

## List of Plants available with IIIM Branch, Srinagar

S. No.	Botanical Name	Common Name	Family	Chemical constituents	Part Used	Uses
1	<i>Aralia cashmerica</i>	Devil's walking-sting, Hercules-Club	Araliaceae	<ul style="list-style-type: none"> <li>• Oleanolic acid</li> <li>• Chikusetsusaponin</li> <li>• Deglucose</li> <li>• Chikusetsusaponin</li> <li>• Palmitic acid</li> <li>• Beta-sitosterol</li> <li>• Oleanolic acid</li> </ul>	Root Bark & Fruits	<ul style="list-style-type: none"> <li>• Root bark is ophthalmic and purgative.</li> <li>• Tincture prepared from berries is used in the treatment of toothache and rheumatism.</li> </ul>
2	<i>Atropa acuminata</i>	Indian Belladonna, Deadly Night-shade	Solanaceae	<ul style="list-style-type: none"> <li>• oleanane</li> <li>• triterpenes</li> <li>• 24-trihydroxyolean</li> <li>• beta-sitosterol</li> <li>• oleanolic acid</li> </ul>	Roots	Used in the treatment of :- <ul style="list-style-type: none"> <li>• Parkinsonism</li> <li>• Encephalitis</li> <li>• Paralysis</li> </ul>
3	<i>Althea officinalis</i> L.	Marshmallow	Malvaceae	<ul style="list-style-type: none"> <li>• starch</li> <li>• mucilage</li> <li>• pectin</li> <li>• flavonoids</li> <li>• phenolic acids</li> <li>• sucrose</li> <li>• asparagine</li> </ul>	Leaves, Flowers & Roots	<ul style="list-style-type: none"> <li>• Demulcent, Expectorant, Diuretic.</li> <li>• Generally used in ailments of the lungs.</li> <li>• Treatment of peptic ulcer, enteritis, colitis, varicose veins, ulcers, abscesses, and boils.</li> <li>• It has been used to treat constipation as well as irritable bowel syndrome.</li> </ul>
4	<i>Artemisia vestita</i> Wall.	Russian Warmwood	Compositae	<ul style="list-style-type: none"> <li>• grandisol</li> <li>• cineol</li> <li>• camphor</li> </ul>	Whole Plant	<ul style="list-style-type: none"> <li>• The plant is anti-phlogistic and febrifuge.</li> </ul>
5	<i>Artemisia maritima</i>	Sea Wormwood	Asteraceae	<ul style="list-style-type: none"> <li>• 1,8-cineole</li> <li>• chrysanthenone (17.54%)</li> </ul>	flowering tops and young shoots	<ul style="list-style-type: none"> <li>• It is often made use of by country people for intermittent fever.</li> </ul>
6	<i>Artemisia annua</i> L.	Sweet Wormwood	Asteraceae	<ul style="list-style-type: none"> <li>• Artemisinin</li> <li>• camphor</li> </ul>	Leaves and stems	<ul style="list-style-type: none"> <li>• Parasite treatment,</li> <li>• Malaria treatment,</li> <li>• Cancer treatment.</li> </ul>
7	<i>Artemisia absinthium</i> L.	Green Ginger or grand wormwood	Asteraceae	<ul style="list-style-type: none"> <li>• flavonoids</li> <li>• phenolic acids</li> <li>• sabinyol acetate</li> <li>• chrysanthenyl acetatemyroxides</li> </ul>	Leaves and flowering tops	<ul style="list-style-type: none"> <li>• It is used medicinally as a tonic, stomachic, antiseptic, antispasmodic, carminative, cholagogue, febrifuge and anthelmintic.</li> </ul>
8	<i>Artemisia dracunculus</i> (Linn.)	Silky Wormwood	Asteraceae	<ul style="list-style-type: none"> <li>• estragole (methyl chavicol)</li> </ul>	Leaves, Herb	<ul style="list-style-type: none"> <li>• It is highly cordial to head, heart &amp; liver.</li> <li>• Roots are used to cure toothache.</li> </ul>

		or Dragon's-wort		<ul style="list-style-type: none"> <li>• ocimene</li> <li>• phellandrene</li> <li>• cineol</li> </ul>		<ul style="list-style-type: none"> <li>• Leaves are used in salad, pickle making, induce appetite.</li> </ul>
9	<i>Aconitum heterophyllum</i>	Atis root, Atis	Ranunculaceae	<ul style="list-style-type: none"> <li>• Alkaloids</li> <li>• atisin</li> </ul>	Underground Stem & Roots	<ul style="list-style-type: none"> <li>• The dried root is analgesic, anti-inflammatory, antipyretic, aphrodisiac, astringent, and tonic.</li> <li>• It is used in the treatment of liver disorders, dyspepsia, diarrhoea, indigestion, nausea, vomiting, throat pain, anorexia, piles and coughs.</li> </ul>
10	<i>Angelica archangelica</i> L.	Holy Ghost, Wild Celery	Apiaceae	<ul style="list-style-type: none"> <li>• a-pinene</li> <li>• camphene</li> <li>• b-pinene</li> <li>• sabinene</li> <li>• myrcene</li> <li>• limonene</li> <li>• terpinolene</li> <li>• copaene</li> <li>• tridecanolide</li> </ul>	root, leaves, seeds	<ul style="list-style-type: none"> <li>• The root stalks, leaves and fruit possess carminative, stimulant, diaphoretic, stomachic, tonic and expectorant properties,</li> <li>• Angelica is a good remedy for colds, coughs, pleurisy, wind, colic, rheumatism and diseases of the urinary organs, diabetes.</li> </ul>
11	<i>Angelica glauca</i>	Choro	Apiaceae	<ul style="list-style-type: none"> <li>• <math>\alpha</math>-phellandrene</li> <li>• <i>trans</i>-carveol</li> <li>• <math>\beta</math>-pinene</li> <li>• thujene</li> <li>• <math>\beta</math>-caryophyllene oxide</li> <li>• <math>\beta</math>-caryophyllene</li> <li>• <math>\gamma</math>-terpinene</li> <li>• nerolidol</li> <li>• <math>\beta</math>-bisabolene</li> </ul>	Roots	<ul style="list-style-type: none"> <li>• Angelica is used for asthma, bronchitis, anaemia, coughs, indigestion, arthritis and colds.</li> <li>• Locally the roots are useful for cancer.</li> </ul>
12	<i>Asparagus officinalis</i> L.	Shatavar	Asparagaceae (Liliaceae)	<ul style="list-style-type: none"> <li>• asparagusic acid</li> <li>• anti-S-oxide</li> <li>• methyl ester</li> <li>• asparagusic acid</li> <li>• oxide methyl</li> <li>• hydroxyasparenyn</li> <li>• asparenynol</li> </ul>	Roots, shoots, seeds	<ul style="list-style-type: none"> <li>• The roots considered diuretic, laxative, induce sweating, and are recommended for gout, dropsy, and rheumatism.</li> </ul>
13	<i>Aesculus indica</i> (Wall. ex Camb.) Hook.f.)	Indian Horse-chestnut	Sapindaceae	<ul style="list-style-type: none"> <li>• palmitic acid</li> <li>• myristic acid</li> <li>• stearic acid</li> <li>• arachidic acid</li> <li>• oleic acid</li> </ul>	Seeds, Leaves & Flowers	<ul style="list-style-type: none"> <li>• It is used in Traditional Indian Medicine, for the treatment of some skin disease, rheumatism, as an astringent, acrid and narcotic &amp; in the relief of headaches.</li> </ul>
14	<i>Achillea millefolium</i> L.	Yarrow, Nose-bleed	Asteraceae	<ul style="list-style-type: none"> <li>• camphor</li> <li>• isoborneol</li> </ul>	Leaves and Flowers	<ul style="list-style-type: none"> <li>• It is generally used as an anti-inflammatory or in chest rubs for colds and influenza.</li> </ul>

		plant		<ul style="list-style-type: none"> <li>• chamazulene</li> <li>• isoborneol</li> <li>• p-cymene</li> </ul>		<ul style="list-style-type: none"> <li>• It is believed that anti-allergenic compounds can be extracted from the flowers by steam distillation.</li> <li>• Flowers used in this way are harvested in summer or autumn, and an infusion drunk for upper respiratory phlegm or used externally as a wash for eczema</li> </ul>
15	<i>Acorus calamus</i> L.	Sweet Flag	Acoraceae	<ul style="list-style-type: none"> <li>• 1 beta,7 alpha(H)-cadinane-4 alpha</li> <li>• 6 alpha,10 alpha-triol</li> <li>• 1 alpha,5 beta-guaiane</li> <li>• 6 beta-diol</li> </ul>	Dried Rhizomes	<ul style="list-style-type: none"> <li>• Calamus essential oil is valued in the perfume industry. It is used internally in the treatment of digestive complaints, bronchitis, sinusitis etc.</li> <li>• It is used both medicinally and as a stimulant.</li> </ul>
16	<i>Arctium lappa</i> L.	Greater Burdock	Asteraceae	<ul style="list-style-type: none"> <li>• lignan</li> <li>• daucosterol</li> <li>• arctigenin</li> <li>• arctiin</li> <li>• mataresinol</li> <li>• lappaol</li> </ul>	Roots, Herb and Seeds	<ul style="list-style-type: none"> <li>• Dried burdock to be used as a diuretic, diaphoretic, and a blood purifying agent.</li> <li>• Various parts are used to prevent baldness and to treat rheumatoid arthritis, skin infections, acne, boils, bites, eczema, herpes, impetigo, rashes, ringworm, sore throat, sciatica etc.</li> </ul>
17	<i>Arisaema wallichianum</i> Hook. f.		Araceae	<ul style="list-style-type: none"> <li>• A. Intermedium</li> <li>• wallichianum</li> </ul>	Underground tuber	<ul style="list-style-type: none"> <li>• Used in the treatment of Piles.</li> </ul>
18	<i>Berberis lycium</i>	Berberberry	Berberidaceae	<ul style="list-style-type: none"> <li>• Alkaloids</li> <li>• Berberine</li> <li>• Palmatine</li> </ul>	Fruit, roots bark	<ul style="list-style-type: none"> <li>• Barberry's roots are used as remedy for swollen and sore eyes, broken bones, wounds, gonorrhea, curative piles</li> <li>• Leaves are given in jaundice.</li> </ul>
19	<i>Bergenia ciliate</i>	Paashaanbhed	Saxifragaceae	<ul style="list-style-type: none"> <li>• Bergenin</li> <li>• catechin</li> <li>• gallic acid</li> </ul>	Roots	<ul style="list-style-type: none"> <li>• It is given to dissolve kidney stones and also as a diuretic.</li> </ul>
20	<i>Crataegus oxycantha</i> L.	Hawthorn	Rosaceae	<ul style="list-style-type: none"> <li>• Cynogenetic glycosides</li> <li>• Crategin, Amines</li> <li>• Tyramine, Rutin</li> <li>• Hyperoside</li> <li>• Vitexin glycosides</li> <li>• Orientin glycosides</li> <li>• Citric tartaric</li> </ul>	Berries, flowers and leaves.	<ul style="list-style-type: none"> <li>• The total complex of plant constituents is considered valuable as a remedy for those with circulatory and cardiac problems.</li> </ul>

21	<i>Chrysanthemum cinerariifolium</i> L.	Pyrethrum, Insect Plant	Asteraceae	<ul style="list-style-type: none"> <li>• Yehuhua lactone</li> <li>• Asteglasine</li> <li>• Sesquiterp</li> <li>• Amyrins</li> <li>• Lupeol</li> </ul>	Leaves, Flowers, Stem	<ul style="list-style-type: none"> <li>• Extracts of Chrysanthemum plants (stem and flower) have been shown to have a wide variety of potential medicinal properties, including anti-HIV-1, antibacterial and antimycotic. It acts as a natural source of insecticide.</li> </ul>
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				<ul style="list-style-type: none"> <li>• Angeloylcumambrin</li> <li>• Arteglasin</li> <li>• Acacetin</li> <li>• Flavanoids</li> <li>• Linalool</li> <li>• Thymol</li> </ul>		
22	<i>Cydonia oblonga</i> Mill.	Quince, Amritphala	Rosaceae	<ul style="list-style-type: none"> <li>• Citric acid</li> <li>• Ascorbic acid</li> <li>• Malic acid,</li> <li>• Quinic acid</li> <li>• Shikimic acid</li> <li>• Fumaric acids</li> <li>• Glutamic acid</li> <li>• Aspartic acid</li> </ul>	Whole plant	<ul style="list-style-type: none"> <li>• Fruits are astringent, expectorant, tonic and cardiac.</li> <li>• Seeds are used for diarrhoea and dysentery.</li> <li>• The herb is used as coppresses or poultices for injuries, inflammation of the joints, injuries of the nipples and dashly or deeply cut fingers.</li> <li>• Quince is used as demulcent in digestive disorders and diarrhea.</li> </ul>
23	<i>Cichorium intybus</i> L.	Chicory, Ishkanagi	Compositae (asteraceae)	<ul style="list-style-type: none"> <li>• Carboxylic acid</li> <li>• Inulinsucrose</li> <li>• Protein</li> <li>• Ash,</li> </ul>	Roots, leaves	<ul style="list-style-type: none"> <li>• Plant is considered tonic, elexiteric and emmenagogue.</li> <li>• Locally it is used for fever and typhoid.</li> </ul>
24	<i>Dioscorea deltoidea</i> Wall. Ex Griseb.	Yam	Dioscoreaceae	Diosgenine	Roots	<ul style="list-style-type: none"> <li>• The juice of the root tuber is taken in the evening in the treatment of roundworm.</li> <li>• It is also used to alleviate constipation. The roots contain diosgenin.</li> <li>• These are used as contraceptives and in the treatment of various disorders of the genitary organs as well as in a host of other diseases such as asthma and arthritis.</li> </ul>
25	<i>Dracocephalum nutans</i> L.	Nodding Dragonhead	Lamiaceae	<ul style="list-style-type: none"> <li>• Sabinene, germacene</li> <li>• Pinocamphone</li> <li>• terpenes, pinene</li> </ul>	Flowers and Seeds	<ul style="list-style-type: none"> <li>• Fever</li> <li>• Stomach Diseases</li> <li>• Liver diseases</li> </ul>
26	<i>Dactylorhiza hatagirea</i> syn <i>orchis latifolia</i>	Himalayan Marsh Orchid	Orchidaceae		Tubers	<ul style="list-style-type: none"> <li>• The tuber yields salap and is reputed as expectorant, aphrobsiac and as nervine tonic.</li> <li>• Locally it is used as a nervine tonic and aphrodisiac.</li> </ul>
27	<i>Digitalis lanata</i>	Woolly Foxglove	Plantaginaceae	Digoxin	Leaves	<ul style="list-style-type: none"> <li>• <i>Digitalis lanata</i> contains a powerful cardiac stimulant that may be used by patients with heart conditions.</li> <li>• It is used to treat some heart conditions such as congestive heart failure.</li> <li>• It has a tonic effect on heart disease enabling the heart to beat more slowly, powerfully, and regularly without requiring more oxygen.</li> </ul>

28	<i>Delphinium roylei</i>	Larkspur	Ranunculaceae	<ul style="list-style-type: none"> <li>• delphinine</li> </ul>	Whole plant extract	<ul style="list-style-type: none"> <li>• In small amounts, extracts of the plant have been used in herbal medicine.</li> <li>• A tincture is used against asthma and dropsy.</li> </ul>
29	<i>Bupleurum falcatum</i>	Chinese Thoroughwax & Sickle-leaf hare's ear	Apiaceae	<ul style="list-style-type: none"> <li>• Tripenoid Saponins</li> <li>• saikosaponin a</li> <li>• saikosaponin b4</li> <li>• saikosaponin c</li> <li>• Polysaccharides</li> <li>• Bupleurans</li> </ul>	Root	<ul style="list-style-type: none"> <li>• anti-inflammatory</li> <li>• antitussive</li> <li>• promotes digestion</li> <li>• diaphoretic</li> <li>• [hepatoprotective</li> </ul>
30	<i>Echinacea purpurea</i> (L.) Moench.	Purple coneflower	Asteraceae	<ul style="list-style-type: none"> <li>• phenols</li> <li>• cichoric acid</li> <li>• caftaric acid</li> </ul>	Flowers	<ul style="list-style-type: none"> <li>• Echinacea is popularly believed to be an immunostimulator.</li> <li>• It is also used as an ornamental plant.</li> </ul>
31	<i>Ephedra gerardiana</i> Wall. ex Stapf	Ephedra, Soom	Gnetaceae	<ul style="list-style-type: none"> <li>• Ephedrine</li> <li>• Nor-ephedrine</li> <li>• n-Methyl ephedrine</li> </ul>	Whole plant	<ul style="list-style-type: none"> <li>• The tincture is cardiac and circulatory stimulant. Liquid extract is used for controlling asthmatic attack.</li> <li>• Locally it is used to relieve asthma and rheumatism.</li> </ul>
32	<i>Ferula jaeschkeana</i> L.	Heeng	Apiaceae	<ul style="list-style-type: none"> <li>• resin</li> <li>• endogeneous gum</li> <li>• volatile oil</li> <li>• ash</li> <li>• asaresinotannols</li> <li>• ferulic acid</li> <li>• umbelliferone</li> </ul>	Aerial parts	<ul style="list-style-type: none"> <li>• The resin of this medicinal plant is used to treat tumors, chronic wounds and ulcers in people and animals.</li> </ul>
33	<i>Glycyrrhiza glabra</i> (Linn.)	Shalako, Mulathi	Papilionaceae (Leguminosae)	<ul style="list-style-type: none"> <li>• Glycyrrhizin</li> <li>• glycyrrhetic acid</li> <li>• flavonoids</li> <li>• asparagines</li> <li>• iso-flavonoids</li> <li>• chalcones.</li> </ul>	Roots	<ul style="list-style-type: none"> <li>• Glycyrrhiza roots are used as tonic expectorant, diuretic, emmenagogue and weak laxative.</li> <li>• The action of liquorice is demulcent, moderately pectoral and emollient.</li> <li>• It is a popular and well known remedy for cough, consumption and chest complaints</li> </ul>
34	<i>Ginkgo biloba</i>	Maidenhair Tree	Ginkgoaceae	<ul style="list-style-type: none"> <li>• flavonoid glycosides</li> <li>• terpenoids</li> </ul>	Leaves, seeds, root and stem	<ul style="list-style-type: none"> <li>• Ginkgo has been used for improving blood flow, for improving memory/concentration due to certain brain problems (e.g., Alzheimer's disease, dementia), and for relief of premenstrual syndrome (PMS), eye problems, and dizziness.</li> </ul>
35	<i>Gentiana species</i>	Rainier pleated gentian and Mountain bog gentian.	Gentianaceae	<ul style="list-style-type: none"> <li>• iridoid glycosides</li> <li>• amarogentin,</li> <li>• gentiopicroside,</li> <li>• xanthones</li> <li>• triterpenes.</li> </ul>	Root	<ul style="list-style-type: none"> <li>• It is approved for medicinal use by Germany's FDA equivalent to stimulate the appetite and digestion.</li> </ul>

				<ul style="list-style-type: none"> <li>• gentiacauloside.</li> </ul>		
36	<i>Humulus lupulus</i>	Common hop	Cannabaceae	<ul style="list-style-type: none"> <li>• Lupulin,</li> <li>• myrcene</li> <li>• caryophylline</li> <li>• humulone</li> <li>• lupulones</li> <li>• astragalin</li> <li>• resin</li> <li>• tannins</li> </ul>	Flowers.	<ul style="list-style-type: none"> <li>• Extracts of hop flowers have been used in treating leprosy, pulmonary tuberculosis, and acute bacterial dysentery.</li> <li>• A poultice of the leaf and fruit of the Hops plant has been used to remedy "cold" tumors.</li> <li>• Hops is used in treating boils, bruises, stones in gallbladder, kidney and urinary tract, cystitis, debility, delirium, diarrhea, dyspepsia, fever, fits, hysteria, inflammation, jaundice, neuralgia, rheumatism, earache or toothache.</li> </ul>
37	<i>Hypericum perforatum</i>	Tipton's Weed, Chase-devil, or Klamath weed.	Hypericaceae	<ul style="list-style-type: none"> <li>• Polyphenols</li> <li>• flavonoids</li> <li>• hyperoside,</li> <li>• isoquercetin,</li> <li>• quercitrin,</li> <li>• pseudohypericin</li> </ul>	Whole flowering plant	<ul style="list-style-type: none"> <li>• St John's wort is widely known as a herbal treatment for depression</li> <li>• St. John's wort is being studied for effectiveness in the treatment of certain somatoform disorders</li> </ul>
38	<i>Hyoscyamus niger</i> L.	Bazarbang, Hanbane	Solanaceae	<ul style="list-style-type: none"> <li>• fatty matter,</li> <li>• gum,</li> <li>• starch,</li> <li>• albuminous matter</li> </ul>	Whole Plant	<ul style="list-style-type: none"> <li>• Narcotic, antiseptic, sedative, anodyne, nerves, asthma, whooping cough, headache, and gout.</li> </ul>

39	<i>Heracleum candicans</i>	Hogweed	APIACEAE	<ul style="list-style-type: none"> <li>• Isophellodenol</li> <li>• candinol</li> <li>• candibirins</li> <li>• trifuranocoumarins</li> <li>• canditirins</li> <li>• candinols</li> </ul>	Whole Herb	<ul style="list-style-type: none"> <li>• Anti- microbial</li> </ul>
40	<i>Inula racemosa</i>	Pushkarmoola, Inula	Asteraceae	<ul style="list-style-type: none"> <li>• Sesquiterpene lactones</li> <li>• alantolactone</li> <li>• isoalantolactone</li> <li>• inunal</li> <li>• isoalloalantolactoe</li> <li>• essential oil</li> </ul>	Rhizome	<ul style="list-style-type: none"> <li>• The rhizome is sweet, bitter and acrid in taste with a neutral potency and act as antiseptic, anti-bacterial, anti-fungal, anti-inflammatory, analgesic and mild diuretic.</li> <li>• It is used in the treatment of contagious fevers, heart disease and ischemic heart disease.</li> <li>• It is also used in cough, hiccup, bronchial asthma, indigestion, flatulence and in fever.</li> </ul>

41	<i>Iris crocea</i>	Iris	Iridaceae	<ul style="list-style-type: none"> <li>• hydroxyrotenoid</li> <li>• methoxyirisporinol</li> <li>• isoflavone glucoside</li> <li>• tectorigenin</li> <li>• dimethoxyiso flavone alipinone</li> </ul>	Rhizome	<ul style="list-style-type: none"> <li>• In water purification, Yellow Iris (<i>I. pseudacorus</i>) is used.</li> <li>• The roots then improve water quality by consuming nutrient pollutants, such as from agricultural runoff.</li> <li>• Used in Lymph sarcoma and some other cancers</li> </ul>
42	<i>Iris ensata</i>	Japanese iris	Iridaceae	<ul style="list-style-type: none"> <li>• Xanthose glycds.</li> <li>• C-glycd.</li> <li>• apigenin</li> <li>• phenolic acids</li> </ul>	Leaves, roots	<ul style="list-style-type: none"> <li>• The root is alterative, anthelmintic, antidote, appetizer, depurative, diuretic, hepatic and vermifuge.</li> <li>• It is used with other herbs in the treatment of venereal affections, liver complaints and dropsy.</li> </ul>
43	<i>Iris hookeriana</i>	Hooker's Iris	Iridaceae		Rhizome	.
44	<i>Juniperus recurva</i>	Drooping Juniper	Cupressaceae	<ul style="list-style-type: none"> <li>• monoterpene hydrocarbons</li> <li>• sesquiterpene hydrocarbons</li> <li>• sesquiterpenes</li> </ul>	The dried plant called the thallus is generally used both for its medicinal and commercial use.	<ul style="list-style-type: none"> <li>• Juniper is used as a remedy for diuretic, anti-microbial, carminative, anti-rheumatic, tonic, antiseptic and abdomen complaints.</li> <li>• It is also a speedy remedy for scurvy, haemorrhoids and kills worms in children.</li> <li>• Juniper Berries make an excellent antiseptic in conditions such as cystitis.</li> <li>• It is also used in viral infection.</li> </ul>
45	<i>Juglans regia</i>	Walnut	Juglandaceae	The active principle of the whole Walnut tree, as well as of the nuts, is Nucin or Juglon. The kernels contain oil, mucilage, albumin, mineral matter, cellulose and water.	Nut, Leaves, Bark	<ul style="list-style-type: none"> <li>• The bark and leaves have alterative, laxative, astringent and detergent properties, and are used in the treatment of skin troubles.</li> <li>• The fruit, when young and unripe, makes a wholesome, anti-scorbutic pickle, the vinegar in which the green fruit has been pickled proving a capital gargle for sore and slightly ulcerated throats.</li> <li>• The leaves have a very strong, characteristic smell, aromatic and not unpleasant, but said to be injurious to sensitive people.</li> </ul>
46	<i>Levisticum</i>	Lovage	Apiaceae	<ul style="list-style-type: none"> <li>• Z-ligustilide,</li> </ul>	Leaves, Flowers	<ul style="list-style-type: none"> <li>• Lovage tea can be applied to wounds as an</li> </ul>

	<i>officinale</i>			<ul style="list-style-type: none"> <li>• E-ligustilide,</li> <li>• Citronella</li> <li>• senkyunolide, pentylbenzene, pentylcyclohexadiene, ligustilide</li> </ul>		<p>antiseptic, or drunk to stimulate digestion.</p> <ul style="list-style-type: none"> <li>• The roots, which contain a heavy, volatile oil, are used as a mild aquaretic.</li> </ul>
47	<i>Lavendula angustifolia</i>	lavender	Lamiaceae	<ul style="list-style-type: none"> <li>• d-camphor</li> <li>• 1-8 cineol</li> <li>• d-borneol</li> <li>• alpha Pinene</li> <li>• beta pinene</li> <li>• Cariofilen</li> <li>• d-camphene</li> <li>• Azuleneol</li> <li>• Lineol</li> <li>• Geraniol</li> </ul>	Flowers	<ul style="list-style-type: none"> <li>• Analgesic, Anti-Coagulant, Anti-Convulsive, Anti-Depressant, Anti-Fungal, Antihistamine, Anti-Infectious, Anti-Inflammatory, Antiseptic, Anti-Spasmodic, Antitoxic, Cardiotonic, Regenerative.</li> </ul>
48	<i>Mentha arvensis</i> L.	Japanese mint	Lamiaceae	<ul style="list-style-type: none"> <li>• Menthol</li> <li>• Menthone</li> <li>• menthyl acetate</li> </ul>	Leaves, Whole herb	<ul style="list-style-type: none"> <li>• Mint is used as a carminative and an expectorant.</li> <li>• The plant is highly effective in treating headaches, rhinitis, cough sore throat, colic, prurigo and vomiting.</li> <li>• It serves as a good blood cleanser, since it is antiseptic and anti-bacterial.</li> <li>• The decoction and infusion of its leaves and stems helps in fever, stomachaches, dysmenorrhoeal and diuresis.</li> </ul>
49	<i>Mentha piperata</i> L.	Peppermint	Lamiaceae	<ul style="list-style-type: none"> <li>• Menthol</li> <li>• menthone</li> <li>• menthafuron</li> </ul>	Leaves, Whole herb	<ul style="list-style-type: none"> <li>• Excellent for the digestion, as a decongestant, and for skin disorders. Use for colds, flu, flatulence, headaches, indigestion, nausea, toothache and sunburn.</li> </ul>
50	<i>Melissa officinalis</i>	Lemon Balm	Lamiaceae	<ul style="list-style-type: none"> <li>• trans-ocimene</li> <li>• cis-ocimene</li> <li>• cis-3-hexenol</li> <li>• citronellal</li> <li>• linalool</li> <li>• germacrene-D</li> <li>• geranial</li> <li>• geranyl acetate</li> <li>• geraniol.</li> </ul>	Leaves, Aerial Parts	<ul style="list-style-type: none"> <li>• Positive results have been achieved in a small clinical trial involving Alzheimer patients with mild to moderate symptoms.</li> <li>• Its antibacterial properties have also been demonstrated scientifically, although they are markedly weaker than those from a number of other plants studied.</li> <li>• The extract of lemon balm was also found to have exceptionally high antioxidant activity.</li> </ul>

51	<i>Matricaria recutita</i>	Chamomilla	Asteraceae	<ul style="list-style-type: none"> <li>• terpene bisabolol</li> <li>• farnesene,</li> <li>• chamazulene,</li> <li>• flavonoids ,</li> <li>• luteolin</li> <li>• coumarin</li> </ul>	Flowers	<ul style="list-style-type: none"> <li>• German chamomile is used medicinally to treat sore stomach, irritable bowel syndrome.</li> <li>• It is also used as a mild laxative and is anti-inflammatory and bactericidal.</li> <li>• It is also used as a mouthwash against oral mucositis.</li> </ul>
52	<i>Nepeta cataria</i>	Catmint, catnip	Lamiaceae	<ul style="list-style-type: none"> <li>• Nepetalactone</li> <li>• Epinepetalactone</li> <li>• caryophyllene</li> <li>• camphor</li> <li>• thymol</li> <li>• carvacrol</li> <li>• ulegone</li> </ul>	Leaves, Flowers	<ul style="list-style-type: none"> <li>• Leaves can also be chewed to reduce toothache. Catnip tea has been found to have an anticholinergic effect</li> <li>• It has also been used to relieve intestinal cramps and gas discomfort.</li> <li>• It has antibacterial (kills bacteria) properties and is a mild sedative that can reduce fever, nervous and muscular spasms, or convulsions.</li> </ul>
53	<i>Orchis latifolia</i>	Salep orchid, Salam herb	Orchidaceae	<ul style="list-style-type: none"> <li>• Mucilage</li> <li>• sugar</li> <li>• starch</li> <li>• phosphates</li> <li>• Chlorides of potassium and calcium.</li> </ul>	Tubers	<ul style="list-style-type: none"> <li>• Astringent, Demulcent, Expectorant, Nutritive</li> </ul>
54	<i>Origanum vulgare</i>	Oregano	Lamiaceae	<ul style="list-style-type: none"> <li>• carvacrol</li> <li>• thymol</li> <li>• limonene</li> <li>• pinene</li> <li>• ocimene</li> <li>• caryophyllene.</li> </ul>	Leaves, Flowering stem	<ul style="list-style-type: none"> <li>• Oregano is high in antioxidant activity, due to a high content of phenolic acids and flavonoids.</li> <li>• It also has shown antimicrobial activity against strains of the food-borne pathogen.</li> <li>• Also used in the treatment of sore throat.</li> </ul>
55	<i>Ocimum sanctum</i> L.	Kali Tulsi	Lamiaceae	<ul style="list-style-type: none"> <li>• Eugenol</li> <li>• carvacrol</li> <li>• methyl chevicol</li> <li>• cineol</li> <li>• linalool</li> </ul>	Whole Plant, Leaves	<ul style="list-style-type: none"> <li>• Antimicrobial</li> <li>• Antimalarial effects</li> <li>• Antiallergic and Immunomodulator effects</li> <li>• Antistress/Adaptogenic effects.</li> <li>• Antifertility</li> <li>• Anti diabetic</li> <li>• For Heart ailments</li> </ul>
56	<i>Polygonum amplexicaule</i>	Buckwheat	Polygonaceae	<ul style="list-style-type: none"> <li>• beta-sitosterol</li> <li>• angelicin</li> <li>• psoralen</li> <li>• palmitic acid</li> <li>• epicatechin</li> <li>• quercetin</li> </ul>	Rhizome	<ul style="list-style-type: none"> <li>• Japanese knotweed extract is an antipyretic and analgesic.</li> <li>• Resveratrol, a compound found in the plant extract, has antimicrobial, antioxidant and antimutagenic properties.</li> <li>• Moreover, an external application of the plant</li> </ul>

						treats cuts, burns and abscesses
57	<i>Picrorhiza kurroa</i> Royle ex Benth.	Kurro, Kutki, Gentian	Scrophulariaceae	<ul style="list-style-type: none"> <li>• picroside</li> <li>• Picrorhizin</li> <li>• kutkoside</li> <li>• kurrin</li> <li>• kuthinol</li> <li>• kutkiol</li> <li>• kutkisterol</li> <li>• kutkoside</li> <li>• cucurbitacin</li> </ul>	Root, rhizomes	<ul style="list-style-type: none"> <li>• Root is bitter stomachic, cathartic, used in fever, dyspepsia and in purgative preparations, in scorpion sting.</li> <li>• It is also used as cooling cardiotonic anti pyretic anti periodic in large doses.</li> <li>• In India it is used as a house old remedy for jaundice, indigestion and common fever.</li> <li>• Locally it is much valued for horse diseases.</li> </ul>
58	<i>Podophyllum hexandrum</i> Royle	Indian Mayapple	Berberidaceae	<ul style="list-style-type: none"> <li>• podophyllin</li> </ul>	Rhizomes and roots	<ul style="list-style-type: none"> <li>• Anti cancerous.</li> </ul>
59	<i>Physochlaina praealta</i>	Sholar, Bajar-bang, Nandru	Solanaceae	<ul style="list-style-type: none"> <li>• tropane</li> <li>• alkaloids</li> <li>• hyoscyamine</li> <li>• potassium nitrate</li> <li>• potassium chloride</li> </ul>	Leaves, often entire plants	<ul style="list-style-type: none"> <li>• The leaves of the herb are narcotic and possess mydriatic properties, causing dilation of the pupil of the eye, like belladonna.</li> <li>• The leaves are applied to the boils.</li> </ul>
60	<i>Rheum emodi</i> Wall. ex Meissn.	Jaro chuntal, Gilgiti rhubarb	Polygonaceae	<ul style="list-style-type: none"> <li>• revandchinone-1</li> <li>• revandchinone-2</li> <li>• anthraquinone ether</li> <li>• revandchinone-3</li> <li>• oxanthrone ether</li> <li>• revandchinone-4</li> </ul>	Rhizome, roots	<ul style="list-style-type: none"> <li>• The roots are astringent, tonic and purgative .the tuber is pungent, bitter, diuretic, chronic bronchitis asthma, sore eyes and bruises.</li> <li>• Locally roots are used to chronic constipation.</li> <li>• The tuber is used in biliousness, sore eyes and fever.</li> <li>• It is also used as blood purifier.</li> </ul>
61	<i>Rumex nepalensis</i> L.	Jangli Palak	Polygnaceae	<ul style="list-style-type: none"> <li>• Anthraquinone</li> <li>• Naphthalen</li> <li>• Chrysophanol</li> <li>• glucopyranoside</li> <li>• nepodin</li> </ul>	Leaves	<ul style="list-style-type: none"> <li>• Leaf extract is applied to skin sores.</li> <li>• Leaf infusion is given in colic and applied to syphilitic ulcers.</li> </ul>
62	<i>Rhus species</i>		Anacardiaceae	<ul style="list-style-type: none"> <li>• tannin</li> <li>• pyrogallol</li> </ul>	Fruits	<ul style="list-style-type: none"> <li>• The leaves are rich in tannin. They can be collected as they fall in the autumn and used as a brown dye or as a mordant.</li> </ul>
63	<i>Salvia officinalis</i> L.	Common Sage, Purple Sage	Lamiaceae	<ul style="list-style-type: none"> <li>• cineole</li> <li>• tannic acid</li> <li>• oleic acid</li> <li>• ursonic acid</li> <li>• cornsolic acid</li> <li>• fumaric acid</li> <li>• chlorogenic acid</li> <li>• caffeic acid</li> </ul>	Whole Herb, Leaves	<ul style="list-style-type: none"> <li>• Stimulant, as tringent, tonic and carminative.</li> <li>• The gargle is useful for bleeding gums and to prevent an excessive flow of saliva.</li> </ul>

				<ul style="list-style-type: none"> <li>• niacin</li> <li>• nicotinamide</li> </ul>		
64	<i>Salix caprea</i> L.	Goat Willow	Salicaceae	<ul style="list-style-type: none"> <li>• Delphinidin</li> <li>• Cyanidin</li> <li>• Pipcolic acid</li> <li>• Fragilin</li> <li>• Salicin</li> <li>• Salicartin</li> <li>• Salireproside</li> <li>• Diandrin and Salicase enzyme.</li> </ul>	Inner Bark	<ul style="list-style-type: none"> <li>• antiperiodic</li> <li>• anthelmintic</li> <li>• anti-inflammatory</li> <li>• analgesic</li> <li>• antiseptic</li> <li>• tonic</li> </ul>
65	<i>Salvia sclarea</i> L.	Clarysage	Lamiaceae	<ul style="list-style-type: none"> <li>• Linalool</li> <li>• linalyl acetate</li> <li>• caryophyllene</li> <li>• a-terpineol</li> <li>• geraniol</li> <li>• neryl acetate</li> <li>• sclareol</li> <li>• germacrene D</li> </ul>	Aerial parts of the plant	<ul style="list-style-type: none"> <li>• Clary sage is calming to the nervous system, particularly in cases of depression, stress, insomnia and deep seated tension.</li> <li>• It is good for muscle pains, digestive disorders, kidney diseases and the cooling of inflammation of the skin.</li> </ul>
66	<i>Swertia petiolata</i> D. Don.	Mumiran	Gentianaceae	<ul style="list-style-type: none"> <li>• 1-glucosyloxy dimethoxyxanthone</li> <li>• 1,8-dihydroxy dimethoxyxanthoe;</li> <li>• 1,3-dihydroxy-7 methoxyxanthone</li> <li>• 1,7-dihydroxy-3-methoxyxanthone</li> </ul>	Roots	<ul style="list-style-type: none"> <li>• Medicinally it is used for ophthalmatic diseases. Locally it is used for eye diseases.</li> <li>• Dry root is mixed with milk and poured in the eyes for relief of pain in the eyes.</li> </ul>
67	<i>Scutellaria species</i>	Blue Skullcap, Hoodwort, Virginian Skullcap, Mad-dog Skullcap	Lamiaceae	<ul style="list-style-type: none"> <li>• Flavonoids</li> <li>• diterpenes</li> <li>• tannin</li> <li>• beta elemene</li> <li>• calamenene</li> </ul>	Roots	<ul style="list-style-type: none"> <li>• antitumor</li> <li>• hepatoprotective</li> <li>• antioxidant</li> <li>• anticonvulsant</li> <li>• antibacterial</li> <li>• Antiviral activities.</li> </ul>
68	<i>Thymus vulgare</i> LINN.	Common Thyme	Labiatae	<ul style="list-style-type: none"> <li>• a-thujone,</li> <li>• a-pinene,</li> <li>• camphene,</li> <li>• a-terpinene,</li> </ul>	Herb	<ul style="list-style-type: none"> <li>• Antiseptic</li> <li>• Antispasmodic</li> <li>• Tonic</li> <li>• Carminative.</li> </ul>

				<ul style="list-style-type: none"> <li>• linalool,</li> <li>• borneol,</li> <li>• thymol</li> <li>• carvacrol.</li> </ul>		
69	<i>Taxus wallichiana</i> Zucc.	Himalyan Yew	Taxaceae	<ul style="list-style-type: none"> <li>• abeo-baccatin</li> <li>• buJanone</li> <li>• buJanol</li> </ul>	Aerial parts of the plant	<ul style="list-style-type: none"> <li>• The tree has medicinal use in Ayurveda and Tibetan medicine.</li> <li>• <i>Taxus wallichiana</i> is also a source of the anticancer drug, paclitaxel.</li> </ul>
70	<i>Tanacetum vulgare</i> LINN.	Tansy	Asteraceae	<ul style="list-style-type: none"> <li>• thujone,</li> <li>isopinocamphone</li> <li>• camphor</li> <li>• borneol</li> <li>• camphone</li> <li>• artemisone</li> <li>piperitone</li> </ul>	Aerial parts	<ul style="list-style-type: none"> <li>• Anthelmintic</li> <li>• tonic</li> <li>• stimulant</li> <li>• anti-flatulent</li> </ul>
71	<i>Taraxacum officinale</i> Weber.	Dandelion	Compositae	<ul style="list-style-type: none"> <li>• thujone</li> <li>• absinthol</li> <li>• thujyl alcohol</li> <li>• acetic acid</li> <li>• malic acids</li> <li>• <i>absinthin</i></li> <li>• absinthic acid</li> <li>• tannin</li> <li>• resin</li> <li>• flavonoides</li> <li>• starch</li> <li>• nitrate of potash and other salts.</li> </ul>	Leaves & Roots	<ul style="list-style-type: none"> <li>• Its roots are used as a remedy for chronic disorder of kidney, liver and gout,</li> <li>• Also used for biliary problem that is jaundice, hepatitis, dyspepsia, arthritis and chronic skin disease.</li> <li>• The milky sap is applied to skin cancer.</li> <li>• Locally it is used for the treatment of blood pressure and diabetes and also used as salad.</li> </ul>

72	<i>Urtica dioica</i> LINN.	Stinging-nettle, Bichu-buti	Urticaceae	<ul style="list-style-type: none"> <li>• Terpenes</li> <li>• Phenylpropane</li> <li>• Slinans</li> <li>• Ceramides</li> <li>• sterols</li> <li>• oxalic acid</li> <li>• linoleic acid</li> </ul>	Leaves	<ul style="list-style-type: none"> <li>• It is used in haematuria, jaundice, fever, consumption, nephritis, eruptive skin diseases, gout and kidney diseases.</li> <li>• Locally its young leaves are used as a vegetable.</li> </ul>
73	<i>Valeriana officinalis</i> L.	Garden heliotrope, Garden Valerian	Valerianaceae	<ul style="list-style-type: none"> <li>• Alkaloids:</li> <li>• Isovaleramide</li> <li>• Gamma-aminobutyric acid</li> <li>• Isovaleric acid.</li> <li>• Iridoids</li> <li>• Sesquiterpenes</li> <li>• Flavanones</li> </ul>	Roots and rhizomes (underground stems)	<ul style="list-style-type: none"> <li>• Valerian has long been used for sleep disorders and anxiety, headaches, depression, irregular heartbeat, and trembling.</li> </ul>
74	<i>Valeriana wallichii</i> DC.	Gilgit valerian, Mushk bala	Valerianaceae	<ul style="list-style-type: none"> <li>• Maalioxide</li> <li>• 2-Acetyl-Pyrrole</li> <li>• 8-Epikessanol</li> <li>• Pyrrolyl-Ketone</li> <li>• Caffeic-Acid</li> <li>• Capronic-Acid</li> <li>• Linolenic-Acid</li> <li>• Valerenolic-Acid</li> </ul>	Rhizomes & Roots	<ul style="list-style-type: none"> <li>• It is useful in hysteria, insomnia, habitual constipation, neurosis, cholera and in scorpion sting and also used for perfumery.</li> <li>• Locally the dry roots are used to remove foul odour of mouth caused by tooth trouble.</li> </ul>
75	<i>Viola odorata</i> L.	Garden violet, Sweet violet, Banafsaj	Violaceae	<ul style="list-style-type: none"> <li>• nonadienal</li> <li>• parmone</li> <li>• hexyl alcohol</li> <li>• bezyl alcohol</li> <li>• ionone</li> <li>• viola quercitin</li> </ul>	Whole Plant, Leaves, Roots and Flowers	<ul style="list-style-type: none"> <li>• Leaves emetic, purgative, expectorant, emollient, diaphoretic; used as dressing for burns.</li> <li>• Roots are emetic and used as expectorant.</li> <li>• Flowers emetic, diaphoretic, febrifuge used in bilious problems, lung troubles, cough, kidney and liver diseases and also used to flavor breath fresheners.</li> </ul>