



Ethnomedicinal knowledge of the Tharu Community in Nepal: A systematic review and bibliometric analysis

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Review

Abstract

Background: Ethnomedicinal knowledge is an important component of Indigenous healthcare and biocultural heritage. However, evidence on the Tharu community of Nepal remains fragmented across locations, species, ailments, and research periods, despite the community's extensive ethnoecological knowledge and centuries-long presence in Nepal. This review systematically synthesizes the diversity, distribution, therapeutic uses, and research gaps in Tharu ethnomedicinal knowledge.

Methods: A PRISMA 2020-guided systematic search of Google Scholar, PubMed, Scopus, and ScienceDirect identified 34 eligible studies from 1,580 records. Evidence was synthesized across spatial, temporal, taxonomic, therapeutic-use, and bibliometric dimensions, with botanical nomenclature and ailment categories standardized for comparison.

Results: The review documented 557 Tharu-based medicinal plant species belonging to 376 genera and 120 families across 14 districts, representing approximately 31.6% of Nepal's reported medicinal flora. Research increased markedly after 2020 but remained geographically concentrated. Herbs were the dominant growth form, and leaves are the most frequently reported plant part. Across 4,407 use-citations, digestive disorders were most frequently reported, followed by skin, general/unspecified, and respiratory conditions; diarrhea/dysentery, fever, and wounds were the leading individual ailments. *Azadirachta indica* and *Achyranthes aspera* were the most consistently documented species, each reported in 24 of 34 studies. Despite this rich knowledge base, research remains largely descriptive, with limited attention to intergenerational knowledge transmission, conservation, and pharmacological validation.

Conclusions: This review moves beyond a conventional species inventory by integrating taxonomic, therapeutic, spatial, temporal, and bibliometric evidence. It reveals both the richness and vulnerability of Tharu ethnomedicinal knowledge and identifies priorities for geographically broader research, knowledge transmission, sustainable harvesting, and rigorous pharmacological investigation.

Keywords: Ethnomedicinal plants; Tharu community, Traditional knowledge, Healthcare practices, Nepal.

Background

Traditional medicinal knowledge represents an important component of Indigenous and local knowledge systems worldwide, developed through long-term interactions between communities, biodiversity, landscapes and culturally embedded healthcare practices. Across many rural and Indigenous societies, medicinal plants continue to contribute to primary healthcare, particularly where locally available biological resources remain closely integrated with livelihoods and cultural traditions (Ambu *et al.* 2020; Magar *et al.* 2022; Dulal *et al.* 2022; Gautam *et al.* 2022; Neupane *et al.* 2025). Such knowledge extends beyond the identification and use of medicinal species to encompass disease recognition, diagnosis, preparation and administration of remedies, specialized healing practices and intergenerational knowledge transmission (Ojha Khatri *et al.* 2021; Bhaila *et al.* 2022). However, restrictions on using forests and rivers by protected areas (Muller-Boker 1993), and rapid socio-economic and environmental changes, including changing healthcare preferences, migration, land-use change and degradation of natural resources, increasingly threaten the continuity of these knowledge systems (Ghimire *et al.* 2020; Subedi 2023). Systematic documentation and synthesis are therefore imperative not only for safeguarding biocultural heritage but also for identifying patterns of medicinal-plant use, conservation priorities and promising directions for future ethnopharmacological research. Within this broader global significance, Nepal, with its high biological and cultural diversity and long traditions of plant-based healthcare, provides an important setting for examining the relationships between Indigenous knowledge, medicinal plant use and traditional healthcare systems.

The Tharu people are one of the major indigenous ethnic communities in Nepal, with a historical, cultural, social, and ecological association with the forests (Chaudhary *et al.* 2020). The word “Tharu” is derived from two words: “Tha” and “Ru”, which mean “Terai” and “permanent inhabitant”, respectively (Chaudhary & Rai 2017). Indigenous to the lowland plains (Terai), it was believed that the Tharu community formerly led a semi-nomadic lifestyle and was regarded as the earliest settled population of the Terai, who have inhabited these areas for over 600 years (Meyer 1998; Ghimire & Bastakoti 2009). The Tharu people primarily inhabit the southern border from west to east and contribute 6.2% of the total population of Nepal and are relatively higher in the Banke, Bardiya, Kailali, Kanchanpur, Dang, Chitwan, Rupandehi, Kapilvastu, Nawalparasi, Bara, Parsa, Sunsari, Saptari, Udayapur, and Morang districts in Nepal (Government of Nepal 2021). Historically, many Tharu people were closely related to forests and agricultural landscapes, leading to a strong dependence on locally available resources for food, shelter, livestock management, fuel, and healthcare (Bhatt 1977; Chaudhary *et al.* 2020). The Tharu community maintains a close relationship with *Shorea robusta* (Sal) forest ecosystems that dominate the Terai landscape of Nepal (Shrestha *et al.* 2024). Such long-term interaction and association with the environment have led to the development of distinctive traditional ecological knowledge that forms a unique and important cultural identity (Meyer 1998; Ghimire & Bastakoti 2009). Their distinctive language, rituals, folklore, culture, customs, and lifestyles further reflect the relationship between Tharu society and their natural environment.

Among the different forms of traditional ecological knowledge, ethnomedicinal knowledge represents one of their major domains, which they have been practicing since time immemorial (Miehe *et al.* 2015). For generations, Tharu people have utilized plants and other locally available natural resources for the prevention and treatment of various ailments (Chaudhary & Rai 2017; Chaudhary *et al.* 2020; Thapa 2020; Khanal *et al.* 2022; Gharti *et al.* 2024; Kutal *et al.* 2026). Such knowledge has been developed with the help of continuous interaction with the environment, forest, trial and error, observation, and experiment rather than through formal biomedical education. Similar traditional healing systems are documented among various ethnic communities in Nepal, where medicinal plants play a crucial role in primary health care (Ambu *et al.* 2020; Magar *et al.* 2022; Dulal *et al.* 2022; Munankarmi *et al.* 2025a; Neupane *et al.* 2025). However, within the Tharu community, the knowledge is not restricted to the identification of plant specimens, but it is embedded within the broader healing practice, disease recognition, diagnosis, preparation, administration of remedies, ritual practice, and specialized traditional healers (Muller-Boker 1993; Bhattarai 2019; Chaudhary *et al.* 2020; Yadav & Chaudhary 2022; Gharti *et al.* 2024).

Traditional healers occupy a central position within the Tharu healthcare system. Tharu people generally depend on traditional healers known as *Dhami*, *Bharra*, *Gurau*, or *Guruwa*, who perform ancient rites and rituals of healing and blessing. The Tharu healing system relies on a mixed diagnostic approach that combines physical assessments and spiritual beliefs. *Dhami* or *Guruwa* diagnose ailments by examining physiological and morphological signs like eye and skin color, pulse rate, tongue condition, and body temperature, alongside patient interview and history (Ghimire & Bastakoti 2009). Concurrently, spiritual rituals and vocal chants, which are generally called as “Jharphuk,” are also employed to address spiritual causes of illness. However, they do not have scientific explanations for these phenomena. Therefore, the traditional healing system of Tharu people is unique in treating ailments.

The traditional healing system in the Tharu community is diverse. Traditional remedies include the utilization of different types of plant species, different plant parts, various methods of preparation, and applications (Singh 2020a; Gharti *et al.* 2024). However, the selection of plants, plant parts, preparation methods, utilization, and doses may vary according to the nature of ailments, age of the patient, and local cultural practices. Therefore, such spatial and cultural variation needs to be preserved not only for cultural preservation but also for understanding the diversity of traditional healthcare practices.

Previous ethnomedicinal studies have documented considerable medicinal plant diversity and a wide range of traditional healthcare practices among the Tharu community (Chaudhary & Rai 2017; Singh 2020a; Chaudhary *et al.* 2020; Thapa 2020; Khanal *et al.* 2022; Gharti *et al.* 2024; Kutal *et al.* 2026). However, this evidence remains geographically and thematically fragmented across locations, plant species, disease categories and dimensions of traditional healthcare practice, limiting an integrated understanding of the overall knowledge system. At the same time, changing healthcare preferences, socio-cultural transformation, and weakening intergenerational transmission may increasingly affect the continuity of traditional ethnomedicinal knowledge (Ghimire *et al.* 2020; Yadav & Chaudhary 2022; Subedi 2023; Kutal *et al.* 2026). A systematic synthesis is therefore needed that moves beyond simply compiling medicinal plant species and instead examines the broader patterns, structure, and gaps within the Tharu ethnomedicinal knowledge system. Accordingly, this study aims to systematically synthesize and critically analyze the available evidence on ethnomedicinal knowledge and traditional healing practices of the Tharu community in Nepal. Specifically, it examines (i) the spatial and temporal patterns of Tharu ethnomedicinal research; (ii) the diversity and taxonomic composition of medicinal plants, plant parts used, preparation methods, and therapeutic applications; (iii) study-level reporting patterns and the relationships between frequently documented medicinal species and major ailment categories; and (iv) geographical, knowledge-transmission, conservation, and pharmacological research gaps. By integrating ethnomedicinal evidence with bibliometric, taxonomic and therapeutic-use analyses, this review moves beyond a conventional inventory of medicinal plants to provide a consolidated understanding of the structure, strengths and remaining gaps of the Tharu ethnomedicinal knowledge system, while positioning the Nepalese case within the wider discourse on Indigenous knowledge conservation and evidence-informed ethnopharmacological research.

Materials and Methods

Literature search and selection

A systematic literature search was conducted to identify studies on ethnomedicinal knowledge and traditional healing practices of the Tharu community in Nepal. The search covered publications from 1990 to 11 August 2026, with 1990 used as the base year because the earliest identified Tharu ethnomedicinal studies appeared in the early 1990s. The searches were conducted between 17 July and 11 August 2026 using Google Scholar, PubMed, Scopus, and ScienceDirect. ResearchGate was used, where necessary, to access the full texts of potentially relevant publications.

The search strategy was structured around three core concepts: the Tharu community, ethnomedicinal or traditional medicinal knowledge, and Nepal. Search terms included “Tharu”, “Tharus”, “Tharu community”, “ethnomedicine”, “ethnomedicinal”, “ethnobotany”, “ethnobotanical”, “medicinal plant”, “medicinal plants”, “traditional medicine”, “traditional healing”, “Nepal”, and “Nepalese”. These terms were systematically combined using Boolean operators. The principal search structure was: (“Tharu” OR “Tharus” OR “Tharu community”) AND (“ethnomedicine” OR “ethnomedicinal” OR “ethnobotany” OR “ethnobotanical” OR “medicinal plant” OR “traditional medicine” OR “traditional healing”) AND (“Nepal” OR “Nepalese”).

The search syntax was adapted, where necessary, to the search functions of individual databases. The identification, screening, eligibility assessment, and inclusion of studies followed the PRISMA 2020 guidelines for systematic reviews (Page *et al.* 2021). Across the four search sources, 1,580 records were initially identified and subjected to subsequent screening and eligibility assessment.

Inclusion and exclusion criteria

Studies were screened using predefined inclusion and exclusion criteria, adapted with minor modifications from (Chaudhary *et al.* 2025b). The selection process involved four sequential stages: identification, title and abstract screening, full-text eligibility assessment, and final inclusion (Fig. 1).

Studies were included when they: (i) reported ethnomedicinal or traditional medicinal knowledge associated with the Tharu community; (ii) were conducted wholly or partly in Nepal; (iii) provided identifiable information on medicinal plant species and their traditional uses; and (iv) contained sufficient information to extract at least one of the variables required for this

review, including plant species, plant part used, preparation method, ailment treated, or study location. Only publications available in English were included.

Studies were excluded if they were duplicates; conducted outside Nepal; unrelated to Tharu ethnomedicinal knowledge; published in languages other than English; or lacked sufficient extractable information on medicinal plants and their traditional uses among the Tharu community. Of the 1,580 records initially identified, 206 duplicate records and 13 non-English-language records were removed, leaving 1,361 records for title and abstract screening. Of these, 1,271 records were excluded because they were unrelated to Tharu ethnomedicinal knowledge. A further 47 studies addressing Tharu ethnomedicine were excluded because they were conducted outside Nepal, predominantly in India. The full texts of the remaining 43 studies were assessed for eligibility. Nine studies were subsequently excluded because they lacked sufficient extractable information on Tharu medicinal plants and their traditional uses. Consequently, 34 studies met the eligibility criteria and were included in the final systematic review (Fig. 1).

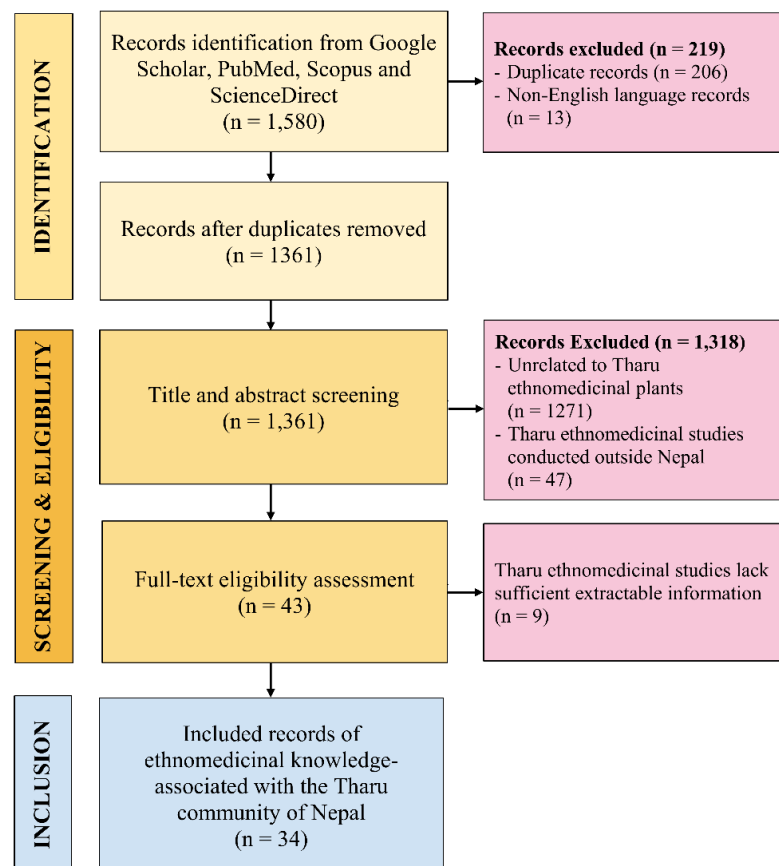


Figure 1. PRISMA 2020 flow diagram showing the identification, screening, eligibility assessment, and inclusion of studies in the systematic review.

Data categorization and standardization

To conduct meaningful analysis and standard comparison, data obtained were standardized into broad and distinct categories. Specifically, the variation in plant part terminology was grouped under unified morphological standards. For example, twig, node, and branch were kept under “stem,” while spine was listed under the “modified structure” category. Fronds of pteridophytes were kept under “leaf,” and latex, gum, resin, and sap were categorized under “plant exudates.” Given the broad spectrum of preparation modes across the literature, we categorized 10 distinct categories that included juice, paste, decoction, raw, powder, cooked, infusion, heat-related, plant products, and others (Table 1). Moreover, to address the variability of habits of the plant species, ferns and orchids were categorized under herbs, and climbers and creepers were kept under the “climber” section. The botanical names of plant specimens and species citations were confirmed and updated with the help of World Flora Online (<http://www.worldfloraonline.org>). Similarly, to address the wide variety of reported ailments in the literature, recorded ailments were standardized into 17 major categories in

accordance with the International Classification of Primary Care (ICPC-2) guidelines (World Health Organization 1998). Such characterization reduced reporting redundancy and allowed us to conduct meaningful analysis of the given data across the Tharu ethnomedicinal literature.

Table 1. Categorization of traditional medicine preparation techniques.

Category	Preparation methods
Juice	Juice, Extract, Liquid, Squeezed
Paste	Paste, Pulp
Decoction	Decoction
Raw	Raw, Chewed, Rub, Tied
Powder	Powder, Pound
Cooked	Boiled, Cooked, Fried, Dough
Infusion	Infusion, Soaked
Heat-treated	Dried, Heated, Roasted, Burnt
Plant Products	Latex, Oil, Resin, Ash
Others	Smoke, Buti, Pickle, Gel

Footnote: "Buti" refers to an amulet made of plant products (filled with sacred medicinal plant roots, seeds, stem, or other plant parts) and worn around the neck for healing purposes prescribed by traditional healers. "Tied" refers to when plant products are physically applied and tied to body parts, especially for treating fractures and sprains. "Gel" refers to mucilaginous plant sap distinct from Plant Products. "Smoke" is the preparation when plant products are burnt to utilize their volatile components, aromatic oils, or smoke for healing.

Quality assessment of the studies

The methodological quality of the included literature in the present review was assessed with the help of a 10-item quality assessment tool developed for ethnobotanical research by Magtala *et al.* (2023). This method assessed the quality of included papers as low, regular, and high quality. The method consists of ten questions that focus on objectives, study design, study area and population, detailed methodology, replicability, informant sample size, taxonomy of plants, data analysis, result reporting, and consistency between results and conclusions (Table 2). Each criterion was scored as 2 if fully compliant, 1 if partially compliant, and 0 if not compliant. Therefore, the maximum and minimum score for any paper would be 20 and 0, respectively. Finally, based on the scoring system, the literature scoring 0-10, 11-16, and 17-20 was classified as low quality, regular quality, and high quality, respectively.

Table 2. Ten questions to assess the quality of included papers as low, regular, and high quality.

SN	Questions
1	Are the questions or objectives sufficiently described?
2	Is the study design appropriate to answer the study question/s?
3	Is the study area and population sufficiently described?
4	Are the methods described in sufficient detail?
5	Can the study be easily replicated?
6	Is the sample size of informants sufficient or justified?
7	Are the medicinal plants verified by a taxonomist?
8	Did the paper provide appropriate descriptive and quantitative analysis?
9	Are the results reported in sufficient detail?
10	Do the results support the conclusion?

Statistical analysis

Python 3.13.1 was used for data processing, analysis, and visualization of ethnomedicinal data. The initially generated dataset of plant species, family, parts used, habit, mode of preparation, and ailments was subjected to detailed data curation, taxonomic standardization, and error correction, yielding 557 unique medicinal species. SciPy was employed for hierarchical clustering, while Matplotlib and Seaborn were applied to construct dendrograms, pie charts showing modes of preparation, and heatmaps representing the top 16 medicinal plant families and top 12 diseases/ailments. ArcMap 10.7 was employed for mapping geographic areas associated with medicinal plants collected among the Tharu community. Moreover, R programming version 4.5.1 was used to prepare alluvial diagrams and bar graphs.

Quantitative analysis

Study Reporting Frequency (SRF)

To assess the relative importance and consistency of medicinal plant species across the recorded literature, we adapted the classical use value (UV) framework (Phillips & Gentry 1993). Since this study synthesizes secondary literature rather than primary informant interviews, we defined it as Study Reporting Frequency (SRF).

Therefore, $SRF (\%) = (\sum S_i / N) * 100$,

Where S_i represents the number of eligible literature sources in which species i was reported, and N = the total number of included literature sources.

A higher SRF value indicates that a species was consistently documented across a greater proportion of the available ethnomedicinal literature and therefore represents a more consistently reported medicinal plant within published Tharu ethnomedicinal literature.

Results and Discussion

Quality assessment of the studies

The assessment showed that out of 34 studied literature, 14 (41.2%) were of high quality. The remaining 19 (55.9%) were of regular quality, and 1 (2.9%) was of poor quality (Fig. 2). This means that the papers included in this review were of significant quality and reproducibility. The most problematic question for most of the studies was question number six, which asks, “Is the sample size of informants sufficient or justified?” Altogether, 14 studies scored zero for this question, which reflects the concern regarding the selection of informant size for interviews.

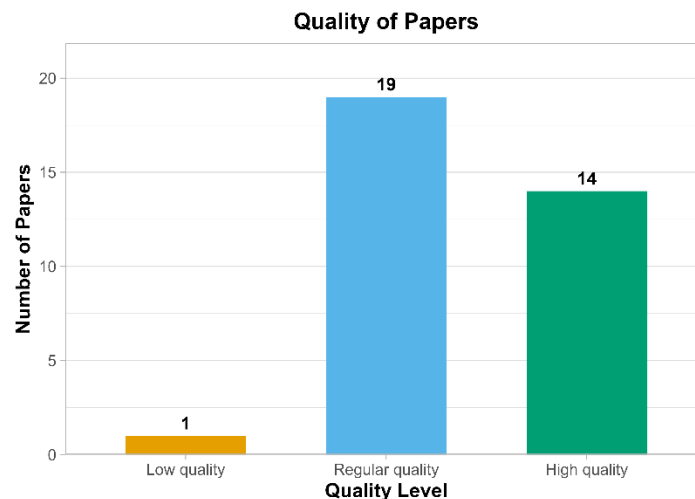


Figure 2. Bar graph represents the quality of papers based on the literature followed by Magtalas *et al.* (2023).

Spatial and temporal trend

The spatial distribution of ethnomedicinal studies in the districts of Nepal shows a diverse pattern across the Tharu-inhabited districts in Nepal. It is apparent that the studies were conducted across 14 districts, with the highest count in Rupandehi ($n=6$), followed by Sunsari ($n=5$), Parsa ($n=4$), Dang, Banke, Nawalparasi East, Nawalparasi West ($n=3$ each), Saptari, Chitwan, Kailali, Kanchanpur ($n=2$ each), and Bara, Kapilvastu, and Morang ($n=1$ each) (Fig. 3). Thus, the three most frequently studied districts were Rupandehi, Sunsari, and Parsa, which accounted for approximately 38.5% of total studies. This indicates that ethnomedicinal studies have been conducted relatively less in other districts compared to these three, even though the geographic and climatic conditions are similar.

This variation in spatial coverage is very crucial when analyzing and interpreting the overall ethnomedicinal knowledge of the Tharu community in Nepal. The concentration of studies in particular districts may reflect research accessibility, researchers' interest, proximity to academic institutions, availability of local contacts, and historical research activity, rather than highlighting greater medicinal plant diversity and ethnomedicinal knowledge in those areas (Kunwar *et al.* 2022; Chaudhary *et al.* 2025a). Therefore, districts with one, two, or no studies may be relatively under-represented rather than

genuinely less important regarding traditional medicinal knowledge. This has created a potential bias in the literature, whereby plants and traditional healing practices from districts with intensive studies may be disproportionately represented in the overall species and use inventories. At the same time, the absence of studies should not be interpreted as an absence of ethnomedicinal knowledge. Despite the widespread distribution of the Tharu population across the Terai, the pattern shows that some Tharu-populated areas have received considerably less or no research attention, highlighting the need for further research for geographically balanced ethnomedicinal documentation, especially in poorly represented districts.

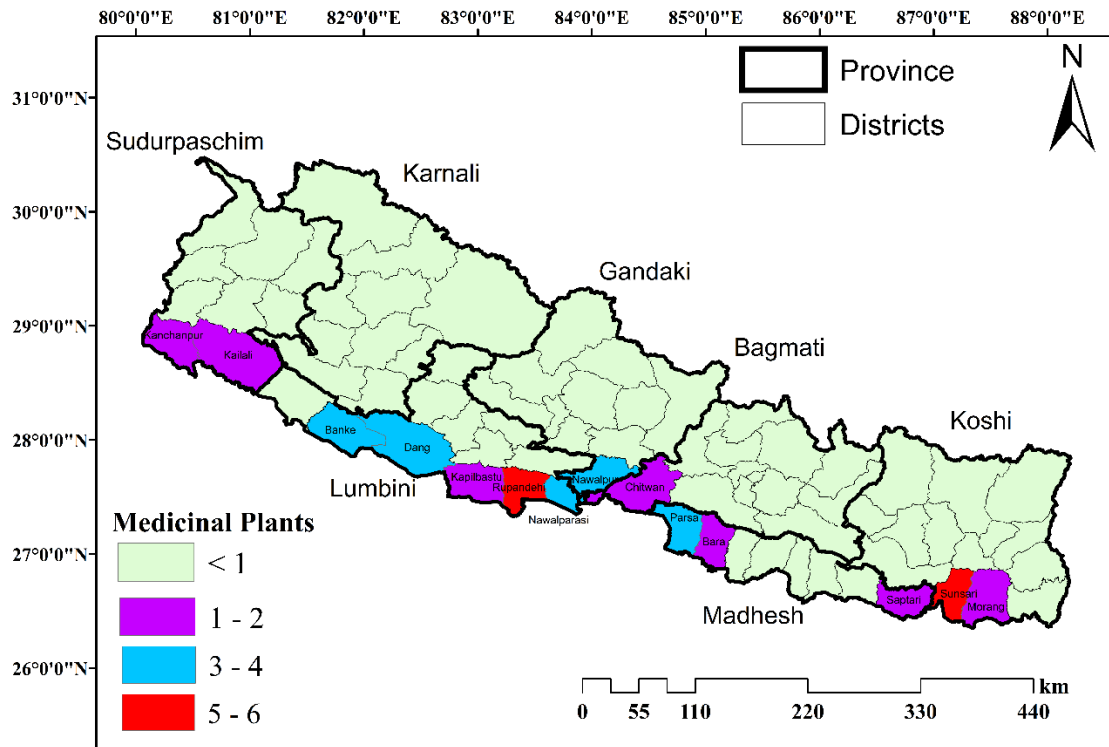


Figure 3. A heatmap of Nepal with colorful district portions represents the number of studies conducted in the district.

The temporal distribution of 34 studies reveals three distinct phases of ethnomedicinal study in Nepal: an early exploration phase (1991-2000), a transitional growth phase (2008-2017), and a recent peak phase (2020-2026) (Fig. 4). The earliest phase represents few studies, accounting for only about 9% ($n = 3$) of the total studies published in 1991, 1993, and 2000. The near-decade-long gap from 1994 to 2008, where only one study took place, suggests that ethnomedicinal documentation of the Tharu community was not yet institutionalized as a research priority in early 2000s. Academic attention was gradually attracted during the transition period. Around 38% ($n = 13$) of the studies were conducted during this period, indicating that a slow but steady consolidation of interest in the traditional healthcare system began gaining recognition from researchers. However, the most heavily studied period is a recent peak phase, which included around 53% ($n = 18$) of all identified literature. This recent surge reached its highest single peak in 2020, which contributed to 5 published studies in a single-year peak, followed by continuous and persistent research till 2026. During the last decade, federal restructuring of Nepal might provide a new convenient sampling frame for studies. On the other hand, quantitative analysis of ethnomedicinal data using multiple indices, including ICF, UV, FL, RFC, and Jaccard similarity, was mostly carried out in the last decade rather than just listing species alone (Thapa 2020; Chaudhary and Rajbhandary 2021; Khanal *et al.* 2022; Kutal *et al.* 2026). In recent years, studies focused on specific sub-groups of Tharu, such as Kathariya and Kochila, were conducted along with knowledge transfer and the socio-demographic predictors analysis (Khanal *et al.* 2022; Kutal *et al.* 2026). This pattern reflects broader global trends in ethnobiological research, where documentation efforts have intensified in the last decade in response to biocultural erosion.

Several factors may have contributed to the dramatic shift in ethnomedicinal documentation of the Tharu community over time. Primarily, the studies after 2015 reflect an urgent response to socio-cultural shifts in the Terai region of Nepal, where globalization, youth migration, land-use change, and forest degradation may have posed a great threat to the traditional health care system (Ghimire *et al.* 2020; Subedi 2023). Moreover, researchers have intensified their efforts to document the traditional knowledge of local Tharu healers like *Dhami*, *Bharra*, and *Guruwa* before they pass away without transmitting

their knowledge to another generation, which has also led to further studies (Aryal *et al.* 2016; Subedi 2023; Kotal *et al.* 2026). This type of documentation is very crucial in the Tharu community because the knowledge transfer is largely transmitted orally, making it vulnerable if not documented properly. Furthermore, the expansion of graduate botany programs and environmental programs in the universities of Nepal over the past decade may have played a role in the academic interest in the ethnomedicinal field. In addition, the global focus on localized traditional medicine and primary healthcare systems may have further catalyzed the academic interest in the traditional healthcare practices followed by ethnic tribes across the world (Singh *et al.* 2025). Altogether, the recent growth in Tharu ethnomedicinal research is not an isolated phenomenon but part of a wider convergence between health policy priorities and community-level urgency to preserve the indigenous knowledge system.

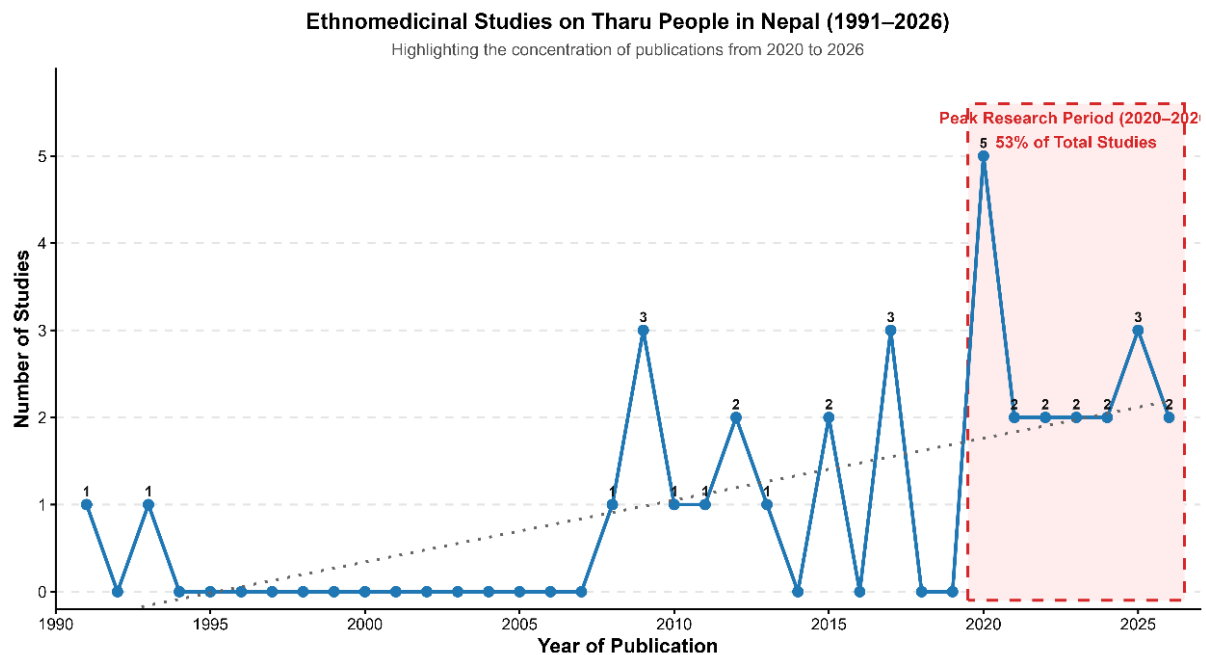


Figure 4. The line graph represents the temporal trend of ethnomedicinal studies conducted between 1990 and 2026.

Keywords co-occurrence analysis

The VOSviewer version 1.6.21 software was used to visualize the keyword co-occurrence under overlay visualization among the selected literature for this review. A network map consisting of 69 unique keywords organized in 5 distinct clusters with 199 links and a total link strength of 223 was obtained from this analysis (Fig. 5). Firstly, cluster 1 was highlighted as the largest one with 19 keywords, including “Tharu”, “ethnobotany”, “ethnomedicine”, “knowledge transfer”, among others. Cluster 2 was obtained with 14 keywords, including “traditional knowledge”, “ethnic group”, “health problem”, among others. Similarly, 14 keywords were networked in cluster 3, such as “medicinal plants”, “Nepal”, “ethnomedicinal plants”, “fever”, and others. In the same way, 12 and 10 distinct keywords were found to be clustered in clusters 4 and 5, respectively. Among these 69 keywords, Tharu (11 occurrences), medicinal plants (10), and ethnobotany (9) were highlighted as the most used as well as well-linked keywords for this review.

The strong association of terms such as “medicinal plants”, “ethnobotany”, “traditional knowledge”, “ethnomedicinal plants”, “ethnomedicine”, “knowledge transfer”, “ethnoecological knowledge”, and “healthcare” highlights that most of the studies have been conducted regarding descriptive documentation of medicinal plants and associated knowledge. Comparatively, the studies are less oriented towards experimental validation, quantitative comparison of intergenerational knowledge, pharmacological validation, cultivation, commercialization, and intellectual property protection of the plants used by Tharu people. This inconsistency suggests that the next step of Tharu ethnomedicinal research should move beyond inventory building toward hypothesis-driven research that connects traditional knowledge with ecology, pharmacy, industry, public health, and biological conservation.

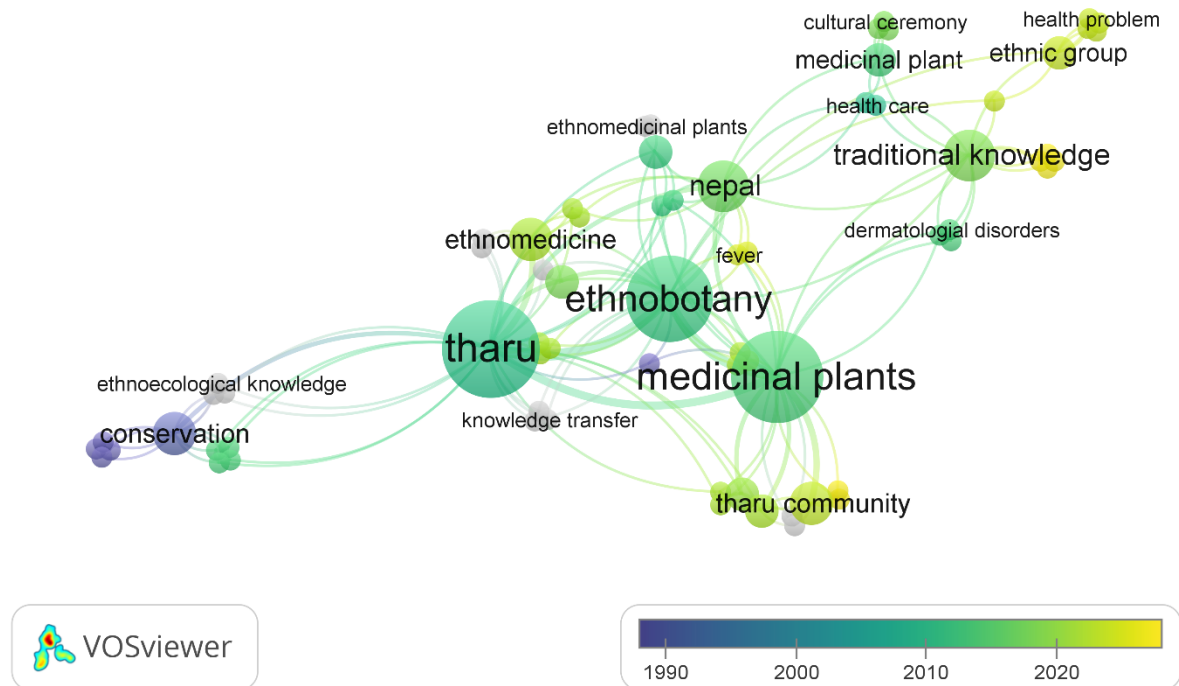


Figure 5. An overlay visualization representing the keyword co-occurrence of the Tharu-based ethnomedicinal studies of Nepal.

Diversity of medicinal plants

The present review has recorded 557 plant species under 120 families and 376 genera (Appendix 1) used by Tharu people from 14 districts of southern Nepal. The total number of medicinal plants recorded in this study represents around 31.61% of the total medicinal plants in Nepal (Kunwar *et al.* 2022). This reflects the high diversity of medicinal plants used by the Tharu community for the traditional healthcare system. The present study has recorded a wide variety of plant specimens reported by each literature, where the range varied from 5 plant species (Tharu *et al.* 2023) to 113 plant species (Kutal *et al.* 2026).

Genus-wise, *Ficus* has the highest number of used citation reports in the literature ($n=10$), followed by *Solanum* ($n=9$), *Euphorbia* ($n=8$), *Citrus* ($n=6$), *Artemisia*, *Musa*, *Mentha*, *Trichosanthes*, and *Ziziphus* ($n=5$ each) (Fig. 6). Similar statistics were reported by Chaudhary *et al.* (2025b), where the study recorded *Ficus* as the most used genus, followed by *Solanum*. The previous study reported the use of these genera in immediate healthcare practices. The relatively high occurrence of *Ficus* species may be associated with their greater religious and cultural value among Nepalese communities, including Tharu people (Kunwar & Bussmann 2006; Chaudhary *et al.* 2025b). Particularly, *Ficus religiosa* and *Ficus benghalensis* are regarded as culturally and religiously important species (Kutal *et al.* 2026) and are frequently maintained and conserved around villages and sacred sites. These species carry religious and spiritual beliefs of Hindu and Buddhist people and are considered sacred species even outside Nepal (Rutuja *et al.* 2015; Gafforov *et al.* 2024). *Ficus* sp. is also used as a traditional medicinal plant throughout South Asia (Sasidharan *et al.* 2023).

Beyond its cultural and sacred importance, the genus *Ficus* possesses anti-inflammatory, pain-relieving, antiseizure, antimicrobial, and wound-healing properties (Sasidharan *et al.* 2023; Sonawane *et al.* 2023). Similarly, *Solanum* species exhibit significant antimicrobial, antifungal, antiallergic, anticonvulsant, and anti-inflammatory activities (Afroz *et al.* 2020). Biochemical analyses have revealed that approximately 670 compounds have been isolated and identified from *Solanum*, primarily comprising steroidal alkaloids, phenolic compounds, and steroidal saponins (Sakah *et al.* 2019).

The present study recorded the highest number of species from Fabaceae ($n=49$), followed by Asteraceae ($n=34$), Poaceae ($n=27$), Lamiaceae ($n=26$), Malvaceae ($n=21$), and Apocynaceae and Solanaceae ($n=19$ each) (Fig. 7). The predominance of Fabaceae, Asteraceae, and Poaceae, among the plants used by the Tharu people, aligns with the pattern recorded across ethnomedicinal studies in Nepal (Ambu *et al.* 2020; Thapa 2020; Chaudhary & Rajbhandary 2021; Dulal *et al.* 2022) and outside Nepal (Ralte & Singh 2024; Ahirwar & Bhoi 2025). This pattern can be seen due to several interrelated factors. Firstly,

these three families are among the species-rich flowering plant families in the world (Christenhusz & Byng 2016) and in the Nepal flora (Press *et al.* 2000); for this reason, this may have contributed to high representation in ethnomedicinal use, simply reflecting their greater abundance and availability in Tharu localities. Secondly, the species in these families often contain high levels of secondary metabolites; especially Fabaceae contain high levels of alkaloids, saponins, flavonoids, and tannins with documented antimicrobial, anti-inflammatory, and antidiabetic activities (Brilhante *et al.* 2025; Resmeiliana *et al.* 2026). Asteraceae are known for sesquiterpenes lactones, essential oils, and phenolic compounds (Abad *et al.* 2013; Gladikostić *et al.* 2023). Moreover, Asteraceae and Poaceae are commonly found in disturbed habitats, homesteads, and agricultural areas, making them easily accessible to local healers and community members without requiring special equipment and long travel. The predominance of these families is likely due to a combination of floristic availability, ecological distribution, and the presence of biochemical parameters rather than a single factor.

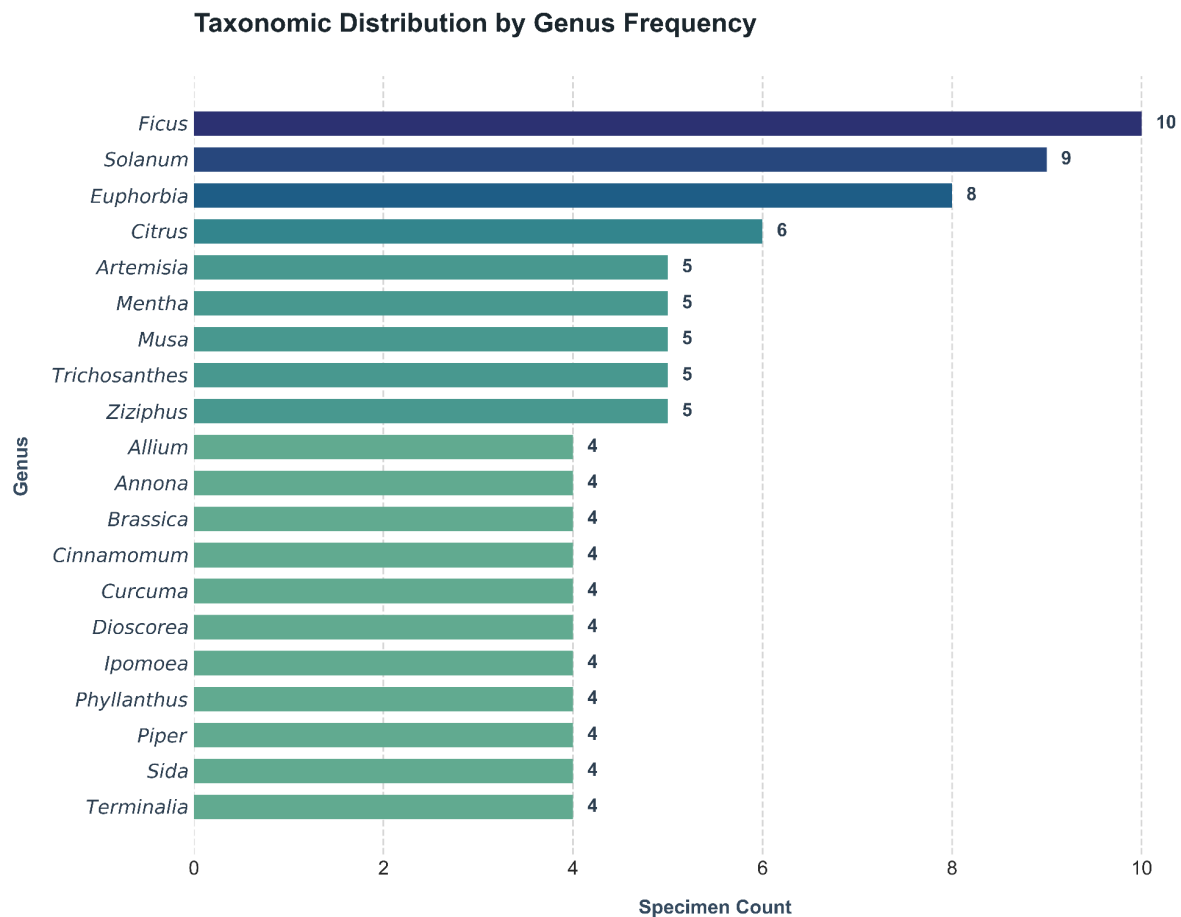


Figure 6. Bar graph represents the top 20 genera with their respective counts.

Plant parts used, habit, and mode of preparation

Medicinal plants recorded in the literature were used for various parts. Among the various parts used, leaf was the most used plant part (n=626), followed by whole plant (n=396), root (n=360), fruit (n=297), bark (n=286), seed (n=190), stem (n=171), flower (n=125), young shoot (n=84), plant exudates (n=84), rhizome (n=72), tuber (n=20), bulb (n=17), wood (n=13), bud (n=6), corm, inflorescence, petiole (n=3 each), pod (n=2), and modified structure (n=1) (Fig. 8). The leaf is the major site of photosynthesis and acts as a storage of secondary metabolites that contribute to several medicinal properties (Thoma *et al.* 2020; Pant *et al.* 2021). Additionally, leaves are easily available and accessible, which requires minimal effort to collect, and use compared to other plant parts (Shrestha & Dhillon 2003; Mallik *et al.* 2020; Magar *et al.* 2022; Radi *et al.* 2024). Moreover, the frequent use of whole plants by the Tharu community indicates that they rely on plants that can be used entirely, especially herbaceous and other small plants, which are relatively easy to collect and use. Whole plant preparation may provide access to multiple organs, containing various kinds of phytochemicals and constituents (Stéphane *et al.* 2021), potentially contributing to broad therapeutic applications. However, the vigorous use of whole plants can have a greater impact on their habitat and sustainability, because harvesting in such a way generally results in death compared with harvesting parts like fruits, seeds, and other renewable parts (Khakurel *et al.* 2022; Chaudhary *et al.* 2025b). Therefore, it is

very crucial to follow a sustainable approach of harvesting to conserve these plant species. Roots were the third most used plant part, highlighting the use of underground parts by the Tharu people. Roots are often valued as a high medicinal plant part due to a high concentration of secondary metabolites and other bioactive compounds present in these (Hussain *et al.* 2022). These compounds are involved in plant defense and storage. Nevertheless, root harvest basically requires damage and uprooting of the entire plants, making it more destructive. Therefore, the high report of roots in medicinal treatment not only reflects medicinal importance but also raises concern regarding conservation, sustainable harvesting, and long-term availability of the respective plants.

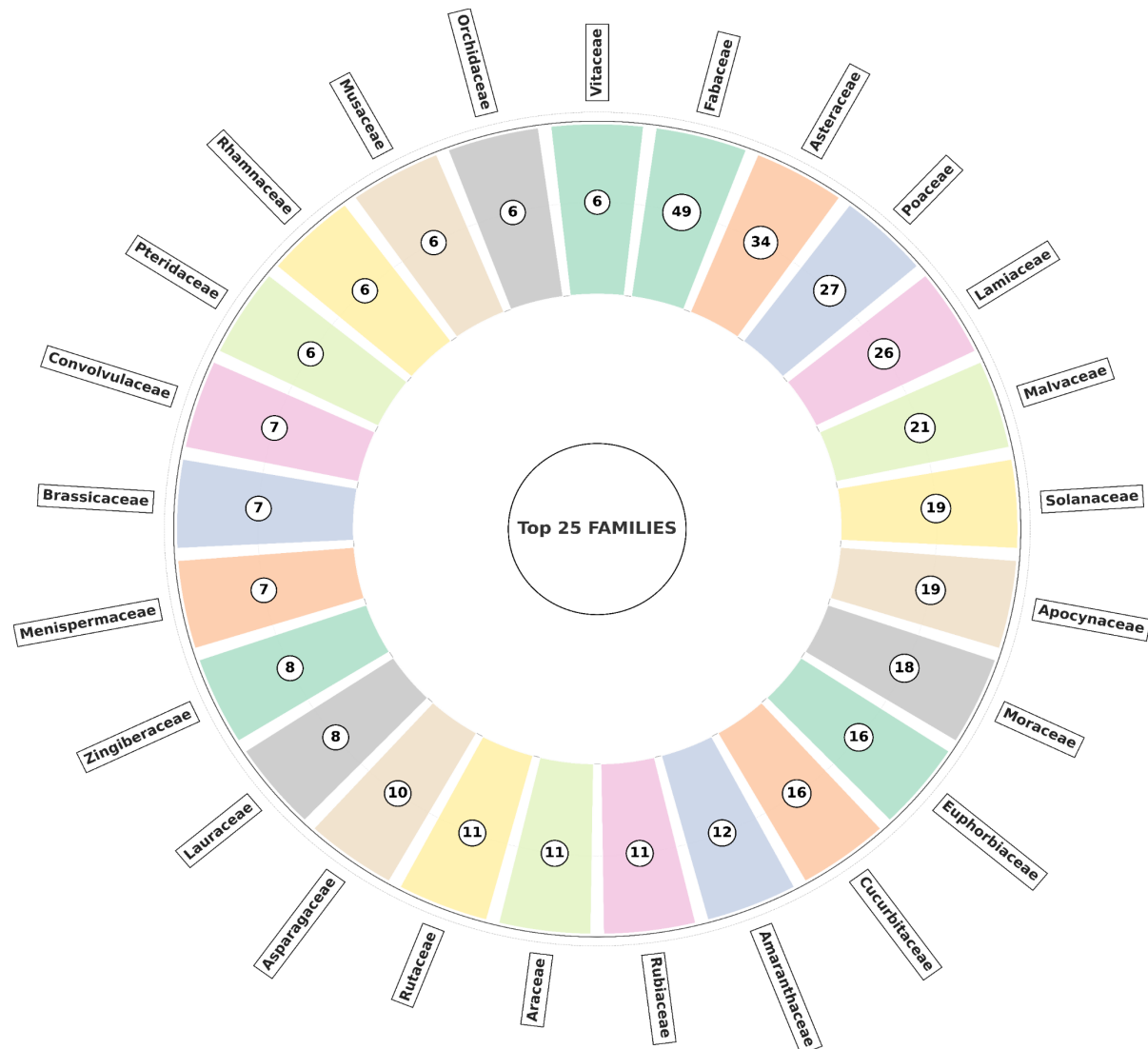


Figure 7. Dendrogram represents the top 25 cited families among the Tharu communities of Nepal.

Herbs comprise nearly half ($n=257$) of the documented plant species, followed by trees ($n=129$), shrubs ($n=98$), and climbers ($n=73$). This highlights the clear dominance of herbaceous plants in the Tharu community for traditional healthcare systems. Herbs are widely available in agricultural and fallow lands and forest understories, making them easy to collect without any specific harvesting equipment (Dulal *et al.* 2022; Khakurel *et al.* 2022; Neupane *et al.* 2025). Moreover, herbaceous plant species synthesize diverse active phytochemicals and secondary metabolites for defense, contributing to their highest use for medicinal preparations (Jahan *et al.* 2025). Therefore, the predominance of herbs not only reflects their phytochemical activity but also their easy availability and low harvesting cost. Their rapid regeneration and seasonal abundance may further support their repeated use. However, the greater representation of herbs should not be justified by their therapeutic efficacy; rather, it may highlight the integration of easy accessibility, availability, cultural familiarity, and harvesting convenience.

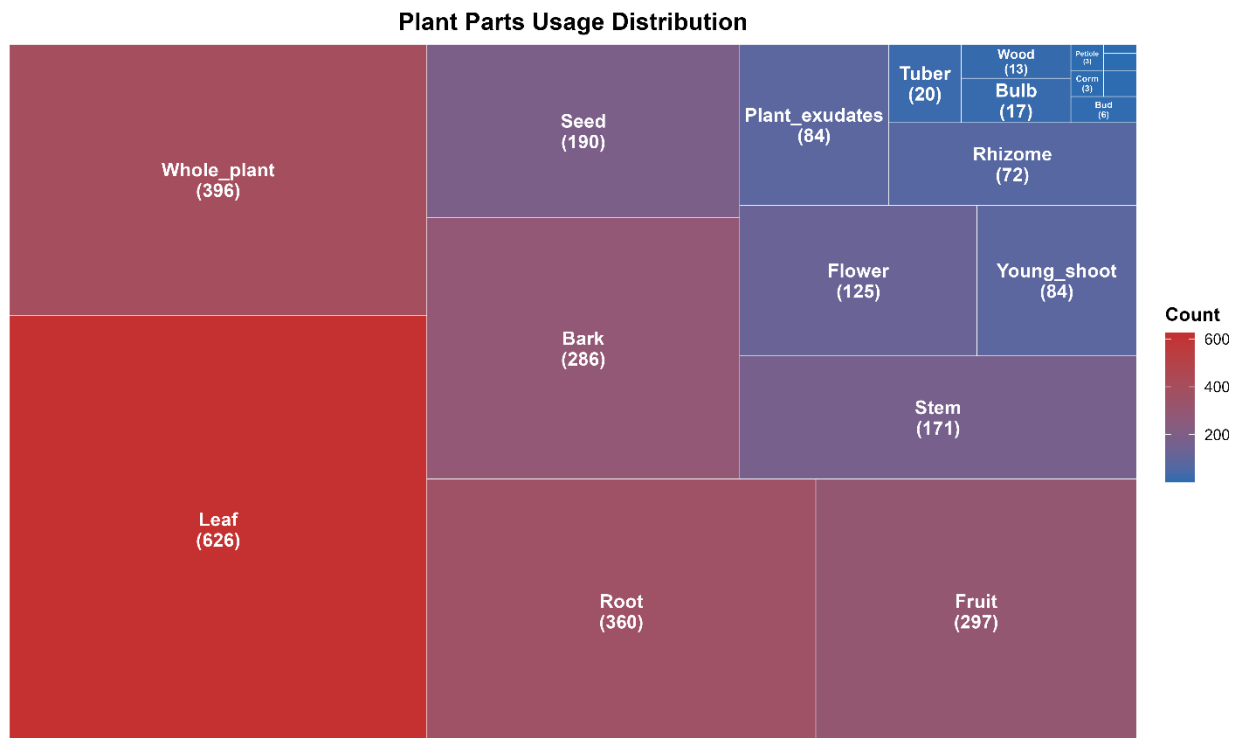


Figure 8. The tree map represents the counts of plant parts used in the selected studies.

The medicinal plants were used with various modes of preparation in the recorded literature. Among them, juice was the most frequently used mode ($n=433$), followed by paste ($n=394$), powder ($n=212$), raw ($n=192$), decoction ($n=177$), cooked ($n=99$), infusion ($n=97$), plant products ($n=97$), heat-treated ($n=68$), and others ($n=33$). Primarily, the wide range of preparation methods reflects the broader knowledge possessed by Tharu people in terms of determining the possible ways to treat and prevent various kinds of ailments (Chaudhary *et al.* 2025b). The preparation of juice may be associated with its simple and rapid preparation method, as plant materials can easily be crushed or squeezed to obtain the liquid extract without requiring long-term processing. Juice is particularly used orally and may facilitate the proper intake of soluble bioactive constituents in fresh plant samples (Larson *et al.* 2016). Additionally, the recipe of juice from plant samples prevents certain heat-sensitive phytochemicals that could be altered during boiling or prolonged heating (Vinha *et al.* 2015). Moreover, pastes are commonly applied topically for emergency care to quickly get relief from cuts, bleeding, burns, and stings, and to reduce immediate health risk. The widespread use of pastes can be attributed to their simple mode of application and potential to deliver active phytochemicals and secondary metabolites right to the affected area (Juch *et al.* 1994). Therefore, the predominance of juice and paste not only reflects the medicinal knowledge of Tharu people but also their empirical knowledge in selecting different modes of preparation for different types of ailments.

Ailments categories interpretation

The 4407 use-citations recorded from 255 various ailments were used to distribute these ailments under 17 disease categories according to the ICPC-2 guideline (World Health Organization 1998). The highest use-citation was recorded for digestive disorder (Code D; total use-citation 1228; total disease ailments 41), and the highest number of ailments was recorded in general and unspecified (Code A; total disease ailments 55) (Table 3). Three categories (general and unspecified, digestive, and skin) together accounted for nearly two-thirds of all recorded citations, and the inclusion of the respiratory category (11.1%, 489 use citations) increased the cumulative share of the top 4 categories to over three-quarters of the dataset. This pattern is broadly consistent with other studies, where gastrointestinal disorders and fever dominate ethnomedicinal use reports (Kumar and Bharati 2014; Kutal *et al.* 2021; Adhikari *et al.* 2024). Among the Tharu community of Nepal, this pattern likely highlights the direct relationship between environmental and occupational exposure, including unsafe drinking water, involvement in forest resource collection, soil-based agricultural work, and a humid subtropical climate favorable to fungal and parasitic infections (Chaudhary & Ghimire 2025). Rather than representing the clinical importance of the conditions in an absolute sense, this distribution more particularly reflects which ailments are most frequent and most likely to be treated with home-based traditional methods.

The comparatively low representation of psychological (0.83%, 37 used citations), male genital (0.74%, 33 used citations), and blood/immune (1.02%, 45 used citations), and the complete absence of citations under social problems does not mean that Tharu people ignore these issues. Instead, these low numbers should be looked at more carefully. In many cultures, topics like mental problems and reproductive problems are kept private because of social stigma (Gurung *et al.* 2022; Tiwari *et al.* 2022). Therefore, these low numbers are likely to appear because of cultural taboos and how the data was collected, rather than a lack of traditional knowledge of Tharu people regarding these issues.

Table 3. Ailments categorized under ICPC-2 disease categories with total number of ailments under each category, total counts, and % of total citations.

ICPC-2 code	Category name	No. of ailments	Total count (citations)	% of total citations
A	General and Unspecified	55	639	14.49
B	Blood, Blood-Forming Organs and Immune Mechanism	7	45	1.02
D	Digestive	41	1228	27.86
F	Eye	5	59	1.33
H	Ear	4	51	1.15
K	Cardiovascular	8	93	2.11
L	Musculoskeletal	16	219	4.96
N	Neurological	7	91	2.06
P	Psychological	9	37	0.83
R	Respiratory	18	489	11.09
S	Skin	44	1005	22.80
T	Endocrine/Metabolic and Nutritional	12	119	2.70
U	Urological	9	112	2.54
W	Pregnancy, Childbearing, Family Planning	10	102	2.31
X	Female Genital	5	85	1.92
Y	Male Genital	6	33	0.74
Z	Social Problems	0	0	0

The highest cited ailments were diarrhea/dysentery (n=404), followed by fever (n=242), wound (n=203), cough (170), skin disease (n=157), common cold (n=142), cuts (141), stomach problems (n=117), digestive disorders (n=101), and gastritis (n=85) (Fig. 9). Among the top 14 highest cited ailments from the overall dataset, gastrointestinal conditions were particularly prominent, collectively accounting for a substantial proportion (27.86% of the total cited ailments count) of recorded therapeutic uses. This pattern may reflect the importance of gastrointestinal illness in routine community healthcare, particularly where traditional remedies remain accessible for common, acute conditions. The prominence of diarrhea and dysentery may also be associated with their perceived urgency and the long-standing use of locally available plants as household and traditional remedies. Moreover, the frequent treatment of cough, common cold, cuts, wounds, and fever suggest that the Tharu ethnomedicinal knowledge is strongly associated with the treatment and prevention of acute illness, which is often sought within the household or community before formal healthcare is accessed. This statement agrees with the previous study (Chaudhary *et al.* 2025b), where the Tharu community had the highest knowledge index in the use of medicinal plants regarding immediate care and using them as first aid to mitigate further health complications and health progression. Additionally, the representation of wounds, cuts, skin disease, and boils indicates the role of medicinal plants in treating the conditions related to daily work, livelihood, and activities. Such ailments and conditions can arise when involved in agricultural activities, livestock handling, forest resource collection, and other routine activities, potentially explaining why externally applied plant preparations are prominent in traditional healthcare systems adopted by Tharu people. Also, the occurrence of headache, anthelmintic, and dental problems highlights that the Tharu people address both acute and recurring health problems with the help of traditional knowledge. Therefore, the high citation of diarrhea, dysentery, wounds, or fever should be interpreted or explained as evidence of their importance within traditional healthcare knowledge, rather than as evidence that these conditions are more prevalent in this community.

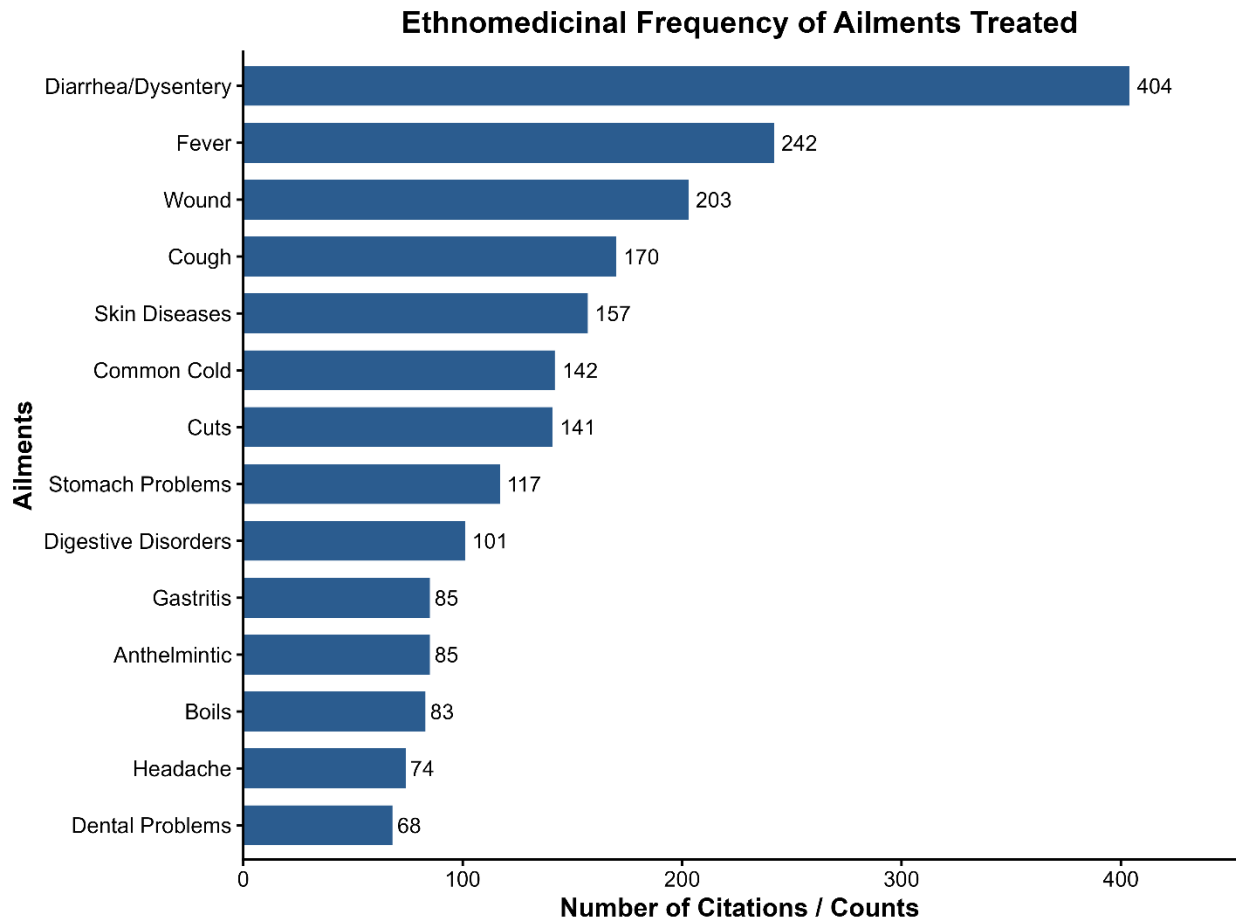


Figure 9. Bar graph represents the top 14 ailments recorded in the study.

SRF of Ethnomedicinal Plant Species

Table 4. List of the top 16 Tharu-based ethnomedicinal plant species based on SRF value.

Plant Species	Number of Citations	SRF (%)
<i>Azadirachta indica</i>	24	70.59
<i>Achyranthes aspera</i>	24	70.59
<i>Aegle marmelos</i>	21	61.76
<i>Terminalia bellirica</i>	21	61.76
<i>Centella asiatica</i>	21	61.76
<i>Calotropis gigantea</i>	20	58.82
<i>Cuscuta reflexa</i>	19	55.88
<i>Rauvolfia serpentina</i>	18	52.94
<i>Acorus calamus</i>	18	52.94
<i>Cannabis sativa</i>	18	52.94
<i>Syzygium cumini</i>	18	52.94
<i>Phyllanthus emblica</i>	17	50.00
<i>Terminalia chebula</i>	17	50.00
<i>Zingiber officinale</i>	17	50.00
<i>Mimosa pudica</i>	16	47.06
<i>Aloe vera</i>	16	47.06

To examine whether frequently reported Tharu medicinal uses are supported by contemporary pharmacological evidence, 16 priority species were selected based on their prominence across the reviewed literature and the frequency and diversity of reported therapeutic uses. Based on the frequency of citations of these most-used plant species, the SRF value of the respective plants was tabulated in Table 4. Among them, *Achyranthes aspera* and *Azadirachta indica* were found to be the most cited plants, each included in 24 distinct studies, and SRF of 70.59% for the cure of diverse ailments. In this regard,

Azadirachta indica is even highlighted as the most frequently used plant species with the highest frequency of use and citations among some selected Tharu-based individual studies (Singh *et al.* 2012; Thapa 2020; Mahat *et al.* 2026). Similarly, in a study conducted by Raut *et al.* (2025), the root of *Achyranthes aspera* is also reported to have a higher Use Frequency (FU) value of 22.86% for ailments like fever and jaundice (Raut *et al.* 2025).

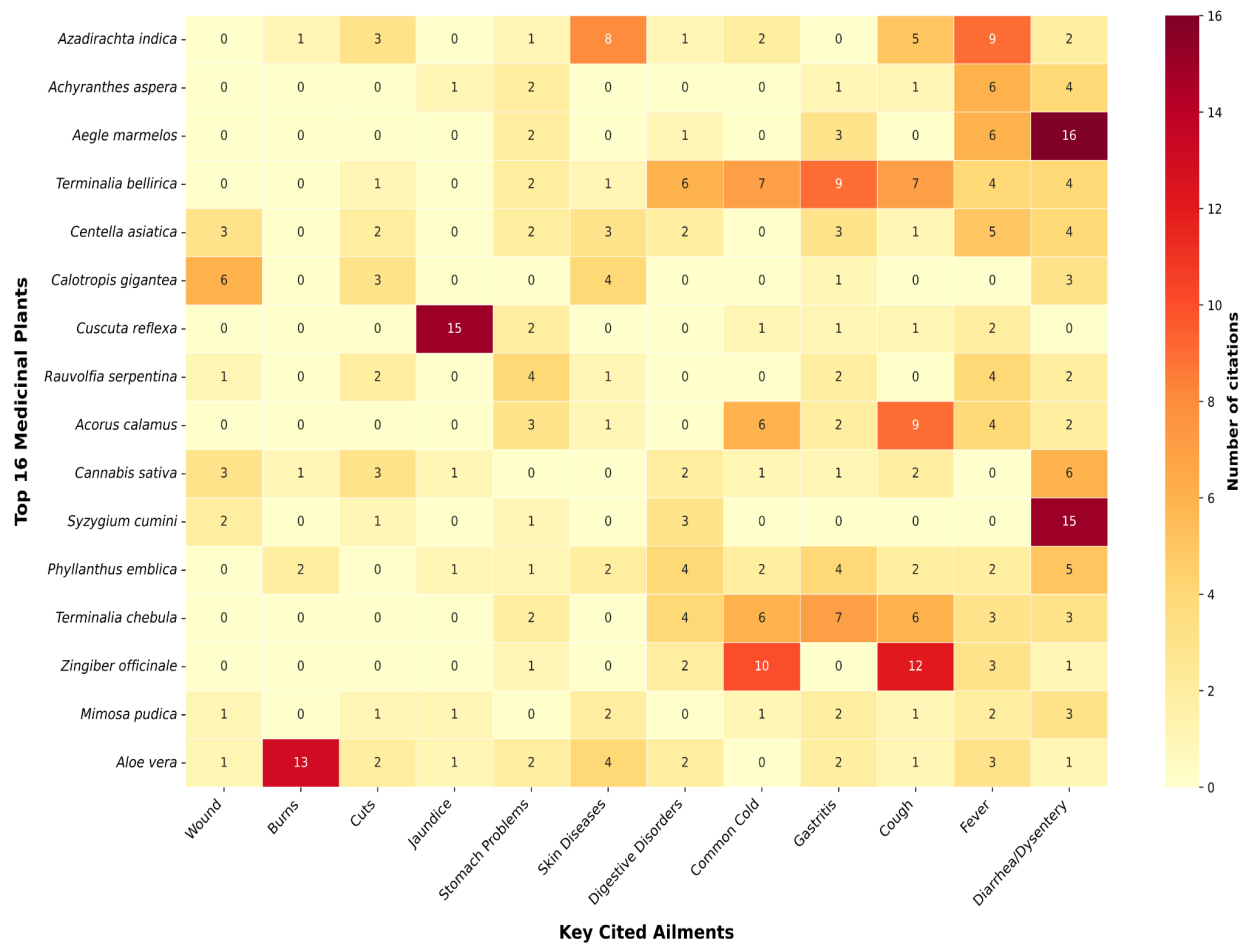


Figure 10. Heatmap represents the relationship between key cited ailments and medicinal plants based on the number of citations.

Notable use preference for the cure of ailments was also observed in several cases while evaluating their respective number of citations. In particular, *Aegle marmelos* and *Syzygium cumini* were highly cited for the cure of diarrhea/dysentery; *Zingiber officinale* was mostly preferred for cough and common cold; *Cuscuta reflexa* was also exclusively preferred for the cure of jaundice; and *Aloe vera* was mostly preferred for the cure of burns (Fig. 10 and 11). These top 16 plants with their uses in the most frequently cited key ailments, with the relevant information on respective phytochemical profiles as well as pharmacological applications, are thoroughly described under the following Table 5. Additionally, evidence gaps among these plants with future research priorities are highlighted in the same table. Overall, the comparison reveals varying degrees of correspondence between traditional use and experimental evidence: some species show relatively strong pharmacological support for their dominant applications, whereas others retain substantial evidence gaps, particularly because available evidence is predominantly preclinical or does not directly address the principal Tharu indication. This synthesis therefore identifies species and therapeutic uses for which targeted pharmacological, safety, and clinical validation should be prioritized.

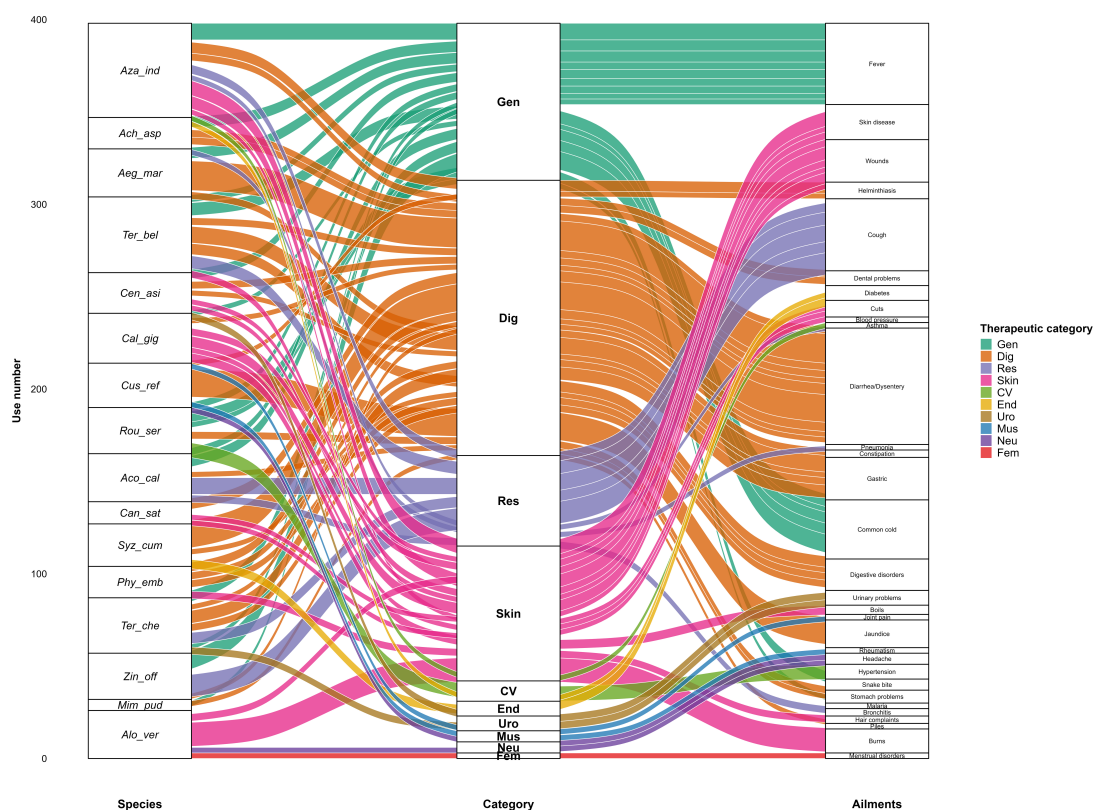


Figure 11. Alluvial diagram demonstrates the relationship between the top 16 cited medicinal plants versus their key associated ailments cited under specific categories. (Gen=General and Unspecified; Dig=Digestive; Res=Respiratory; CV=Cardiovascular; End=Endocrine/Metabolic and Nutritional; Uro=Urological; Mus=Musculoskeletal; Neu=Neurological; Fem=Female genital)

Ethnomedicinal Knowledge among Tharu Community

The importance of ethnomedicinal knowledge of plant species is not only limited to its applications for the cure of various ailments; it also potentially contributes to biodiversity conservation and to preserving the ethnic cultural heritage (Gogoi *et al.* 2024; Duche-Pérez *et al.* 2025). In several cases, ethnomedicinal knowledge also provides the ground to develop valuable plant-based leads for the modern drug development process (Malik *et al.* 2015).

The ethnomedicinal knowledge of the Tharu community should not be understood just in terms of medicinal plants recorded but as a multidimensional knowledge system including plant identification, usage of various plant parts for various ailments, different modes of preparation, and the cultural context of healing. Particularly, the repeated use of species for multiple ailments and similar species recorded by different literature from various sites of Nepal indicates that some plants may have occupied an important position within the Tharu traditional healthcare system. From the previous study, the Tharu ethnic community of Terai Nepal was reported to be rich in plant-based ethnomedicinal knowledge, with the highest botanical ethnoknowledge index (BEI) of 0.0231 for the immediate care applications among the 23 Nepalese ethnic groups evaluated (Chaudhary *et al.* 2025b).

Table 5. Ethnomedicinal uses, pharmacological evidence and supporting literature for 16 priority medicinal plants used by the Tharu community of Nepal.

Species	Principal Tharu uses (Use reports)	Key bioactive constituents	Relevant pharmacological evidence	Evidence gap/research priority	Supporting literature
<i>Azadirachta indica</i> A.Juss.	Fever (9), skin diseases (8), wounds (7), anthelmintic use (6), cough (5), dental problems (4)	Azadirachtin, nimbin, nimbidin, nimbolide, quercetin, β -sitosterol	Phytochemical and experimental studies report antioxidant, anti-inflammatory, antibacterial, antifungal and wound-healing activities relevant to several major traditional uses.	Evidence is largely preclinical; standardized preparations, dosage, safety and clinical efficacy require further investigation.	(Atawodi & Atawodi 2009; Alzohairy 2016; Prabakaran <i>et al.</i> 2024; Singh <i>et al.</i> 2024)
<i>Achyranthes aspera</i> L.	Fever (6), dental problems (4), diarrhea/dysentery (4), pneumonia (3)	Saponins, phenols, alkaloids, tannins, terpenoids, glycosides	In vivo/ex vivo studies report antidiarrheal activity, while other studies describe antioxidant, anti-inflammatory, analgesic and antipyretic activities.	Evidence remains predominantly preclinical; mechanisms and clinical efficacy for the principal Tharu uses need further validation.	(Rahman <i>et al.</i> 2017; Rehman <i>et al.</i> 2018; Sinan <i>et al.</i> 2020; Talreja & Tiwari 2023)
<i>Aegle marmelos</i> (L.) Corrêa	Diarrhea/dysentery (16), fever (6), constipation (4)	Marmin, marmelosin, aegeline, phenolics	Experimental evidence supports antidiarrheal, antimicrobial, anti-inflammatory and gastrointestinal activity, with particularly strong correspondence to its dominant diarrheal use.	Standardized preparations and human clinical evidence are needed, particularly for gastrointestinal indications.	(Brijesh <i>et al.</i> 2009; Nugroho <i>et al.</i> 2011; Mujeeb <i>et al.</i> 2014; Rahman & Parvin 2014)
<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Gastritis (9), common cold (7), cough (7), digestive disorders (6)	Hydrolysable tannins, gallic acid, ellagic acid, flavonoids	Experimental studies report anti-Helicobacter, antimicrobial, antioxidant and anti-inflammatory activities consistent with gastrointestinal applications.	Phytochemical standardization, toxicity, mechanisms, appropriate dosage and clinical efficacy remain insufficiently established.	(Zhu <i>et al.</i> 2024; Tiwana <i>et al.</i> 2024; Zou <i>et al.</i> 2025)
<i>Centella asiatica</i> (L.) Urb.	Fever (5), diarrhea/dysentery (4), urinary problems (4), wounds (3)	Asiaticoside, madecassoside, asiatic acid, madecassic acid	Pharmacological studies report wound-healing, anti-inflammatory, antimicrobial, antioxidant, neuroprotective and gastroprotective activities.	Direct evidence for prominent Tharu uses such as fever and urinary disorders remains limited; targeted clinical studies are required.	(Bylka <i>et al.</i> 2014; Prakash <i>et al.</i> 2017; Gray <i>et al.</i> 2018; Sun <i>et al.</i> 2020)
<i>Calotropis gigantea</i> (L.) W.T.Aiton	Wounds (6), boils (5), skin diseases (4)	Alkaloids, flavonoids, tannins, terpenoids, saponins, cardiac glycosides	Animal studies support wound-healing activity, and phytochemical/pharmacological studies report antimicrobial, anti-inflammatory, antioxidant and anthelmintic potential.	Potential toxicity of latex and some plant parts warrant careful safety, dosage and clinical assessment.	(Nalwaya <i>et al.</i> 2009; Prabhu <i>et al.</i> 2012; Jamal <i>et al.</i> 2025)
<i>Cuscuta reflexa</i> Roxb.	Jaundice (15), anthelmintic use (3), rheumatism (3), headache (3)	Flavonoids, quercetin, kaempferol, luteolin, coumarins	Preclinical studies report anti-inflammatory, anti-arthritic, antiemetic, antioxidant and analgesic activities that support some traditional applications.	Major evidence mismatch remains: direct pharmacological evidence for jaundice, its dominant Tharu indication, is limited.	(Noureen <i>et al.</i> 2019; Muhammad <i>et al.</i> 2020; Cheruku <i>et al.</i> 2021; Ahmed <i>et al.</i> 2025)
<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz	Hypertension (8), snakebite (6), fever (4), stomach ailments (4)	Reserpine, ajmaline, ajmalicine, serpentine and related indole alkaloids	Clinical and pharmacological evidence support antihypertensive activity; experimental evidence also indicates antivenom potential.	Contemporary clinical validation, standardized dosage and safety assessment remain important, particularly for snakebite use.	(Vakil 1949; Kumari <i>et al.</i> 2013; Kaur & Gulati 2017; Sivaraman <i>et al.</i> 2020)

<i>Acorus calamus</i> L.	Cough (9), common cold (6), fever (4), stomach problems (3)	β -Asarone, α -asarone and essential-oil constituents	Experimental evidence supports bronchodilatory, antispasmodic, antipyretic and anti-inflammatory activities relevant to respiratory and gastrointestinal uses.	Chemotype-dependent safety, particularly β -asarone exposure, and clinical efficacy require careful assessment.	(Gilani <i>et al.</i> 2006; Shah & Gilani 2010; Daniel <i>et al.</i> 2014; Wang <i>et al.</i> 2014)
<i>Cannabis sativa</i> L.	Diarrhea/dysentery (6), cuts and wounds (6)	Cannabinoids, triterpenoids, phenolics, terpenes	Animal and laboratory studies report antidiarrheal/gastroprotective, anti-inflammatory, antimicrobial and wound-healing effects relevant to the principal traditional uses.	Direct clinical evidence for Tharu preparations is limited; constituent-specific efficacy, dose and safety need clarification.	(Gildea <i>et al.</i> 2022; Chda <i>et al.</i> 2023; Ghacham <i>et al.</i> 2023; Sá <i>et al.</i> 2026)
<i>Syzygium cumini</i> (L.) Skeels	Diarrhea/dysentery (15), diabetes (5), digestive disorders (3)	Gallic and ellagic acids, quercetin, kaempferol, tannins, jambosine	Preclinical studies report antidiarrheal, anti-inflammatory, gastrointestinal and antidiabetic activities, broadly corresponding with major traditional uses.	Most evidence remains experimental; standardized clinical studies are needed for specific plant parts and preparations.	(Muruganandan <i>et al.</i> 2001; Fokhrul Abedin <i>et al.</i> 2018; Caro-Ordieres <i>et al.</i> 2020; Rashid <i>et al.</i> 2022)
<i>Phyllanthus emblica</i> L.	Diarrhea/dysentery (5), gastritis (4), digestive disorders (4)	Ellagic acid, gallic acid, tannins, phenolics, ascorbic acid	Animal and ex vivo studies support antidiarrheal, antispasmodic, gastroprotective and antisecretory activities relevant to gastrointestinal uses.	Human evidence for specific Tharu preparations, doses and gastrointestinal indications remains limited.	(Al-Rehaily <i>et al.</i> 2002; Perianayagam <i>et al.</i> 2005; Mehmood <i>et al.</i> 2011; Li <i>et al.</i> 2019)
<i>Terminalia chebula</i> Retz.	Gastritis (7), cough (6), common cold (6), digestive disorders (4), urinary problems (4)	Chebulagic acid, chebulinic acid, gallic acid, ellagic acid, tannins	Experimental evidence reports anti-ulcer, anti-H. pylori, gastroprotective and antitussive activities that correspond with major traditional uses.	Translation from experimental models to standardized human treatment remains limited.	(Sharma <i>et al.</i> 2011; Nosalova <i>et al.</i> 2013; ul Haq <i>et al.</i> 2013; Ou <i>et al.</i> 2024)
<i>Zingiber officinale</i> Roscoe	Cough (12), common cold (10), fever (3)	Gingerols, shogaols, zingiberene and other terpenes	Experimental studies report bronchodilatory, antitussive, antiviral, anti-inflammatory and antipyretic activities relevant to the major respiratory/febrile uses.	More clinical evidence is required for specific respiratory indications and traditional Tharu preparations.	(Chang <i>et al.</i> 2013; Mangprayool <i>et al.</i> 2013; Bera <i>et al.</i> 2016; Munankarmi <i>et al.</i> 2025b; Verma <i>et al.</i> 2025)
<i>Mimosa pudica</i> L.	Diarrhea/dysentery (3), piles (3)	Mimosine, tannins, flavonoids, chlorogenic acid, catechins	Animal and in vitro studies report antidiarrheal, antisecretory, anti-inflammatory and haemostatic activities relevant to the two principal indications.	Evidence is predominantly preclinical; efficacy and safety for haemorrhoidal use require clinical evaluation.	(Khalid <i>et al.</i> 2011; Mistry <i>et al.</i> 2012; Mathew <i>et al.</i> 2016; Adurosakin <i>et al.</i> 2023)
<i>Aloe vera</i> (L.) Burm.f.	Burns (13), skin diseases (4)	Acemannan, glucomannan, aloin, aloe-emodin, aloesin	Animal and laboratory studies support burn/wound healing through fibroblast proliferation, re-epithelialization, anti-inflammatory and antimicrobial effects.	Greater distinction between gel and latex preparations and stronger human clinical evidence are needed.	(Akhoondinasab <i>et al.</i> 2014; Hai <i>et al.</i> 2019; Aulia & Pane 2022; Alsahli <i>et al.</i> 2025)

An important characteristic of Tharu ethnomedicine is an uneven distribution of medicinal knowledge within the community. Tharu ethnic groups have known local traditional healers since ancient times, and they are specifically referred to as the 'Guruwa', 'Bharra', 'Dhami', 'Baidawa', and 'Surenya', employing the mantra, medicine, and massage strategies for healing practices (Ghimire & Bastakoti 2009; Aryal *et al.* 2016; Subedi 2019; Maycock & Chaudhary 2022). Whether they should be treated as Shamans, traditional healers, priests, or Dhami, it is still not clear because they play the role of all these particulars at the time when needed (Maycock & Chaudhary 2022). These key people function as specialized repositories of ethnomedicinal information rather than being uniformly distributed within the community, and therefore they are regarded as the "Key informants" in the literature (Ghimire & Bastakoti 2009; Chaudhary *et al.* 2020; Subedi 2023; Gharti *et al.* 2024; Kutal *et al.* 2026). Previous studies have reported that traditional knowledge is particularly concentrated among older people and key healers like Guruwa, Dhami, and Baidawa. Yadav & Chaudhary (2022) reported that older people and traditional healers possess a greater extent of medicinal knowledge than that of young people. Recently, Kutal *et al.* (2026) found a statistically significant association between age and the number of plants reported among the Tharu community in eastern Nepal. This pattern of knowledge has a crucial implication for knowledge continuity because the loss of experience among traditional healers and older generations may result in loss of information regarding plant identification, modes of preparation and applications, diagnosis, and ritual practice. Therefore, conservation of Tharu ethnomedicine not only requires conservation of plant specimens, but also mechanisms for documenting and transmitting healer-associated knowledge to younger generations.

Pharmacological Potential and Limitations

The extensive traditional healthcare practices of the Tharu people provide a basis for pharmacological and phytochemical research. Species repeatedly recorded for multiple ailments or consistently documented across the geographically separated studies may represent particularly promising candidates for future research. Such repeatedly utilized traditional plant species may provide a strong hypothesis and prioritization of species for phytochemical screening, antimicrobial assays, and further pharmacological investigations. However, ethnomedicinal studies should be treated as a guide for scientific investigation rather than direct evidence of clinical efficacy (Fabricant & Farnsworth 2001). This is because the therapeutic effects may be influenced by preparation methods, dosage, disease interpretation and cultural context (Leonti & Weckerle 2015). Integrating ethnomedicinal evidence with scientific validation could therefore help identify scientifically promising plant resources while avoiding premature claims regarding therapeutic effectiveness (Taylor *et al.* 2001; Duche-Pérez *et al.* 2025).

Collection and Ethical Permits

As the present study is a review paper and entirely based on published literature, it does not involve new plant collection, field surveys, or interaction with human participations. Therefore, no collection permits and ethical clearance were required for this study. However, several of the frequently cited species reported in this study are harvested via their roots or whole-plant removal, methods that pose a documented risk to natural populations when practiced without regulation. The present study therefore recommends the future primary field studies to obtain the necessary permits from the respected organizations or departments or ministries and adopt sustainable harvesting guidelines, particularly for root- and whole-plant-based collection, to support long-term conservation and sustainable harvesting of plant species.

Limitations

The review has some limitations that should be considered while interpreting its findings. The present study has utilized only the online available research papers, excluding book chapters, unpublished literature, government reports, and conference paper, which may create possibility to miss some data. Because this review synthesizes the previously published literature rather than the primary findings and interviews, SRF values were reported instead of Use Value (UV). Therefore, it should be regarded as a sign reflecting to its traditional medicinal value, rather than an exact measurement of it. Moreover, the botanical nomenclature was finalized with the help of World Flora Online without an independent verification against voucher specimens or herbarium records, which may introduce minor taxonomic inconsistencies, where original studies included some outdated plant names, synonyms, or unaccepted names. Being a review paper, it could not examine whether the harvesting practice were sustainable or not, nor it can assess the recent shift in traditional knowledge. These limitations do not weaken the study and overall patterns identified, but should guide the future study, interpretation, and design of primary ethnobotanical fieldworks.

Conclusion

This review provides the first comprehensive and consolidated documentation and analysis of ethnomedicinal plants used by the Tharu people of Nepal, residing in 14 districts. The documentation of 557 medicinal plant species reflects an

extraordinary medicinal knowledge possessed by the Tharu people, which is the result of generational trial and error, ecological familiarity, and cultural transmission through older generations and traditional healers like *Guruwa*, *Dhami*, and *Bharra*. The varieties of modes of preparation and various plant parts used by the Tharu people to treat distinct ailments also highlight their broad knowledge regarding traditional healthcare. It also reflects their healthcare strategy oriented towards accessibility, availability, simplicity, and rapid remedy preparation, particularly for the frequent and acute types of ailments such as digestive disorders, fevers, and wounds, that dominate the use citations in this review.

Research efforts remain unevenly distributed throughout the southern foothills of Nepal, with a smaller number of districts accounting for a disproportionate share of published studies, leaving other Tharu-people districts relatively less explored and unexplored. Furthermore, the concentration of ethnomedicinal knowledge is relatively higher among older generations, raising concerns regarding knowledge transmission and continuity, as the younger generations are being affected by the allopathic healthcare system, which is taking them away from traditional healthcare practice. Furthermore, the recent ethnomedicinal studies of Tharu people are highly prioritized for species inventory and documentation and descriptive analysis, rather than quantitative validation, pharmacological screening, phytochemical analysis, and integration with conservation and public health frameworks.

Therefore, priority should be given to geographically balanced ethnomedicinal surveys in underrepresented districts, which can remove bias and mirror actual knowledge possessed. Additionally, pharmacological and phytochemical validation of frequently cited species should be conducted to uncover their pharmacological potential. Structural documentation of healer-specific knowledge is also crucial to safeguard against generational loss. Finally, it is recommended to develop sustainable harvesting guidelines, especially for root- and whole-plant-based remedies that pose a threat to the conservation of plants. To sum up, addressing the collective gaps would not only strengthen the scientific and cultural value of Tharu ethnomedicinal knowledge but also support its long-term preservation as an integral part of Nepal's biocultural heritage.

Declarations

List of abbreviations: SRF - Study Reporting Frequency, UV - Use Value, ICPC-2 - International Classification of Primary Care-2, BEI - Botanical Ethnoknowledge Index

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Appendix 1. List of the species recorded in the study with their scientific name, family, habit, parts used, mode of preparation, and disease conditions.

SN	Scientific Name	Family	Habit	Parts Used	Mode of Preparation	Disease condition (Ailments)	Citation
1	<i>Abacopteris nudata</i> (Roxb.) S.E.Fawc. & A.R.Sm.	Thelypteridaceae	H	Rhizome		Diarrhea, Dysentery	Bhattarai & Acharya 2015
2	<i>Abelmoschus crinitus</i> Wall.	Malvaceae	H	Root, Rhizome	Paste	Diabetes	Bhatt 2012
3	<i>Abelmoschus esculentus</i> (L.) Moench	Malvaceae	H	Root, Seed, Young shoot	Paste, Soaked	Inflamed Mucous Membrane, Infectious Diseases, Genital Problems, Pneumonia, Bronchitis, Heart Diseases, Leucorrhea, Dysentery, Leucorrhea in Female	Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Khanal <i>et al.</i> 2022
4	<i>Abelmoschus moschatus</i> (L.) Medik.	Malvaceae	H	Root	Paste	Cuts, Wounds	Acharya & Adhikari 2025; Dangol & Gurung 1991
5	<i>Abrus precatorius</i> L.	Fabaceae	C	Seed, Flower, Leaf, Root, Seeds, Young shoot, Shoot	Juice, Paste, Infusion, Pound, Oil	Fever, Stomach Disease, Eye Disease, Asthma, Uteral Problem, Stiff Shoulder, Leukoderma, Purgative, Sciatica, Cleaning Eye, Cough, Cold, Colic Pain, Rheumatism, Joint Pain, Arthritis, Appetizer, Boils, Headache, Abdominal Pain, Eyes Dust Removal, Urine Infection, Chronic Cough, Sore Throat, Sore in Tongue, Eczema, Dog Bite, Typhoid, Backbone Pain	Acharya & Acharya 2009; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhimi 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh & Hamal 2013; Singh 2020a; Thapa 2020
6	<i>Abutilon indicum</i> (L.) Sweet	Malvaceae	H	Root, Leaf, Stem	Soaked, Boiled, Juice	Fever, Boils	Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991
7	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Fabaceae	T	Bark, Pod, Leaf, Latex, Flowers, Root	Juice, Soaked, Pound	Skin Infection, Destroying Bed Bug, Diarrhea, Diabetes Mellitus, Shore Throats, Tonic, Dysentery, Diarrhea, Fever, Filaria, Paralysis	Chaudhary & Rai 2017; Dangol & Gurung 1991; Ghimire & Bastakoti 2009; Bhattarai & Acharya 2015
8	<i>Acalypha indica</i> L.	Euphorbiaceae	H	Whole plant	Decoction, Paste, Juice	Earache, Burns, Rheumatoid Arthritis	Singh <i>et al.</i> 2012
9	<i>Achyranthes aspera</i> L.	Amaranthaceae	H	Stem, Root, Rhizome, Leaf, Bark, Whole plant, Inflorescence	Paste, Decoction, Juice, Powder, Pound, Infusion, Ash, Tied, Root	Teeth and Gums Problems, Anthelminthic, Antidote, Skin Itching, Diarrhea, Dysentery, Constipation, Stomachache, Snake Bite, Abortion, Fever, Pneumonia, Frequent Urination, Toothache, Irregular Periods, Headaches, After Abortion to Stop Bleeding or to Facilitate Delivery, Toothaches, Pain in Lower Abdomen in Women, Urinary Disorders, Scorpion Sting, Appetizer, Swelling,	Acharya & Adhikari 2025; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dangol & Gurung 1991; Dhimi 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Singh 2015; Singh 2017a; Singh 2020a; Thapa 2020; Yadav & Chaudhary 2022;

					chewed, Paste	Rheumatism, Itchy Skin, Migraine, Child Pneumonia, Cough, Stone, Cuts and Wounds, Diuretic, Asthma, Terminate Pregnancy, Induction of Labor Pain, Contraceptive, Pain Reliever after Child Birth, Boils, Sprains, Gastritis, Piles, Vomiting, Malarial Fever, Diabetes, Backache, High Fever, Excessive Thirst, Stomach Problem, Jaundice	Muller-Boker 1993; Bhattarai & Acharya 2015; Raut <i>et al.</i> 2025
10	<i>Acmella calva</i> (DC.) R.K.Jansen	Asteraceae	H	Whole plant, Flower, Leaf	Paste, Infusion	Skin Diseases, Mouth and Throat Sore, Leucorrhea, Papilloma	Singh & Hamal 2013; Thapa 2020
11	<i>Acorus calamus</i> L.	Acoraceae	H	Rhizome, Root, Stem, Leaf	Raw, Decoction, Liquid, Infusion, Paste, Dried, Juice, Chewed	Cough, Cold, Bronchial Problem, Common Cold, Anti-Helminthes, Fever, Chronic Cough, Gastric Trouble, Pneumonia, Killing Lice, Bedbug and Insects, Bronchitis, Diarrhea, Dysentery, Snake Bite, Diarrhea and Dysentery, Colds, Coughs, Bronchial Problems, Chest Pain, Scabies, Skin Diseases, Stomachache, Tonsil, Dandruff, Stomach Disorders, Throat Clearance, Stomach Problem, Asthma, Sore Throat, Gastric Cuts	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Singh 2020a; Thapa 2020; Raut <i>et al.</i> 2025
12	<i>Adiantum capillus-veneris</i> L.	Pteridaceae	H	Leaf	Paste		Singh & Hamal 2013
13	<i>Adiantum caudatum</i> L.	Pteridaceae	H	Shoot	Buti	Fever	Dangol & Gurung 1991
14	<i>Adiantum philippense</i> L.	Pteridaceae	H	Whole plant, Stem	Paste	Blister, Sore Mouth	Bhatt 2012; Khanal <i>et al.</i> 2022
15	<i>Adina cordifolia</i> (Roxb.) Brandis	Rubiaceae	T	Leaf, Bark, Bud, Young shoot	Paste, Decoction, Juice, Pound	Ringworm, Weakness, Tonic Postpartum, Cooling Effect, Stomachache, Vomiting, Miscarriage, Eye Pain, Cuts, Headaches, Body Weight Reduction, Fever, Stomachache, Jaundice, Indigestion, Malaria	Bhatt 2012; Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Ghimire & Bastakoti 2009; Singh 2015
16	<i>Aegle marmelos</i> (L.) Corrêa	Rutaceae	T	Fruit, Leaf, Whole plant, Stem, Bark, Root	Paste, Juice, Soaked, Raw, paste	Diarrhea, Dysentery, Ulcer, Diabetes, Hypertension, Deafness, Constipation, Gastritis, Diarrhea, Ringworm, Scabies, Fever, Wounds, Anti-Microbial, Indigestion, Abdominal Disorders, Stomach Problems, Skin Diseases, Fatigue, Headache, Stomach Disorders, Vomiting, Dyspepsia, Dysentery, Burning Sensation, Intermittent Fever, Burning Sensations, Piles, Gastric Problem, Gastric	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2015; Singh 2017b; Singh 2020a; Thapa 2020

17	<i>Agave americana</i> L.	Asparagaceae	H	Root, Leaf	Decoction	Syphilis, Conjunctivitis	Singh 2020b
18	<i>Agave vivipara</i> L.	Asparagaceae	H	Root		Diuretic	Bhattarai & Acharya 2015
19	<i>Ageratum conyzoides</i> L.	Asteraceae	H	Leaf, Whole plant, Flower	Juice, Paste, Pound, Ash	Cuts, Wounds, Bleedings, Rheumatism, Headache, Blood Coagulation, Burns, Boils, Muscular Pain, Sores, Swelling, Skin Diseases, Cuts Injury, Cuts and Wounds	Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Dangol & Gurung 1991; Dhami 2008; Kutal <i>et al.</i> 2026; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Singh 2017a; Singh 2020a; Thapa 2020
20	<i>Ageratum houstonianum</i> Mill.	Asteraceae	H	Whole plant	Pound	Cuts, Wounds	Ghimire & Bastakoti 2009
21	<i>Alangium salviifolium</i> (L.f.) Wangerin	Cornaceae	T	Stem		Skin Diseases	Chaudhary <i>et al.</i> 2020
22	<i>Albizia lebbbeck</i> (L.) Benth.	Fabaceae	T	Bark, Leaf, Fruit, Stem, Seed	Juice, Latex, Oil, Paste	Dysentery, Diarrhea, Stomach Problem, Ringworm, Scabies, Septic Ulcers, Muscular Swelling, Boils, Burning Sensation, Leprosy, Piles, Gonorrhea, Eyesight Problems	Chaudhary & Rai 2017; Singh & Hamal 2013; Singh 2015; Singh 2020a
23	<i>Aleuritopteris albomarginata</i> (C.B.Clarke) Ching	Pteridaceae	H	Rhizome, Root	Pound	Peptic Ulcer	Ghimire & Bastakoti 2009
24	<i>Aleuritopteris rufa</i> (D.Don) Ching	Pteridaceae	H	Rhizome, Leaf	Juice	Abdominal Disorders, Cuts, Wounds	Dhami 2008
25	<i>Allium cepa</i> L.	Amaryllidaceae	H	Leaf, Bulb, Bark	Juice, Paste	Diabetes, Spleen Tumor, Ear pain, Vomiting, Abdominal Cramps, Wasp Bite, Earache, Hysteria	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Singh 2020a
26	<i>Allium sativum</i> L.	Amaryllidaceae	H	Whole plant, Bulb, Tuber, Bark	Paste, Raw, Cooked, Pound, Decoction	Tonic, Stomach Problem, Dysentery, Rheumatism, Headache, Ringworm, Muscular Pain, Joint Pain, Cold, Arthritis, Antiseptic, Body Pain, Gastritis, Lactation, Cough, Earache, High Blood Pressure, Fever, Nerve Problem, Flu, Ringworm Infection, Eczema, Allergy, Hysteria	Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh 2020a; Thapa 2020
27	<i>Allium spp.</i>	Amaryllidaceae	H	Bulb		Rheumatism	Bhattarai & Acharya 2015
28	<i>Allium stracheyi</i> Baker	Amaryllidaceae	H	Whole plant, Young shoot	Raw, Roasted	Body Pain, Pectoral Disease, Piles	Bhatt 2012
29	<i>Alocasia cucullata</i> (Lour.) G.Don	Araceae	H	Leaf	Boiled	Joint Pain	Chaudhary & Rajbhandry 2021

30	<i>Aloe vera</i> (L.) Burm.f.	Asphodelaceae	H	Leaf, Latex, Whole plant, Fruit, Bark	Juice, Latex, Decoction, Heated, Paste, Soaked, Pound, Raw, Pulp, Gel	Stomachache, Dysentery, Skin Diseases, Burns, Skin Problems, Constipation, Body Ache, Hair Fall, Diabetes, Urine Trouble, Menstrual Flow, Tumor, Asthma, Leprosy, Worms, Spleen Enlargement, Cough, Headache, Pimples, Dandruff, Leg and Hand Pain, Body Part Swelling, Indigestion, Stomach Problems, Rheumatic Pain, Fever, Menstrual Disorders, Gastritis, Hypertension, Jaundice, Lung Disease, Stomach Disorders, Promote Hair Growth, Sunburns, Scars, Eczema, Dry Skin, Cuts, Joint Pain, Wound, Kidney Stone, Diarrhea	Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary 2023; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2015; Singh 2020a; Thapa 2020; Bhattarai <i>et al.</i> 2011
31	<i>Alstonia scholaris</i> (L.) R.Br.	Apocynaceae	T	Bark, Latex, Stem, Leaf	Infusion, Latex, Juice, Boiled, Paste, Decoction	Leprosy, Dysentery, Diarrhea, Fever, Malaria, Ulcer, Tumor, Rheumatism, Itching, Lactation, Sinusitis, Headache, Skin Diseases, Menstrual Disorder, Anti-worming, Weakness, Blood Purification, Rheumatic Pain, Boils, Earache, Toothache, Backache, Chest Pain, Mental Disorder, Wounds, Malaria Fever Cuts, Wounds	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Dhami 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh & Hamal 2013; Singh 2020a
32	<i>Alternanthera bettzickiana</i> (Regel) G.Nicholson	Amaranthaceae	H	Leaf			Chaudhary <i>et al.</i> 2020
33	<i>Alternanthera sessilis</i> (L.) R.Br. ex DC.	Amaranthaceae	H	Root, Whole plant, Shoot	Cooked, Paste, Juice, Raw	Stomach Pain, Diarrhea, Dysentery, Snakebite, Wounds, Lactation, Loss of Appetite, Avitaminosis, Venereal Disease, Menstrual Disorder, Fever, Scabies, Cataract	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Dhami 2008; Singh & Hamal 2013; Singh 2017a; Singh 2020a
34	<i>Amaranthus spinosus</i> L.	Amaranthaceae	H	Root, Whole plant, Leaf, Stem, Shoot	Juice, Decoction	Indigestion, Gonorrhea, Eczema, Colic, Menstrual Disorder, Urine Burn, Fever, Urinary Disorder, Diarrhea, Dysentery, Microbial Infestation, Diuretic, Leucorrhea, Flatulence, Colic Pain, Internal Bleeding, Excessive Menstrual Bleeding	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2020; Chaudhary 2023; Dangol & Gurung 1991; Dhami 2008; Khanal <i>et al.</i> 2022; Singh <i>et al.</i> 2012; Singh 2015
35	<i>Amaranthus tricolor</i> L.	Amaranthaceae	H	Leaf	Paste	Abscesses, Septic Ulcer, Pimples	Singh & Hamal 2013
36	<i>Amaranthus viridis</i> L.	Amaranthaceae	H	Young shoot, Seed, Root, Leaf	Pound, Cooked, Decoction	Constipation, Diarrhea, Burning Sensation, Cough, Eyesight Problems, Baldness, Fever	Chaudhary & Rai 2017; Ghimire & Bastakoti 2009; Singh 2020a

37	<i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson	Araceae	H	Stem, Flower, Corm, Tuber	Latex, Paste, Cooked	Inflammation, Boils, Piles, Skin Disease, Anti-Inflammation, Indigestion, Menstrual Cycle	Kutal <i>et al.</i> 2026; Singh 2017a
38	<i>Ampelocissus divaricata</i> (Wall. ex M.A.Lawson) Planch.	Vitaceae	C	Root, Fruit	Paste	Skin Diseases	Singh & Hamal 2013
39	<i>Ananas comosus</i> (L.) Merr.	Bromeliaceae	H	Fruit	Juice	Hot Sickness, Skin Diseases	Ghimire & Bastakoti 2009; Singh & Hamal 2013
40	<i>Andrographis paniculata</i> (Burm.fil.) Nees	Acanthaceae	H	Leaf, Young shoot, Whole Plant	Juice, Soaked	Fever, Irregular Stools, Loss of Appetite, Anorexia, Snake Bite, Intestinal Worm, Stomachache, High Blood Pressure, Cancer, Diabetes, Ulcer	Chaudhary <i>et al.</i> 2021; Singh 2015; Singh 2017a; Singh 2020a; Yadav & Chaudhary 2022
41	<i>Anethum graveolens</i> L.	Apiaceae	H	Seed, Fruit, Leaf, Whole plant	Powder, Raw, Decoction, Cooked	Back Pain, Excessive Bleeding in Delivery, Joint Pain	Chaudhary 2023; Bhattarai <i>et al.</i> 2011; Raut <i>et al.</i> 2025
42	<i>Annona crassiflora</i> Mart.	Annonaceae	T	Leaf	Infusion	Diabetes	Thapa 2020
43	<i>Annona mexicana</i> Lodd. ex G.Don, 1830	Annonaceae	T	Seed	Powder	Eye Problems, Body Pain	Bhattarai & Acharya 2015
44	<i>Annona reticulata</i> L.	Annonaceae	T	Root, Seed, Leaf, Fruit	Juice, Raw	In Cooling Body, Purgative, Abortion, Menstrual Disorder, Lice, Ectoparasites, Fever, Digestion, Diabetes	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Bhattarai <i>et al.</i> 2011
45	<i>Annona squamosa</i> L.	Annonaceae	T	Root, Rhizome, Seed, Leaf, Fruit	Paste, Powder, Juice, Raw	Pediculicide, Blisters, Ectoparasites, Cuts, Wounds, Skin Disease, Anti-Parasitic to Lice, Lice, Boils, Sores	Bhatt 2012; Chaudhary & Rajbhandry 2021; Dhami 2008; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh & Hamal 2013
46	<i>Apluda mutica</i> L.	Poaceae	H	Whole plant	Paste	Gastritis	Gachhadar 2000
47	<i>Areca catechu</i> L.	Areceaceae	T	Fruit, Seed	Paste	Expelling Tapeworm, Urinary Disorders, Stomach Pain	Chaudhary & Rai 2017
48	<i>Argemone mexicana</i> L.	Papaveraceae	H	Latex, Seed, Fruit, Root, Stem, Whole plant	Latex, Oil, Paste	Eye Problems, Skin-Itching, Burns, Skin Disease, Tumors, Skin Diseases, Flatulence, Eye Infection, Skin Allergy, Eczema, Scabies	Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dhami 2008; Singh <i>et al.</i> 2012; Thapa 2020
49	<i>Arisaema tortuosum</i> (Wall.) Schott	Araceae	H	Rhizome	Paste	Scorpion Stings	Singh & Hamal 2013

50	<i>Aristolochia indica</i> L.	Aristolochiaceae	C	Leaf	Juice	Scorpion Bite	Singh 2020a
51	<i>Arivela viscosa</i> (L.) Raf.	Cleomaceae	S	Whole plant, Leaf	Powder, Juice	Cuts, Wounds, Boils, Ear Infection	Dangol & Gurung 1991; Singh 2017a; Thapa 2020
52	<i>Artemisia annua</i> L.	Asteraceae	H	Bark, Leaf	Juice	Malaria, Fever, Diarrhea, Diuretic, Gastritis	Bhatt 2012
53	<i>Artemisia dubia</i> Wall. ex Besser	Asteraceae	H	Leaf, Stem, Root, Whole plant	Paste, Juice, Decoction	Scabies, High Blood Pressure, Vomiting, Boils, Allergy, Rheumatic Pain, Cuts, Wounds, Ringworms, Nasal Rashes, Headache, Toothache	Chaudhary <i>et al.</i> 2020; Dhimi 2008; Thapa 2020
54	<i>Artemisia indica</i> Willd.	Asteraceae	H	Leaf, Young shoot	Pound, Juice, Paste	Skin Problems, Scabies, Gastritis, Headache, Bronchitis, Skin Diseases, Fever	Acharya & Adhikari 2025; Ghimire & Bastakoti 2009; Singh <i>et al.</i> 2012
55	<i>Artemisia myriantha</i> Wall. ex Besser	Asteraceae	H	Leaf	Infusion	Wound, Gastritis	Gharti <i>et al.</i> 2024
56	<i>Artemisia vulgaris</i> L.	Asteraceae	H	Leaf, Whole plant	Juice	Headache, Repellent for Bugs and Fleas	Chaudhary 2023; Dangol & Gurung 1991
57	<i>Artocarpus heterophyllus</i> Lam.	Moraceae	T	Fruit, Leaf, Twig, Latex, Bark, Root, Flower, Young shoot	Juice, Pound, Raw, Paste, Powder	Toothache, Boils, Pimples, Cuts, Wounds, Dysentery, Diarrhea, Mumps, Laxative, Toothache, Gums Ache, Skin Diseases, Diarrhea, Hair Tonic	Chaudhary & Rai 2017; Dhimi 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh & Hamal 2013; Raut <i>et al.</i> 2025
58	<i>Artocarpus integer</i> (Thunb.) Merr.	Moraceae	T	Seed	Soaked	Diarrhea	Chaudhary <i>et al.</i> 2021
59	<i>Artocarpus lacucha</i> Buch.-Ham. ex D.Don	Moraceae	T	Leaf, Bark, Latex, Root, Fruit	Decoction, Raw	Cracks, Stomach Problems, Boils, Diarrhea, Dysentery, Skin Diseases, Diabetes	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Kutal <i>et al.</i> 2026
60	<i>Asparagus filicinus</i> Buch.-Ham. ex D.Don	Asparagaceae	C	Root		Menstruation Problem	Kutal <i>et al.</i> 2026
61	<i>Asparagus officinalis</i> L.	Asparagaceae	H	Root, Stem	Juice	Ulcer, Stomachache	Gharti <i>et al.</i> 2024
62	<i>Asparagus racemosus</i> Willd.	Asparagaceae	C	Root, Rhizome, Tuber, Twig, Stem	Decoction, Raw, Powder, Dried, Root, Juice, Paste	Gastric Ulcer, Diarrhea, Diuretic, Fever, Tonic, Gastritis, Postpartum Tonic, Lactation, Menstrual Disorder, Urinary Troubles, Post-Delivery Tonic, Typhoid, Stomachache, Pain, Diabetes, Anxiety, Earache, Burning Sensation	Acharya & Adhikari 2025; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dhimi 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh <i>et al.</i> 2012; Thapa 2020; Yadav & Chaudhary 2022
63	<i>Azadirachta indica</i> A.Juss.	Meliaceae	T	Leaf, Bark, Fruit, Barks, Twig, Stem,	Decoction, Raw, Juice, Paste, Dried,	Diabetes, Anthelmintic, Cough, Typhoid, Skin Problems, Wound, Insecticide, Fever, Dental, Measles, Skin Diseases, Ulcer, Inflammation,	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et</i>

				Young shoot, Flower	Oil, Infusion, Boiled, Pound, Decoction, Squeezed	Leprosy, Antidiabetic, Antibacterial, Antiviral, Tooth Problems, Insect Repellent, Cuts, Wounds, Ectoparasites, Intestinal Worms, Cold, Asthma, Fracture, Antiworm, Skin Allergy, Blood Purification, Indigestion, Leucorrhea, Leg and Hand Pain, Lower Abdominal Pain Women, Abdominal Cramps, Headache, Diarrhea, Dysentery, Respiratory Troubles, Dandruff, Bleeding Gums, Toothache, Thirst, Urinary Complaints, Scabies, Piles, Tumors, Urinary Problems, Skin Itching, Allergy, Pox, Anthelmintic, Burns, Stomach Upset, Appetizer, Hypertension, Antiseptic, Wound Cleansing, Purulent Wounds, Oral Hygiene Fever	<i>al.</i> 2020; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2015; Singh 2017a; Singh 2020a; Thapa 2020; Yadav & Chaudhary 2022; Bhattacharai <i>et al.</i> 2011; Raut <i>et al.</i> 2025
64	<i>Baccharoides anthelmintica</i> (L.) Moench	Asteraceae	H				Singh 2017a
65	<i>Bacopa monnieri</i> (L.) Pennell	Plantaginaceae	H	Whole Plant	Juice	Diuretic, Cardiac Tonic, Memory Enhancer, Hair Tonic, Cough	Singh <i>et al.</i> 2012; Singh 2017a
66	<i>Bambusa arundinacea</i> Wight ex Steud., 1840	Poaceae	T	Leaf, Root, Rhizome	Juice	Jaundice, Otitis (Ear Infection)	Bhatt 2012
67	<i>Bambusa nutans</i> Wall. ex Munro	Poaceae	T	Whole plant, Young shoot		Urinary Problem, Cough	Chaudhary & Rai 2017; Kutal <i>et al.</i> 2026
68	<i>Bambusa tulda</i> Roxb.	Poaceae	T	Leaf	Raw	Laboring	Chaudhary & Rajbhandry 2021
69	<i>Basella alba</i> L.	Basellaceae	C	Young stem, Leaf	Cooked, Paste	Avitaminosis, Skin Allergy	Chaudhary <i>et al.</i> 2021; Singh & Hamal 2013
70	<i>Bauhinia purpurea</i> L.	Fabaceae	T	Bark, Flower, Seed, Leaf, Roots, flowers	Raw, Paste, Decoction, Dried	Diarrhea, Dysentery, Stomach Problems, Laxative, Skin Diseases, Stomach Problems, Gargle, Hormonal Imbalance, Liver Complaints, Diabetes	Bhatt 2012; Chaudhary & Rai 2017; Singh & Hamal 2013; Singh 2015
71	<i>Bauhinia variegata</i> L.	Fabaceae	T	Bark, Stem, Flowers, Leaf, Flower	Juice, Raw, Decoction	Snakebite, Dysentery, Snakebite, Diarrhea, Intestinal Worms, Anthelmintic, Body Pain, Indigestion, Diarrhea, Body Ache, Tumors	Acharya & Acharya 2009; Acharya & Adhikari 2025; Dhami 2008; Singh <i>et al.</i> 2012
72	<i>Begonia picta</i> Sm.	Begoniaceae	H	Leaf, Whole plant	Juice, Paste	Used as Slight Venom, Pain, Cuts, Wounds, Ringworm, Scabies	Acharya & Acharya 2009; Singh & Hamal 2013
73	<i>Benincasa hispida</i> (Thunb.) Cogn.	Cucurbitaceae	C	Fruit	Raw	Jaundice, Fever	Bhatt 2012; Ghimire & Bastakoti 2009

74	<i>Berberis asiatica</i> Roxb. ex DC.	Berberidaceae	S	Bark, Root	Paste	Pimples, Itches, Scabies, Wounds	Singh & Hamal 2013
75	<i>Betula utilis</i> D.Don	Betulaceae	T	Bark	Paste	Menstrual Disorder	Gachhadar 2000
76	<i>Biophytum sensitivum</i> (L.) DC.	Oxalidaceae	H	Whole plant	Juice	Fever	Dangol & Gurung 1991
77	<i>Bixa orellana</i> L.	Bixaceae	S	Fruit	Raw	Diabetes	Singh 2015
78	<i>Blainvillea acmella</i> (L.) Philipson	Asteraceae	H	Fruit	Raw	Tongue Infection	Chaudhary <i>et al.</i> 2021
79	<i>Blumea lacera</i> (Burm.fil.) DC.	Asteraceae	H	Leaf, Whole plant, shoot, Root, root	Juice, Raw, Paste	Wounds, Blood Coagulation, Cuts, Bruise, Wounds, Thread-Worm Infection, Mouth Dryness, Injury, Gastritis	Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Singh & Hamal 2013; Singh 2015; Singh 2017a; Raut <i>et al.</i> 2025
80	<i>Boerhavia diffusa</i> L.	Nyctaginaceae	H	Root, Leaf, Seed	Paste, Dried, Cooked, Soaked	Pimples, Tumors, Spleen Enlargement, Abdominal Pain, Joint Pain, Scabies, Bronchial Asthma	Singh & Hamal 2013; Singh 2015
81	<i>Bombax ceiba</i> L.	Malvaceae	T	Fruit, Bark, Root, Flower, Seeds, Gum, Latex, Stem, Whole plant, Seed, Resin, Leaf, Spine	Juice, Latex, Paste, Powder, Pound, Decoction, Dried	Urinary Disorder, Excessive Vaginal Bleeding, Intestine Bleeding, Measles, Blister, Stomachache, Checking Bleeding, Dysentery, Influenza, Urinary Infection, Cuts, Wounds, Leg and Hand Pain, Headache, Cough, Cold, Indigestion, Diarrhea, Urinary Troubles, Worms, Abdominal Pain, Tonic, Bronchial Diseases, Impotence, Swelling, Piles, Furuncles (Pilo), Boils, Spermatorrhea, Bleeding, Revitalize Sexual Impotency	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhami 2008; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2015; Thapa 2020; Muller-Boker 1993
82	<i>Bonnaya ciliata</i> (Colsm.) Spreng.	Linderniaceae	H	Whole plant	Paste	Cuts, Wounds	Dangol & Gurung 1991
83	<i>Brassica campestris</i> Hegetschw., 1839	Brassicaceae	H	Flower, Seed, Tuber, Root, Leaf	Raw, Oil	Night Blindness, Rheumatism, Bronchitis Infection, Ear Pain, Anti-Scorbutic, Nausea, Cold, Fever	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021
84	<i>Brassica juncea</i> (L.) Czern.	Brassicaceae	H	Leaf, Seed		Rheumatism, Liver Pain, Eye Disease, Appetizer	Chaudhary & Rai 2017
85	<i>Brassica nigra</i> (L.) W.D.J.Koch	Brassicaceae	H	Seed	Oil	Leg and Hand Pain, Joint Pain	Chaudhary 2023; Raut <i>et al.</i> 2025
86	<i>Brassica rapa</i> L.	Brassicaceae	H	Seed, Shoot	Cooked, Oil, Paste	Blood Coagulation, Muscle Pain, Stomach Pain	Chaudhary & Rajbhandry 2021; Bhattarai <i>et al.</i> 2011
87	<i>Broussonetia papyrifera</i> (L.) L'Hér. ex Vent.	Moraceae	S	Leaf, Fruit		Throat Problems, Dyspepsia, Cooling, Laxative	Chaudhary & Rai 2017
88	<i>Brucea javanica</i> (L.) Merr.	Simaroubaceae	T	Fruit	Extract, Powder	Diarrhea	Raut <i>et al.</i> 2025

89	<i>Buchanania cochinchinensis</i> (Lour.) Almeida	Anacardiaceae	T	Fruit, Roots		Skin Itching, Jaundice	Singh 2017a
90	<i>Buddleja paniculata</i> Wall.	Scrophulariaceae	T	Leaf	Juice	Diabetes, Stomach Swelling	Bhatt 2012
91	<i>Butea monosperma</i> (Lam.) Kuntze	Fabaceae	H	Flower, Seed, Bark, Young shoot, Leaf	Paste, Juice, Pound, Raw	Diuretic, Fever, Anthelmintic, Tonic, Ulcers, Swellings, Prevent Conception	Bhatt 2012; Dhami 2008; Ghimire & Bastakoti 2009; Singh 2015
92	<i>Butomopsis latifolia</i> (D.Don) Kunth	Alismataceae	C	Whole plant	Paste	Appetizer	Gachhadar 2000
93	<i>Caesulia axillaris</i> Roxb.	Asteraceae	S	Whole plant	Paste	Boils, Blisters, Wounds	Singh 2017a; Muller-Boker 1993
94	<i>Cajanus cajan</i> (L.) Huth	Fabaceae	S	Branch, Pod, Seed, Leaf	Paste	Expelling Worms, Kidney Stone, Skin Crack, Menstrual Disorder	Chaudhary & Rai 2017
95	<i>Callicarpa macrophylla</i> Vahl	Lamiaceae	S	Fruit, Leaf, Root	Raw, Juice, Decoction, Ash, Boiled, Soaked, Squeezed	Diarrhea, Tongue Sore, Diarrhea, Earaches, Fever, Indigestion, Rashes in Tongue, Throat Pain, Measles, Gastritis, Boils, Chickenpox	Bhatt 2012; Chaudhary & Rajbhandry 2021; Dangol & Gurung 1991; Dhami 2008; Ghimire & Bastakoti 2009; Singh 2017a; Muller-Boker 1993
96	<i>Calotropis gigantea</i> (L.) W.T.Aiton	Apocynaceae	S	Fruit, Leaf, Latex, Root, Rhizome, Flower, Stem, Bark	Raw, Latex, Decoction, Dried, Soaked, Paste, Juice, Powder, Pound, Boiled, Oil, Burnt	Body Pain, Boils, Pimples, Joints Problems, Expel Spines, Joint, Tetanus, Swelling, Dysentery, Snake Bite, Scorpion Sting, Earache, Elephantiasis, Abortion, Cuts, Wounds, Scabies, Asthma, Toothache, Joint Pain, Arthritis, Gastritis, Menstrual Disorder, Skin Disease, Muscular Pain, Ring Worm, Diarrhea, Cough, Cold, Respiratory Troubles, Vomiting, Skin Problem, Inflammation, Sprains, Pain, Fish, Aquatic Crustacean Bite, Rabies, Skin Infection, Ringworm, Fractures, Fungal Infections, Filaria, Hydrophobia, Sprain	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh <i>et al.</i> 2012; Thapa 2020; Muller-Boker 1993; Bhattarai & Acharya 2015; Bhattarai <i>et al.</i> 2011; Raut <i>et al.</i> 2025
97	<i>Calotropis procera</i> (Aiton) W.T.Aiton	Apocynaceae	S	Root, Latex	Soaked, Raw	Weakness, Scabies, Ringworm, Boils, Blisters, Abscesses to Remove Pus	Chaudhary <i>et al.</i> 2021; Singh & Hamal 2013
98	<i>Camellia sinensis</i> (L.) Kuntze	Theaceae	H	Leaf		Diarrhea	Chaudhary & Rajbhandry 2021
99	<i>Cannabis sativa</i> L.	Cannabaceae	C	Leaf, Seed, Root, Young shoot, Young stem, Bark, Shoot, Flower	Juice, Paste, Smoke, Powder, Dried,	Cuts, Wounds, Joint Pain, Eye Disease, Night Blindness, Abdominal Pain, as Narcotic, Sedative Tonic, Antispasmodic, Breast Cancer, Diarrhea, Diarrhea, Dysentery, Tiredness, Indigestion, Cough, Cold, Swelling of Private	Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dangol & Gurung 1991; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire &

					Decoction, Soaked, Raw	Parts, Leg and Hand Pain, Body Ache, Sleeping Disorder, Appetizer, Stomach Inflammation, Anti Anesthetic, Rabies, Tumors, Bronchitis, Burns, Epilepsy, Gonorrhea, Insomnia, Jaundice, Malaria, Migraine, Whooping Cough, Sore Eye, Appetite, Stimulant, Microbial Infection, Diabetes	Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh & Hamal 2013; Singh 2015; Singh 2017a; Bhattarai & Acharya 2015; Bhattarai <i>et al.</i> 2011
100	<i>Capparis zeylanica</i> L.	Capparaceae	H	Root	Juice	Gastritis, Stomachache, Boil	Bhatt 2012; Singh 2017a
101	<i>Capsicum annuum</i> L.	Solanaceae	S	Leaf, Fruit, Root	Paste, Oil, Pound, Fired (ash)	Diabetes, Appetizer, Gargling, Ear pain, Dysentery, Skin Diseases, Fever	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Ghimire & Bastakoti 2009
102	<i>Capsicum frutescens</i> L.	Solanaceae	T	Leaf	Juice	Eye Diseases, Headache	Bhatt 2012
103	<i>Carapichea ipecacuanha</i> (Brot.) L.Andersson	Rubiaceae	S	Leaf	Powder, Decoction	Dysentery, Expectorant, Venomous Insect Bites, Scorpion Bites	Singh 2015
104	<i>Cardiospermum halicacabum</i> L.	Sapindaceae	T			Inflammation	Singh 2017a
105	<i>Careya arborea</i> Roxb.	Lecythidaceae	T	Bark, fruit, Flower	Juice, Decoction, Raw	Wounds, Diarrhea, Fever, Snake Bite, Vomiting, Blisters, Dysentery, Tonic for Women after Childbirth and to heal Ruptures	Acharya & Acharya 2009; Bhatt 2012; Chaudhary <i>et al.</i> 2021; Singh 2015
106	<i>Carica papaya</i> L.	Caricaceae	S	Fruit, Root, Latex, Young stem, Stem, Leaf	Raw, Pickle, Cooked, Latex, Infusion, Juice	Jaundice, Stomach Swelling, Anthelmintic, Ringworm, Stomachache, Digestion, Pile, Kidney Stone, Lactation, Toothache, Scorpion Bite, Dysentery, Gastritis, Constipation, Ringworm, Gum Swelling, Stone, Ringworm Infection, Stomach Pain	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dhami 2008; Gharti <i>et al.</i> 2024; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Thapa 2020; Bhattarai <i>et al.</i> 2011
107	<i>Carissa carandas</i> L.	Apocynaceae	S	Root	Juice	Conjunctivitis	Bhattarai & Acharya 2015
108	<i>Cascabela thevetia</i> (L.) Lippold	Apocynaceae	S	Latex, Flower, Leaf	Latex, Powder, Juice	Ringworm, Menstrual Disorder, Ear Infection, Conjunctivitis	Chaudhary & Rajbhandry 2021
109	<i>Cassia fistula</i> L.	Fabaceae	S	Fruit, Root, Leaf, Seed	Juice, Powder, Raw, Boiled, Soaked, Decoction	Headache, Constipation, Piles, Dysentery, Allergy, Inflammation, Chest Complaint, Liver Complaint, Skin Diseases, Leprosy, Burning, Purgative, Tonic, Ringworm, Cooling Agent, Laxative, Headaches, Indigestion, Stomach Problems, Fever, Insomnia, Gastritis, Diarrhea, Cough, Cold, Antibacterial, Antifungal, Fungal Skin Infections, Appetizer	Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Dangol & Gurung 1991; Dhami 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh 2015; Singh 2017a; Bhattarai & Acharya 2015

110	<i>Catharanthus roseus</i> (L.) G.Don	Apocynaceae	S	Leaf, Root	Soaked, Decoction, Juice	Diabetes, Toothache, Muscle Pain, Gastritis	Chaudhary <i>et al.</i> 2021; Dhama 2008; Yadav & Chaudhary 2022
111	<i>Catunaregam spinosa</i> (Thunb.) Tirveng.	Rubiaceae	S	Bark, Fruit	Paste, Powder	Lactation, Asthma, Body Swelling, Headache, Blisters, Fish Poison, Leprosy	Chaudhary 2023
112	<i>Cautleya spicata</i> (Sm.) Baker	Zingiberaceae	H			Asthma, Bronchitis, Sinusitis, Heavy Menstrual Bleeding, Leucorrhea, Urine Retention	Singh 2015
113	<i>Celosia argentea</i> L.	Amaranthaceae	H	Flower		Menstrual Disorder	Chaudhary & Rai 2017
114	<i>Centella asiatica</i> (L.) Urb.	Apiaceae	H	Whole plant, Leaf, Young shoot, Root, Stem, Seed	Paste, Juice, Infusion, Soaked, Boiled, Pound, Raw, Decoction, Chewed	Tonic, Enhances Memory, Skin Disease, Nerve Troubles, Stomachache, Diuretic, Heat Stroke, Headache, Fever, Diarrhea, Cough, Body Heat, Gastritis, Diarrhea, Dysentery, Urine Burn, Lactation, Abdominal Cramps, Urinary Disorders, Urinary Troubles, Muscular Pain, Skin Diseases, Cuts, Wounds, Internal Heat, Swelling, Appetizer, Ringworm, Leprosy, Mental Disorders, Indigestion, Loose Motion, Leucorrhea, Heartburn, Mental Tension, Urinary Problem, Stomachache, Asthma, Diabetes	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dangol & Gurung 1991; Dhama 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Singh 2017a; Thapa 2020; Muller-Boker 1993; Bhattarai & Acharya 2015; Raut <i>et al.</i> 2025
115	<i>Centipeda minima</i> (L.) A.Br. & Asch.	Asteraceae	H	Leaf, Flower	Juice, Paste, Powder	Itching, Psoriasis, Nasal Congestion, Coughs, Colds, Toothache, Common Cold	Singh 2015; Singh 2017a; Bhattarai & Acharya 2015
116	<i>Centranthera grandiflora</i> Wall. ex Benth.	Orobanchaceae	H	Leaf	Juice	Fever	Bhatt 2012
117	<i>Cereus repandus</i> (L.) Mill.	Cactaceae	S	Stem	Juice	Cough	Chaudhary <i>et al.</i> 2021
118	<i>Ceriscoides turgida</i> (Roxb.) Tirveng.	Rubiaceae	S			Vomiting	Singh 2017a
119	<i>Cestrum diurnum</i> L.	Solanaceae	H	Whole Plant	Paste	Urinary Disorder	Gachhadar 2000; Chaudhary <i>et al.</i> 2021; Muller-Boker 1993
120	<i>Cheilanthes tenuifolia</i> (Burm.fil.) Sw.	Pteridaceae	H	Leaf	Paste	Abscesses	Singh & Hamal 2013
121	<i>Chenopodium album</i> L.	Amaranthaceae	H	Stem, Whole plant, Young shoot, Leaf, Shoot, Flower, Root	Cooked, Juice, Pound, Decoction, Rubbed	Urinary Tract Infections, Kidney Stone, Stomachache, Laxative, Anthelmintic, Diabetes, Constipation, Lactation, Blood Pressure, Avitaminosis, Joint Pain, Round Worms, Cleaning Bronchial Tubes after	Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Dhama 2008; Ghimire & Bastakoti 2009; Singh <i>et al.</i> 2012; Singh 2015; Muller-Boker 1993; Bhattarai <i>et al.</i> 2011

						Smoking, Roundworms, Spleen Disorder, Bile Disorder, Pectoral Disorders, Anthelmintic, Expel Dead Fetus, Weakness, Lung Cleansing, Nicotine Stains, Cough, Cold	
122	<i>Chenopodium ambrosioides</i> L.	Amaranthaceae	H	Leaf		High Blood Pressure	Kutal <i>et al.</i> 2026
123	<i>Chenopodium murale</i> L.	Amaranthaceae	H	Whole plant	Powder	Gastritis, Indigestion	Dangol & Gurung 1991
124	<i>Chlorophytum arundinaceum</i> Baker	Asparagaceae	H	Root, Tuber	Decoction, Powder, Juice	Tonic, Aphrodisiac, Impotency, Diabetes, Arthritis, Immunity, Mouth and Throat Problems, Postnatal Problems, Reproductive Problems, Asthma, Joint Pain, Weakness	Bhatt 2012; Singh 2015; Singh 2020a; Yadav & Chaudhary 2022
125	<i>Chlorophytum nepalense</i> (Lindl.) Baker	Asparagaceae	H	Tuber	Juice, Paste	Fever, Body ache, Hydrocele, Sterilizing Agent for Men or Women	Chaudhary & Rajbhandry 2021; Dangol & Gurung 1991
126	<i>Chlorophytum tuberosum</i> (Roxb.) Baker	Asparagaceae	H			Loose Motion	Singh 2017a
127	<i>Chrysopogon aciculatus</i> (Retz.) Trin.	Poaceae	H	Whole Plant	Smoke	Cuts, Wounds	Gachhadar 2000
128	<i>Chrysopogon zizanioides</i> (L.) Roberty	Poaceae	H	Root	Paste, Powder, Infusion	Fever, Inflammation, Stomach Irritability, Burning Sensations, Stomach Problem	Singh 2015; Singh 2020a
129	<i>Cicer arietinum</i> L.	Fabaceae	T	Seed	Cooked	Lactation	Chaudhary 2023
130	<i>Cinnamomum camphora</i> (L.) J.Presl	Lauraceae	T	Leaf	Juice	Back Pain, Muscle Pain, Arthritis, Itching, Antifungal Warts, Cold	Singh 2015
131	<i>Cinnamomum glaucescens</i> (Buch.-Ham. ex Nees) Hand.-Mazz.	Lauraceae	T	Fruit, Bark, Leaf	Juice, Oil	Analgesic, Antimicrobial, Wounds	Singh 2015
132	<i>Cinnamomum tamala</i> (Buch.-Ham.) T.Nees & Eberm.	Lauraceae	T	Bark, Leaf, Stem	Paste, Dried, Decoction	Headache, Common Cold, Tuberculosis, Bladder Disorders, Mouth Dryness, Diarrhea, Nausea, Intestinal Disorder	Chaudhary <i>et al.</i> 2021; Gharti <i>et al.</i> 2024; Singh 2015
133	<i>Cinnamomum verum</i> J.Presl	Lauraceae	H	Bark	Powder	Cough	Singh 2020a
134	<i>Cirsium arvense</i> (L.) Scop.	Asteraceae	C			Frequent Urine	Singh 2017a

135	<i>Cissampelos pareira</i> L.	Menispermaceae	C	Leaf, Root, Seed, Young shoot, Whole plant, Stem, Tuber	Paste, Raw, Juice, Soaked, Dried, Powder, Decoction	Jaundice, Children Diseases (Runche), Headache, Stomach Pain, Fever, Abortion, Abdominal Pain, Diarrhea, Dysentery, Severe Headache, Tonic for Intestinal Spasms, Skin Irritations, Ringworm, Burns, Wounds, Female Reproductive Issues, Hormonal Balance, Miscarriage, Childbirth, Menstrual Problems, Stomachache, Asthma, Cholera	Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary 2023; Dangol & Gurung 1991; Dhami 2008; Ghimire & Bastakoti 2009; Singh & Hamal 2013; Singh 2015; Singh 2017a; Yadav & Chaudhary 2022
136	<i>Cissampelos</i> sp.	Menispermaceae	C	Leaf, Root		Eye Ache, Stomachache, Constipation, Snake Bite, Pneumonia	Khanal <i>et al.</i> 2022
137	<i>Cissus quadrangularis</i> L.	Vitaceae	C	Shoot, Whole Plant	Cooked, Paste	Joint Pain, Arthritis, Constipation	Chaudhary <i>et al.</i> 2021
138	<i>Cissus repens</i> Lam.	Vitaceae	S	Bark	Decoction	Cough, Cold, Bronchitis	Bhattarai <i>et al.</i> 2009
139	<i>Citrus maxima</i> (Burm.) Merr.	Rutaceae	S			Indigestion	Kutal <i>et al.</i> 2026
140	<i>Citrus medica</i> L.	Rutaceae	T	Fruit	Juice	Constipation, Piles	Bhatt 2012
141	<i>Citrus sinensis</i> (L.) Osbeck	Rutaceae	S	Fruit	Chewed	Diarrhea	Raut <i>et al.</i> 2025
142	<i>Citrus</i> sp.	Rutaceae	T	Leaf, Fruit	Raw, Juice	Intestinal Worms, Appetizer	Dhami 2008; Gachhadar 2000
143	<i>Citrus × aurantiifolia</i> (Christm.) Swingle	Rutaceae	S	Fruit, Leaf, Root	Juice, Powder, Paste, Raw, Infusion, Decoction	Skin Problems, Eye Problems, Indigestion, Vomiting, Cold, Fever, Blood Circulation, Jaundice, Gonorrhea	Chaudhary & Rajbhandry 2021; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Singh 2020b
144	<i>Citrus × limon</i> (L.) Osbeck	Rutaceae	T	Fruit, Leaf	Raw, Boiled, Juice, Paste	Common Cold, Wounds, Internal Injuries, Scurvy, Dandruff, Body Weight Reduction, Diarrhea, Dysentery, Cough, Intestinal Worms, Pimples, Vomiting, Acidity	Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Dhami 2008; Singh <i>et al.</i> 2012; Bhattarai <i>et al.</i> 2011
145	<i>Clausena kanpurensis</i> Molino	Rutaceae	T	Leaf, Root		Menstruation Problem, Itching	Khanal <i>et al.</i> 2022
146	<i>Clerodendrum indicum</i> (L.) Kuntze	Lamiaceae	S	Stem	Raw	Cuts, Wounds, Allergy, Fever	Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021
147	<i>Clerodendrum infortunatum</i> L.	Lamiaceae	S	Leaf, Stem, Root	Decoction, Juice, Raw	Gastritis, Fever, Swelling, Stomachache, Wounds, Foul Breath, Antimicrobial	Chaudhary 2023; Dangol & Gurung 1991; Khanal <i>et al.</i> 2022; Thapa 2020
148	<i>Clerodendrum viscosum</i> Vent.	Lamiaceae	C	Young shoot, Leaf, Whole plant, Twig, Root, Bark, Node, Stem	Paste, Juice, Decoction, Raw, Boiled, Buti	Fever, Cuts, Wounds, Diarrhea, Stomach Worms, Ectoparasites, Earache, Body ache, High Blood Pressure, Blood Purification, Anti-Worming, Ear Pain, Skin Diseases, Skin Problems, Eczema, Ringworm, Alopecia,	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Dhami 2008; Kutal <i>et al.</i> 2026; Singh & Hamal 2013; Singh 2015; Singh 2020a; Singh 2020b; Muller-Boker, 1993

						Asthma, Cough, Rheumatism, Respiratory Diseases, High Blood Pressure, Liver Disorders, Earache	
149	<i>Cocculus hirsutus</i> (L.) W.Theob.	Menispermaceae	T			Skin Itching	Singh 2017a
150	<i>Cocos nucifera</i> L.	Arecaceae	S	Fruit, Bark	Oil, Decoction	Blood Purification, Vomiting, Wrinkle, Urinary Problems, Diuretic, Skin Care, Hair Care, Anthelmintic	Chaudhary & Rai 2017; Kutal <i>et al.</i> 2026
151	<i>Coffea benghalensis</i> B.Heyne ex Roth	Rubiaceae	H	Flower	Pound	Excessive Menstrual Bleeding	Ghimire & Bastakoti 2009
152	<i>Coix lacryma-jobi</i> L.	Poaceae	S	Seed		Boils	Chaudhary <i>et al.</i> 2021
153	<i>Colebrookea oppositifolia</i> Sm.	Lamiaceae	H	Leaf, Root, Young shoot	Juice, Powder, Heated, Pound, Oil, Paste	Cuts, Wounds, Eye Pain, Premature Ejaculation, Earaches, Fever, Cataracts, Sprains, Body Pain, Fractures, Epilepsy, Headache, Dysentery, Fracture	Bhatt 2012; Bhattarai <i>et al.</i> 2009; Dangol & Gurung 1991; Ghimire & Bastakoti 2009; Singh 2015; Singh 2017a; Singh 2020b
154	<i>Colocasia esculenta</i> (L.) Schott	Araceae	H	Leaf, Root, Rhizome, Corm, Whole plant	Paste, Juice, Cook	Skin Itching, Styptic, Urinal Hemorrhage, Laxative, Liver Problems, Cuts, Wounds	Bhatt 2012; Singh <i>et al.</i> 2012
155	<i>Colocasia sp.</i>	Araceae	H	Petiole	Juice	Cuts, Wounds	Gachhadar 2000
156	<i>Combretum indicum</i> (L.) De Filippis	Combretaceae	C	Leaf, Seed, Flower		Deworming, Diarrhea, Fever, Headache, Skin Diseases	Singh 2017b
157	<i>Corchorus capsularis</i> L.	Malvaceae	T	Bark	Paste	Burns	Chaudhary <i>et al.</i> 2021
158	<i>Cordia dichotoma</i> G.Forst.	Cordiaceae	C	Leaf, Bark	Boiled, Pound	Common Cold, Fever, Cough, Cold	Raut <i>et al.</i> 2025
159	<i>Cordia vestita</i> (A.DC.) Hook.fil. & Thomson	Cordiaceae	H	Fruit	Raw	Demulcent, Expectorant, Astringent	Bhatt 2012
160	<i>Coriandrum sativum</i> L.	Apiaceae	H	Leaf, Fruit, Seed	Paste, Juice	Foul Breath, Carminative, Tonic, Appetite, Allergy, Stomachache	Chaudhary & Rai 2017; Singh <i>et al.</i> 2012
161	<i>Crateva unilocularis</i> Buch.-Ham.	Capparaceae	H	Leaf		Diabetes, Hypertension	Acharya & Adhikari 2025
162	<i>Crinum amoenum</i> Ker Gawl. ex Roxb.	Amaryllidaceae	H	Bulb	Dried, Burnt	Swollen Testicles	Muller-Boker 1993

163	<i>Croton bonplandianus</i> Baill.	Euphorbiaceae	C	Young shoot, Leaf	Juice	Cuts	Chaudhary <i>et al.</i> 2021
164	<i>Cryptolepis buchananii</i> R.Br. ex Roem. & Schult.	Apocynaceae	C			Abnormal Bone	Singh 2017a
165	<i>Cucumis melo</i> L.	Cucurbitaceae	C	Fruit, Root	Raw, Dried, Powder	Rheumatism, Piles, Dysentery	Gachhadar 2000; Dangol & Gurung 1991
166	<i>Cucumis sativus</i> L.	Cucurbitaceae	C	Seed, Leaf, Root	Pound, Paste	Cough, Heartburn, Navel Swelling	Ghimire & Bastakoti 2009; Muller-Boker 1993
167	<i>Cucurbita maxima</i> Duchesne	Cucurbitaceae	H	Whole plant, Young shoot	Paste	Mumps	Bhatt 2012
168	<i>Curculigo orchoides</i> Gaertn.	Hypoxidaceae	H	Root	Boiled	Headache, Lactation, Aphrodisiac	Bhattarai <i>et al.</i> 2009; Khanal <i>et al.</i> 2022
169	<i>Curcuma amada</i> Roxb.	Zingiberaceae	H	Rhizome	Powder, Paste	Digestive, Rheumatism, Inflammation, Lowering Cholesterol, Cough, Cold, Testicle Swelling, Abdominal Pain	Singh <i>et al.</i> 2012; Singh 2015; Singh 2017a
170	<i>Curcuma angustifolia</i> Roxb.	Zingiberaceae	H	Root, Rhizome, Leaf	Roasted, Raw, Powder, Decoction, Boiled, Juice, Paste	Stomachache, Body Swelling, Cough, Cold, Sneezing, Leg and Hand Pain, Bone Dislocations, Peptic Ulcers, Dysentery, Diarrhea, Colitis, Antibacterial, Common Cold, Joint Pain, Gastritis, Tonic	Bhatt 2012; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Ghimire & Bastakoti 2009; Singh 2015; Singh 2020a; Raut <i>et al.</i> 2025
171	<i>Curcuma aromatica</i> Salisb.	Zingiberaceae	H	Rhizome		Psoriasis, Eczema, Acne, Gall Bladder Function, Anemia, Menstrual Cramps	Singh 2015
172	<i>Curcuma longa</i> L.	Zingiberaceae	H	Rhizome, Flower, Tuber, Root	Pound, Dried, Powder, Decoction, Paste, Juice, Decoction, Boiled	Cough, Cuts, Stomachache, Common Cold, Bleeding, Bronchitis, Diarrhea, Fever, Flies Repellent, Cold, Anthelmintic, Wounds, Indigestion, Stomach Swelling, Wound, Inflammation, Skin Problem, Stimulant, Blood Purifier, Jaundice, Liver Disorders, Allergy, Bone Fracture, Fever, Tuberculosis, Muscle Ache	Acharya & Adhikari 2025; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Gharti <i>et al.</i> 2024; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2020a; Thapa 2020; Yadav & Chaudhary 2022; Bhattarai <i>et al.</i> 2011
173	<i>Cuscuta chinensis</i> Lam.	Convolvulaceae	C	Whole plant		Jaundice	Acharya & Adhikari 2025
174	<i>Cuscuta reflexa</i> Roxb.	Convolvulaceae	H	Flower, Seed, Stem, Whole plant, Young shoot, Whole Plant	Paste, Buti, Juice, Decoction, Pound, Boiled, Infusion	Quick Delivery, Anthelmintic, Bilious Disorder, Jaundice, Hookworm, Roundworm, Rabies, Depression, Itching, Scabies, Joints problems, Bone Problems, Gastritis, Body Pain, Fractures, Rheumatism, Headache, Fever, Stomachache, Impotence, Premature	Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dangol & Gurung 1991; Dhimi 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh <i>et al.</i> 2012; Singh

						Ejaculation, Vaginal Discharge, Muscle-Ache, Cough, Cold	2015; Singh 2020a; Thapa 2020; Yadav & Chaudhary 2022
175	<i>Cymbopogon citratus</i> (DC.) Stapf	Poaceae	H	Leaf, Root	Infusion, Decoction	Cough, Cold, Headache, Fever, Toothache	Dhami 2008; Khanal <i>et al.</i> 2022; Singh <i>et al.</i> 2012
176	<i>Cymbopogon flexuosus</i> (Nees ex Steud.) W. Watson	Poaceae	H	Leaf	Dried	Stomachache, Vomiting, Cold	Gharti <i>et al.</i> 2024
177	<i>Cymbopogon winterianus</i> Jowitt ex Bor	Poaceae	H	Leaf	Oil	Anti-Inflammatory, Antioxidant	Singh 2015
178	<i>Cynodon dactylon</i> (L.) Pers.	Poaceae	H	Leaf, Whole plant, Flower, Seed, Young shoot, Stem, Whole Plant	Paste, Powder, Raw, Juice, Pound, Infusion	Cuts, Wounds, Hematuria, Scabies, Headache, Hypertension, Ringworm, Skin Itching, Poor Sight, Pneumonia, Burns, Eye Dust Removal, Irregular Periods, Earache, Fractures, Body Pain, Hepatitis, Leg Cracks, Cramps, Skin Disease, Urinary Problems, Piles, Eye Diseases, Urinary Disorder	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhami 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2015; Thapa 2020
179	<i>Cynoglossum zeylanicum</i> (Vahl) Thunb. ex Lehm.	Boraginaceae	H	Leaf, Seed	Pound	Cuts, Wounds	Ghimire & Bastakoti 2009
180	<i>Cyperus compressus</i> L.	Cyperaceae	H	Root, Whole plant	Paste	Fever, Fracture, Cuts, Scabies	Chaudhary & Rajbhandry 2021; Dangol & Gurung 1991
181	<i>Cyperus rotundus</i> L.	Cyperaceae	H	Leaf, Root, Whole plant, Bulb, Tuber, Rhizome	Paste, Raw, Infusion, Roasted, Decoction	Indigestion, Diarrhea, Vomiting, Cough, Bronchitis, Fever, Heat, Stomach Diseases, Headache, Stomachache, Dysentery, Diarrhea, Anti-Inflammatory, Wounds, Skin Disease, Tooth Decay, Pain Relief, Muscle Relaxation, Boils, Ringworm, Urinary Disorder	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhattarai <i>et al.</i> 2009; Chaudhary <i>et al.</i> 2021; Dhami 2008; Singh <i>et al.</i> 2012; Singh 2015; Thapa 2020
182	<i>Dactylorhiza hatagirea</i> (D. Don) Soó	Orchidaceae	H	Root	Powder	Wounds, Stomach Trouble, Cold-Related Swelling	Ghimire & Bastakoti 2009
183	<i>Dalbergia latifolia</i> Roxb.	Fabaceae	T	Root, Bark, Leaf, Seed	Decoction, Soaked, Juice	Body ache, Body Pain, Dyspepsia, Diarrhea, Obesity, Leprosy, Anti-Inflammatory Activity, Hysteria, Indigestion	Acharya & Acharya 2009; Acharya & Adhikari 2025; Singh 2015; Yadav & Chaudhary 2022
184	<i>Dalbergia sissoo</i> Roxb. ex DC.	Fabaceae	T	Bark, Leaf	Decoction, Paste, Infusion, Juice	Heat, Diarrhea, Swelling, Internal Heat, Constipation, Fever, Eye Problems, Dysentery, Cooling Effect, Anthelmintic, Cuts, Wounds, Dysentery, Fracture, Soothing Effects, Diarrhea, Gonorrhea, Reduce Body Heat, Skin Problems, Diabetes	Acharya & Adhikari 2025; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Dhami 2008; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Thapa 2020; Yadav & Chaudhary 2022

185	<i>Datura innoxia</i> Mill.	Solanaceae	H			Boils, Blisters	Singh 2017a
186	<i>Datura metel</i> L.	Solanaceae	S	Leaf, Flower, Stem, Fruit, Seed, Root	Smoke, Raw, Pound, Boiled, Powder, Boil, Smoke Juice, Decoction, Paste	Rheumatism, Asthma, Paralysis, Intestinal Problem, Toothache, Wounds, Bronchitis, Rabies, Conjunctivitis, Scabies, Boils, Epilepsy, Joint Pains, Urinary Disorder, Narcotic	Chaudhary <i>et al.</i> 2020; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Thapa 2020
187	<i>Datura stramonium</i> L.	Solanaceae	H	Seed, Leaf, Fruit	Roasted, Oil, Smoke	Asthma, Body ache, Eye Problems, Diarrhea, Dysentery, Tiredness, Bronchitis	Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Muller-Boker 1993
188	<i>Delonix regia</i> (Bojer ex Hook.) Raf.	Fabaceae	T	Leaf	Decoction	Gastritis, Body Pain, Rheumatic Joint Pain, Malaria	Singh 2015
189	<i>Dendrocalamus hamiltonii</i> Nees & Arn. ex Munro	Poaceae	T	Young shoot, Bark, Node, Stem	Powder, Juice, Paste, Cooked	Diabetes, Obesity, Wounds, Purgative, Boils, Aphrodisiac	Acharya & Adhikari 2025; Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Dhami 2008; Singh <i>et al.</i> 2012
190	<i>Dendrocalamus strictus</i> (Roxb.) Nees	Poaceae	T	Sap, Node, Stem	Boiled	Lactation, Cuts, Appetizer	Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022
191	<i>Desmostachya bipinnata</i> (L.) Stapf	Poaceae	H	Flower, Root, Whole plant	Paste, Boiled, Tied	Fracture, Loose Motion, Urine Retention, Snake Bite	Chaudhary & Rajbhandry 2021; Singh 2015; Bhattarai & Acharya 2015
192	<i>Dicliptera paniculata</i> (Forssk.) I.Darbysh.	Acanthaceae	H			Bone Fracture	Singh 2017a
193	<i>Dillenia pentagyna</i> Roxb.	Dilleniaceae	T	Bark	Powder, Dried, Decoction, Juice	Body Swelling, Body Pain, Swelling, Tick Bites, Diarrhea, Pain Reliever Postpartum	Bhatt 2012; Ghimire & Bastakoti 2009; Singh 2020a; Muller-Boker 1993
194	<i>Dioscorea bulbifera</i> L.	Dioscoreaceae	C	Root		Wounds	Khanal <i>et al.</i> 2022
195	<i>Dioscorea deltoidea</i> Wall. ex Griseb.	Dioscoreaceae	C	Fruit, Stem, Bulb	Boiled, Paste	Stomach Pain, Diabetes, Fracture, Wound, Fever, Abdominal Pain, Burning Sensations	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Dhami 2008
196	<i>Dioscorea pentaphylla</i> L.	Dioscoreaceae	C	Rhizome	Boil	Abdominal Pain	Singh <i>et al.</i> 2012
197	<i>Dioscorea sp.</i>	Dioscoreaceae	C	Root		Fever	Muller-Boker 1993

198	<i>Diospyros exsculpta</i> Buch.-Ham.	Ebenaceae	T			lose Motion	Singh 2017a
199	<i>Diplocyclos palmatus</i> (L.) C.Jeffrey	Cucurbitaceae	C	Seed	Powder	Fever	Ghimire & Bastakoti 2009
200	<i>Diplocyclos palmatus subsp. Palmatus</i>	Cucurbitaceae	C	Young stem	Paste	Skin Diseases	Ghimire & Bastakoti 2009
201	<i>Diploknema butyracea</i> (Roxb.) H.J.Lam	Sapotaceae	T	Fruit, Seed, Seed oil	Oil	Muscle Pain, Astringent, Burns, Scars	Acharya & Acharya 2009; Acharya & Adhikari 2025
202	<i>Dracaena trifasciata</i> (Prain) Mabb.	Asparagaceae	H	Leaf	Paste	Bite, Snake Bite, Ulcers	Raut <i>et al.</i> 2025
203	<i>Drimia indica</i> (Roxb.) Jessop	Asparagaceae	H	Bulb	Paste	Swelling, Rheumatism	Singh 2017a; Thapa 2020
204	<i>Drymaria cordata</i> (L.) Willd. ex Schult.	Caryophyllaceae	H	Whole plant		Indigestion, Heat	Acharya & Adhikari 2025
205	<i>Drymaria diandra</i> Blume	Caryophyllaceae	H	Whole plant	Juice	Sinusitis	Singh <i>et al.</i> 2012
206	<i>Dryopteris sp.</i>	Dryopteridaceae	H	Leaf, Root	Soaked, Decoction	Gastritis, Ulcer, Worms, Miscarriage	Acharya & Acharya 2009; Chaudhary <i>et al.</i> 2021
207	<i>Duhaldea cappa</i> (Buch.-Ham. ex D.Don) Pruski & Anderb.	Asteraceae	S	Root		Fever, Headache, Disorder Arose Due To Meat Intake	Acharya & Acharya 2009
208	<i>Dysphania ambrosioides</i> (L.) Mosyakin & Clemants	Amaranthaceae	H			Piles	Singh 2017a
209	<i>Echinops echinatus</i> Roxb.	Asteraceae	H			Abdominal Pain	Singh 2017a
210	<i>Eclipta alba</i> (L.) Hassk.	Asteraceae	H	Leaf		Gastrointestinal Problems, Hair Health	Acharya & Adhikari 2025
211	<i>Eclipta prostrata</i> (L.) L.	Asteraceae	H	Whole plant, Young shoot, Leaf, Root, Shoot	Paste, Juice, Soaked, Pound, Decoction	Cuts, Wounds, Fever, Antiseptic, Ulcer, Hands and Foot Healings, Treat Athlete's Foot, Skin Diseases, Pimples, Diarrhea, Dysentery, Skin Cracks, Foot, Toe and Hair Care, Wound, Fungal Disease, Cuts, Acidity, Jaundice, Fatty	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Dhimi 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Singh 2015; Singh 2017a;

						Liver, Heart Palpitations, Eczema, Teeth and Gums Care, Body-Swelling, Fungal Infection, Cracked Skin, Eyes, Treat White Spots	Thapa 2020; Muller-Boker 1993; Bhattarai & Acharya 2015
212	<i>Eleocharis acutangula</i> (Roxb.) Schult.	Cyperaceae	H	Flower		Repellent of Leeches	Chaudhary & Rajbhandry 2021
213	<i>Elephantopus mollis</i> Kunth	Asteraceae	H			Filariasis	Singh 2017a
214	<i>Elephantopus scaber</i> L.	Asteraceae	H	Leaf, Root, Roots, Whole plant	Paste, Soaked	Rheumatic Pain, Body Swelling, Diarrhea, Dysentery, Swelling, Stomach Pain, Vomiting, Ringworm, Constipation, Body Pain, Cough, Cold, Fever, Cuts, Wounds, Snake Bite	Bhatt 2012; Chaudhary & Rai 2017; Dhama 2008
215	<i>Eleusine coracana</i> (L.) Gaertn.	Poaceae	H	Seed, Root	Paste	Skin Diseases	Singh & Hamal 2013
216	<i>Eleusine indica</i> (L.) Gaertn.	Poaceae	H	Root		Eye Infection	Chaudhary <i>et al.</i> 2021
217	<i>Emilia sonchifolia</i> (L.) DC. ex Wight	Asteraceae	H	Whole plant	Juice	Earache, Cuts, Wounds	Dhama 2008
218	<i>Enicostema axillare</i> (Lam.) A.Raynal	Gentianaceae	H			Headache	Singh 2017a
219	<i>Enseta sp.</i>	Musaceae	H	Whole plant	Burnt	Yellow Fever	Muller-Boker 1993
220	<i>Equisetum arvense</i> L.	Equisetaceae	H	Whole plant	Juice, Infusion	Urination Problems, Urine Burn, Joint Pain, Leucorrhea, Spermatorrhea	Chaudhary 2023; Thapa 2020
221	<i>Equisetum debile</i> Roxb. ex Wall., 1829	Equisetaceae	H	Root	Paste	Body Ache	Bhatt 2012
222	<i>Equisetum diffusum</i> D.Don	Equisetaceae	H	Root, Whole plant, Stem	Juice, Ash, Pound	Fever, Urinary Troubles, Burns, Scabies, Skin Diseases, Fractures, Bone Dislocations	Dhama 2008; Ghimire & Bastakoti 2009
223	<i>Erigeron bonariensis</i> L.	Asteraceae	H	Leaf		Cough, Asthma, Cold	Chaudhary <i>et al.</i> 2020
224	<i>Eruca vesicaria</i> (L.) Cav.	Brassicaceae	H			Burns	Singh 2017a
225	<i>Erythrina arborescens</i> Roxb.	Fabaceae	T	Bark	Juice	Skin Abrasions	Bhattarai <i>et al.</i> 2009
226	<i>Erythrina stricta</i> Roxb.	Fabaceae	T			Menstrual Cycle	Singh 2017a
227	<i>Erythrina suberosa</i> Roxb.	Fabaceae	T	Seed	Powder	Ectoparasites	Chaudhary & Rajbhandry 2021
228	<i>Eugenia caryophyllus</i>	Myrtaceae	T	Buds	Boiled, Chewed	Fever, Common Cold	Raut <i>et al.</i> 2025

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229	<i>Eulaliopsis binata</i> (Retz.) C.E.Hubb.	Poaceae	H	Whole plant	Paste	Urinary Problem	Chaudhary <i>et al.</i> 2021
230	<i>Euphorbia antiquorum</i> L.	Euphorbiaceae	S	Leaf	Juice	Cough, Bronchitis	Thapa 2020
231	<i>Euphorbia fusiformis</i> Buch.-Ham. ex D.Don	Euphorbiaceae	H			Burn	Singh 2017a
232	<i>Euphorbia hirta</i> L.	Euphorbiaceae	H	Root, Whole plant, Latex, Leaf, Branch	Juice, Decoction, Raw, Latex, Soaked, Paste	Numb Legs, Cuts, Wounds, Lactation, Skin Diseases, Boils, Diarrhea, Dysentery, Bronchial Problems, Fever, Earache, Snake Bite, Diarrhea, Pneumonia, Ringworm, Skin Burns, Ringworm, Dengue, Skin Rashes, Leucorrhea, Stomach Worm	Acharya & Adhikari 2025; Chaudhary 2023; Dangol & Gurung 1991; Dhami 2008; Gharti <i>et al.</i> 2024; Khanal <i>et al.</i> 2022; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Singh 2015; Singh 2017a
233	<i>Euphorbia pulcherrima</i> Willd. ex Klotzsch	Euphorbiaceae	S	Bark, Whole plant, Inflorescence	Decoction	Skin Diseases, Fever, Lactation	Chaudhary & Rai 2017; Singh 2020b
234	<i>Euphorbia royleana</i> Boiss.	Euphorbiaceae	S	Leaf, Latex, Pith	Juice, Dried, Latex, Boiled, Paste	Cough, Cold, Constipation, Diarrhea, Dysentery, Ear Pain, Ear Wounds, Fever, Eye Injuries, Cuts, Wounds, Mud Bite, Pimples, Indigestion, Gastric Troubles, Fractures	Bhattarai <i>et al.</i> 2009; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dhami 2008
235	<i>Euphorbia sp.</i>	Euphorbiaceae	S	Stem	Juice	Skin Diseases	Gachhadar 2000
236	<i>Euphorbia tirucalli</i> L.	Euphorbiaceae	S	Latex, Twig	Raw, Roasted	Snakebite, Dry Cough	Singh 2020b
237	<i>Euphorbia tithymaloides</i> L.	Euphorbiaceae	S	Leaf	Paste	Muscular Pain	Chaudhary & Rajbhandry 2021
238	<i>Euploca strigosa</i> (Willd.) Diane & Hilger	Heliotropiaceae	H	Whole plant	Juice	Dysentery & Diarrhea	Gachhadar 2000
239	<i>Evolvulus nummularius</i> (L.) L.	Convolvulaceae	H	Leaf		Sore In Fingers, Cough, Cold	Khanal <i>et al.</i> 2022; Singh 2017a
240	<i>Ficus auriculata</i> Lour.	Moraceae	T	Young shoot, Fruit, Latex	Raw, Latex	Diarrhea, Dysentery, Cuts, Wounds, Boils	Dhami 2008; Singh 2015
241	<i>Ficus benghalensis</i> L.	Moraceae	T	Bark, Root, Leaf, Latex, Stem	Infusion, Decoction, Ash, Latex, Paste, Powder	Diarrhea, Dysentery, Diabetes, Stomachache, Fracture, Jamuha Rog, Skin Irritation, Toothache, Piles, Swelling, Muscular Pain, Mumps, Bruises, Rheumatism, Skin Cracks, Ear Worms, Wounds, Hair Loss, Toothache, Excessive Sleep, Chronic Digestive Issues,	Acharya & Acharya 2009; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary 2023; Dhami 2008; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Singh 2017b; Singh 2020a; Thapa 2020

						Female Sterility, Improves Memory, Reproductive Problems, Dental Care, Skin Problem, Toothache, Boils, Eye Infection, Gastritis, Skin Diseases	
242	<i>Ficus carica</i> L.	Moraceae	T	Leaf	Paste	Ringworm	Bhatt 2012
243	<i>Ficus elastica</i> Roxb.	Moraceae	T	Bark, Latex		Parasitic Worms, Cuts	Chaudhary & Rai 2017
244	<i>Ficus glomerata</i> hort. ex Miq., 1867	Moraceae	T	Latex	Latex	Cough, Cold	Chaudhary <i>et al.</i> 2021
245	<i>Ficus hispida</i> L.fil.	Moraceae	S	Bark, Leaf, Fruit, Latex	Latex, Heated, Juice	Earache, Miscarriage, Cough, Cold, Earaches, Hearing Weakness, Earache, White Patches	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Ghimire & Bastakoti 2009; Singh 2017a; Muller-Boker 1993
246	<i>Ficus racemosa</i> L.	Moraceae	T	Leaf, Latex, Sap, Resin, Gum, Bark, Root, Fruit, Stem	Juice, Latex	Heat Stroke, Tonsillitis, Muscular Pain, Cuts, Wounds, Fractures, Boils, Mumps, Abdominal Pain, Intestinal Spasms, Mouth Ulcers, Nose Bleeding, Menstrual Bleeding, Dysentery, Piles, Fistula, Leucorrhea, Urinary Issues, Internal Heat, Swelling, Diabetes, Toothache, Spermatorrhea	Bhatt 2012; Chaudhary & Rai 2017; Dhimi 2008; Ghimire & Bastakoti 2009; Singh 2017b; Thapa 2020
247	<i>Ficus religiosa</i> L.	Moraceae	T	Bark, Leaf, Fruit, Latex, Stem	Juice, Paste, Heated, Decoction, Ash, Latex, Pound, Infusion	Diabetes, Stomachache, Stomach Worms, Laxative, Purgative, Tooth Ache, Earache, Foot Diseases, Mouth Diseases, Swelling, Irregular Menstruation, Diarrhea, Dysentery, Toothache, Jaundice, Fever, Cuts, Wounds, Skin Diseases, Earache, Skin Disease	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dangol & Gurung 1991; Dhimi 2008; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh & Hamal 2013; Singh 2017b; Thapa 2020; Muller-Boker 1993
248	<i>Ficus sarmentosa</i> Buch.-Ham. ex Sm.	Moraceae	C	Leaf	Paste	Ringworm	Bhattarai & Acharya 2015
249	<i>Ficus semicordata</i> Buch.-Ham. ex Sm.	Moraceae	T	Root, Young leaf, Leaf, Fruit, Latex, plant sap, resin, and gums, Twig	Juice, Latex, Burnt, Smoke	Headache, Fever, Cooling, Gonorrhea, Jaundice, Menstrual Disorder, Constipation, Indigestion, Mumps, Earache	Acharya & Acharya 2009; Bhatt 2012; Dhimi 2008; Ghimire & Bastakoti 2009; Muller-Boker 1993
250	<i>Firmiana simplex</i> (L.) W.Wight	Malvaceae	T	Bark	Juice	Cough, Cold, Headache	Chaudhary 2023
251	<i>Flemingia strobilifera</i> (L.) W.T.Aiton	Fabaceae	S	Root, Twig	Paste, Juice	Indigestion, Fever, Diarrhea, Dysentery, Ring Worm, Crying Baby, Wounds	Dhimi 2008; Muller-Boker 1993; Bhattarai & Acharya 2015
252	<i>Foeniculum vulgare</i> Mill.	Apiaceae	H	Seed		Common Cold, Anthelmintic	Acharya & Adhikari 2025; Kutal <i>et al.</i> 2026

253	<i>Fumaria indica</i> (Hausskn.) Pugsley	Papaveraceae	H	Whole plant, Young shoot	Juice	Diuretic	Bhatt 2012
254	<i>Gardenia jasminoides</i> J.Ellis	Rubiaceae	S	Flower, Bud, Fruit, Seed	Soaked, Powder	Quench Thirst, Rheumatoid Arthritis, Blood Purification, Eczema, Jaundice, Urinary Problems	Dangol & Gurung 1991; Singh 2017b; Singh 2020a; Singh 2020b
255	<i>Garuga pinnata</i> Roxb.	Burseraceae	T	Bark, Stem, Leaf, Fruit	Pound	Cuts, Asthma, Roundworms, Gastropathy, Conjunctivitis	Ghimire & Bastakoti 2009; Singh 2017b
256	<i>Gaultheria fragrantissima</i> Wall.	Ericaceae	S	Leaf	Oil	Relief Pain (Head, Legs and Hands)	Acharya & Acharya 2009
257	<i>Gloriosa superba</i> L.	Colchicaceae	C	Rhizome	Paste	Ringworm, Skin Diseases	Singh & Hamal 2013; Singh <i>et al.</i> 2012
258	<i>Glycine max</i> (L.) Merr.	Fabaceae	H	Seed	Raw	Lactation	Chaudhary 2023
259	<i>Glycosmis mauritiana</i> (Lam.) Yu.Tanaka	Rutaceae	S			Fever	Singh 2017a
260	<i>Glycyrrhiza glabra</i> L.	Fabaceae	S	Stem		Cough	Chaudhary <i>et al.</i> 2021
261	<i>Gmelina arborea</i> Roxb. ex Sm.	Lamiaceae	T	Leaf	Juice	Fever, Fracture	Dangol & Gurung 1991; Singh 2017a
262	<i>Gonostegia triandra</i> (Blume) Miq.	Urticaceae	H	Whole plant	Pound	Wounds, Boils, Muscular Swelling	Ghimire & Bastakoti 2009
263	<i>Gossypium hirsutum</i> L.	Malvaceae	S	Bark, Root		Hemorrhage, Tongue Infection, Gum Infection, Fever	Chaudhary & Rai 2017
264	<i>Grewia sapida</i> Roxb.	Malvaceae	S	Fruit	Juice	Dysentery	Dangol & Gurung 1991
265	<i>Guilandina bonduc</i> L.	Fabaceae	C	Root, Rhizome, Seed, Leaf	Paste, Roasted, Decoction, Powder	Anthelmintic, Indigestion, Stomachache, Appetizer, Fever, Typhoid, Pneumonia, Chest Pain, Stomach Pain, Malaria, Hernia, Sexual Weakness, Chicken Pox, Malaria Fever Rheumatism	Bhatt 2012; Chaudhary & Rajbhandry 2021; Chaudhary 2023; Singh 2015; Singh 2017a; Singh 2020a; Singh 2020b; Tharu <i>et al.</i> , 2023
266	<i>Guizotia abyssinica</i> (L.fil.) Cass.	Asteraceae	H	Seed			Chaudhary & Rai 2017
267	<i>Gymnema sylvestre</i> (Retz.) R.Br. ex Sm.	Apocynaceae	C	Leaf		Increases Hemoglobin, Cough, Cold, Malaria, Snakebite, Weight Reduction	Singh 2017b
268	<i>Helicteres isora</i> L.	Malvaceae	S	Root, Leaf	Paste	Blisters, Dysentery, Anthelmintic	Bhatt 2012; Singh 2017a; Muller-Boker 1993
269	<i>Heliotropium indicum</i> L.	Heliotropiaceae	H	Whole plant	Juice	Wounds, Allergy, Cuts	Singh & Hamal 2013

270	<i>Hellenia speciosa</i> (J.Koenig) S.R.Dutta	Costaceae	H	Rhizome, Whole plant, Stem	Boiled, Paste	Fever, Swollen Feet, Wounds, Jaundice	Khanal <i>et al.</i> 2022
271	<i>Heptapleurum venulosum</i> (Wight & Arn.) Seem.	Araliaceae	S	Stem, Twig	Powder	Rheumatism, Menstruation Disorders, Irregular Menstrual Cycles, Fever	Ghimire & Bastakoti 2009; Muller-Boker 1993
272	<i>Heynea trijuga</i> Roxb.	Meliaceae	T	Root, Bark, Leaf	Paste	Menstruation Disorders, Piles	Dangol & Gurung 1991
273	<i>Hibiscus cannabinus</i> L.	Malvaceae	H	Leaf, Seed		Dysentery, Tonic Stomach	Chaudhary & Rai 2017
274	<i>Hibiscus rosa-sinensis</i> L.	Malvaceae	S	Leaf, Root, Flower, Twig, Stem	Paste, Juice, Raw, Soaked, Boiled	Cold, Cough, Emollient, Aperients, Cuts, Wounds, Fever, Menstruation Disorder, Sterility in Women, Irregular Periods, Venereal Diseases, Boils, Wound, Swelling, Indigestion, Urination, Liver Disorders, High Blood Pressure, Headaches, Irregular Menstruation, Liver Disorder, Arthritis, Gonorrhea, Stomachache, Excessive Menstrual Bleeding and Pain, Menstrual Cramp, Gastritis	Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhami 2008; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh 2017a; Singh 2017b; Singh 2020a; Singh 2020b; Yadav & Chaudhary 2022; Bhattarai <i>et al.</i> 2011
275	<i>Hibiscus sabdariffa</i> L.	Malvaceae	S	Leaf, Fruit		Wounds	Chaudhary & Rai 2017
276	<i>Holarrhena pubescens</i> (Buch.-Ham.) Wall. ex G.Don	Apocynaceae	T	Bark, Fruit, Wood	Juice, Decoction, Powder, Dried	Dysentery, Diarrhea, Worms, Asthma, Gastritis, Body Swelling, Blood Pressure, Mental Disorder, Stomachache, Rheumatic Pain, Diarrhea, Piles, Chest Infections, Toothache, Indigestion, Fever, Cough, Boils, Ulcer, Stomachache	Acharya & Acharya 2009; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary <i>et al.</i> 2021; Ghimire & Bastakoti 2009; Singh 2017b; Thapa 2020; Yadav & Chaudhary 2022; Muller-Boker 1993
277	<i>Hordeum vulgare</i> L.	Poaceae	H	Fruit		Wounds	Khanal <i>et al.</i> 2022
278	<i>Hydrangea anomala</i> D.Don	Hydrangeaceae	C	Leaf, Bark, Root	Decoction	Kidney Stones, Bladder Stones, Wounds, Burns, Malaria, Kidney Stone	Singh 2017b; Singh 2020a
279	<i>Hydrocotyle sibthorpioides</i> Lam.	Araliaceae	H	Whole plant	Boiled	Fever, Urinary Disorders	Dangol & Gurung 1991
280	<i>Hygrophila auriculata</i> (Schumach.) Heine	Acanthaceae	H	Root, Seed, Leaf	Paste, Infusion	Piles, Muscular Pain, Sexual Disorder, Skin Itching, Diabetes	Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Singh 2017a
281	<i>Hypotrachyna nepalensis</i> (Taylor) Divakar, A. Crespo, Sipman, Elix & Lumbsch	Parmeliaceae	H	Whole plant		Gum and Throat Diseases, Scabies, Piles, Leprosy	Acharya & Acharya 2009

282	<i>Imperata cylindrica</i> (L.) Raeusch.	Poaceae	H	Root, Rhizome, Leaf, Whole plant	Juice, Paste, Burnt	Cuts, Wounds, Pneumonia, Anthelmintic, Galactagogue, Body Pain, Diarrhea, Dysentery, Indigestion, Fever, Boils, Dysentery, Used as an Effective Skin Softener, Chapped Skin, Urinary Disorder	Bhatt 2012; Chaudhary & Rai 2017; Dhami 2008; Kutal <i>et al.</i> 2026; Singh 2017b; Muller-Boker 1993
283	<i>Indigofera cassioides</i> Rottler ex DC.	Fabaceae	S	Flower, Root	Decoction	Treats Cough, Chest Pain, Cough	Singh 2017b; Singh 2020b
284	<i>Ipomoea aquatica</i> Forssk.	Convolvulaceae	H	Young shoot, Leaf, Bud, Stem	Paste, Pound, Juice, Cooked	Skin Allergy, Weakness, Nervousness, Cuts, Wounds, Ringworm, Skin Diseases, Gastritis, Burns, Prickly Heat, Debility, Boils, Allergy, Eczema	Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Dhami 2008; Ghimire & Bastakoti 2009; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Thapa 2020
285	<i>Ipomoea batatas</i> (L.) Lam.	Convolvulaceae	H	Root, Leaf	Juice	Carminative, Laxative, Diuretic, Diabetes	Chaudhary & Rai 2017; Singh <i>et al.</i> 2012
286	<i>Ipomoea carnea</i> Jacq.	Convolvulaceae	S	Stem, Whole plant, Latex, Young shoot, Leaf	Juice, Latex	Back Pain, Allergy, Blisters, Inflammation, Boils, Mumps, Wounds, Withdraw Spines, Cuts, Skin Diseases	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Khanal <i>et al.</i> 2022; Singh 2017a; Thapa 2020
287	<i>Ipomoea muricata</i> (L.) Jacq.	Convolvulaceae	C	Seed		Diabetes, Dysentery, Constipation, Arthritis, Rheumatism, Meningitis, Kidney Ailments, Pharyngitis	Singh 2017b
288	<i>Jasminum auriculatum</i> Vahl	Oleaceae	S	Leaf, Root, Flower	Raw, Paste, Infusion	Ringworm, Ulcers, Tuberculosis, Mouth Ulcer	Singh 2017b; Singh 2020b
289	<i>Jasminum multiflorum</i> (Burm.f.) Andrews	Oleaceae	S	Leaf, Root	Decoction, Raw, Juice	Wounds, Ulcer, Skin Diseases, Digestive Problems, Stomach Swelling	Singh 2020b; Bhattarai & Acharya 2015
290	<i>Jatropha curcas</i> L.	Euphorbiaceae	S	Root, Twig, Stem, Latex, Seed, Whole plant	Juice, Infusion, Latex, Paste, Raw	Anthelmintic, Anti-Allergy, Swelling Gums, Swelling Testes, Skin Diseases, Purgative, Weakness, Loss of Appetite, Tonic after Delivery, Burns, Athlete's Foot Treatment, Mud Bite, Wounds, Gum Infections, Boils, Mouth infection, Toothache, Chapped Skin, Strengthens Teeth, Urinary Disorder	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Dhami 2008; Ghimire & Bastakoti 2009; Thapa 2020; Muller-Boker 1993
291	<i>Jatropha gossypifolia</i> L.	Euphorbiaceae	S	Stem, Root	Infusion	Weaknesses, Loss of Appetite, Tonic after Delivery	Chaudhary <i>et al.</i> 2021
292	<i>Justicia adhatoda</i> L.	Acanthaceae	S	Leaf, Root, Flower, Whole plant, Bark, Twig	Decoction, Pound, Boiled, Juice, Powder	Coughs, Bronchitis, Cold, Cough, Asthma, Skin Problem, Gastritis, Vomiting, Fever, Blood Purifier, Jaundice, Inflammation of Eye, Urinary Problems, Expelling Worms, Common Cold, Typhoid, Blood Purification, Malarial Fever, Expectorant, Sinusitis, Colds	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhattarai <i>et al.</i> 2009; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Ghimire & Bastakoti 2009; Singh <i>et al.</i> 2012; Thapa 2020; Muller-Boker 1993

293	<i>Kaempferia rotunda</i> L.	Zingiberaceae	H	Tuber	Paste	Boils, Tumors	Singh & Hamal 2013
294	<i>Kalanchoe integra</i> (Medik.) Kuntze	Crassulaceae	H	Leaf		High Blood Pressure, Cuts, Wounds, Insect Bites	Singh 2017b
295	<i>Kalanchoe pinnata</i> (Lam.) Pers.	Crassulaceae	H	Leaf, Latex	Raw, Juice, Heated, Paste, Infusion, Chewed	Boils, Wounds, Insect Bites, Dysentery, Stomach Stone, Stone Disease, Stomachache, Cuts, Joint Pain, High Blood Pressure, Abscesses, Burns, Gall Bladder Stone, Kidney Stone, Urinary Bladder Stone, Diarrhea, Tuberculosis, Earache, Diabetes, Pregnancy, Swelling	Khanal <i>et al.</i> 2022
296	<i>Kalanchoe sp.</i>	Crassulaceae	H	Leaf	Juice	Wounds, Burns	Kutal <i>et al.</i> 2026
297	<i>Kigelia africana</i> (Lam.) Benth.	Bignoniaceae	T	Fruit		Snake Bite	Khanal <i>et al.</i> 2022
298	<i>Lablab purpureus</i> (L.) Sweet	Fabaceae	C	Leaf		Ring Worm	Khanal <i>et al.</i> 2022
299	<i>Lablab purpureus</i> subsp. <i>Purpureus</i>	Fabaceae	C	Leaf	Juice	Ringworm Infection	Khanal <i>et al.</i> 2022
300	<i>Lagenaria siceraria</i> (Molina) Standl.	Cucurbitaceae	C	Leaf, Young shoot, Fruit, Root, Seed	Juice, Heated, Paste, Ash, Pound, Cook, Decoction, Raw	Burns, Arthritis, Skin Diseases, Swelling, Cough, Acidity, Indigestion, Ulcers, Lactation, Jaundice, Diarrhea, Dysentery, Mental Tonic, Delivery Problems	Bhatt 2012; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012
301	<i>Lagerstroemia parviflora</i> Roxb.	Lythraceae	T	Bark, Stem	Pound, Raw	Diarrhea, Dysentery, Leucorrhea	Ghimire & Bastakoti 2009; Thapa 2020
302	<i>Lannea coromandelica</i> (Houtt.) Merr.	Anacardiaceae	T	Bark	Juice, Dried, Paste	Diarrhea, Stomach Swelling, Blood Coagulation, Cuts, Wounds, Nose bleeding	Raut <i>et al.</i> 2025
303	<i>Lantana camara</i> L.	Verbenaceae	S	Root, Leaf, Flower	Paste	Cuts	Chaudhary & Rai 2017
304	<i>Launaea acaulis</i> (Hook.fil.) Babc. ex Kerr	Asteraceae	H			Redness in Eye	Singh 2017a
305	<i>Lawsonia inermis</i> L.	Lythraceae	S	Leaf, Root, Whole plant, Stem, Bark, Seed	Paste, Juice, Powder, Oil, Infusion	Cuts, Wounds, Cut, Jaundice, Asthma, Cough, Piles, Syphilis, Tenesmus, Cooling Agent, Mud Bites, Skin Disease, Hair Treatment, Dandruff, Antimicrobial, Burning Sensations, Frequent Motion, Mouth Ulcers, Fungal Infection,	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2020; Dharmi 2008; Khanal <i>et al.</i> 2022; Singh & Hamal 2013; Singh 2017a; Singh 2017b; Singh

						Arthritis, Sore Throat, Skin Diseases, Headache, Dysentery, Diarrhea, Diuretic, Microbial Infection	2020a; Singh 2020b; Thapa 2020; Bhattarai <i>et al.</i> 2011
306	<i>Leea asiatica</i> (L.) Ridsdale	Vitaceae	S	Root		Stomachache	Khanal <i>et al.</i> 2022
307	<i>Leea macrophylla</i> Roxb. ex Hornem.	Vitaceae	S	Root, Leaf	Decoction, Juice	Fever, Bone Fracture, Muscle Ache, Sexual Disability, Boils	Bhatt 2012; Singh 2017a; Yadav & Chaudhary 2022
308	<i>Lepidium sativum</i> L.	Brassicaceae	H	Seed, Leaf, Whole Plant	Paste, Raw, Cooked	Back Pain, Lactation, Eye Infection, Rheumatism, Liver Problems, Joint Pain	Acharya & Adhikari 2025; Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Singh <i>et al.</i> 2012; Raut <i>et al.</i> 2025
309	<i>Leucas aspera</i> (Willd.) Link	Lamiaceae	H	Whole plant, Leaf, Root	Paste, Juice	Cuts, Wounds, Boils, Skin Disorder, Ringworm, Blisters, Appetizer, Gastritis, Indigestion, Asthma	Chaudhary <i>et al.</i> 2020; Dangol & Gurung 1991; Singh 2017a; Thapa 2020
310	<i>Leucas cephalotes</i> (Roth) Spreng.	Lamiaceae	H	Flower, Seed, Leaf, Stem, Root, Shoot	Smoke, Paste, Juice	Jaundice, Loss of Appetite, Diarrhea, Indigestion, Cough, Headache, Eye Problems, Ringworm, Burns, Boils, Blisters, Insect Bite, Impotency, Cold, Malarial Fever, Sinusitis	Bhatt 2012; Chaudhary & Rajbhandry 2021; Dangol & Gurung 1991; Singh & Hamal 2013; Singh 2017a; Singh 2017b; Singh 2020a
311	<i>Leucas indica</i> (L.) R.Br., 1811	Lamiaceae	H	Leaf, Young shoot	Juice, Pickle, Paste	Nervous Diseases, Toothache, Cough, Cold, Constipation	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021
312	<i>Linum usitatissimum</i> L.	Linaceae	H	Seed	Powder, Oil, Boiled	Cough, Cold, Bronchial Infection, Gonorrhea, Diarrhea, Cuts, Wounds, Burns, Boils, Rheumatism, Swellings, Hair Fall	Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Singh <i>et al.</i> 2012; Bhattarai <i>et al.</i> 2011
313	<i>Litsea glutinosa</i> (Lour.) C.B.Rob.	Lauraceae	T	Root	Paste	Internal Injuries, Sprains	Bhatt 2012; Singh 2017a
314	<i>Litsea monopetala</i> (Roxb. ex Baker) Pers.	Lauraceae	T	Bark, Leaf, Wood		Diarrhea, Dysentery, Abdominal Pains, Fractures	Singh 2017b
315	<i>Luffa aegyptiaca</i> Mill.	Cucurbitaceae	C	Leaf, Seed	Paste, Soaked, Squeezed Juice	Cuts, Wounds, Skin Problems, Piles, Chickenpox	Chaudhary & Rajbhandry 2021; Singh 2017a; Muller-Boker 1993
316	<i>Lycopodium clavatum</i> L.	Lycopodiaceae	H	Root	Juice	Cuts, Wounds	Singh & Hamal 2013
317	<i>Lygodium flexuosum</i> (L.) Sw.	Lygodiaceae	C	Root	Paste	Scabies, Premature Ejaculation	Bhatt 2012; Singh 2017a
318	<i>Lygodium japonicum</i> (Thunb.) Sw.	Lygodiaceae	C	Whole plant, Seed, Leaf, Rhizome	Infusion	Diuretics, Kidney Problems, Urinary Problems, Ringworm, Eczema, Wounds, Warts on Hand	Singh 2017b; Bhattarai & Acharya 2015
319	<i>Lygodium palmatum</i> (Bernh.) Sw.	Lygodiaceae	C	Leaf	Paste	Headache, Cuts, Wounds, Boils	Dhami 2008

320	<i>Lysimachia arvensis</i> (L.) U.Manns & Anderb.	Primulaceae	H	Whole plant	Paste	Skin Diseases, Snake Bite	Singh & Hamal 2013
321	<i>Machilus gamblei</i> King ex Hook.fil.	Lauraceae	T	Bark	Paste	Bone Dislocation, Fractures	Chaudhary <i>et al.</i> 2021
322	<i>Macrotyloma uniflorum</i> (Lam.) Verdc.	Fabaceae	H	Seed	Infusion, Cooked	Kidney Stone, Fever	Chaudhary <i>et al.</i> 2021; Raut <i>et al.</i> 2025
323	<i>Madhuca longifolia</i> (J.Koenig ex L.) J.F.Macbr.	Sapotaceae	T	Bark, Seed, Flower	Paste, Liquid, Decoction	Cuts, Wounds, Skin Diseases, Tiredness, Fish Poison, Tonic	Chaudhary <i>et al.</i> 2021; Bhattarai & Acharya 2015
324	<i>Madhuca longifolia</i> <i>var. latifolia</i> (Roxb.) A.Chev.	Sapotaceae	T	Bark, Flower, Seed		Lactation, Diabetes, Skin Disease, Headache, Rheumatism, Arthritis, Gum Infections, Throat Infections	Chaudhary <i>et al.</i> 2021; Bhattarai & Acharya 2015
325	<i>Magnolia champaca</i> (L.) Baill. ex Pierre	Magnoliaceae	T	Flower	Paste	Sterility In Women, Irregular Periods	Chaudhary 2023
326	<i>Mallotus philippensis</i> (Lam.) Müll.Arg.	Euphorbiaceae	T	Bark, Fruit, Root, Leaf	Juice, Powder, Boiled, Decoction	Diarrhea, Dysentery, Bronchitis, Ear Infection, Anthelmintic, Scabies, Dandruff, Diarrhea, Asthma, Urinary Tract Infection, Gastritis, Anthelmintic, Indigestion, Fungal Infection, Boils, Tapeworms, Typhoid, Meningitis, Skin Itching, Cough, Constipation, Flatulence, Wounds, Ulcers	Acharya & Acharya 2009; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Dangol & Gurung 1991; Dhami 2008; Ghimire & Bastakoti 2009; Singh 2017a; Singh 2017b
327	<i>Malva parviflora</i> L.	Malvaceae	H	Young shoot, Seed	Decoction	Cough, Throat Gland Problems, Control Periods	Singh <i>et al.</i> 2012
328	<i>Mangifera indica</i> L.	Anacardiaceae	T	Bark, Fruit, Twig, Leaf, Seed	Juice, Paste, Decoction, Pound, Boiled, Ash	Diarrhea, Indigestion, Loss of Appetite, Urinary Problems, Burns, Jaundice, Anthelmintic, Ringworm, Skin Diseases, Abdominal Pain, Dysentery, Hepatitis, Skin, Scorpion Bite, Cuts	Raut <i>et al.</i> 2025
329	<i>Manihot esculenta</i> Crantz	Euphorbiaceae	S	Leaf, Root	Paste, Juice	Measles, Skin Rashes, Wounds, Sores	Singh 2020b
330	<i>Marsdenia roylei</i> Wight	Apocynaceae	C	Young shoot, Stem, Leaf	Pound, Boiled	Fractures, Sprains, Dislocations, Wounds	Ghimire & Bastakoti 2009
331	<i>Marsdenia tinctoria</i> R.Br.	Apocynaceae	C	Flower		Rheumatism, Thymus Disorders, Blood Purification	Acharya & Acharya 2009
332	<i>Matricaria chamomilla</i> L.	Asteraceae	H	Flower	Infusion	Sore Stomach, Digestive Disorders, Laxative, Stomach Problem	Singh 2017b; Singh 2020a

333	<i>Melia azedarach</i> L.	Meliaceae	T	Bark, Fruit, Leaf, Root, Twig, Stem, Flower, Seed	Paste, Raw, Juice, Decoction, Pound	Hair Tonic, Anthelmintic, Vomiting, Blood Purification, Urinary Discharge, Indigestion, Anthelminthic, Diarrhea, Cholera, Constipation, Insect Attack, Toothbrush, Body Pain, Antifungal, Fever, Headache, Boils, Worms, Pimples, Itching, Allergy, Skin Diseases, Wounds, Scabies, Skin Eruption, Blisters, Piles, Gingivitis, Pyrexia, Gonorrhea, Gastritis, Toothache	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2020; Dangol & Gurung 1991; Dhimi 2008; Ghimire & Bastakoti 2009; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Singh 2017a; Singh 2017b; Thapa 2020
334	<i>Mentha arvensis</i> L.	Lamiaceae	H	Whole plant, Young shoot, Roots, Stem, Leaf, Seed	Raw, Pickle, Paste, Soaked	Cold, Fever, Cough, Rheumatism, Indigestion, Vomiting, Abdominal Cramps, Joint Pain, Muscular Pain, Flatulence, Nausea	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary 2023; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh 2017b
335	<i>Mentha longifolia</i> (L.) L.	Lamiaceae	H	Leaf	Decoction	Fever	Bhatt 2012
336	<i>Mentha spicata</i> L.	Lamiaceae	H	Leaf, Whole plant	Pickle, Raw, Soaked, Decoction, Juice, Paste	Throat Infection, Indigestion, Heat Stroke, Anthelmintic, Nausea, Vomiting, Headache, Fever, Easy Delivery, Diarrhea, Dysentery	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Dhimi 2008; Singh <i>et al.</i> 2012; Thapa 2020; Raut <i>et al.</i> 2025
337	<i>Mentha viridis</i> (L.) L.	Lamiaceae	H	Leaf		Vomiting	Singh 2020a
338	<i>Mentha × piperita</i> L.	Lamiaceae	H	Whole plant	Oil	Joint Pain	Raut <i>et al.</i> 2025
339	<i>Michelia champaca</i> L.	Magnoliaceae	T	Bark, Flower	Infusion	Fever, Dyspepsia, Nausea, Eye Problem	Singh 2017b; Singh 2020a
340	<i>Millettia extensa</i> (Benth.) Benth. ex Baker	Fabaceae	C	Leaf, Root		Animal Lice and Worms	Acharya & Acharya 2009
341	<i>Mimosa pudica</i> L.	Fabaceae	H	Root, Flower, Leaf, Whole plant, Young shoot, Bark	Paste, Decoction, Latex, Juice, Powder, Pound, Raw, Infusion	Piles, Urinary Problems, Ringworm, Pneumonia, Swelling, Stomach Stone, Eye Infection, Abdominal Cramps, Jaundice, Fever, Diarrhea, Dysentery, Asthma, Leucorrhea, Gastritis, Swelling, Cuts, Wounds, Skin Diseases, Hydrocele, Diarrhea, Gland Tumors, Sinus Disorders, Cough, Cold, Neurological Problems, Body Stones, Hair Fall, Dandruff, Skin Infection, Gastritis	Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhimi 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Singh & Hamal 2013; Singh <i>et al.</i> 2012; Singh 2017b; Singh 2020a; Thapa 2020; Raut <i>et al.</i> 2025
342	<i>Mimosa rubicaulis</i> Lam.	Fabaceae	S	Young shoot, Root	Pound	Sprains, Backache, Rheumatism	Ghimire & Bastakoti 2009

343	<i>Mirabilis jalapa</i> L.	Nyctaginaceae	S	Root, Leaf, Flower	Juice, Paste, Latex, Soaked	Lactation, Demulcent, Boils, Hysteria, Inflammation, Nose Bleeding	Chaudhary 2023; Singh & Hamal 2013; Yadav & Chaudhary 2022; Muller-Boker 1993
344	<i>Momordica charantia</i> L.	Cucurbitaceae	C	Fruit, Leaf, Root	Juice, Raw, Infusion, Cooked	Fever, Anthelmintic, Piles, Diabetic, High Blood Pressure, Skin Diseases, Diabetes, Ear Infection, Hypertension	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Dhama 2008; Singh 2020a; Thapa 2020; Bhattarai <i>et al.</i> 2011
345	<i>Morella esculenta</i> (Buch.-Ham. ex D.Don) I.M.Turner	Myricaceae	T	Bark	Raw, Juice	Asthma, Cough, Cholera, Dry Mouth, Diarrhea	Chaudhary & Rai 2017; Chaudhary 2023
346	<i>Moringa oleifera</i> Lam.	Moringaceae	T	Bark, Root, Leaf, Fruit, Gum, Stem, Whole plant	Raw, Paste, Juice, Powder, Decoction	Cuts, Wounds, Blood Clotting, High Blood Pressure, Flies Repellent, Dysentery, Earache, Heaviness of Head, Dental Care, Leprosy, Syphilis, Contraception, Asthma, Diabetes, Obesity, Scurvy	Bhatt 2012; Chaudhary & Rai 2017; Singh 2017a; Singh 2020a; Yadav & Chaudhary 2022
347	<i>Morus alba</i> L.	Moraceae	T	Leaf, Bark, Fruit		Fever, Toothache, Dental Caries, Constipation, Purifies Blood	Singh 2017b
348	<i>Morus macroura</i> Miq.	Moraceae	T	Root, Bark	Pound, Boiled	Stomach Worms, Throat Pain	Ghimire & Bastakoti 2009
349	<i>Morus serrata</i> Roxb.	Moraceae	T	Bark, Root, Fruit	Paste, Juice, Raw	Diarrhea, Anthelmintic, Typhoid Fever, Anthelmintic, Cuts, Wounds, Indigestion, Constipation	Bhattarai <i>et al.</i> 2009; Dhama 2008
350	<i>Mucuna pruriens</i> (L.) DC.	Fabaceae	C	Root, Fruit, Seed	Decoction	Frequent Urination, Weakness, Headache, Snakebite, Male Sterility, Nervous Diseases	Singh <i>et al.</i> 2012; Singh 2017b
351	<i>Murraya koenigii</i> (L.) Spreng.	Rutaceae	S	Fruit, Leaf, Bark	Paste, Juice, Decoction, Raw	Flea and Insect Repellent, Diarrhea and Dysentery, Insect Bites, Diarrhea, Dysentery, Snakebite, Stomachic, Diabetes, Stomach Problem, Hairfall, Dandruff, Stomach Pain, Snake Bites, Piles	Acharya & Acharya 2009; Dhama 2008; Singh 2017b; Singh 2020a; Singh 2020b; Yadav & Chaudhary 2022
352	<i>Musa acuminata</i> Colla	Musaceae	H			Stomach Pain	Singh 2017a
353	<i>Musa balbisiana</i> Colla	Musaceae	H	Fruit, Root		Dysentery	Chaudhary <i>et al.</i> 2021
354	<i>Musa sp.</i>	Musaceae	H	Stem	Paste	Stomach Pain	Gachhadar 2000
355	<i>Musa × paradisiaca</i> L.	Musaceae	H	Fruit, Root, Whole plant, Leaf, Flower, Young stem	Juice, Raw, Roasted, Boiled, Pound, Soaked, Paste	Diuretic, Diarrhea, Diabetes, Asthma, Cough, Cholera, Diarrhea, Toothache, Piles, Dysentery, Burns, Abdominal Spasms, Fever, Indigestion, Pregnancy	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dhama 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Thapa 2020

356	<i>Musa × sapientum</i> L.	Musaceae	H	Stem	Juice	Diarrhea	Raut <i>et al.</i> 2025
357	<i>Myristica fragrans</i> Houtt.	Myristicaceae	T	Fruit	Paste	Common Cold	Raut <i>et al.</i> 2025
358	<i>Nelumbo nucifera</i> Gaertn.	Nelumbonaceae	H	Flower, Leaf	Paste	Excessive Menstrual Bleeding, Fever	Chaudhary <i>et al.</i> 2021; Gachhadar 2000
359	<i>Neolamarckia cadamba</i> (Roxb.) Bosser	Rubiaceae	T	Bark	Raw	Fever, Diabetes	Kutal <i>et al.</i> 2026
360	<i>Nephrolepis cordifolia</i> (L.) C.Presl	Nephrolepidaceae	H	Tuber, Leaf, Rhizome	Juice	Fever, Indigestion, Cough, Cold, Headache, Wounds, Stomach Ulcers, Intestinal Disorders	Dhami 2008; Singh 2017b
361	<i>Nerium oleander</i> L.	Apocynaceae	S	Leaf	Paste, Latex, Juice	Ringworm, Expel Spines	Singh & Hamal 2013
362	<i>Nervilia sp.</i>	Orchidaceae	H	Root		Lactation	Khanal <i>et al.</i> 2022
363	<i>Nicotiana tabacum</i> L.	Solanaceae	H	Leaf, Stem	Infusion, Powder	Removing Lice, Earache, Ectoparasites, Joint Pain, Arthritis, Skin Itching, Toothache, Narcotic, Sedative	Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Singh 2017a; Singh 2020a
364	<i>Nigella sativa</i> L.	Ranunculaceae	H	Seed	Powder	Cough, Cold	Chaudhary <i>et al.</i> 2021
365	<i>Nyctanthes arbor-tristis</i> L.	Oleaceae	S	Flower, Seed, Leaf, Root, Bark	Juice, Powder, Paste	Jaundice, Fever, Blood Purifier, Digestive, Tonic, Diuretic, Reptile Venom, Rheumatic Pain, Malaria, Spleen Enlargement, Joint Pain, Cough, Appetizer	Bhatt 2012; Chaudhary & Rai 2017; Singh 2017b
366	<i>Ocimum basilicum</i> L.	Lamiaceae	H	Seed, Leaf	Soaked, Paste	Cough, Cold, Fever, Earache, Ringworm, Constipation, Insect Repellent, Bronchial Asthma	Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Singh 2020a
367	<i>Ocimum gratissimum</i> L.	Lamiaceae	S	Root	Paste	Menstrual disorder	Gachhadar 2000
368	<i>Ocimum tenuiflorum</i> L.	Lamiaceae	H	Leaf, Seed, Whole plant, Young shoot, Shoot	Raw, Decoction, Pound, Boiled, Oil, Juice, Liquid, Paste, Powder, Squeezed	Common Cold, Cough, Gastritis, Fever, Ringworm, Skin Diseases, Inflammation, Malaria Fever, Throat Pain, Wounds, Skin Rashes, Stress, Premature Ejaculation, Malaria, Blood Sugar Lower, Cholesterol Lower, Headache, Earache, Vomiting, Snake Bite, Blisters, Nausea, Diarrhea, Dysentery, Pimples, Hypoglycemia, Diabetes, Ear Infection, Insect Bites, Appetizer	Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhami 2008; Gharti <i>et al.</i> 2024; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Thapa 2020; Yadav & Chaudhary 2022; Bhattarai <i>et al.</i> 2011
369	<i>Ophioglossum reticulatum</i> L.	Ophioglossaceae	H	Root	Raw, Paste	Diuretics, Lactation, Pneumonia	Bhatt 2012

370	<i>Opuntia monacantha</i> Haw.	Cactaceae	S	Leaf, Fruit	Cooked, Raw	Rheumatism, Joint Pain, Arthritis, Diarrhea, Pneumonia	Chaudhary <i>et al.</i> 2021; Gharti <i>et al.</i> 2024
371	<i>Orchid sp.</i>	Orchidaceae	H	Bulb	Paste	Clear Scars and Marks on Face	Acharya & Acharya 2009
372	<i>Oroxylum indicum</i> (L.) Kurz	Bignoniaceae	T	Seed, Stem, Fruit, Leaf, Bark, Wood	Decoction, Infusion, Juice, Pound, Paste	Fever, Cuts, Wounds, Diarrhea, Dysentery, Stomach Pain, Hepatitis, Jaundice, Burns, Body Pain, Menstrual Disorders, Diarrhea, Mouth Ulcers, Intestinal Problems, Infections, Arthritis, Malarial Fever, Immunity	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2020; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh 2017a; Singh 2017b; Muller-Boker 1993
373	<i>Oryza sp.</i>	Poaceae	H	Seed	Pound	Heartburn	Muller-Boker 1993
374	<i>Osbeckia stellata</i> Buch.-Ham. ex D.Don	Melastomataceae	S	Leaf	Juice	Ringworm	Singh & Hamal 2013
375	<i>Osmanthus fragrans</i> Lour.	Oleaceae	S	Flower, Bark, Root	Decoction	Skin Infection, Wounds, Immunity	Singh 2017b; Singh 2020b
376	<i>Oureta lanata</i> (L.) Kuntze	Amaranthaceae	H	Leaf	Juice	Fever	Dangol & Gurung 1991
377	<i>Oxalis acetosella</i> L.	Oxalidaceae	H	Whole plant	Heated	Acne	Chaudhary 2023
378	<i>Oxalis corniculata</i> L.	Oxalidaceae	H	Whole plant, Leaf, Fruit, Root, Flower	Juice, Paste, Raw, Pound, Infusion	Diarrhea, Dysentery, Fever, Refrigerant, Headache, Indigestion, Boils, Pimples, Cuts, Wounds, Vomiting, Swelling, Cough, Cold, Ringworm, Insect Bites, Skin Eruptions, Eczema, Hookworms, Influenza, UTI, Diarrhea, Snakebite, Nose Bleeding, Bruises, Cold Babies, Back Pain	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Dhami 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh & Hamal 2013; Singh 2017b; Thapa 2020; Muller-Boker 1993; Raut <i>et al.</i> 2025
379	<i>Oxyria digyna</i> (L.) Hill	Polygonaceae	H	Rhizome	Heated, Paste	Cuts, Wounds	Chaudhary & Rajbhandry 2021
380	<i>Paederia foetida</i> L.	Rubiaceae	C	Stem, Whole plant	Cooked, Juice, Decoction, Paste	Tonic, Stomachache, Body ache, Fever, Muscular Pain, Joint Pain, Arthritis	Chaudhary & Rajbhandry 2021
381	<i>Papilionanthe teres</i> (Roxb.) Schltr.	Orchidaceae	H	Whole plant	Paste	Bone Dislocation	Bhattarai & Acharya 2015
382	<i>Passiflora edulis</i> Sims	Passifloraceae	C	Leaf, Flower		Nervous Disorders, Arthritis, Asthma, Insomnia, GI Disorders, Menopause Symptoms, High Blood Pressure	Singh 2017b
383	<i>Pelatantheria insectifera</i> (Rchb.f.) Ridl.	Orchidaceae	H	Whole plant		Fracture	Khanal <i>et al.</i> 2022

384	<i>Perilla frutescens</i> (L.) Britton	Lamiaceae	H	Seed, Young shoot, Leaf	Juice, Paste, Oil	Heat, Sedative, Antispasmodic, Antiseptic, Antidote, Headache, Influenza, Intestinal Worms, Cuts, Wounds, Earache	Acharya & Adhikari 2025; Bhatt 2012; Dhimi 2008
385	<i>Persea americana</i> Mill.	Lauraceae	T	Fruit		Hair Care	Kutal <i>et al.</i> 2026
386	<i>Persicaria barbata</i> (L.) H.Hara	Polygonaceae	H			Contraceptive	Singh 2017a
387	<i>Persicaria lapathifolia</i> subsp. <i>Lapathifolia</i>	Polygonaceae	H	Whole plant, Leaf	Heated, Decoction, Raw, Paste	Lice, External Parasite, Swelling, Cooling Agent, Ulcers, Backbone Pain	Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012
388	<i>Phanera</i> Lour.	Fabaceae	C	Stem, Bark, Root, Leaf, Petiole, Seed	Boiled, Powder, Juice, Roasted, Paste	Allergy, Piles, Urine Burn, Dysentery, Indigestion, Acidity, Urinary Tract Infection, Skin Diseases	Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhimi 2008; Yadav & Chaudhary 2022
389	<i>Phanera vahlii</i> (Wight & Arn.) Benth.	Fabaceae	C	Root		Menstruation Problem	Khanal <i>et al.</i> 2022
390	<i>Phaseolus lunatus</i> L.	Fabaceae	C	Leaf, Root	Paste, Juice	Cuts, Wounds, Skin Problem, Ringworm, Fever, Skin Infection	Chaudhary & Rajbhandry 2021; Raut <i>et al.</i> 2025
391	<i>Phoenix acaulis</i> Roxb.	Arecaceae	T	Stem	Juice	Digestive Problem	Singh 2020b
392	<i>Phoenix loureiroi</i> Kunth	Arecaceae	T	Seed	Paste	Itchy Skin	Muller-Boker 1993
393	<i>Phoenix sylvestris</i> (L.) Roxb.	Arecaceae	T	Root	Decoction	Gastritis	Bhatt 2012
394	<i>Phragmites karka</i> (Retz.) Trin. ex Steud.	Poaceae	H	Twig, Root	Paste, Decoction	Diarrhea, Intestinal Worms, Loss of Sensation, Refrigerant, Diuretic, Diaphoretic	Chaudhary & Rajbhandry 2021; Singh 2017a
395	<i>Phyla nodiflora</i> (L.) Greene	Verbenaceae	H	Whole plant	Juice	Stomachache, Ulcers	Dangol & Gurung 1991
396	<i>Phyllanthus amarus</i> Schumacher & Thonn.	Phyllanthaceae	H	Leaf, Root, Fruit		Jaundice, Diabetes, Menorrhagia, Fever, Ulcers, Wounds, Liver Problems	Singh 2017b
397	<i>Phyllanthus emblica</i> L.	Phyllanthaceae	T	Seed, Fruit, Leaf, Bark, Root	Paste, Powder, Dried, Juice, Raw, Pound, Decoction, Boiled	Gastritis, Cooling, Diuretic, Skin, Hair Problems, Cold, Cough, Heart Pain, Constipation, Fever, Sinusitis, Diarrhea, Dysentery, Burn, Indigestion, Appetizer, Hair tonic, Body Pain, Stomachic, Sore Throat, Tonic, Skin Problem, Diarrhea, Vomiting, Malaria, Headache, Digestion, Hair Care, Body	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dhimi 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh

						Ache, Sore Throat, Jaundice, Scalp Refrigerant, Anemia, Burns, Hair Fall, Stomach-Ache, Hair Tonic, Scurvy	2017b; Singh 2020a; Thapa 2020; Muller-Boker 1993; Bhattarai <i>et al.</i> 2011
398	<i>Phyllanthus reticulatus</i> Poir.	Phyllanthaceae	S	Stem		Earache	Chaudhary <i>et al.</i> 2021
399	<i>Phyllanthus urinaria</i> L.	Phyllanthaceae	H	Whole plant	Juice, Ash	Wounds	Dhami 2008
400	<i>Physalis angulata</i> L.	Solanaceae	H	Leaf	Juice	Menstrual Disorder, Eye Infection	Dangol & Gurung 1991
401	<i>Physalis peruviana</i> L.	Solanaceae	H	Fruit, Leaf, Root	Raw, Pickle, Paste	Night Blindness, Antidote, Jaundice, Bowel Complaints	Bhatt 2012; Chaudhary & Rai 2017
402	<i>Pinus roxburghii</i> Sarg.	Pinaceae	T	Woods, Resin		Gonorrhea, Snake Bite, Stimulant, Diaphoretic	Chaudhary & Rai 2017
403	<i>Piper betle</i> L.	Piperaceae	C	Leaf, Fruit, Root	Paste	Carminative (Expel Gas), Stimulant, Snake Bite, Abortion, Bad Breath, Indigestion, Aids Urination, Cough, Cold, Antiseptic, Delivery Problems, Appetizer	Chaudhary & Rai 2017; Kutal <i>et al.</i> 2026; Singh 2017b
404	<i>Piper longum</i> L.	Piperaceae	C	Fruit, Stem, Leaf, Root	Raw, Roasted, Juice, Powder, Dried, Boiled	Cough, Digestion, Cold, Aphrodisiac, Fever, Body Pain, Asthma, Bronchitis, Tumor, Common Cold	Acharya & Acharya 2009; Bhatt 2012; Chaudhary & Rajbhandry 2021; Dangol & Gurung 1991; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh 2017a; Thapa 2020; Yadav & Chaudhary 2022; Muller-Boker 1993; Bhattarai <i>et al.</i> 2011; Raut <i>et al.</i> 2025
405	<i>Piper nigrum</i> L.	Piperaceae	C	Fruit	Powder	Cough, Bronchitis, Snake Bite	Thapa 2020; Raut <i>et al.</i> 2025
406	<i>Piper peepuloides</i> Roxb.	Piperaceae	C	Fruit, Root		Cough, Tonic, Lactation	Khanal <i>et al.</i> 2022
407	<i>Pithecellobium dulce</i> (Roxb.) Benth.	Fabaceae	T	Leaf, Fruit	Juice	Fever	Gachhadar 2000
408	<i>Plantago major</i> L.	Plantaginaceae	H	Seed		Fever, Diarrhea, Dysentery, Laxative, Demulcent, Expectorant, Diuretic	Acharya & Acharya 2009
409	<i>Platyclusus orientalis</i> (L.) Franco	Cupressaceae	T			Pain in Urination	Singh 2017a
410	<i>Pleurolobus gangeticus</i> (L.) J.St.-Hil. ex H.Ohashi & K.Ohashi	Fabaceae	S	Leaf, Stem, Bark, Root	Decoction, Dried, Paste, Powder, Juice, Soaked	Headache, Cuts, Wounds, Stomach Pain, Dysentery, Digestive Improvement, Memory, Alzheimer's, Allergy, Inflammation, Vomiting, Typhoid, Alzheimer	Singh 2020b

411	<i>Plumbago zeylanica</i> L.	Plumbaginaceae	S	Latex, Young shoot, Root, Bark, Leaf	Paste, Latex, Powder, Juice	Blisters, Warts, Ringworm, Diarrhea, Dysentery, Fever, Stomachache, Scabies, Leprosy, Skin Diseases, Appetizer, Ulcers, Baldness, Abscesses, Obesity, Tumor	Bhattarai <i>et al.</i> 2009; Singh & Hamal 2013; Singh 2017a; Singh 2017b; Singh 2020a; Singh 2020b; Yadav & Chaudhary 2022
412	<i>Plumeria rubra</i> L.	Apocynaceae	T	Sap, Resin, Gum		Eye Infection	Ghimire & Bastakoti 2009
413	<i>Pogostemon benghalensis</i> (Burm.f.) Kuntze	Lamiaceae	S	Leaf, Whole plant	Juice, Decoction, Pound	Cuts, Wounds, Fever, Cough, Cold, Typhoid Fever, Boils, Headache, Allergy, Maggots	Bhatt 2012; Bhattarai <i>et al.</i> 2009; Dhami 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh 2017a
414	<i>Pogostemon parviflorus</i> Benth.	Lamiaceae	H	Whole plant	Juice	Fever	Dangol & Gurung 1991
415	<i>Polygala arillata</i> Buch.-Ham. ex D.Don	Polygalaceae	S	Whole plant	Paste	Tonsillitis, Stomachache, Gastritis, Cough, Cold, Stomach Ulcers	Bhattarai <i>et al.</i> 2009
416	<i>Pontederia crassipes</i> Mart.	Pontederiaceae	H	Flower, Leaf	Paste	Swelling, Penis Swelling	Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021
417	<i>Potentilla indica</i> (Andrews) Th.Wolf	Rosaceae	H	Whole plant	Boiled	Fever, Urinary Disorders	Dangol & Gurung 1991
418	<i>Pouzolzia zeylanica</i> (L.) Benn. & R.Br.	Urticaceae	H	Whole plant	Juice, Paste	Ringworm, Wounds	Dangol & Gurung 1991
419	<i>Premna barbata</i> Wall. ex Schauer	Lamiaceae	S	Bark, Leaf, Stem	Juice, Raw, Soaked, Decoction, Paste	Fever, Abdominal Pain, Cuts, Wounds	Dangol & Gurung 1991; Ghimire & Bastakoti 2009; Singh & Hamal 2013
420	<i>Premna serratifolia</i> L.	Lamiaceae	T	Leaf, Root, Bark		Stomach Problems, Fever, Liver Complaints, Rheumatism, Neuralgia, Laxative	Singh 2017b
421	<i>Prunus persica</i> (L.) Stokes	Rosaceae	T	Leaf, Fruit, Bark	Paste, Raw, Pound	Blisters, Wounds, Asthma, Boils, Cuts, Cough, Cold, Fever	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Dhami 2008; Ghimire & Bastakoti 2009
422	<i>Psidium guajava</i> L.	Myrtaceae	T	Fruit, Bark, Leaf, Seed, Twig, Shoot, Bud, Young shoot, Whole plant	Raw, Decoction, Juice, Boiled, Paste, Soaked, Chewed	Diarrhea, Dysentery, Constipation, Fever, Cough, Cold, Anthelmintic, Ulcer, Digestive, Vomiting, Abdominal Pain, Toothache, Headache, Stomach Worms, Stomachache	Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dhami 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh 2020a; Thapa 2020; Muller-Boker 1993; Bhattarai <i>et al.</i> 2011; Raut <i>et al.</i> 2025
423	<i>Pterocarpus marsupium</i> Roxb.	Fabaceae	T	Stem, Wood, Bark, Leaf, Gum	Paste, Juice, Infusion, Decoction	Tingling or Neurological Problems, Pneumonia, Blood Purifier, Body Ache, Menstrual Cycle, Cooling Agent, Gastritis, Stomach Problem, Body Pain, Boils, Sores, Skin	Acharya & Acharya 2009; Bhatt 2012; Chaudhary & Rajbhandry 2021; Dhami 2008; Singh & Hamal 2013; Singh 2017a; Singh 2017b; Thapa 2020; Yadav & Chaudhary 2022

						Diseases, Chest Pain, Diabetes, Hysteria, Treat Boils, Blood Sugar, Diarrhea	
424	<i>Punica granatum</i> L.	Lythraceae	S	Fruit, Bark, Stem, Leaf, Flower, Root, Seed	Raw, juice, Infusion, Paste, Powder, Squeezed, Chewed	High Blood Pressure, Dysentery, Cancer, Heart Disease, Diarrhea, Intestinal Worms, Piles, Cough, Cold, Bronchial Troubles, Fever, Diarrhea, Eye Problem	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Dharmi 2008; Singh 2020a; Thapa 2020; Bhattarai <i>et al.</i> 2011; Raut <i>et al.</i> 2025
425	<i>Putranjiva roxburghii</i> Wall.	Putranjivaceae	T	Bark, Leaf, Fruit		Restores Female Reproductive System, Improves Healthy Sperm Count	Singh 2017b
426	<i>Raphanus sativus</i> L.	Brassicaceae	H	Seed	Paste	Acne	Chaudhary 2023
427	<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz	Apocynaceae	S	Fruit, Root, Whole plant, Stem, Leaf, Blossom	Decoction, Paste, Juice, Powder, Raw, Pound, Dried, Infusion, Soaked	High Blood Pressure, Dysentery, High Blood Pressure, Sedative, Cuts, Wounds, Boils, Fever, Stomachache, Menstrual Disorders, Snake Bite, Cardiac Diseases, Snakebite, Blood Purification, Anti-Worming, Gastritis, Loss Of Appetite, Stomach Pain, Excessive Bleeding In Delivery, Snake Bites, Hypertension, Stomach Problems, Blood Pressure, Malaria, Corneal Opacities, Diarrhea, Cholera, Uterine Contraction, Malaria, Intestinal Disorder, Nervous System Disorder, Typhoid, Skin Diseases, Depression, Snake Protection	Acharya & Acharya 2009; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dangol & Gurung 1991; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2017b; Singh 2020a; Singh 2020b; Thapa 2020; Yadav & Chaudhary 2022; Muller-Boker 1993
428	<i>Rauvolfia tetraphylla</i> L.	Apocynaceae	S	Root, Leaf	Juice	High Blood Pressure, Piles, Female Sterility	Singh 2020b
429	<i>Remusatia hookeriana</i> Schott	Araceae	H	Root		Wounds	Chaudhary <i>et al.</i> 2021
430	<i>Remusatia pumila</i> (D.Don) H.Li & A.Hay	Araceae	H	Leaf, Root, Rhizome	Paste	Boils, Wounds	Bhatt 2012
431	<i>Remusatia vivipara</i> (Roxb.) Schott	Araceae	H	Stem, Root	Latex	Eye Infection, Boil	Chaudhary <i>et al.</i> 2021
432	<i>Rheum australe</i> D.Don	Polygonaceae	H	Root, Rhizome, Stem	Paste, Powder	Swelling, Cuts, Wounds, Injury Site, Purgative	Chaudhary 2023; Thapa 2020; Raut <i>et al.</i> 2025
433	<i>Rhododendron arboreum</i> Sm.	Ericaceae	T	Leaf, Flower	Paste, Juice, Pound, Infusion, Chewed	Diarrhea, Fish Choking, Sterility in Women, Irregular Periods, Dysentery, Fish Spines Choking, Leucorrhea in Women, Piles	Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Ghimire & Bastakoti 2009; Thapa 2020; Raut <i>et al.</i> 2025

434	<i>Ricinus communis</i> L.	Euphorbiaceae	S	Flower, Seed, Leaf, Young shoot, Latex, Root, Fruit, Stem	Paste, Oil, Latex, Ash, Juice, Pound, Raw	Rheumatic Pain, Skin Abrasions, Bone Fractures, Dryness of Skin, Cracking Heels, Swelling, Jaundice, Cuts, Wounds, Cold, Cough, Tongue Sore, Joint Pain, Fracture, Eye Problems, Inflammation, Boils, Leg and Hand Pain, Diarrhea, Dysentery, Skin Diseases, Burning Sensation, Scabies, Sprains, Diarrhea, Constipation, Lactation, Mumps, Laxative, Induce Labor, Contraceptive, Warts, Sprain Limbs, Swelling Joints, Chest Pain, Paralysis, Headache, Backache, Muscle Ache, Pain, Hair Tonic	Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhami 2008; Ghimire & Bastakoti 2009; Singh <i>et al.</i> 2012; Singh 2020a; Singh 2020b; Thapa 2020; Yadav & Chaudhary 2022; Muller-Boker 1993
435	<i>Rosa × alba</i> L.	Rosaceae	S	Flower, Leaf	Paste, Raw, Juice	Charming Face, Heart Disease, Laxative, Cuts, Wounds, Body Inflammation, Abortion, Piles, Toothache	Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Singh 2020b
436	<i>Rothea serrata</i> (L.) Steane & Mabb.	Lamiaceae	S			Inflammation of Eyelids	Singh 2017a
437	<i>Rubia manjith</i> Roxb.	Rubiaceae	C	Leaf		Loss of Appetite	Chaudhary <i>et al.</i> 2020
438	<i>Rubus ellipticus</i> Sm.	Rosaceae	S	Root	Pound	Abdominal Pain	Ghimire & Bastakoti 2009
439	<i>Rumex nepalensis</i> Spreng.	Polygonaceae	H	Root, Leaf, Whole plant	Paste, Juice, Infusion, Soaked	Cuts, Wounds, Muscular Swellings, Mouth Disorders, Joint Pains	Singh & Hamal 2013; Singh <i>et al.</i> 2012
440	<i>Saccharum officinarum</i> L.	Poaceae	H	Stem	Juice, Raw, Squeezed	Indigestion, Loss of Appetite, Jaundice, Aphrodisiac, As Sweet Laxative, Cooling Agent, Constipation, Stomachache, Cancer	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Gharti <i>et al.</i> 2024; Kutal <i>et al.</i> 2026; Singh 2020a; Thapa 2020; Bhattarai <i>et al.</i> 2011
441	<i>Saccharum spontaneum</i> L.	Poaceae	H	Stem, Flower	Juice	Bleeding, Coolant, Urinary Problem	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021
442	<i>Sagittaria sagittifolia</i> L.	Alismataceae	H	Flower	-	Swelling, Allergy	Chaudhary & Rai 2017
443	<i>Salvia coccinea</i> Buc'hoz ex Etl.	Lamiaceae	H	Flower		Sterility in Women	Chaudhary 2023
444	<i>Salvia plebeia</i> R.Br.	Lamiaceae	H	Whole plant		Cooling Effects	Khanal <i>et al.</i> 2022
445	<i>Santalum album</i> L.	Santalaceae	T	Wood		Bladder Inflammation, Thirst	Ghimire & Bastakoti 2009
446	<i>Sapindus mukorossi</i> Gaertn.	Sapindaceae	T	Seed, Fruit	Infusion, Paste	Tonsillitis, Diarrhea	Singh 2020a; Raut <i>et al.</i> 2025

447	<i>Saraca asoca</i> (Roxb.) W.J.de Wilde	Fabaceae	T	Leaf, Flower, Bark, Root	Juice	Menstrual Disorder, Diabetes, Stomachache	Chaudhary & Rai 2017; Kutal <i>et al.</i> 2026
448	<i>Saraca indica</i> L.	Fabaceae	T	Bark	Powder	Irregular Menstruation	Singh 2020a
449	<i>Schima wallichii</i> (DC.) Korth.	Theaceae	T	Fruit	Powder	Scorpion Bites	Ghimire & Bastakoti 2009
450	<i>Schleichera oleosa</i> (Lour.) Oken	Sapindaceae	T	Seed, Fruit, Bark	Oil, Juice	Hand and Foot Healing, Appetizer, Skin Diseases, Hair Loss, Wounds	Chaudhary <i>et al.</i> 2021; Dharmi 2008; Kutal <i>et al.</i> 2026
451	<i>Scindapsus officinalis</i> (Roxb.) Schott	Araceae	C	Stem	Pound, Boiled	Bone Fractures, Sprains, Wounds	Ghimire & Bastakoti 2009
452	<i>Scoparia dulcis</i> L.	Plantaginaceae	H	Leaf, Whole plant	Liquid, Juice, Paste	Menstruation Disorder, Diabetes, Fever, Great Thirst, Dysentery, Diarrhea	Chaudhary <i>et al.</i> 2021; Dangol & Gurung 1991; Muller-Boker 1993; Bhattarai & Acharya 2015
453	<i>Scurrula elata</i> (Edgew.) Danser	Loranthaceae	S	Leaf		Joint Pain	Acharya & Acharya 2009; Bhatt 2012; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Kutal <i>et al.</i> 2026; Singh 2017a
454	<i>Semecarpus anacardium</i> L.fil.	Anacardiaceae	T	Fruit, Wood, Seed	Paste, Smoke, Resin, Roasted	Dysentery, Asthma, Acute Rheumatism, Allergy, Rheumatism, Cough, Dyspepsia, Indigestion, Piles, Skin Diseases, Nervous Disability, Laboring, Inflammation, Joint Pain, Body Pain, Cuts, Anthelmintic	Chaudhary 2023
455	<i>Senegalia catechu</i> (L.f.) P.J.H.Hurter & Mabb.	Fabaceae	T	Bark, Wood, Stem, Resin	Juice, Boiled, Powder, Paste, Infusion, Decoction	Dysentery, Bone Fracture, Internal Injuries, Diarrhea, Dysentery, Throat Congestion, Indigestion, Anemia, Leukoderma, Piles, Urinary and Vaginal Discharge, Tongue Infection, Body Pain, Diarrhea, Nose Bleeding, Fractures, Dislocations, Sprains, Colds, Toothache, Intestinal Pain, Skin Diseases, Hypertrophy of Tonsils, Infertility, Back Pain	Singh 2017a
456	<i>Senegalia rugata</i> (Lam.) Britton & Rose	Fabaceae	C			Hair Tonic	Singh 2020b
457	<i>Senna alata</i> (L.) Roxb.	Fabaceae	S	Root, Leaf	Dried, Powder, Paste, Decoction, Rub	Ringworm, High Blood Pressure, Syphilis, Gonorrhea	Khanal <i>et al.</i> 2022; Raut <i>et al.</i> 2025
458	<i>Senna occidentalis</i> (L.) Link	Fabaceae	H	Bark, Leaf, Seed, Whole plant	Paste	Ringworm, Ringworm, Skin Infection, Eczema, Skin Diseases, Fever, Piles, Chickenpox, Snake Bite	

459	<i>Senna tora</i> (L.) Roxb.	Fabaceae	H	Flower, Seed, Leaf, Root	Paste, Powder, Pound, Juice	Rheumatic Fever, Burn, Gastritis, Ringworm, Skin Diseases, Anthelmintic, Fever, Skin Disease, Scabies, Eczema, Diarrhea, Ringworm	Khanal <i>et al.</i> 2022; Singh 2017a
460	<i>Sesamum indicum</i> L.	Pedaliaceae	H	Seed, Shoot	Cooked, Paste, Oil	Lactation, Burns, Dysentery, Diarrhea	Chaudhary 2023; Thapa 2020
461	<i>Sesamum orientale</i> Sieber ex C.Presl, 1828	Pedaliaceae	H	Seed	Infusion	Menstruation Disorder	Chaudhary <i>et al.</i> 2021
462	<i>Shorea robusta</i> Gaertn.	Dipterocarpaceae	T	Latex, Wood, Leaf, Fruit, Stem, Root, Bark, Resin, Seed, Sap, Gum, Shoot	Latex, Powder, Resin, Juice, Raw, Paste, Decoction	Diarrhea, Dysentery, Skin Diseases, Earache, Swelling, Antiseptic, Diarrhea, Appetite, Burns, Digestion, Vomiting, Wounds, Eardrops, Boils, Blisters, Poor Appetite, Poor Digestion, Cuts, Wounds	Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dhami 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh <i>et al.</i> 2012; Singh 2017a; Thapa 2020; Muller-Boker 1993
463	<i>Sida acuta</i> Burm.fil.	Malvaceae	S	Leaf, Stem, Whole plant	Paste, Juice	Blisters, Eye Disease, Night Blindness, Fever, Antidote, Swelling, Sting of Wasp and Other Insects, Cuts, Wounds, Boils, Injury Site	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Thapa 2020
464	<i>Sida cordata</i> (Burm.fil.) Borss.Waalk.	Malvaceae	H	Leaf	Juice	Cuts, Wounds	Bhattarai & Acharya 2015
465	<i>Sida cordifolia</i> L.	Malvaceae	S	Leaf, Stem	Juice	Boils	Dangol & Gurung 1991
466	<i>Sida rhombifolia</i> L.	Malvaceae	S	Leaf, Plant	Pound, Paste	Boils, Wounds, Nocturnal Emission, Bruises	Ghimire & Bastakoti 2009; Singh 2017a; Muller-Boker 1993
467	<i>Sieruela</i> <i>rutidosperma</i> (DC.) Roalson & J.C.Hall	Cleomaceae	H	Whole plant	Paste	Fever	Raut <i>et al.</i> 2025
468	<i>Solanum</i> <i>aculeatissimum</i> Jacq.	Solanaceae	S	Fruit, Stem	Smoke, Heated	Toothache, Fever	Dangol & Gurung 1991
469	<i>Solanum</i> <i>aethiopicum</i> L.	Solanaceae	H	Fruit	Raw, Pickle, Decoction	Gastritis, Stomach Pain, Abdominal Cramps	Chaudhary 2023
470	<i>Solanum diffusum</i> Roxb.	Solanaceae	H	Fruit	Burnt	Toothache, Jaw Problems, Fever	Ghimire & Bastakoti 2009
471	<i>Solanum</i> <i>lycopersicum</i> L.	Solanaceae	H	Fruit	Paste	Burns	Gharti <i>et al.</i> 2024
472	<i>Solanum</i> <i>melongena</i> L.	Solanaceae	H	Leaf	Paste	Blisters, Allergy	Bhatt 2012
473	<i>Solanum nigrum</i> L.	Solanaceae	H	Fruit, Root, Young shoot,	Paste, Juice, Raw	Ulcer, Skin Disease, Headache, Ring Worm, Jaundice, Fever, Wounds, Urinary Disorder, Constipation, Skin Diseases, Ringworm.,	Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Dhami 2008; Singh & Hamal

				Leaf, Whole plant		Ringworm, Liver Enlargement, Burns, Injury Site (Probably Wounds, Not Specifically Mentioned)	2013; Singh <i>et al.</i> 2012; Bhattarai & Acharya 2015; Raut <i>et al.</i> 2025
474	<i>Solanum tuberosum</i> L.	Solanaceae	H	Tuber, Young shoot	Juice, paste	Burns, Eye Problems, Scorpion Bite, Burns, Boils	Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Khanal <i>et al.</i> 2022
475	<i>Solanum violaceum</i> Ortega	Solanaceae	S	Fruit	Boiled	Blood Purifier, Pneumonia	Singh 2020a
476	<i>Solanum virginianum</i> L.	Solanaceae	S	Fruit, Seed	Raw, Smoke	Toothache, Common Cold, Headache, Asthma, Fever, Tooth Abscess	Bhatt 2012; Khanal <i>et al.</i> 2022; Singh 2017a
477	<i>Solena heterophylla</i> Lour.	Cucurbitaceae	C	Leaf, Fruit, Root	Pound	Toothache, Indigestion, Stomachache	Ghimire & Bastakoti 2009
478	<i>Solena heterophylla</i> subsp. <i>Heterophylla</i>	Cucurbitaceae	C	Fruit	Paste	Hydrocele	Ghimire & Bastakoti 2009
479	<i>Spatholobus parviflorus</i> (Roxb. ex G.Don) Kuntze	Fabaceae	C	Root, Twig	Paste, Buti	Menstrual Problems, Fever in Women	Muller-Boker 1993
480	<i>Sphaeranthus indicus</i> L.	Asteraceae	H			Inflammation Of Eye	Singh 2017a
481	<i>Spilanthes calva</i> DC.	Asteraceae	H	Flower	Boiled	Cough, Cold, Gingivitis	Bhattarai <i>et al.</i> 2009
482	<i>Spilanthes paniculata</i> Jacq. ex S.S.Renner, Balslev & Holm-Niels.	Asteraceae	H	Flower, Leaf	Paste, Juice	Tongue Sore, Cough	Chaudhary & Rajbhandry 2021
483	<i>Spilanthes sp.</i>	Asteraceae	H	Whole plant	Juice	Cough, Cold	Chaudhary 2023
484	<i>Spondias pinnata</i> (L.fil.) Kurz	Anacardiaceae	T	Fruit, Bark, Seed, Leaf	Raw, Pound, Paste, Boiled	Cold, Cough, Rheumatism, Constipation, Dysentery, Burn, Pox, Measles, Rheumatic Arthritis	Bhatt 2012; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh 2020a
485	<i>Stephania elegans</i> Hook.fil. & Thomson	Menispermaceae	C	Whole plant	Juice	Cooler	Gachhadar 2000
486	<i>Stephania glandulifera</i> Miers	Menispermaceae	C	Root	Pound	Sprains, Muscular Swelling, Gastritis	Ghimire & Bastakoti 2009
487	<i>Stereospermum chelonoides</i> (L.fil.) DC.	Bignoniaceae	T	Bark, Seed	Powder, Dried, Buti	Indigestion, Gastritis, Stomach Swelling, Leprosy, Migraine Headache	Chaudhary & Rajbhandry 2021; Dangol & Gurung 1991; Ghimire & Bastakoti 2009; Muller-Boker 1993
488	<i>Streblus asper</i> Lour.	Moraceae	T	Leaf	Juice	Toothache	Singh 2020a

489	<i>Strychnos nux-vomica</i> L.	Loganiaceae	T	Seed, Leaf, Bark	Infusion, Decoction, Paste	Stomach Pain, Blood Purification, Dog Bite, Fever, Gastritis	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021
490	<i>Swertia angustifolia</i> Buch.-Ham. ex D.Don	Gentianaceae	H	Whole plant	Dried	Blood Pressure	Kutal <i>et al.</i> 2026
491	<i>Swertia chirayita</i> (Roxb.) H.Karst.	Gentianaceae	H	Whole plant, Stem	Infusion, Decoction	Diarrhea, Fever, Typhoid	Thapa 2020
492	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	T	Leaf, Bark, Fruit, Seed	Raw, Powder, Juice, Paste, Decoction, Boiled, Chewed, Raw eaten	High Blood Pressure, Dysentery, Diarrhea, Piles, Stomachache, Diabetes, Blood Purifying, Diarrhea, Digestive, Mouth and Foot Diseases, Blood Pressure, Lactation, Cuts, Wounds, Indigestion, Constipation, Abdominal Pain, Miscarriage, Sore Throat, Bronchitis, Asthma, Stomachache, Check Excessive Bleeding	Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhami 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2017a; Singh 2020a; Thapa 2020; Yadav & Chaudhary 2022; Muller-Boker 1993; Bhattarai <i>et al.</i> 2011; Raut <i>et al.</i> 2025 Bhattarai <i>et al.</i> 2009; Singh 2015
493	<i>Syzygium nervosum</i> A.Cunn. ex DC.	Myrtaceae	H	Bark, Leaf, Bud, Root	Powder, Smoke, Decoction, Soaked	Sinusitis, Headache, Cough, Cold, Miscarriage, Diarrhea, Gastric Ailments, Hepatitis, Leprosy	
494	<i>Tabernaemontana divaricata</i> (L.) R.Br. ex Roem. & Schult.	Apocynaceae	S	Latex, Root	Juice, Decoction	Ascariasis, Dental Problems, Diarrhea	Singh 2020b
495	<i>Tagetes erecta</i> L.	Asteraceae	H	Young shoot, Leaf, Flower	Raw, Juice, Pound	Astringent, Stomachic, Blood Purifier, Fever, Ulcer, Piles, Muscular Pain, Pneumonia, Chest Pain, Expelling Worm, Purifying Blood, Cuts, Wounds	Bhatt 2012; Chaudhary & Rai 2017; Singh 2020a
496	<i>Tagetes patula</i> L.	Asteraceae	H	Flower, Whole plant	Juice	Skin Problem, Sterility in Women, Irregular Periods, Body Pain, Cuts, Wounds, Skin Diseases	Chaudhary & Rajbhandry 2021; Chaudhary 2023; Dhami 2008
497	<i>Tagetes sp.</i>	Asteraceae	H	Leaf	Paste	Fever, Back Pain	Raut <i>et al.</i> 2025
498	<i>Tamarindus indica</i> L.	Fabaceae	T	Fruit, Fruits, Seed, Bark, Leaf	Powder, Paste, Raw, Pickle	Malaria, Stomach Problems, Cough, Diarrhea, Dysentery, Digestive, Carminative, Laxative, Burnt, Sprain, Fracture, Cooling Effect, High Blood Pressure, Dysentery, Diarrhea	Acharya & Adhikari 2025; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Dangol & Gurung 1991; Singh 2020a
499	<i>Tamilnadia uliginosa</i> (Retz.) Tirveng. & Sastre	Rubiaceae	S	Fruit, Leaf	Paste, Boiled	Loose Motion, Blisters, Diarrhea	Singh 2017a

500	<i>Tectaria coadunata</i> (Wall. ex Hook. & Grev.) C.Chr.	Tectariaceae	H	Leaf, Root		Excretory Problems	Acharya & Adhikari 2025
501	<i>Tectaria zeilanica</i> (Houtt.) Sledge	Tectariaceae	H			Impotency	Singh 2017a
502	<i>Tephrosia purpurea</i> (L.) Pers.	Fabaceae	H			Allergy	Singh 2017a
503	<i>Terminalia arjuna</i> (Roxb.) Wight & Arn.	Combretaceae	T	Leaf, Bark	Paste, Powder, Decoction	Burn, Uterus Pain, Joint Pain, Heart Problem	Bhatt 2012; Chaudhary 2023; Khanal <i>et al.</i> 2022; Singh 2020a
504	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Combretaceae	T	Fruit, Seed, Bark, Stem, Leaf, Raw fruit	Paste, Roasted, Powder, Raw, Juice, Pound, Fried, Chewed	Cough, Eye Diseases, Gastritis, Common Cold, Stomachache, Heatstroke, Indigestion, Wounds, Constipation, Dysentery, Gastritis, Appetizer, Cuts, Skin Diseases, Anthelmintic, Respiratory Problems, Fever, Asthma, Kidney Problem, Bronchitis, Typhoid, Diarrhea, Weak Eyesight, Gastrointestinal Discomforts, Voice Problems, Digestive Tonic, Increase Eye Vision, Constipation, Bronchial Asthma, Colic Pain	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dangol & Gurung 1991; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2015; Singh 2017a; Singh 2020a; Thapa 2020; Muller-Boker 1993; Raut <i>et al.</i> 2025
505	<i>Terminalia chebula</i> Retz.	Combretaceae	T	Fruit, Seed, Bark, Stem, Leaf	Paste, Powder, Raw, Pound, Roasted, Decoction, Chewed, Soaked	Gastritis, Indigestion, Common Cold, Cough, Loss of Appetite, Heatstroke, Dysentery, Urinary Problems, Respiratory Troubles, Fever, Stomach Problems, Asthma, UTI, Bronchitis, Typhoid, Diarrhea, Weakness, Wound Healing, Diuretic, Cardio-Tonic, Urinary Disorders, Vomiting, Constipation, Ulcers, Appetizer, Chest Pain	Acharya & Acharya 2009; Acharya & Adhikari 2025; Bhatt 2012; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2015; Thapa 2020; Muller-Boker 1993; Raut <i>et al.</i> 2025
506	<i>Terminalia elliptica</i> Willd.	Combretaceae	T	Bark	Juice, Powder, Decoction	Diarrhea, Dysentery, Stomachache, Cuts, Wounds, Skin Diseases, Dandruff, Ulcers	Acharya & Acharya 2009; Bhattarai <i>et al.</i> 2009; Dhami 2008; Bhattarai & Acharya 2015
507	<i>Thespesia lampas</i> (Cav.) Dalzell & A.Gibson	Malvaceae	S	Root	Pound	Burning Sensations in Legs and Hands	Ghimire & Bastakoti 2009
508	<i>Thevetia peruviana</i> (Pers.) K.Schum.	Apocynaceae	S	Fruit, Flower, Leaf, Root	Paste, Powder, Decoction	Ear Infections, Headache, Joint Pain, Skin Diseases, Menstrual Disorder	Dangol & Gurung 1991; Ghimire & Bastakoti 2009; Singh 2020b
509	<i>Thysanolaena latifolia</i> (Roxb. ex Hornem.) Honda	Poaceae	H	Root, Leaf, Inflorescence	Juice, Paste, Pound	Anthelmintic, Boils, Body Pain, Fever, Burning Sensations in Legs and Hands	Acharya & Acharya 2009; Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Dhami 2008; Ghimire & Bastakoti 2009

510	<i>Tinospora cordifolia</i> (Willd.) Miers	Menispermaceae	C	Rhizome, Stem	Infusion, Decoction, Powder, Chewed, Paste	Common Cold, Urinary Problem, Stomach Pain, Leg and Hand Pain, Gastritis, Diabetes, Loose Motion with Blood, Stomach Problem, Diarrhea, Joint Pain, Jaundice, Fever, Urinary Disorder, Appetizer	Acharya & Adhikari 2025; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Khanal <i>et al.</i> 2022; Singh 2017a; Singh 2020a; Raut <i>et al.</i> 2025
511	<i>Tinospora sinensis</i> (Lour.) Merr.	Menispermaceae	C	Leaf, Whole plant, Root, Young shoot, Stem	Raw, Juice, Pound	Jaundice, Diabetes, Rheumatism, Lactation, Diarrhea, Dysentery, Fractures, Sprains, Urinary Complaints, Stones, Piles, Liver Complaints, Tonic	Chaudhary <i>et al.</i> 2020; Dhami 2008; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Yadav & Chaudhary 2022; Bhattarai & Acharya 2015
512	<i>Toona ciliata</i> M.Roem.	Meliaceae	T	Fruit, Bark	Raw, Juice, Paste	Tonic, Diarrhea, Dysentery, Fever, Boils	Bhatt 2012; Dhami 2008
513	<i>Trachyspermum ammi</i> (L.) Sprague	Apiaceae	H	Flower, Seed, Fruit, Whole plant	Juice, Decoction, Cooked, Dried, Raw, Powder, Paste	Asthma, Indigestion, Lactation, Colds, Wounds, Rashes, Cough, Cold, Pain, Sore Throat, Pimples, Baby Rashes, Pneumonia, Severe Colds, Diarrhea in Livestock, Rheumatism	Bhatt 2012; Chaudhary <i>et al.</i> 2021; Chaudhary 2023; Ghimire & Bastakoti 2009; Singh 2017a; Muller-Boker 1993
514	<i>Trewia nudiflora</i> Wight	Euphorbiaceae	T	Leaf, Root, Bark, Fruit	Paste, Juice	Body Ache, Diarrhea, Dysentery, Cuts, Wounds, Ringworm, Warts of Skin	Bhatt 2012; Dhami 2008; Bhattarai & Acharya 2015
515	<i>Tribulus terrestris</i> L.	Zygophyllaceae	H	Fruit, Root, Whole Plant	Decoction	Back Pain, Menstrual Problems, Urinogenital Tract Infections, Little and Frequent Urination	Acharya & Adhikari 2025; Singh <i>et al.</i> 2012; Singh 2017a
516	<i>Trichodesma indicum</i> (L.) R.Br.	Boraginaceae	H	Whole plant	Dough	Headache	Dangol & Gurung 1991
517	<i>Trichosanthes cucumerina</i> var. <i>anguina</i> (L.) Haines	Cucurbitaceae	C	Fruit	Raw	Snake Bites	Dhami 2008
518	<i>Trichosanthes dioica</i> Roxb.	Cucurbitaceae	C	Root	Powder	Fever	Tharu <i>et al.</i> , 2023
519	<i>Trichosanthes</i> sp.	Cucurbitaceae	C	Root	Paste, Juice	Joint Pain, Fracture	Chaudhary & Rajbhandry 2021
520	<i>Trichosanthes tricuspidata</i> Lour.	Cucurbitaceae	C	Seed, Root	Heated, Powder, Pound	Asthma, Paralysis, Lactation, Sinusitis, Fever, Swollen Legs During Pregnancy	Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Ghimire & Bastakoti 2009
521	<i>Trichosanthes wallichiana</i> (Ser.) Wight	Cucurbitaceae	C	Fruit		Miscarriage	Chaudhary <i>et al.</i> 2021
522	<i>Tridax procumbens</i> L.	Asteraceae	H	Whole plant	Juice, Paste	Cuts, Wounds, Boils, Pimples, Nocturnal Emission, Cuts and Wounds	Singh & Hamal 2013; Singh 2017a
523	<i>Trigonella foenum-graecum</i> L.	Fabaceae	H	Seed, Leaf	Heated, Boiled,	Joint Pain, Stomachache, Hair Fall, Lactation, Gastritis, Indigestion	Chaudhary 2023; Thapa 2020

524	<i>Tripidium bengalense</i> (Retz.) H.Scholz	Poaceae	H	Leaf	Paste, Infusion Smoke	Nocturnal Emission, Cuts, Wounds	Chaudhary & Rajbhandry 2021; Singh 2017a
525	<i>Triumfetta rhomboidea</i> Jacq.	Malvaceae	H	Leaf, Whole plant	Juice, Powder	Cuts, Allergy, Wounds	Thapa 2020
526	<i>Typhonium trilobatum</i> (L.) Schott	Araceae	H	Root		Stone	Khanal <i>et al.</i> 2022
527	<i>Ulmus</i> sp.	Ulmaceae	T	Flower		Menstruation Disorder	Chaudhary <i>et al.</i> 2021
528	<i>Uraria lagopodoides</i> (L.) DC.	Fabaceae	H			Boils, Blisters	Singh 2017a
529	<i>Urena lobata</i> L.	Malvaceae	S	Stem, Leaf, Fruit, Root	Paste, Juice, Decoction, Powder, Boiled	Skin Infection, Eczema, Diarrhea, Ringworm Infection, Dysentery, Boils, Skin Diseases, Rheumatism, Tonsillitis, Bladder Inflammation	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Dhami 2008; Singh 2020b
530	<i>Urtica dioica</i> L.	Urticaceae	H	Leaf, Young shoot, Root, Stem, Flower, Whole plant	Juice, Raw, Decoction	Lactation, Excessive Menstrual Flow, Stomach Problems, Fever, Intestinal Worms, Cut Wounds, Postdelivery Tonic, Menstrual Disorder, Rheumatic Problems, Burns, Wounds, Loss of Sensation	Chaudhary & Rai 2017; Dhami 2008; Ghimire & Bastakoti 2009
531	<i>Vachellia nilotica</i> (L.) P.J.H.Hurter & Mabb.	Fabaceae	T	Young Leaf, Bark, Twig	Decoction, Powder, Juice, Raw	Throat Problems, Chronic Dysentery, Diarrhea, Gonorrhea, Tooth Protection, Tongue Rashes, Gastritis	Singh 2015; Thapa 2020
532	<i>Vallisneria spiralis</i> (L.) Kuntze	Apocynaceae	C	Whole plant, Leaf	Juice, Paste, Decoction	Wounds, Measles	Dhami 2008
533	<i>Vanda tessellata</i> subsp. <i>tesselloides</i> Motes	Orchidaceae	H	Whole plant	Paste	Fracture	Chaudhary & Rajbhandry 2021
534	<i>Ventilago denticulata</i> Willd.	Rhamnaceae	C			Skin Burns	Singh 2017a
535	<i>Verbena officinalis</i> L.	Verbenaceae	H	Root	Decoction	Abdominal Cramps	Chaudhary 2023
536	<i>Vetiveria zizanioides</i> Stapf, 1906	Poaceae	H	Root	Paste	Throat Sore, Tonic	Chaudhary & Rajbhandry 2021
537	<i>Vicia angustifolia</i> L.	Fabaceae	H	Root	Pound	Fever	Ghimire & Bastakoti 2009

538	<i>Vicia lens</i> (L.) Coss. & Germ.	Fabaceae	H	Seed	Roasted, Decoction, Cooked, Raw	Cuts, Wounds, Lactation	Chaudhary & Rajbhandry 2021; Chaudhary 2023
539	<i>Vigna mungo</i> (L.) Hepper	Fabaceae	H	Seed, Whole plant		Rheumatism	Chaudhary & Rai 2017
540	<i>Viscum album</i> L.	Viscaceae	C	Stem, Root	Powder, Juice	Boils, Wounds	Singh & Hamal 2013
541	<i>Vitex negundo</i> L.	Lamiaceae	S	Whole plant, Fruit, Shoot, Leaf, Bark, Root, Flower	Juice, Paste, Powder, Infusion, Soaked	Stomach Troubles, Bedbug Repellent, Headache, Cough, Cold, Sinusitis, Fever, Stomach Problems, Rheumatic Swellings, Boils, Rheumatic Arthritis, Diarrhea, Hair Tonic, Glandular Swelling, Blood Circulation	Chaudhary & Rai 2017; Chaudhary <i>et al.</i> 2021; Dhama 2008; Singh <i>et al.</i> 2012; Singh 2017a; Singh 2020a; Singh 2020b
542	<i>Vitis</i> sp.	Vitaceae	C	Leaf, Root		Joint Pain, Jaundice	Khanal <i>et al.</i> 2022
543	<i>Wendlandia puberula</i> DC.	Rubiaceae	T	Stem, Bark	Juice, Paste	Cuts, Wounds, Skin Diseases	Singh & Hamal 2013
544	<i>Withania somnifera</i> (L.) Dunal	Solanaceae	S	Leaf, Young shoot, Root, Stem	Juice, Decoction, Paste, Powder	Ulcer, Bronchitis, Burn, Uterus Problem, Female Sterility, Cough, Immunity	Bhatt 2012; Singh 2020b
545	<i>Woodfordia fruticosa</i> (L.) Kurz	Lythraceae	S	Flower, Leaf, Root, Bark, Fruit	Juice, Paste, Powder, Decoction	Labor Pain, Control Bleeding, Newborn Immunity, Stomachache, Diarrhea, Dysentery, Typhoid Fever, Boils, Stomach Problems, Cough, Cold, Profuse Menstrual Flow, Indigestion, Fever, Abdominal Pain, Malaria, Diarrhea, Leucorrhea, Dental Problems, Gargling	Acharya & Acharya 2009; Bhattarai <i>et al.</i> 2009; Dhama 2008; Ghimire & Bastakoti 2009; Singh 2020b
546	<i>Wrightia tinctoria</i> R.Br.	Apocynaceae	T			Vomiting	Singh 2017a
547	<i>Xanthium strumarium</i> L.	Asteraceae	H	Root, leaf	Paste	Swollen Bones, Fractures, Scabies	Dhama 2008; Bhattarai & Acharya 2015
548	<i>Xanthosoma sagittifolium</i> (L.) Schott	Araceae	H	Leaf		Common Cold	Khanal <i>et al.</i> 2022
549	<i>Zanthoxylum armatum</i> DC.	Rutaceae	T	Seed, Fruit	Paste, Raw, Juice	Headache, Vomiting, Lactation, Stomach Pain	Chaudhary & Rajbhandry 2021; Chaudhary 2023
550	<i>Zea mays</i> L.	Poaceae	H	Root, Young shoot, Fruit, Fiber, Seed	Decoction, Cooked	Urinary Problems, Nausea, Vomiting, Stomach Stone, Lactation	Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary 2023

551	<i>Zingiber officinale</i> Roscoe	Zingiberaceae	H	Rhizome, Root	Paste, Decoction, Juice, Raw, Boiled, Roasted, Dried	Common Cold, Cough, Diarrhea, Sinusitis, Carminative, Dyspepsia, Colic, Lactation, Body Inflammation, Paralysis, Fever, Indigestion, Constipation, Stomach-Ache, Bronchial Infections	Acharya & Adhikari 2025; Bhatt 2012; Bhattarai <i>et al.</i> 2009; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dhami 2008; Gharti <i>et al.</i> 2024; Ghimire & Bastakoti 2009; Kutal <i>et al.</i> 2026; Singh <i>et al.</i> 2012; Singh 2020a; Thapa 2020; Bhattarai <i>et al.</i> 2011; Raut <i>et al.</i> 2025 Chaudhary 2023
552	<i>Zingiber</i> sp.	Zingiberaceae	H	Rhizome	Decoction, Paste	Leg and Hand Pain, Body Parts Swelling, Lactation Eye Infection	Kutal <i>et al.</i> 2026
553	<i>Ziziphus incurva</i> Roxb.	Rhamnaceae	T	Fruit			Singh 2020a
554	<i>Ziziphus jujuba</i> Mill.	Rhamnaceae	T	Bark	Decoction	Dysentery, Diarrhea	
555	<i>Ziziphus mauritiana</i> Lam.	Rhamnaceae	T	Bark, Stem, Leaf, Fruit, Root, Aerial part, Seed	Juice, Paste, Raw, Boiled, Powder, Soaked, Squeezed, Pound, Decoction Heated, Juice, Raw	Dysentery, Urin Problem, Diuretic, Eye Infection, Indigestion, Constipation, Stomach Problems, Internal Heat, Measles, Diarrhea, Stone, Chickenpox, Heartburn	Bhatt 2012; Chaudhary & Rai 2017; Chaudhary & Rajbhandry 2021; Chaudhary <i>et al.</i> 2021; Dhami 2008; Ghimire & Bastakoti 2009; Khanal <i>et al.</i> 2022; Singh <i>et al.</i> 2012; Raut <i>et al.</i> 2025
556	<i>Ziziphus nummularia</i> (Burm.fil.) Wight & Arn.	Rhamnaceae	S	Leaf, Root, Fruit		Earaches, Fever, Gastritis	Dangol & Gurung 1991; Gharti <i>et al.</i> 2024
557	<i>Ziziphus rugosa</i> Lam.	Rhamnaceae	T	Leaf	Paste	Skin Diseases	Singh & Hamal 2013