



Surviving on Knowledge: Ethnobotany of Chepang community from mid- hills of Nepal

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Research

Abstract

The Chepangs of Nepal are rich in knowledge regarding the use of different plants and this knowledge has been transferred verbally through the generations. This study analyzed traditional knowledge regarding plant use among the Chepang communities from ward number 3 and 4 of Shaktikhor Village Development Committee located in the central mid hills of Nepal. Semi-structured interviews were conducted with key informants like traditional healers for medicinal plants, and elder people and women for edible and other useful plants. The 'artefact/interview' approach was also used. People were using 435 different plant species for 845 various uses. Eleven of these species belong to different IUCN threat categories. Stems had the highest number of uses (180) followed by whole plants (163) and leaves (134). Fodder had the highest number of species (198) followed by edible plants (136) and medicinal use species (115). 246 species had single-uses while 189 had multiple-uses. Fifty-six plants in use among Chepangs, were not reported in any previous documents from Nepal.

Introduction

Study of indigenous knowledge and practices is increasingly recognized as a useful multidisciplinary tool to assist in achieving sustainable resource use in many poor rural communities, while securing the resource base. Indigenous knowledge has gained international recognition through documents such as the World Conservation Strategy (IUCN 1980) and the Brundtland Commission's "Our Common Future" (WCED 1987), which emphasize the importance of the environmental expertise of local people in the management of natural resources. The United Nations Conference on Environment and Development (UNCED 1992) recognized the importance of documenting such knowledge through the Convention on Biological Diversity (CBD 1992, article 8j) and the subsequent Glob-

al Strategy for Plant Conservation and Economic Development (Twang & Kapoor 2004) and highlighted the need to promote greater awareness and a wider application of indigenous knowledge for sustainable biological resource management.

A large part of the rural population depends on non-timber forest products as part of their livelihood strategy (Edwards 1994, Olsen 1998, Rijal 1995). In Nepal, there is a serious risk of losing such knowledge in part due to limited scientific expertise; very few ethnobotanical studies have been carried out and the activities on such studies in Nepal are in developing stages (Manandhar 1997). Despite some studies on various uses of plants in Nepal, the traditional uses of a large number of plants still await proper documentation (Chaudary 1998). For instance, among the Chepangs, an indigenous hill tribe people, documentation of ethnobotanical knowledge is limited to a few medicinal plants (Khan 1998, Manandhar 1989). The knowledge of plant use helps the Chepangs to live a semi-nomadic life, in the infertile upper slopes of the

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Mahabharat hills. The Chepangs are highly dependent on forest resources, partly for own use and partly for barter and sale (Bhattarai 1995, Chhetri *et al.* 1997). The food they grow supports them for two to three months and the rest of the year they have to depend on the forest. They are very good at weaving baskets, leaf umbrellas and other handicrafts. Besides this, they have knowledge of wild plants and processing methods to detoxify foods. However, there is little information on the Chepangs' use of natural resources (Bhattarai 1995, Rai & Chaudary 1975, SNV/SEACOW 1995, Thapa 1979). This research study was conducted to document the indigenous knowledge of plants used by the Chepangs for food, fiber, medicine and other uses.

Study area

The study was carried out in Wards no. 3 and 4 of Shaktikor VDC in Chitwan District (Figure 1). The study area extends from 300 to 2500 meters altitude, the climate is tropical to subtropical, and three overall forest types are present: *Shorea robusta* Gaertn. forest with associated species *Terminalia alata* B. Heyne ex Roth, *Lagerstroemia parviflora* Roxb., *Terminalia belerica* Roxb., *Cleistocalyx operculatus* (Roxb.) Merr. & L.M. Perry, *Dillenia pentagyna* Roxb., mixed broad-leaf forest of mainly *Mallotus philippensis* (Lam.) Müll. Arg., *Schima wallichii* (DC.) Korth., *S. robusta*, *Bombax ceiba* L., *Betula alnoides* Buch.-Ham. ex D. Don, and *Diploknema butyracea* (Roxb.) H.J. Lam and pine forest dominated by *Pinus roxburghii* Sarg. (Vegetation classification based on HMGN 1994). The forests of Ward no. 3 generally contain more

commercially valuable species, such as *Asparagus racemosus* Willd., *Valeriana jatamansi* Jones, *Diplocyclos palmatus* (L.) C. Jeffrey and *Rauvolfia serpentina* (L.) Benth. ex Kurz (Rijal & Meilby n.d.).

The average population density in Chitwan District is 213 inhabitants per square kilometer and the climate is favorable to agriculture. The infrastructure is relatively good and development is better than average in Nepal based on the higher than average adult literacy rate (65%) and economic indicators such as the proportion of households with access to institutional credit (52%) and the proportion of the labor force employed in non-agricultural jobs (38%) (Rimal & Rimal 2006).

Ward no. 3 has only Chepang inhabitants, while Ward no. 4 has both Chepangs and non-Chepangs. The population density in these wards is roughly estimated at about 70 per square kilometer (Chhetri *et al.* 1997). Apart from Supar village in Ward no. 3 and Gairibari village in Ward no. 4, other settlements are scattered.

A road reaches up to the relatively flat land area with a mixed population, while the hilly Chepang area lies at 3-4 hours walking distance from the road. The Chepang in the mixed population area have somewhat left their traditional habits in terms of food, clothing, and cultivation practices. The traditional staple food of yams (*Dioscorea* spp.) is partly replaced by maize and rice. Shifting cultivation has to some degree been replaced by permanent agriculture. Likewise, loincloths have been replaced by pants.



Figure 1. A study of Chepang indigenous plant knowledge was conducted in the Chitwan district, Nepal, with the study area in Wards no. 3 and 4 of Shaktikor VDC.

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The area is of global significance as it forms a bottleneck of the Eastern Himalayan Eco-region, connecting Annapurna and Manaslu Conservation Areas of the high Himalayas with the Royal Chitwan National Park and the Parsa Wildlife Reserve of Nepal and the Balmiki Tiger Reserve of India in the lowland. The area also falls within the Terai Arc Conservation domain.

Chepangs

There were approximately 52,000 Chepangs in 2000 (CBS 2001) and they inhabit the Mahabharat range in Chitwan, Dhading, Gorkha and Makwanpur districts of central Nepal (Bhattarai 1995). Being hunter-gatherers until about 80 years ago (Chhetri *et al.* 1997), the Chepang are considered among the indigenous peoples of Nepal least affected by modernization and globalization. They practice shifting cultivation (slash and burn cultivation) and the evidence suggests that they are highly forest-dependent (Bhattarai 1995, Chhetri *et al.* 1997, Manandhar 1989, Gautam *et al.* 2003, Pandit 2001) as well as among the poorest in Nepal (Bhattarai 1995). The forest is used as an important source of food, fiber, medicine, housing materials, fuel and fodder. Plant products are collected for household consumption, barter and sale. The people are generally considered to be shy and easily dominated by other ethnic groups (Bista 2004), who have been migrating from the mountains to the lowlands for the last forty to fifty years (Chhetri *et al.* 1997).

Methods

Initial rapport-building visits included discussions with local leaders, traditional healers and other key informants as well as community-wide meetings were held introducing the research activity and the researcher's purposes. This helped to identify key informants including two tra-

ditional healers (both men) and ten elders (of which four were female and six were male) all above sixty years of age. (In Nepali society people younger than thirty are considered to be youth.)

Semi-structured interviews were conducted with key informants including traditional healers for medicinal plants, and elderly men and women for edible and other useful plants. Each interviewee was briefed on the reasons for the research and the interview was carried out based on their agreement. They also permitted their knowledge to be published. This publication will be returned to them through NGOs working with Chepang communities in the study area.

An 'artifact/interview' approach (Martin 1995) was also used involving asking questions about the use of plants for different purposes and making forest visits to identify the plant species used. During forest visits, queries were made about plants not mentioned in the interviews in order to uncover knowledge of forgotten species. Since Chepangs are very shy, a trained local assistant was used to facilitate the interviews.

Herbarium specimens were prepared of each plant identified following the standard botanical procedures and then deposited in the National Herbarium and Plant Research Department, Godawari, Nepal (KATH). Specimens were confirmed through comparison with specimens at KATH. Adhikary 2000, Hara *et al.* 1978, 1979, 1982, HMG 2001, and Press *et al.* 2000 were used as references in identification of the plants. Threat categories of plant species were confirmed using Shrestha & Joshi 1996.

Table 1. Overview of life forms plant used by Chepang communities in Wards no. 3 and 4 of Shaktikor VDC in Chitwan District of Nepal.

Habit	Wild			Cultivated			Total
	Families	Genera	Species	Families	Genera	Species	Total species
Herb	27	73	101	12	29	38	139
Tree	41	82	114	7	7	8	122
Shrub	38	69	96	8	10	12	108
Climber	14	27	39	4	11	13	52
Fungi (Mushrooms)	10	10	11	-	-	-	11
Herb (Pteridophytes)	5	6	7	-	-	-	7
Total	101	253	369	27	54	87	435

Note: Four species (2 trees, 1 climber and 1 herb) counted in cultivated species are also found in small numbers in the forest (wild). Three of these are from seed dispersed from the domestic sources while one (climber) is domesticated from the wild. The total excludes double counting of species that are found in both habitats (cultivation land & Wild habitat). Families and genera of wild species exclude counting of unidentified plants while total wild species also includes 5 unidentified species.

Results

Plant use diversity

A total of 435 species (including 5 unidentified) were found to be used for various purposes among the Chepang communities (Appendix 1). Of these the highest number of species identified are herbs (137 including 7 pterido-

phytes) and trees (122) (Table 1). Eighty-seven species are cultivated. Besides food value, most of the cultivated species also have other uses. Of sixty-two plants in trade (Table 2), 30 also have subsistence uses. Altogether, the 435 species were used for 845 different uses (Table 2), eleven of these species belonging to different IUCN threat categories include three that are endangered, two that are vulnerable, two that are rare and four that are commercially threatened (Table 3). Few species were found

Table 2. Overview of plant use among Chepang communities in Wards no. 3 and 4 of Shaktikor VDC in Chitwan District, Nepal by use types and plant parts. Miscellaneous uses=green manure, hedge, brewery, fish poison; Environmental=erosion/landslide control, maintain soil moisture, maintain soil fertility. Note: Several species have more than one use and more than one part is in use among many species. Therefore, the total species does not match with the total plant parts used. Similarly, the totals of the last column for life forms, species number, genera, families, wild and cultivated species do not match with the data of the respective rows as this total as these avoid double counting of the same species for different uses.

Plant part	Ceremonial	Edible	Spices/Oil	Craft	Medicinal	Firewood	Fodder	Construction	Timber	Environmental	Trade	Miscellaneous uses	Total
Bark	-	-	1	-	39	-	-	-	-	-	6	5	51
Root/rhizome	-	3	-	-	45	-	-	-	-	-	5	-	53
Tuber/bulb	-	12	-	-	10	-	-	-	-	-	10	-	32
Flower/inflorescence	5	9	-	1	2	-	-	-	-	-	2	-	19
Fruit	5	53	2	-	32	-	-	-	-	-	12	-	104
Seed/Grain	3	20	10	-	9	-	-	-	-	-	6	1	49
Oil/Butter	1	-	-	-	1	-	-	-	-	-	1	-	3
Latex/sap	-	-	-	-	11	-	-	-	-	-	-	-	2
Nectar	-	1	-	-	-	-	-	-	-	-	-	-	1
Leaf	8	5	3	1	32	-	78	-	-	-	8	4	138
Stem/Stem fiber	-	1	-	11	17	96	-	7	26	-	9	3	176
Tender shoots	1	23	-	-	20	-	2	-	-	-	2	-	47
Whole plants	7	15	-	4	1	-	120	2	-	11	4	1	161
Total parts used	30	142	16	17	219	96	200	9	26	11	65	14	845
Pteridophyte spp.	-	5	-	-	3	-	-	-	-	-	4	-	7
Mushroom spp.	-	10	-	-	1	-	-	-	-	-	-	-	11
Trees	9	32	5	7	42	81	53	1	26	2	20	7	122
Shrubs	11	22	5	5	44	14	48	1	-	4	18	5	106
Herbs	9	42	4	2	26	-	83	3	-	4	12	2	137
Climbers	-	27	2	1	21	1	14	3	-	-	11	1	50
Total Cultivated Species	7	62	6	-	8	2	4	-	1	-	-	-	87
Total Wild Species	19	74	10	15	107	94	194	8	25	10	62	15	348
Total Families	17	53	11	9	54	35	52	4	15	5	49	10	108
Total Genera	24	101	14	15	105	71	135	7	23	9	55	13	303
Total Species	26	136	16	15	115	96	198	8	26	10	62	15	435

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Table 3. Threatened species in use among Chepang communities in Wards no. 3 and 4 of Shaktikor VDC in Chitwan District, Nepal. CT=Commercially Threatened, R=Rare, E=Endangered, V=Vulnerable.

Species	Threat category	Plant Part Used	Use Value (number of uses)
<i>Acacia catechu</i> (L.f.) Willd.	CT	Stem, bark	3
<i>Alstonia scholaris</i> (L.) R. Br.	R	Latex, stem	2
<i>Bergenia ciliata</i> Sternb.	CT	Rhizome	5
<i>Butea monosperma</i> (Lam.) Taub.	E	Stem	1
<i>Crateva unilocularis</i> Buch.-Ham.	R	Bark, shoot	3
<i>Dioscorea deltoidea</i> Wall. ex Griseb.	CT	Tuber	3
<i>Dioscorea prazeri</i> Prain & Burkill	CT	Tuber	3
<i>Michelia champaca</i> L.	E	Stem, leaf	2
<i>Oroxylum indicum</i> (L.) Kurz	V	Seed	1
<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz	E	Root, leaf	3
<i>Swertia chirayita</i> (Roxb.) H. Karst.	V	Whole plant	2

collected from beyond the study area or the territory of the Chepangs communities in study. Species in use were generally found distributed from tropical to temperate climatic zone of Nepal. All informants mentioned that taste, traditional habitats and belief are reasons for dependency on plants.

Of the plants in use among Chepangs, 115 species have 219 different medicinal uses and of these eighteen species were not reported in any previous documents from Nepal as medicinal plants. Similarly, nine edible species, three used for fish poisoning, four used for extraction of oil, one of environmental value and one used in brewing were not previously reported from Nepal for these uses (Noted in Appendix 1). An additional 140 other uses of plants were identified that had not been previously documented from Nepal (Noted in Appendix 1).

Plant stems had the highest number of uses (180) followed by whole plant (163) and leaves (134) (Table 2). More than one part of the plant was in use among some species. Of the 11 threatened species, stems had the highest number of uses (in four species) while tubers were used in two commercially threatened species and rhizome in one commercially threatened species and roots in one endangered species. Each threatened species that had roots, tubers or rhizomes being used also had multiple uses with *Bergenia ciliata* Sternb. having 5 different uses. Fodder was the most common use (198 species followed by food plants (136) and medicinal species (115) (Table 2). There were 246 single-use species and thus 189 multiple-use species.

Discussion

Knowledge level

Chepangs in the study area were found to be knowledgeable regarding the use of plants for various livelihood needs. The level of Chepang cultural knowledge (as measured by the number of species interactions) may be compared with other cultural groups living in the same environment in Nepal. The Tharus of Padampur VDC (25 km south of the study area, also in Chitwan District) use 345 species (Rijal 1994), which is the previous highest reported number for Nepal. Compared with the 435 species used by the Chepang, the Chepang may be seen to interact with 21% more plants. This indicates a closer affinity of these people with plants of the area.

The number of plant products used for various medicinal purposes is also high: 219 species (Chepang) verses 130 by the Tharus (Rijal 1994), and fifty-eight by the Bond VDC of Dolakha District (Shrestha & Dhillon 2003). Similarly, the Chepang's knowledge regarding edible plants (142) was higher than the previous maximum of 110 in the buffer zone of the Royal Chitwan National Park (Rijal 1999). According to the Chepangs, their dependency on wild edibles and several other useful plants was due to continuation of their traditional habits that they find very comfortable. However, their economy could also be the reason for continuing traditional uses as it is found that their yield from agricultural practices does not meet their annual food requirements (Bhattarai, 1995). Moreover, use of herbs by traditional health practitioners is due to their belief in such practices and religious connections about such practices (Gurung 1995). This belief is so deep among these people that even when Chepang who have migrated to the low-

land (Padampur of Chitwan District) were found highly dependent on herbs and herbalists (Rijal 1994).

Specialized knowledge

Plant parts of some species such as, *Entada phaseoloides* (L.) Merr. and *Dioscorea* species that are consumed by these communities are toxic (CSIR 1992). This indicates that Chepangs were not only using a large number of edible plants but also knew how to remove toxic substances. The treatment methods differ among species, indicating their knowledge regarding the chemical nature of plants. Saponin and toxic alkaloids from *Dioscorea* species and *E. phaseoloides* were removed by repeated boiling with ash until boiling water stopped changing color. Then, the product was kept for the whole night in fast running water of a river. Similarly, inner parts of the seeds of **chiuri** (*Diploknema butyracea* (Roxb.) H.J. Lam) contain a toxic saponin (Bhattarai n.d.). The Chepang extract oil from the seeds of **chiuri** for use in cooking. Their traditional method for dealing with the toxic saponin involves using a specific squeezer developed to squeeze oil from the seeds but not the saponin that is located in the inner part of the seed. The seed cake with this toxin is used as fish poison, soap and pesticide in agricultural fields. Such Chepang knowledge could help to address environmental and health hazards owing to use of pesticides and chemical fertilizers in agriculture (Painuly & Dev 1998).

Unlike in other rural communities (Manandhar 1998, Rijal 1994), Chepangs were not found storing food other than honey and **chiuri** oil for off-seasons. This could be because their population was small in the past (Bhattraai *et al.* 1995, SNV/SEACOW 1995) and the supply from the forest was sufficient for their needs. Every Chepang household was found to be skilled in making different handicraft products such as leaf umbrellas, rope, baskets, fish traps, etc. which is also impressive compared to other studies from Nepal (Manandhar 2002, Rijal 1994). The trade of handicrafts also provided income to the Chepangs.

Knowledge and plant distributions and origins

The plant species in use among Chepang are found distributed from tropical to temperate climatic zones. Plant use also indicated that they were using few plants that are not available in their territory. Species like *Zanthoxylum armatum* DC. are collected from the area above the study area while several tropical species like *R. serpentina*, *Mimosa rubicaulis* Lam., *Litchi chinensis* Sonn., *Elephantopus scaber* L., *Dillenia pentagyna* Roxb., *Desmostachya bipinnata* (L.) Stapf, *Dalbergia sissoo* Roxb. ex DC., *Xeromphis uliginosa* (Retz.) Maheshw. were collected from the lowland (tropical areas). This indicates that they also had knowledge of plants from areas beyond their territory. The knowledge of plants from the area above their territory could be because Chepangs are also distributed in those areas and their interaction with other communities might have helped distribute knowledge. The Chepangs

have several cultural practices and labor exchange practices called **parma** that help in sharing of knowledge (Bhattraai 1995, Gurung 1995, Rijal 2008). Likewise, the Chepangs traveled in the past to India crossing the Terai region (lowland) of Nepal to buy salt (Gurung 1995). In those days, due to malaria, only Tharu communities who were believed to have resistance to malaria used to live in Terai (Gurung 1995). Elder Chepangs mentioned that their ancestors learned knowledge regarding use of lowland plants from Tharus.

Conservation considerations

When considering plant parts used (Table 2) whole plants, root/rhizome, and tuber/bulb collection could lead to extinction of species (Carvalho 2004) whereas collection of bark and latex/sap might be threatening if not done appropriately. The traditional practice of Chepangs paid attention to avoid destructive harvesting (Gurung 1995). They leave some roots, tubers or bulbs for regeneration purposes but elder Chepangs said the high market demand and loss of customary rights induced uncontrolled harvest of open-access resources. The threat is serious to the eleven IUCN listed species especially those with useful roots/rhizomes or tubers/bulbs (Table 3). Moreover, IPCC warned that several species became vulnerable due to climate change (Barnett *et al.* 2005, Hamilton 2008, IPCC 2000, Kirakosyan *et al.* 2003, Zobayed *et al.* 2005) as forests are highly sensitive to climate change (IPCC 1996a 1996b).

Stress of climate change on the species that are already under pressure of unsustainable collection poses a serious threat to the future of those species. Loss of plants will affect transfer of knowledge regarding use of plants (Rijal 2008) which will also affect future of forest dependent Chepang communities. Moreover, conservation of plant and ecosystem diversity of this area is very important as the area is bottle necked in the north south forest corridor that links mountain protected areas (Annapurna Conservation Area and Manaslu Conservation Area) with the lowland protected areas (Chitwan National Park and Parsa Wildlife Reserve of Nepal and Balmiki Tiger Reserve of India). Protection of such forest corridor connectivity including various ecological habitats is also important to facilitate a shift or evolution of the ecosystem. Connectivity between habitats increases the ability of species to migrate. Corridors established in the direction of the climate gradient could help species to adapt to climate change (Noss 2001). To reduce fragmentation and protect from the potential risk of climate change on different forests whose vulnerabilities are uncertain, such high priority areas of conservation need a good strategy to conserve a large spectrum of ecosystems including forests across environmental gradients or biodiversity hotspots for their value and their possible higher resilience to climate change (Noss 2001). Such conservation initiation needs to be integrated in order to address conservation

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needs and livelihoods of indigenous communities like the Chepangs.

Conclusion

The Chepangs are found to be highly knowledgeable regarding uses of plants as measured by the number of species with which they interact. But loss of their traditional management practices and uncontrolled harvest of tubers, roots and bulbs could lead to subsequent loss of such species threatening the future of the Chepangs. Documenting traditional knowledge is one way to help to conserve biodiversity. To secure valuable traditional knowledge, the state should recognise its value and legitimacy by providing protection and benefits such as those secured through patent rights. Moreover, integrated conservation programs should be developed and implemented to conserve forests of global significances and indigenous communities.

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Appendix 1. Plants used by Chepang communities of Shaktikhor VDC, Nepal. Plant species marked in red represent new reports for the corresponding use category; ▲ Plant use category is not new but specific use is new for that species, i.e., not reported before from Nepal. Habits: C=climber, F=fungi (mushroom), H=herb, Hp= Herb (Pteridopyte), Ho=herb (orchid), S=Shrub, T=Tree. PPU=Plant Parts Used: B=bark, Bb=bulb, Fl=flower, Fr=fruit, If=inflorescence, L=leaf, Lg=legume, Lt=latex, N=nectar, R=root, Rz=rhizome, S=stem, Sd=seed, Sp=sap, T=tuber, Ts=tender shoot, Wp=whole plant. Use Categories: Trade= plants traded within markets of Nepal or India for various purposes. Others= fish poison, manure, hedge making, brewing. Sources: D=domesticated, W=wild.

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Abelmoschus esculentus</i> (L.) Moench	Malvaceae	S	Veri	Fr	Edible	Vegetable	D
<i>Acacia catechu</i> (L.f.) Willd.	Fabaceae	T	Khayar	S	Firewood, Timber	Firewood, timber	W
				B	Medicine	Fracture, Cough	
<i>Acacia pennata</i> (L.) Willd.	Fabaceae	T	Aarkhu, Moro	B	Miscellaneous	Fish Poison	W
<i>Acacia rugata</i> (Lam.) Buch.-Ham. ex Benth.	Fabaceae	S	Rangso	S	Firewood	Firewood	W
				Sd	Trade	Hair oil	
<i>Achyranthes aspera</i> L.	Amaranthaceae	S	Jatengu, Datel	Wp	Ceremonial	Use in Cultural & Religious events	W
				R	Medicine	Fever	
<i>Aegle marmelos</i> (L.) Corrêa	Rutaceae	T	Belasi	Fr, L	Ceremonial	Use in Cultural & Religious events	W
				Fr	Edible	Fruit	
					Medicine	Heat sickness, Abdominal disorder	
					Trade	Various medicine	
<i>Aeschynanthus parviflorus</i> Spreng.	Gesneriaceae	H	Thirjo	Sp	Medicine	Wound ▲	W
<i>Agaricus campestris</i> L.	Agaricaceae	F	Gobre	Wp	Edible	Curry	W
<i>Albizia julibrissin</i> Duraz.	Fabaceae	T	Rato siris	S	Firewood	Firewood	W
				B	Others	Fish Poison ▲	
<i>Albizia lebbeck</i> (L.) Benth.	Fabaceae	T	Siris	L	Fodder	Fodder ▲	W
				B	Others	Fish Poison ▲	
<i>Albizia lucidior</i> (Steud.) I.C. Nielsen ex H. Hara.	Fabaceae	T	Musi	S	Firewood	Firewood	W
<i>Albizia procera</i> (Roxb.) Benth.	Fabaceae	T	Seto siris	S	Firewood	Firewood	W
				B	Others	Fish Poison ▲	
<i>Allium ascalonicum</i> L.	Amaryllidaceae	H	Chhyapi	Wp	Edible	Vegetable	D
<i>Allium cepa</i> L.	Amaryllidiaceae	H	Pyaj	Wp	Edible	Vegetable	D
<i>Allium sativum</i> L.	Amaryllidiaceae	H	Bin	Wp	Edible	Vegetable	D
<i>Alstonia scholaris</i> (L.) R. Br.	Apocynaceae	T	Chhatwan	S	Craft	To make Madal	W
				Lt	Medicine	Menopause	
<i>Alternanthera sessilis</i> (L.) R. Br. ex DC.	Amaranthaceae	S	Mambolan	Wp	Fodder	Fodder	W
				S	Trade	Medicine	
<i>Amanita chepangiana</i> Tulloss & Bhandary	Amanitaceae	F	Jamane	Wp	Edible	Curry	W

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Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Amaranthus viridis</i> L.	Amaranthaceae	H	Ranghya	R	Medicine	Wound ▲, Cold ▲	W
				Ts	Medicine	Constipation, Internal heat sensation	
				Ts	Edible	Curry	
				Wp	Fodder	Fodder	
<i>Amaranthus lividus</i> L.	Amaranthaceae	H	Ban lunde	Ts	Edible	Curry	W
<i>Ampelocissus latifolia</i> (Roxb.) Planch.	Vitaceae	C	Pureni	Wp	Fodder	Fodder	W
<i>Ananas comosus</i> (L.) Merr.	Bromeliaceae	H	Vuikatahar	Fr	Medicine	Heat sickness	D
					Edible	Fruit	
<i>Antidesma acidum</i> Retz.	Euphorbiaceae	T	Amaro	Fr	Trade	Fruit	W
					Edible	Pickel	
				S	Firewood	Firewood	
				B	Medicine	Dysentery ▲	
<i>Antidesma bunius</i> (L.) Spreng.	Euphorbiaceae	S	Archale	S	Firewood	Firewood	W
				B	Medicine	Dysentery ▲	
<i>Apluda mutica</i> L.	Poaceae	H	Phokro no	Wp	Construction	Thatching	W
<i>Arachis hypogaea</i> L.	Fabaceae	H	Badam	Sd	Edible	Food	D
<i>Arisaema consanguineum</i> Schott	Araceae	H	Banku	Ts	Edible	Curry	W
				T	Medicine	Wormicide	
<i>Artemisia indica</i> Willd.	Asteraceae	S	Patek	L	Ceremonial	Use in Cultural & Religious events	W
					Trade	Medicine	
					Medicine	Insecticide ▲	
				R	Medicine	Dysentery, Abdominal pain, Wound	
				S, L	Others	Manure ▲	
<i>Artocarpus heterophyllus</i> Lam.	Moraceae	T	Katahar	Fr	Edible	Vegetable	D
<i>Artocarpus lakoocha</i> Wall. ex Roxb.	Moraceae	T	Badar	Fr	Edible	Fruit	W
				S	Firewood	Firewood	
				L	Fodder	Fodder	
<i>Arundinella nepalensis</i> Trin.	Poaceae	H	Les	Wp	Environmental	Erosion control	W
					Fodder	Fodder	
<i>Asparagus racemosus</i> Willd.	Liliaceae	H	Gaidung	Wp	Ceremonial	Use in Cultural & Religious events	W
				Ts	Edible	Curry	
				T	Medicine	Tonic	
					Trade	Medicine	

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Auricularia mesenterica</i> (Dicks.) Pers.	Auriculariaceae	F	Natkali	Wp	Edible	Curry	W
<i>Bauhinia malabarica</i> Roxb.	Fabaceae	T	Gochhi	Fl	Edible	Curry	W
				Fr	Edible	Pickel ▲	
				S	Firewood	Firewood	
				L	Fodder	Fodder	
<i>Bauhinia purpurea</i> L.	Fabaceae	T	Gotsai	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Bauhinia semla</i> (Buch.-Ham. ex Roxb.) Wunderlin	Fabaceae	T	Kalo Koiralo	S	Firewood	Firewood	W
				Fl	Edible	Curry ▲	
<i>Bauhinia tomentosa</i> L.	Fabaceae	T	Aputo	S	Firewood	Firewood	W
<i>Bauhinia vahlii</i> Wight & Arn.	Fabaceae	C	Maklo	S	Construction	Construction, Thatching	W
				S, L	Craft	Fiber, Handicraft	
				Fl	Edible	Curry ▲	
				Sd	Spices/oil	Oil ▲	
				S	Trade	Fiber, Leaf plate	
<i>Bauhinia variegata</i> L.	Fabaceae	T	Rimsi	Flb	Edible	Curry	W
				Sd	Environmental	Erosion control	
				S	Firewood	Firewood	
				L	Fodder	Fodder	
<i>Benincasa hispida</i> (Thunb.) Cogn.	Cucurbitaceae	C	Kuvindo	Fr	Medicine	Heat sickness ▲	W
<i>Berberis asiatica</i> Roxb. ex DC.	Berberidaceae	C	Chutro	Fr	Edible	Fruit	W
<i>Bergenia ciliata</i> Sternb.	Saxifragaceae	H	Pakhanbed	Rz	Medicine	Bodyache, Abdominal spasm, Diarrhoea, Sprain ▲	W
					Trade	Medicine	
<i>Betula alnoides</i> Buch.-Ham. ex D. Don	Betulaceae	T	Saur	B	Trade	Medicine	W
					Medicine	Wound ▲	
<i>Bischofia javanica</i> Blume	Bischofiaceae	T	Kaijal	S	Firewood	Firewood	W
<i>Boehmeria macrophylla</i> Hornem	Urticaceae	S	Kamle	L	Fodder	Fodder	W
<i>Boehmeria platyphylla</i> Buch.-Ham. ex D. Don	Urticaceae	S	Tikromsi	L	Fodder	Fodder	W
<i>Boehmeria rugulosa</i> Wedd.	Urticaceae	T	Syans	S	Craft	Handicraft	W
<i>Boehmeria ternifolia</i> D. Don	Urticaceae	S	Batuke	L	Fodder	Fodder	W

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Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Bombax ceiba</i> L.	Malvaceae	T	Glausi	S	Firewood	Firewood	W
					Timber	Timber	
				L	Fodder	Fodder	
<i>Bondarzewia berkeleyi</i> (Fr.) Bondartsev & Singer	Bondarzewiaceae	F	Chamre	Wp	Edible	Curry	W
<i>Bothriochloa bladhii</i> (Retz.) S.T. Blake	Poaceae	H	Motheghans	Wp	Fodder	Fodder	W
<i>Brachiaria distachya</i> (L.) Stapf	Poaceae	H	Likhe	Wp	Fodder	Fodder	W
<i>Brachiaria milliiformis</i> (J. Presl) Chase	Poaceae	H	Likhe	Wp	Fodder	Fodder	W
<i>Brachiaria ramosa</i> (L.) Stapf	Poaceae	H	Banspate	Wp	Fodder	Fodder	W
<i>Brassica campestris</i> L. var <i>sarson</i> Prain	Brassicaceae	H	Sarsiu	Sd	Medicine	Indigestion ▲	D
					Spices/oil	Spices	
<i>Brassica juncea</i> (L.) Czern. var. <i>cuneifolia</i> Prain	Brassicaceae	H	Rayo	L	Edible	Vegetable	D
<i>Brassica napus</i> L.	Brassicaceae	H	Tori	Sd	Medicine	Indigestion ▲	D
					Spices/oil	Spices	
				L	Edible	Vegetable	
<i>Brassica nigra</i> (L.) W.D.J.Koch	Brassicaceae	H	Kaltori	L	Edible	Vegetable	D
<i>Brassica oleracea</i> L. var. <i>botrytis</i> L.	Brassicaceae	H	Kauli	lf	Edible	Vegetable	D
<i>Brassica oleracea</i> L. var. <i>capitata</i> L.	Brassicaceae	H	Bandagobi	L	Edible	Vegetable	D
<i>Brassica rapa</i> L.	Brassicaceae	H	Gantemula	R	Edible	Vegetable	D
<i>Bridelia retusa</i> (L.) A. Juss.	Phyllanthaceae	T	Rapsi	S	Firewood	Firewood	W
					Timber	Timber	
				L	Fodder	Fodder	
				B	Medicine	Fracture ▲	
<i>Bridelia stipularis</i> (L.) Blume	Phyllanthaceae	S	Lahare Gayo	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Buchanania latifolia</i> Roxb.	Anacardiaceae	T	Piyari	S	Craft	Furniture	W
					Firewood	Firewood	
					Timber	Timber	
<i>Buddleja asiatica</i> Lour.	Scrophulariaceae	S	Goihamro	L	Ceremonial	Use in Cultural & Religious events	W
					Fodder	Fodder	
				S	Firewood	Firewood	

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Butea buteiformis</i> (Voigt) Grierson & D.G. Long	Fabaceae	S	Dibhar	Fr	Medicine	Wormicide	W
					Trade	Medicine	
<i>Butea monosperma</i> (Lam.) Taub.	Fabaceae	T	Palash	S	Firewood	Firewood	W
<i>Callicarpa arborea</i> Roxb.	Lamiaceae	T	Chyangsi	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Callicarpa macrophylla</i> Vahl	Lamiaceae	S	Tichangs	S	Firewood	Firewood	W
				L	Fodder	Fodder	
					Medicine	Indigestion ▲	
R	Medicine	Fever due to various causes					
<i>Cannabis sativa</i> L.	Cannabaceae	S	Ganja	Sd	Medicine	Abdominal disorder	W
				Sd	Edible	Pickel	
				L	Medicine	Cold	
<i>Capparis spinosa</i> L.	Capparaceae	S	Debar	Fr	Edible	Fruit	W
<i>Capsicum annum</i> L.	Solanaceae	H	Khursya	R	Medicine	Indigestion, Fever ▲	D
<i>Capsicum annum</i> L. var. <i>grossum</i> (L.) Sendtn.	Solanaceae	H	Vedekhursani	Fr	Edible	Vegetable	D
<i>Carex filicina</i> Nees	Cyperaceae	H	Furke banso	Wp	Fodder	Fodder	W
<i>Careya arborea</i> Roxb.	Lecithydaceae	T	Kumbu	S	Firewood	Firewood	W
				L	Fodder	Fodder	
				B	Others	Fish Poison	
<i>Carica papaya</i> L.	Caricaceae	T	Mewa	Fr	Edible	Fruit	D
<i>Caryopteris bicolor</i> (Roxb. ex Hardw.) Mabb. in Manilal	Lamiaceae	S	Balamohani	L	Medicine	Cold ▲	W
				B		Scabbies ▲, Abdominal pain ▲	
<i>Casearia elliptica</i> Klotzsch	Salicaceae	T	Chillo garudpate	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Casearia graveolens</i> Dalzell	Salicaceae	T	Golthakra	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Cassia fistula</i> L.	Fabaceae	T	Raj Briksha	Fr	Medicine	Diarrhoea, Vomiting	W
				S	Firewood	Firewood	
					Medicine	Throat problem	
Fr	Trade	Medicine					
<i>Castanopsis indica</i> (Roxburgh ex Lindl.) A. DC.	Fagaceae	T	Bhasin	Fr	Edible	Fruit	W
<i>Celtis australis</i> L.	Cannabaceae	T	Khari	S	Firewood	Firewood	W
				L	Fodder	Fodder	

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Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Centella asiatica</i> (L.) Urb.	Apiaceae	H	Bhui jhar, Ghodtapre	L	Medicine	Heat sickness, Asthama ▲	W
					Trade	Medicine	
<i>Cheilanthes anceps</i> Blanf.	Pteridaceae	Hp	Ranisinka	Ts	Medicine	Abdominal spasm, Wound ▲	W
				Wp	Trade	Medicine	
<i>Chenopodium album</i> L.	Amaranthaceae	H	Bethe	Ts	Edible	Curry	W
				Wp	Fodder	Fodder	
<i>Chrysopogon aciculatus</i> (Retz.) Trin.	Poaceae	H	Ghode dubo	Wp	Fodder	Fodder	W
<i>Chrysopogon gryllus</i> (L.) Trin.	Poaceae	H	Sinkaulion	Wp	Fodder	Fodder	W
<i>Cicer arietinum</i> L.	Fabaceae	H	Chana	Sd	Edible	Curry	D
<i>Cinnamomum tamala</i> (Buch.-Ham.) T. Nees & Nees	Lauraceae	T	Tejpat	L	Trade	Spices/Medicine	W
					Spices/oil	Spices	
<i>Cinnamomum zeylanicum</i> Blume	Lauraceae	T	Dalchini	B	Trade	Spices	W
					Spices/oil	Spices	
<i>Cipadessa baccifera</i> (Roth) Miq.	Meliaceae	S	Asinam sai	L	Trade	Medicine	W
					Medicine	Wound ▲	
				S	Firewood	Firewood	
<i>Cissampelos pareira</i> L.	Menispermaceae	C	Toroal	Wp	Fodder	Fodder	W
				S	Medicine	Abdominal disorder	
<i>Cissus repens</i> Lam.	Vitaceae	C	Charchare	Wp	Fodder	Fodder	W
<i>Citrus limon</i> (L.) Osbeck	Rutaceae	S	Nibuwa	Fr	Edible	Fruit	D
<i>Citrus medica</i> L.	Rutaceae	S	Mangsai	Fr	Edible	Fruit	D
<i>Citrus paradisi</i> Macfad.	Rutaceae	T	Vogate	Fr	Edible	Fruit	D
<i>Citrus sinensis</i> (L.) Osbeck	Rutaceae	T	Suntala	Fr	Edible	Fruit	D
<i>Cleistocalyx operculatus</i> (Roxb.) Merr. & L.M. Perry	Myrtaceae	T	Kyamna	S	Firewood	Firewood	W
					Timber	Timber	
				L	Fodder	Fodder	
					Medicine	Psynocytis, Dysentery ▲	
<i>Clerodendrum indicum</i> (L.) Kuntze	Lamiaceae	S	Chinde	Wp	Fodder	Fodder	W
<i>Clerodendrum serratum</i> (L.) Moon	Lamiaceae	S	Aabhang	Wp	Fodder	Fodder	W
<i>Clerodendrum viscosum</i> Vent.	Lamiaceae	S	Bhantilo	Wp	Fodder	Fodder	W
<i>Cochlianthus gracilis</i> Benth.	Fabaceae	C	Boksi Kanda	B	Medicine	Boils, Pimples	W

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Colebrookea oppositifolia</i> Sm.	Lamiaceae	S	Kaichak, Noryak	S	Firewood	Firewood	W
				L	Medicine	Fever due to various causes	
				R	Medicine	Indigestion, Psynocytis, Pniumonia ▲, Typhoid ▲, Headache ▲	
<i>Colocasia esculenta</i> (L.) Schott	Araceae	H	Gu	Ts	Edible	Curry	D
<i>Combretum roxburghii</i> Spreng.	Combretaceae	C	Dars	S	Firewood	Firewood	W
				L	Fodder	Fodder	
				B	Medicine	Wormicide ▲	
<i>Cordia dichotoma</i> G. Forst.	Boraginaceae	T	Boori	S	Firewood	Firewood	W
				S	Timber	Timber	
				L	Fodder	Fodder	
<i>Coriandrum sativum</i> L.	Apiaceae	H	Dhaniya	Wp	Edible	Vegetable	D
<i>Costus speciosus</i> (J. König) Sm	Costaceae	H	Betlauri	T	Medicine	Burn ▲	W
<i>Crateva unilocularis</i> Buch.-Ham.	Capparaceae	S	Sibligan	B	Medicine	Liver problem ▲	W
				Ts	Edible	Pickel, Curry	
<i>Crotalaria alata</i> Buch.-Ham. ex D.Don	Fabaceae	S	Sengsalang	Ts	Edible	Curry ▲	W
<i>Crotalaria albida</i> Heyne ex Roth	Fabaceae	S	Bhuling	Wp	Fodder	Fodder	W
				S	Medicine	Indigestion	
<i>Crotalaria prostrata</i> Rottler ex Willd.	Fabaceae	S	Sengemet	Wp	Fodder	Fodder	W
<i>Crotalaria sessiliflora</i> L.	Fabaceae	S	Sokrok	Wp	Fodder	Fodder	W
<i>Crotalaria tetragona</i> Roxb. ex Andrews	Fabaceae	S	Changoi, Vogan	Fl	Edible	Curry	W
<i>Cucumis sativus</i> L.	Cucurbitaceae	C	Kankro	Fr	Edible	Vegetable	D
				Sd	Medicine	Indigestion ▲	
<i>Cucurbita maxima</i> Duchesne	Cucurbitaceae	C	Farsi	Sd	Medicine	Indigestion ▲	D
				Fr	Edible	Vegetable	
<i>Cucurbita pepo</i> L.	Cucurbitaceae	C	Deshi farsi	Fr	Edible	Vegetable	D
<i>Curculigo orchoides</i> Gaertn.	Hypoxidaceae	Ho	Bhakamad	T	Trade	Medicine	
<i>Curcuma angustifolia</i> Roxb.	Zingiberaceae	H	Kachur	T	Trade	Medicine	W
<i>Curcuma domestica</i> Valetton	Zingiberaceae	H	Besar	Fr	Spices/oil	Curry	D
<i>Cyanotis cristata</i> (L.) D.Don	Commelinaceae	H	Kane jhhar	Wp	Fodder	Fodder	W

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Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Cynodon dactylon</i> (L.) Pers.	Poaceae	H	Dub	S	Ceremonial	Use in Cultural & Religious events	W
				Wp	Fodder	Fodder	
				Ts	Medicine	Indigestion	
<i>Cyperus brevifolius</i> (Rottb.) Endl. ex Hassk.	Cyperaceae	H	Nagarmothe	Wp	Fodder	Fodder	W
<i>Cyperus difformis</i> L.	Cyperaceae	H	Mothe	Wp	Fodder	Fodder	W
<i>Cyperus distans</i> L.f.	Cyperaceae	H	Mothe	Wp	Fodder	Fodder	W
<i>Cyperus iria</i> L.	Cyperaceae	H	Thulo mothe	Wp	Fodder	Fodder	W
<i>Cyperus rotundus</i> L.	Cyperaceae	H	Ban Mothe	Wp	Fodder	Fodder	W
<i>Cyperus scariosus</i> R.Br.	Cyperaceae	H	Nagar mothe	Wp	Fodder	Fodder	W
<i>Dactyloctenium aegyptium</i> (L.) Willd.	Poaceae	H	Datyuli jhhar	Wp	Fodder	Fodder	W
<i>Dalbergia latifolia</i> Roxb.	Fabaceae	T	Satisal	S	Timber	Timber	W
<i>Dalbergia sisso</i> Roxb. ex DC.	Fabaceae	T	Sisau	S	Craft	Handicraft	W
					Firewood	Firewood	
					Timber	Timber	
				L	Fodder	Fodder	
<i>Daphne sureil</i> W.W. Sm. & Cave	Thymelaeaceae	S	Argale	S	Trade	Fiber	W
<i>Datura metel</i> L.	Solanaceae	S	Dhaturo	Fr	Ceremonial	Use in Cultural & Religious events	W
				Fl			
<i>Datura stramonium</i> L.	Solanaceae	S	Dhaturo	L	Fodder	Fodder	W
<i>Daucus carota</i> L.	Apiaceae	H	Gajar	R	Edible	Vegetable	D
<i>Debregeasia salicifolia</i> (D.Don) Rendle	Urticaceae	T	Ryumsi	Wp	Fodder	Fodder	W
<i>Deeringia amaranthoides</i> (Lam.) Merr.	Amaranthaceae	C	Sakhinu	Ts	Edible	Curry ▲	W
				Wp	Fodder	Fodder	
<i>Dendrocalamus strictus</i> (Roxb.) Nees .	Poaceae	S	Bans/Tama	S	Construction	Construction	W
					Craft	Handicraft ▲	
				Ts	Edible	Curry	
				Wp	Environmental	Erosion control, Watershed management	
				Sp	Medicine	Enuresis ▲	
<i>Dendrophthoe falcata</i> L.f.	Loranthaceae	S	Ainjeru	Wp	Fodder	Fodder	W
<i>Desmodium concinnum</i> DC.	Fabaceae	S	Masino bhatmase	Wp	Fodder	Fodder	W
<i>Desmodium confertum</i> DC.	Fabaceae	S	Naitak	Wp	Fodder	Fodder	W
<i>Desmodium gangeticum</i> (L.) DC.	Fabaceae	S	Ban gahate	Wp	Fodder	Fodder	W

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Desmodium oojeinense</i> H. Ohashi	Fabaceae	T	Sandan	S	Craft	Handicraft	W
					Firewood	Firewood	
					Trade	Handicraft/ Medicine	
					Medicine	Cuts, Wounds	
				L	Fodder	Fodder	
<i>Desmodium triflorum</i> (L.) DC.	Fabaceae	S	Bakhere ghans	Wp	Fodder	Fodder	W
<i>Desmodium velutinum</i> (Willd.) DC.	Fabaceae	S	Varke	Wp	Fodder	Fodder	W
<i>Desmostachys bipinnata</i> (L.) Stapf	Icacinaeae	H	Kush	Wp	Ceremonial	Use in Cultural & Religious events	W
					Fodder	Fodder	
<i>Desmotrichum fimbriatum</i> Blume	Orchidaceae	Ho	Jiwanti	Bb	Medicine	Fever ▲	W
					Trade	Medicine/ Cosmetics	
<i>Digitaria abludens</i> (Roem. & Schult.) Veldkamp	Poaceae	H	Banso	Wp	Fodder	Fodder	W
<i>Digitaria adscendens</i> (Kunth) Henrard	Poaceae	H	Banso	Wp	Fodder	Fodder	W
<i>Digitaria ciliaris</i> (Retz.) Koeler	Poaceae	H	Chitre banso	Wp	Fodder	Fodder	W
<i>Digitaria setigera</i> Roth	Poaceae	H	Ghode dubo	Wp	Fodder	Fodder	W
<i>Digitaria violascens</i> Link	Poaceae	H	Banso	Wp	Fodder	Fodder	W
<i>Dillenia pentagyna</i> Roxb.	Dilleniaceae	T	Tantari	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Dioscorea alata</i> L.	Dioscoreaceae	C	Pangnang	T	Medicine	Wormicide ▲	D W
					Edible	Edible	
<i>Dioscorea bulbifera</i> L.	Dioscoreaceae	C	Pas	T	Edible	Curry	W
					Medicine	Wormicide	
					Trade	Medicine	
<i>Dioscorea deltoidea</i> Wall. ex Griseb.	Dioscoreaceae	C	Goi	T	Edible	Curry	W
					Medicine	Wormicide	
					Trade	Medicine	
<i>Dioscorea esculenta</i> (Lour.) Burkill	Dioscoreaceae	C	Ban tarul	T	Edible	Curry ▲	W
					Trade	Medicine	
<i>Dioscorea hamiltonii</i> Hook. f.	Dioscoreaceae	C	Varlang	T	Edible	Curry ▲	W
<i>Dioscorea hispida</i> Dennst.	Dioscoreaceae	C	Pangnang	T	Edible	Curry ▲	W

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<i>Dioscorea pentaphylla</i> L.	Dioscoreaceae	C	Tyakuna	T	Edible	Curry	W	
					Trade	Medicine		
<i>Dioscorea prazeri</i> Prain & Burkill	Dioscoreaceae	C	Jyar	T	Trade	Medicine	W	
					Edible	Curry ▲		
					Medicine	Wormicide ▲		
<i>Diplazium esculentum</i> (Retz.) Sw.	Woodsiaceae	H	Kuturke	Ts	Edible	Curry	W	
<i>Diplocyclos palmatus</i> (L.) C. Jeffrey	Cucurbitaceae	C	Garumi	Fr	Trade	Medicine	W	
					Medicine	Tonic ▲		
<i>Diploknema butyracea</i> (Roxb.) H.J.Lam.	Sapotaceae	T	Alasi sai	L	Fodder	Fodder	W	
					Sd	Spices/oil		Cooking oil
						Others		Fish Poison
					Trade	Oil, Medicine. cosmetics		
					Ceremonial	Use in Cultural & Religious events		
				Medicine	Herpes zoster ▲			
					Insecticide ▲			
				S	Firewood	Firewood		
				B	Medicine	Wound ▲		
				Fr	Edible	Fruit		
				N	Edible	Nectar (honey)		
Wp	Environmental	Control erosion						
<i>Dipsacus inermis</i> Wall.	Caprifoliaceae	H	Ban gurdabari	L	Fodder	Fodder	W	
<i>Dolichos lablab</i> L.	Fabaceae	C	Simi	Lg	Edible	Vegetable	D	
<i>Drepanostachyum falcatum</i> (Nees) Keng f.	Poaceae	H	Saiphing	S	Fodder	Fodder	W	
<i>Drymaria diandra</i> Blume	Caryophyllaceae	H	Jalma, Armale	Wp	Fodder	Fodder	W	
					Trade	Medicine		
				Ts	Medicine	Wormicide ▲, Psynocytis		
<i>Dryoathyrium boryanum</i> (Willd.) Ching	Woodsiaceae	Hp	Kal Niguro	Ts	Edible	Curry	W	
					Medicine	Dysentery ▲		
					Trade	Vegetable		
				Rz	Medicine	Abdominal spasm ▲		
<i>Dryoathyrium cochleata</i> (D. Don) C. Christ.	Woodsiaceae	Hp	Niguro	Ts	Trade	Vegetable	W	
					Edible	Curry		
<i>Duabanga grandiflora</i> (Roxb. ex DC.) Walp.	Lythraceae	T	Plangasi	L	Fodder	Fodder	W	

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Duchesnea indica</i> (Andrews) Focke	Rosaceae	H	Vui kafal	Ts	Medicine	Fever ▲, Heat sickness ▲, Kwashiorkor Marasmus ▲	W
<i>Dysoxylum hamiltonii</i> (Buch.-Ham.) Hiern	Meliaceae	T	baurifal	S	Firewood	Firewood	W
<i>Echinochloa crus-galli</i> (L.) Beauv.	Poaceae	H	Sama	Wp	Fodder	Fodder	W
				Sd	Edible	Edible	
<i>Eclipta prostrata</i> (L.) L.	Asteraceae	S	Jire jhhar, vangerijhar	L	Medicine	Fever, Indigestion ▲	W
				Wp	Fodder	Fodder	
<i>Ehretia laevis</i> Roxb.	Boraginaceae	T	Dhatrung	S	Firewood	Firewood	W
					Timber	Timber	
				L	Fodder	Fodder	
<i>Elephantopus scaber</i> L.	Asteraceae	H	Mulapate	L	Fodder	Fodder	W
					Medicine	Wound	
					Others	Brewery	
<i>Eleusine coracana</i> (L.) Gaertn.	Poaceae	H	Kodo	Wp	Fodder	Fodder	D
				Sd	Edible	Edible	
<i>Elisholtzia blanda</i> (Benth.) Benth.	Lamiaceae	S	Ban silam	Wp	Spices/oil	Pickel	W
					Fodder	Fodder	
<i>Ensete glaucum</i> (Roxb.) Cheesman	Musaceae	S	Ban kera	Wp	Ceremonial	Use in Cultural & Religious events	W
					Environmental	Maintain watershed	
					Fodder	Fodder	
				T	Medicine	Urine infection ▲, Heat sickness ▲	
				L	Ceremonial	Leaf plate	
				Fr	Edible	Fruit ▲	
<i>Entada phaseoloides</i> (L.) Merr.	Fabaceae	C	Pangra	Fr	Edible	Fruit ▲	W
					Medicine	Wormicide	
<i>Eragrostis pilosa</i> (L.) P. Beauv.	Poaceae	H	Chhupi	Wp	Fodder	Fodder	W
<i>Eragrostis tenella</i> (L.) P. Beauv. ex Roem. & Schult.	Poaceae	H	Banso	Wp	Fodder	Fodder	W
<i>Erianthus rufipilus</i> (Steud.) Griseb.	Poaceae	H	Tir	Wp	Fodder	Fodder	W

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<i>Erythrina stricta</i> Roxb.	Fabaceae	T	Faletto	B	Medicine	Fever▲, Typhoid▲, Pniumonia ▲, Heat sickness ▲ Abdominal disorder ▲	W
					Trade	Medicine	
<i>Eulaliopsis binata</i> (Retz.) C.E.Hubb.	Poaceae	H	Babiyo	Wp	Ceremonial	Use in Cultural & Religious events	W
					Craft	Broom, Making rope	
					Environmental	Control erosion ▲	
					Fodder	Fodder	
				Trade	Rope making/ Thatching		
S	Construction	Thatching					
<i>Eupatorium adenophorum</i> Spreng.	Asteraceae	S	Banmara	Wp	Fodder	Fodder	W
<i>Euphorbia hirta</i> L.	Euphorbiaceae	H	Byauli	Wp	Fodder	Fodder	W
				Sp	Medicine	Wound, Cough▲, Cold ▲	
<i>Euphorbia pilosa</i> L.	Euphorbiaceae	H	Kanike	Wp	Fodder	Fodder	W
<i>Euphorbia prostrata</i> Aiton	Euphorbiaceae	H	Kanike	Wp	Fodder	Fodder	W
<i>Evodia fraxinifolia</i> (D.Don) Hook.f.	Rutaceae	T	Kirate	L	Others	Fish Poison ▲	W
<i>Fagopyrum esculentum</i> Moench	Polygonaceae	H	Phapar	Sd	Edible	Edible	D
<i>Ficus auriculata</i> Lour.	Moraceae	T	Kaitak	Fr	Edible	Fruit	W
				L	Fodder	Fodder	
<i>Ficus benghalensis</i> L.	Moraceae	T	Bar	L	Ceremonial	Use in Cultural & Religious events	W
					Fodder	Fodder	
<i>Ficus benamina</i> L.	Moraceae	T	Somi	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Ficus glaberrima</i> Blume	Moraceae	T	Pahare pipal	L	Fodder	Fodder	W
<i>Ficus hederacea</i> Roxb.	Moraceae	T	Khasre laharo	Wp	Fodder	Fodder	W
<i>Ficus hispida</i> L.f.	Moraceae	T	Kaitak, tote	L	Fodder	Fodder	W
<i>Ficus lacor</i> Buch.-Ham.	Moraceae	T	Kavro	L	Fodder	Fodder	W
<i>Ficus racemosa</i> L.	Moraceae	T	Dumri	Fr	Edible	Fruit	W
				S	Firewood	Firewood	
				L	Fodder	Fodder	

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Ficus religiosa</i> L.	Moraceae	T	Pipal	L	Ceremonial	Use in Cultural & Religious events	W
					Fodder	Fodder	
				S	Firewood	Firewood	
<i>Ficus rumphii</i> Blume	Moraceae	T	Wagrans	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Ficus semicordata</i> Buch.-Ham. ex Sm.	Moraceae	T	Koksi	Fr	Edible	Fruit	W
				S	Firewood	Firewood	
				L	Fodder	Fodder	
				Sp	Medicine	Heat sickness ▲	
<i>Fimbristylis dichotoma</i> (L.) Vahl	Cyperaceae	H	Pani mothe	Wp	Fodder	Fodder	W
<i>Flemingia strobilifera</i> (L.) R. Br.	Fabaceae	S	Grop muja	Wp	Fodder	Fodder	W
<i>Floscopa scandens</i> Lour.	Commelinaceae	H	Simkane	Wp	Fodder	Fodder	W
<i>Fomitopsis pinicola</i> (Sw.) P. Karst.	Fomitopsidaceae	F	Jali chyau	Wp	Medicine	Snake bite ▲	W
<i>Galinsoga parviflora</i> Cav.	Asteraceae	S	Chitlange	Wp	Fodder	Fodder	W
<i>Garuga pinnata</i> Roxb.	Burseraceae	T	Dabdabe	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Girardinia diversifolia</i> (Link) Friis	Urticaceae	S	Malemau	Ts	Edible	Curry	W
				R	Medicine	Snake bite ▲, Tonic ▲	
<i>Glochidion acuminatum</i> Müll. Arg.	Phyllanthaceae	T	Bahiro	S	Firewood	Firewood	W
<i>Glochidion velutinum</i> Wight	Phyllanthaceae	T	Maisi	S	Firewood	Firewood	W
<i>Glycine max</i> (L.) Merr.	Fabaceae	S	Vatmas	Sd	Edible	Edible	D
<i>Gmelina arborea</i> Roxb. ex Sm.	Lamiaceae	T	Khamari	S	Firewood	Firewood	W
				S	Timber	Timber	
				L	Fodder	Fodder	
<i>Goldfussia pentastemonoides</i> Nees	Acanthaceae	S	Ghude	Wp	Fodder	Fodder	W
<i>Gomphrena globosa</i> L.	Amaranthaceae	H	Makhmali	Fl	Ceremonial	Ceremonial	D
<i>Grewia helicterifolia</i> Will. ex G. Don	Malvaceae	S	Ban makai	Wp	Fodder	Fodder	W
<i>Grewia optiva</i> J.R. Drumm. ex Burret	Malvaceae	S	Vimal, Jalma	S	Firewood	Firewood	W
				Wp	Environmental	Erosion control	
				L	Fodder	Fodder	
<i>Grewia sclerophylla</i> Roxb. ex G. Don	Malvaceae	S	Farsa	L	Fodder	Fodder	W
<i>Grewia subinaequalis</i> DC.	Malvaceae	S	Narsin	L	Fodder	Fodder	W

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<i>Grewia tiliifolia</i> Vahl.	Malvaceae	S	Forsa	Wp	Environmental	Erosion control	W
<i>Guizotia abyssinica</i> (L. f.) Cass.	Asteraceae	S	Dakine	Sd	Spices/oil	Oil	D
<i>Haldina cordifolia</i> (Roxb.) Ridsdale	Rubiaceae	T	Kalam	S	Firewood	Firewood	W
<i>Helicteres isora</i> L.	Malvaceae	S	Pat (simthi)	S	Craft	Fiber	W
<i>Helminthostachys zeylanica</i> (L.) Hook	Ophioglossaceae	Hp	Majurgoda	Ts	Edible	Curry	W
<i>Hemarthria compressa</i> (L.f.) R.Br.	Poaceae	H	Banso	Wp	Fodder	Fodder	W
<i>Holarrhena pubescens</i> Wall. ex G.Don	Apocynaceae	S	Dutyalo	S	Firewood	Firewood	W
				L	Medicine	Dysentery	
<i>Hordeum distichum</i> L.	Poaceae	H	Jau	Sd	Ceremonial	Use in Cultural & Religious events	D
<i>Hymenodictyon excelsum</i> (Roxb.) DC.	Rubiaceae	T	Bahuni karam	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Imperata cylindrica</i> (L.) Raeusch.	Poaceae	H	Kiyon	Wp	Construction	Thatching	W
					Fodder	Fodder	
<i>Indigofera hebeptala</i> Benth. ex Baker	Fabaceae	S	Roino	L	Fodder	Fodder	W
<i>Indigofera pulchella</i> Roxb.	Fabaceae	S	Chisro	L	Fodder	Fodder	W
<i>Ipomoea batatas</i> (L.) Lam.	Convolvulaceae	C	Lahar goi	T	Edible	Edible	D
<i>Jasminum multiflorum</i> (Burm. f.) Andrews	Oleaceae	S	Mausuni	Fl	Trade	Green Tea/ cosmetics	W
<i>Jatropha curcas</i> L.	Euphorbiaceae	S	Dhuching	Sp	Medicine	Burn	W
				S	Medicine	Teeth infection	
				S	Others	Hedge	
				S	Trade	Oil, Biofuel / Medicine	
<i>Justicia adhatoda</i> L.	Acanthaceae	S	Asuro	Sd	Trade	Medicine	W
				Wp	Others	Manure	
<i>Justicia procumbens</i> L. var. <i>simplex</i> (D. Don) Yamazaki	Acanthaceae	S	Aagdyan	Wp	Fodder	Fodder	W
<i>Kydia calycina</i> roxb.	Malvaceae	T	Daduchiple	S	Firewood	Firewood	W
					Timber	Timber	
				L	Fodder	Fodder	
<i>Lagenaria siceraria</i> (Molina) Stand.	Cucurbitaceae	T	Dumri	S	Firewood	Vegetable	W

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Lagestroemia parviflora</i> Roxb.	Lythraceae	T	Chyansi	S	Firewood	Firewood	W
					Construction	Construction	
				L	Medicine	Fever	
					Fodder	Fodder	
<i>Leea alata</i> Edgew.	Vitaceae	S	Galen	Wp	Fodder	Fodder	W
<i>Leea crispa</i> L.	Vitaceae	S	Dhakkar	Wp	Fodder	Fodder	W
<i>Lens culinaris</i> Medik.	Fabaceae	H	Musur	Sd	Edible	Lentil soup	D
<i>Leucas plukenetii</i> (Roth) Spreng.	Lamiaceae	H	Gumma	Wp	Fodder	Fodder	W
<i>Lindenbergia indica</i> Vatke	Orobanchaceae	H	Chharuwa jhar	Wp	Fodder	Fodder	W
<i>Lindera neesiana</i> (Wall ex. Nees) Kurz.	Lauraceae	T	Siltimur	Fr	Medicine	Diarrhoea, Vomiting ▲, Abdominal pain ▲, Colera ▲	W
<i>Lindernia anagallis</i> (Burm. f.) Pennell	Linderniaceae	H	Khapate	Wp	Fodder	Fodder	W
<i>Lindernia ciliata</i> (Colsm.) Pennell	Linderniaceae	H	Khapate	Wp	Fodder	Fodder	W
<i>Lindernia nummulariifolia</i> (D.Don) Wettst.	Linderniaceae	H	Khapate	Wp	Fodder	Fodder	W
<i>Lindernia parviflora</i> (Roxb.) Haines	Linderniaceae	H	Khapate	Wp	Fodder	Fodder	W
<i>Lippia nodiflora</i> (L.) Michx.	Verbenaceae	H	kurkure jhar	Wp	Fodder	Fodder	W
<i>Litchi chinensis</i> Sonn.	Sapindaceae	T	Lichhi	Fr	Edible	Cultivated	D
<i>Litsea monopetala</i> (Roxb.) Pers.	Lauraceae	T	Puchhi	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Lycoperdon perlatum</i> Pers.	Agaricaceae	F	Padke chyau	Wp	Edible	Curry	W
<i>Lycopersicon esculentum</i> Mill.	Solanaceae	H	Hamali	Fr	Edible	Vegetable	D
<i>Madhuca longifolia</i> (J. König ex L.) J.F. Macbr.	Sapotaceae	T	Mauwa	L	Fodder	Fodder	W
				S	Timber	Timber	
<i>Maesa chisia</i> Buch.-Ham. ex D.Don	Primulaceae	S	Bilauni	Wp	Fodder	Fodder	W
<i>Maesa montana</i> A. DC.	Primulaceae	T	Thinke	S	Firewood	Firewood	W
<i>Mallotus nepalensis</i> Müll. Arg.	Euphorbiaceae	T	Phirphire	Sd	Edible	Dry food ▲	W
					Fodder	Fodder	
				S	Firewood	Firewood	
					Medicine	Anti-helminthic ▲	
Timber	Timber						

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<i>Mallotus philippensis</i> (Lam.) Müll. Arg.	Euphorbiaceae	T	Dusi	S	Firewood	Firewood	W
					Medicine	Diarrhoea	
				L	Medicine	Dysentery	
				Fr	Medicine	Abdominal spasm ▲	
<i>Mangifera indica</i> L.	Anacardiaceae	T	Taksai	Fr	Edible	Fruit	D
					Ceremonial	Use in Cultural & Religious events	
					Edible	Fruit, Pickel	
				S	Firewood	Firewood	
					Timber	Timber	
				L	Ceremonial	Use in Cultural & Religious events	
<i>Mangifera sylvatica</i> Roxb.	Anacardiaceae	T	Taksai	Fr	Ceremonial	Use in Cultural & Religious events	W
				L			
				Fr	Edible	Fruit	
				F		Pickel	
				S	Firewood	Firewood	
				B	Medicine	Diarrhoea	
<i>Maoutia puya</i> (Hook.) Wedd.	Urticaceae	S	Hilang	S	Craft	Fiber	W
					Fodder	Fodder	
<i>Mariscus sumatrensis</i> (Retz.) J. Raynal	Cyperaceae	H	Narmothe	Wp	Fodder	Fodder	W
<i>Medicago lupulina</i> L.	Fabaceae	H	Pyauli	L	Fodder	Fodder	W
<i>Melia azedarach</i> L.	Meliaceae	T	Bakena	S	Firewood	Firewood	D
					Timber	Timber	
				L	Fodder	Fodder	
<i>Mentha spicata</i> L.	Lamiaceae	H	Padina	L	Spices/oil	Spices	D
				Wp	Edible	Spices	
<i>Michelia champaca</i> L.	Magnoliaceae	T	Champ	L	Fodder	Fodder	W
<i>Milium velutinum</i> (Dunal) Hook. f. & Thomson	Annonaceae	T	Kalikath	S	Firewood	Firewood	W
<i>Mimosa pudica</i> L.	Fabaceae	S	Kama Muja	R	Medicine	Fever	W
<i>Mimosa rubicaulis</i> Lam. subsp. <i>himalayana</i> (Gamble) H. Ohashi	Fabaceae	S	Rangchu, Mairang	R	Medicine	Sprain, Abdominal spasm ▲, Wound ▲	W
					Trade	Medicine	
<i>Mitragyna parvifolia</i> (Roxb.) Korth.	Rubiaceae	T	Tikul	S	Firewood	Firewood	W
<i>Momordica balsamina</i> L.	Cucurbitaceae	C	Barela	Fr	Edible	Vegetable	D

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Momordica charantia</i> L.	Cucurbitaceae	C	Karela	Fr	Edible	Vegetable	D
<i>Morinda angustifolia</i> Roxb.	Rubiaceae	S	Havang	L	Medicine	Wormicide ▲, Insecticide ▲, Taenia pedis ▲	W
<i>Morus macroura</i> Miq.	Moraceae	T	Chanaru	Fr	Edible	Fruit	W
<i>Morus serrata</i> Roxb.	Moraceae	T	Chanaru	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Mucuna nigricans</i> (Lour.) Steud.	Fabaceae	C	Baldyangra	Sd	Trade	Medicine	W
				Fr	Medicine	Tonic ▲	
<i>Murraya koenigii</i> (L.) Spreng.	Rutaceae	S	Asare	Fr	Edible	Fruit	W
				S	Firewood	Firewood	
				L	Spices/oil	Spices	
					Trade	Spices/Medicine	
<i>Murraya paniculata</i> (L.) Jack	Rutaceae	S	Lathikath	S	Firewood	Firewood	W
<i>Musa acuminata</i> X <i>balbiana</i> Colla.	Musaceae	S	Maisai	Fr, lf	Edible	Fruit/vegetable	D
<i>Mussaenda macrophylla</i> Wall.	Rubiaceae	S	Dhobini	Ts	Medicine	Fever, Cold ▲, Indigestion ▲	W
<i>Myrica esculenta</i> Buch.-Ham. Ex D. Don	Myricaceae	T	Brionumg	Fr	Edible	Fruit	W
					Trade	Medicine	
				S	Firewood	Firewood	
				B	Medicine	Malnourishment▲	
					Trade	Fruit	
<i>Myrsine semiserrata</i> Wall.	Primulaceae	T	Kaukath	Fr	Edible	Curry	W
				S	Firewood	Firewood	
<i>Narenga porphyrocoma</i> (Hance ex Trimen) Bor	Poaceae	H	Fak	Wp	Fodder	Fodder	W
<i>Natsiatum herpeticum</i> Buch.-Ham. Ex Arn.	Icacinaceae	C	Khasre laharo	S, L	Others	Brewery	W
<i>Neolitsea cuipala</i> (D. Don) Kosterm.	Lauraceae	T	Jhapre	S	Firewood	Firewood	W
<i>Neolitsea umbrosa</i> (Nees) Gamble	Lauraceae	T	Khapate	S	Firewood	Firewood	W
<i>Nephrolepis cordifolia</i> (L.) C. Persl	Davalliaceae	Hp	Pani amala	Tr	Edible	Fruit	W
				Rz	Medicine	Heat sickness ▲	
<i>Neyraudia reynaudiana</i> (Kunth) Keng ex Hitchc.	Poaceae	H	Lese	Wp	Fodder	Fodder	W
<i>Nicandra physalodes</i> (L.) Gaertn.	Solanaceae	S	Esabgol, golfule	L	Fodder	Fodder	W
<i>Nicotina tabacum</i> L.	Solanaceae	H	Surti, Chyakhala	L	Edible	Smoking	D
					Medicine	Wormicide, Insecticide	

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<i>Nyctanthes arbor-tritis</i> L.	Oleaceae	T	Jargat	Fl	Ceremonial	Use in Cultural & Religious events	W
				S	Firewood	Firewood	
<i>Ocimum tenuiflorum</i> L.	Lamiaceae	H	Tulasi	Wp	Ceremonial	Use in Cultural & Religious events	D
				L	Medicine	Cough/Cold	
<i>Ophioglossum reticulatum</i> L.	Ophioglossaceae	Hp	Jibre sag	Ts	Edible	Curry	W
<i>Opismenus burmannii</i> (Retz.) P. Beauv.	Poaceae	H	Ote	Wp	Fodder	Fodder	W
<i>Oroxylum indicum</i> (L.) Kurz.	Bignoniaceae	T	Dakin	Sd	Medicine	Wound	W
<i>Oryza sativa</i> L.	Poaceae	H	Yam	Sd	Ceremonial	Use in Cultural & Religious events	D
					Edible	Food	
				Wp	Fodder	Fodder	
<i>Osbeckia nutans</i> Wall. ex C.B. Clarke	Melastomataceae	S	Angeri	R	Medicine	Abdominal disorder	W
<i>Paederia foetida</i> L.	Rubiaceae	C	Bire lahara	S	Medicine	Teeth infection ▲	W
				R	Medicine	Snake bite ▲	
<i>Panicum miliaceum</i> L.	Poaceae	H	Chino	Wp	Fodder	Fodder	W
<i>Panicum notatum</i> Retz.	Poaceae	H	Rakte	Wp	Fodder	Fodder	W
<i>Panicum paludosum</i> Roxb.	Poaceae	H	Kaguno	Wp	Fodder	Fodder	W
<i>Parthenocissus semicordata</i> (Wall.) Planch.	Vitaceae	C	Charchare	L	Fodder	Fodder	W
<i>Paspalum distichum</i> L.	Poaceae	H	Pani dubo	Wp	Fodder	Fodder	W
<i>Paspalum scrobiculatum</i> L.	Poaceae	H	kode jhar	Wp	Fodder	Fodder	W
<i>Pennisetum polystachion</i> (L.) Schult.	Poaceae	H	Yam	R	Medicine	Abdominal pain ▲	W
<i>Peperomia pellucida</i> (L.) Kunth	Piperaceae	H	Jhyun Jhyuro	Wp	Fodder	Fodder	W
<i>Perotis hordeiformis</i> Nees	Poaceae	H	Masai	Wp	Fodder	Fodder	W
<i>Persea duthiei</i> (King) Kosterm.	Lauraceae	T	Kaulo	S	Firewood	Firewood	W
					Timber	Timber	
<i>Persea gamblei</i> (King ex Hook. f.) Kosterm.	Lauraceae	T	Kaulo	S	Firewood	Firewood	W
<i>Persicaria hydropiper</i> (L.) Delarbre	Polygonaceae	H	Pirre	L	Others	Fish Poison	W
<i>Phalaris minor</i> Retz.	Poaceae	H	Ragte jhhar	Wp	Fodder	Fodder	W

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Phaseolus aconitifolius</i> Jacq.	Fabaceae	H	Musayng	Sd	Edible	Lentil soup	D
<i>Phaseolus vulgaris</i> L.	Fabaceae	S	Simi dale	Lg	Edible	Vegetable	D
<i>Phlogacanthus thyriflorus</i> Nees	Acanthaceae	S	Chutap	Fl	Edible	Curry	W
<i>Phoenix humilis</i> (L.) Cav.	Arecaceae	S	Nahi	L	Fodder	Fodder	W
<i>Phyllanthus emblica</i> L.	Phyllanthaceae	T	Tausi	Fr	Edible	Fruit, Pickel	W
					Medicine	Tonic, Cold	
					Trade	Medicine, Candy, fruit	
				B	Medicine	Teeth infection ▲	
<i>Phyllanthus parvifolius</i> Buch.-Ham. ex D.Don	Phyllanthaceae	S	Khareto	Wp	Craft	Broom	W
<i>Pilea symmeria</i> Wedd.	Urticaceae	S	Ailanta	B	Medicine	Diarrhoea ▲	W
<i>Pilea umbrosa</i> Blume	Urticaceae	S	Kamle	L	Fodder	Fodder	W
<i>Pinus roxburghii</i> Sarg.	Pinaceae	T	Metang	Sd	Edible	Edible	W
<i>Piper longum</i> L.	Piperaceae	H	Pipla	Fr	Medicine	Cough, Chest pain ▲, Asthama ▲	W
					Trade	spices, Medicine	
<i>Pisum sativum</i> L.	Fabaceae	C	Kerau	Sd	Edible	Vegetable	D
<i>Pleurotus cornucopiae</i> (Paulet) Rolland	Pleurotaceae	F	Kaldune chyau	Wp	Edible	Curry	W
<i>Pleurotus nepalensis</i> Corner	Pleurotaceae	F	Kanne	Wp	Edible	Curry	W
<i>Pogonatherum paniceum</i> (Lam.) Hack.	Poaceae	H	Syano Dakhle	Wp	Fodder	Fodder	W
<i>Pogostemon benghalensis</i> (Burm. f.) Kuntze	Lamiaceae	S	Senghas	L	Trade	Medicine	W
				Ts	Medicine	Cough, Cold, Indigestion ▲, Kwashiorkr Marasmus ▲	
<i>Polypodium vulgare</i> L.	Polypodiaceae	Hp	Uniu	T	Trade	Medicine	W
<i>Polypogon fugax</i> Nees ex Steud.	Poaceae	H	Jhyaple ghas	Wp	Fodder	Fodder	W
<i>Premna barbata</i> Wall.	Lamiaceae	T	Gineri	S	Firewood	Firewood	W
				L	Medicine	Urine infection ▲, Heat sickness ▲	
					Fodder	Fodder	
<i>Psidium guajava</i> L.	Myrtaceae	T	Amba	L, B, Fr	Medicine	Diarrhoea	W D
				Sd	Medicine	Cough ▲	
				Fr	Edible	Fruit	
<i>Pterospermum acerifolium</i> Willd.	Malvaceae	T	Golaicho	L	Fodder	Fodder	W

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<i>Pueraria phaseoloides</i> (Roxb.) Benth.	Fabaceae	C	Birali lahara	L	Fodder	Fodder	W
				Sp	Medicine	Wound ▲	
<i>Punica granatum</i> L.	Lythraceae	S	Anar	Fr	Edible	Fruit	D
<i>Raphanus sativus</i> L.	Brassicaceae	H	Mula	R	Edible	Vegetable	D
<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz	Apocynaceae	S	Chyarangro	R	Trade	Medicine	W
					Medicine	Malaria ▲	
				L	Medicine	Fever	
<i>Reinwardtia indica</i> Dumort.	Linaceae	H	Titibo	L	Fodder	Fodder	W
<i>Remusatia pumila</i> (D. Don) H. Li & A. Hay	Araceae	H	Jaluka	Ts	Edible	Vegetable	W
<i>Rhododendron arboreum</i> Smith	Ericaceae	S	Takro	Fl	Edible	Pickel	W
					Medicine	Dysentery	
<i>Ricinus communis</i> L.	Euphorbiaceae	S	Ater	Sd	Trade	Medicine, Biofuel	W
<i>Rubia manjith</i> Roxb. ex Fleming	Rubiaceae	S	Mijuki	Wp	Trade	Medicine	W
<i>Rubus ellipticus</i> Sm.	Rosaceae	S	Lyangsai	Fr	Edible	Fruit	W
<i>Saccharum officinarum</i> L.	Poaceae	H	Ukhu	S	Edible	Juice	D
<i>Saccharum spontaneum</i> L.	Poaceae	H	Kans	Wp	Fodder	Fodder	W
<i>Sapindus mukorossi</i> Gaertn.	Sapindaceae	T	Rittha	Fr	Trade	Soap, cosmetics	W
<i>Sapium insigne</i> (Royle) Benth. & Hook. f.	Euphorbiaceae	T	Rangati	S	Firewood	Firewood	W
				L	Fodder	Fodder	
				B	Medicine	Indigestion	
<i>Saurauia nepaulensis</i> DC.	Actinidiaceae	T	Amsi	L	Fodder	Fodder	W
				B	Trade	Medicine	
<i>Saussurea</i> sp.	Asteraceae	H	Hyak sag	Ts	Edible	Curry	W
				Sp	Medicine	Heart pain	
				L	Medicine	Cough	
<i>Schefflera venulosa</i> (Wight & Arn.) Harms	Araliaceae	C	Simal lahara	S	Trade	Medicine	
<i>Schima wallichii</i> (DC.) Korth.	Theaceae	T	Chyangsi	B	Medicine	Abdominal problem, Burn, Wormicide, Malnourishment▲, Snake bite ▲, Taenia pedis ▲	W
				S	Timber	Timber	
					Trade	Medicine	
<i>Schizophyllum commune</i> Fr.	Schizophyllaceae	F	Bagale	Wp	Edible	Curry	W

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Schleichera oleosa</i> (Lour.) Oken	Sapindaceae	T	Kusum	Fr	Edible	Fruit	W
				S	Firewood	Firewood	
					Timber	Timber	
L	Fodder	Fodder					
<i>Schoenoplectus juncooides</i> (Roxb.) Palla	Cyperaceae	H	Suire	Wp	Fodder	Fodder	W
<i>Scindapsus officinalis</i> (Roxb.) Schott	Araceae	C	Yuk maisai	S	Trade	Medicine	W
				Rt	Medicine	Abortion ▲, Fracture ▲	
<i>Scleroderma aurantium</i> Pers.	Sclerodermataceae	F	Kukhura fule	Wp	Edible	Curry	W
<i>Scoparia dulcis</i> L.	Plantaginaceae	S	Man	Wp	Fodder	Fodder	W
				L	Medicine	Cough	
					Others	Brewery ▲	
<i>Sechium edule</i> (Jacq.) Sw.	Cucurbitaceae	C	Iskul	Fr	Edible	Vegetable	D
<i>Semecarpus anacardium</i> L. f.	Anacardiaceae	T	Tingsi	S	Firewood	Firewood	W
<i>Sesamum orientale</i> L.	Pedaliaceae	S	Nimso	Sd	Ceremonial	Use in Cultural & Religious events	D
					Spices/oil	Spices	
					Edible	Pickel	
<i>Setaria glauca</i> (L.) P. Beauv.	Poaceae	H	Aaam muja	Wp	Fodder	Fodder	W
				Sd	Edible	Food	D
<i>Setaria italica</i> (L.) P. Beauv.	Poaceae	H					
<i>Setaria pallide-fusca</i> (Schumach.) Stapf & C.E. Hubb.	Poaceae	H	Kaguno jhhar	Wp	Fodder	Fodder	W
<i>Shorea robusta</i> Gaertn.	Dipterocarpaceae	T	Raksi	L	Ceremonial	Use in Cultural & Religious events	W
					Fodder	Fodder	
					Trade	Leaf plate	
				S	Craft	Handicraft	
					Firewood	Firewood	
					Timber	Timber	
					Trade	Construction	
				Lt	Medicine	Diarrhoea	
				B	Medicine	Dysentery	
Sd	Spices/oil	Oil ▲					
<i>Sida acuta</i> Burm. f.	Malvaceae	S	Mechhedam	Wp	Fodder	Fodder	W

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<i>Sida rhombifolia</i> L.	Malvaceae	S	Mechhedam	Wp	Craft	Broom	W
					Fodder	Fodder	
				L	Medicine	Wound	
<i>Smilax aspera</i> L.	Smilacaceae	C	Kukurdaino	Ts	Edible	Curry	W
					Fodder	Fodder	
<i>Smilax lanceifolia</i> Roxb.	Smilacaceae	C	Kukurdaino	Ts	Edible	Curry	W
					Fodder	Fodder	
<i>Solanum anguivi</i> Lam.	Solanaceae	S	Bihi	Wp	Fodder	Fodder	W
<i>Solanum erianthum</i> D.Don	Solanaceae	S	Thulo bihi	L	Fodder	Fodder	W
<i>Solanum melongena</i> L.	Solanaceae	S	Venta	Fr	Edible	Vegetable	D
<i>Solanum nigrum</i> L.	Solanaceae	H	Galgedi	Wp	Fodder	Fodder	W
<i>Solanum torvum</i> Sw.	Solanaceae	S	Kamsar	L	Fodder	Fodder	W
<i>Solanum tuberosum</i> L.	Solanaceae	H	Aalu	T	Edible	Vegetable	D
<i>Sorghum bicolor</i> (L.) Moench	Poaceae	H	Junelo	Sd	Edible	Food	D
<i>Spatholobus parviflorus</i> (Roxb.) Kuntze.	Fabaceae	C	Mokare	L	Fodder	Fodder	W
				B	Medicine	Diarrhoea ▲	
				Sd	Spices/oil	Oil ▲	
<i>Spondias pinnata</i> (L.f.) Kurz.	Anacardiaceae	T	Amaro	S	Firewood	Firewood	W
<i>Sporobolus diandrus</i> (Retz.) P. Beauv.	Poaceae	H	khude ghans	Wp	Fodder	Fodder	W
<i>Sporobolus fertilis</i> (Steud.) Clayton	Poaceae	H	Bachau	Wp	Fodder	Fodder	W
<i>Stellaria media</i> (L.) Vill.	Caryophyllaceae	H	vui jhhar	Wp	Fodder	Fodder	W
<i>Stephania japonica</i> (Thunb.) Miers	Menispermaceae	C	Badalpate	R	Medicine	Abdominal spasm, Treat poison from Scorpion ▲	W
<i>Sterculia villosa</i> Roxb.	Malvaceae	T	Botasi	S	Craft	Fiber	W
				B	Medicine	Veterinary use ▲	
<i>Stereospermum chelonoides</i> DC.	Bignoniaceae	T	Padari	S	Firewood	Firewood	W
<i>Stereospermum personatum</i> (Hassk.) Chatterjee	Bignoniaceae	T	Padari	S	Firewood	Firewood	W
<i>Streblus asper</i> Lour.	Moraceae	T	Khasre	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Swertia angustifolia</i> Buch.-Ham. ex D.Don	Gentianaceae	S	Goru tite	S	Medicine	Fever	W
<i>Swertia chirayita</i> (Roxb.) H. Karst.	Gentianaceae	S	Chiraito	S	Medicine	Fever	W

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	T	Jamun	Fr	Edible	Fruit	W
					Medicine	Diarrhoea	
				S	Timber	Timber	
					Firewood	Firewood	
				L	Fodder	Fodder	
Medicine	Diarrhoea						
<i>Syzygium jambos</i> (L.) Alston	Myrtaceae	T	Fadir	Fr	Edible	Fruit	D
				S	Firewood	Firewood	
<i>Tagetes erecta</i> L.	Asteraceae	S	Sayapatri	Fr	Ceremonial	Ceremonial	D
<i>Tagetes patula</i> L.	Asteraceae	S	Kukur ful	Fr	Ceremonial	Ceremonial	D
<i>Tamarindus indica</i> L.	Fabaceae	T	Imili	Fr	Edible	Pickel	W
				S	Firewood	Firewood	
					Timber	Timber	
<i>Terminalia alata</i> Heyne ex Roth	Combretaceae	T	Darsing	L	Fodder	Fodder	W
				B	Medicine	Cuts, Diarrhoea ▲, Dysentery ▲, Fracture ▲, Abdominal pain ▲	
				S	Medicine	Inflammation, Wound	
					Timber	Timber	
<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Combretaceae	T	Lisi	S	Firewood	Firewood	W
					Timber	Timber	
				L	Fodder	Fodder	
				Fr	Medicine	Chest pain, Cough ▲	
				Sd	Spices/oil	Oil ▲	
Fr	Trade	Medicine					
<i>Terminalia chebula</i> Retz.	Combretaceae	T	Tupchi	S	Firewood	Firewood	W
					Timber	Timber	
				Fr	Medicine	Cough, Chest pain	
					Trade	Medicine	
<i>Termitomyces eurhizus</i> (Berk.) R. Heim.	Lyophyllaceae	F	Madkine (Dhamire)	Wp	Edible	Curry	W
<i>Tetrastigma lanceolarium</i> (Roxb.) Planch.	Vitaceae	C	Panch pate	L	Fodder	Fodder	W
<i>Themeda anathera</i> (Nees ex Steud.) Hack.	Poaceae	H	Khar	Wp	Fodder	Fodder	W
<i>Themeda arundinacea</i> (Roxb.) A. Camus	Poaceae	H	Dhaddi	Wp	Fodder	Fodder	W
<i>Themeda villosa</i> (Poir.) A. Camus	Poaceae	H	Urla, Dhaddi	Wp	Environmental	Control erosion	W
					Fodder	Fodder	

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<i>Thespesia lampas</i> (Cav.) Dalzell & A. Gibson	Malvaceae	S	Ban kabas	R	Medicine	Hangover of alcohol ▲, Indigestion, Typhoid ▲, Dysentery ▲ Fever ▲	W
				Sd		Constipation ▲	
<i>Thunbergia coccinea</i> Wall.	Acanthaceae	C	Basekre	S	Construction	Construction	W
<i>Thunbergia fragrans</i> Roxb.	Acanthaceae	C	Kagchuche	S	Construction	Construction	W
<i>Thysanolaena maxima</i> (Roxb.) Kuntze	Poaceae	H	Chyas	If	Trade	Broom	W
					Ceremonial	Use in Cultural & Religious events	
					Craft	Broom	
				Wp	Environmental	Control erosion	
					Fodder	Fodder	
				R	Medicine	Fever ▲ Indigestion ▲,	
<i>Tinospora sinensis</i> (Lour.) Merr.	Menispermaceae	C	Gurjo	S	Medicine	Heat sickness, Veterinary use	W
					Trade	Medicine	
<i>Toona ciliata</i> M. Roem.	Meliaceae	T	tooni	S	Firewood	Firewood	W
					Timber	Timber	
<i>Trewia nudiflora</i> L.	Euphorbiaceae	T	Velar, Gutel	S	Firewood	Firewood	W
				L	Fodder	Fodder	
<i>Tribulus terrestris</i> L.	Zygophyllaceae	H	Gokhur	R	Trade	Medicine	W
					Medicine	Bodyache ▲, Miscariage ▲	
				S		Abdominal spasm ▲	
<i>Trichosanthes anguina</i> L.	Cucurbitaceae	C	Ghiraula	Fr	Edible	Vegetable	D
<i>Trichosanthes cucumerina</i> L.	Cucurbitaceae	C	Ban chchindo	Wp	Fodder	Fodder	W
<i>Trichosanthes wallichiana</i> (Ser.) Wight	Cucurbitaceae	C	Indreni	Fr	Edible	Curry ▲	W
<i>Triticum aestivum</i> L.	Poaceae	H	Gahu	Sd	Edible	Food	D
<i>Uraria picta</i> (Jacq.) Desv. ex DC.	Fabaceae	H	Jhuse	Wp	Fodder	Fodder	W

Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Urtica dioica</i> L.	Urticaceae	S	Nelau	Wp	Ceremonial	Use in Cultural & Religious events	W
				Ts	Edible	Curry	
					Medicine	Cold, Tonic	
				R	Medicine	Treat poison from Scorpion ▲, Snake bite ▲	
				S, L	Medicine	Fever	
L	Trade	Medicine					
<i>Valeriana jatamans</i> Jones	Caprifoliaceae	S	Jatamansi	R	Trade	Medicine, cosmetics	W
<i>Vetiveria zizanioides</i> (L.) Nash	Poaceae	H	Khas khas	Wp	Fodder	Fodder	W
<i>Vicia angustifolia</i> L.	Fabaceae	C	Kutulicosa	Wp	Fodder	Fodder	W
<i>Vicia hirsuta</i> (L.) Gray	Fabaceae	C	Jhuse kutulicosa	Wp	Fodder	Fodder	W
<i>Vigna unguiculata</i> (L.) Walp.	Fabaceae	C	Bodi	Fr	Edible	Vegetable	D
<i>Viscum album</i> L.	Santalaceae	T	Harchul	B	Medicine	Sprain, Fracture	W
					Trade	Medicine	
<i>Vitex negundo</i> L.	Lamiaceae	S	Simali	S	Firewood	Firewood	W
<i>Wendlandia puberula</i> DC.	Rubiaceae	T	Kainyo	Fl	Ceremonial	Use in Cultural & Religious events	W
				S	Firewood	Firewood	
<i>Woodfordia fruticosa</i> (L.) Kurz	Lythraceae	S	Daring	S	Firewood	Firewood	W
				Fl	Medicine	Dysentery	
<i>Xeromphis spinosa</i> (Thunb.) Keay	Rubiaceae	S	Main kanda	S	Firewood	Firewood	W
				Fr	Medicine	Abdominal spasm	
					Others	Fish Poison	
<i>Xeromphis uliginosa</i> (Retz.) Maheshw.	Rubiaceae	T	Pindar	Fr	Edible	Curry	W
				S	Firewood	Firewood	
<i>Zanthoxylum armatum</i> DC.	Rutaceae	S	Timur,Umpur	Fr	Medicine	Colera ▲, Oedema ▲, Abdominal problems, Abdominal spasm, Teeth infection	W
					Spices/oil	Spices	
					Trade	Medicine, Spices	
<i>Zea mays</i> L.	Poaceae	H	Makai	Wp	Fodder	Fodder	D
				Sd	Edible	Food	
<i>Zingiber officinale</i> Roscoe	Zingiberaceae	H	Aduwa	T	Edible	Vegetable	D

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Species	Family	Habit	Local Name(s)	PPU	Use Categories	Uses	Source
<i>Zizyphus mauritiana</i> Lam.	Rhamnaceae	S	Bayar	S	Firewood	Firewood	W
<i>Zizyphus rugosa</i> Lam.	Rhamnaceae	T	Kanta bayar	S	Firewood	Firewood	W
Unidentified	Poaceae	H	Masai	Wp	Fodder	Fodder	W
Unidentified	?	T	Naupata	S	Firewood	Firewood	W
Unidentified	Asteraceae	H	Sengsalang	Ts	Edible	Curry	W
Unidentified	?	C	Sane lahara	S	Medicine	Kwashiorkr Marasmus ▲	W
Unidentified	?	T	Rakam	S	Firewood	Firewood	W

