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# Ethnomedicinal Uses of Plants by Major Ethnic Tribes in Terai Districts of Nepal

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## Abstract

Indigenous communities and tribes of Nepal have been using medicinal plants for the treatment of several diseases or ailments since their origin. Various studies were conducted in the Terai region of Nepal regarding the pharmacological, ethnobotanical, and medicinal importance of plant species. This study aims to compile information on ethnomedicinal uses of plants by major ethnic groups in the Terai districts of Nepal. A total of 35 published documents based on ethnomedicinal uses of several medicinal plants in Terai of Nepal till 2020 A.D. were accessed for the study from online portals like Research Gate, Scopus, and Google Scholar. A total of 300 plant species from 98 families were documented which are used for the treatment of 120 diseases or ailments by the 8 ethnic groups of 6 terai districts. Leaf of plants is found to be used for the treatment of maximum number of diseases (72). Plants from families like Fabaceae, Malvaceae, Poaceae, etc. were used for the treatement of diseases like Diabetes, jaundice, syphilis, gastritis and other wounds, fractures along mental disorders. Indigenous knowledge and ethnomedicinal importance of different plant species must be explored, documented, and passed through different generations which could widen the scope of modern herbal medicine science.

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Diseases; Indigenous groups; Medicinal plants; Treatment

## Introduction

The Globally, the use of chemicals for the control of pests has continued to increase (Sharma *et al*., 2019; Al-Kawaz, 2019). These chemicals are also utilized in agriculture due to losses of around 30% initiated by insect attacks and other pest organisms (Das, 2013; Kumar *et al*., 2016). 2, 2-dichlorovinyl dimethyl phosphate (DDVP) is a commonly used organophosphate pesticide (OP) in controlling insect pests in residential and agricultural areas; however, its toxicity has gone beyond the target organism, and this chemical is frequently detected in water bodies (Ezike, 2017).

The use of plants and their products as a major source of medicine started from the beginning of human civilization and is practicing in recent days too (Bhattarai *et al.*, 2006; Ekor, 2014). Although plants are used as medicine from the beginning of human civilization, the earliest evidence is found in Sanskrit texts Viz. *Rigveda* was written between 4500 and 1600 BC (Adhikari *et al.*, 2003). The term “ethnobotany” was first given by John Harshberger in 1896 which deals with the study of the relationship between indigenous society and their

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plant environment (Schults, 1962). Ethno-medicine deals with the traditional medicine used by different aboriginal people living in a society (Quinlan, 2011). The World Health Organization (WHO) stated that about 25% of modern medicines are manufactured from traditionally used plant parts; and these plants lead to the discovery of 75% herbal drugs (Mian-Ying *et al.*, 2002). Approximately over 21000 plant species are used for medicinal purposes throughout the world (WHO, 2002).

More than 80% of people in developing countries cannot afford the basic medical facilities, drugs, vaccines, and even the richer population in both developed and developing countries depend upon complementary and alternatives medical treatment in the form of herbal medicine. So, its demand is rising day by day (Pandey *et al.*, 2013). Medicinal plants are mostly used due to their fewer side effects, and better patient compliance (Brown *et al.*, 2008). It is estimated that there is one physician for 30000 people but one healer for fewer than 100 people in Nepal (Gillam, 1989). There are 103 ethnic indigenous groups with more than 63 varieties of dialects in Nepal (CBS, 2003). There are about 8.4 million indigenous people of different groups with their own culture, religion, traditional medicine practices. Out of 6653 species of angiosperm plants, 1792 to 2331 were recorded as potential medicinal and aromatic plants in Nepal (Rokaya *et al.*, 2010). Out of 1950 species of medicinal plants (Ghimire, 2008), 143 species are categorized as commercial medicinal plants (Bhattarai & Ghimire, 2006) in Nepal. In Nepal, 679 species of medicinal plants are found in the lower sub-tropical region (1000-1500m) (Ghimire *et al.*, 2006).

Medicinal plants can be used for the treatment of several diseases (Cragg & Newman, 2003) as they are recognized as key sources of novel biomolecules (Heinrich *et al.*, 1998). In Nepal, modern medicines are not available for a large population (Bhattarai *et al.*, 2009) so, indigenous knowledge about the use of plants as medicine remains the foundation for primary health care in most of the rural areas. This leads to the strong respect of the local population in traditional medicines and traditional medicinal practitioners (Bhattarai *et al.*, 2006). It is estimated that only 15-20% of Nepal's population living in and around urban areas have access to modern healthcare facilities while the rest of them depends upon traditional medicines (Sharma *et al.*, 2004).

Ethnobotanical knowledge remains endemic to certain ethnic groups in Nepal due to the lack of interaction between the indigenous people and the scientific community (Bhattarai *et al.*, 2009). The younger generation has less interest in ethnobotanical knowledge comparing to the old generation that leads to danger to the continued use of local medicinal plants (Kargioglu *et al.*, 2008). Therefore, it is necessary to preserve the communication between indigenous peoples and local communities (IPLCs) and their environment to foster medicinal knowledge for coming generations (Ambu *et al.*, 2020).

Miya et al. (2020) has reviewed Ethnomedicinal uses of Plants by Major Ethnic groups in the Hilly districts of Nepal. However, various studies have been performed regarding Ethnomedicinal importance of different plant species in Terai districts. As Terai districts are habitats for many indigenous ethnic groups. This study aims to compile information on Ethnomedicinal uses of plants by major ethnic groups in the Terai districts of Nepal. It aims to provide a list of plants that have ethnomedicinal value in the Terai districts of Nepal.

## Materials and Methods

This paper is entirely based on a desk review of several published sources including research notes and reports, academic papers, journals, and thesis from 1962 to 2020 A.D.

For the present review, 35 articles (mostly published) based on ethnomedicinal uses of several medicinal plants in the terai of Nepal were reviewed by using online search engines like Google Scholar, Scopus, and Research Gate. We found several papers related to ethno-medicinal uses of plants in the Terai region, and ethnomedicinal importance regarding these plants were overview analytically for rational discussion, conclusion, and recommendation. Different scholarly works, papers, reports, and other pieces of literature were studied collected, analyzed, reviewed, and arranged logically for the preparation of this manuscript. The whole process is detailly explained in Figure 1 with the help of the PRISMA flowchart.

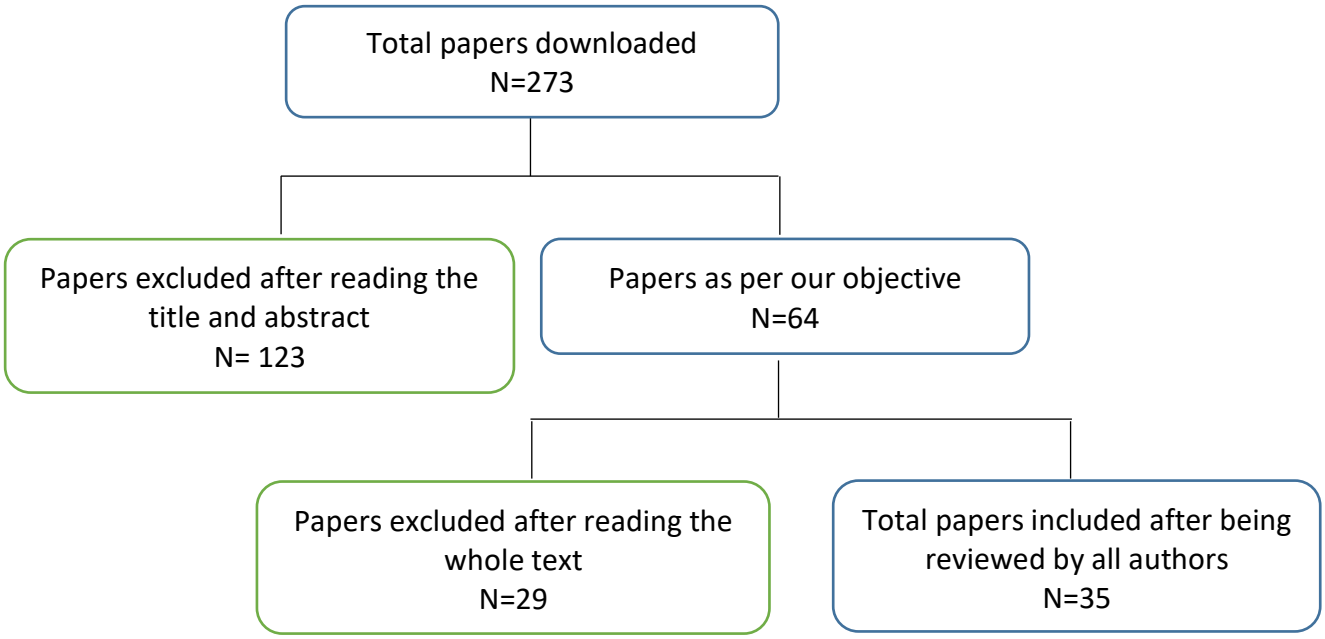


**Figure 1: PRISMA flowchart for the studies related to Ethnomedicinal uses of Plants by Major Ethnic Tribes in Terai districts of Nepal**

## Results and Discussion

Ethnomedicinal knowledge of eight ethnic groups of six Terai districts is described in this paper. The ethnic groups, their inhabited districts from where researches were carried out, numbers of plants used for the treatment of various diseases are listed in Table 1:

**Table 1. Number of plants to treat different diseases in various districts by different ethnic groups of Hilly region, Nepal**

| S.N. | Ethnic tribes | Districts (studied) | Symbols of districts (for later use) | Numbers of plants used for medicinal purpose | Number of diseases cured | Sources |
|---|---|---|---|---|---|---|
| 1. | Bantar | Morang | M | 83 | 58 | (Acharya & Pokhrel, 2006) |
| 2. | Chepang | Chitwan | C | 124 | 50 | (Rijal, 2011) |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | 34 | 25 | (Sharma *et al.*, 2014) |
| 3. | Darai | Chitwan | C | 68 | 41 | (Poudel & Singh, 2016) |
| 4. | Kisan | Jhapa | Jh | 37 | 33 | (Rajbanshi & Thapa, 2019) |
| 5. | Magar | Nawalparasi | N | 3 | 3 | (Nemkul & Shrestha, 2018) |
| 6. | Meche | Jhapa | Jh | 53 | 46 | (Rai, 2004) |
| 7. | Munda | Jhapa | Jh | 73 | 55 | (Ghimire, 2016) |
| 8. | Tharu | Parsa | Pr | 71 | 50 | (Singh, 2020) |
| | | | | 47 | 87 | (Singh, 2017) |
| | | Rupandehi | R | 26 | 43 | (Acharya & Acharya, 2009) |
| | | Chitwan | C | 53 | 38 | (Dangol & Gurung, 1991) |
| | | | | 45 | 39 | (Meuller-Boeker,1993) |

The plant species with their uses are listed in Table 2. Abbereviation used on table 2: P.U. = Parts Used, S= Stem, B= Bark, F= Fruit, L= Leaf, R= Root, Fl= Flower, T= Twig, Rh= Rhizome, Tu= Tuber, W= Whole plant, Bu= Bulb, Sd= Seed, Lt= Latex, Bd= Buds, Sp=Sap).

**Table 2. Plants with their uses**

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| 1. | *Abelmoschus moschatus* Medik., Bankapas, Malvaceae | R | Cuts and wounds | Tharu (C) | (Dangol & Gurung, 1991) |
| 2. | *Abrus precatorius* L., Rati gedi, Fabaceae | Sd | Dog bite | Tharu (Pr) | (Singh, 2020) |
| | | | Female sterility | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Fever, stomach disease, eye disease, asthma, and uteral problem | Tharu (R) | (Acharya & Acharya, 2009) |
| 3. | *Abutilon indicum* (Link) Sweet, Baliyari, Malvaceae | L & S | Boils | Tharu (C) | (Dangol & Gurung, 1991) |
| 4. | *Acacia catechu* (L.f.) Willd., Khayar, Fabaceae | B | Fracture and Cough | Chepang | (Rijal, 2011) |
| | | | Night blindness | Munda | (Ghimire, 2016) |
| 5. | *Acacia nilotica* (L.) Delile, Babul, Fabaceae | B | Diarrhea and dysentery | Tharu (C) | (Dangol & Gurung, 1991) |
| | | L | Veneral diseases | Bantar | (Acharya & |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | | | | Pokhrel, 2006) |
| 6. | *Achyranthes aspera* L., Datiwan, Amaranthaceae | R | Relief pain after child birth | Tharu (Pr) | (Singh, 2020) |
| | | | Stop bleeding, fever and headache | Tharu (C) | (Dangol & Gurung, 1991; Mueller-Boeker, 1993) |
| | | | Fever | Chepang | (Rijal, 2011) |
| | | | | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Pneumonia | Meche | (Rai, 2004) |
| | | Fl | Jaundice | Bantar | (Acharya & Pokhrel, 2006) |
| | | S | Toothache | Darai | (Poudel & Singh, 2016) |
| | | | Cough | Chepang | (Sharma *et al.,* 2014) |
| 7. | *Acorus calamus* L., Bojho, Acoraceae | Rh | Stomach problem | Tharu (Pr) | (Singh, 2020) |
| | | | Cough | Meche | (Rai, 2004) |
| | | | | Tharu (C) | (Dangol & Gurung, 1991) |
| | | | | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Fever, tonsillitis and diarrhea | Darai | (Poudel & Singh, 2016) |
| | | | Chronic cough and sore throat | Munda | (Ghimire, 2016) |
| | | | Cough, cold, and bronchial problem | Tharu (R) | (Acharya & Acharya, 2009) |
| 8. | *Adhatoda vasica* Nees, Asuro, Acanthaceae | L | Cough and skin problem | Tharu (Pr) | (Singh, 2020) |
| | | | Cough, cold, fever and bronchitis | Tharu (C) | (Dangol & Gurung, 1991; Mueller-Boeker, 1993) |
| | | | cough and catarrh | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Cough | Darai | (Poudel & Singh, 2016) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| 9. | *Adiantum philippense* L., Walking Maidenhair, Pteridaceae | W | Night fever | Tharu (C) | (Mueller-Boeker, 1993) |
| 10. | *Aegle marmelos* (L.) Correa, Bel, Rutaceae | F | Dysentery, piles, acute and chronic diarrhea | Tharu (Pr) | (Singh, 2017; Singh, 2020) |
| | | | Heat sickness and abdominal disorders | Tharu (C), | (Mueller-Boeker, 1993) |
| | | | | Chepang | (Rijal, 2011) |
| | | | Diabetes and constipation | Munda | (Ghimire, 2016) |
| | | | Diarrhoea and dysentery | Tharu (R) | (Acharya & Acharya, 2009) |
| | | L | Diarrhea | Tharu (Pr) | (Singh, 2020) |
| | | | Diabetes | Darai | (Poudel & Singh, 2016) |
| | | B | Intermittent fever | Tharu (Pr) | (Singh, 2017) |
| 11. | *Aeschynanthus parviflorus* (D. Don) Spreng., Thirjo, Gesneriaceae | W | Wounds | Chepang | (Rijal, 2011) |
| 12. | *Aeuria lanata* Juss., Julaf, Amaranthaceae | L | Fever | Tharu (C) | (Dangol & Gurung, 1991) |
| 13. | *Ageratum conyzoides* L., Seto gandhe, Asteraceae | L | Cuts | Tharu (C) | (Dangol & Gurung, 1991) |
| | | | | Tharu (Pr) | (Singh, 2020), |
| | | | | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | | Bantar | (Acharya & Pokhrel, 2006) |
| | | | | Chepang | (Sharma *et al.*, 2014). |
| | | | Skin diseases | Munda | (Ghimire, 2016) |
| 14. | Albizia lebbeck (L.) Benth., Kalo Siris, | Sd | Eyesight problem and baldness | Tharu (Pr) | (Singh, 2020) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Fabaceae | | | | |
| 15. | Allium cepa L., Pyaj, Amaryllidaceae | Bu | Ear pain | Munda | (Ghimire, 2016) |
| | | W | Wasp bite | Tharu (Pr) | (Singh, 2020) |
| 16. | *Allium sativum* L., Lasun, Amaryllidaceae | Bu | Fever, cold, flu and nerve problem | Tharu (Pr) | (Singh, 2020) |
| | | | Antiseptic | Meche | (Rai, 2004) |
| | | | Gastritis | Munda | (Ghimire, 2016) |
| | | | Tonsillitis | Darai | (Poudel & Singh, 2016) |
| 17. | *Aloe vera* (L.) Burm. F., Ghiu kumari, Liliaceae | L | Burns | Tharu (Pr) | (Singh, 2020) |
| | | | | Darai | (Poudel & Singh, 2016) |
| | | | | Meche | (Rai, 2004) |
| | | | Catarrh and cough | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Syphyllis, diabetes, irregular menstruation and high blood pressure | Munda | (Ghimire, 2016) |
| 18. | *Alstonia scholaris* (L.) R. Br., Chattiwan, Apocynaceae | B | Malaria fever | Tharu (Pr) | (Singh, 2020) |
| | | | Leanness in man | Meche | (Rai, 2004) |
| | | | Appetizer and increase lactation | Bantar | (Acharya & Pokhrel, 2006) |
| | | Lt | Menopause | Chepang | (Rijal, 2011) |
| | | | High fever and backache | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | Mumps | Kisan | (Rajbanshi & Thapa, 2019) |
| 19. | *Alternanthera sessilis* (L.) R. Br. ex. DC, Bhiringi jhar, Amaranthaceae | W | Dysentery | Tharu (Pr) | (Singh, 2020) |
| | | L | Increase lactation | Tharu (Pr) | (Singh, 2020) |
| | | R | Stomachache | Bantar | (Acharya & Pokhrel, 2006) |
| 20. | *Amaranthus viridis* L., Latte sag, Amaranthaceae | L | Eyesight problem and baldness | Tharu (Pr) | (Singh, 2020) |
| | | R | Wound and Cold | Chepang | (Rijal, 2011) |
| 21. | *Amaranthus* | R | Abortion | Bantar | (Acharya & |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | *spinosus* L., Kande lundo, Amaranthaceae | | | | Pokhrel, 2006) |
| | | Sd | Labour pain | Darai | (Poudel & Singh, 2016) |
| 22. | *Amorphophallus campanulatus* (Roxb.) Blume ex Decne, Kaan, Araceae | Bu | Piles | Tharu (Pr) | (Singh, 2020) |
| 23. | *Ananas comosus* (L.) Merr., Bhui Katahar, Bromieliaceae | F & R | Heat sickness | Chepang | (Rijal, 2011) |
| 24. | *Andrographis paniculata* (Burm. f.) Nees, Kaalmegh, Acanthaceae | L | Snake bite and intestinal worm | Tharu (Pr) | (Singh, 2020) |
| 25. | *Andropogon muricatus* Retz., Khas, Graminiae | R | Stomach problem | Tharu (Pr) | (Singh, 2020) |
| 26. | *Anethum sowa* Roxb. ex Fleming, Swop, Apiaceae | Sd | Lactation | Darai | (Poudel & Singh, 2016) |
| 27. | *Anisomeles indica* (L.) Kuntze, Rato Chaarpate, Lamiaceae | L | Stomachache | Bantar | (Acharya & Pokhrel, 2006) |
| 28. | *Annona squamosa* L., Sitaphal, Annonaceae | B | Fever | Meche | (Rai, 2004) |
| | | | Headache and fever | Munda | (Ghimire, 2016) |
| 29. | *Anthocephalus cadamba* (Roxb.) Miq., Kadam, Rubiaceae | B | Eye inflammation | Munda | (Ghimire, 2016) |
| | | L | Stomachache | Munda | (Ghimire, 2016) |
| 30. | *Antidesma acidum* Retz., Archal, Phyllanthaceae | B | Dysentery | Chepang | (Rijal, 2011) |
| 31. | *Apium graveolens* L., Juwano, Apiaceae | Sd | Fever | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Lactation enhancer and menstrual disorders | Darai | (Poudel & Singh, 2016) |
| 32. | *Areca catechu* L., Supari, Arecaceae | F | Scars | Darai | (Poudel & Singh, 2016) |
| 33. | *Argemone Mexicana* L., Thakal, | F& Lt | Conjunctivitis and scabies | Bantar | (Acharya & Pokhrel, 2006) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Papaveraceae | | | | |
| 34. | *Arisaema consanguineum* (L.) Schott, Kal, Araceae | Tu | Wormicide | Chepang | (Rijal, 2011) |
| 35. | *Aristolochia indica* L., Isharmule, Aristolochiaceae | L | Scorpion bite | Tharu (Pr) | (Singh, 2020) |
| 36. | *Artemisia indica* Willd., Titepati, Asteraceae | L | Round worms | Munda | (Ghimire, 2016) |
| | | | | Meche | (Rai, 2004) |
| | | | Cuts and wounds | Darai | (Poudel & Singh, 2016) |
| | | R | Dysentery, wounds and abdominal pain | Chepang | (Rijal, 2011) |
| | | Fl | Appetizer, pregnancy disease and lactation | Bantar | (Acharya & Pokhrel, 2006) |
| 37. | Artocarpus heterophyllus Lam., Katahar, Moraceae | Lt | Mumps | Kisan | (Rajbanshi & Thapa, 2019) |
| 38. | *Artocarpus lakoocha* Roxb., Badahar, Moraceae | B | Gastritis | Darai | (Poudel & Singh, 2016) |
| 39. | *Asparagus racemosus* Willd., Kurilo, Asparagaceae | Tu | Tonic | Chepang | (Rijal, 2011) |
| | | | | Tharu(C) | (Mueller-Boeker, 1993) |
| | | | Urinary problems, increase lactation and boost immunity | Kisan | (Rajbanshi & Thapa, 2019) |
| 40. | *Azadirachta indica* A. Juss., Neem, Meliaceae | L | Pox, measles and allergy | Tharu (Pr) | (Singh, 2020) |
| | | | Enzema, scabies and blood purifier | Meche | (Rai, 2004) |
| | | | Wounds | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | | Darai | (Poudel & Singh, 2016) |
| | | | Urinary tract problem, fever and skin problems | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Anemia, fever, scabies, diabetes, skin allergy and irritation | Munda | (Ghimire, 2016) |
| | | | Suger | Tharu (R) | (Acharya & Acharya, 2009) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | B | Antihelmintic and cough | Tharu (R) | (Acharya & Acharya, 2009) |
| | | Fl | Scabies and intestinal worms | Bantar | (Acharya & Pokhrel, 2006) |
| 41. | *Basella alba* L., Poi Saag, Basellaceae | T | Insomnia | Bantar | (Acharya & Pokhrel, 2006) |
| 42. | *Barleria cristata* L., Bhedekuro, Acanthaceae | R | Anaemia | Darai | (Poudel & Singh, 2016) |
| 43. | *Bauhinia variegata* (L.) Benth. Koiralo, Fabaceae | B | Dysentery | Tharu (R) | (Acharya & Acharya, 2009) |
| 44. | *Benincasa hispida* (Thunb.) Cogn., Kuvindo, Cucurbitaceae | F | Heat sickness | Chepang | (Rijal, 2011) |
| 45. | *Bergenia ciliata* (Haw.) Sternb., Pakhanbed, Saxifragaceae | Rh | Body pain, diarrhoea, sprain and abdominal spasm | Chepang | (Rijal, 2011) |
| 46. | *Betula alnoides* Buch-Ham. ex. D. Don, Saur, Betulaceae | B | Wounds | Chepang | (Rijal, 2011) |
| 47. | *Biophytum sensitivum* (L.) Dc., Lazaiya jhyang, Oxalidaceae | W | Fever | Tharu (C) | (Dangol & Gurung, 1991) |
| 48. | Bixa orellana | F | Fracture | Darai | (Poudel & Singh, 2016) |
| 49. | *Blumea lacera* (Burm. f.) DC., Kukure, Asteraceae | R | Cutaneous infection | Meche | (Rai, 2004) |
| | | S | Gastric and ulcer | Chepang | (Sharma *et al.,* 2014) |
| | | L | Cuts | Bantar | (Acharya & Pokhrel, 2006) |
| 50. | *Bombax ceiba* L., Simal, Malvaceae | B | Diarrhea and dysentery | Meche | (Rai, 2004) |
| | | | Fracture and dysentery | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Urinary disorder, intestine bleeding, and excessive vaginal bleeding | Tharu (R) | (Acharya & Acharya, 2009) |
| | | B | Measles | Tharu (C) | (Dangol & Gurung, 1991) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | Fl | Boils | Munda | (Ghimire, 2016) |
| | | R | Dysentery and measles | Darai | (Poudel & Singh, 2016) |
| | | | Urinary problems and menstrual disorders | Munda | (Ghimire, 2016) |
| | | Lt | Worms and bleeding | Tharu (C) | (Mueller-Boeker, 1993) |
| 51. | *Bonnaya ciliata* Link & Otto., Oonmudia, Linderniaceae | W | Cuts and wounds | Tharu (C) | (Dangol & Gurung, 1991) |
| 52. | *Brassica campestris* L., Tori, Brassicaceae | Sd | Indigestion | Chepang | (Rijal, 2011) |
| 53. | *Breea arvenis* (L.) Less, Gainda Kande, Asteraceae | Fl &R | Scabies | Bantar | (Acharya & Pokhrel, 2006) |
| 54. | *Bridelia retusa* (L.) A. Juss, Gayo, Phyllanthaceae | B | Fracture | Chepang | (Rijal, 2011) |
| 55. | *Bryophyllum pinnatum* (Lam.) Oken, Ajambari, Crassulaceae | L | Gall bladder stone | Tharu (Pr) | (Singh, 2020) |
| 56. | *Caesalpinia bonduc* (L.) Roxb., Kande Jhang, Fabaceae | Sd | Malaria fever | Tharu (Pr) | (Singh, 2020) |
| | | | Scalp | Meche | (Rai, 2004) |
| | | L | Fever and intestinal worms | Bantar | (Acharya & Pokhrel, 2006) |
| 57. | *Caesulia axillaris* Roxb., Thuk Jhar, Asteraceae | W | Stop bleeding | Tharu (C) | (Mueller-Boeker, 1993) |
| 58. | *Callicarpa macrophylla* Vahl, Gunelo, Lamiaceae | L | Indigestion | Chepang | (Rijal, 2011) |
| | | | Earache | Tharu (C) | (Dangol & Gurung, 1991) |
| | | R | Fever and gastric | Chepang | (Rijal, 2011; Sharma *et al.*, 2014) |
| | | | | Tharu (C) | (Dangol & Gurung, 1991) |
| | | | Bronchitis | Meche | (Rai, 2004) |
| 59. | *Calotropis gigantea* (L.) W.T. Aiton, | Lt | Sprain, fever, rheumatism and joint pain | | (Rai, 2004) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Aank, Apocynaceae | | Malaria and asthma | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Wounds and fungal infections | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | Sprain and fracture | Darai | (Poudel & Singh, 2016) |
| | | | Rheumatism, joint pain and sprain | Munda | (Ghimire, 2016) |
| | | L | Earache | Kisan | (Rajbanshi & Thapa, 2019) |
| 60. | *Camellia sinensis* (L.) Kuntze, Chiya, Theaceae | Fl | High blood pressure | Kisan | (Rajbanshi & Thapa, 2019) |
| 61. | *Cannabis sativa* L., Gaanja, Cannabaceae | L | Cold | Chepang | (Rijal, 2011) |
| | | | | Darai | (Poudel & Singh, 2016) |
| | | | Indigestion | Tharu (C) | (Dangol & Gurung, 1991) |
| | | | Piles | Bantar | (Acharya & Pokhrel, 2006) |
| | | Sd | Abdominal disorders | Chepang | (Rijal, 2011) |
| 62. | *Capsicum annuum* L., Dalle Khursani, Solanaceae | Sd | Fever and indigestion | Chepang | (Rijal, 2011) |
| | | R | Typhoid | Chepang | (Sharma *et al.,* 2014) |
| 63. | *Carica papaya* L., Mewa, Caricaceae | Lt | Ring worms | Meche | (Rai, 2004) |
| | | | Ringworms and scabies | Munda | (Ghimire, 2016) |
| | | F | Liver swelling | Bantar | (Acharya & Pokhrel, 2006) |
| 64. | *Caryopteris bicolor* (Roxb. ex Hardw), Balamohani, Lamiaceae | L | Cold | Chepang | (Rijal, 2011) |
| | | B | Scabies and abdominal pain | Chepang | (Rijal, 2011) |
| 65. | *Cassia fistula* L., Raj brikshaya, Fabaceae | F | Diarrhea, vomiting, appetite and constipation | Chepang | (Rijal, 2011; Sharma *et al.,* 2014) |
| | | | Whopping cough | Meche | (Rai, 2004) |
| | | | Headache | Tharu (C) | (Dangol & Gurung, 1991) |
| | | Sd | Throat problems | Chepang | (Rijal, 2011) |
| 66. | *Cassia occidentalis* (L.) Link, Thulo Tapre, Fabaceae | Sd & Fl | Skin infections and inflammation | Meche | (Rai, 2004) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | R | Ring worms | Tharu (C) | (Dangol & Gurung, 1991) |
| | | L | Itch and ring worms | Bantar | (Acharya & Pokhrel, 2006) |
| 67. | *Cassia tora L.,* Sano Tapre, Fabaceae | L& Sd | Itch and ring worms | Bantar | (Acharya & Pokhrel, 2006) |
| 68. | Catharanthus roseus (L.) G. Don, Barhamase ful, Apocynaceae | Fl | Diabetes | Meche | (Rai, 2004) |
| 69. | *Centella asiatica* (L.) Urb., Ghodtapre, Apiaceae | W | Heat sickness | Meche | (Rai, 2004) |
| | | | Urine problems | Munda | (Ghimire, 2016) |
| | | L | Heat sickness and asthma | Chepang | (Rijal, 2011) |
| | | | Urinary problem and acidity | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Heartburn | Tharu(C) | (Mueller-Boeker, 1993) |
| | | | Diarrhea, tonic, headache and appetizer | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Jaundice | Darai | (Poudel & Singh, 2016) |
| | | | Indigestion, cuts, wounds, skin allergy and irritation | Munda | (Ghimire, 2016) |
| | | | Tonic, enhance memory, nerve trouble, and skin disease | Tharu (R) | (Acharya & Acharya, 2009) |
| | | | Fever | Chepang | (Sharma *et al.,* 2014) |
| 70. | *Cestrum diurnum* L., Jasmine, Solanaceae | L | Weeping illness in child | Bantar | (Acharya & Pokhrel, 2006) |
| 71. | *Cheilanthes dalhousiae* (Hook.), Ranisinka, Cheilanthoidae | L | Abdominal spasm and wounds | Chepang | (Rijal, 2011) |
| 72. | *Chenopodium album* L., Bethe, Chenopodiaceae | W | Joint pains and stomach disorders | Tharu (C) | (Dangol & Gurung, 1991; Mueller-Boeker, 1993) |
| | | | Constipation, back and body pain | Munda | (Ghimire, 2016) |
| | | T | Constipation | Bantar | (Acharya & |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | | | | Pokhrel, 2006) |
| 73. | *Chenopodium murale* L., Pahadia Bethe, Chenopodiaceae | W | Indigestion and gastritis | Tharu (C) | (Dangol & Gurung, 1991) |
| 74. | *Chlorophytum arundinaceum* Baker, Seto musli, Asparagaceae | R | Impotency | Tharu (Pr) | (Singh, 2020) |
| 75. | *Chlorophytum nepalense* (Lindl.) Baker, Danti Saag, Asparagaceae | Tu | Hydroccle | Tharu (C) | (Dangol & Gurung, 1991) |
| 76. | *Cinnamomum tamala* (Buch-Ham) T. Nees & Eberm., Dalchini, Lauraceae | B | Cough | Tharu (Pr) | (Singh, 2020) |
| | | | Indigestion and headache | Chepang | (Sharma *et al.,* 2014) |
| | | L | Throat allergy | Meche | (Rai, 2004) |
| 77. | *Cipadessa baccifera* (Roth) Miq., Paireti, Meliaceae | L | Wounds | Chepang | (Rijal, 2011) |
| 78. | *Cissus quadrangularis* L., Had jor, Vitaceae | S | Fracture | Kisan | (Rajbanshi & Thapa, 2019) |
| 79. | *Citrus limon* (L.) Osbek, Kagati, Rutaceae | F | Cholera | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Acidity, vomiting and indigestion | Munda | (Ghimire, 2016) |
| 80. | *Citrus medica* L., Bimiro, Rutaceae | R | Dysentery | Darai | (Poudel & Singh, 2016) |
| | | | Gastric | Chepang | (Sharma *et al.,* 2014) |
| 81. | *Cissampelos pareira* L., Batul pate, Menispermaceae | S | Abdominal disorders | Chepang | (Rijal, 2011; Sharma *et al.,* 2014) |
| | | | Worms and cuts | Darai | (Poudel & Singh, 2016) |
| | | W | Fever and induce abortion | Tharu (C) | (Dangol & Gurung, 1991) |
| 82. | *Cleistocalyx operculatus* (Roxb.) Merr. & L.M., Kyamuno, Myrtaceae | L | Psynocytis and dysentery | Chepang | (Rijal, 2011) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| 83. | *Cleome viscosa* L., Ban Methi, Capparaceae | W | Cut and wounds | Tharu (C) | (Dangol & Gurung, 1991) |
| 84. | *Clerodendrum indicum* (L.) Gaertn., Rudilo, Verbenaceae | S | Fever | Bantar | (Acharya & Pokhrel, 2006) |
| 85. | *Clerodendrum viscosum* Vent., Bhat, Lamiaceae | L | High blood pressure and asthma | Tharu (Pr) | (Singh, 2020) |
| | | | Antidote of poison | Meche | (Rai, 2004) |
| | | | Fever | Tharu (C) | (Dangol & Gurung, 1991; Mueller-Boeker, 1993) |
| | | | intestinal worms | Bantar | (Acharya & Pokhrel, 2006) |
| 86. | *Coccinia grandis* (L.) Voigt., kundaru, Cucurbitaceae | L | Jaundice | Bantar | (Acharya & Pokhrel, 2006) |
| 87. | *Cochlianthus gracilis* Benth., Boksi kanda, Fabaceae | B | Boils and pimples | Chepang | (Rijal, 2011) |
| 88. | *Colebrookea oppositifolia* Sm., Dhursuli, Lamiaceae | L | Fever | Chepang | (Rijal, 2011) |
| | | | Wounds | Meche | (Rai, 2004) |
| | | | Earache | Tharu (C) | (Dangol & Gurung, 1991) |
| | | R | Typhoid, headache, pneumonia, psynocytis and indigestion | Chepang | (Rijal, 2011) |
| 89. | *Colocasia esculenta* (L.) Schott, Karkalo, Araceae | Lt | Cuts | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | | Munda | (Ghimire, 2016) |
| | | Tu | Lactation | Darai | (Poudel & Singh, 2016) |
| 90. | *Combretum roxburghii* Spreng., (Dars) Combretaceae | B | Wormicide | Chepang | (Rijal, 2011) |
| 91. | *Coriaria nepalensis* Wall., Machhaino, Coriariaceae | R | Diarrhoea and dysentery | Chepang | (Sharma *et al.,* 2014) |
| 92. | *Costus speciosus* | Rh | Fever | Tharu | (Singh, 2020) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | (Koeing) Sm., Betlauri, Costaceae | | | (Pr) | |
| | | | Burns | Chepang | (Rijal, 2011) |
| | | S | Wounds | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | Joint pain | Darai | (Poudel & Singh, 2016) |
| 93. | *Crateva unilocularis* Buch. –Ham., Silpigaan, Capparaceae | L | Urinary infection | Darai | (Poudel & Singh, 2016) |
| | | B | Liver problem | Chepang | (Rijal, 2011) |
| 94. | *Crinum amoenum* Ker Gawl. ex Roxb., Himalayan Crinum Lily, Amaryllidaceae | Bu | Swollen testes | Tharu (C) | (Mueller-Boeker, 1993) |
| 95. | *Crinum asiaticum* L., Hade phool, Amaryllidaceae | Fl | Nasal bleeding and diabetes | Bantar | (Acharya & Pokhrel, 2006) |
| | | Bu | Wounds and burns | Kisan | (Rajbanshi & Thapa, 2019) |
| 96. | *Crotalaria albida* Roth., Bhuling, Fabaceae | S | Indigestion | Chepang | (Rijal, 2011) |
| 97. | *Crotalaria javanica* Jungh., Runche, Fabaceae | R | Body swelling | Meche | (Rai, 2004) |
| | | L | Eczema | Bantar | (Acharya & Pokhrel, 2006) |
| 98. | *Croton bonplandianum* Baill., Mirchaiya Jhar, Euphorbiaceae | L &R | Ulcer and cuts | Bantar | (Acharya & Pokhrel, 2006) |
| 99. | *Cucumis sativus* L., Kankro, Cucurbitaceae | Sd | Indigestion | Chepang | (Rijal, 2011) |
| | | | Heartburn | Darai | (Poudel & Singh, 2016) |
| | | | | Tharu(C) | (Mueller-Boeker, 1993) |
| 100. | *Cucumis melo* L. Kharbujo, Cucurbitaceae | R | Dysentery | Tharu (C) | (Dangol & Gurung, 1991) |
| 101. | *Cucurbita maxima* Duchesne, Pharsi, Cucurbitaceae) | Sd | Indigestion | Chepang | (Rijal, 2011) |
| | | F | Jaundice | Darai | (Poudel & Singh, 2016) |
| 102. | *Curcuma longa* L. Besar, Zingiberaceae | Rh | Allergy and bone fracture | Tharu (Pr) | (Singh, 2020) |
| 103. | *Curcuma* | Rh | Cough | Tharu | (Singh, 2020) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | *angustifolia* Roxb., Kalo haledo, Zingiberaceae | | | (Pr) | |
| | | | Cuts and wounds | Meche | (Rai, 2004) |
| 104. | Curcuma caesia Roxb., Haledo, Zingiberaceae | Rh | Appetizer | Munda | (Ghimire, 2016) |
| 105. | *Cuscuta reflexa* Roxb., Aakash beli, Convolvulaceae | W | Jaundice | Tharu (Pr) | (Singh, 2020) |
| | | | | Tharu(C) | (Dangol & Gurung, 1991) |
| | | | | Darai | (Poudel & Singh, 2016) |
| | | | | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | | Meche | (Rai, 2004) |
| | | | | Munda | (Ghimire, 2016) |
| | | | Tonsillitis and swelling | Bantar | (Acharya & Pokhrel, 2006) |
| 106. | *Cynodon dactylon* (L.) Pers., Dubo, Poaceae | W | Indigestion | Chepang | (Rijal, 2011) |
| | | | Pneumonia and fever | Munda | (Ghimire, 2016) |
| | | R | Burns, cuts and wounds | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Kidney problems | Chepang | (Sharma et al., 2014) |
| | | L | Hair struck on neck | Darai | (Poudel & Singh, 2016) |
| | | | Cuts, wounds, scabies, and haematuria | Tharu (R) | (Acharya & Acharya, 2009) |
| 107. | *Cyperus compressus* L., Mothe, Cyperaceae | W | Cuts and scabies | Tharu (C) | (Dangol & Gurung, 1991) |
| 108. | *Cyperus rotundus* L., Mothe, Cyperaceae | R | Stomachache | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Intestinal worms | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Obesity and rheumatism | Munda | (Ghimire, 2016) |
| 109. | *Dalbergia sissoo* Roxb., Sissoo, Fabaceae | L &B | Scabies and diarrhea | Bantar | (Acharya & Pokhrel, 2006) |
| | | L | Anemia and gonorrhea | Munda | (Ghimire, |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | | | | 2016) |
| 110. | *Datura stramonium* L., Dhaturo, Solanaceae | Sd | Scabies | Munda | (Ghimire, 2016) |
| | | | | Meche | (Rai, 2004) |
| | | | Bronchitis | Tharu(C) | (Mueller-Boeker, 1993) |
| | | | Burns | Munda | (Ghimire, 2016) |
| 111. | *Dendrocalamus hamiltonii* Gambie, Choya Bans, Poeceae | Bd | Purgative | Tharu (C) | (Dangol & Gurung, 1991) |
| 112. | *Dendrocalamus strictus* (Roxb.) Nees, Kaban Bans, Poaceae | Sp | Enuresis | Chepang | (Rijal, 2011) |
| 113. | *Desmodium oojeinense* (Roxb.) H. Ohashi, Sandan, Fabaceae | S | Cuts and wounds | Chepang | (Rijal, 2011) |
| 114. | *Desmotrichum plicatile* Lindl., Jiwanti, Orchidaceae | Bu | Fever | Chepang | (Rijal, 2011) |
| 115. | *Dillenia pentagyna* Roxb., Tantari, Dilleniaceae | B | Diarrhea and to relief pain after child birth | Tharu (Pr) | (Singh, 2020) |
| | | | Tick bite | Tharu (C) | (Mueller-Boeker, 1993) |
| 116. | *Dioscorea alata* L., Pangnang, Dioscoreaceae | Tu | Wormicide | Chepang | (Rijal, 2011) |
| 117. | *Dioscorea bulbifera* L., Githa, Dioscoreaceae | Tu | Wormicide | Chepang | (Rijal, 2011) |
| | | | Appetizer and high blood pressure | Kisan | (Rajbanshi & Thapa, 2019) |
| 118. | *Dioscorea deltoidea* Wall. ex Griseb., Bhyakur, Dioscoreaceae | Tu | Wormicide | Chepang | (Rijal, 2011) |
| | | F | Stomach pain | Tharu (R) | (Acharya & Acharya, 2009) |
| 119. | *Dioscorea prazeri* Prain & Burkill, Jyar, Dioscoreaceae | Tu | Wormicide | Chepang | (Rijal, 2011) |
| 120. | *Diplocyclos palmatus* (L.) C. | F | Tonic | Chepang | (Rijal, 2011) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Jefferey, Saawaa, Cucurbitaceae | | | | |
| 121. | *Diploknema butyracea* (Roxb.) H.J. Lam, Chiuri, Sapotaceae | Sd | Herpes zoster | Chepang | (Rijal, 2011) |
| 122. | Dolichos lablab (L.) Sweet, Simi, Fabaceae | L | Dandruff | Kisan | (Rajbanshi & Thapa, 2019) |
| 123. | *Drymaria cordata* (L.) Willd. ex Schult., Abhijalo, Caryophyllaceae | L | Cutaneous infections | Meche | (Rai, 2004) |
| 124. | *Drymeria cordta subsp. Diandra* (Sw.) J.A. Duke., Abhijalo, Caryophyllaceae | L | Wormicide and psynocytis | Chepang | (Rijal, 2011) |
| | | | Headache and sinusitis | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Sinusitis, cuts and wounds | Munda | (Ghimire, 2016) |
| | | W | Gastritis | Darai | (Poudel & Singh, 2016) |
| 125. | *Dryoathyrium boryanum* (Willd.) Ching, Kali neuro, Pteridaceae | Rh | Abdominal spasm | Chepang | (Rijal, 2011) |
| | | R | Diarrhoea and dysentery | Chepang | (Sharma *et al.,* 2014) |
| 126. | *Duchesnea indica* (Andrews) Teschem., Vui kafal, Rosaceae | L | Heat sickness, marasmus, kwashiorkor and fever | Chepang | (Rijal, 2011) |
| | | W | Urinary disorders and fever | Tharu (C) | (Dangol & Gurung, 1991) |
| 127. | *Eclipta prostrata* (L.) L., Jire jhaar, Asteraceae | L | Fever and indigestion | Chepang | (Rijal, 2011) |
| | | | Scabies and cuts | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Cuts and wounds | Darai | (Poudel & Singh, 2016) |
| | | W | Eye problem and chapped skin between toe | Tharu(C) | (Mueller-Boeker, 1993) |
| 128. | *Elephantopus scaber* L., Sahasrabuti, Asteraceae | L | Wounds | Chepang | (Rijal, 2011) |
| | | | muscular pain | Meche | (Rai, 2004) |
| 129. | *Ensete glaucum* (Roxb.) Cheesman, Ban kera, Musaceae | Tu | Heat sickness and urine infections | Chepang | (Rijal, 2011) |
| 130. | *Entada* | F | Wormicide | Chepang | (Rijal, 2011) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | *phaseoloides* (L.) Merr., Pangra, Fabaceae | W | Poison and worms | Chepang | (Sharma *et al.,* 2014) |
| 131. | *Equisetum debile* Roxb. ex Vaucher, Sime Jhar, Equisetaceae | W | Fracture | Meche | (Rai, 2004) |
| | | B | Gastric, cuts and wounds | Chepang | (Sharma *et al.,* 2014) |
| 132. | *Erythrina stricta* Roxb., Phaledo, Fabaceae | B | Typhoid, heat sickness, abdominal disorder, pneumonia and fever | Chepang | (Rijal, 2011) |
| 133. | *Eupatorium adenophorum* Spreng., Banmara, Asteraceae | L | Antiseptic, cut and wound | Meche | (Rai, 2004) |
| | | R | Cuts and wounds | Chepang | (Sharma *et al.,* 2014) |
| 134. | *Euphorbia hirta* L., Dudhe jhaar, Euphorbiaceae | Lt | Wound, Cold and Cough | Chepang | (Rijal, 2011) |
| | | | Pimples and wounds | Meche | (Rai, 2004) |
| | | W | Piles | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Rheumatism | Munda | (Ghimire, 2016) |
| | | R | Lactation | Darai | (Poudel & Singh, 2016) |
| 135. | *Euphorbia royleana* Boiss., Siudi, Euphorbiaceae | Lt | Swelling | Meche | (Rai, 2004) |
| | | | Leprosy, whooping cough, irritation and skin allergy | Munda | (Ghimire, 2016) |
| | | L | Dysentery | Darai | (Poudel & Singh, 2016) |
| 136. | *Ficus benghalensis* L. Bar, Moraceae | L | Dysentery and skin problem | Tharu (Pr) | (Singh, 2020) |
| | | | Gastritis | Darai | (Poudel & Singh, 2016) |
| | | R | Female sterility | Tharu (Pr) | (Singh, 2020) |
| | | | Diarrhoea | Munda | (Ghimire, 2016) |
| | | Lt | Heel crack, cataract and veneral diseases | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Rheumatism and carbuncles | Munda | (Ghimire, 2016) |
| | | B | Diarrhoea, dysentery, and diabetes | Tharu (R) | (Acharya & Acharya, 2009) |
| 137. | *Ficus hispida* L., | L | Ear ache and hearing weakness | Tharu (C) | (Dangol & |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Thotne, Moraceae | | | | Gurung, 1991; Mueller-Boeker, 1993) |
| 138. | *Ficus religiosa* L., Pipal, Moraceae | B | Irregular menstuaration and ear ache | Tharu (C) | (Dangol & Gurung, 1991) |
| | | L | Ear ache | Tharu(C) | (Mueller-Boeker, 1993) |
| | | | Jaundice | Tharu (Pr) | (Singh, 2017) |
| | | F | Constipation | Munda | (Ghimire, 2016) |
| 139. | *Ficus semicordata* Buch-Ham. ex Sm. Khanyu, Moraceae | Sp | Heat sickness | Chepang | (Rijal, 2011) |
| | | L | Earache | Tharu(C) | (Mueller-Boeker, 1993) |
| | | R | Headache and fever | Tharu (R) | (Acharya & Acharya, 2009) |
| | | S | Fever and fracture | Chepang | (Sharma et al., 2014) |
| 140. | *Fimbristylis aestivalis* (Retz.) Vahl, Summer fimbry, Cyperaceae | Tu | Appetizer | Bantar | (Acharya & Pokhrel, 2006) |
| 141. | *Fogopyrum esculentum* Moench, Phapar, Polygonaceae | Sd | Typhoid | Darai | (Poudel & Singh, 2016) |
| 142. | *Fomitopsis pinicola* (Sw.) P. Karst., Jali Chyau, Fomitopsidaceae | W | Snake bite | Chepang | (Rijal, 2011) |
| 143. | *Gardenia Jasminoides* J. Ellis, Indrakamal, Rubiaceae | F | Blood purifier | Tharu (Pr) | (Singh, 2020) |
| | | Sd | Rheumatoid arthritis | Tharu (Pr) | (Singh, 2017) |
| 144. | *Gaultheria fragrantissima* Wall., Dhasingre, Ericaceae | L | Massage to get relief from par of head, hands and legs | Tharu (R) | (Acharya & Acharya, 2009) |
| 145. | *Girardinia diversifolia* (Link) Friis, Chalne sisno, Urticaceae | R | Snake bite and tonic | Chepang | (Rijal, 2011) |
| | | S | Pain | Chepang | (Sharma *et al.,* 2014) |
| 146. | *Grewia pumile* Ham. | W | Dysentery | Tharu (C) | (Dangol & |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | -Ham ex D. Don, Phusre, Tiliaceae | | | | Gurung, 1991) |
| 147. | *Hedyotis corymbosa* L., Piringo Jhar, Rubiaceae | W | Acidity | Bantar | (Acharya & Pokhrel, 2006) |
| 148. | *Helicteres isora* L., Kapaase, Malvaceae | R | Worm infection | Tharu (C) | (Mueller-Boeker, 1993) |
| 149. | *Heliotropium indicum* L., Hattisude, Boraginaceae | L | Cuts and tongue infections | Bantar | (Acharya & Pokhrel, 2006) |
| 150. | *Hibiscus rosa-sinensis* L., Ghanti phool, Malvaceae | Fl | High blood pressure | Tharu (Pr) | (Singh, 2020) |
| | | | Liver disorders and high blood pressure | Tharu (Pr) | (Singh, 2017) |
| | | B | Abortion | Munda | (Ghimire, 2016) |
| | | L& Fl | Headache | Tharu (Pr) | (Singh, 2017) |
| 151. | *Hibiscus sabdariffa* L., Belchandan, Malvaceae | L | Foot wounds caused by muddy water during rainy season | Meche | (Rai, 2004) |
| 152. | *Holarrhena pubescens* Wall. ex G. Don, Khirro, Apocynaceae | L | Dysentery | Chepang | (Rijal, 2011) |
| | | B | Stomachache and rheumatism | Tharu(C) | (Mueller-Boeker, 1993) |
| | | | Heat sicknesss | Darai | (Poudel & Singh, 2016) |
| | | | Dysentery, febrifuge, diarrhoea, worms, and seed-astringent | Tharu (R) | (Acharya & Acharya, 2009) |
| | | | Amobic dysentery, piles, chest infections, and toothache | Tharu (Pr) | (Singh, 2017) |
| 153. | *Hydrangea anomala* D. Don, Bahuni kath, Hydrangeaceae | W | Kidney stone | Tharu (Pr) | (Singh, 2020) |
| | | R | Malaria, kidney and bladder stone | Tharu (Pr) | (Singh, 2017) |
| | | B | Wounds or burns | Tharu (Pr) | (Singh, 2017) |
| 154. | *Hydrocotyle sibthorpioides* Lam., Tarpurin, Araliaceae | W | Urinary disorders and fever | Tharu (C) | (Dangol & Gurung, 1991) |
| | | L | Asthma | Meche | (Rai, 2004) |
| 155. | *Hygrophila auriculata* | R | Eczema | Bantar | (Acharya & Pokhrel, 2006) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Schumach., Tal Makhan, Acanthaceae | | | | |
| 156. | *Hypericum cordifolium* Choisy, Areli, Hypericaceae | B | Rheumatism | Darai | (Poudel & Singh, 2016) |
| 157. | *Imperata cylindrica* (L.) P. Beauv., Siru, Poaceae | R | Cholera | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Wounds | Munda | (Ghimire, 2016) |
| | | | Skin softener | Tharu (Pr) | (Singh, 2017) |
| 158. | *Inula cappa* (Buch-Ham. ex D. Don) DC, Gaitihare, Asteraceae | R | Headache, fever, disorder arise due to meat | Tharu (R) | (Acharya & Acharya, 2009) |
| 159. | *Ipomoea aquatica* Forssk., Karmi Sag, Convolvulaceae | S | Lactation | Darai | (Poudel & Singh, 2016) |
| 160. | *Ipomoea batatas* (L.) Lam., Sakharkhand, Convolvulaceae | T | Lactation | Kisan | (Rajbanshi & Thapa, 2019) |
| 161. | *Jatropha curcas* L., Sajjiwan), Euphorbiaceae | Sp | Burn | Chepang | (Rijal, 2011) |
| | | S | Teeth infections | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Teeth infections | Chepang | (Rijal, 2011) |
| | | | Constipation | Darai | (Poudel & Singh, 2016) |
| | | | Bleeding gums, gingivitis and bad breath | Kisan | (Rajbanshi & Thapa, 2019) |
| | | Lt | Toothache and swelling testes | Meche | (Rai, 2004) |
| | | | Burns, gum infections, chapped skin and wounds | Tharu (C) | (Dangol & Gurung, 1991; Mueller-Boeker, 1993) |
| | | Sd | Burn injury and wounds | Chepang | (Sharma *et al.,* 2014) |
| 162. | *Juglans regia* L., Okhar, Juglandaceae | F | Typhoid | Darai | (Poudel & Singh, 2016) |
| 163. | *Lagerstroemia parviflora* L., Bot | L | Fever | Chepang | (Rijal, 2011) |
| | | L | Pneumonia and typhoid | Magar | (Nemkul & |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Dhaiyaro, Lythraceae | &B | | | Shrestha, 2018) |
| 164. | *Lantana camara* L., Banmara, Verbenaceae | W | Tetanus | Munda | (Ghimire, 2016) |
| | | L | Fever | Munda | (Ghimire, 2016) |
| 165. | *Lawsonia inermis* L., Mehandi, Lythraceae | L | Fungal infection | Tharu (Pr) | (Singh, 2020) |
| | | | Mud infection and heel cracks | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Wounds | Munda | (Ghimire, 2016) |
| | | | Mouth ulcer | Tharu (Pr) | (Singh, 2017) |
| 166. | *Leucas aspera* (Willd.) Link, Gummaa, Lamiaceae | L &R | Ringworms | Tharu (c) | (Dangol & Gurung, 1991) |
| 167. | *Leucas cephalotes* (Roth) Spreng., Dronpuspi, Lamiaceae | Fl | Sinusitis | Tharu (Pr) | (Singh, 2020) |
| | | | Sinusitis | Meche | (Rai, 2004) |
| | | | Ringworms | Tharu (C) | (Dangol & Gurung, 1991) |
| | | | Cough and cold | Tharu (Pr) | (Singh, 2017) |
| | | T | Malarial fever | Tharu (Pr) | (Singh, 2017) |
| 168. | *Leucas indica* (L.) Vatke, Dulphe Jhar, Lamiaceae | T | Body pain | Bantar | (Acharya & Pokhrel, 2006) |
| 169. | *Lindera neesiana* (Wall. ex Nees) Kurz, Siltimur, Lauraceae | F | Cholera, abdominal pain, diarrhea, and vomiting | Chepang | (Rijal, 2011) |
| 170. | *Luffa cylindrica* M. Roem., Gheraula, Cucurbitaceae | Sd | Chicken pox | Tharu (C) | (Mueller-Boeker, 1993) |
| 171. | *Luffa echinata* Roxb., Jungali Gheraula, Cucurbitaceae | Sd | Malaria, headache and sinusitis | Kisan | (Rajbanshi & Thapa, 2019) |
| 172. | *Lygodium japonicum* (Thunb.) | L | Ringworms | Darai | (Poudel & Singh, 2016) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Sw., Janai Lahara, Lygodiaceae | | Eczema, ringworm and wounds | Tharu (Pr) | (Singh, 2017) |
| | | Sd | Kidney and urinary problems | Tharu (Pr) | (Singh, 2017) |
| | | T | Diuretic | Tharu (Pr) | (Singh, 2017) |
| 173. | *Madhuca indica* J.F. Gmel., Mahuwa, Sapotaceae | Fl | Increase milk in lactating mothers | Tharu (Pr) | (Singh, 2017) |
| | | Sd | Diabetes, skin disease, rheumatism, headache, arthritis, insulin production and control blood glucose level | Tharu (Pr) | (Singh, 2017) |
| | | B | Bleeding and spongy gum, pharyngitis, and chronic tonsillitis | Tharu (Pr) | (Singh, 2017) |
| 174. | *Mallotus philippensis* (Lam.) Muell. Arg., Sindhure, Euphorbiaceae | S | Anti-helminthic | Chepang | (Rijal, 2011) |
| | | | Diarrhea and dysentery | Chepang | (Rijal, 2011) |
| | | | Gastritis | Tharu (C) | (Dangol & Gurung, 1991) |
| | | L | Dysentery | Chepang | (Rijal, 2011) |
| | | F | Abdominal spasm | Chepang | (Rijal, 2011) |
| | | B | Diarrhoea, dysentery, and bronchitis | Tharu (R) | (Acharya & Acharya, 2009) |
| | | R &F | Flatulence, cough, ulcers, wounds, and constipation (Singh, 2017). | Tharu (Pr) | (Singh, 2017) |
| 175. | *Mangifera indica* L., Aanp, Anacardiaceae | L | Burns | Tharu (Pr) | (Singh, 2020) |
| | | | Diabetes | Munda | (Ghimire, 2016) |
| | | B | Diarrhea | Chepang | (Rijal, 2011) |
| | | | Dysentery | Darai | (Poudel & Singh, 2016) |
| | | | Dysentery and diarrhea | Munda | (Ghimire, 2016) |
| | | F | Stomachache | Meche | (Rai, 2004) |
| | | | Typhoid | Chepang | (Sharma *et al.*, 2014) |
| | | Sd | Hairfall | Munda | (Ghimire, 2016) |
| 176. | *Matricaria chamomilla* L., | Fl | Stomach problem | Tharu (Pr) | (Singh, 2020) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Daminiful, Asteraceae | | Sore stomach, laxative, and irritable bowel syndrome | Tharu (Pr) | (Singh, 2017) |
| 177. | *Matteuccia struthiopteris* (L.) Tod., Neuro, Onocleaceae | L | Blood in stool and diarrhoea | Darai | (Poudel & Singh, 2016) |
| 178. | *Melia azedarach* L., Bakaino, Meliaceae | F | Anthelmintic, vomiting, urinary discharge, and blood impurities | Tharu (R) | (Acharya & Acharya, 2009) |
| | | L | Pyrexia, piles, gonorrhea, and gingivitis | Tharu (Pr) | (Singh, 2017) |
| 179. | *Melothria heterophylla* (Lour.) Cogn., Ban Kakro, Cucurbitaceae | F | Hydrocele | Tharu (C) | (Dangol & Gurung, 1991) |
| 180. | *Mentha spicata* L., Pudina, Lamiaceae | L | Vomiting | Tharu (Pr) | (Singh, 2020) |
| | | | Cough | Meche | (Rai, 2004) |
| | | | Stomachace and gastritis | Munda | (Ghimire, 2016) |
| 181. | *Michelia champaca* L., Champ, Magnoliaceae | Fl | Eye problem | Tharu (Pr) | (Singh, 2020) |
| | | | Fever, nausea, and dyspepsia | Tharu (Pr) | (Singh, 2017) |
| | | B | Fever | Tharu (Pr) | (Singh, 2017) |
| 182. | *Mikania micarantha* Kunth, Lahare Banmara, Asteraceae | L | Cuts and wounds | Darai | (Poudel & Singh, 2016) |
| 183. | *Mimosa pudica* L., Lajjawati, Fabaceae | L | Hairfall and dandruff | Tharu (Pr) | (Singh, 2020) |
| | | | Gland tumor, sinus disorderneurological problems, diarrhoea, and dysentery | Tharu (Pr) | (Singh, 2017) |
| | | | indigestion and piles | Munda | (Ghimire, 2016) |
| | | R | Fever | Chepang | (Rijal, 2011) |
| | | | Scabies | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Boils and diarrhea | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Gastritis | Darai | (Poudel & |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | | | | Singh, 2016) |
| | | | Diabetes and diarrhea | Munda | (Ghimire, 2016) |
| | | | Cold, cough, and remove stone from different parts of body | Tharu (Pr) | (Singh, 2017) |
| 184. | *Mimosa rubicaulis* Lam., Bokshi Ghas, Fabaceae | R | Abdominal spasm, sprain and wound | Chepang | (Rijal, 2011) |
| 185. | *Mirabilis jalapa* L., Malatiphool, Nyctaginaceae | Fl | Nose bleeding | Tharu (C) | (Mueller-Boeker, 1993) |
| 186. | *Momordica charantia* L., Tite karela, Cucurbitaceae | F | Diabetes | Tharu (Pr) | (Singh, 2020) |
| | | | Piles | Bantar | (Acharya & Pokhrel, 2006) |
| | | | High blood pressure | Munda | (Ghimire, 2016) |
| 187. | *Moringa oleifera* Lam., Shitalchini, Moringaceae | W | Dental care | Tharu (Pr) | (Singh, 2020) |
| | | B | Leprosy | Tharu (Pr) | (Singh, 2020) |
| | | | Rheumatism | Bantar | (Acharya & Pokhrel, 2006) |
| | | Fl | High blood pressure | Meche | (Rai, 2004) |
| | | | Tonic | Kisan | (Rajbanshi & Thapa, 2019) |
| 188. | *Mucuna monosperma* Wall., Baldhangro, Fabaceae | F | Tonic | Chepang | (Rijal, 2011) |
| 189. | *Murraya koenigii* (L.) Spreng., Mitho Neem, Rutaceae | L | Diabetes | Tharu (Pr) | (Singh, 2020) |
| | | | Hairfall and dandruff | Tharu (Pr) | (Singh, 2020) |
| | | | Dysentery and diarrhoea | Tharu (R) | (Acharya & Acharya, 2009) |
| | | | Snake bite, liver, and dysentery | Tharu (Pr) | (Singh, 2017) |
| | | R | Stomach problem | Tharu (Pr) | (Singh, 2020) |
| 190. | *Musa balbisiana* Colla, Athiya kera, | R &F | Cholera | Kisan | (Rajbanshi & Thapa, 2019) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Musaceae | | | | |
| 191. | *Musa paradisiaca* L., kera, Musaceae | Fl | Chest pain | Darai | (Poudel & Singh, 2016) |
| 192. | *Mussaenda macrophylla* Wall., Dhobini, Rubiaceae | L | Indigestion, cold and fever | Chepang | (Rijal, 2011) |
| | | R | Typhoid and fever | Chepang | (Sharma *et al.,* 2014) |
| 193. | *Myrica esculenta* Buch-Ham. ex D. Don, Kafal, Myricaceae | B | Malnourishment | Chepang | (Rijal, 2011) |
| | | F | Abdominal pain | Darai | (Poudel & Singh, 2016) |
| 194. | *Nephrolepsis cordifolia* (L.) K. Presl, Pani amala, Nephrolepidaceae | Tu | Heat sickness | Chepang | (Rijal, 2011) |
| | | | Stomach ulcer, cough, and intestinal disorders | Tharu (Pr) | (Singh, 2017) |
| | | L | Bleeding | Tharu (Pr) | (Singh, 2017) |
| 195. | *Nicotiana tobacum* L., Tambakhu, Solanaceae | L | Toothache | Tharu (Pr) | (Singh, 2020) |
| | | | Wormicide | Chepang | (Rijal, 2011) |
| | | | Remove lice | Meche | (Rai, 2004) |
| | | | Ear problem | Bantar | (Acharya & Pokhrel, 2006) |
| 196. | *Nyctanthes arbor-tristis* L. Parijat, Oleaceae | L | Heat sickness | Darai | (Poudel & Singh, 2016) |
| | | | Digestive, laxative, tonic, diuretic, diaphoretic, antidote to reptile venoms | Tharu (Pr) | (Singh, 2017) |
| | | R | Spleen enlargement | Tharu (Pr) | (Singh, 2017) |
| | | S &B | Expectorant, malaria, and rheumatic joint pain | Tharu (Pr) | (Singh, 2017) |
| 197. | *Ocimum basilicum* L., Babari, Lamiaceae | L | Fever | Darai | (Poudel & Singh, 2016) |
| | | | Irritation and skin allergy | Munda | (Ghimire, 2016) |
| 198. | *Ocimum gratissimum* L., Bantulsi, Lamiaceae | L | Chest pain and respiratory problem | Meche | (Rai, 2004) |
| 199. | *Ocimum sanctum* L., Tulasi, Lamiaceae | L | Cough, ring worm infection, bronchial asthma and headache | Tharu (Pr) | (Singh, 2020) |
| | | | Cough and cold | Chepang | (Rijal, 2011) |
| | | | Skin allergy and irritation | Meche | (Rai, 2004) |
| | | | Cough and catarrh | Bantar | (Acharya & Pokhrel, 2006) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | | Fever, cough and tonsilitis | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Tonsillitis | Darai | (Poudel & Singh, 2016) |
| | | | Cough, cold, dermatitis and sore throat | Munda | (Ghimire, 2016) |
| | | | Itching, snake bite, rashes in skin, reduce acne, pimples and scars, stress reduce | Tharu (Pr) | (Singh, 2017) |
| | | R& Fl | Sexual disorders | Munda | (Ghimire, 2016) |
| | | Sd | Premature ejaculation, increase semen quantity, reduce blood sugar and blood cholesterol | Tharu (Pr) | (Singh, 2017) |
| | | Fl | Cough and colds | Tharu (Pr) | (Singh, 2017) |
| 200. | *Odina wodier* Roxb., Hallunde, Anacardiaceae | B | Nose bleeding | Tharu (C) | (Dangol & Gurung, 1991) |
| 201. | *Opuntia stricta* (Haw.) Haw., Paate Siudi, Cactaceae | W | Burns | Munda | (Ghimire, 2016) |
| | | R | Obesity and diabetes | Munda | (Ghimire, 2016) |
| 202. | *Oroxylum indicum* (L.) Benth. ex Kurz, Tatelo, Bignoniaceae | Sd | Wounds | Chepang | (Rijal, 2011) |
| | | | Pneumonia | Meche | (Rai, 2004) |
| | | | | Munda | (Ghimire, 2016) |
| | | | Typhoid | Magar | (Nemkul & Shrestha, 2018) |
| | | B | Wounds | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Jaundice and chronic wounds | Munda | (Ghimire, 2016) |
| | | | Infective wounds | Magar | (Nemkul & Shrestha, 2018) |
| | | | Tumors, cut injury, and wounds | Chepang | (Sharma *et al.*, 2014) |
| | | L | Joint pain | Tharu (Pr) | (Singh, 2017) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | R & B | Mouth ulcer, appetite, intestinal problems, wounds and tonic | Tharu (Pr) | (Singh, 2017) |
| 203. | *Osbeckia stellata* Buch-Ham. ex K. Gawle, Angeri, Melastomataceae | R | Abdominal disorders | Chepang | (Rijal, 2011) |
| 204. | *Oxalis corniculata* L., Chariamilo, Oxalidaceae | L | Stomachace | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Earache | Darai | (Poudel & Singh, 2016) |
| | | | Acidity | Munda | (Ghimire, 2016) |
| | | | Fever, influenza, diarrhoea, snake bite, hook worms, anthelmintic, and urinary tract infection | Tharu (Pr) | (Singh, 2017) |
| | | W | Fever, brushes and nose bleeding | Tharu (C) | (Dangol & Gurung, 1991; Mueller-Boeker, 1993) |
| | | | Fever, dysentery, and diarrhoea | Tharu (R) | (Acharya & Acharya, 2009) |
| 205. | *Paederia foetida* L., Bire Lahara, Rubiaceae | S | Teeth infection | Chepang | (Rijal, 2011) |
| | | R | Snake bite | Chepang | (Rijal, 2011) |
| 206. | *Pennisetum polystachion* (L.) Schult., Mission Grass, Poaceae | R | Abdominal pain | Chepang | (Rijal, 2011) |
| 207. | *Persicaria barbata* (L.) H. Hara, Bish, Polygonaceae | L | Ring worms | Meche | (Rai, 2004) |
| | | W | Swollen body | Tharu (C) | (Dangol & Gurung, 1991) |
| 208. | *Phoenix humilis* Royle. ex Becc., Thakal, Arecaceae | Sd | Itch | Tharu (C) | (Mueller-Boeker, 1993) |
| | | Sp | Stomachache and diarrhoea | Bantar | (Acharya & Pokhrel, 2006) |
| 209. | *Phyla nodiflora* (L.) Greene, Jal pippali, Verbenaceae | W | Ulcers and stomachache | Tharu (C) | (Dangol & Gurung, 1991) |
| 210. | *Phyllanthus amarus* Schumach. & Thonn., | L | Diabetes | Tharu (Pr) | (Singh, 2017) |
| | | R | Menorrhagia | Tharu | (Singh, 2017) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Bhuinamala, Phyllanthaceae | | | (Pr) | |
| | | W | Wounds, ulcers, and intermittent fever | Tharu (Pr) | (Singh, 2017) |
| 211. | *Phyllanthus emblica* L., Amla, Phyllanthaceae | F | Anemia | Tharu (Pr) | (Singh, 2020) |
| | | | Cold | Chepang | (Rijal, 2011) |
| | | | Scalp, dysentery and diarrhea | Munda | (Ghimire, 2016) |
| | | | Sore throat inflammation | Tharu (Pr) | (Singh, 2017) |
| | | Fl | Mental disorders and blood purifier | Bantar | (Acharya & Pokhrel, 2006) |
| | | L | Burns | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | Scalp | Tharu (Pr) | (Singh, 2017) |
| | | F& Sd | Gastritis, diuretic, cooling, and laxative source of vitamin C | Tharu (R) | (Acharya & Acharya, 2009) |
| 212. | *Physalis minima* L., Isamgoli, Solanaceae | L | Menstruation disorders and eye infection | Tharu (C) | (Dangol & Gurung, 1991) |
| 213. | *Physalis peruviana* L., Rasbhari, Solanaceae | R | Jaundice | Meche | (Rai, 2004) |
| | | | Piles | Bantar | (Acharya & Pokhrel, 2006) |
| 214. | *Pilea symmeria* Wedd., Aailanata, Urticaceae | B | Diarrhea | Chepang | (Rijal, 2011) |
| | | Fl | Wounds | Chepang | (Sharma *et al.,* 2014)) |
| 215. | *Piper longum* L., Pipala, Piperaceae | L | Dry cough | Meche | (Rai, 2004) |
| | | | Mouth refreshment, indigestion, easing urination, cough, and cold | Tharu (Pr) | (Singh, 2017) |
| | | F | Asthma, cough and chest pain | Chepang | (Rijal, 2011) |
| | | | Tuberculosis | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Cough and digestion | Tharu (R) | (Acharya & Acharya, 2009) |
| | | | Indigestion | Chepang | (Sharma *et al.,* 2014) |
| | | R | Pneumonia | Meche | (Rai, 2004) |
| 216. | *Piper nigrum* L., Marich, Piperaceae | Sd | Cough | Munda | (Ghimire, 2016) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| 217. | *Pistia stratios* L., Kumbhika, Araceae | W | Swelling | Bantar | (Acharya & Pokhrel, 2006) |
| 218. | *Plumeria alba* L., Galaichi, Apocynaceae | Fl | Fever | Darai | (Poudel & Singh, 2016) |
| 219. | *Plumbago zeylanica* L., Chitu, Plumbaginaceae | B | Baldness | Tharu (Pr) | (Singh, 2020) |
| | | | Baldness | Tharu (Pr) | (Singh, 2017) |
| | | R | Digestion, appetite, ulcer, scabie, and several skin diseases | Tharu (Pr) | (Singh, 2017) |
| 220. | *Pogostemon benghalensis* (Burm.f.) Kuntz, Rudilo, Lamiaceae | L | Cold, indgestion, cough, kwashiorkor and marasmus | Chepang | (Rijal, 2011) |
| | | | Sinusitis and typhoid | Darai | (Poudel & Singh, 2016) |
| | | L & R | Headache and typhoid | Chepang | (Sharma *et al.,* 2014) |
| | | W | Fever | Tharu (C) | (Dangol & Gurung, 1991) |
| 221. | *Pouzolzia zeylanica* (L.) Benn., Ban Paate, Urticaceae | W | Ring worms and wounds of fingers and toes | Tharu (C) | (Dangol & Gurung, 1991) |
| 222. | *Premna barbata* Wall. ex Schauer, Gineri, Lamiaceae | L | Urine infection and heat sickness | Chepang | (Rijal, 2011) |
| | | B | Fever | Tharu (C) | (Dangol & Gurung, 1991) |
| 223. | *Primula umbellate* (Lour.) Merr., Umbelled Rock Jasmine, Primulaceae | L & Fl | Insomnia and diarrhea | Bantar | (Acharya & Pokhrel, 2006) |
| 224. | *Psidium guajava* L., Amba, Myrtaceae | L | Dysentery and diarrhea | Chepang | (Rijal, 2011) |
| | | | Dysentery and diarrhea | Tharu (Pr) | (Singh, 2020) |
| | | | Urinary problems and mental disorders | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Fever | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | Diarrhoea | Darai | (Poudel & Singh, 2016) |
| | | Sd | Cough | Chepang | (Rijal, 2011) |
| | | B | Diarrhoea and dysentery | Chepang | (Sharma *et al.,* |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | | | | 2014) |
| | | | Diarrhea | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | Diarrhea | Kisan | (Rajbanshi & Thapa, 2019) |
| | | Fl | Headache | Munda | (Ghimire, 2016) |
| | | F | Diarrhea and dysentery | Meche | (Rai, 2004) |
| 225. | *Pueraria phaseoloides* (Roxb.) Benth., Birali Lahara, Fabaceae | Sp | Wounds | Chepang | (Rijal, 2011) |
| 226. | *Punica granatum* L., Anar, Punicaceae | F | Eye problem | Tharu (Pr) | (Singh, 2020) |
| | | Sd & Fl | Piles and tonic | Bantar | (Acharya & Pokhrel, 2006) |
| 227. | *Rauvolfia serpentina* (L.) Benth. ex Kurz, Sarpagandha, Apocynaceae | R | High blood pressure | Tharu (Pr) | (Singh, 2020) |
| | | | Malaria | Chepang | (Rijal, 2011) |
| | | | Fever and snake bite | Tharu (C) | (Dangol & Gurung, 1991) |
| | | | Stomach problem and fever | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Cholera, diarrhoea, dysentery, uterine contraction during childbirth, snake bite, and malarial fever | Tharu (Pr) | (Singh, 2017) |
| | | L | Fever | Chepang | (Rijal, 2011) |
| | | | Pneumonia | Meche | (Rai, 2004) |
| | | | Mental disorders | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Snake bite | Darai | (Poudel & Singh, 2016) |
| | | F | Reduce blood pressure, dysentery, and hypotonic | Tharu (R) | (Acharya & Acharya, 2009) |
| 228. | *Rhododendron arboreum* Sm., Laligurans, Ericaceae | Fl | Dysentery | Chepang | (Rijal, 2011) |
| | | | Bone prick | Darai | (Poudel & Singh, 2016) |
| 229. | *Ricinus communis* | L | Mumps and increase lactation | Tharu | (Singh, 2020) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | L., Arandi, Euphorbiaceae | | | (Pr) | |
| | | Sd | Cracking heels | Meche | (Rai, 2004) |
| | | | | Bantar | (Acharya & Pokhrel, 2006) |
| 230. | *Rorippa benghalensis* (DC.) H. Hara, Tori Ghas, Brassicaceae | L | Malaria and headache | Bantar | (Acharya & Pokhrel, 2006) |
| 231. | *Rotala rotundifolia* (Buch-Ham. ex Roxb.) Koehne, Sim Jhar, Lythraceae | L | Hemicranias | Bantar | (Acharya & Pokhrel, 2006) |
| 232. | *Rubus ellipticus* Sm., Ainselu, Rosaceae | R | Dysentery | Chepang | (Sharma *et al.,* 2014) |
| 233. | *Rungia parviflora* (Retz) Nees, Runchejhar, Acanthaceae | W | Cuts and wounds | Darai | (Poudel & Singh, 2016) |
| 234. | *Saccharum officinarum* L., Ukhu, Poaceae | S | Jaundice | Darai | (Poudel & Singh, 2016) |
| | | | | Munda | (Ghimire, 2016) |
| | | | | Tharu (Pr) | (Singh, 2020) |
| 235. | *Saccharum spontaneoum* L., Kans, Poaceae | Fl | Cuts | Bantar | (Acharya & Pokhrel, 2006) |
| 236. | *Sansevieria frifasciata* Prain, Snake plant Asparagaceae | L | Ulcers | Tharu (C) | (Dangol & Gurung, 1991) |
| 237. | *Sapindus mukorossi* Gaertn., Ritha, Sapindaceae | Sd | Tonsillitis | Tharu (Pr) | (Singh, 2020) |
| 238. | *Saraca indica* L., Ashoka, Fabaceae | B | Irregular menstruation | Tharu (Pr) | (Singh, 2020) |
| 239. | *Saussurea graminifolia* Wall. ex DC., Saw-wort, Asteraceae | L | Cough | Chepang | (Rijal, 2011) |
| 240. | *Schefflera venulosa* (Wight & Arn.) Hams, Kursiulo, Araliaceae | L | Irregular menstruation and fever | Tharu (C) | (Mueller-Boeker, 1993) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| 241. | *Schima wallichii* (DC.) Korth., Chilaune, Theaceae | B | Burn, abdominal pain, taenia pedis, snake bite, wormicide and malnourishment | Chepang | (Rijal, 2011) |
| 242. | *Scindapsus officinalis* Schott, Kanchiro, Araceae | R | Abortion and fracture | Chepang | (Rijal, 2011) |
| | | S | Bodyache and backache | Chepang | (Sharma *et al.,* 2014) |
| 243. | *Scoparia dulcis* L., Mitha jhar, Scrophulariaceae | L | Cough | Chepang | (Rijal, 2011) |
| | | | Fever | Tharu (C) | (Dangol & Gurung, 1991) |
| | | | Veneral diseases and stomachache | Bantar | (Acharya & Pokhrel, 2006) |
| 244. | *Semecarpus anacardium* L. f., Bhalayo, Anacardiaceae | F | Headache | Meche | (Rai, 2004) |
| | | | Acute rheumatism, asthma, and dysentery | Tharu (R) | (Acharya & Acharya, 2009) |
| 245. | *Sesamum orientale* L., Til, Pedaliaceae | Sd | Sunburn and ringworms | Meche | (Rai, 2004) |
| 246. | *Shorea robusta* Roth, Sal, Dipterocarpaceae | Lt & B | Diarrhea and dysentery | Chepang | (Rijal, 2011) |
| | | B | Diarrhea and dysentery | Chepang | (Sharma *et al.,* 2014) |
| | | F | Diarrhea and dysentery | Munda | (Ghimire, 2016) |
| | | | Wounds | Munda | (Ghimire, 2016) |
| | | T | Gingivitis | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Fracture | Darai | (Poudel & Singh, 2016) |
| | | | Appetizer | Tharu (C) | (Mueller-Boeker, 1993) |
| 247. | *Sida cordifolia* L., balu, Malvaceae | L | Boils | Kisan | (Rajbanshi & Thapa, 2019) |
| 248. | *Sida rhombifolia* L., Sano Chilya, Malvaceae | L | Wounds | Chepang | (Rijal, 2011) |
| | | | Wounds | Tharu (C) | (Mueller-Boeker, 1993) |
| 249. | *Solanum aculeatissimum* Jacq., Kantakari, Solanceae | F | Fever and toothache | Tharu (C) | (Dangol & Gurung, 1991) |
| | | Sd | Teeth germs | Meche | (Rai, 2004) |
| | | R | Scabies | Bantar | (Acharya & Pokhrel, 2006) |
| 250. | *Solanum anguivi* | R | Scabies | Bantar | (Acharya & |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Lam., Bihi, Solanaceae | | | | Pokhrel, 2006) |
| 251. | *Solanum indicum* L., Kande bihi, Solanaceae | F | Blood purifier and pneumonia | Tharu (Pr) | (Singh, 2020) |
| 252. | *Solanum melongena* L., Bhanta, Solanaceae | R | Placenta retention | Darai | (Poudel & Singh, 2016) |
| 253. | *Solanum nigrum* L. Jungali bihi, Solanaceae | R | Intermittent fever and easy child delivery | Bantar | (Acharya & Pokhrel, 2006) |
| 254. | *Solanum tuberosum* L., Aalu, Solanaceae | Tu | Burns | Munda | (Ghimire, 2016) |
| 255. | *Sonchus arvensis* L., Dudhi, Asteraceae | R | Typhoid | Chepang | (Sharma *et al.,* 2014) |
| 256. | *Spatholobus parviflorus* (DC.) Kuntze, Sal Lahara, Fabaceae | B | Diarrhea | Chepang | (Rijal, 2011) |
| | | R | Menstrual disorders | Tharu (C) | (Mueller-Boeker, 1993) |
| 257. | *Sphaeranthus indicus* L., Gorakhmundi, Asteraceae | R | Stomachache and fever | Bantar | (Acharya & Pokhrel, 2006) |
| 258. | *Spilanthes calva* DC., Morathi, Asteraceae | L | Cuts and mun infections | Bantar | (Acharya & Pokhrel, 2006) |
| 259. | *Spondias pinnata* L. f. Kurz, Amaro, Anacardiaceae | L | Dysentery, pox and measles | Tharu (Pr) | (Singh, 2020) |
| | | B | rheumatic arthritis | Tharu (Pr) | (Singh, 2020) |
| 260. | *Stephania elegans* Hook. f. & Thomson, Taro Lahara, Menispermaceae | L | Blood dysentery and boils | Bantar | (Acharya & Pokhrel, 2006) |
| 261. | *Stephania japonica* (Thunb.) Miers, Badalpaate, Menispermaceae | R | Scorpion bite and abdominal spasm | Chepang | (Rijal, 2011) |
| | | | Gastric and indigestion | Chepang | (Sharma *et al.,* 2014) |
| 262. | *Stereospermum cheloniodes* Dc., Patala, Bignoniaceae | B | Leprosy | Tharu (C) | (Dangol & Gurung, 1991) |
| | | Sd | Migraine headache | Tharu (C) | (Mueller-Boeker, 1993) |
| 263. | *Streblus asper* Lour., | L | Toothache | Tharu | (Singh, 2020) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Bedulla, Moraceae | | | (Pr) | |
| 264. | *Swertia angustifolia* Buch-Ham. ex D. Don, Goru tite, Gentianaceae | S | Fever | Chepang | (Rijal, 2011) |
| | | | Vomiting and stomachache | Munda | (Ghimire, 2016) |
| | | R | Fever | Munda | (Ghimire, 2016) |
| | | W | Anthelmintic, diarrhoea, fever, headache and stomach ache | Newar | (Balami, 2004) |
| 265. | *Swertia chirayita* (Roxb. *ex* Fleming) H. Karst, Chiraito, Gentianaceae | L& S | Fever | Chepang | (Rijal, 2011) |
| 266. | *Syzygium aromaticum* L., Lwang, Myrtaceae | F | Tonsillitis | Darai | (Poudel & Singh, 2016) |
| | | Sd & Bu | Toothache | Munda | (Ghimire, 2016) |
| 267. | *Syzygium cumini* (L.) Skeels, Jamun, Myrtaceae | B | Diabetes | Tharu (Pr) | (Singh, 2020) |
| | | | Dysentery | Meche | (Rai, 2004) |
| | | | Dysentery and diarrhea | Munda | (Ghimire, 2016) |
| | | F | Diarrhea | Chepang | (Rijal, 2011) |
| | | | Diarrhea | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | Indigestion | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Constipation and diabetes | Munda | (Ghimire, 2016) |
| 268. | *Tagetes erecta* L., Sayapatri, Asteraceae | L | Cut injury | Tharu (Pr) | (Singh, 2020) |
| | | | Cut injury | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Pneumonia and chest pain | Meche | (Rai, 2004) |
| | | | Fever, cuts, and wounds | Munda | (Ghimire, 2016) |
| 269. | *Tamarindus indica* L., Imali, Fabaceae | F | High blood pressure | Tharu (Pr) | (Singh, 2020) |
| | | Sd | Stomachache | Meche | (Rai, 2004) |
| | | Fl | Piles | Bantar | (Acharya & Pokhrel, 2006) |
| 270. | *Terminalia belerica* (Gaertn.) Roxb., | F | Bronchial asthma | Tharu (Pr) | (Singh, 2020) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Barro, Combretaceae | | Chest pain and cough | Chepang | (Rijal, 2011) |
| | | | Constipation | Meche | (Rai, 2004) |
| | | | Gastritis | Darai | (Poudel & Singh, 2016) |
| | | | Cough and eye disease | Tharu (R) | (Acharya & Acharya, 2009) |
| 271. | *Terminalia catappa* L., Kathe badam, Combretaceae | Sd | Anemia | Bantar | (Acharya & Pokhrel, 2006) |
| 272. | *Terminalia chebula* (Gaertn.) Retz., Harro, Combretaceae | B | Tonsilities | Kisan | (Rajbanshi & Thapa, 2019) |
| | | F | Chest pain and cough | Chepang (C) | (Rijal, 2011) |
| | | | Gastric | Meche | (Rai, 2004) |
| | | | Chest pain and bronchitis | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | Gastritis | Darai | (Poudel & Singh, 2016) |
| | | | Gastritis | Tharu (R) | (Acharya & Acharya, 2009) |
| 273. | *Terminalia elliptica* Willd., Asna, Combretaceae | B | Dysentery | Tharu (Pr) | (Singh, 2020) |
| | | | Abdominal pain, fracture, diarrhea, cuts and dysentery | Chepang | (Rijal, 2011) |
| | | S | Wounds and inflammation | Chepang | (Rijal, 2011) |
| 274. | *Thespesia lampas* (Cav.) Dalzell & A. Gibson, Ban kapas, Malvaceae | R | Fever, indigestion, typhoid, dysentery and hangover of alcohol | Chepang | (Rijal, 2011) |
| | | Sd | Constipation | Chepang | (Rijal, 2011) |
| 275. | *Thevetia peruviana* (Pers.) K. Schum., Kaner, Apocynaceae | F | Ear infection | Tharu (C) | (Dangol & Gurung, 1991) |
| | | L | Wounds | Bantar | (Acharya & Pokhrel, 2006) |
| 276. | *Thysanolaena maxima* (Roxb.) Kuntze, Amriso, Poaceae | R | Fever and indigestion | Chepang | (Rijal, 2011) |
| | | | Antihelmintic | Newar | (Balami, 2004) |
| | | | | Tharu (R) | (Acharya & Acharya, 2009) |
| | | L | Typhoid | Chepang | (Sharma *et al.*, 2014) |
| 277. | *Tinospora cordifolia* | S | Diabetes, stomach problem | Tharu | (Singh, 2020) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | (Thunb.) Miers, Gurjo, Menispermaceae | | | (Pr) | |
| | | | Heat sickness | Chepang | (Rijal, 2011) |
| | | | Veneral diseases | Bantar | (Acharya & Pokhrel, 2006) |
| | | | Earache | Darai | (Poudel & Singh, 2016) |
| 278. | *Trachyspermum copticum* Link, Jwano, Apiaceae | W | Cold, pimples, rashes, sore throat, wounds and pneumonia | Tharu (C) | (Mueller-Boeker, 1993) |
| | | Sd | Gastritis | Munda | (Ghimire, 2016) |
| 279. | *Trewia nudiflora* L., Bhelar, Euphorbiaceae | F | Ringworm | Kisan | (Rajbanshi & Thapa, 2019) |
| 280. | *Tribulus terrestris* L., Gokhur, Zygophyllaceae | R | Miscarriage and body pain | Chepang | (Rijal, 2011) |
| | | S | Abdominal spasm | Chepang | (Rijal, 2011) |
| 281. | *Trichodesma indicum* (L.) R. Br., Kanike Kuro, Boraginaceae | W | Headache | Tharu (C) | (Dangol & Gurung, 1991) |
| 282. | *Trichosanthes dioica* Roxb., Parbal, Cucurbitaceae | F | Heat sickness | Darai | (Poudel & Singh, 2016) |
| 283. | *Tridax procumbens* L., Kurkure, Asteraceae | L | Cuts and wounds | Bantar | (Acharya & Pokhrel, 2006) |
| 284. | *Trigonella foenum-graceum* L., Methi, Fabaceae | Sd | Cold and running nose | Kisan | (Rajbanshi & Thapa, 2019) |
| | | | Cough | Munda | (Ghimire, 2016) |
| 285. | *Triumfetta rhomboidea* Jacq, Ballu Kuro, Malvaceae | L | Boils | Bantar | (Acharya & Pokhrel, 2006) |
| 286. | *Urena lobata* L., Dalle Kuro, Malvaceae | L | Eczema and skin infections | Meche | (Rai, 2004) |
| | | | Boils | Bantar | (Acharya & Pokhrel, 2006) |
| 287. | *Urtica dioica* L., Sisnoo, Urticaceae | R | Snake and scorpion bite | Chepang | (Rijal, 2011) |
| | | S | Fever | Chepang | (Rijal, 2011) |
| | | | Blood pressure | Darai | (Poudel & Singh, 2016) |
| 288. | *Vicia tetrasperma* (L.) Schreb., | Sd | Mental disorders | Bantar | (Acharya & Pokhrel, 2006) |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | Aankura, Fabaceae | | | | |
| 289. | *Viscum album* L., Hadchur, Santalaceae | B | Sprain and fracture | Chepang | (Rijal, 2011) |
| | | | Cut injury and wounds | Chepang | (Sharma *et al.,* 2014) |
| | | W | Fracture | Darai | (Poudel & Singh, 2016) |
| | | | Fracture | Munda | (Ghimire, 2016) |
| 290. | *Vitex negundo* L., Simali, Verbenaceae | L | Stomach problem | Tharu (Pr) | (Singh, 2020) |
| | | | Constipation | Bantar | (Acharya & Pokhrel, 2006) |
| | | R | Rheumatic arthritis | Tharu (Pr) | (Singh, 2020) |
| 291. | *Withania somnifera* (L.) Dunal, Aswogandha, Solanaceae | L | Abdominal disorders | Darai | (Poudel & Singh, 2016) |
| 293. | *Woodfordia fruticosa* (L.) Kurtz, Dhiero, Lythraceae | Fl | Diarrhoea and dysentery | Chepang | (Rijal, 2011) |
| | | B &R | Diarrhoea | Chepang | (Sharma *et al.,* 2014) |
| 294. | *Xanthium strumarium* L., Bhende Kuro, Asteraceae | L | Eczema | Bantar | (Acharya & Pokhrel, 2006) |
| 295. | *Xeromphis spinosa* (Thunb.) Keay, Main kanda, Rubiaceae | F | Sbdominal spasm | Chepang | (Rijal, 2011) |
| | | B | Leprosy | Tharu (C) | (Dangol & Gurung, 1991) |
| 296. | *Xeromphis uliginosa* (Retz.) Maheshw, Pidar, Rubiaceae | F | Diarrhea | Tharu (C) | (Mueller-Boeker, 1993) |
| 297. | *Youngia japonica* (L.) DC., Dulla jhar, Asteraceae | W | Appetizer, blood purifier, constipation and boils | Bantar | (Acharya & Pokhrel, 2006) |
| 298. | *Zanthoxylum armatum* DC., Timur, Rutaceae | F | Oedema, abdominal spasm, teeth infection and cholera | Chepang | (Rijal, 2011) |
| | | Sd | Indigestion | Chepang | (Sharma et al., 2014) |
| 299. | *Zingiber officinale* Roscoe, Aduwa, Zingiberaceae | Rh | Cough | Tharu (Pr) | (Singh, 2020) |
| | | | Cold | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | Cough, cold, hair fall and | Kisan | (Rajbanshi & |

| S.N. | Scientific names, Vernacular names and Family Names | P. U. | Diseases treated | Ethnic groups | Sources |
|---|---|---|---|---|---|
| | | | sinusitis | | Thapa, 2019) |
| | | | Vomiting and cough | Munda | (Ghimire, 2016) |
| 300. | *Ziziphus mauritiana* Lam. Bayer, Rhamnaceae | B | Dysentery and diarrhea | Tharu (Pr) | (Singh, 2020) |
| | | Sd | Chicken pox | Tharu (C) | (Mueller-Boeker, 1993) |
| | | | Abdominal pain | Munda | (Ghimire, 2016) |
| | | L | Heart burn | Tharu (C) | (Mueller-Boeker, 1993) |
| | | F | Cough | Darai | (Poudel & Singh, 2016) |

The figure 2 shows the number of diseases treated by ethnic tribeal groups of Terai region using different parts of plant body or whole plant body where it is clear that maximum number of diseases are treated using leaf (72) of plants then, by the use of bark (55) followed by root (48). Buds of plant (1) is least used for the treatment of diseases by ethnic tribal people of Terai.

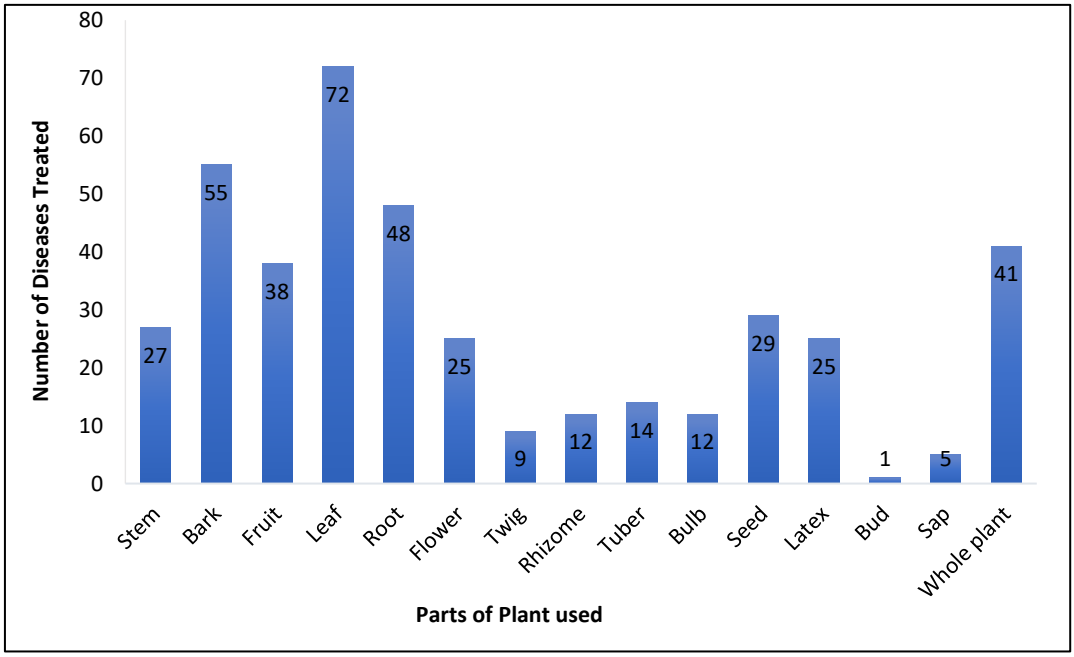


**Figure 2. Bar graph showing number of diseases treated by using different parts of plant body or whole plant body.**

## Conclusions and Recommendation

This study provides ethnomedicinal information about the plant species used by major ethnic tribes of the Terai region of Nepal. A total of 300 plant species from 98 families are documented in this study. The maximum number of plants used by the tribal group of Terai is from Fabaceae (26.53%) family followed by Asteraceae (19.38%), and then Lamiaceae (14.29%). These plant species are used in the treatement of 120 types of diseases and ailments by 8 ethnic groups residing in six Terai districts, namely Chitwan, Parsa, Nawalparasi, Rupandhehi, Jhapa, and Morang. Many parts of a plant or whole plant body are found to be used by the tribal people among which leaf is used for the treatment of a maximun number of diseases (72) and bud is the least used body part (1). Many ethnic and indigenous knowledge about plant species, their identification, collection process, and treatment of diseases must be documented and passed on from generation to generation. This continuity of ethnic tribal knowledge on medicinal plants and their pharmacological values could widen the scope and importance of herbal medicine science. Moreover, ethnomedicinal knowledge ensures the cure of the diseases and ailments locally which ultimately saves time, money and prevents extreme situations. Researches and explorations should be carried out about the phytochemical as well as pharmacological values of medicinal plants and the knowledge must be utilized for future medical endeavors.

### Conflicts of interest

The authors declare no conflict of interest.

### Author contribution statements

All the authors were involved in concept development, literature review, and analysis. M.S. Miya and S. Timilsina reviewed the literature, analyzed the quantitative data, and prepared the draft manuscript. A. Neupane and S. Timilsina revised the analysis part and edited the manuscript for finalization. S. Timilsina, as a corresponding author, is a guarantor for this article.

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