

TABLE 1. DIVERSITY OF MEDICINAL PLANTS IN 'SURYA-KUNJ'

Name of the plant	Family	Common name	Ethno-medicinal uses	Distribution (m asl)
<i>Achillea millefolium</i> L.	Asteraceae	Gandrain, Puthkanda	Diaphoretic, astringent, tonic	300-3500
<i>Achyranthes aspera</i> L.	Amaranthaceae	Chatkuri	Malarial fever, Mental disorders	1000-2200
<i>Acorus calamus</i> L.	Araceae	Bach	Dysentery, Mental disorders	1400-2300
<i>Aesculus indica</i> (Colebr. ex Cambess) Hook.	Hippocastanaceae	Khnor, Panger	Rheumatic pain, blood clotting	900-3000
<i>Ajuga parviflora</i> Benth.	Lamiaceae	Ratpatti	Fever, Worm infestation	1200-2800
<i>Allium humile</i> Kunth	Liliaceae	Dhun	Cuts and Wounds	3000-4500
<i>Alpinia galanga</i> (L.) Willd.	Zingiberaceae	Kulanjan	Heart diseases	1800-2200
<i>Amomum subulatum</i> Roxb.	Zingiberaceae	Badi ilayachi	Chronic cough	300-1200
<i>Angelica glauca</i> Edgew.	Apiaceae	Gandarayan	Constipation, Gastritis	3000-3700
<i>Artemisia annua</i> L.	Asteraceae	Paati	Worm infestation	2200-3200
<i>Artemisia capillaris</i> Thunb.	Asteraceae	Marwa	Worm infestation	1200-2400
<i>Asparagus racemosus</i> Willd.	Liliaceae	Satawari	General debility	2000-2600
<i>Berberis aristata</i> DC.	Berberidaceae	Kilmorha	Diabetes, Gout	1500-2500
<i>Berberis asiatica</i> Roxb. ex. DC.	Berberidaceae	Chunchri	Antiinflammatory, antidiabetic	900-2500
<i>Bergenia ciliata</i> (Haworth) Sternberg	Saxifragaceae	Silphoda	Kidney stone	1600-3200
<i>Berginia ligulata</i> (Wall.) Engl.	Saxifragaceae	Pashanbheda	Antidiabetic, Kidney stone	1600-3200
<i>Bicschofia javanica</i> Blume	Euphorbiaceae	Kanji	Toothache	300-1000
<i>Boerhavia diffusa</i> L.	Nyctaginaceae	Punarnava	Pain relief, liver diseases	300-1200
<i>Centella asiatica</i> (L.) Urban	Apiaceae	Brahmi	Blood purifier, Brain tonic	1200-2800
<i>Cichorium intybus</i> L.	Asteraceae	Kasni	Liver, gall bladder and kidney problem	300-1500
<i>Cinnamomum tamala</i> (Buch.-Ham.) T. Nees & Nees	Lauraceae	Tejpatta	Cough and cold	600-1300
<i>Coleus forskohlii</i> (Willd.) Briquet	Lamiaceae	Fiven	Kidney stone	1000-2500
<i>Corylus colurna</i> L.	Corylaceae	Bhotia badam	Cough and cold	2300-2900
<i>Curcuma longa</i> L.	Zingiberaceae	Haldi	Arthritis	800-1300
<i>Cymbopogon jwarancusa</i> (Jones) Schultes	Poaceae	Bhujir Ghas	Antibacterial	300-1400
<i>Cyperus rotundus</i> L.	Cypraceae	Motha	Analgesic	300-2400
<i>Dalbergia sissoo</i> Roxb. Ex DC	Fabaceae	Sheesham	Skin disorder	100-900
<i>Diploknema butyacea</i> (Roxb.) H.J. Lam	Sapotaceae	Chyura	Arthritis	300-1200
<i>Elaeocarpus ganitrus</i> Roxb. Ex G. Don	Elaeocarpaceae	Rudraksh	Diabetes, Blood pressure	400-1700
<i>Euonymus hamiltonianus</i> Wall.	Celastraceae	Agnyo	Herpes zoster, Antiinflammatory	1600-2700
<i>Ginkgo biloba</i> L.	Ginkgoaceae	Gingo	Brain booster, Cancer, Asthma	2200-2800
<i>Habenaria edgeworthii</i> Hook.f. ex Collett	Orchidaceae	Vridhi	Aphrodisiac, ppetizer, tonic	1500-3000
<i>Habenaria intermedia</i> D. Don	Orchidaceae	Ridhi	Aphrodisiac, ppetizer, tonic	1500-3000
<i>Hedychium spicatum</i> Buch.-Ham. Ex Smith	Zingiberaceae	Van Haldi	Diarrhea, Asthma, Analgesic	1500-2600
<i>Heracleum candicans</i> Wallich ex DC.	Apiaceae	Patrala	Leucoderma, Cancer, Spasmodic	2200-3800
<i>Heynea trijuga</i> Roxb.	Meliaceae	Vanritha	Tonic	300-1500
<i>Inula racemosa</i> Hook. f.	Asteraceae	Pushkarmool	Cough, respiratory discomfort	1300-4500
<i>Mahonia jaunsarensis</i> Ahrendt	Berberidaceae	Khoru	Fever	1950-2200
<i>Malaxis acuminata</i> D. Don	Orchidaceae	Jeevak	Febrifuge, tonic, arthritis	1200-2100
<i>Mallotus philippensis</i> (Lam.) Muell. Arg.	Euphorbiaceae	Ryun	Blood purifier	Upto 1600
<i>Mentha piperita</i> L.	Lamiaceae	Pudina	Stomachache	300-4000
<i>Mentha arvensis</i> L.	Lamiaceae	Peppermint	Vomiting, Stomachache	1200-3300
<i>Murraya koenigii</i> (L.) Spreng.	Rutaceae	Kari Patta	Diabetes	600-1500
<i>Myrica esculenta</i> Buch.-Ham. Ex D. Don	Myricaceae	Kafal	Constipation	1200-2000
<i>Nerium indicum</i> L.	Oleaceae	Kaner	Skin and Eye disorders	1200-2600
<i>Olea glandulifera</i> Wall.	Oleaceae	Jaitun	Fever, hair tonic	1100-2000
<i>Origanum vulgare</i> L.	Lamiaceae	Van tulsi	Mental disorder, Diarrhea	2600-3300
<i>Paeonia emodi</i> Wallich ex Royle	Paoniaceae	Chandrachun	Antidiabetic, Blood purifier	2000-3000
<i>Paris polyphylla</i> Sm.	Liliaceae	Satwa	Antipyretic, antispasmodic, antitussive, depurative	1800-3300
<i>Phyllanthus emblica</i> L.	Phyllanthaceae	Amla	Scurvy, Jaundice	600-2600
<i>Picrorhiza kurrooa</i> Royle ex Benth.	Scrophulariaceae	Kutki	Chronic fever, Stomachache	3300-4800
<i>Pistacia chinensis</i> Bung	Anacardiaceae	Karkat	Skin diseases, Fever	600-1200
<i>Pittosporum ericarpum</i> Royle	Pittosporaceae	Raduthiya	Chronic bronchitis, antidote to snake poison	900-2000
<i>Plantago ovata</i> L.	Plantaginaceae	Isabgol	Digestive disorder, Dysentery	1200-2600
<i>Podophyllum hexandrum</i> Royle	Podophyllaceae	Van Kakari	Anticancer	2800-4200
<i>Polygonatum cirrifolium</i> (Wallich) Royle	Liliaceae	Maha meda	Carminative, tonic	1800-3300
<i>Polygonatum verticillatum</i> (L.) Allioni	Liliaceae	Meda	General debility	1500-3500
<i>Polygonum capitatum</i> Buch.-Ham. Ex D. Don	Polygonaceae	Kafalya	Insecticide, Cut and Wounds	1500-3500
<i>Potentilla fulgens</i> Wallich ex Hook.	Rosaceae	Bajradanti	Toothache	1600-4800
<i>Prunus cerasoides</i> D. Don	Rosaceae	Padam, Paya	Edema	600-2600
<i>Ranunculus luteus</i> Wallich ex Hook.	Ranunculaceae	Ranunculus	Cuts and Wounds	1500-1800
<i>Rheum emodi</i> L.	Polygonaceae	Dolu	Abdominal pain, appetite, asthma, ulcer, wounds	3000-4200
<i>Rhododendron arboreum</i> Smith.	Ericaceae	Buransh	Heart problem	1300-3200
<i>Roscoea procera</i> Royle	Zingiberaceae	Kakoli	General debility	2000-3500
<i>Rosemarinus officinalis</i> L.	Lamiaceae	Rosemary	Carminative, Antioxidant	300-1800
<i>Rubus ellipticus</i> Smith	Rosaceae	Hisalu	Fever, colic, coughs and sore throat	1000-2600
<i>Rubus niveus</i> Thunb.	Rosaceae	Kala hisalu	Antitumour, wound healing	1000-2600
<i>Salvia lanata</i> L.	Lamiaceae	Paniya	Diarrhea, Coryza	900-2800
<i>Sapindus mukorossi</i> Gaertn.	Sapindaceae	Reetha	Epilepsy	900-2500
<i>Saussurea costus</i> (Falc.) Lipsch.	Asteraceae	Kuth	Asthma, Leprosy	3000-4000
<i>Selinum tenuifolium</i> Wallich ex DC.	Apiaceae	Bhutkesh	Mental disorder, Asthma	2800-3300
<i>Senecio nudicaulis</i> Buch.-Ham. Ex D. Don	Asteraceae	Neelkanti	Fever, Boils	1200-2600
<i>Solanum indicum</i> L.	Solanaceae	Badi kateri	Analgesic, antipyretic, anti-inflammatory, CNS depressant	800-2500
<i>Solanum nigrum</i> L.	Solanaceae	Makoy	Jaundice, Dysentery, Piles	800-3000
<i>Solanum torvum</i> L.	Solanaceae	Turkey berry	Sedative, diuretic and digestive	400-1600
<i>Swertia angustifolia</i> Buch.-Ham. Ex D. Don	Gentianaceae	Chirayata	Fever, Asthma	600-2600
<i>Tagetes minuta</i> L.	Asteraceae	Van Hajara	Earache	800-2600
<i>Taxus wallichiana</i> L.	Taxaceae	Thuner	Cancer, Ulcer	2400-3000
<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Combretaceae	Harad	Cough, Triphala preparation	500-1200
<i>Terminalia chebula</i> Retz.	Combretaceae	Baheda	Cough, Triphala preparation	500-1200
<i>Thalictrum foliolosum</i> DC.	Ranunculaceae	Mamira	Fever	1800-3500
<i>Trillium govianianum</i> Wall ex D. Don	Liliaceae	Nag chatri	Antiseptic, antispasmodic, diuretic	2700-4000
<i>Tsuga dumosa</i> (D. Don) Eichler	Pinaceae	Tansen	Bleeding wounds	1700-3500
<i>Urtica dioica</i> L.	Urticaceae	Sisoon	Gout, urinary diseases	Upto 3500
<i>Valeriana jatamansi</i> DC.	Valerianaceae	Samyo	Mental disorders, Insecticide	1500-3300
<i>Verbascum thapsus</i> L.	Scrophulariaceae	Ekalveer	Cataract	1000-4000
<i>Viburnum cotinifolium</i> D. Don	Caprifoliaceae	Dhinu	Digestive disorder	1800-3200
<i>Viola canescens</i> Wall.	Violaceae	Vanfasa	Coryza, Malarial fever, Asthma	1400-2600
<i>Vitex negundo</i> L.	Verbenaceae	Nirgundi	Jaundice	500-2600
<i>Withania somnifera</i> (L.) Dunal	Solanaceae	Aswagandha	Arthritis, anxiety, insomnia	300-2700
<i>Zanthoxylum armatum</i> DC.	Rutaceae	Timur	Pyrrhoea	1200-2400