Al 2500-5000 msl
<b>Parts Used</b>	Root tubers
<b>Uses</b>	Physical weakness
<b>Remarks</b>	Eat raw, powder







<b>Botanical Name</b>	<i>Adenia trilobata</i>
<b>Family</b>	Passifloraceae
<b>Common Name</b>	Akhadaphal
<b>Local Name</b>	Dakhor (Sh)
<b>Category</b>	Climber, Flowering time: May- June, Al 600-1000m
<b>Parts Used</b>	Root tuber
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Phyllanthus emblica</i>
<b>Family</b>	Phyllanthaceae
<b>Common Name</b>	Myrobalan, Indian gooseberry
<b>Local Name</b>	Churoo or Churpoo sey (Sh), Omla (Dz), Amla (Lh)
<b>Category</b>	Deciduous shrub or tree, Flowering time: March- April, Al 460-1800m
<b>Parts Used</b>	Fruits
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Breyenia retusa</i>
<b>Family</b>	Phyllanthaceae
<b>Common Name</b>	Cup saucer plant
<b>Local Name</b>	Gowa Tshaluk Shing (Sh)
<b>Category</b>	Shrub, Flowering time: August-September, Al 400-1950m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Athlete's foot (tinea pedis)
<b>Remarks</b>	Crush leaves and apply







<b>Botanical Name</b>	<i>Sauropus quardrangularis</i>
<b>Family</b>	Phyllanthaceae
<b>Common Name</b>	Quadrangular leaf
<b>Local Name</b>	Donga Tshalu shing (Sh)
<b>Category</b>	Shrub, Flowering time: June-August, Al 350-1800m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Sofu malekpa (Cancerous wounds)
<b>Remarks</b>	Apply paste; mix with others







<b>Botanical Name</b>	<i>Phytolacca asinosa</i>
<b>Family</b>	Phytolaccaceae
<b>Common Name</b>	Indian Poke
<b>Local Name</b>	Jogom (Sh), Kashakani (Dz), Poaw Karmo (TM)
<b>Category</b>	Perennial Herb, Flowering time: April-September, Al: 900-2500m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Body pain, and scabies
<b>Remarks</b>	Apply paste and juice extract







<b>Botanical Name</b>	<i>Piper longum</i>
<b>Family</b>	Piperaceae
<b>Common Name</b>	Indian Long Pepper
<b>Local Name</b>	Pipla (Sh, Lh)
<b>Category</b>	Climbing shrub, Flowering time: April-August, Al: 150-800m,
<b>Parts Used</b>	Roots/ Fruits
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Roots powdered; mixed with others. Fruits eaten with paan







<b>Botanical Name</b>	<i>Persicaria chinensis</i>
<b>Family</b>	Polygonaceae
<b>Common Name</b>	Creeping smartweed
<b>Local Name</b>	Gasho kochoma (Sh)
<b>Category</b>	Scrambling subshrub, Flowering time: May-November, Al- 270-2600m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Zikpey Maan (Bath)
<b>Remarks</b>	Soak in leaves; mix with others







<b>Botanical Name</b>	<i>Peperomia tetraphylla</i>
<b>Family</b>	Piperaceae
<b>Common Name</b>	Acorn peperomia
<b>Local Name</b>	Soleyshawa (Sh)
<b>Category</b>	Succulent perennial herb with tufted creeping stolons, Flowering time: February-August, Al- 1150-2100m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Sofu malekpa (Cancerous wounds), Athlete's foot
<b>Remarks</b>	Powder and mix with others; apply paste for Athlete's foot







<b>Botanical Name</b>	<i>Eleusine indica</i>
<b>Family</b>	Poaceae
<b>Common Name</b>	Yard grass, Crowfoot grass
<b>Local Name</b>	Kongpu bang (Sh)
<b>Category</b>	Grass, Flowering time: May-December, Al-300-2610m.
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Physical weakness of body
<b>Remarks</b>	Boil and drink







<b>Botanical Name</b>	<i>Cynodon dactylon</i>
<b>Family</b>	Poaceae
<b>Common Name</b>	Bermuda grass, dog's tooth grass
<b>Local Name</b>	Dubo (Lh)
<b>Category</b>	Grass, Flowering time: March-September, Al- 840-2600m.
<b>Parts Used</b>	Whole planty
<b>Uses</b>	Throat pain, Typhoid
<b>Remarks</b>	Boil and drink







<b>Botanical Name</b>	<i>Polygala arillata</i>
<b>Family</b>	Polygalaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Shawakatang (Sh)
<b>Category</b>	Scrambling shrub: Flowering time: August-October, AI- 270-2100m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Sofu malekpa (Cancerous wounds)
<b>Remarks</b>	Apply paste; mix with others







<b>Botanical Name</b>	<i>Plantago erosa</i>
<b>Family</b>	Plantaginaceae
<b>Common Name</b>	Dwarf plantain
<b>Local Name</b>	Tsashokma or Tsashong Rokpu (Sh)
<b>Category</b>	Herb, Flowering time: March-August, A1-600-2500m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Sprains and swelling
<b>Remarks</b>	Apply paste









<b>Botanical Name</b>	<i>Rumex nepalensis</i>
<b>Family</b>	Polygonaceae
<b>Common Name</b>	Nepal dock
<b>Local Name</b>	Behlakpa or Patang Shawa (Sh), Haleley (Lh)
<b>Category</b>	Herb, Flowering time: May-July, Al-1500-2500m
<b>Parts Used</b>	Leaves and roots
<b>Uses</b>	Dry leg pain; Liver disorders & Jaundice; Piles
<b>Remarks</b>	Boil and drink







<b>Botanical Name</b>	<i>Monochoria vaginalis</i>
<b>Family</b>	Pontederiaceae
<b>Common Name</b>	Oval-leafed pondweed
<b>Local Name</b>	Kangchigpa Bozong (Sh)
<b>Category</b>	Herb, Flowering time: August October, Al- 90-2400m
<b>Parts Used</b>	Root tuber
<b>Uses</b>	Tonsil
<b>Remarks</b>	Heat, paste and apply







<b>Botanical Name</b>	<i>Maesa chisia</i>
<b>Family</b>	Myrsinaceae/Primulaceae
<b>Common Name</b>	Susi-poma
<b>Local Name</b>	Khuberboshing Pho or Lanjumenju Shing (Sh), Sechum shing (Dz)
<b>Category</b>	Large shrub, Flowering time: February-May, A1-1250-2100m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Zikpey maan (Bath), & Sofu malekpa (Cancerous wounds)
<b>Remarks</b>	Soak in hot water for bath; apply paste for wounds; both mix with others







<b>Botanical Name</b>	<i>Maesa argentea</i>
<b>Family</b>	Primulaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Khuberbooshing mo (Sh), Sechum shing (Dz)
<b>Category</b>	Large shrub, Flowering time: April, Al- 2130-2440m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Zikpey maan (Bath); Sofu malekpa (cancerous wounds)
<b>Remarks</b>	Soak in hot water for bath; apply paste for wounds; both mix with others







<b>Botanical Name</b>	<i>Ardisia macrocarpa</i>
<b>Family</b>	Primulaceae
<b>Common Name</b>	Himalayan coralberry
<b>Local Name</b>	Dudurshing (Sh), Ressim (Dz)
<b>Category</b>	Shrub: Flowering time: May-July, Al- 1600-2400m
<b>Parts Used</b>	Roots
<b>Uses</b>	Drangwa (UTI, STDs, Scrotal swelling), TB, Dysentery
<b>Remarks</b>	Boil and drink; mix with few others







<b>Botanical Name</b>	<i>Aconitum orochryseum</i>
<b>Family</b>	Ranunculaceae
<b>Common Name</b>	Aconite
<b>Local Name</b>	Bonga Karpo (Sh) Bongkar (Dz)
<b>Category</b>	Herb, Flowering time: August- September, Al-3950-4720m
<b>Parts Used</b>	Root tuber
<b>Uses</b>	Tshadim (Cough and cold)
<b>Remarks</b>	Chew, drink concoction







<b>Botanical Name</b>	<i>Aconitum laciniatum</i>
<b>Family</b>	Ranunculaceae
<b>Common Name</b>	Monkshood
<b>Local Name</b>	Bonga Nagpo (Sh)
<b>Category</b>	Herb, Flowering time: July-August, Al- 3500-4570m
<b>Parts Used</b>	Root tuber
<b>Uses</b>	Tshadim (Cough and cold)
<b>Remarks</b>	Chew, drink concoction







<b>Botanical Name</b>	<i>Clematis buchaniana</i>
<b>Family</b>	Ranunculaceae
<b>Common Name</b>	Lemon Clematis
<b>Local Name</b>	Zongzongma Ruu (Sh)
<b>Category</b>	Creeping vine, Flowering time: July- October, Al- 1000-3650m
<b>Parts Used</b>	Roots
<b>Uses</b>	Sinusites
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Anemone revularis</i>
<b>Family</b>	Ranunculaceae
<b>Common Name</b>	Riverside windflower
<b>Local Name</b>	Mamphung ngon (Sh)
<b>Category</b>	Herb, Flowering time: April-August, AI-1980-3960m
<b>Parts Used</b>	Whole plant
<b>Uses</b>	Cough and cold
<b>Remarks</b>	Crush and smell









<b>Botanical Name</b>	<i>Spiraea spp ( Unknown)</i>
<b>Family</b>	Rosaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Khangru Tsalo (Sh)
<b>Category</b>	Shrub
<b>Parts Used</b>	Stem
<b>Uses</b>	Zemned (Postpartum cramps)
<b>Remarks</b>	Boil and apply (massage)







<b>Botanical Name</b>	<i>Potentilla lineata</i>
<b>Family</b>	Rosaceae
<b>Common Name</b>	Lined Cinquifol
<b>Local Name</b>	Shakpura (Sh), Shimpa/ Jogosisi (Dz)
<b>Category</b>	Herb, Flowering time: June -August, Al- 2250-3600m
<b>Parts Used</b>	Root
<b>Uses</b>	Receding gums
<b>Remarks</b>	Eaten with paan







<b>Botanical Name</b>	<i>Prunus persica</i>
<b>Family</b>	Rosaceae
<b>Common Name</b>	Peach
<b>Local Name</b>	Lengshing (Sh), Khamshing (Dz), Arupatay (Lh)
<b>Category</b>	Small tree, Flowering time: February- April, Al-250-2800m
<b>Parts Used</b>	Cambium of bark
<b>Uses</b>	Receding gums
<b>Remarks</b>	Eaten with paan







<b>Botanical Name</b>	<i>Rubia manjith</i>
<b>Family</b>	Rubiaceae
<b>Common Name</b>	Indian Madder
<b>Local Name</b>	Lanyiruu (Sh), Tsay (Dz), Majito (Lh)
<b>Category</b>	Perennial climbing herb, Flowering time: June-October, Al-1150-2300m
<b>Parts Used</b>	Roots/leaves
<b>Uses</b>	Roots for Maankhalu and Sofu malekpa; Leaves for bath
<b>Remarks</b>	Powder and mix with others; soak in hot water and mix with other







<b>Botanical Name</b>	<i>Mussaenda roxburgii</i>
<b>Family</b>	Rubiaceae
<b>Common Name</b>	East Himalayan Mussaenda
<b>Local Name</b>	Rimomnang shing/ MENCHHA PATONG (Sh)
<b>Category</b>	Shrub, Flowering time: May- August, Al- 100-1200(-1850)m
<b>Parts Used</b>	Bark of roots
<b>Uses</b>	Sinusites
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Leptodermis lanceolata</i>
<b>Family</b>	Rubiaceae
<b>Common Name</b>	Lanceleaf
<b>Local Name</b>	Khirushing (Sh)
<b>Category</b>	Shrub, Flowering time: May- June, Al-2000- 3500m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Sofu malekpa (Cancerous wounds)
<b>Remarks</b>	Apply paste; mix with others







<b>Botanical Name</b>	<i>Paederia foetoda</i>
<b>Family</b>	Rubiaceae
<b>Common Name</b>	Stinkvine
<b>Local Name</b>	Khiru (Sh)
<b>Category</b>	Climber, Flowering time: August-October, AI- 100-1500m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Sofu Malekpa (Cancerous wounds)
<b>Remarks</b>	Apply paste; mix with others







<b>Botanical Name</b>	<i>Toddalia asiatica</i>
<b>Family</b>	Rutaceae
<b>Common Name</b>	Orange climber
<b>Local Name</b>	Kapoor zoo (Sh), Singaney kangra (Lh)
<b>Category</b>	Prickly climbing shrub, Flowering time: February, Al- 200-2060m
<b>Parts Used</b>	Root cambium
<b>Uses</b>	Liver disorders, bloated stomach
<b>Remarks</b>	Drink concoction







<b>Botanical Name</b>	<i>Santalum album</i>
<b>Family</b>	Santalaceae
<b>Common Name</b>	White sandalwood
<b>Local Name</b>	Tsenden Karmo (Sh) Tsenden Karp (Dz)
<b>Category</b>	Tree, Flowering time: July- September, A1-610-915m
<b>Parts Used</b>	Wood
<b>Uses</b>	Zemned, Drangwa, Doorba maan
<b>Remarks</b>	Boil wood; mix with others







<b>Botanical Name</b>	<i>Osyris lanceolata</i>
<b>Family</b>	Santalaceae
<b>Common Name</b>	African sandalwood
<b>Local Name</b>	Inchhashing (Sh), Chemom/ Chemarmo (Dz)
<b>Category</b>	Shrub, Flowering time: April- June, A1-900-1400m
<b>Parts Used</b>	Wood/Leaves
<b>Uses</b>	Stomach disorders
<b>Remarks</b>	Wood boil and drink; leaves prepared into tea leaves







<b>Botanical Name</b>	<i>Bergenia purpurascens</i>
<b>Family</b>	Saxifragaceae
<b>Common Name</b>	Purple bergenia
<b>Local Name</b>	Mencha metog (Sh)
<b>Category</b>	Herb, Flowering time: May-July, Al- 3800-4550m
<b>Parts Used</b>	Roots
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder; mix with others







<b>Botanical Name</b>	<i>Astilbe rivularis</i>
<b>Family</b>	Saxifragaceae
<b>Common Name</b>	River Astilbe
<b>Local Name</b>	Buro Okhate (Lh), Tonsar Gugay (Sh)
<b>Category</b>	Annual herb, Flowering time: July-October, Al 1850-2900m
<b>Parts Used</b>	Rhizome
<b>Uses</b>	Treatment of ulcer, bleeding during child birth, inflammation, body ache, diarrhoea, and dysentery
<b>Remarks</b>	Dry and make into powder and drink in hot water









<b>Botanical Name</b>	<i>Linderbergia griffithii</i>
<b>Family</b>	Scrophulariaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Ruubusula (Sh)
<b>Category</b>	Small weak shrub or tall herb, Flowering time: February, Al- 1220-1350m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Zikpey maan (Bath)
<b>Remarks</b>	Soak in hot water; mix with others







<b>Botanical Name</b>	<i>Buddleja asiatica</i>
<b>Family</b>	Scrophulariaceae
<b>Common Name</b>	Asian butterfly bush
<b>Local Name</b>	Mongshibespa shing or Yangrem shing (Sh), Bakam/Phoshing (Dz)
<b>Category</b>	Shrub, Flowering time: January-March, Al- 200-1500m
<b>Parts Used</b>	Leaves
<b>Uses</b>	To make yeast
<b>Remarks</b>	Make into paste, mix with dough







<b>Botanical Name</b>	<i>Capsicum annuum</i>
<b>Family</b>	Solanaceae
<b>Common Name</b>	Peppers
<b>Local Name</b>	Kaluktang solo (Sh), Dolo Khorsaney (Lh)
<b>Category</b>	Shrub, Flowering time: May-June, AI- 200-1425m
<b>Parts Used</b>	Fruits and leaves
<b>Uses</b>	Snake bite swollen areas
<b>Remarks</b>	Apply paste; mix with others







<b>Botanical Name</b>	<i>Datura stramonium</i>
<b>Family</b>	Solanaceae
<b>Common Name</b>	Thorn apple
<b>Local Name</b>	Zeeranakpo (Sh), Jitshi tago (Dz)
<b>Category</b>	Shrub, Flowering time: March- October, Al-1200-2440m
<b>Parts Used</b>	Seeds
<b>Uses</b>	Toothache
<b>Remarks</b>	Fill the crushed powder in the cavity and burn with small heated rod







<b>Botanical Name</b>	<i>Solanum torvum</i>
<b>Family</b>	Solanaceae
<b>Common Name</b>	Turkey berry
<b>Local Name</b>	Khalangji (Sh), Bhi (Lh)
<b>Category</b>	Prickly Shrub, Flowering time: Throughout the year, Al- 200-1250m
<b>Parts Used</b>	Fruits
<b>Uses</b>	Blood pressure
<b>Remarks</b>	Boil and eat (as vegetable)







<b>Botanical Name</b>	<i>Solanum viarum</i>
<b>Family</b>	Solanaceae
<b>Common Name</b>	Thorny nightshade/ Tropical soda apple
<b>Local Name</b>	Zuubalingbi (Sh)
<b>Category</b>	Thorny shrub, Flowering time: June – February, Al- 200-2100m
<b>Parts Used</b>	Fruits/ Bark
<b>Uses</b>	Toothache, Sofu malekpa
<b>Remarks</b>	Apply fruits in the tooth cavity; apply paste of bark for wounds (mix with others)







<b>Botanical Name</b>	<i>Brugmansia suaveolens</i>
<b>Family</b>	Solanaceae
<b>Common Name</b>	Trumpet flower
<b>Local Name</b>	Dungmomnang shing (Sh)
<b>Category</b>	Shrub or small tree, Flowering time: February- September, Al-500-1800m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Sofu malekpa (cancerous wounds)
<b>Remarks</b>	Apply paste, mix with others







<b>Botanical Name</b>	<i>Aqularia malaccensis</i>
<b>Family</b>	Thymelaeaceae
<b>Common Name</b>	Agarwood
<b>Local Name</b>	Augur (Sh, Lh, Dz)
<b>Category</b>	Tree, Flowering time: April, Al- 200-1800m
<b>Parts Used</b>	Wood
<b>Uses</b>	Maankhalu, Zikpa maan
<b>Remarks</b>	Powder and mix with others







<b>Botanical Name</b>	<i>Urtica ardens</i>
<b>Family</b>	Urticaceae
<b>Common Name</b>	Stinging nettle
<b>Local Name</b>	Khi Jazu (Sh), Sisnu (Lh), Zocha (Dz)
<b>Category</b>	Shrub, Flowering time: May- June, Al-900-3300m
<b>Parts Used</b>	Leaves
<b>Uses</b>	To reduce effect of Maanchhen (Aconitum)
<b>Remarks</b>	Drink concoction







<b>Botanical Name</b>	<i>Girardinia diversifolia</i>
<b>Family</b>	Urticaceae
<b>Common Name</b>	Himalayan nettle
<b>Local Name</b>	Sisnu (Lh), Jazu (Sh), Ta Zocha (Dz)
<b>Category</b>	Herb, Flowering time: July-September, Al- 850-2750m
<b>Parts Used</b>	Roots
<b>Uses</b>	Bone fracture
<b>Remarks</b>	Apply paste







<b>Botanical Name</b>	<i>Tetrastigma obtectum</i>
<b>Family</b>	Vitaceae
<b>Common Name</b>	Not available
<b>Local Name</b>	Zhabdrung Japati (Sh)
<b>Category</b>	Climber, Flowering time: April, 11-2000m
<b>Parts Used</b>	Leaves
<b>Uses</b>	Stomach problems
<b>Remarks</b>	Make tea







<b>Botanical Name</b>	<i>Zingiber officinale</i>
<b>Family</b>	Zingiberaceae
<b>Common Name</b>	Ginger
<b>Local Name</b>	Saga (Sh, Dz), Aduwa (Lh)
<b>Category</b>	Annual herb, Flowering time: July, Al- 90-1900m
<b>Parts Used</b>	Rhizome
<b>Uses</b>	Stomach disorders, cough and cold
<b>Remarks</b>	Eat/Drink concoction







<b>Botanical Name</b>	<i>Amomum subulatum</i>
<b>Family</b>	Zingiberaceae
<b>Common Name</b>	Cardamom
<b>Local Name</b>	Alanchi (Sh, Dz, Lh)
<b>Category</b>	Annual herb, Flowering time: April-November, Al-700-2050m
<b>Parts Used</b>	Fruits
<b>Uses</b>	Stomach ailments, Cough and cold
<b>Remarks</b>	Eat, drink concoction







<b>Botanical Name</b>	<i>Zingiber purpureum</i> ( <i>Zingiber montanum</i> )
<b>Family</b>	Zingiberaceae
<b>Common Name</b>	Cassumunar Ginger
<b>Local Name</b>	Borang saga (Sh)
<b>Category</b>	Annual herb, Flowering time: July, 11-90-1900m
<b>Parts Used</b>	Rhizome
<b>Uses</b>	Mankhalu
<b>Remarks</b>	Powder, mix with others







<b>Botanical Name</b>	<i>Curcuma longa</i>
<b>Family</b>	Zingiberaceae
<b>Common Name</b>	Turmeric
<b>Local Name</b>	Yongka Tsalu or Jung Tsalu (Sh), Yongka (Dz), Haldi (Lh)
<b>Category</b>	Perennial herb, Flowering time: July, A1-150-1830m
<b>Parts Used</b>	Rhizome
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder, mix with others







<b>Botanical Name</b>	<i>Curcuma aromatica</i>
<b>Family</b>	Zingiberaceae
<b>Common Name</b>	Wild turmeric
<b>Local Name</b>	Jung Chhanglu or Yongka Chhanglu (Sh), Yongka Nap (Dz)
<b>Category</b>	Perennial herb, Flowering time: March-July, Al-150-1830m
<b>Parts Used</b>	Rhizome
<b>Uses</b>	Maankhalu
<b>Remarks</b>	Powder, mix with others







<b>Botanical Name</b>	<i>Zingiber zerumbet</i>
<b>Family</b>	Zingiberaceae
<b>Common Name</b>	Pinecone or shampoo ginger
<b>Local Name</b>	Sharpa boss (Sh), Phracheng (Lh)
<b>Category</b>	Perennial herb, Flowering time: August – September, A1- 1200m
<b>Parts Used</b>	Rhizome
<b>Uses</b>	Joint pains/Gout/Jaundice
<b>Remarks</b>	Apply paste, powder and drink







<b>Botanical Name</b>	<i>Kaempferia rotunda</i>
<b>Family</b>	Zingiberaceae
<b>Common Name</b>	Bhumi champa
<b>Local Name</b>	Bhui champ (Lh), Khangfotpa maan (Sh)
<b>Category</b>	Annual herb, Flowering time: April-May, A1-610m( Sal forest)
<b>Parts Used</b>	Rhizome
<b>Uses</b>	Broken bones
<b>Remarks</b>	Apply paste







<b>Botanical Name</b>	<i>Hydechium garbenerianum</i>
<b>Family</b>	Zingiberaceae
<b>Common Name</b>	Kahili ginger, Garland-lily or ginger lily
<b>Local Name</b>	Sermomnang (Sh), Dhoem (Dz)
<b>Category</b>	Perennial herb, 1-2 m tall, flowering August-September, At 500-1700 m
<b>Parts Used</b>	Rhizome
<b>Uses</b>	Mankhalu
<b>Remarks</b>	Powdered and mixed with others





# 6

## DISCUSSION

The Ministry of Agriculture and Forests published a guideline on the identification and collection of medicinal plants in 2008 in which 47 species (including that of high altitude and low altitude together) were listed. The Institute of Traditional Medicine Services has also published guidebooks in two volumes documenting 224 medicinal plants from high and low altitudes. This study documented 172 species of medicinal plants used by the seven local healers. Of the 172 medicinal plants used by local healers only 32 species were listed in the guidebooks published by the ITMS. This suggests that there is a vast knowledge about plants used in traditional medicine which remains undocumented. Majority of the medicinal plants listed here are used for preparing various medicinal mixes by local healers of eastern Bhutan. The healers of Sarpang and Tsirang have contributed much lesser as they seem to practice limited local treatment pertaining to certain specific illnesses only. The liquid medicinal mix made by Mr Aaley of Tsirang seems to fix broken bones and bone fractures: but he has not been willing to share the knowledge about the medicinal plants he collects to prepare this concoction.

This guidebook contains illustrations of these 172 medicinal plants used by the local healers around the country with whom we associated during this study. The medicinal plants documented here are found from the foothill plains of southern Bhutan to the temperate forests up to an elevation of about 2000 meters above sea level. The medicinal plant *Myristica fragrans* (locally known as *Zati*) is not found growing in Bhutan but the healers buy the parts (especially fruit/seed) from markets in India. Except for two species *Aconitum ochryseum* (known locally as *Bonga Karpo*) and *Aconitum laciniatum* (*Bonga Nagpo*) which are found in the high altitudes of Thimphu, Bumthang, and few other high altitude areas the guidebook does not contain medicinal plants of higher altitudes used by local healers which can be updated later.

## 6.1 Shortcomings of this study

The study tried to identify local healers throughout the country. The 7 healers had been contacted and the medicinal plants identified by them have been recorded. There may be other healers in other parts of the country and there are possibilities of many more plants which are not included in this compilation. During the time of this study we could not identify study local healers practicing at higher altitudes. Therefore, the study does not include medicinal plants of higher altitudes except the two mentioned above. There are still many high altitude plants which are being used by local healers that are not yet documented.

This study was designed only to identify the plants as of now and surveys/interviews from patients treated by the local healers to triangulate some of the success claims have not been conducted. One due to limited information about the patients and other due to constraints on time and resources. Some of the healers have managed to maintain huge records of patients treated though. But this angle of the practice needs a total new study altogether.

## 6.2 Future scope of the work

In the future, enthusiasts of ethnobotany and local medicine can take this study to further it beyond just identification and documentation. A long-term research and scientific studies on phyto-chemical constituents of many of the medicinal plants can be conducted.

There are possibilities of furthering this study with the following:

1. Establish permanent research plots, nurseries, to cultivate medicinal plants
2. Establish a research laboratory for scientific analysis
3. Establish Information Centre (Ethnobotany Museum/Digital Museum) for greater information dissemination
4. There is also possibility of second edition of this report with updated list of plants if more local healers are identified in the future.



# 7

## CONCLUSION

The researchers at the UWICER made efforts to document the medicinal plants used for local healing in Bhutan. Attempts had been made to reach out to as many practicing local healers as possible around the country. But due to lack of information many practicing healers around the country could have been missed at this point of time. The purpose of this study was to document the vast local knowledge regarding traditional healing in Bhutan which is fast getting lost amidst modern developments and facilities. It has been generous enough for the local practitioners to share their knowledge pertaining to this. Attempts will have to be made to continue the work to identify medicinal plants of higher altitudes used for traditional healing as well. There could be many more plants which are not yet documented through the publications made by ITMS, MoAF, and this guidebook.

It is hoped that this guidebook will maintain a kind of information and reference for the future generations.

# 8

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## Appendix 1: Introduction to the local healers

In the beginning of this study, five local healers who practice traditional practices of healing were identified. At the time of data collection two more local healers were further identified. For this study, therefore, seven local healers around the country were engaged in the identification of the medicinal plants.

There could be more local healers in the country; but at the time of this data collection information about other credible healers were not obtained.

Name of the local healer	Village and Geog	Dzongkhag	Study site
Mr Wangda	Khoyar, Gomdar	Samdrup Jongkhar	Khoyar, Shekpashing
Mr Khotsa	Dungkarcholing, Deothang	Samdrup Jongkhar	Dungkarcholing
Mr SingyeDorji	Chongapa, Wangphu	SamdrupJongkhar	Chongapa
Mr Sonam	Kheshing, Lumang Geog	Tashigang	Wamrong
Mr Karchung	Dungchilo, Thrimshing	Tashigang	Dungchilo
Mr Partiman Aaley	Upper Labsibotey, Gosaling	Tsirang	Upper Labsibotey
Mr Sing Bir Tamang	Dekiling, Dekiling	Sarpang	Dekiling (near border)

A brief introduction to these seven local healers from whom the information on medicinal plants have been collected are provided below.

### Dungtsho Wangda



Mr Wangda, 64 years old, is a local healer based at Khoyar, Gomdar Geog, Samdrup Jongkhar Dzongkhag. He has been practicing this trade for the last four decades. He has not kept records of patients he has treated so far. He has been treating patients in local areas and often travel outside to other Dzongkhags too for providing treatment.

He had learnt this trade from Meme Drungtsho Lungtaan who expired about 20 years ago. Meme Drungtsho Lungtaan is said to have acquired this trade from Meme Tshongpa (who came from Pema Kod). Mr Wangda specializes in making types of group medicines namely *Maankhalu*, *DhoorbaMaan*, *ZikpeyMaan*, and *Maan-sururu* which are made by combination of many plant and plant products. These grouped medicinal medicines are used to cure a lots of ailments. He also treats many other diseases with use of many other single plants as well.

Mr Wangda collects medicines from local areas of Khoyar, Denchi, Sawang, Amshing areas under Gomdar Geog, and Shekpashing areas under Orong Geog. He also collects few plant materials from high altitude areas under Thimphu and Bumthang. Few plant materials which are required for the medicinal mix like Aaru, Baru, Tsendhen Karmo, Tsendhen Marpo, and Zati are bought from Indian market.





### Dingtsho Khotsa

Mr Khotsa, 63 years old, is a local healer who resides at Dungkarcholing, which is 16.5 kilometres from Deothang town, Deothang Geog, Samdrup Jongkhar Dzongkhag. He claims that his trade had been practiced over 6 generations. He is famed to have even treated a lot of cancer patients too. He uses local medicines to treat all kinds of diseases (cervical cancer, cancerous wounds, jaundice, blood pressure, etc).

He also specializes in making group medicines like *Maankhalu* or *Chi-rik-kyi-men*, and *Shelmen*. He has maintained records of patients being treated. As per records patients from whole of Bhutan and even from neighbouring Arunachal Pradesh have come to him for treatment.

He treats patients who come to him and also travel to other Dzongkhags for the treatment. He collects his medicinal plants from vicinity of his areas and also travel to other parts of country. He has maintained a small medicinal plant garden around his home as well.



### Dingtsho Singye Dorji

Mr Singye Dorji, 67 years old, is resident of a remote village Chongapa under Wangphu Geog, Samdrup Jongkhar Dzongkhag.

He also specializes in making group medicines like *Maankhalu* or *Chi-rik-kyi-men*, and *Shelmen*. Mr Singye claims that he had been into this trade for the last 45 years and that this tradition had been practiced since five generations ago. He claims to have treated more than 10000 patients so far. Records maintained in the last four years alone show a treatment list of 2000 patients.

He collects his samples from areas nearby his hometown. Like others he also travels to other areas for collection of medicinal plants.



### Dingtsho Sonam

Mr Sonam, 51 years old, is a resident of Kheshing village under Lumang Geog, Tashigang Dzongkhag. He has been into this local healing for more than 20 years. He has not learnt this practice from any particular *Dingtsho*. But over the years he has practiced based on trials and errors. Through his practice he has specialized in treatment of

Cancerous wounds and so far he has treated about 363 patients. He has travelled to other Dzongkhags for treatment as well.

Since he cannot read and write he has not maintained any records about patients but his patients are mostly local people. He claims to have cured many patients with cancerous wounds. He said he normally administers his medicines to patients with diabetes, constipation, piles, jaundice, and wounds.

Mr Sonam says he collects more than 100 species of plants/herbs for making various medicines for different diseases. He collects the plants in and round Wamrong, Kheshing, Tshozor, and sometimes travel to other areas for collection of the plants.



### Dungtsho Karchung

Mr Karchung, is a resident of Dungchilo village of Thrimshing Geog under Tashigang Dzongkhag. He is 76 years old. He has started practicing this local trade for about 60 years now. As a child he learnt the trade from his mother Pema Wangzom. His mother learnt the local healing from one Abhi Jomo of Benporong, under Wangphu Geog. Mr Karchung also learnt this practice from one Meme Halong, who hailed from Drametse under Mongar Dzongkhag. In addition to that he also learnt this practice from Dungtsho Tenzin of Denchi, Gomdar Geog.

Mr Karchung also specializes in making compound mix of *Maan-khalu*, *maan-shokpu*, and *sofu-malekpa maan* and other treatments involving individual medicinal plants.

As of now he claims to have treated about 5000 patients. He claims that many patients who have not been able to be treated by modern hospitals like Thimphu, Bangalore, etc have also been cured by his treatment.

He collects the medicinal plants from around Dungchilo, Thrimshing, and other areas. He also travels to highlands to collect the relevant plant parts.



### Dungtsho Partiman Aaley

Mr Partiman Aaley, 63 years old, is a resident of Upper Labsibotey, Gosiling Geog, Tsirang Dzongkhag. He worked in Bhutan Telecom and resigned in 1998. He learnt this trade from his late father. His specialty is treatment of broken/fractured bones. He collects and mixes his medicines and make them into a solution. His medicines are available at Nu 450/- a bottle. His medicines have been proven to be effective in treatment of bone ailments including joining of broken bones. However, he is not willing to share the information about the medicinal plants used for bone treatments. The research team respects his privacy.

Meanwhile, he also collects plants for treatment of other diseases. He has shared information about these medicinal plants. In 1992, Prince Namgyel Wangchuk,



representative to His Majesty the King, granted a Royal Kasho allowing him to collect 5 tonnes of medicinal plants for local uses. He collects his medicines from around his settlement and often travel to other parts to collect the plants.



Figure 14: Order allowing plant collection



**Dungtsho Sing Bir Tamang**

Mr Sing Bir Tamang, who is 76 years old, is a resident of Dekiling village, Dekiling Geog, Sarpang Dzongkhag. He has been practicing this trade for the past 40 years. He has learnt the trade form his father. He served as Chiwog Tshokpa of the village from 1991 till 2011. He claims that roughly he might have treated about 400-500 patients so far.

He treats patients with Pneumonia, Gastric ulcers, Jaundice, Migraine, Appendicitis, wounds, and food poisoning. He collects plants/herbs in and around and some across the border in India. He does not use mixture of plants to treat ailments. He uses single plant for various singular purposes.

## Appendix II: The medicinal plants used by local healers

Sl No	Botanical Name	Family	Local Name	Parts Used	Purpose
1	<i>Justicia adhatoda</i>	Acanthaceae	Khatserem shing (Sh)	Leaves/ Flowers	Leaves for cancerous wounds, flowers for stomach disorders
2	<i>Phlogacanthus thyrsoformis</i>	Acanthaceae	Sarkarshing (Sh)	Leaves/ flowers	Leaves for scabies, Flowers for stomach problems
3	<i>Gynocordia odorata</i>	Achariaceae	Abhidoro shing (Sh)	Leaves	Neptang/ Loongboo maan
4	<i>Acorus calamus</i>	Acoraceae	Bartse (Sh)	Roots	For bathing
5	<i>Sambucus javanica</i>	Adoxaceae	Moyomshing (Sh)	Leaves	Moyoma (Sh)
6	<i>Sambucus adnata</i>	Adoxaceae	Phuga Moyomshing (Sh)	-do-	-do-
7	<i>Crinum amoenum</i>	Amaryllidaceae	Gombalee	Leaves/ Root bulb	Pain in arms and leg
8	<i>Rhus chinensis</i>	Anacardiaceae	Roptang shing (Sh), Choka shing (Dz)	Core wood	Dhoorba Maan
9	<i>Spondias pinnata</i>	Anacardiaceae	Phrumchungshing (Sh), Amaroo (Dz)	Seeds	Luzey-Lumen
10	<i>Centella asiatica</i>	Apiaceae	Goratabre (Lh), Phetang Ngon/Zala Momring (Sh)	Whole plant	Tonsil/Burning urination/ Gastritis
11	<i>Cynanchum auriculatum</i>	Apocynaceae	Chhongru (Sh)	Root	Maankhalu
12	<i>Alstonia scholaris</i>	Apocynaceae	Shing Balingbhi (Sh)	Sap	Swollen and bad internal growths of skin
13	<i>Periploca callophylla</i>	Apocynaceae	Mencha bhiphotpa ruu (Sh)	Whole plant	Broken bones, Joint pains
14	<i>Calotropis gigantea</i>	Apocynaceae	Ank (Lh)	Leaves	Sprain/swells
15	<i>Arisaema petiolulatum</i>	Araceae	Prakala Bozong (Sh)	Rhizome	Hard boils
16	<i>Alocasia macrorrhizos</i>	Araceae	Maan Bozong (Sh)	Rhizome	Hard boils
17	<i>Aristolochia platanifolia</i>	Aristolochiaceae	Ruu Prakala Shawa Mo (Sh)	Roots	Maankhalu
18	<i>Aristolochia tagala</i>	Aristolochiaceae	Ruu leptang (Sh)	Roots	Maankhalu
19	<i>Artemesia vulgaris</i>	Asteraceae	Merengma Ngangchhanglu (Sh)	Leaves	Cancerous wounds, Disinfectant
20	<i>Ageratum conyzoides</i>	Asteraceae	Bangala Rokpu (Sh)	Whole plant	Snake bite/ Maanbokpi
21	<i>Blumea aromatica</i>	Asteraceae	Gonyog (Sh)	Leaves	Sinusites



22	<i>Acmella uliginosa</i>	Asteraceae	Khalingpa Ngon (Sh)	Whole plant	Shabhumaan
23	<i>Cirsium arvense</i>	Asteraceae	Zomdogorba (Sh)	Young shoot	UTI, Kidney ailments, body pain and itchiness
24	<i>Adenostemma lavenia</i>	Asteraceae	Jarjar (Sh)	Whole plant	Cancerous wounds
25	<i>Impatiens arguta</i>	Balsaminaceae	Drangzin Ngon (Sh)	Leaves	Khom/Khusung (Hard boils)
26	<i>Begonia rubella</i>	Begoniaceae	Braksey (Sh)	Roots	Maankhalu
27	<i>Begonia sikkimesis</i>	Begoniaceae	Paatpamaan (Sh)	whole plant	To ward off leeches
28	<i>Begonia palmata</i>	Begoniaceae	Paatpamaan 2 (Sh)	Whole plant	-do-
29	<i>Oroxylum Indicum</i>	Bignoniaceae	Tsampaka meto (Dz), Namkaling meto (Sh)	Petiole of the flower	Food poisoning
30	<i>Radermachera sinica</i>	Bignoniaceae	Zumphishing	Bark/Wood	Dhoorba maan
31	<i>Raphanus sativus</i>	Brassicaceae/ Cruciferae	Mulai (Sh), Laphu (Dz)	Tuber/ leaves	Bloating/ Gastritis/ Indigestion
32	<i>Lobelia nicotianifolia</i>	Campanulaceae	Zalaneng (Sh)	White sap	Wounds
33	<i>Lobelia nummularia</i>	Campanulaceae	Manshokpu (Sh)	Whole plant	Stomach ulcer, tonsillitis, cuts and burns
34	<i>Codonopsis viridis</i>	Campanulaceae	Zumphu mulai (Sh)	Root/leaves	Ringworm
35	<i>Cannabis sativa</i>	Cannabaceae	Phagpanaam (Sh)	Leaves	Neptang maan/ Loongbu
36	<i>Carica papaya</i>	Caricaceae	Papaya (common)	Fruit	Diabetes
37	<i>Drymaria cordata</i>	Caryophyllaceae	Pipi Rokpu (Sh)	Whole plant	Snake bite
38	<i>Drymaria villosa</i>	Caryophyllaceae	Abhijalo (Lh)	Whole plant	Tonsillitis
39	<i>Chloranthus elatior</i>	Chloranthaceae	Menjari (Sh)	Leaves	For Bath, Roots can be used for toothache
40	<i>Terminalia chebula</i>	Combretaceae	Aaroo (Sh, Dz)	Fruits	Maankhalu
41	<i>Terminalia bellirica</i>	Combretaceae	Baroo (Sh, Dz)	Fuits	-do-
42	<i>Galinsoga parviflora</i>	Compositae	Bangru Ngon (Sh)	whole plant	Hard boils
43	<i>Tagetes erecta</i>	Compositae	Soipatri (Lh)	Leaves/ Flowers	Pneumonia/ Gastritis
44	<i>Tupistra wattii</i>	Convallariaceae	Wangpaimo (Sh)	Roots	Maankhalu
45	<i>Toricellia tillifolia</i>	Cornaceae	Dengmalaga Shing (Sh)	Roots/ leaves	Cancerous wounds
46	<i>Hellenia speciosa/ Costus speciosus (Synonym)</i>	Costaceae	Betlouri (Lh)	Stem (Juice extract)	UTI/Pain during urination

47	<i>Kalanchoe pinnatum</i> (Synonym <i>Bryophyllum pinnatum</i> )	Crassulaceae	Metoshawa Thetpu (Sh)	Leaves	Kidney stones
48	<i>Luffa aegyptiaca</i>	Curcubitaceae	Jhalo (Lh)	Fruits	Sinusites/ Migrainne
49	<i>Trichosanthes tricuspidata</i>	Curcubitaceae	Keke Dorji Pho (Sh)	Tuber	Maankhalu
50	<i>Trichosynthes spp</i>	Curcubitaceae	Keke Dorji Mo (Sh)	Root tuber	-do-
51	<i>Solena amplexicaulis</i>	Curcubitaceae	Kangkulung ruu (Sh)	Roots	-do-
52	<i>Hodgsonia macrocarpa</i>	Curcubitaceae	Ruu prakala shawa pho (Sh)	Roots	-do-
53	<i>Cuscuta reflexa</i>	Cuscutaceae	Ruu Serboo/ Bedengru (Sh)	Parasitic vine	Jaundice +
54	<i>Dioscorea belophylla</i>	Dioscoreaceae	Khalaktang Serboo (Sh)	Roots	Maankhalu
55	<i>Dioscorea bulbifera</i>	Dioscoreaceae	Khalaktang Chhanglu (Sh)	Root	Maankhalu
56	<i>Tacca integrifolia</i>	Taccaceae	Bozong yongba /Men yongba (Sh)	Whole plant	Cancer
57	<i>Hippophae rhamnoides</i>	Elaeagnaceae	Seyshing (Sh)	Fruits	Diabetes, Blood pressure
58	<i>Equisetum diffusum</i>	Equisetaceae	Nyurchhu (Sh)	whole plant	Muscle pain, backache, Gout
59	<i>Euphorbia royleana</i>	Euphorbiaceae	Migthoma shing (Sh)	Sap	Ringworm
60	<i>Ricinus cuminus</i>	Euphorbiaceae	Chamleng shing (Sh)	Leaves	Sofu Malekpa (Cancerous wounds)
61	<i>Acalypha wilkesiana</i>	Euphorbiaceae	Kaani jar (Lh)	leaves	Wounds in ear/ between toes/ saaspa
62	<i>Tephrosia candida</i>	Fabaceae	Langashing (Sh)	Root/Bark/ Flowers	For bathing
63	<i>Flemingia macrophylla</i>	Fabaceae	Gowaisarangshing (Sh)	Bark/stem	Zemned (Postpartum cramps)
64	<i>Pterocarpus santalinus</i>	Fabaceae	Tsenden Marpo (Sh, Dz)	Wood	Zemned, Drangwa, Doorba maan
65	<i>Entada rheedii</i>	Fabaceae	Kolokpa (Sh)	Leaves	Hard boils (not to be used with open wounds)
66	<i>Erythrina arborescens</i>	Fabaceae	Kharshing (Sh)	Seeds	Shelmen
67	<i>Butea buteiformis</i>	Fabaceae	Frokpa Laga (Sh)	Seeds	-do-
68	<i>Millettia pachycarpa</i>	Fabaceae	Ngairu (Sh)	Leaves	Wadaza shing (Lice)
69	<i>Bauhinia variegata</i>	Fabaceae	Dogoromshing (Sh)	Flowers	Gastro-intestinal problems



70	<i>Castanopsis hystrix</i>	Fagaceae	Tsheshing (Sh), Katus (Lh), Sokeyshing (Dz)	Wood	Dhoorba maan
71	<i>Quercus semecarpifolia</i>	Fagaceae	Betsinangshing (Sh)	Wood	-do-
72	<i>Quercus griffithii</i>	Fagaceae	Bainangshing (Sh)	Wood	-do-
73	<i>Swertia bimaculata</i>	Gentianaceae	Tiktsa/ Zingchhanglu/ Peylem Rokpa (Sh)	Whole plant	Gagney (Blocked throat)
74	<i>Swertia chirayita</i>	Gentianaceae	Phuga Chirata (Sh)	Whole plant	-do-
75	<i>Tripterospermum volubile</i>	Gentianaceae	Yangrem ruu (Sh)	Roots	Sofu Malekpa
76	<i>Crawfordia speciosa</i>	Gentianaceae	Gowa tappi (Sh)	Roots	Ringworm
77	<i>Cymbopogon flexuosus</i>	Gramineae	Solobang (Sh)	Lemon grass oil	Snake bite
78	<i>Exbucklandia Populnea</i>	Hamamelidaceae	Lemshing (Sh), Pipli (Lh)	Bark/Wood	Dhoorba maan
79	<i>Hydrangea heteromalla</i>	Hydrangeaceae	Mizuma Laga (Sh)	Leaves	Zikpey maan
80	<i>Dichroa febrifuga</i>	Hydrangeaceae	Ngonchhanglu/ Ngangchhanglu shing (Sh)	Leaves and shoots	Sofu Malekpa
81	<i>Molinaria capitulata</i>	Hypoxidaceae	Doti Saro (Lh), Chimiktang/ Tshamlaga (Sh)	Roots	Dysentery, Sofu malekpa, Bone fracture
82	<i>Clerodendron serratum</i>	Lamiaceae	Nambalashing Pho/ Lumbeyrem shing (Sh)	Leaves	Zikpey maan
83	<i>Clerodendrum glandulosum</i>	Lamiaceae	Nambalashing Mo (Sh)	Leaves	-do-
84	<i>Clerodendrum japonicum</i>	Lamiaceae	Mantaanshing (Sh)	Leaves	Cancerous wounds, swollen stomach, swollen legs
85	<i>Elsholtzia blanda</i>	Lamiaceae	Tempashing (Sh)	Leaves	Athlete's foot
86	<i>Clinopodium umbrosum</i>	Lamiaceae	Maanbokpi Ngon (Sh)	Whole plant	Stomach ulcer, Tonsilitis, cuts and burns
87	<i>Gmelina arborea</i>	Lamiaceae	Khamari (Lh)	Bark	Mumps/Fever/ Ulcer/Sore throat
88	<i>Plectranthus scutellarioides</i>	Lamiaceae	Bagay pata (Lh)	Leaves	Swollen throat
89	<i>Ocimum tenuiflorum</i>	Lamiaceae	Tulsi (Lh)	Leaves	Throat pain, Typhoid, Pneumonia of Children
90	<i>Callicarpa arborea</i>	Lamiaceae	Thulushing (Sh)	Cambium of bark	Receding gums
91	<i>Parasassafras confertiflora</i>	Lauraceae	Singsishing (Sh)	Oil extract from fruits	Zetpu
92	<i>Cinnamomum tamala</i>	Lauraceae	Kawla (Sh)	Bark	Broken bones

93	<i>Mucuna nigricans</i> ( <i>Mucuna atropurpurea</i> )	Leguminosae	Khaimayosha or Zalakolokpa (Sh)	Seeds	Luzey-Lumen (Medicinal pills used during Puja offering to Nagas)
94	<i>Senna alata</i> (Sny - <i>Cassia alata</i> )	Leguminosae		Leaves	Ringworm
95	<i>Crinum anoenum</i>	Liliaceae	Langpochhe Bhilam (Sh)	Leaves	Sprains and swelling
96	<i>Torenia violacea</i>	Linderniaceae	Maanbokpi Maeju (Sh)	Whole plant	Stomach ulcer, Tonsilitis, cuts and burns
97	<i>Viscum napalense</i>	Loranthaceae	Ngeshing jormo (Sh), Harchul (Lh)	Whole plant	Joints and Bones/ Jashawa/Jari
98	<i>Scurrula elata</i>	Loranthaceae	Rungrungma (Sh)		-do-
99	<i>Lycopodium japonicum</i>	Lycopodiaceae	Chusindermo / Zalagadang (Sh)	Whole plant	Luzey-Lumen
100	<i>Abelmoschus manihot</i>	Malvaceae	Merakshing (Sh)	Leaves	Khusung/Khom/ Sofu Malekpa
101	<i>Paris polyphylla</i>	Melanthiaceae	Thoksampa (Sh)	Leaves/ Tuber	Maankhalu
102	<i>Oxyspora paniculata</i>	Melastomataceae	Lechhangmashing Pho (Sh)	Leaves	Zikpey Maan
103	<i>Osbeckia stellata</i>	Melastomataceae	Lechhangmashing Mo (Sh)	Leaves	-do
104	<i>Melia azedarach</i>	Meliaceae	Trobda shing (Sh)	Leaves & shoots	Diabetes
105	<i>Stephania spp</i>	Menispermaceae	Gonaras Marpo (Sh)	Roots	Maankhalu
106	<i>Stephania japonica</i>	Menispermaceae	Gonaras Serbo (Sh)	Roots	-do-
107	<i>Stephania glabra</i>	Menispermaceae	Gonaras Karpo (Sh)	Roots	-do-
108	<i>Tinospora cordifolia</i>	Menispermaceae	Jingru (Sh)	Roots	-do-
109	<i>Stephania glandulifera</i>	Menispermaceae	Zalamathang (Sh)	Roots	-do-
110	<i>Cissampelos pareira</i>	Menispermaceae	Jingru daza (Sh)	Roots	-do-
111	<i>Tinospora sinensis</i>	Menispermaceae	Gurzoo (Sh)	Stem	Diabetes/ Gout
112	<i>Moringa Olifera</i>	Moringaceae	Sajana (Sh)	Seeds/ Leaves	BP
113	<i>Musa thomsonii</i>	Musaceae	Neyra Laishing (Sh)	Juice extract	To reduce effect of poison due to Manchhen (Aconitum)
114	<i>Myrica esculanta</i>	Myricaceae	Tsutsushing (Sh)	Bark	Sinusites
115	<i>Myristica fragrans</i>	Myristicaceae	Zati (Sh, Lh)	Fruit	Cough and cold
116	<i>Nephrolepis cordifolia</i>	Nephrolepidaceae	Salugonpu (Sh)	Root balls	Diabetes
117	<i>Fraxinus paxiana</i>	Oleaceae	Tsipshing (Sh)	Bark/Wood	Dhoorba maan
118	<i>Jasmanium grandiflorum</i>	Oleaceae	Khangru Chhanglu (Sh)	Stem	Zemned (Postpartum cramps)



119	<i>Cymbidium erythraeum</i>	Orchidaceae	Ola choto (Sh.), Olatshe (Dz)	Roots/ Flowers	Maankhalu
120	<i>Dactylorhiza hatagirea</i>	Orchidaceae	Wangpo lakpa (Sh, Dz)	Root tubers	Physical weakness
121	<i>Adenia trilobata</i>	Passifloraceae	Dakhor (Sh)	Root tuber	-do-
122	<i>Emblica officinalis</i>	Phyllanthaceae	Churoo (Dz), Amla (Lh), Chorgen seyshing (Sh)	Fruits	-do-
123	<i>Breynia retusa</i>	Phyllanthaceae	Gowatshaluk shing (Sh)	Leaves	Athlete's foot (tinea pedis)
124	<i>Sauropus quardrangularis</i>	Phyllanthaceae	Dongatsalu shing (Sh)	Leaves	Sofu Malekpa (Cancerous wounds)
125	<i>Phytolacca asinosa</i>	Phytolaccaceae	Jogom (Sh)	Whole plant	Body pain, Scabies
126	<i>Piper mullesua</i>	Piperaceae	Pipla (Lh), Pipiling (Sh)	Root/fruits	Maankhalu
127	<i>Persicaria chinensis</i>	Polygonaceae	Gasho kochoma (Sh)	Leaves	Zikpey Maan (Bath)
128	<i>Peperomia tetraphylla</i>	Piperaceae	Soleyshawa (Sh)	Whole plant	Sofu Malekpa (Cancerous wounds), Athlete's foot
129	<i>Eleusine indica</i>	Poaceae	Kongpu bang (Sh)	Whole plant	Physical Weakness
130	<i>Cynodon dactylon</i>	Poaceae	Duboo (Sh)	Whole plant	Throat pain, Typhoid
131	<i>Polygala arillata</i>	Polygalaceae	Shawakatang (Sh)	Leaves	Sofu Malekpa (Cancerous wounds)
132	<i>Plantago erosa</i>	Plantaginaceae	Tsashokma/ Tsashong Rokpu (Sh)	whole plant	Sprains and swellinig
133	<i>Rumex napalensis</i>	Polygonaceae	Bemlakpa / Patangshawa (Sh)	Leaves & roots	Leg muscle pain + Jaundice & piles
134	<i>Monochoria vaginalis</i>	Pontederiaceae	Kangchigpa bozong (Sh)	Root tuber	Tonsil
135	<i>Maesa chisia</i>	Myrsinaceae	Khuberbooshing Pho/ Lanju Maenju shing (Sh)	Leaves	Zikpey maan; & Sofu malekpa
136	<i>Maesa argentea</i>	Myrsinaceae	Khuberbooshing Mo (Sh)	Leaves	-do-
137	<i>Ardisia macrocarpa</i>	Myrsinaceae	Dhudhurshing (Sh)	Roots	Drangwa, TB, Dysentery
138	<i>Aconitum ochrochryseum</i>	Ranunculaceae	Bonga Karpo (Dz, Sh)	Root	Tshadim
139	<i>Aconitum laciniatum</i>	Ranunculaceae	Bonga Nagpo (Dz, Sh)	Root	-do-
140	<i>Clematis buchaniana</i>	Ranunculaceae	Zongzongma Ruu (Sh)	Roots	Sinusites
141	<i>Anemone revularis</i>	Ranunculaceae	Mamphung Ngon (Sh)	Whole plant	Tshadim (Cough and cold)

142	<i>Spiraea spp</i>	Rosaceae	Khangru Tsalo (Sh)	Stem	Zemned (Postpartum cramps)
143	<i>Potentilla lineata</i>	Rosaceae	Shakpura (Sh)	Root	Receding gums
144	<i>Prunus persica</i>	Rosaceae	Lengshing (Sh), Khamshing (Dz)	Cambium of bark	Receding gums
145	<i>Rubia manjith</i>	Rubiaceae	Lanyi Ruu (Sh), Tsoe (Dz)	Roots/ Leaves	Maankhalu, Zikpey maan
146	<i>Mussaenda roxburgii</i>	Rubiaceae	Rimomnang shing/ Menchha patong (Sh)	Bark of roots	Sinusites
147	<i>Leptodermis lanceolata</i>	Rubiaceae	Khirusing (Sh)	Leaves	Sofu Malekpa (Cancerous wounds)
148	<i>Paederia foetoda</i>	Rubiaceae	Khiru (Sh)	Leaves	-do-
149	<i>Toddalia asiatica</i>	Rutaceae	Kapoor zoo (Sh), Singaney kangra (Lh)	Root cambium	Liver disorders/ Bloated stomach
150	<i>Santalum album</i>	Santalaceae	Tsenden Karpo (Dz, Sh)	Wood	Zemned, Drangwa, Doorba maan
151	<i>Osyris lanceolata</i>	Santalaceae	Inchhashing (Sh)	Wood/ Leaves	Stomach disorders
152	<i>Bergenia purpurascens</i>	Saxifragaceae	Mencha Meto (Sh)	Roots	Maankhalu
153	<i>Astilbe rivularis</i>	Saxifragaceae	Tonsar Gugay (Sh)	Roots	Ulcer, bleeding during child birth, inflammation, body ache, diarrhoea, and dysentery
154	<i>Linderbergia griffithii</i>	Scrophulariaceae	Ruu busula (Sh)	Leaves	Zikpey maan
155	<i>Buddleja asiatica</i>	Scrophulariaceae	Mongshibespashing/ Yangremshing (Sh)	Leaves	Making Yeast/ Phaam
156	<i>Capsicum annum</i>	Solanaceae	Kaluktang solo (Sh), Dolo Khorsaney (Lh)	Fruits and leaves	Snake bite
157	<i>Datura stramonium</i>	Solanaceae	Zeeranakpo (Sh)	Seeds	Tooth ache
158	<i>Solanum torvum</i>	Solanaceae	Bhi (Lh), Khalangji katang (Sh)	Fruits	For containing BP
159	<i>Solanum viarum</i>	Solanaceae	Zuubalingmin (Sh)	Fruits/Bark	Tooth ache; Sofu Malekpa (cancerous wounds)
160	<i>Brugmansia suaveolens</i>	Solanaceae	Dungmomnangshing (Sh)	Leaves	Sofu Malekpa (Cancerous wounds)
161	<i>Aquilaria malaccensis</i>	Thymelaeaceae	Augur (Dz, Sh)	Wood	Maankhalu, Zikpey maan
162	<i>Urtica ardens</i>	Urticaceae	Khi Jazu (Sh)	Root	Reduce effect of poison due to eating Manchhen



163	<i>Girardinia diversifolia</i>	Urticaceae	Sisnu (Lh), Jazu (Sh), Zocha (Dz)	Roots	Bone fracture
164	<i>Tetrastigma obtectum</i>	Vitaceae	Zhabdrung Japati (Sh)	Leaves	Stomach disorders
165	<i>Zingiber officinale</i>	Zingiberaceae	Saga (Dz,Sh), Aduwa (Lh)	Rhizome	Stomach disorders, Cough and cold
166	<i>Amomum subulatum</i>	Zingiberaceae	Alanchi (Sh, Dz, Lh)	bulbs	-do-
167	<i>Zingiber montanum</i>	Zingiberaceae	Borang Saga (Sh)	Rhizome	Maankhalu
168	<i>Curcuma longa</i>	Zingiberaceae	Yongka/Jung Tsalo (Sh)	Root tuber	-do-
169	<i>Curcuma aromatica</i>	Zingiberaceae	Yongka/Jung Chhanglu (Sh)	Root tuber	-do-
170	<i>Zingiber zerumbet</i>	Zingiberaceae	Sharpa boss (Sh), Phracheng (Lh)	Root	Joint pains/Gout/Jaundice
171	<i>Kaempferia rotunda</i>	Zingiberaceae	Khangfotpa maan (Sh), Bhui champ (Lh)	Root tuber	Broken bones
172	<i>Hydechium garbenrianum</i>	Zingiberaceae	Sermomnang (Sh)	Rhizome	Mankhalu