

## **Current Outlook of Ethnobotany in Bagmati Province, Central Nepal**

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### **Abstract**

This paper reviews the state and prospects of ethnobotany in Bagmati Province, central Nepal, based on 102 studies identified through systematic searches using keywords like 'ethnobotany', 'traditional knowledge', and 'indigenous knowledge'. The research employs a forward-backward reference searching approach to analyze 2,245 use reports for 557 plant species from 139 families, categorized into 15 use categories. The Fabaceae family was the most diverse (43 species), followed by Asteraceae (33 species) and Lamiaceae (27 species). Traditional medicine dominates plant use, accounting for 1,822 use reports. Regions such as Makwanpur (270 species), Sindhuli (149 species), and Dolakha (127 species) showed higher species diversity due to extensive field studies and ecological variation from subtropical lowlands to mid-hills. In contrast, high-altitude (Rasuwa, Sindhupalchok) and urbanized districts (Kathmandu) recorded fewer medicinal plants due to sparse populations and alternative healthcare access. Ethnicity-wise, the Newar (327) and Tamang (257) groups recorded the highest level of species diversity. The Brahmin and Chhetri groups, following a similar pattern, recorded 242 species. However, Gurung, Pahari, Sarki, and Chepong recorded the least species. The larger ethnic groups documenting extensive usage and smaller groups preserving unique knowledge play an indispensable role in biodiversity conservation. This underscores the inter-relationship between ecological diversity, ethnic group distribution, and ethnobotanical knowledge. Integrating this traditional knowledge into national policies is important for conserving indigenous plant resources and fostering sustainability. Comprehensive surveys in underexplored areas, strengthening documentation, accreditation of traditional healers, and policy frameworks for drug development and quality assurance are vital for promoting ethnobotanical knowledge and its applications.

**Keywords:** Economic botany, Ethnic group, Indigenous knowledge, Mountains, Traditional medicine

### **Introduction**

Ethnobotany, connecting natural and social sciences, investigates the relationship between people and plants. Of all plant applications, those related to human health and well-being stand out as the most diverse. Plant-based traditional medicine has been widely used around the world, with growing evidence highlighting its importance for both treating diseases and supporting overall health. The secondary metabolites found in medicinal plants provide effective physiological responses, help in relieving human suffering, and are extensively used for subsistence and in treating different illnesses at home (Giday et al., 2009; Kunwar, 2006). The systematic study of these plants offers valuable insights into the ways indigenous communities are involved with natural resources, particularly in medicine and pharmaceutical development

(Albuquerque & Hanazaki, 2009). Plant resources are still utilized to meet basic needs or to sell as edible fruits, vegetables, fodder, medicinal herbs, and raw materials for building and household goods in many parts of Nepal (Dulal et al., 2022).

In recent decades, ethnobotany has gained greater recognition as it offers insights into biodiversity conservation efforts and preserves the cultural heritage of Indigenous communities. Several researchers have documented plant-based traditional knowledge across various cultures and regions, making significant contributions to the field of ethnobotany. In addition, ethnomedicinal studies have been instrumental in discovering natural and synthetic drugs such as reserpine, aspirin, taxol etc and in recent years, ethnobotanical insights have continued to support successful drug screening programs (Fabricant & Farnsworth, 2001; Heinrich

& Bremner, 2006). According to the World Health Organization (WHO), approximately 80% of the global population, particularly rural communities in developing countries, still depend on traditional medicines (Islam, 2006). Additionally, more than 50% of all pharmaceutical drugs have origins rooted in ethnomedicine (Wyk et al., 1997).

The variations in physiographic characteristics and climate have contributed to Nepal's enormous diversity of flora, fauna, ecosystems, and cultural heritage (Chaudhary et al., 2020). The Nepal Himalayas are home to a wide variety of plant resources and current flora records comprise roughly 6,000 flowering plant species (<https://floraofnepal.org.np/>). Of these, between 1,792 and 2,331 species are medicinal and aromatic plants (MAPs), used traditionally by local communities as medicines (Baral & Kurmi, 2006; Rokaya et al., 2010). On the other hand, the country's rich cultural and religious diversity supports a longstanding tradition of herbal medicine. There exists a deeply rooted and extensive history of traditional knowledge regarding medicinal and therapeutic herbs in Nepal (Kunwar & Bussmann, 2008). The indigenous peoples, with a unique culture, identity, and traditions, have occupied the country's diverse geographical and ecological regions. Across the country, they maintain a deep social, cultural, economic, and spiritual bond with natural resources and have developed their own traditional healing and medicinal practices. Acknowledging its diverse heritage, Nepal is home to 60 legally recognized Indigenous Nationalities, who comprise approximately 29.2 percent of the total national population (National Statistics Office [NSO], 2023). These people are profoundly associated with natural resources and maintain an insightful social, cultural, economic, and spiritual connection to these resources.

While numerous ethnobotanical studies have recorded various plants used by different ethnic groups in Central Nepal (Bhattarai, 1989, 1990; Chhetri & Gauchan, 2007; Joshi et al., 2011; Kunwar et al., 2006; Kunwar & Bussmann, 2008; Luitel et al., 2014; Malla & Chhetri, 2009; Manandhar, 1991; Pratik et al., 2011; Rijal, 2008; Shah & Lamichhane, 2017; Shrestha & Dhillon, 2003; Tamang, 2003; Thapa, 2012). Still a considerable amount of information about various plant species remains unexplored and in need of documentation. Furthermore, these fragmented pieces of information

need to be reviewed, synthesized, and combined into a single document.

This study presents an in-depth systematic review of published literature on plants utilized by various ethnic communities residing in Bagmati Province, Central Nepal. This review aims to provide a comprehensive overview of the ethnobotanical use of plants.

## Materials and Methods

### *Study area*

Bagmati province lies in Central Nepal consisting of 13 districts such as Rasuwa, Sindhupalchok, Dolakha, Dhading, Nuwakot, Kathmandu, Bhaktapur, Lalitpur, Kabhrepalanchok, Ramechhap, Chitwan, Makawanpur and Sindhuli (Figure 1). It has an area of 20,300 sq.Km (13.79% of the total area of the country), of which 27.29% of the land is covered by forest (Bagmati Province Government [BPG], 2024).

### *Review of literature*

An extensive review of the literature was conducted on ethnobotany, traditional knowledge, and indigenous practices in Bagmati Province, Central Nepal. The uses of plants of particular ethnic groups in a particular district or a village were reviewed (Lesnikowski et al., 2013). The general ethnobotanical publications without district or village-level references were excluded. The literature review utilized both peer-reviewed journal articles and a limited selection of gray literature: a literature that is not peer reviewed and indexed by major database but are valuable to research (Government report, NGO publications, etc). The literature was sourced through Google Scholar and research gate using keywords and combinations such as 'Ethnobotany', 'Traditional knowledge', 'Indigenous knowledge', 'Ethnic group', and 'Central Nepal' following Kugley et al. (2017). A total of 102 relevant studies were identified, sorted, and reviewed through a Forward-Backward Reference Searching approach, as Wirtz et al., (2016) recommended. The scientific names and synonyms of plant species mentioned in the reviewed studies were verified through the World Flora Online database (<http://www.worldfloraonline.org>) to ensure taxonomic accuracy. Data from multiple published sources were compared and the names of plants were checked in standard botanical database to verify data ensuring consistency and reliability.

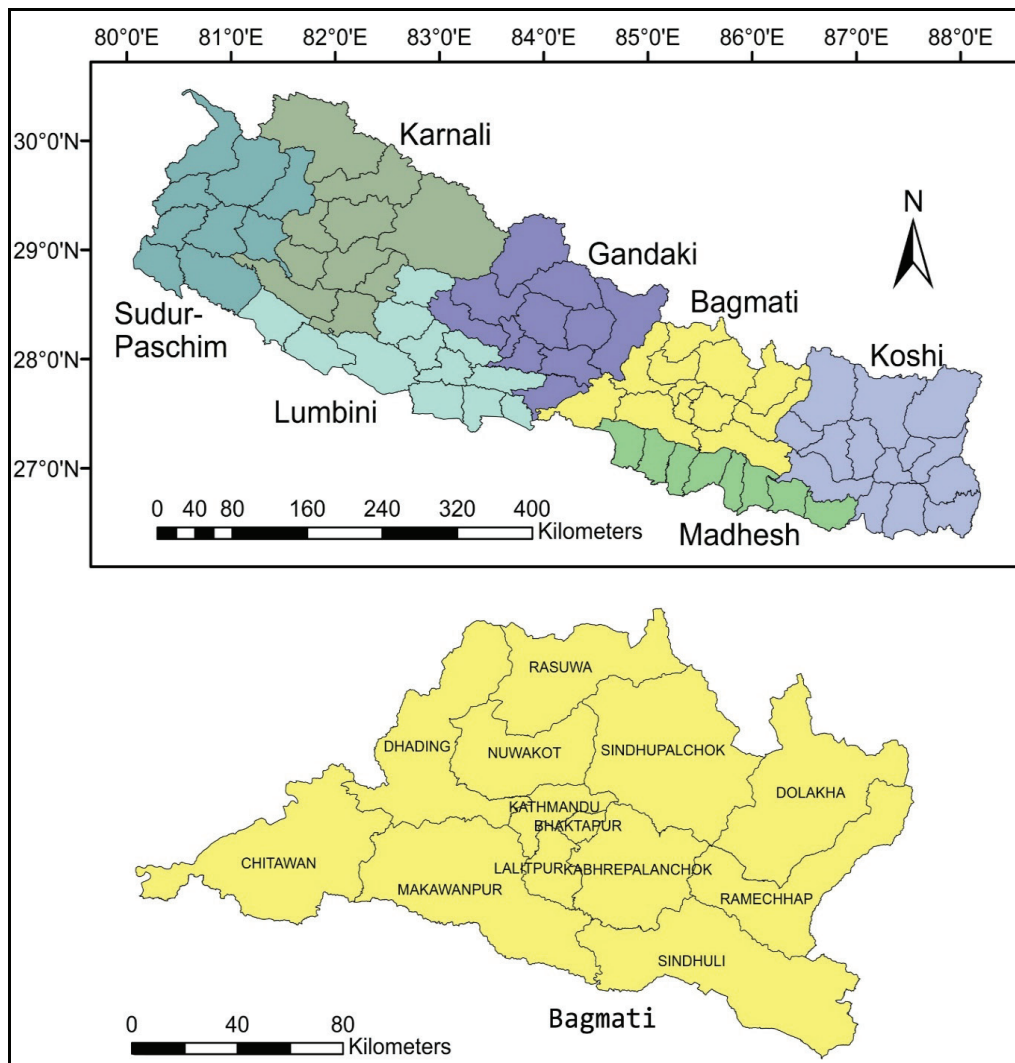


Figure 1: Map of the study sites

## Results and Discussions

### *Plants diversity*

About 2245 use reports of 557 plant species belonging to 139 families along 15 use categories were recorded (Appendix 1). The Fabaceae family was documented as the most diverse, with 43 species, followed by Asteraceae with 33 species and Lamiaceae with 27 species. These families were widely distributed across ecosystems, likely due to their adaptability and economic importance. Moderate species counts were observed in families like Poaceae (20 species), Solanaceae (14 species), and Moraceae (14 species), known for their roles in food, medicine, and agriculture. The dominance of key families such as Fabaceae, Asteraceae, and Poaceae in Makawanpur (Bhattarai & Tamang, 2017) aligns with our findings, highlighting their

medicinal importance, ecological adaptability, and need for conservation and further study. Families such as Malvaceae, Lauraceae, Rosaceae, and Cucurbitaceae were represented by 11 to 13 species, showing moderate levels of diversification. As the data continued, additional families with fewer species were identified, with some, including Amaryllidaceae and Verbenaceae, containing around five species each, indicating specialized ecological roles. Families like Acoraceae, Actinidiaceae, and Agavaceae are represented by a single species, likely reflecting specific ecological adaptations or restricted distributions. This distribution was used to highlight both the diversity within major plant families and the narrower specialization in others, underscoring the ecological variety across plant taxa.

The ethnobotanical study's finding shows that the richness and depth of traditional knowledge

among Nepalese communities, especially medicinal knowledge is the most documented use category which is over 1800. This finding is similar to the Farnsworth (1994), who mentioned the use of plant-based medicine is one of the widely used system of indigenous knowledge.

Futhermore, the findings resonate with those of Balemie & Kebebew (2006), who reported that more than 75% of rural inhabitants in developing nation use traditional medicines because thye lack access to modern medicine. In Nepal, Community knowledge that has been passing down through years is filling up the gap between healthcare and modern medicine in remote areas specially mountaineous region (Zewdu & Demissie, 2001).

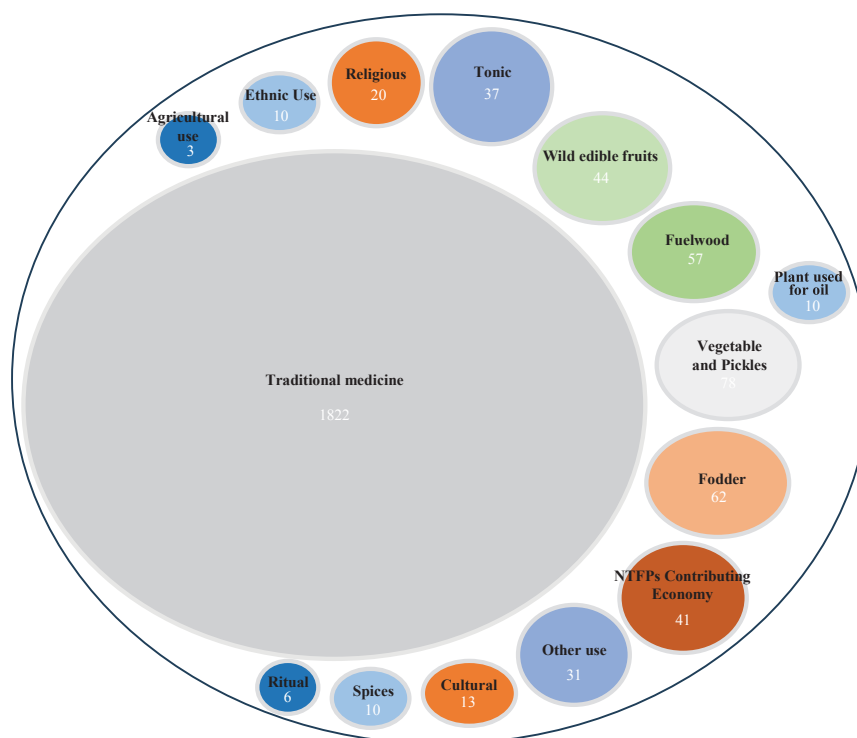
### *Plant use categories*

The ethnobotanical data categorized by use, highlights the predominant role of plants in traditional medicine, which is by far the most significant category with 1,822 use reports which is about 81% of the total use report. This dominance indicates the strong reliance of local communities on plants for health and healing purposes, reflecting rich traditional knowledge of medicinal flora. The use of a higher number of reports on medicinal plants (1822) is in agreement with Kunwar et al.

(2018) observations from western Nepal and Uprety et al. (2010) study from central Nepal about the importance of traditional medicine in local health-care systems.

Beyond medicinal use, plants are utilized for a variety of purposes, including tonic plants (37 reports), wild edible fruits (44 reports), and vegetables and pickles (78 reports), showcasing their contribution to nutrition and food security.

Other important uses include fuelwood (57 reports) and fodder (62 reports), which play essential roles in daily subsistence, particularly in rural areas. Non-timber forest products (NTFPs) that contribute to the economy account for 41 reports, underscoring the economic importance of plant resources beyond direct consumption. Religious (20 reports), cultural (13 reports), ethnic uses (10 reports), and ritual (6 reports) categories reflect the deep connection between plants and spiritual or cultural practices. Less frequent categories, such as agricultural tools (3 reports) and plants used for oil (10 reports), suggest specific but vital uses in certain communities (Figure 2). All these utilization patterns establish the multi-functional nature of plants that provide for basic human needs, along with cultural practices, within Nepalese communities.

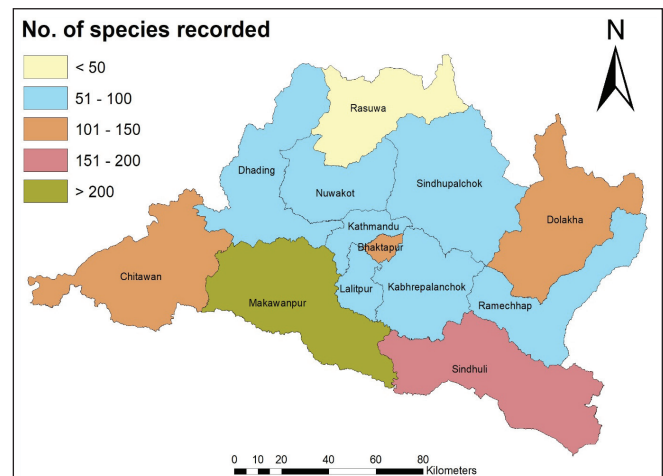


**Figure 2:** Number of plant species under various use categories

### ***Distribution of ethnobotanical knowledge accordingly to geographical locations***

The number of species recorded appears to correlate with the intensity of ethnobotanical studies in each district and the geographical and ecological diversity present. Districts like Makwanpur (270 species), Sindhuli (149 species), and Dolakha (127 species) had higher species records, likely due to more extensive field studies and their diverse habitats that range from subtropical lowlands to mid-hills, offering a variety of ecological niches conducive to plant diversity (Figure 3). Also, a study by Chhetri et al. (2024) shows that Nepal's mid-mountain regions are rich in medicinal and aromatic plants (MAPs), with 819 species reported, many of which are endemic. In contrast, districts such as Sindhupalchowk (57 species) and Rasuwa (45 species) had lower species counts, which may be influenced by less ethnobotanical research conducted in these areas, possibly due to their remote locations and challenging terrains. Additionally, variations in the degree of human interaction with the environment, local traditions of plant use, and accessibility for researchers also played a role in the spatial distribution of species records (Kunwar et al., 2022).

The district with easier accessibility and more ethnic groups such as Makawanpur was found with more research papers resulting in a higher number of ethnomedicinal plant records. This suggests that the availability of more publications is from the districts where active ethnobotanical utilization is linked. On the contrary, a lower number of medicinal plants were used at high-altitude districts (Rasuwa, Sindhupalchowk) and city-dominated districts (Kathmandu) likely to be attributed to the low human population, high outmigration, rugged physiography, and access to other easy and accessible alternatives as it has been argued that the people living in low-accluration areas may use fewer plant species for medicine (Vandebroek et al., 2004). This spatial variability in species documentation underscores the importance of comprehensive surveys across all ecological zones. It suggests that areas with lower species records may harbor undocumented biodiversity and that research efforts in such districts may need to be intensified. The overall trend demonstrates that species richness is not only a reflection of ecological diversity but also of the spatial distribution and intensity of ethnobotanical studies conducted across Bagmati province.

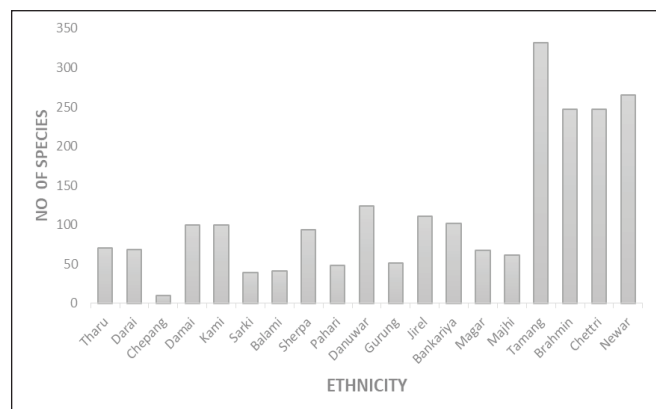


**Figure 3:** Number of plant species recorded as per districts

### ***Ethnicity and plant utilization***

The ethnobotanical study results, categorized by ethnicity, reveal various number of plant species documented for different ethnic groups in Nepal. The Tamang and Newar groups recorded the highest levels of species diversity, with 327 and 257 species respectively (Figure 4). Long-standing practices likely influenced this extensive agriculture, medicine, and trade knowledge. Similar patterns were observed among the Brahmin and Chhetri groups, each with 242 species recorded, reflecting their historical roles in religious and agricultural traditions. Between 100 and 201 species were documented by the Danuwar, Bankariya, Jirel, Damai, and Kami communities, indicating substantial engagement with local flora. Intermediate levels of knowledge were noted among the Sherpa, Tharu, Magar, and Majhi groups, with 62 to 95 species being recorded. The Gurung, Pahari, Sarki, and Chepong groups recorded fewer species, with the Chepong documenting only 10. The selection and utilization of knowledge of useful plant resources reflects a strong correlation between ethnicity and ethnobotanical knowledge in Nepal as the traditional people around the world possess unique knowledge of plant resources where larger ethnic communities tend to have a more extensive repertoire of plant species, however, smaller communities may still hold valuable, yet under-documented, traditional knowledge of local plant species (Martin, 1995). This emphasizes the need for more focused ethnobotanical studies to capture the full breadth of knowledge across all ethnic groups. Moreover, the mid-hills and mountainous districts hold the highest number of medicinal plant species in use. It may be linked to the larger human

population and ethnic groups of that area possibly due to cultural heterogeneity, and accessibility (Kunwar et al., 2022).



**Figure 4:** Number of species vs ethnicity

## Conclusion

This study documents the traditional use of plant by the indigenous communities residing in the Bagmati Province of Nepal. Despite of the occurrence of different ecological zones, people here are connected by living heritage i.e. traditional knowledge. The availability of species according to the abundance of plant family and the use of them in traditional way presents the balance in the ecosystem. The mostly used system is medicinal system, where bark, root, fruit, etc of plants are used. Other uses such as fuel, food, tools, and culturally and traditionally are also equally prevalent in this province.

Future initiatives must include comprehensive surveys in previously unexplored areas, integration of indigenous knowledge into conservation policy, and the establishment of frameworks that protect indigenous knowledge while ensuring equitable benefit-sharing. Bioprospecting, combined with modern science, can be a great achievement in the fields of medicine and agriculture; the knowledge will get scientific validation. Hence, the traditional knowledge will remain accessible in the future. Intergenerational knowledge transmission can be facilitated through education programs that reverse the loss of traditional practices, while scientific verification of medicinal uses can enhance their acceptance. Preservation of ethnobotanical data is critical not only to preserve biodiversity but also to develop pharmaceuticals, ensure sustainable resource management, and conserve culture. It depends on achieving the balance between traditional

use and sustainable development- both in respecting cultural heritage and conserving ecological integrity.

## Author Contributions

First author and third author did data acquisition, all author did data Analysis. Manuscript preparation had done by First author, second author and third author. Second author and fourth author did manuscript review.

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**Appendix 1: List of plant species with their family, reported districts and uses**

| S. N. | Species/Family                                                         | Reported districts                                                                                  | Uses                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1     | <i>Abelmoschus esculentus</i> (L.) Moench<br>Malvaceae                 | Kavrepalanchowk                                                                                     | Juice for cuts, wounds, urinary problems, abdominal disorder, constipation, diarrhea, general debility; tender fruits as vegetable (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                                                      |
| 2     | <i>Abelmoschus moschatus</i> moench<br>Malvaceae                       | Chitwan                                                                                             | Promote healing of cuts and wounds (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 3     | <i>Abrus precatorius</i> L.<br>Fabaceae                                | Sinduli, Nuwakot, Bhaktapur, Makawanpur, Sindupalchowk                                              | Eye infections (Shah & Singh, 2014), cleaning dust and foreign particles, eye impurities, itching                                                                                                                                                                                                                                                                                                                                                                               |
| 4     | <i>Abutilon indicum</i> (L.) Sweet<br>Malvaceae                        | Chitwan                                                                                             | Extract pus (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 5     | <i>Acacia catechu</i> (L.f.) Willd.<br>Fabaceae                        | Makawanpur, Sinduli, Ramechaap                                                                      | Cough, Toothache (Shah & Singh, 2014), Used in cure of body inflammation, blood purifier, chest pain, asthma, cold, skin diseases, fever and as timber and fodder (Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Moktan, 2023)                                                                                                                                                                                                                            |
| 6     | <i>Acacia nilotica</i> (L.) Willd. ex Delile<br>Fabaceae               | Chitwan, Makawanpur                                                                                 | Dysentery, diarrhea in children; flowers soaked in water used to quench thirst (Bhattarai & Tamang, 2017; Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                |
| 7     | <i>Acer oblongum</i> Wall. ex DC.<br>Aceraceae                         | Makawanpur                                                                                          | Leaves used as fodder (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 8     | <i>Achyranthes aspera</i> L.<br>Amaranthaceae                          | Makawanpur, Chitwan, Bhaktapur, Lalitpur, Sinduli, Kathmandu                                        | Fever, sinusitis, toothache, itching, headaches, stop bleeding, placenta issues, stomach pain, typhoid; used as toothbrush (Balami, 2004; Dangol & Gurung, 2008; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Dulal et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                             |
| 9     | <i>Achyranthes bidentata</i> Blume<br>Amaranthaceae                    | Chitwan, Makawanpur, Sinduli, Dolakha, Nuwakot, Kavrepalanchowk, Lalitpur                           | Toothache, urinary problems, clean teeth, increase body temperature, childbirth, asthma, respiration problems, typhoid, dysentery, fever, pregnancy; for expelling placenta in animals; stem as toothbrush (Malla & Chhetri, 2009; Shah & Singh, 2014; Timilsina & Singh, 2015; Poudel & Singh, 2016; Joshi et al., 2020; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                       |
| 10    | <i>Acmella oleracea</i> (L.) R.K.Jansen<br>Asteraceae                  | Bhaktapur                                                                                           | Toothache (Bhaila et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 11    | <i>Aconitum ferox</i> Wall.<br>Ranunculaceae                           | Ramechaap, Makawanpur, Kathmandu                                                                    | Root paste/powder for fever, diarrhea, vomiting, stomach problems, indigestion; roots powder mixed with food to kill rodents (Balami, 2004; Bhattarai & Tamang, 2017; Pradhan et al., 2020)                                                                                                                                                                                                                                                                                     |
| 12    | <i>Aconitum lethale</i> Griff.<br>Ranunculaceae                        | Rasuwa, Makawanpur                                                                                  | Tuber used for fever (detoxified using milk or cow urine before use) (Shrestha et al., 2014; Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                |
| 13    | <i>Acorus calamus</i> L.<br>Acoraceae                                  | Nuwakot, Sinduli, Chitwan, Makawanpur, Dhading, Lalitpur, Rasuwa, Dolakha, Bhaktapur, Sindupalchowk | Cough, bronchitis, neck problem, kidney diseases, insomnia, diarrhea, antidote, tonsillitis, asphyxia, anti-lice, sore throat, respiratory problems, cold, fever, fracture (Shah & Singh, 2014; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gautam & Dhakal, 2023; Gurung, 2023; Karki et al., 2023; Moktan, 2023)     |
| 14    | <i>Adiantum caudatum</i> L.<br>Pteridaceae                             | Chitwan                                                                                             | Tied around wrist for nightly fever, cooling effect, athlete's foot, wounds (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                             |
| 15    | <i>Adina cordifolia</i> (Roxb.) Brandis<br>Rubiaceae                   | Chitwan, Sinduli                                                                                    | Cooling effect, athlete's foot, wounds (Dangol & Gurung, 2008; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                              |
| 16    | <i>Aecmanthera gossypina</i> (Wall.) Nees<br>Acanthaceae               | Makawanpur                                                                                          | Diarrhea (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 17    | <i>Aegle marmelos</i> (L.) Corrêa<br>Rutaceae                          | Sinduli, Chitwan, Ramechaap, Makawanpur, Dhading, Bhaktapur                                         | Diarrhea, constipation, diabetes, dysentery, gastritis, typhoid, jaundice, inflammation, toothache, stomach issues, body strength, fever/cooling, bleeding nose; fruits edible; leaves for religious worship; fodder (Shah & Singh, 2014; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Kafle & Dani, 2022; Gautam & Dhakal, 2023; Moktan, 2023)                                                             |
| 18    | <i>Aeschynomene aspera</i> L.<br>Fabaceae                              | Makawanpur                                                                                          | Plant paste applied to forehead for headache caused by sinusitis (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                 |
| 19    | <i>Aerva lanata</i> (L.) Juss.<br>Amaranthaceae                        | Chitwan                                                                                             | Juice with leaf buds of Karma and Gurech vine given for fever (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                           |
| 20    | <i>Agave americana</i> L.<br>Asparagaceae                              | Bhaktapur, Makawanpur                                                                               | Constipation (Bhattarai & Tamang, 2017; Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 21    | <i>Ageratina adenophora</i> (Spreng.) R.M.King & H. Rob.<br>Asteraceae | Lalitpur, Dolakha, Nuwakot, Bhaktapur, Sinduli, Makawanpur, Kavrepalanchowk, Sindupalchowk          | Cuts, wounds, fever, boils, eye insomnia; green manure, bio-briquette, fodder; juice for cough, cold, sinusitis (Rai et al., 2004; Malla & Chhetri, 2009; Shah & Singh, 2014; Timilsina & Singh, 2015; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Nepali et al., 2020; Dhital et al., 2021; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023; Moktan, 2023)                                                               |
| 22    | <i>Ageratum conyzoides</i> L.<br>Asteraceae                            | Bhaktapur, Chitwan, Makawanpur                                                                      | Blood clotting, bone fracture, cuts and wounds, setting dislocated bones, stopping bleeding (Dangol & Gurung, 2008; Bhattarai & Tamang, 2017; Joshi et al., 2020; Bhaila et al., 2022; Moktan, 2023)                                                                                                                                                                                                                                                                            |
| 23    | <i>Albizia julibrissin</i> Durazz.<br>Fabaceae                         | Nuwakot, Makawanpur                                                                                 | Firewood, banana ripening (Bhattarai & Tamang, 2017; Nepali et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                       |
| 24    | <i>Allium hyspisum</i> Stearn<br>Amaryllidaceae                        | Nuwakot, Lalitpur, Dhading                                                                          | Cough, cold, flu, stomach pain, muscle ache, scabies, corneal ulcer, used as spice (Timilsina & Singh, 2015; Panta, 2019; Gurung & Subedi, 2021)                                                                                                                                                                                                                                                                                                                                |
| 25    | <i>Allium sativum</i> L.<br>Amaryllidaceae                             | Chitwan, Makawanpur, Kavrepalanchowk, Sinduli, Dolakha, Bhaktapur                                   | Tonsillitis, fever, scorpion bite, earache, gastric issues, constipation, cough, cold, ringworm; used as spice and stimulant; roasted tubers eaten fresh/pickled; leaves as vegetables; oil for skin rashes (Malla & Chhetri, 2009; Poudel & Singh, 2016; Dhital et al., 2021; Dulal et al., 2022; Kafle & Dani, 2022; Gautam & Dhakal, 2023)                                                                                                                                   |
| 26    | <i>Allium wallichii</i> Kunth<br>Amaryllidaceae                        | Dolakha, Makawanpur, Kathmandu                                                                      | Cough and cold (Balami, 2004; Joshi et al., 2020; Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                                                                                          |
| 27    | <i>Alnus nepalensis</i> D.Don<br>Betulaceae                            | Kavrepalanchowk, Nuwakot, Makawanpur                                                                | Diarrhea, dysentery, burns, cuts, wounds; wood for furniture, construction, fuel; fodder (Malla & Chhetri, 2009; Joshi et al., 2020; Nepali et al., 2020)                                                                                                                                                                                                                                                                                                                       |
| 28    | <i>Aloe vera</i> (L.) Burm.f.<br>Asphodelaceae                         | Sinduli, Nuwakot, Chitwan, Makawanpur, Bhaktapur, Dhading, Lalitpur, Sindupalchowk                  | Burns, burnt wounds, menstruation regulation, intestinal wounds, jaundice, skin allergies, high blood pressure, body temperature, kidney stones, weakness, skin infection, intestinal worms (Shah & Singh, 2014; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Dhital et al., 2021; Gurung & Subedi, 2021; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gautam & Dhakal, 2023; Gurung, 2023; Karki et al., 2023) |
| 29    | <i>Alsophila spinulosa</i> (Hook.) R.M. Tryon<br>Cyathecaceae          | Dolakha                                                                                             | Rhizome paste to expel spines from body (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 30    | <i>Alstonia scholaris</i> (L.) R.Br.<br>Apocynaceae                    | Makawanpur, Sinduli                                                                                 | Wood for musical instrument (madal); antihelmintic, anticholera, diabetes, epilepsy, sterility, abortion, weakness (Bhattarai & Tamang, 2017; Joshi et al., 2020; Kafle & Dani, 2022; Moktan, 2023)                                                                                                                                                                                                                                                                             |
| 31    | <i>Alternanthera sessilis</i> (L.) DC.<br>Amaranthaceae                | Sinduli, Makawanpur                                                                                 | Muscle ache, scabies, corneal ulcer (Shah & Singh, 2014; Joshi et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                |
| 32    | <i>Amaranthus spinosus</i> L.<br>Amaranthaceae                         | Chitwan, Bhaktapur, Sinduli, Makawanpur, Kathmandu                                                  | Lower fever, skin problems, labor pain reducer (Balami, 2004; Dangol & Gurung, 2008; Poudel & Singh, 2016; Joshi et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                              |

| S. N. | Species/Family                                                           | Reported districts                                                                          | Uses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 33    | <i>Amaranthus viridis</i> L.<br>Amaranthaceae                            | Lalitpur                                                                                    | Leaf juice/curry for constipation relief (Nagarkoti & Shrestha, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 34    | <i>Anomum subulatum</i> Roxb.<br>Zingiberaceae                           | Bhaktapur, Dhading, Makawanpur                                                              | Prevent sore throat, cold Bhattarai & Tamang, 2017; Gurung & Subedi, 2021; Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                               |
| 35    | <i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson<br>Araceae        | Sinduli                                                                                     | Swollen body (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 36    | <i>Ampelocissus divaricata</i> (Wall. ex M.A. Lawson) Planch<br>Vitaceae | Makawanpur                                                                                  | Eyesight improvement (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 37    | <i>Ananas comosus</i> (L.) Merr.<br>Bromeliaceae                         | Chitwan, Sinduli                                                                            | Heat, typhoid (Bhattarai & Tamang, 2017; Gurung & Subedi, 2021; Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                          |
| 38    | <i>Anaphalis busua</i> DC.<br>Asteraceae                                 | Makawanpur                                                                                  | Cuts and wounds (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 39    | <i>Anaphalis triplinervis</i> Sims ex C.B. Clarke<br>Asteraceae          | Makawanpur, Kathmandu                                                                       | Cuts and wounds (Balami, 2004; Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 40    | <i>Anethum graveolens</i> L.<br>Apiaceae                                 | Chitwan, Sinduli                                                                            | Lactation enhancer, tonic for pregnant women (Poudel & Singh, 2016; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                      |
| 41    | <i>Anisomeles indica</i> (L.) Kuntze<br>Lamiaceae                        | Makawanpur                                                                                  | Tonic (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 42    | <i>Anthogonium gracile</i> Wall. ex Lindl.<br>Orchidaceae                | Dolakha                                                                                     | Pseudobulb chewed to smoothen the neck, neck pain relief (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                |
| 43    | <i>Areca catechu</i> L.<br>Areaceae                                      | Chitwan, Lalitpur, Sinduli                                                                  | Scars, eczema, scar removal (Poudel & Singh, 2016; Panta, 2019; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                          |
| 44    | <i>Argemone mexicana</i> L.<br>Papaveraceae                              | Ramechaap, Sinduli                                                                          | Skin disease, jaundice, cough, cold, eye troubles (Pradhan et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                 |
| 45    | <i>Argentina festiva</i> (Soják) Soják<br>Rosaceae                       | Makawanpur, Nuwakot                                                                         | Fever, headache, toothache (Joshi et al., 2020; Nepali et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 46    | <i>Argentina lineata</i> (Trevit.) Soják<br>Rosaceae                     | Dolakha                                                                                     | Stomach disorder, gastritis, worms, tonsillitis (Dhital et al., 2021; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                    |
| 47    | <i>Artemisia indica</i> Willd.<br>Asteraceae                             | Chitwan, Sindupalchowk, Makawanpur, Lalitpur, Dolakha, Rasuwa, Nuwakot, Kathmandu           | Used in baby naming function, child bath, wounds, poison, intestinal worms, heating body, dislocated bones, mosquito repellent, insecticide, body odor, rheumatic disease, incense, cough, religious value, scabies, ringworm, diabetes (Balami, 2004; Rai et al., 2004; Bhattarai & Tamang, 2017; Poudel & Singh, 2016; Joshi et al., 2020; Nagarkoti & Shrestha, 2022; Karki et al., 2023; Moktan, 2023)                                                                                   |
| 48    | <i>Artemisia vulgaris</i> L.<br>Asteraceae                               | Chitwan, Makawanpur, Nuwakot, Dhading, Lalitpur, Bhaktapur, Sinduli                         | Cough, asthma, cuts, wounds, scabies, bleeding, skin disease, stomach pain, gastritis, anti-leech, uterine prolapse, sprain, cold, pressure reduction, sugar decrease, antihelminthic, typhoid, allergy, repellent for bugs and flies (Dangol & Gurung, 2008; Shah & Singh, 2014; Timilsina & Singh, 2015; Panta, 2019; Gurung & Subedi, 2021; Dulal et al., 2022; Kafle & Dani, 2022; Gautam & Dhakal, 2023)                                                                                |
| 49    | <i>Artocarpus heterophyllus</i> Lam.<br>Moraceae                         | Kavrepalanchowk, Makawanpur                                                                 | Skin disease, diarrhea, dysentery, glandular swelling, abscesses; fruits eaten fresh/as vegetable/pickled; seeds roasted; leaves as fodder (Malla & Chhetri, 2009; Moktan, 2023)                                                                                                                                                                                                                                                                                                             |
| 50    | <i>Artocarpus lacucha</i> Roxb. ex Buch.-Ham.<br>Moraceae                | Makawanpur, Sinduli, Chitwan                                                                | Mumps, diarrhea, wounds, boils, gastritis, indigestion; ripe fruits eaten fresh; young shoots as vegetable; leaves as fodder (Poudel & Singh, 2016; Kafle & Dani, 2022; Moktan, 2023)                                                                                                                                                                                                                                                                                                        |
| 51    | <i>Asparagus racemosus</i> Willd.<br>Asparagaceae                        | Makawanpur, Sinduli, Bhaktapur, Lalitpur, Dolakha, Rasuwa, Kathmandu                        | Paralysis, tonic, nerve disease, body pain, lactation, dysentery, cough, cold, fever, inflammation, expelling animal placenta, urine blockage, venereal diseases; tender shoots eaten as vegetable/pickle (Balami, 2004; Luitel et al., 2014; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Nagarkoti & Joshi et al., 2020; Dulal et al., 2022; Kafle & Dani, 2022; Gautam & Dhakal, 2023; Karki et al., 2023; Moktan, 2023)                                                    |
| 52    | <i>Astilbe rivularis</i> Buch.-Ham.<br>Saxifragaceae                     | Ramechaap, Makawanpur, Dolakha, Rasuwa, Lalitpur, Kathmandu                                 | Pain killer, muscular swelling, gastritis, indigestion, delivery stomach issues, tonic for pre/post pregnancy, fracture, body pain, menstruation problems, over-bleeding, cough (Balami, 2004; Shrestha et al., 2014; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Dhital et al., 2021; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                                               |
| 53    | <i>Avena sativa</i> L.<br>Poaceae                                        | Ramechaap                                                                                   | Spikes as laxative, grain powder for indigestion; grains edible and used in Hindu worship; plants as fodder (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                                           |
| 54    | <i>Azadirachta indica</i> A. Juss.<br>Meliaceae                          | Nuwakot, Makawanpur, Chitwan, Lalitpur, Bhaktapur, Ramechaap, Sinduli, Dhading              | Blisters, allergy, malaria, respiratory problems, high blood pressure, fever, toothache, antihelminthic, body pain, pneumonia, dysentery, cough, cold, urinary complaints, sugar control, wounds, worms, skin disease; used as toothbrush (Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Pradhan et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gautam & Dhakal, 2023) |
| 55    | <i>Azanza lampsas</i> Alef.<br>Malvaceae                                 | Makawanpur                                                                                  | Fever, stomach issues (Joshi et al., 2020; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 56    | <i>Bambusa bambos</i> (L.) Voss<br>Poaceae                               | Sinduli                                                                                     | Toothbrush (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 57    | <i>Barleria cristata</i> L.<br>Acanthaceae                               | Chitwan, Makawanpur, Kavrepalanchowk                                                        | Anemia, throat trouble, indigestion, inflammations, fever, bronchitis, asthma, boils, pimples (Malla & Chhetri, 2009; Poudel & Singh, 2016; Joshi et al., 2020; Moktan, 2023)                                                                                                                                                                                                                                                                                                                |
| 58    | <i>Bauhinia purpurea</i> L.<br>Fabaceae                                  | Makawanpur, Nuwakot, Sindupalchowk, Kathmandu                                               | Fodder; flowers and young shoots cooked as vegetable; skin diseases (Balami, 2004; Rai et al., 2004; Bhattarai & Tamang, 2017; Nepali et al., 2020; Moktan, 2023)                                                                                                                                                                                                                                                                                                                            |
| 59    | <i>Bauhinia variegata</i> L.<br>Fabaceae                                 | Makawanpur, Dhading, Ramechaap, Nuwakot, Sindupalchowk, Bhaktapur, Kathmandu                | Antivenin, back pain, diarrhea, blood pressure, dysentery, stomach ache, body ache, indigestion; flowers pickled; young shoots/leaves as vegetable; bark/flower juice for bleeding, diabetes; heartwood for construction (Balami, 2004; Rai et al., 2004; Joshi et al., 2020; Nepali et al., 2020; Pradhan et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Moktan, 2023)                                                                                                            |
| 60    | <i>Begonia picta</i> Sm.<br>Begoniaceae                                  | Makawanpur                                                                                  | Wounds, anti-leech (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 61    | <i>Benincasa hispida</i> Cogn.<br>Cucurbitaceae                          | Makawanpur, Dhading                                                                         | Coolant; fruits used as vegetable and pickled (Gurung & Subedi, 2021; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                          |
| 62    | <i>Berberis aristata</i> DC.<br>Berberidaceae                            | Rasuwa, Makawanpur, Nuwakot, Bhaktapur, Sindupalchowk, Kathmandu                            | Root bark decoction for diarrhea, jaundice, blood purification; ripe fruits eaten; eye problems, skin problems, eye boils, skin disease (Balami, 2004; Shrestha et al., 2014; Timilsina & Singh, 2015; Bhattarai & Tamang, 2017; Joshi et al., 2020; Dulal et al., 2022; Gurung, 2023)                                                                                                                                                                                                       |
| 63    | <i>Berberis napaulensis</i> (DC.) Spreng.<br>Berberidaceae               | Makawanpur, Dolakha, Lalitpur, Rasuwa, Bhaktapur                                            | Leaf juice for mouth ulcer, throat pain, tonsil, fever; fruit/bark infusion for high blood pressure; bark juice for eye irritation/inflammation (Shrestha et al., 2014; Joshi et al., 2020; Dhital et al., 2021; Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                                                                                                                         |
| 64    | <i>Bergenia ciliata</i> (Haw.) Sternb.<br>Saxifragaceae                  | Ramechaap, Makawanpur, Dolakha, Rasuwa, Bhaktapur, Sindupalchowk, Lalitpur, Kavrepalanchowk | Juice for urinary troubles, menstruation problems, gallstones, kidney stones; tonic, blood purifier, toxin removal, aphrodisiac, diarrhea, fever, vomiting, piles, tumors, heart diseases, asthma, lung problems; rhizome powder for cough, dysentery; flowers boiled/pickled; stem paste for back/joint pain, roundworm infection (Balami, 2004; Rai et al., 2004; Malla & Chhetri, 2009; Shrestha et al., 2014; Bhattarai &                                                                |

| S.N. | Species/Family                                                 | Reported districts                                                                                     | Uses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|------|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|      |                                                                | Kathmandu                                                                                              | Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Bhaila et al., 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                          |
| 65   | <i>Betula alnoides</i> Buch.-Ham. ex D.Don<br>Betulaceae       | Kavrepalanchowk, Rasuwa, Nuwakot, Makawanpur                                                           | Bark boiled and applied to dislocated bone/injury; chewed for sore throat and excessive menstruation; wood for furniture, construction, fuel (Malla & Chhetri, 2009; Shrestha et al., 2014; Timilsina & Singh, 2015; Bhattarai & Tamang, 2017)                                                                                                                                                                                                                                                                                        |
| 66   | <i>Bidens pilosa</i> L.<br>Asteraceae                          | Kavrepalanchowk, Makawanpur                                                                            | Plant juice for cuts and wounds; leaves as fodder; tender shoots cooked as vegetables (Malla & Chhetri, 2009; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                           |
| 67   | <i>Biophytum sensitivum</i> (L.) DC.<br>Oxalidaceae            | Chitwan                                                                                                | Plant juice for fever (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 68   | <i>Bixa orellana</i> L.<br>Bixaceae                            | Chitwan                                                                                                | Fracture (Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 69   | <i>Boehmeria platyphylla</i> D.Don<br>Urticaceae               | Kavrepalanchowk                                                                                        | Plant decoction for livestock diarrhea/dysentery; root paste for cattle wounds/cuts; leaf juice for fresh cuts/wounds; bark yields threads; leaves as fodder (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                                                                                  |
| 70   | <i>Bombax ceiba</i> L.<br>Malvaceae                            | Chitwan, Sinduli, Dhading, Lalitpur, Makawanpur                                                        | Flower paste for diarrhea, dysentery, stomach troubles; spine paste for measles; cough, bronchitis, dandruff, micturition disorder (Shah & Singh, 2014; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Gurung & Subedi, 2021; Nagarkoti & Shrestha, 2022; Moktan, 2023)                                                                                                                                                                                                                                                              |
| 71   | <i>Bonnaya ciliata</i> (Colsm.) Spreng.<br>Scrophulariaceae    | Chitwan                                                                                                | Plant paste applied on cuts and wounds (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 72   | <i>Brassica campestris</i> L.<br>Brassicaceae                  | Kavrepalanchowk, Dhading                                                                               | Back pain, diarrhea; seeds for pickle and oil; seed oil cake for cattle; tender shoots/leaves as vegetables; husks for plastering houses (Malla & Chhetri, 2009; Gurung & Subedi, 2021)                                                                                                                                                                                                                                                                                                                                               |
| 73   | <i>Brassica juncea</i> (L.) Czern.<br>Brassicaceae             | Sinduli                                                                                                | Skin allergy (blisters/rashes) (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 74   | <i>Brassica napus</i> L.<br>Brassicaceae                       | Kavrepalanchowk                                                                                        | Seed oil for earaches and cooking; husks for plastering houses/baskets; tender green leaves as vegetable (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                                                                                                                                      |
| 75   | <i>Brassica oleracea</i> var. botrytis<br>Brassicaceae         | Sinduli                                                                                                | Diarrhea, fever, bacterial infection (Shah & Singh, 2014)                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 76   | <i>Brassica oleracea</i> L.<br>Brassicaceae                    | Sinduli                                                                                                | Asthma, fever, cough, rheumatism, stomach disorder; mature leaves fermented for 'gundruk' (Shah & Singh, 2014)                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 77   | <i>Brassica rapa</i> L.<br>Brassicaceae                        | Lalitpur                                                                                               | Seed oil for earaches, muscle/joint pain, bone dislocation, massaging newborns and mothers; mixed with <i>Trachyspermum ammi</i> /garlic for cold, cough; mixed with salt for toothache (Nagarkoti & Shrestha, 2022)                                                                                                                                                                                                                                                                                                                  |
| 78   | <i>Bridelia retusa</i> (L.) A.Juss.<br>Euphorbiaceae           | Kavrepalanchowk                                                                                        | Bark juice for diarrhea, dysentery, peptic ulcer, ripe fruits eaten fresh; leaves as fodder (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 79   | <i>Brucea javanica</i> (L.) Merr.<br>Simaroubaceae             | Dolakha                                                                                                | Fruits eaten for diarrhea and dysentery (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 80   | <i>Bryophyllum pinnatum</i> (Lam.) Oken<br>Crassulaceae        | Lalitpur, Bhaktapur, Makawanpur                                                                        | Ear problems, kidney stones, urinary disorders, wounds, piles (Bhattarai & Tamang, 2017; Panta, 2019; Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                             |
| 81   | <i>Buddleja asiatica</i> Lour.<br>Scrophulariaceae             | Dolakha, Sindupalchowk                                                                                 | Pneumonia, skin diseases (Rai et al., 2004; Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 82   | <i>Butea monosperma</i> (Lam.) Kuntze<br>Fabaceae              | Bhaktapur, Sinduli, Makawanpur                                                                         | Antihelminthic, intestinal worms, blood dysentery (Bhattarai & Tamang, 2017; Bhaila et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 83   | <i>Cajanus cajan</i> (L.) Millsp.<br>Fabaceae                  | Kavrepalanchowk                                                                                        | Young leaves for tongue boils, jaundice, cough, cold, diarrhea, wounds; dry leaves as cattle fodder; seeds for soup and 'daal' (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                                                                                                                |
| 84   | <i>Callicarpa macrophylla</i> Vahl<br>Verbenaceae              | Dhading, Chitwan, Makawanpur                                                                           | Fever, sore throat and tongue, earache (Dangol & Gurung, 2008; Bhattarai & Tamang, 2017; Gurung & Subedi, 2021)                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 85   | <i>Calotropis gigantea</i> (L.) W.T.Aiton<br>Apocynaceae       | Bhaktapur, Sinduli Chitwan, Makawanpur                                                                 | Body pain, thorn removal, boils, foot/sole cracks, muscle ache, fracture, sprain, paralysis; milk juice applied on boils (Dangol & Gurung, 2008; Shah & Singh, 2014; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Bhaila et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                         |
| 86   | <i>Cannabis sativa</i> L.<br>Cannabaceae                       | Lalitpur, Sinduli, Chitwan, Makawanpur, Dolakha, Sindupalchowk, Bhaktapur, Kathmandu                   | Aerial parts as stimulant, digestive, body warming agent, appetizer, twigs for animal diarrhea; for cold, pain relief, abdominal disorder, constipation, insomnia, insanity (Balami, 2004; Rai et al., 2004; Dangol & Gurung, 2008; Joshi et al., 2020; Luitel et al., 2014; Shah & Singh, 2014; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gurung, 2023; Karki et al., 2023)                                                                                       |
| 87   | <i>Cantharellus odoratus</i><br>Cantharellaceae                | Sinduli                                                                                                | Stomach disorder, diet (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 88   | <i>Capsicum annuum</i> L.<br>Solanaceae                        | Sinduli, Lalitpur, Makawanpur                                                                          | Fruits in pickle for gastric problems, anti-cancer; green fruits pickled/eaten fresh; root for fruit-caused fever; headache (Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                            |
| 89   | <i>Capsicum frutescens</i> L.<br>Solanaceae                    | Sinduli                                                                                                | Swollen stomach (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 90   | <i>Capsicum microcarpum</i> Cav.<br>Solanaceae                 | Ramechaap, Bhaktapur                                                                                   | Appetizer, cough; green pods/pickles for indigestion, stomach problems (Pradhan et al., 2020; Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 91   | <i>Carica papaya</i> L.<br>Caricaceae                          | Dhading, Sinduli                                                                                       | Fungal infection, jaundice, dengue (Gurung & Subedi, 2021; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 92   | <i>Cassia fistula</i> L.<br>Fabaceae                           | Chitwan, Makawanpur, Sinduli, Dhading, Ramechaap, Nuwakot,                                             | Bark for throat problems, cough, cold; fruits for urinary tract infections, diarrhea, constipation, urine retention, rheumatism, burning sensation, snake bite, headache (Dangol & Gurung, 2008; Timilsina & Singh, 2015; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Gurung & Subedi, 2021; Kafle & Dani, 2022; Gautam & Dhakal, 2023)                                                                                                                                                                       |
| 93   | <i>Cassia tora</i> L.<br>Fabaceae                              | Dhading, Makawanpur                                                                                    | Cough; plant paste for fever (Gurung & Subedi, 2021; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 94   | <i>Celosia argentea</i> L.<br>Amaranthaceae                    | Sinduli                                                                                                | Stomach disorder, Diet (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 95   | <i>Centella asiatica</i> (L.) Urb.<br>Apiaceae                 | Sinduli, Chitwan, Dhading, Dolakha, Lalitpur, Sindupalchowk, Makawanpur, Bhaktapur, Nuwakot, Kathmandu | Jaundice, High blood pressure, Blood purification, Memory enhancement, Nose bleeding, Blood dysentery, Urination issues, Fever, Uric acid, Leprosy, Swollen limbs, Common cold, Throat pain, Tonsillitis, Pneumonia, Urinary disorder, Coolant (Balami, 2004; Dangol & Gurung, 2008; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Dhital et al., 2021; Gurung & Subedi, 2021; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gautam & Dhakal, 2023; Karki et al., 2023) |
| 96   | <i>Hemionitis farinosa</i> (Forssk.) Christenh.<br>Pteridaceae | Ramechaap                                                                                              | Antihelminthic, Eye sight, Back pain, Joint pain (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 97   | <i>Chenopodium album</i> L.<br>Amaranthaceae                   | Chitwan, Dhading, Makawanpur                                                                           | Gastritis, Indigestion (Dangol & Gurung, 2008; Bhattarai & Tamang, 2017; Joshi et al., 2020; Gurung & Subedi, 2021)                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 98   | <i>Chenopodium murale</i> L.<br>Amaranthaceae                  | Chitwan                                                                                                | Tonic, Joint pain, Body strength (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 99   | <i>Chlorophytum arundinaceum</i> Baker<br>Asparagaceae         | Makawanpur                                                                                             | Hydrocele, Sterilization, High blood pressure, Joint pain, Body ache (Bhattarai & Tamang, 2017; Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                   |

| S. N. | Species/Family                                                                 | Reported districts                                                      | Uses                                                                                                                                                                                                                                                                                         |
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| 100   | <i>Chlorophytum nepalense</i> (Lindl.) Baker<br>Asparagaceae                   | Makawanpur, Dolakha, Chitwan                                            | Cold, Cough, Diarrhea, Pickle (fruits), Wound treatment, Skin allergies, Skin rashes (Dangol & Gurung, 2008; Joshi et al., 2020; Karki et al., 2023)                                                                                                                                         |
| 101   | <i>Choerospondias axillaris</i> (Roxb.) B.L. Burt & A.W. Hill<br>Anacardiaceae | Dolakha, Lalitpur, Makawanpur, Nuwakot                                  | Cut, Wound (Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Nepali et al., 2020; Karki et al., 2023)                                                                                                                                                                              |
| 102   | <i>Chromolaena odorata</i> (L.) R.M. King & H. Rob.<br>Asteraceae              | Makawanpur, Sinduli                                                     | Fever, Mouth sore, Tonsil, Blood pressure, Diabetes, Ringworm, Indigestion, Rashes, Ornamental (Bhattarai & Tamang, 2017; Joshi et al., 2020; Kafle & Dani, 2022)                                                                                                                            |
| 103   | <i>Chrysosaminum humile</i> (L.) Banfi<br>Oleaceae                             | Kavrepalanchowk Makawanpur, Lalitpur                                    | Fodder, Firewood, Insecticide (Malla & Chhetri, 2009; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Nagarkoti & Shrestha, 2022)                                                                                                                                                 |
| 104   | <i>Cinnamomum camphora</i> (L.) J. Presl<br>Lauraceae                          | Nuwakot                                                                 | Pneumonia (Nepali et al. 2020)                                                                                                                                                                                                                                                               |
| 105   | <i>Cinnamomum glanduliferum</i> (Wall.) Meisn.<br>Lauraceae                    | Dolakha                                                                 | Muscular swelling, Oil extraction (Karki et al., 2023)                                                                                                                                                                                                                                       |
| 106   | <i>Cinnamomum glaucescens</i> (Nees) Hand.-Mazz.<br>Lauraceae                  | Ramechaap, Makawanpur                                                   | Cough, Blood pressure, Sinusitis, Fever, Spice, Flavoring, Fodder, Diarrhea, Vomiting, Stomach problems, Oil extraction (Bhattarai & Tamang, 2017; Pradhan et al., 2020)                                                                                                                     |
| 107   | <i>Cinnamomum tamala</i> (Buch.-Ham.) T. Nees & C.H. Eberm.<br>Lauraceae       | Bhaktapur, Makawanpur, Ramechaap, Dolakha, Lalitpur, Sinduli, Kathmandu | Dyspepsia, Dysentery (Balami, 2004; Shah & Singh, 2014; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023; Moktan, 2023)                                                                                                    |
| 108   | <i>Cinnamomum verum</i> J. Presl<br>Lauraceae                                  | Sinduli                                                                 | Cough, Cold, Indigestion, Stomach problem, Bleeding gums, Fodder, Edible fruits, Toothbrush (twigs) (Shah & Singh, 2014)                                                                                                                                                                     |
| 109   | <i>Cipadessa baccifera</i> Miq.<br>Meliaceae                                   | Ramechaap, Kavrepalanchowk                                              | Fever, Typhoid, Throat pain, Urinary trouble, Placenta removal, Skin diseases, Jaundice, Neck pain, Infertility (Malla & Chhetri, 2009; Pradhan et al., 2020)                                                                                                                                |
| 110   | <i>Cirsium verutum</i> Spreng.<br>Asteraceae                                   | Lalitpur, Dolakha, Kathmandu                                            | Energy tonic, Fever, Urine sensation (Balami, 2004; Panta, 2019; Dhital et al., 2021; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                                                                        |
| 111   | <i>Cirsium wallichii</i> DC.<br>Asteraceae                                     | Makawanpur, Bhaktapur                                                   | Menstruation problem, Gynecological disorders, Post-delivery recovery, Milk production in animals, Abdominal cramping, Typhoid, Appetite loss, Blood clotting, Cough, Snake bites, Gastric issues, Ulcer, Burning sensation, Worms, Fever, Abortion (Joshi et al., 2020; Dulal et al., 2022) |
| 112   | <i>Cissampelos pareira</i> L.<br>Menispermaceae                                | Chitwan, Lalitpur, Bhaktapur, Dolakha, Makawanpur, Kathmandu            | Cataract, Corneal opacities, Edible fruits (Balami, 2004; Dangol & Gurung, 2008; Luitel et al., 2014; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Joshi et al., 2020; Bhaila et al., 2022; Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                           |
| 113   | <i>Cissus adnata</i> Roxb.<br>Vitaceae                                         | Dolakha, Makawanpur                                                     | Boils, Bone fracture, Pickled leaves (Karki et al., 2023; Moktan, 2023)                                                                                                                                                                                                                      |
| 114   | <i>Cissus discolor</i> Blume<br>Vitaceae                                       | Makawanpur                                                              | Anemia, Dyspepsia, Fracture, Cholesterol control, Eye trouble, Rheumatism, Dysentery, Diarrhea, Indigestion, Blood pressure, Wounds (Joshi et al., 2020; Moktan, 2023)                                                                                                                       |
| 115   | <i>Citrus aurantiifolia</i> (Christm.) Swingle<br>Rutaceae                     | Kavrepalanchowk, Makawanpur, Sidhuli, Ramechaap                         | General weakness, Impotence, Pimples, Skin ointment (Malla & Chhetri, 2009; Shah & Singh, 2014; Pradhan et al., 2020; Moktan, 2023)                                                                                                                                                          |
| 116   | <i>Citrus aurantium</i> L.<br>Rutaceae                                         | Kavrepalanchowk, Sinduli Bhaktapur                                      | Antiseptic, Choked voice, Burning urination, Common cold, Indigestion, Vomiting, Anorexia (Malla & Chhetri, 2009; Shah & Singh, 2014; Dulal et al., 2022)                                                                                                                                    |
| 117   | <i>Citrus limon</i> (L.) Osbeck<br>Rutaceae                                    | Sinduli, Dhading, Bhaktapur, Makawanpur, Sindupalchowk                  | Cough, Asthma, Weakness, Skin infection (Shah & Singh, 2014; Dulal et al., 2022; Gurung & Subedi, 2021; Gautam & Dhakal, 2023; Gurung, 2023)                                                                                                                                                 |
| 118   | <i>Citrus maxima</i> (Burm.) Merr.<br>Rutaceae                                 | Sinduli                                                                 | Anthelmintic, Fever, Gastritis, Digestion aid, Dysentery (Shah & Singh, 2014)                                                                                                                                                                                                                |
| 119   | <i>Citrus medica</i> L.<br>Rutaceae                                            | Chitwan, Lalitpur, Dolakha, Bhaktapur                                   | Cough, Cold, Sinusitis, Headache (Poudel & Singh, 2016; Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                                                                                  |
| 120   | <i>Clematis buchananiana</i> DC.<br>Ranunculaceae                              | Ramechaap, Makawanpur, Dolakha, Sindupalchowk, Kathmandu                | Cuts, Wounds (especially on children's heads) (Balami, 2004; Rai et al., 2004; Joshi et al., 2020; Pradhan et al., 2020; Karki et al., 2023)                                                                                                                                                 |
| 121   | <i>Cleome viscosa</i> L.<br>Capparadaceae                                      | Chitwan                                                                 | Agiya, Anthelmintic, Anti-lice, Toothache, Ulcer (Dangol & Gurung, 2008)                                                                                                                                                                                                                     |
| 122   | <i>Clerodendrum indicum</i> Kuntze<br>Lamiaceae                                | Makawanpur                                                              | Blood pressure regulation, Blood purification, Menstrual cramps, Worms, Fever (Joshi et al., 2020)                                                                                                                                                                                           |
| 123   | <i>Clerodendrum infortunatum</i> L.<br>Lamiaceae                               | Chitwan, Sinduli                                                        | Cough, Cold (Dangol & Gurung, 2008; Kafle & Dani, 2022)                                                                                                                                                                                                                                      |
| 124   | <i>Clinopodium piperitum</i> (D. Don) Murata<br>Lamiaceae                      | Makawanpur                                                              | Cuts, Wounds (Joshi et al., 2020)                                                                                                                                                                                                                                                            |
| 125   | <i>Clinopodium umbrosum</i> (M. Bieb.) K. Koch<br>Lamiaceae                    | Makawanpur, Dolakha                                                     | Hair tonic (Joshi et al., 2020; Karki et al., 2023)                                                                                                                                                                                                                                          |
| 126   | <i>Cocos nucifera</i> L.<br>Arecaceae                                          | Sinduli                                                                 | Cuts (pseudobulb paste) (Kafle & Dani, 2022)                                                                                                                                                                                                                                                 |
| 127   | <i>Coelogyne corymbosa</i> Lindl.<br>Orchidaceae                               | Dolakha                                                                 | Boils, Cuts, Wounds (pseudobulb paste) (Karki et al., 2023)                                                                                                                                                                                                                                  |
| 128   | <i>Coelogyne cristata</i> Lindl.<br>Orchidaceae                                | Makawanpur, Dolakha                                                     | Stomach ache, Fever, Ornamental (necklace), Urinary troubles (Joshi et al., 2020; Karki et al., 2023)                                                                                                                                                                                        |
| 129   | <i>Coix lacryma-jobi</i> L.<br>Poaceae                                         | Makawanpur, Sinduli, Bhaktapur                                          | Epilepsy, Harital (body weakness/eye problem), Fever, Headaches, Wounds, Gastric problems, Sinusitis, Fodder, Snake bite, Ear ache, Appetite (Bhaila et al., 2022; Kafle & Dani, 2022; Moktan, 2023)                                                                                         |
| 130   | <i>Colebrookea oppositifolia</i> Sm.<br>Lamiaceae                              | Kavrepalanchowk, Makawanpur, Sindupalchowk, Chitwan, Dolakha            | Dysentery, Lactation, Vegetable (leaves), Swollen body parts, Masaura preparation (dried shoots) (Rai et al., 2004; Dangol & Gurung, 2008; Malla & Chhetri, 2009; Bhattarai & Tamang, 2017; Joshi et al., 2020; Karki et al., 2023)                                                          |
| 131   | <i>Colocasia esculenta</i> (L.) Schott<br>Araceae                              | Kavrepalanchowk, Makawanpur, Bhaktapur, Chitwan, Sinduli                | Fever, Measles (Malla & Chhetri, 2009; Shah & Singh, 2014; Poudel & Singh, 2016; Dulal et al., 2022; Moktan, 2023)                                                                                                                                                                           |
| 132   | <i>Corchorus aestuans</i> L.<br>Tiliaceae                                      | Makawanpur                                                              | Digestion (Moktan, 2023)                                                                                                                                                                                                                                                                     |
| 133   | <i>Coriandrum sativum</i> L.<br>Apiaceae                                       | Bhaktapur, Makawanpur                                                   | Blisters (Bhattarai & Tamang, 2017; Joshi et al., 2020; Dulal et al., 2022)                                                                                                                                                                                                                  |
| 134   | <i>Crassocephalum crepidioides</i> S. Moore<br>Asteraceae                      | Lalitpur                                                                | Urinary disorders, Appetite loss, Hypertension, Kidney stones, Cancer, Blood pressure                                                                                                                                                                                                        |
| 135   | <i>Crateva unilocularis</i> Buch.-Ham.<br>Capparaceae                          | Chitwan Nuwakot, Bhaktapur, Dhading                                     | Mumps (Timilsina & Singh, 2015; Poudel & Singh, 2016; Gurung & Subedi, 2021; Bhaila et al., 2022)                                                                                                                                                                                            |
| 136   | <i>Crinum asiaticum</i> L.<br>Amaryllidaceae                                   | Sinduli                                                                 | Dhokre (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                  |

| S. N. | Species/Family                                                               | Reported districts                                                                                 | Uses                                                                                                                                                                                                                                                                                                                                                                              |
|-------|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | Amaryllidaceae                                                               |                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                   |
| 137   | <i>Crotalaria prostrata</i> Roxb.<br>Fabaceae                                | Sinduli                                                                                            | Dan, Hematuria (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                               |
| 138   | <i>Croton persimilis</i> Müll.Arg.<br>Euphorbiaceae                          | Sinduli                                                                                            | Dysentery (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                    |
| 139   | <i>Cucumis melo</i> L.<br>Cucurbitaceae                                      | Chitwan                                                                                            | Heat stone problem, Cooling tonic (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                         |
| 140   | <i>Cucumis sativus</i> L.<br>Cucurbitaceae                                   | Chitwan Bhaktapur                                                                                  | Jaundice, Pickle (seeds) (Poudel & Singh, 2016; Dulal et al., 2022)                                                                                                                                                                                                                                                                                                               |
| 141   | <i>Cucurbita maxima</i> Duchesne<br>Cucurbitaceae                            | Chitwan, Kavrepalanchowk                                                                           | Jaundice (Malla & Chhetri, 2009; Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                                            |
| 142   | <i>Curculigo orchoides</i> Gaertn.<br>Hypoxylaceae                           | Makawanpur                                                                                         | Bone fracture, Cough, Cold, Wounds, Throat (Bhattarai & Tamang, 2017; Joshi et al., 2020)                                                                                                                                                                                                                                                                                         |
| 143   | <i>Curcuma angustifolia</i> Roxb.<br>Zingiberaceae                           | Ramechaap, Makawanpur                                                                              | Food poisoning, Appetite stimulation, Salki khatera, Evil eye, Piles, Placenta retention, Burning urination, Gastritis, Acidity, Blood purification, Skin diseases, Antidote (Bhattarai & Tamang, 2017; Pradhan et al., 2020)                                                                                                                                                     |
| 144   | <i>Curcuma caesia</i> Roxb.<br>Zingiberaceae                                 | Lalitpur, Dolakha, Sinduli, Bhaktapur, Sindupalchowk                                               | Insect bites, Wounds, Allergies, Cough, Cold, Tonsillitis, Inflammation, Body pain, Mouth infection, Flavoring, Coloring, Fracture (in poultry) (Panta, 2019; Dulal et al., 2022; Kafle & Dani, 2022; Gurung, 2023; Karki et al., 2023)                                                                                                                                           |
| 145   | <i>Curcuma longa</i> L.<br>Zingiberaceae                                     | Ramechaap, Kavrepalanchowk, Makawanpur, Sinduli, Dolakha, Lalitpur, Bhaktapur, Sindupalchowk       | Appetite, Body ache (Malla & Chhetri, 2009; Shah & Singh, 2014; Panta, 2019; Pradhan et al., 2020; Dhital et al., 2021; Dulal et al., 2022; Gurung, 2023; Moktan, 2023)                                                                                                                                                                                                           |
| 146   | <i>Cuscuta cassytoidea</i> Nees<br>Convolvulaceae                            | Dolakha                                                                                            | Jaundice, High blood pressure, Blood purification, Asthma, Diarrhea, Fever, Urine blockage (Dhital et al., 2021)                                                                                                                                                                                                                                                                  |
| 147   | <i>Cuscuta reflexa</i> Roxb.<br>Convolvulaceae                               | Chitwan, Dolakha, Nuwakot, Lalitpur, Sinduli, Sundhupalchowk, Bhaktapur, Makawanpur, Kathmandu     | Marcha preparation (fermenting agent) (Balami, 2004; Rai et al., 2004; Dangol & Gurung, 2008; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                                    |
| 148   | <i>Cyanthillium cinereum</i> (L.) H. Rob.<br>Asteraceae                      | Makawanpur                                                                                         | Nose bleeding, Body coolant, Jaundice, Urine problems, Albinism, Burning urination, Cuts, Wounds, Epilepsy, Fever, Hemorrhage, Stomachache, Hair removal, Herpes zoster, Melasma, Religious ceremonies, Cultural events (Moktan, 2023)                                                                                                                                            |
| 149   | <i>Cynodon dactylon</i> (L.) Pers.<br>Poaceae                                | Nuwakot, Chitwan, Bhaktapur, Lalitpur, Ramechaap, Sinduli, Makawanpur, Dolakha, Dhading, Kathmandu | Cuts, Wounds, Boils, Diarrhea, Mumps (Balami, 2004; Rai et al., 2004; Dangol & Gurung, 2008; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Pradhan et al., 2020; Gurung & Subedi, 2021; Bhalla et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gautam & Dhakal, 2023; Karki et al., 2023; Moktan, 2023) |
| 150   | <i>Cynoglossum zeylanicum</i> (Sw. ex Lehm.) Thunb. ex Brand<br>Boraginaceae | Lalitpur, Makawanpur, Nuwakot                                                                      | Cuts, Scabies (Balami, 2004; Timilsina & Singh, 2015; Panta, 2019; Joshi et al., 2020; Nagarkoti & Shrestha, 2022)                                                                                                                                                                                                                                                                |
| 151   | <i>Cyperus compressus</i> L.<br>Cyperaceae                                   | Chitwan                                                                                            | Anthelmintic for livestock, Headache (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                      |
| 152   | <i>Cyperus rotundus</i> L.<br>Cyperaceae                                     | Sinduli, Bhaktapur, Kathmandu                                                                      | Snake bite, Burns, Cuts, Wounds, Diabetes, Dysentery, Diarrhea, Seminal weakness, Incense, Vegetable (young leaves) (Balami, 2004; Dulal et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                        |
| 153   | <i>Dactylorhiza hatagirea</i> (D. Don) Soó<br>Orchidaceae                    | Ramechaap, Rasuwa, Nuwakot                                                                         | Fever, Diarrhea, Dysentery, Cooling effect, Construction (heartwood), Fuelwood (Shrestha et al., 2014; Timilsina & Singh, 2015; Pradhan et al., 2020)                                                                                                                                                                                                                             |
| 154   | <i>Dalbergia sissoo</i> Roxb. ex DC.<br>Fabaceae                             | Chitwan, Nuwakot, Sinduli, Ramechaap                                                               | Fever, Intestinal disorder, Parasites, Paper making, Animal stimulant, Rope making (Dangol & Gurung, 2008; Nepali et al., 2020; Pradhan et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                                         |
| 155   | <i>Daphne bholua</i> Buch.-Ham. ex D. Don<br>Thymelaeaceae                   | Kavrepalanchowk, Makawanpur                                                                        | Dhokre, Earache, Itching (Malla & Chhetri, 2009; Bhattarai & Tamang, 2017)                                                                                                                                                                                                                                                                                                        |
| 156   | <i>Datura metel</i> L.<br>Solanaceae                                         | Sinduli, Bhaktapur, Makawpur                                                                       | Asthma, Cough, Toothaches, Fish bite, Body swelling, Cough in cattle, Rabies, Menstrual disorder (Bhattarai & Tamang, 2017; Dulal et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                               |
| 157   | <i>Datura stramonium</i> L.<br>Solanaceae                                    | Lalitpur, Dolakha, Sindupalchowk                                                                   | Food poisoning (Rai et al., 2004; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                                                                                                                                                                                                                 |
| 158   | <i>Delphinium cooperi</i> Munz<br>Ranunculaceae                              | Dhading, Sindupalchowk, Kathmandu                                                                  | Cough, Diarrhea, Liver problems, Blood ailments (Balami, 2004; Gurung & Subedi, 2021; Gurung, 2023)                                                                                                                                                                                                                                                                               |
| 159   | <i>Delphinium himalayae</i> Munz<br>Ranunculaceae                            | Rasuwa                                                                                             | Skin disease, Ornamental (Shrestha et al., 2014)                                                                                                                                                                                                                                                                                                                                  |
| 160   | <i>Dendrobium densiflorum</i> Lindl.<br>Orchidaceae                          | Ramechaap, Makawanpur                                                                              | Tonic (Joshi et al., 2020; Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                  |
| 161   | <i>Dendrobium longicornu</i> Lindl.<br>Orchidaceae                           | Makawanpur                                                                                         | Body strength, Sexual desire, Vegetable (tender shoots), Fodder, Construction, Basket making, Flute making, Mat making (Joshi et al., 2020)                                                                                                                                                                                                                                       |
| 162   | <i>Dendrocalamus hamiltonii</i> Nees & Arn. ex Munro<br>Poaceae              | Kavrepalanchowk, Chitwan, Makawanpur, Ramechaap                                                    | Stomach pain (Dangol & Gurung, 2008; Malla & Chhetri, 2009; Pradhan et al., 2020; Moktan, 2023)                                                                                                                                                                                                                                                                                   |
| 163   | <i>Desmostachya bipinnata</i> (L.) Stapf<br>Poaceae                          | Sinduli                                                                                            | Fever (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                        |
| 164   | <i>Dichrocephala integrifolia</i> (L.f.) Kuntze<br>Asteraceae                | Bhaktapur (Suryabinak)                                                                             | Cut wounds, Kidney stones (Bhalla et al., 2022)                                                                                                                                                                                                                                                                                                                                   |
| 165   | <i>Didymocarpus pedicellatus</i> R.Br.<br>Gesneriaceae                       | Makawanpur Sindupalchowk                                                                           | Haarital treatment (with Curcuma caesia and Colebrookia oppositifolia) (Rai et al., 2004; Joshi et al., 2020)                                                                                                                                                                                                                                                                     |
| 166   | <i>Dimetia scandens</i> (Roxb.) R.J. Wang<br>Rubiaceae                       | Dolakha                                                                                            | Throat pain (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                  |
| 167   | <i>Dioscorea alata</i> L.<br>Dioscoreaceae                                   | Dhading Bhaktapur                                                                                  | Chest pain, Piles, Dysentery, Syphilis, Ulcers, Appetite loss, Edible (boiled tubers) (Sharma & Bastakoti, 2009; Dulal et al., 2022)                                                                                                                                                                                                                                              |
| 168   | <i>Dioscorea bulbifera</i> L.<br>Dioscoreaceae                               | Dhading, Makawanpur, Kavrepalanchowk, Kathmandu                                                    | Abdominal pain, Antifertility (Balami, 2004; Malla & Chhetri, 2009; Joshi et al., 2020; Sharma & Bastakoti, 2010; Gurung & Subedi, 2021; Moktan, 2023)                                                                                                                                                                                                                            |
| 169   | <i>Dioscorea deltoidea</i> Wall. ex Griseb.<br>Dioscoreaceae                 | Bhaktapur, Makawanpur, Dhading, Kathmandu                                                          | Edible (tubers and bulbils) (Balami, 2004; Sharma & Bastakoti, 2009; Bhattarai & Tamang, 2017; Joshi et al., 2020; Dulal et al., 2022; Moktan, 2023)                                                                                                                                                                                                                              |
| 170   | <i>Dioscorea esculenta</i> (Lour.) Burkill<br>Dioscoreaceae                  | Dhading                                                                                            | Sooth voice, Cough, Fever (Sharma & Bastakoti, 2009)                                                                                                                                                                                                                                                                                                                              |
| 171   | <i>Dioscorea hamiltonii</i> Hook.f.<br>Dioscoreaceae                         | Dhading, Dolakha                                                                                   | Harinad (peeling skin on feet), Diuretic, Edible (bulbils and tubers), Poison antidote (Sharma & Bastakoti, 2009; Karki et al., 2023)                                                                                                                                                                                                                                             |

| S. N. | Species/Family                                                            | Reported districts                                                  | Uses                                                                                                                                                                                                                                                                                                                                                     |
|-------|---------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | Dioscoreaceae                                                             |                                                                     |                                                                                                                                                                                                                                                                                                                                                          |
| 172   | <i>Dioscorea hispida</i> Dennst.<br>Dioscoreaceae                         | Dhading                                                             | Edible (bulbils and tubers), Poisoning antidote (Sharma & Bastakoti, 2009)                                                                                                                                                                                                                                                                               |
| 173   | <i>Dioscorea kamoensis</i> Kunth<br>Dioscoreaceae                         | Dhading                                                             | Boils, Vegetable (tubers) (Sharma & Bastakoti, 2009)                                                                                                                                                                                                                                                                                                     |
| 174   | <i>Dioscorea pentaphylla</i> L.<br>Dioscoreaceae                          | Kavrepalanchowk, Dhading                                            | Edible (bulbils and tubers) (Malla & Chhetri, 2009; Sharma & Bastakoti, 2009)                                                                                                                                                                                                                                                                            |
| 175   | <i>Dioscorea pubera</i> Blume<br>Dioscoreaceae                            | Dhading                                                             | Intestinal worms (Sharma & Bastakoti, 2009)                                                                                                                                                                                                                                                                                                              |
| 176   | <i>Diplazium esculentum</i> (Retz.) Sw.<br>Athyriaceae                    | Bhaktapur, Makawanpur                                               | Cuts, Wounds, Livestock bedding, Manure preparation (Bhaila et al., 2022; Moktan, 2023)                                                                                                                                                                                                                                                                  |
| 177   | <i>Diplazium polypodioides</i> Blume<br>Athyriaceae                       | Kavrepalanchowk                                                     | Diarrhea, Dysentery, Vegetable (tender shoots), Manure preparation (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                               |
| 178   | <i>Diplazium stoliczkae</i> Bedd.<br>Athyriaceae                          | Kavrepalanchowk                                                     | Edible fruits, Vegetable ghee (seeds), Rheumatism, Foot cracks, Wounds (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                           |
| 179   | <i>Diploknema butyracea</i> (Roxb.) H.J.Lam<br>Sapotaceae                 | Makawanpur, Nuwakot, Dhading                                        | Ulcers, Snake repellent (Joshi et al., 2020; Nepali et al., 2020; Gurung & Subedi, 2021; S. Bhattarai et al., 2024)                                                                                                                                                                                                                                      |
| 180   | <i>Dracaena trifasciata</i> (Prain) Mabb.<br>Agavaceae                    | Chitwan                                                             | Cough, Cold, Indigestion, Sinusitis, Burns, Fever, Snake bites (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                   |
| 181   | <i>Dracocephalum heterophyllum</i> Benth.<br>Lamiaceae                    | Ramechaap                                                           | Piles, Vegetable (young shoots), Pickle, Tama (fermented), Basket making, Mat making, Fishing rods, Ceiling, Fodder (Pradhan et al., 2020)                                                                                                                                                                                                               |
| 182   | <i>Drepanostachyum falcatum</i> (Nees) Keng f.<br>Poaceae                 | Lalitpur, Kavrepalanchowk                                           | Fodder, Weaving mats, Baskets, Walking sticks, Vegetable (young shoots), Pickle (Malla & Chhetri, 2009; Panta, 2019)                                                                                                                                                                                                                                     |
| 183   | <i>Drepanostachyum intermedium</i> (Munro) Keng f.<br>Poaceae             | Ramechaap, Kavrepalanchowk                                          | Headache, High blood pressure (Malla & Chhetri, 2009; Pradhan et al., 2020)                                                                                                                                                                                                                                                                              |
| 184   | <i>Drimys indica</i> (Roxb.) Jessop<br>Asparagaceae                       | Sinduli                                                             | Fever, Common cold, Conjunctivitis, Sinusitis, Headache, Gastritis, Indigestion, Appetite loss, Skin inflammation, Urine inflammation, Ringworm, Scabies, Cut wounds, Typhoid, Fodder (Kafle & Dani, 2022)                                                                                                                                               |
| 185   | <i>Drymaria cordata</i> Willd. ex Schult.<br>Caryophyllaceae              | Chitwan, Dolakha, Makawanpur, Bhaktapur, Lalitpur, Kathmandu        | Common cold, Sinusitis, White pupil (Balami, 2004; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Dulal et al., 2022; Karki et al., 2023; Moktan, 2023)                                                                                                                                                                |
| 186   | <i>Drymaria villosa</i> Cham. & Schltdl.<br>Caryophyllaceae               | Lalitpur                                                            | Cattle bedding (Nagarkoti & Shrestha, 2022)                                                                                                                                                                                                                                                                                                              |
| 187   | <i>Dryopteris sparsa</i> (D.Don) Kuntze<br>Dryopteridaceae                | Makawanpur                                                          | Anthelmintic, Insect repellent (Moktan, 2023)                                                                                                                                                                                                                                                                                                            |
| 188   | <i>Duranta erecta</i> L.<br>Verbenaceae                                   | Bhaktapur                                                           | Cuts, Wounds, Headache, Athlete's foot (Dulal et al., 2022)                                                                                                                                                                                                                                                                                              |
| 189   | <i>Eclipta prostrata</i> (L.) L.<br>Asteraceae                            | Chitwan, Sinduli, Makawanpur, Kathmandu                             | Fracture (Balami, 2004; Dangol & Gurung, 2008; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Kafle & Dani, 2022)                                                                                                                                                                                                                                       |
| 190   | <i>Elaeagnus integrifolia</i> Momi.<br>Elaeagnaceae                       | Dolakha                                                             | Liver tonic, Blood pressure, Mental disorders, Religious significance, Ornamental (seeds) (Karki et al., 2023)                                                                                                                                                                                                                                           |
| 191   | <i>Elaeocarpus angustifolius</i> Blume<br>Elaeocarpaceae                  | Kavrepalanchowk                                                     | Wounds treatment (especially waterlogged) (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                        |
| 192   | <i>Elephantopus scaber</i> L.<br>Asteraceae                               | Makawanpur, Sinduli                                                 | Cough, Cold, Fever, Hair growth, Marcha preparation (fermenting cake) (Luitel et al., 2014; Bhattarai & Tamang, 2017; Joshi et al., 2020; Kafle & Dani, 2022; Moktan, 2023)                                                                                                                                                                              |
| 193   | <i>Eleusine coracana</i> (L.) Gaertn.<br>Poaceae                          | Sinduli                                                             | Body pain, Relaxation (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                               |
| 194   | <i>Elsholtzia blanda</i> Benth.<br>Lamiaceae                              | Makawanpur, Dhading                                                 | Fever, Pneumonia, Chest pain, Sinusitis (Joshi et al., 2020; Gurung & Subedi, 2021; Moktan, 2023)                                                                                                                                                                                                                                                        |
| 195   | <i>Elsholtzia flava</i> Benth.<br>Lamiaceae                               | Dolakha, Kathmandu                                                  | Bone fracture (Balami, 2004; Karki et al., 2023)                                                                                                                                                                                                                                                                                                         |
| 196   | <i>Elsholtzia fruticosa</i> Rehder<br>Lamiaceae                           | Sinduli                                                             | Skin infection (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                      |
| 197   | <i>Engelhardtia spicata</i> Lechen ex Blume<br>Juglandaceae               | Sindupalchowk, Sinduli                                              | Skin diseases, Burns (Rai et al., 2004; Shah & Singh, 2014)                                                                                                                                                                                                                                                                                              |
| 198   | <i>Ephedra Gerardiana</i> Wall. ex Klotzsch & Garcke<br>Ephedraceae       | Rasuwa, Makawanpur                                                  | Asthma, Respiratory diseases, Cardiac stimulant (Shrestha et al., 2014; Bhattarai & Tamang, 2017)                                                                                                                                                                                                                                                        |
| 199   | <i>Equisetum arvense</i> L.<br>Equisetaceae                               | Dolakha                                                             | Urine blockage (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                      |
| 200   | <i>Equisetum diffusum</i> D.Don<br>Equisetaceae                           | Sindupalchowk Ramechaap                                             | Jaundice, Fever, Eye problems, Cough, Cold (Rai et al., 2004; Pradhan et al., 2020)                                                                                                                                                                                                                                                                      |
| 201   | <i>Equisetum ramosissimum</i> Desf.<br>Equisetaceae                       | Makawanpur                                                          | Scabies, Burns, Urinary tract infection (Joshi et al., 2020)                                                                                                                                                                                                                                                                                             |
| 202   | <i>Eragrostis tenella</i> (L.) P.Beauv. ex Roem. & Schult.<br>Poaceae     | Makawanpur                                                          | Fodder (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                    |
| 203   | <i>Eriocapitella vitifolia</i> (Buch.-Ham. ex DC.) Nakai<br>Ranunculaceae | Ramechaap, Makawanpur                                               | Scabies, Stomach problems, Headache, Mental disorder, Diarrhea, Vomiting, Constipation, Vegetable (shoots), Spice (Joshi et al., 2020; Pradhan et al., 2020)                                                                                                                                                                                             |
| 204   | <i>Erythrina stricta</i> Roxb.<br>Fabaceae                                | Dhading, Makawanpur                                                 | Diarrhea, Body coolant (Bhattarai & Tamang, 2017; Gurung & Subedi, 2021)                                                                                                                                                                                                                                                                                 |
| 205   | <i>Eulaliopsis binata</i> (Retz.) C.E.Hubb.<br>Poaceae                    | Kavrepalanchowk, Makawanpur                                         | Rope making, Homemade paper, Thatching roofs, Fodder (Malla & Chhetri, 2009; Bhattarai & Tamang, 2017; Moktan, 2023)                                                                                                                                                                                                                                     |
| 206   | <i>Eupatorium chinense</i> L.<br>Asteraceae                               | Rasuwa, Kathmandu                                                   | Skin infection (Balami, 2004; Shrestha et al., 2014)                                                                                                                                                                                                                                                                                                     |
| 207   | <i>Euphorbia hirta</i> L.<br>Euphorbiaceae                                | Chitwan, Kavrepalanchowk, Makawanpur, Sinduli, Bhaktapur, Kathmandu | Numb legs, Cough, Diarrhea, Dysentery, Asthma, Bronchial infections, Wounds, Dislocated bones, Snake bites, Milk production, Boils, Earache, Hypertension, Diabetes, Lactation (Balami, 2004; Dangol & Gurung, 2008; Malla & Chhetri, 2009; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Joshi et al., 2020; Bhaila et al., 2022; Kafle & Dani, 2022) |

| S. N. | Species/Family                                                    | Reported districts                                           | Uses                                                                                                                                                                                                                                                                                                                                       |
|-------|-------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 208   | <i>Euphorbia pulcherrima</i> Willd. ex Klotzsch<br>Euphorbiaceae  | Lalitpur, Kavrepalanchowk                                    | Boils, Skin diseases, Toothache, Ornamental, Ritual purposes (Malla & Chhetri, 2009; Panta, 2019)                                                                                                                                                                                                                                          |
| 209   | <i>Euphorbia royleana</i> Boiss.<br>Euphorbiaceae                 | Makawanpur, Sinduli, Chitwan, Bhaktapur                      | Common cold, Cough, Dysentery, Fever, Bleeding, Appetite, Sinusitis, Toothache (Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Dulal et al., 2022; Kafle & Dani, 2022; Moktan, 2023)                                                                                                                                                      |
| 210   | <i>Euphorbia thymifolia</i> L.<br>Euphorbiaceae                   | Sindupalchowk                                                | Cut wounds (Rai et al., 2004)                                                                                                                                                                                                                                                                                                              |
| 211   | <i>Exallage ulmifolia</i> (Wall.) Bremek.<br>Rubiaceae            | Makawanpur                                                   | Stomachache (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                           |
| 212   | <i>Fagopyrum acutatum</i> Mansf. ex K.Hammer<br>Polygonaceae      | Dhading                                                      | Body coolant (Gurung & Subedi, 2021)                                                                                                                                                                                                                                                                                                       |
| 213   | <i>Fagopyrum esculentum</i> Moench<br>Polygonaceae                | Chitwan                                                      | Typhoid (Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                             |
| 214   | <i>Ficus auriculata</i> Lour.<br>Moraceae                         | Makawanpur, Bhaktapur                                        | Diarrhea, Fodder, Edible (ripe figs) (Bhaila et al., 2022; Moktan, 2023)                                                                                                                                                                                                                                                                   |
| 215   | <i>Ficus benghalensis</i> L.<br>Moraceae                          | Kavrepalanchowk, Chitwan, Dolakha, Ramechaap, Makawanpur     | Diarrhea, Dysentery, Hair problems, Gastritis, Pains, Bruises, Rheumatism, Toothache, Abscesses, Corneal opacities, Religious ceremonies, Fodder, Timber, Fuelwood, Edible fruits (Malla & Chhetri, 2009; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Karki et al., 2023)                                        |
| 216   | <i>Ficus benjamina</i> L.<br>Moraceae                             | Ramechaap                                                    | Boils, Cuts, Wounds, Religious ceremonies, Timber (Pradhan et al., 2020)                                                                                                                                                                                                                                                                   |
| 217   | <i>Ficus glaberrima</i> Blume<br>Moraceae                         | Kavrepalanchowk                                              | Edible fruits, Rope making, Fodder (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                 |
| 218   | <i>Ficus hispida</i> L.f.<br>Moraceae                             | Makawanpur, Chitwan, Nuwakot                                 | Fodder, Firewood, Earache, Hearing weakness, Edible fruits (Dangol & Gurung, 2008; Bhattarai & Tamang, 2017; Nepali et al., 2020; Moktan, 2023)                                                                                                                                                                                            |
| 219   | <i>Ficus lacor</i> Buch.-Ham.<br>Moraceae                         | Makawanpur, Nuwakot                                          | Boils, Fodder, Vegetable (buds), Pickle (Joshi et al., 2020; Nepali et al., 2020)                                                                                                                                                                                                                                                          |
| 220   | <i>Ficus racemosa</i> L.<br>Moraceae                              | Dhading, Makawanpur, Nuwakot                                 | Cuts, Wounds, Fodder, Edible fruits, Fuelwood (Bhattarai & Tamang, 2017; Nepali et al., 2020; Gurung & Subedi, 2021; Moktan, 2023)                                                                                                                                                                                                         |
| 221   | <i>Ficus religiosa</i> L.<br>Moraceae                             | Chitwan, Sinduli, Lalitpur, Ramechaap, Bhaktapur             | Strain, Muscle crack, Breaks, Skin disease, Headache, Boils, Piles, Stomachache, Constipation, Menstrual regulation, Religious ceremonies, Fodder, Timber, Fuelwood (Dangol & Gurung, 2008; Shah & Singh, 2014; Panta, 2019; Pradhan et al., 2020; Dulal et al., 2022; Nagarkoti & Shrestha, 2022)                                         |
| 222   | <i>Ficus semicordata</i> Buch.-Ham. ex Sm.<br>Moraceae            | Ramechaap, Makawanpur, Nuwakot, Dhading, Bhaktapur           | Leprosy, Fever, Bone fracture, Cuts, Laxative, Fodder, Edible fruits, Rope making, Fuelwood (Bhattarai & Tamang, 2017; Nepali et al., 2020; Pradhan et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Moktan, 2023)                                                                                                                 |
| 223   | <i>Flemingia macrophylla</i> (Willd.) Kuntze ex Merr.<br>Fabaceae | Makawanpur                                                   | Fodder (Moktan, 2023)                                                                                                                                                                                                                                                                                                                      |
| 224   | <i>Flemingia strobilifera</i> (L.) W.T.Aiton<br>Fabaceae          | Sinduli                                                      | Dysentery, Diarrhea (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                   |
| 225   | <i>Foeniculum vulgare</i> Mill.<br>Umbelliferae                   | Nuwakot                                                      | Chest, Kidney, Spleen trouble (Timilsina & Singh, 2015)                                                                                                                                                                                                                                                                                    |
| 226   | <i>Fragaria nubicola</i> Lindl. ex Lacaita<br>Rosaceae            | Rasuwa                                                       | Profuse menstruation, Edible fruits (Shrestha et al, 2014)                                                                                                                                                                                                                                                                                 |
| 227   | <i>Fraxinus floribunda</i> Wall.<br>Oleaceae                      | Dolakha                                                      | Fracture (Karki et al., 2023)                                                                                                                                                                                                                                                                                                              |
| 228   | <i>Fritillaria cirrhosa</i> D.Don<br>Liliaceae                    | Rasuwa                                                       | Stomach pain, Gastritis (Shrestha et al, 2014)                                                                                                                                                                                                                                                                                             |
| 229   | <i>Gardenia jasminoides</i> J.Ellis<br>Rubiaceae                  | Chitwan                                                      | Thirst quencher (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                    |
| 230   | <i>Garuga pinnata</i> Roxb.<br>Anacardiaceae                      | Kavrepalanchowk                                              | Pulmonary affections, Skin diseases, Dislocated bones, Wounds, Asthma, Roundworm, Fodder (Malla & Chhetri, 2009)                                                                                                                                                                                                                           |
| 231   | <i>Gaultheria fragrantissima</i> Wall.<br>Ericaceae               | Lalitpur, Makawanpur, Dolakha, Nuwakot, Ramechaap, Kathmandu | Body pain, Joint pain, Cough, Cold, Anti-alcoholic, Rheumatism, Anthelmintic, Antiseptic, Stomach disorder, Diarrhea, Scabies, Edible fruits, Essential oil extraction (Balami, 2004; Timilsina & Singh, 2015; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Pradhan et al., 2020; Gautam & Dhakal, 2023; Karki et al., 2023) |
| 232   | <i>Gaultheria nummularioides</i> D.Don<br>Ericaceae               | Makawanpur                                                   | Urine sensation (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                       |
| 233   | <i>Girardinia diversifolia</i> (Link) Friis<br>Urticaceae         | Makawanpur, Ramechaap, Dhading, Kathmandu                    | Constipation, Headaches, Joint pain, Tonic, Vegetable (young leaves), Cloth making (Balami, 2004; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Gurung & Subedi, 2021)                                                                                                                                               |
| 234   | <i>Globba racemosa</i> Sm.<br>Zingiberaceae                       | Makawanpur Ramechaap                                         | Stomach problems, Urinary infections, Headache, Body pain Joshi et al., 2020; Pradhan et al., 2020)                                                                                                                                                                                                                                        |
| 235   | <i>Glycyrrhiza glabra</i> L.<br>Fabaceae                          | Sinduli, Makawanpur                                          | Tonsillitis (Bhattarai & Tamang, 2017; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                 |
| 236   | <i>Gmelina arborea</i> Roxb.<br>Verbenaceae                       | Chitwan                                                      | Swollen necks of bullocks (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                          |
| 237   | <i>Gonostegia triandra</i> (Blume) Miq.<br>Urticaceae             | Bhaktapur, Lalitpur                                          | Dislocated bone treatment (Bhaila et al., 2022; Dulal et al., 2022)                                                                                                                                                                                                                                                                        |
| 238   | <i>Gossypium</i> L.<br>Malvaceae                                  | Sindupalchowk                                                | Fever (Rai et al., 2004)                                                                                                                                                                                                                                                                                                                   |
| 239   | <i>Grewia sapida</i> Roxb. ex DC.<br>Tiliaceae                    | Chitwan                                                      | Dysentery (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                          |
| 240   | <i>Hedychium ellipticum</i> Buch.-Ham. ex Sm.<br>Zingiberaceae    | Nuwakot                                                      | Fever (Timilsina & Singh, 2015)                                                                                                                                                                                                                                                                                                            |
| 241   | <i>Helianthus annuus</i> L.<br>Asteraceae                         | Sinduli, Nuwakot                                             | Blood pressure, Lung infection, Ulcers, Wounds, Burnt skin (Shah & Singh, 2014; Timilsina & Singh, 2015)                                                                                                                                                                                                                                   |
| 242   | <i>Helicteres isora</i> L.<br>Sterculiaceae                       | Chitwan                                                      | Cattle fever, Roundworm infection (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                  |
| 243   | <i>Hellenia speciosa</i> (J.Koenig) S.R.Dutta<br>Costaceae        | Sinduli, Makawanpur, Chitwan                                 | Burning urination, Fever, Joint pain, Thirst (Poudel & Singh, 2016; Kafle & Dani, 2022; Moktan, 2023)                                                                                                                                                                                                                                      |
| 244   | <i>Hemionitis albomarginata</i> (C.B.Clarke)                      | Bhaktapur, Makawanpur                                        | Gastritis, Ulcer, Stomach problems (Bhaila et al., 2022; Moktan, 2023)                                                                                                                                                                                                                                                                     |

| S. N. | Species/Family                                                           | Reported districts                                                       | Uses                                                                                                                                                                                                                                                                                                                                    |
|-------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | Christenh.<br>Pteridaceae                                                |                                                                          |                                                                                                                                                                                                                                                                                                                                         |
| 245   | <i>Hemionitis bicolor</i> (Roxb.) Christenh.<br>Pteridaceae              | Sinduli                                                                  | Fever, Cooling agent (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                               |
| 246   | <i>Hemiphragma heterophyllum</i> Wall.<br>Plantaginaceae                 | Dolakha                                                                  | Stomach disorder, Constipation, Gano-gola (Karki et al., 2023)                                                                                                                                                                                                                                                                          |
| 247   | <i>Heynea trijuga</i> Roxb.<br>Meliaceae                                 | Chitwan, Makawanpur, Dolakha                                             | Anti-lice, Dermatological allergies, Menstruation disorders (Dangol & Gurung, 2008; Joshi et al., 2020; Karki et al., 2023)                                                                                                                                                                                                             |
| 248   | <i>Hibiscus rosa-sinensis</i> L.<br>Malvaceae                            | Sinduli, Ramechaap                                                       | Body cooling, Skin infection, Blood pressure, Urinary problems, Excess bleeding, Ornamental, Religious ceremonies (Shah & Singh, 2014; Pradhan et al., 2020)                                                                                                                                                                            |
| 249   | <i>Hibiscus sabdariffa</i> L.<br>Malvaceae                               | Sinduli                                                                  | Blood purification in women (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                        |
| 250   | <i>Himalaiella deltoidea</i> (DC.) Raab-Straube<br>Asteraceae            | Makawanpur                                                               | Fever (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                              |
| 251   | <i>Hippophae salicifolia</i> D.Don<br>Elaeagnaceae                       | Rasuwa                                                                   | Tonic, Diarrhea (Shrestha et al, 2014)                                                                                                                                                                                                                                                                                                  |
| 252   | <i>Hippophae tibetana</i> Schldl.<br>Elaeagnaceae                        | Rasuwa                                                                   | Tonic, Diarrhea (Shrestha et al, 2014)                                                                                                                                                                                                                                                                                                  |
| 253   | <i>Holarrhena pubescens</i> Wall. & G.Don<br>Apocynaceae                 | Chitwan, Makawanpur                                                      | Heat (Poudel & Singh, 2016; Bhattarai & Tamang, 2017)                                                                                                                                                                                                                                                                                   |
| 254   | <i>Houttuynia cordata</i> Thunb.<br>Saururaceae                          | Dolakha                                                                  | Fever, Gastrointestinal disorders (Karki et al., 2023)                                                                                                                                                                                                                                                                                  |
| 255   | <i>Hydnum repandum</i> L.<br>Hydnaceae                                   | Makawanpur                                                               | Vegetable, Pickle (Moktan, 2023)                                                                                                                                                                                                                                                                                                        |
| 256   | <i>Hydrangea febrifuga</i> (Lour.) Y.De Smet & Granados<br>Hydrangiaceae | Dolakha                                                                  | High fever (Karki et al., 2023)                                                                                                                                                                                                                                                                                                         |
| 257   | <i>Hydrocotyle javanica</i> Thunb.<br>Araliaceae                         | Dolakha, Kathmandu                                                       | Snake bite (Balami, 2004; Dhital et al., 2021)                                                                                                                                                                                                                                                                                          |
| 258   | <i>Hydrocotyle modesta</i> Cham. & Schldl.<br>Araliaceae                 | Dolakha                                                                  | Urine blockage (Karki et al., 2023)                                                                                                                                                                                                                                                                                                     |
| 259   | <i>Hydrocotyle rotundifolia</i> Roxb.<br>Araliaceae                      | Chitwan                                                                  | Fever, Urinary disorders (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                        |
| 260   | <i>Hydrocotyle sibthorpioides</i> Lam.<br>Araliaceae                     | Lalitpur                                                                 | Irritation in children (Nagarkoti & Shrestha, 2022)                                                                                                                                                                                                                                                                                     |
| 261   | <i>Hypericum cordifolium</i> Choisy<br>Hypericaceae                      | Chitwan                                                                  | Rheumatism (Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                       |
| 262   | <i>Hypericum elodeoides</i> Choisy<br>Hypericaceae                       | Dolakha                                                                  | Cuts, Wounds (Dhital et al., 2021)                                                                                                                                                                                                                                                                                                      |
| 263   | <i>Hypericum perforatum</i> L.<br>Hypericaceae                           | Dhading                                                                  | Burns (Gurung & Subedi, 2021)                                                                                                                                                                                                                                                                                                           |
| 264   | <i>Hypericum uralum</i> Buch.-Ham. ex D.Don<br>Hypericaceae              | Nuwakot, Sindupalchowk                                                   | Cuts, Old wounds (Rai et al., 2004; Timilsina & Singh, 2015)                                                                                                                                                                                                                                                                            |
| 265   | <i>Hyptianthera stricta</i> (Roxb. ex Sm.) Wight & Arn.<br>Rubiaceae     | Makawanpur                                                               | Typhoid (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                            |
| 266   | <i>Hyptis suaveolens</i> (L.) Poit.<br>Lamiaceae                         | Makawanpur                                                               | Wounds (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                             |
| 267   | <i>Ichnocarpus frutescens</i> (L.) W.T.Aiton<br>Apocynaceae              | Sinduli                                                                  | Agalactia, Milk production (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                         |
| 268   | <i>Impatiens balsamina</i> L.<br>Balsaminaceae                           | Sinduli                                                                  | Urinary problem (Shah & Singh, 2014)                                                                                                                                                                                                                                                                                                    |
| 269   | <i>Imperata cylindrica</i> (L.) Raeusch.<br>Poaceae                      | Dolakha, Ramechaap, Bhaktapur, Makawanpur, Kathmandu                     | Worms, Fever, Diarrhea, Fodder (Balami, 2004; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Dulal et al., 2022; Karki et al., 2023)                                                                                                                                                                                                   |
| 270   | <i>Indigofera atropurpurea</i> Buch.-Ham. ex Hornem.<br>Fabaceae         | Makawanpur                                                               | Heating effect (Moktan, 2023)                                                                                                                                                                                                                                                                                                           |
| 271   | <i>Inula cappa</i> (Buch.-Ham. ex D.Don) DC.<br>Asteraceae               | Makawanpur, Dolakha, Kathmandu                                           | Indigestion, Stomachache, Dysentery, Fracture (Balami, 2004; Bhattarai & Tamang, 2017; Joshi et al., 2020; Karki et al., 2023)                                                                                                                                                                                                          |
| 272   | <i>Ipomoea aquatica</i> Forssk.<br>Convolvulaceae                        | Chitwan                                                                  | Lactation (Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                        |
| 273   | <i>Ipomoea batatas</i> (L.) Lam.<br>Convolvulaceae                       | Sinduli                                                                  | Sexual stimulant, Tonic (Shah & Singh, 2014)                                                                                                                                                                                                                                                                                            |
| 274   | <i>Ipomoea quamoclit</i> L.<br>Convolvulaceae                            | Makawanpur                                                               | Detergent for bathing (Moktan, 2023)                                                                                                                                                                                                                                                                                                    |
| 275   | <i>Iresine diffusa</i> Humb. & Bonpl. ex Willd.<br>Amaranthaceae         | Sinduli                                                                  | Cut, Wound (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                         |
| 276   | <i>Ixeridium sagittarioides</i> (C.B Clarke) Pak & Kawana<br>Asteraceae  | Dolakha                                                                  | Ear problems (Karki et al., 2023)                                                                                                                                                                                                                                                                                                       |
| 277   | <i>Jasminum mesnyi</i> Hance<br>Oleaceae                                 | Bhaktapur                                                                | Tonsil, Blood pressure reduction, Red rashes (Dulal et al., 2022)                                                                                                                                                                                                                                                                       |
| 278   | <i>Jatropha curcas</i> L.<br>Euphorbiaceae                               | Nuwakot, Chitwan, Dhading, Ramechaap, Sinduli, Sindupalchowk, Makawanpur | Inflammation, Boils, Wound, Tooth problems, Poisoning, Cough, Fever, Asthma, Constipation, Athlete's foot, Foot/hand cracks and fissures, Oil extraction, Soil erosion control (Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Gurung & Subedi, 2021; Kafle & Dani, 2022; Gurung, 2023) |
| 279   | <i>Juglans regia</i> L.<br>Juglandaceae                                  | Chitwan, Dhading, Sindupalchowk, Dolakha, Bhaktapur, Makawanpur          | Anthelmintic, Tooth problems, Skin allergies, Liver cirrhosis, Stomach parasites, Typhoid (Rai et al., 2004; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Gurung & Subedi, 2021; Dulal et al., 2022; Karki et al., 2023)                                                                                                             |
| 280   | <i>Juniperus indica</i> Bertol.<br>Cupressaceae                          | Kavrepalanchowk, Makawanpur                                              | Appetizer, Diarrhea, Abdominal pain, Spleen diseases, Tumors, Piles, Bronchitis, Vaginal diseases, Toothache, Religious ceremonies (Malla & Chettri, 2009; Bhattarai & Tamang, 2017)                                                                                                                                                    |

| S. N. | Species/Family                                                                                                                   | Reported districts                                                                           | Uses                                                                                                                                                                                                                                                                                                                                                                                                              |
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| 281   | <i>Juniperus recurva</i> Buch.-Ham. ex. D. Don<br>Cupressaceae                                                                   | Rasuwa, Makawanpur                                                                           | Throat infection (Shrestha et al., 2014; Bhattarai & Tamang, 2017)                                                                                                                                                                                                                                                                                                                                                |
| 282   | <i>Jurinea dolomiaea</i> Boiss.<br>Asteraceae                                                                                    | Rasuwa                                                                                       | Diarrhea (Shrestha et al., 2014)                                                                                                                                                                                                                                                                                                                                                                                  |
| 283   | <i>Justicia adhatoda</i> L.<br>Acanthaceae                                                                                       | Makawanpur, Nuwakot, Lalitpur, Sinduli, Bhaktapur, Chitwan                                   | Malaria, Serious fever, Bronchitis, Dandruff, Common cold, Cough, Dislocated bones, Stomach pain, Joint leg pain, Bone fracture, Itching, Blood pressure (Balami, 2004; Dangol & Gurung, 2008; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gautam & Dhakal, 2023; Moktan, 2023) |
| 284   | <i>Kaempferia rotunda</i> L.<br>Zingiberaceae                                                                                    | Dolakha                                                                                      | Fracture, Pneumonia (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                          |
| 285   | <i>Kalanchoe pinnata</i> (Lam.) Pers.<br>Crassulaceae                                                                            | Dolakha                                                                                      | Jaundice, Kidney stone (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                       |
| 286   | <i>Lablab purpureus</i> (L.) Sweet<br>Fabaceae                                                                                   | Sinduli, Kavrepalanchowk, Bhaktapur                                                          | Fungal infection, Skin scars, Allergy, Stomachic (Malla & Chhetri, 2009; Dulal et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                  |
| 287   | <i>Lagenaria siceraria</i> (Molina) Standl.<br>Cucurbitaceae                                                                     | Kavrepalanchowk, Sinduli                                                                     | Burns, Indigestion, Ulcers, Stomach acidity, Earache, Laxative, Jaundice, Constipation, Cooling, Vegetable (fruits), Emetic, Purgative (Malla & Chhetri, 2009; Shah & Singh, 2014; Kafle & Dani, 2022)                                                                                                                                                                                                            |
| 288   | <i>Lagerstroemia parviflora</i> Roxb.<br>Lythraceae                                                                              | Makawanpur, Nuwakot                                                                          | Fodder, Firewood, Construction (Nepali et al., 2020; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                |
| 289   | <i>Lannea coromandelica</i> (Houtt.) Merr.<br>Anacardiaceae                                                                      | Kavrepalanchowk, Chitwan                                                                     | Nosebleed, Ulcers, Fodder, Tannin, Fuel, Furniture, Construction (Dangol & Gurung, 2008; Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                                   |
| 290   | <i>Lawsonia inermis</i> L.<br>Lythraceae                                                                                         | Sinduli                                                                                      | Athletes foot, Hair color (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                    |
| 291   | <i>Lepidium sativum</i> L.<br>Brassicaceae                                                                                       | Kavrepalanchowk, Makawanpur                                                                  | Asthma, Cough, Bleeding piles, Syphilis, Pain relief, Vegetable (Malla & Chhetri, 2009; Bhattarai & Tamang, 2017)                                                                                                                                                                                                                                                                                                 |
| 292   | <i>Lepisorus mehrae</i> Fraser-Jenk.<br>Polypodiaceae                                                                            | Ramechaap                                                                                    | Back pain, Stomach problems, Fever, Pesticide, Animal diarrhea, Mouth wounds (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                               |
| 293   | <i>Leptodermis lanceolata</i> Wall.<br>Rubiaceae                                                                                 | Ramechaap                                                                                    | Broken bones, Cuts, Wounds, Additive for snails (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                            |
| 294   | <i>Leptodesmia microphylla</i> (Thunb.) H. Ohashi & K. Ohashi<br>Fabaceae                                                        | Makawanpur                                                                                   | Boils, Wounds (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                |
| 295   | <i>Leucaena leucocephala</i> (Lam.) de Wit<br>Fabaceae                                                                           | Nuwakot                                                                                      | Firewood (Nepali et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                    |
| 296   | <i>Leucas aspera</i> Link<br>Lamiaceae                                                                                           | Chitwan                                                                                      | Ringworm (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                  |
| 297   | <i>Leucas cephalotes</i> Spreng.<br>Lamiaceae                                                                                    | Chitwan, Bhaktapur, Sinduli, Makawanpur                                                      | Ringworm, Body blisters, Sinusitis, Scabies, Stye/Blepharitis (Dangol & Gurung, 2008; Bhattarai & Tamang, 2017; Bhaila et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                                                                          |
| 298   | <i>Leucoscepttrum canum</i> Sm.<br>Lamiaceae                                                                                     | Dolakha                                                                                      | Fracture, Intestinal disorders, Throat pain (Dhital et al., 2021; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                             |
| 299   | <i>Lichen</i><br>Lichen                                                                                                          | Dolakha                                                                                      | Cuts, Wounds (Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                                                                |
| 300   | <i>Ligusticopsis wallichiana</i> (DC.) Pimenov & Kljuykov<br>Apiaceae                                                            | Makawanpur                                                                                   | Fever, Body pain (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                             |
| 301   | <i>Lindera neesiana</i> (Wall. ex Nees) Kurz<br>Lauraceae                                                                        | Ramechaap, Makawanpur, Sinduli, Dolakha, Nuwakot, Lalitpur                                   | Gastric problems, Diarrhoea, Abdominal pain, Fever, Cough, Cold, Sexual weakness, Blood pressure, Gastritis, Abscess, Antitoxic, Veterinary use (Luitel et al., 2014; Shah & Singh, 2014; Timilsina & Singh, 2015; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Dhital et al., 2021; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                       |
| 302   | <i>Litchi chinensis</i> Sonn.<br>Sapindaceae                                                                                     | Nuwakot                                                                                      | Edible fruits (Nepali et al., 2020)                                                                                                                                                                                                                                                                                                                                                                               |
| 303   | <i>Litsea cubeba</i> (Lour.) Pers.<br>Lauraceae                                                                                  | Lalitpur                                                                                     | Gastritis, Stomach pain, Spice, Flavoring                                                                                                                                                                                                                                                                                                                                                                         |
| 304   | <i>Litsea glutinosa</i> (Lour.) C.B. Rob.<br>Lauraceae                                                                           | Makawanpur                                                                                   | Bone dislocation, Bone fracture (Joshi et al., 2020; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                |
| 305   | <i>Litsea monopetala</i> (Roxb.) Pers.<br>Lauraceae                                                                              | Kavrepalanchowk, Makawanpur, Nuwakot, Sindupalchowk                                          | Diarrhoea, Pain relief, Fodder, Fuel (Rai et al., 2004; Malla & Chhetri, 2009; Nepali et al., 2020; Moktan, 2023)                                                                                                                                                                                                                                                                                                 |
| 306   | <i>Lobelia pyramidalis</i> Wall.<br>Campanulaceae                                                                                | Makawanpur, Dolakha, Sindupalchowk, Bhaktapur, Kathmandu                                     | Fever, Fertility enhancement (Balami, 2004; Rai et al., 2004; Bhattarai & Tamang, 2017; Joshi et al., 2020; Dulal et al., 2022; Karki et al., 2023)                                                                                                                                                                                                                                                               |
| 307   | <i>Lonicera angustifolia</i> var. <i>myrtilus</i> (Hook. f. & Thomson) Q.E. Yang, Landrein, Borosova & Osborne<br>Caprifoliaceae | Rasuwa                                                                                       | Stomach disorder (Shrestha et al., 2014)                                                                                                                                                                                                                                                                                                                                                                          |
| 308   | <i>Lycopodium clavatum</i> L.<br>Lycopodiaceae                                                                                   | Kavrepalanchowk, Ramechaap, Sindupalchowk, Makawanpur                                        | Fever, Headache, Wound, Urinary problems, Skin disease, Fissures, Cracks, Rheumatism, Ceremonial use (Rai et al., 2004; Malla & Chhetri, 2009; Bhattarai & Tamang, 2017; Pradhan et al., 2020)                                                                                                                                                                                                                    |
| 309   | <i>Lycopodium japonicum</i> Thunb.<br>Lycopodiaceae                                                                              | Makawanpur, Dolakha                                                                          | Cuts, Wounds, Boils, Crack feet, Jaundice (Bhattarai & Tamang, 2017; Joshi et al., 2020; Karki et al., 2023)                                                                                                                                                                                                                                                                                                      |
| 310   | <i>Lygodium japonicum</i> (Thunb.) Sw.<br>Lygodiaceae                                                                            | Chitwan                                                                                      | Ringworm (Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                                                                                                   |
| 311   | <i>Lyonia ovalifolia</i> (Wall.) Drude<br>Ericaceae                                                                              | Dhading, Makawanpur, Dolakha, Nuwakot, Lalitpur, Rasuwa, Sindupalchowk, Bhaktapur, Kathmandu | Wounds, Scabies, Itching, Allergies, Skin diseases, Cloven hoof suppuration, Timber, Firewood (Balami, 2004; Rai et al., 2004; Shrestha et al., 2014; Bhattarai & Tamang, 2017; Joshi et al., 2020; Nepali et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                               |
| 312   | <i>Machilus duthiei</i> King ex Hook. f.<br>Lauraceae                                                                            | Makawanpur                                                                                   | Bone fracture, Skin disease (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                  |
| 313   | <i>Machilus odoratissimus</i> Nees<br>Lauraceae                                                                                  | Ramechaap                                                                                    | Wounds, Allergy, Dislocated bones, Rodent control, Fodder (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                  |
| 314   | <i>Macrotyloma uniflorum</i> (Lam.) Verdc.<br>Fabaceae                                                                           | Sinduli, Dhading, Bhaktapur, Ramechaap, Sindupalchowk,                                       | Diabetes, Urinary tract stones, Chicken pox, Kidney stones, Vegetable (Bhattarai & Tamang, 2017; Pradhan et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Kafle & Dani, 2022; Gurung, 2023)                                                                                                                                                                                                               |

| S. N. | Species/Family                                                 | Reported districts                                                                                             | Uses                                                                                                                                                                                                                                                                                                                                                                             |
|-------|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       |                                                                | Makawanpur                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                  |
| 315   | <i>Madhuca longifolia</i> (L.) J.F.Macbr.<br>Sapotaceae        | Kavrepalanchowk, Makawanpur                                                                                    | Boils, Diabetes, Cough, Cold, Rheumatism, Skin disease, Fish poison, Construction, Furniture, Fuel, Edible flowers, Alcohol production (Malla & Chhetri, 2009; Moktan, 2023)                                                                                                                                                                                                     |
| 316   | <i>Maesa chisia</i> D.Don<br>Primulaceae                       | Makawanpur, Bhaktapur, Kathmandu                                                                               | Insecticide, Ringworm (Balami, 2004; Joshi et al., 2020; Dulal et al., 2022)                                                                                                                                                                                                                                                                                                     |
| 317   | <i>Magnolia champaca</i> (L.) Baill. ex Pierre<br>Magnoliaceae | Nuwakot                                                                                                        | Fodder, Religious purposes (Nepali et al. 2020)                                                                                                                                                                                                                                                                                                                                  |
| 318   | <i>Maianthemum purpureum</i> (Wall.) LaFrankie<br>Asparagaceae | Sinduli                                                                                                        | Tonsillitis (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                 |
| 319   | <i>Malolus philippensis</i> (Lam.) Müll. Arg.<br>Euphorbiaceae | Chitwan, Makawanpur, Sinduli, Dhading                                                                          | Abdominal disorder, Body pain, Gastritis, Toe wounds (Dangol & Gurung, 2008; Joshi et al., 2020; Gurung & Subedi, 2021; Kafle & Dani, 2022; Moktan, 2023)                                                                                                                                                                                                                        |
| 320   | <i>Mangifera indica</i> L.<br>Anacardiaceae                    | Sinduli, Kavrepalanchowk, Chitwan, Makawanpur, Nuwakot                                                         | Dysentery, Vomiting, Jaundice, Rheumatism, Ulcer, Cough, Cold, Scabies, Skin disease, Edible fruits, Pickle, Religious, Furniture, Fuel (Malla & Chhetri, 2009; Luitel et al., 2014; Shah & Singh, 2014; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Nepali et al., 2020; Kafle & Dani, 2022; Moktan, 2023)                                                                  |
| 321   | <i>Manihot esculenta</i> Crantz<br>Euphorbiaceae               | Makawanpur                                                                                                     | Edible tuberous roots (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                             |
| 322   | <i>Melanochyla caesia</i> (Blume) Ding Hou<br>Anacardiaceae    | Dolakha                                                                                                        | Diarrhea, Dysentery (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                         |
| 323   | <i>Melastoma malabathricum</i> L.<br>Melastomataceae           | Makawanpur                                                                                                     | Edible fruits (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                     |
| 324   | <i>Melia azedarach</i> L.<br>Meliaceae                         | Lalitpur, Dhading, Kavrepalanchowk, Sinduli, Nuwakot, Sindupalchowk, Chitwan, Bhaktapur, Makawanpur, Kathmandu | Anthelmintic, Antidandruff, Leprosy, Scrofula, Skin diseases, Hysteria, Headache, Rheumatic pain, Fever, Lice control, Furniture, Fuel, Fodder (Balami, 2004; Rai et al., 2004; Dangol & Gurung, 2008; Malla & Chhetri, 2009; Bhattarai & Tamang, 2017; Panta, 2019; Nepali et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Kafle & Dani, 2022; Gurung, 2023)           |
| 325   | <i>Melothria heterophylla</i> (Lour.) Cogn.<br>Cucurbitaceae   | Chitwan, Nuwakot                                                                                               | Hydrocele, Neck ache, Fever (Dangol & Gurung, 2008; Timilsina & Singh, 2015)                                                                                                                                                                                                                                                                                                     |
| 326   | <i>Mentha × piperita</i> L.<br>Lamiaceae                       | Lalitpur, Bhaktapur                                                                                            | Cold, Sore throat, Cough, Asthma, Sinusitis (Dulal et al., 2022; Nagarkoti & Shrestha, 2022)                                                                                                                                                                                                                                                                                     |
| 327   | <i>Mentha arvensis</i> L.<br>Lamiaceae                         | Bhaktapur, Sindupalchowk, Makawanpur                                                                           | Fever, Headache (Bhattarai & Tamang, 2017; Dulal et al., 2022; Gurung, 2023)                                                                                                                                                                                                                                                                                                     |
| 328   | <i>Mentha spicata</i> L.<br>Lamiaceae                          | Makawanpur, Dolakha, Lalitpur, Kavrepalanchowk, Bhaktapur                                                      | Tongue boils, Digestive issues, Fever, Jaundice, Nausea, Diarrhoea, Dysentery, Vomiting, Kidney stone, Gastric disorder, Pickle (Malla & Chhetri, 2009; Joshi et al., 2020; Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Gautam & Dhakal, 2023; Karki et al., 2023)                                                                                                           |
| 329   | <i>Mikania micrantha</i> Kunth<br>Asteraceae                   | Chitwan                                                                                                        | Cuts, Wounds (Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                                                              |
| 330   | <i>Milletia extensa</i> (Benth.) Benth. ex Baker<br>Fabaceae   | Makawanpur                                                                                                     | Exoparasite removal, Skin diseases (Bhattarai & Tamang, 2017; Joshi et al., 2020)                                                                                                                                                                                                                                                                                                |
| 331   | <i>Milletia fruticosa</i> (DC.) Benth. ex Baker<br>Fabaceae    | Makawanpur                                                                                                     | Skin diseases (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                               |
| 332   | <i>Milletia glaucescens</i> KURZ<br>Fabaceae                   | Sinduli                                                                                                        | Paralysis (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                   |
| 333   | <i>Mimosa pudica</i> L.<br>Fabaceae                            | Chitwan, Makawanpur, Sinduli, Dhading, Ramechaap, Nuwakot,                                                     | Scorpion sting, Rheumatism, Diarrhea, Dysentery, Fever, Toothache, Cuts, Wounds, Diabetes, Boils, Gastritis, Joint pain, Stomach problems, Skin infection, Throat ache, Cooling (Shah & Singh, 2014; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Gurung & Subedi, 2021; Kafle & Dani, 2022; Moktan, 2023) |
| 334   | <i>Mimosa rubicaulis</i> lam.<br>Fabaceae                      | Ramechaap, Makawanpur                                                                                          | Skin problems, Wound healing, Strain, Fever, Urinary disorder, Fodder (Bhattarai & Tamang, 2017; Pradhan et al., 2020)                                                                                                                                                                                                                                                           |
| 335   | <i>Mirabilis jalapa</i> L.<br>Nyctaginaceae                    | Ramechaap, Bhaktapur                                                                                           | Diarrhea, Menstrual disorder, Blood sugar control (Pradhan et al., 2020; Dulal et al., 2022)                                                                                                                                                                                                                                                                                     |
| 336   | <i>Momordica charantia</i> L.<br>Cucurbitaceae                 | Bhaktapur                                                                                                      | Blood pressure and sugar control (Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                            |
| 337   | <i>Morina longifolia</i> Wall. ex DC.<br>Caprifoliaceae        | Kavrepalanchowk                                                                                                | Dysentery, Diarrhoea, Edible stem, Incense (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                                               |
| 338   | <i>Morus alba</i> L.<br>Moraceae                               | Nuwakot                                                                                                        | Fodder, Edible fruits (Nepali et al. 2020)                                                                                                                                                                                                                                                                                                                                       |
| 339   | <i>Morus macroura</i> Miq.<br>Moraceae                         | Kavrepalanchowk                                                                                                | Cuts, Wounds, Fever, Sore throat, Dyspepsia, Melancholia, Edible fruits, Fodder (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                          |
| 340   | <i>Morus serrata</i> Roxb.<br>Moraceae                         | Dolakha                                                                                                        | Fracture (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                    |
| 341   | <i>Mucuna interrupta</i> Gagnep.<br>Fabaceae                   | Sinduli                                                                                                        | Cuts, Wounds (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                |
| 342   | <i>Murraya koenigii</i> (L.) Spreng.<br>Rutaceae               | Ramechaap Makawanpur                                                                                           | Poisonous animal bites, Dysentery, Skin diseases, Vomiting, Diarrhea, Inflammations, Flavoring, Edible fruits (Pradhan et al., 2020; Moktan, 2023)                                                                                                                                                                                                                               |
| 343   | <i>Musa × paradisiaca</i> L.<br>Musaceae                       | Ramechaap, Kavrepalanchowk, Makawanpur, Chitwan                                                                | Chest pain, Dysentery, Colic disease, Intestinal disorders, Diabetes, Uremia, Nephritis, Gout, Hypertension, Cardiac disease, Diarrhea, Joint pain, Body heating, Excess bleeding, Edible flowers and fruits, Pickles, Vegetable, Plates, Religious purposes (Malla & Chhetri, 2009; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Moktan, 2023)         |
| 344   | <i>Musa balbisiana</i> Colla<br>Musaceae                       | Sinduli                                                                                                        | Asthma, Fish bone/Bone pricking (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                             |
| 345   | <i>Myrica esculenta</i> Buch.-Ham. ex D.Don<br>Myricaceae      | Chitwan, Ramechaap, Makawanpur, Rasuwa, Dhading, Sindupalchowk, Bhaktapur, Kathmandu                           | Abdominal pain, Sinusitis, Gastritis, Bone fracture, Bleeding control, Toothache, Diarrhea, Dysentery, Cholera, Piles, Fever, Headache, Heart disease, Edible fruits (Balami, 2004; Rai et al., 2004; Shrestha et al., 2014; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Gurung, 2023; Moktan, 2023)        |
| 346   | <i>Myristica fragrans</i> Houtt.<br>Myristicaceae              | Lalitpur, Sinduli                                                                                              | Pneumonia, Skin rashes (Panta, 2019; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                         |
| 347   | <i>Myrsine capitellata</i> Wall.<br>Myrsinaceae                | Makawanpur                                                                                                     | Fodder (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                            |
| 348   | <i>Nardostachys jatamansi</i> (D.Don) DC.<br>Caprifoliaceae    | Bhaktapur, Rasuwa                                                                                              | Mental weakness, Insomnia, Epilepsy, Incense (Shrestha et al., 2014; Bhaila et al., 2022)                                                                                                                                                                                                                                                                                        |
| 349   | <i>Nasturtium officinale</i> R.Br.<br>Brassicaceae             | Bhaktapur                                                                                                      | Blood sugar and pressure control (Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                            |

| S. N. | Species/Family                                                                                                | Reported districts                                                                                     | Uses                                                                                                                                                                                                                                                                                                                                                                                          |
|-------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | Brassicaceae                                                                                                  |                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                               |
| 350   | <i>Neolamarckia cadamba</i> (Roxb.) Bosser<br>Rubiaceae                                                       | Makawanpur                                                                                             | Wounds between toes, Diarrhea, Dysentery, Cuts, Wounds (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                   |
| 351   | <i>Neopicrorhiza scrophulariiflora</i> (Pennell)<br>D.Y.Hong<br>Scrophulariaceae                              | Rasuwa, Ramechaap, Sinduli                                                                             | Stomach problems, Fever, Headache, Stomachache, Lactation (Shah & Singh, 2014; Shrestha et al., 2014; Pradhan et al., 2020)                                                                                                                                                                                                                                                                   |
| 352   | <i>Nephrolepis cordifolia</i> (L.) C.Presl<br>Nephrolepidaceae                                                | Makawanpur, Nuwakot, Dolakha, Ramechaap, Lalitpur, Bhaktapur                                           | Dehydration, Appetite stimulation, Cooling tonic, Blood sugar, Gastritis, Jaundice, Boils, Skin problems, Liver ailments, Indigestion, Headache, Cough, Fever, Uteritis in buffalo (Timilsina & Singh, 2015; Panta, 2019; Joshi et al., 2020; Pradhan et al., 2020; Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                       |
| 353   | <i>Nerium oleander</i> L.<br>Apocynaceae                                                                      | Sinduli                                                                                                | Cuts, Wounds, Bleeding control in women (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                  |
| 354   | <i>Nicotiana tabacum</i> L.<br>Solanaceae                                                                     | Bhaktapur, Makawanpur, Lalitpur, Sinduli, Dolakha                                                      | Sedative, Narcotic, Antiseptic, Antidote for scorpion/lice bites, Burns, Leech removal, Bruises and wounds in cattle, Insecticide, Smoking (Bhattarai & Tamang, 2017; Dhital et al., 2021; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Moktan, 2023)                                                                                                                  |
| 355   | <i>Nyctanthes arbor-tristis</i> L.<br>Oleaceae                                                                | Dolakha, Nuwakot, Chitwan, Makawanpur, Sinduli, Dhading, Bhaktapur, Lalitpur, Kathmandu, Sindupalchowk | Asthma, Cough, Blisters, Wounds, Blood sugar control, Fever, Blood pressure, Heat, Jaundice, Piles, Fracture, Rheumatic disorder, Uric acid (Balami, 2004; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Gurung & Subedi, 2021; Bhaila et al., 2022; Dulal et al., 2022; Kafle & Dani, 2022; Gautam & Dhakal, 2023; Gurung, 2023; Karki et al., 2023)              |
| 356   | <i>Ocimum basilicum</i> L.<br>Lamiaceae                                                                       | Chitwan, Lalitpur, Dhading, Ramechaap, Sinduli, Makawanpur                                             | Fever, Cough, Cold, Headache, Toothache, Low blood pressure, Stomach problems, Jaundice, Pickles, Pesticide (Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Pradhan et al., 2020; Gurung & Subedi, 2021; Kafle & Dani, 2022)                                                                                                                                                    |
| 357   | <i>Ocimum gratissimum</i> L.<br>Lamiaceae                                                                     | Makawanpur                                                                                             | Edible seeds (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                   |
| 358   | <i>Ocimum tenuiflorum</i> L.<br>Lamiaceae                                                                     | Nuwakot, Chitwan, Sinduli, Lalitpur, Ramechaap, Bhaktapur, Dolakha, Sindupalchowk, Makawanpur          | Fever, Jaundice, Cough, Cold, Typhoid, Skin disease, Anorexia, Bronchitis, Dysentery, Diarrhea, Tonsillitis, Throat pain, Toothache, Religious worship (Shah & Singh, 2014; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Pradhan et al., 2020; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gurung, 2023; Karki et al., 2023) |
| 359   | <i>Onoclea struthiopteris</i> Roth<br>Onocleaceae                                                             | Chitwan                                                                                                | Diarrhoea, Blood in stool (Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                                                              |
| 360   | <i>Ophiocordyceps sinensis</i> (Berk.) G.H.Sung,<br>J.M.Sung, Hywel-Jones & Spatafora<br>Ophiocordycipitaceae | Ramechaap, Rasuwa                                                                                      | Body strength enhancement, Additives with milk/honey, Commercial value (Shrestha et al., 2014; Pradhan et al., 2020)                                                                                                                                                                                                                                                                          |
| 361   | <i>Ophioglossum reticulatum</i> L.<br>Ophioglossaceae                                                         | Sinduli                                                                                                | Dysentery, Diarrhea (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                      |
| 362   | <i>Opuntia monacantha</i> (Willd.) Haw.<br>Euphorbiaceae                                                      | Sinduli                                                                                                | Fever, Cooling agent (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                     |
| 363   | <i>Origanum majorana</i> L.<br>Lamiaceae                                                                      | Makawanpur                                                                                             | Cold relief through aroma (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                      |
| 364   | <i>Oroxylum indicum</i> (L.) Kurz<br>Bignoniaceae                                                             | Makawanpur, Dolakha, Dhading, Sinduli, Nuwakot, Bhaktapur                                              | Fracture, Jaundice, Blood in stool, Appetite loss, Pneumonia, Rheumatic problems, Burns, Pimples, Boils, Fever, Wounds, Religious purposes (Bhattarai & Tamang, 2017; Joshi et al., 2020; Nepali et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Kafle & Dani, 2022; Karki et al., 2023)                                                                                             |
| 365   | <i>Oryza sativa</i> L.<br>Poaceae                                                                             | Kavrepalanchowk, Sinduli                                                                               | Scorpion bite, Heart inflammation, Indigestion, Animal feed, Mat making, Shoes, Food, Alcoholic beverage (Malla & Chhetri, 2009; Kafle & Dani, 2022)                                                                                                                                                                                                                                          |
| 366   | <i>Osbeckia nepalensis</i> Hook.<br>Melastomataceae                                                           | Dolakha, Kathmandu                                                                                     | Cuts, Wounds (Balami, 2004; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                               |
| 367   | <i>Osbeckia mutans</i> Wall. ex C.B. Clarke<br>Melastomataceae                                                | Makawanpur                                                                                             | Stomach ache (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                             |
| 368   | <i>Osbeckia stellata</i> Buch.-Ham. ex D.Don<br>Melastomataceae                                               | Makawanpur, Kathmandu                                                                                  | Scabies (Balami, 2004; Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                    |
| 369   | <i>Osyris lanceolata</i> Hochst. & Steud.<br>Santalaceae                                                      | Lalitpur, Bhaktapur, Dolakha                                                                           | Fracture, Hair growth promotion (Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                                                                                                                                                                                                          |
| 370   | <i>Ototropis conferta</i> (DC.) H. Ohashi & K. Ohashi<br>Fabaceae                                             | Makawanpur                                                                                             | Diarrhea, Dysentery, Fever, Gastric (Joshi et al., 2020; Moktan, 2023)                                                                                                                                                                                                                                                                                                                        |
| 371   | <i>Ougeinia oojeinensis</i> (Roxb.) Hochr.<br>Fabaceae                                                        | Makawanpur                                                                                             | Fodder, Dysentery (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                              |
| 372   | <i>Oxalis corniculata</i> L.<br>Oxalidaceae                                                                   | Chitwan, Lalitpur, Dhading, Ramechaap, Makawanpur, Dolakha, Sinduli, Kathmandu                         | Wounds, Eye problems, Tooth corrosion, Earache, Snake bite, Stomach problems, Joint pain, Dysentery, Fever, Diarrhea, Abdominal disorder, Liver cirrhosis, Skin diseases, Ringworm (Balami, 2004; Dangol & Gurung, 2008; Poudel & Singh, 2016; Panta, 2019; Joshi et al., 2020; Pradhan et al., 2020; Dhital et al., 2021; Gurung & Subedi, 2021; Kafle & Dani, 2022; Karki et al., 2023)     |
| 373   | <i>Paederia foetida</i> L.<br>Rubiaceae                                                                       | Makawanpur, Sinduli                                                                                    | Toothache, Appetite stimulation (Kafle & Dani, 2022; Moktan, 2023)                                                                                                                                                                                                                                                                                                                            |
| 374   | <i>Paris polyphylla</i> Sm.<br>Melanthiaceae                                                                  | Makawanpur, Dolakha, Rasuwa, Ramechaap,                                                                | Burns, Diarrhea, Dysentery, Appetite stimulation, Toothache, Fever, Antiseptic, Tonic, Anthelmintic, Gastritis, Bone fracture, Stomach disorders, Cold, Poison, Veterinary uses (Shrestha et al., 2014; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Karki et al., 2023)                                                                                               |
| 375   | <i>Parmelia nepaulensis</i><br>Parmeliaceae                                                                   | Ramechaap                                                                                              | Wounds, Cuts (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                                           |
| 376   | <i>Perilla frutescens</i> (L.) Britton<br>Lamiaceae                                                           | Makawanpur                                                                                             | Edible seeds for pickling (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                      |
| 377   | <i>Persea americana</i> Mill.<br>Lauraceae                                                                    | Bhaktapur                                                                                              | Cholesterol reduction (Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                                                    |
| 378   | <i>Persicaria barbata</i> (L.) Hara<br>Polygonaceae                                                           | Chitwan                                                                                                | Swelling reduction (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                    |
| 379   | <i>Persicaria hydropiper</i> (L.) Delarbre<br>Polygonaceae                                                    | Makawanpur                                                                                             | Worm treatment for cattle (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                      |
| 380   | <i>Phalaris arundinacea</i> L.<br>Poaceae                                                                     | Bhaktapur                                                                                              | Albinism (Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                                                                 |
| 381   | <i>Phanera scandens</i> (L.) Lour. ex Raf.<br>Fabaceae                                                        | Kavrepalanchowk                                                                                        | Stomach disorder, Skin diseases, Indigestion, Diarrhoea, Headache, Fodder, Fuel, Construction (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                         |
| 382   | <i>Phanera vahlii</i> (Wight & Arn.) Benth.<br>Fabaceae                                                       | Ramechaap Makawanpur, Nuwakot                                                                          | Bleeding, Dysentery, Diarrhea, Indigestion, Toxicity, Fodder, Rope making, Death rituals (Nepali et al., 2020; Pradhan et al., 2020; Moktan, 2023)                                                                                                                                                                                                                                            |

| S. N. | Species/Family                                                                 | Reported districts                                                                                                | Uses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| 383   | <i>Phaseolus vulgaris</i> L.<br>Fabaceae                                       | Dhading                                                                                                           | Ringworm (Gurung & Subedi, 2021)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 384   | <i>Phoenix loureiroi</i> Kunth<br>Arecaceae                                    | Makawanpur, Dhading, Sinduli                                                                                      | Itching, Pneumonia, Urinary disorder, Edible fruits and roots, Thatching, Door making (Joshi et al., 2020; Kafle & Dani, 2022; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 385   | <i>Phoenix sylvestris</i> (L.) Roxb.<br>Arecaceae                              | Sinduli                                                                                                           | Body pain/Relaxation (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 386   | <i>Phyla nodiflora</i> (L.) Greene<br>Verbenaceae                              | Chitwan                                                                                                           | Plant juice for stomachache, ulcers. (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 387   | <i>Phyllanthus emblica</i> L.<br>Phyllanthaceae                                | Makawanpur, Dolakha, Nuwakot, Dhading, Sinduli, Bhaktapur, Ramechaap, Sindupalchowk, Chitwan, Lalitpur, Kathmandu | Bark, leaves, fruit juice for gastritis, dysentery, constipation, cold/cough, weakness, blood purification, diarrhea, urination issues, hemorrhage, scurvy, snakebite, vitamin source, antidandruff, wounds, fracture. Fruits edible, leaves used as fodder. (Balami, 2004; Rai et al., 2004; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Pradhan et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Kafle & Dani, 2022; Gautam & Dhakal, 2023; Gurung, 2023; Karki et al., 2023; Moktan, 2023) |
| 388   | <i>Phyllanthus parvifolius</i> Buch.-Ham. ex D.Don<br>Phyllanthaceae           | Bhaktapur, Makawanpur, Dolakha                                                                                    | Bone fracture, cuts, dislocation. (Joshi et al., 2020; Dulal et al., 2022; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 389   | <i>Phyllanthus urinaria</i> L.<br>Phyllanthaceae                               | Kavrepalanchowk                                                                                                   | Tuber juice for diarrhea, dysentery. Leaf paste for gonorrhea, urinary troubles, boils. Ornamental. (Malla & Chettri, 2009)                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 390   | <i>Phyllanthus velutinus</i> (Wight) Müll. Arg.<br>Phyllanthaceae              | Makawanpur                                                                                                        | Pimples (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 391   | <i>Physalis minima</i> L.<br>Solanaceae                                        | Chitwan                                                                                                           | Leaf juice for menstrual disorders, eye infection. (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 392   | <i>Phytolacca acinosa</i> Roxb.<br>Phytolaccaceae                              | Bhaktapur, Makawanpur                                                                                             | Eyesight, vitamin, infertility. (Joshi et al., 2020; Bhaila et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 393   | <i>Phytolacca americana</i> L.<br>Phytolaccaceae                               | Bhaktapur                                                                                                         | Blisters, jaundice, sinusitis. (Bhaila et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 394   | <i>Picris hieracioides</i> L.<br>Asteraceae                                    | Makawanpur                                                                                                        | Headache (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 395   | <i>Pieris formosa</i> (Wall.) D.Don<br>Ericaceae                               | Makawanpur, Rasuwa                                                                                                | Leaf/stem extract for intestinal worms, scabies. (Shrestha et al., 2014; Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 396   | <i>Pinus roxburghii</i> Sarg.<br>Pinaceae                                      | Dolakha, Nuwakot, Ramechaap                                                                                       | Resin, seed, bark for indigestion, cough/cold, skin disease, asthma, tuberculosis. Timber, furniture, construction. Incense. (Nepali et al., 2020; Pradhan et al., 2020; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                        |
| 397   | <i>Pinus wallichiana</i> (Wall. ex. D.Don) A.B.Jacks.<br>Pinaceae              | Ramechaap                                                                                                         | Timber. Resin for cuts, wounds. Incense. (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 398   | <i>Piper betle</i> L.<br>Piperaceae                                            | Sinduli                                                                                                           | Anorexia, tonsillitis. (Shah & Singh, 2014)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 399   | <i>Piper longum</i> L.<br>Piperaceae                                           | Chitwan, Makawanpur, Ramechaap, Sinduli                                                                           | Fruit juice for fever, cough, cold, urinary infections. (Dangol & Gurung, 2008; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                             |
| 400   | <i>Piper nigrum</i> L.<br>Piperaceae                                           | Bhaktapur, Lalitpur, Sinduli                                                                                      | Pus, fever, stomach pain, gastritis. (Panta, 2019; Bhaila et al., 2022; Dulal et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 401   | <i>Plantago asiatica</i> subsp. <i>erosa</i> (Wall.) Z.Yu Li<br>Plantaginaceae | Makawanpur, Dolakha                                                                                               | Anthelmintic. Root juice for snake bite. (Joshi et al., 2020; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 402   | <i>Plantago major</i> L.<br>Plantaginaceae                                     | Ramechaap, Bhaktapur                                                                                              | Anthelmintic. Plant juice for fever, stomach problems, cough, cold. (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 403   | <i>Plumbago zeylanica</i> L.<br>Plumbaginaceae                                 | Sindupalchowk, Ramechaap, Sinduli, Bhaktapur, Makawanpur                                                          | Root juice/paste for skin disease, fungal infection, appetite, abdominal disorders, cold/cough, asthma, constipation, diarrhea, dysentery, scabies. (Rai et al., 2004; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Dulal et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                      |
| 404   | <i>Plumeria rubra</i> L.<br>Apocynaceae                                        | Dolakha                                                                                                           | Latex for toothache. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 405   | <i>Podophyllum hexandrum</i> Royle<br>Berberidaceae                            | Makawanpur                                                                                                        | Wound infection (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 406   | <i>Pogostemon benghalensis</i> Kuntze<br>Lamiaceae                             | Nuwakot, Sinduli, Makawanpur, Bhaktapur                                                                           | Leaves paste/juice for antidandruff, antifungal, skin disease, warts, wounds, cough, cold, toothache, fever, sinusitis, typhoid, diarrhea, vomiting. (Timilsina & Singh, 2015; Bhattarai & Tamang, 2017; Joshi et al., 2020; Bhaila et al., 2022; Kafle & Dani, 2022; Gautam & Dhakal, 2023; Moktan, 2023)                                                                                                                                                                                                                                                          |
| 407   | <i>Pogostemon parviflorus</i> Benth.<br>Lamiaceae                              | Chitwan                                                                                                           | Fresh juice after three days of fever. (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 408   | <i>Potentilla indica</i> (Andrews) Th. Wolf<br>Rosaceae                        | Chitwan, Sindupalchowk                                                                                            | Lice infestation, fever, urinary disorders. (Dangol & Gurung, 2008; Gurung, 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 409   | <i>Potentilla peduncularis</i> D.Don<br>Rosaceae                               | Rasuwa                                                                                                            | Root paste with water for headache. (Shrestha et al., 2014)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 410   | <i>Pouzolzia rugulosa</i> (Wedd.) Acharya & Kravtsova<br>Urticaceae            | Kavrepalanchowk                                                                                                   | Bark juice for cuts, wounds, body pain. Bark powder for soft bread. Wood for household materials. Fodder. (Malla & Chettri, 2009)                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 411   | <i>Pouzolzia sanguinea</i> (Blume) Merr.<br>Urticaceae                         | Dolakha                                                                                                           | Urination blockade. (Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 412   | <i>Pouzolzia zeylanica</i> (L.) Benn.<br>Urticaceae                            | Chitwan                                                                                                           | Plant juice for ringworm infections, wounds on fingers and toes. (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 413   | <i>Premna barbata</i> Wall.<br>Verbenaceae                                     | Chitwan, Makawanpur, Sinduli                                                                                      | Fever, cuts, wounds, thirst. (Dangol & Gurung, 2008; Joshi et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 414   | <i>Premna serratifolia</i> L.<br>Lamiaceae                                     | Makawanpur, Sinduli                                                                                               | Typhoid (Joshi et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 415   | <i>Prunus armeniaca</i> L.<br>Rosaceae                                         | Bhaktapur                                                                                                         | Body hotness. (Bhaila et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 416   | <i>Prunus cerasoides</i> D.Don<br>Rosaceae                                     | Ramechaap, Dolakha, Nuwakot                                                                                       | Bark paste for broken body parts, intestinal worms, tapeworm. Fruits edible. Religious purposes. Fodder. (Nepali et al., 2020; Pradhan et al., 2020; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                            |
| 417   | <i>Prunus domestica</i> L.<br>Rosaceae                                         | Dolakha                                                                                                           | Bark paste for fracture. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 418   | <i>Prunus persica</i> (L.) Batsch<br>Rosaceae                                  | Makawanpur, Sinduli, Nuwakot, Lalitpur                                                                            | Anthelmintic, bronchitis. Leaf paste for animal hoof suppuration, wounds, foot & mouth disease. (Shah & Singh, 2014; Bhattarai & Tamang, 2017; Nepali et al., 2020; Nagarkoti & Shrestha, 2022; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                       |

| S. N. | Species/Family                                              | Reported districts                                                                                 | Uses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 419   | <i>Psidium guajava</i> L.<br>Myrtaceae                      | Chitwan, Kavrepalanchowk, Lalitpur, Ramechaap Makawanpur, Sinduli, Nuwakot, Bhaktapur              | For diarrhea, dysentery, fever, headache, bowels, wounds, ulcers, cholera, indigestion, rheumatism, sugar control, bleeding gum. Fruits edible. Toothbrush. Fodder. (Malla & Chhetri, 2009; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gautam & Dhakal, 2023; Moktan, 2023)                                                                                                                  |
| 420   | <i>Pterocarpus santalinus</i> L.f.<br>Fabaceae              | Ramechaap                                                                                          | Bark/heartwood paste/powder for stomach problems, skin disease, fever, mental issues. Religious purposes. Timber. (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                                    |
| 421   | <i>Punica granatum</i> L.<br>Lythraceae                     | Ramechaap Nuwakot                                                                                  | Bark paste for inflammation. Fruit rind powder for diarrhea, dysentery. Bark as antifungal, wound healing. For low blood pressure. Fruits edible. (Timilsina & Singh, 2015; Pradhan et al., 2020)                                                                                                                                                                                                                                                                                           |
| 422   | <i>Pyracantha crenulata</i> (D. Don) M. Roem.<br>Rosaceae   | Dolakha                                                                                            | Small branches for cattle during delivery to remove placenta. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                          |
| 423   | <i>Pyrostegia venusta</i> (Ker Gawl.) Miers<br>Bignoniaceae | Bhaktapur                                                                                          | Diarrhea, dysentery. (Bhaila et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 424   | <i>Pyrolaria edulis</i> (Wall.) A. DC.<br>Cervantesiaceae   | Dolakha                                                                                            | Seed oil for skin dryness, burns, scabies, animal neck dryness. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                        |
| 425   | <i>Pyrus pashia</i> Buch.-Ham. ex D. Don<br>Rosaceae        | Dolakha, Nuwakot                                                                                   | Fruit juice for animal eye problems, wounds, eye strain, excessive menstrual cycle. (Karki et al., 2023; Timilsina & Singh, 2015)                                                                                                                                                                                                                                                                                                                                                           |
| 426   | <i>Quercus lanata</i> Sm.<br>Fagaceae                       | Bhaktapur, Dolakha, Ramechaap, Sindupalchowk                                                       | Bark paste for body pain, fracture, gastritis, pyorrhea. Fodder. Heartwood for agricultural equipment. (Rai et al., 2004; Pradhan et al., 2020; Bhaila et al., 2022; Karki et al., 2023)                                                                                                                                                                                                                                                                                                    |
| 427   | <i>Quercus semecarpifolia</i> Sm.<br>Fagaceae               | Nuwakot                                                                                            | Timber, carpentry, firewood, fodder. (Nepali et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 428   | <i>Ranunculus sceleratus</i> L.<br>Ranunculaceae            | Bhaktapur                                                                                          | Appetizer (Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 429   | <i>Rauvolfia serpentina</i> Benth. ex Kurz<br>Apocynaceae   | Chitwan, Sinduli, Makawanpur                                                                       | Snakebite, fever, urinary problem, wounds. (Dangol & Gurung, 2008; Shah & Singh, 2014; Poudel & Singh, 2016; Bhattarai & Tamang, 2017)                                                                                                                                                                                                                                                                                                                                                      |
| 430   | <i>Reinwardtia indica</i> Dumort.<br>Linaceae               | Bhaktapur, Sindupalchowk                                                                           | Headache, jaundice. (Rai et al., 2004; Bhaila et al., 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 431   | <i>Rhaphidophora decursiva</i> (Roxb.) Schott<br>Araceae    | Dolakha                                                                                            | Stem paste for cuts, healing wounds. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 432   | <i>Rheum acuminatum</i> Hook. f. & Thomson<br>Polygonaceae  | Ramechaap                                                                                          | Root juice for fever, cough/cold, body pain. Petioles for pickles. May cause gastritis in excess. (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                                                    |
| 433   | <i>Rheum australe</i> D. Don<br>Polygonaceae                | Dolakha, Rasuwa, Makawanpur                                                                        | Root paste for diarrhea, sprain, body pain. Leaves/stems for pickles. (Shrestha et al., 2014; Bhattarai & Tamang, 2017; Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                                |
| 434   | <i>Rheum spiciforme</i> Royle<br>Polygonaceae               | Rasuwa                                                                                             | Root paste for diarrhea. Leaves/stems for pickles. (Shrestha et al., 2014)                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 435   | <i>Rhododendron arboreum</i> Sm.<br>Ericaceae               | Dhading, Rasuwa, Chitwan, Lalitpur, Ramechaap, Dolakha, Sinduli, Nuwakot, Bhaktapur, Sindupalchowk | For bloody dysentery, giardiasis, diarrhea, cough/colds, wounds, bleeding, throat pain, neck issues, stone problems, voice clarity. Dry petals for bone splinter extraction. Firewood, neck pain medicine. Pickled flowers. (Rai et al., 2004; Shrestha et al., 2014; Poudel & Singh, 2016; Pradhan et al., 2020; Gurung & Subedi, 2021; Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Gurung, 2023)                                                                                      |
| 436   | <i>Rhododendron lepidotum</i> Wall. ex G. Don<br>Ericaceae  | Makawanpur                                                                                         | Dysentery (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 437   | <i>Rhododendron setosum</i> D. Don<br>Ericaceae             | Ramechaap, Rasuwa                                                                                  | Leaf juice/paste as tonic, for fever, cough/cold, joint/body pain, headaches, gastritis, stomach disorders, vein pain. Plant odor as anti-poison for animals. Essential oil, perfumes. Incense. (Shrestha et al., 2014; Pradhan et al., 2020)                                                                                                                                                                                                                                               |
| 438   | <i>Rhus chinensis</i> Mill.<br>Anacardiaceae                | Dhading, Kavrepalanchowk, Sindupalchowk                                                            | Ground fruits for paralysis, colic, gastritis, diarrhea, bloody dysentery, swellings, wounds. Chewed fruits for stomach issues, appetite. Fruit powder for menstruation. Fruit decoction for animal foot/mouth diseases. Fruits eaten fresh/pickled. (Malla & Chhetri, 2009; Gurung & Subedi, 2021; Gurung, 2023)                                                                                                                                                                           |
| 439   | <i>Rhynchosstylis retusa</i> (L.) Blume<br>Orchidaceae      | Dolakha                                                                                            | Leaf paste for cuts. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 440   | <i>Ricinus communis</i> L.<br>Euphorbiaceae                 | Sinduli, Makawanpur, Kathmandu                                                                     | Amoebic dysentery, foot/hand cracks & fissures. (Balami, 2004; Bhattarai & Tamang, 2017; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                |
| 441   | <i>Rohdea nepalensis</i> (Raf.) N. Tanaka<br>Asparagaceae   | Makawanpur                                                                                         | Wound with pus. (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 442   | <i>Roscoea auriculata</i> K. Schum.<br>Zingiberaceae        | Ramechaap                                                                                          | Root juice/powder as tonic, for urinary problems, fever, body strength. Root edible. (Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                 |
| 443   | <i>Rubia manjith</i> Roxb.<br>Rubiaceae                     | Ramechaap, Makawanpur, Dolakha, Rasuwa, Kathmandu                                                  | Whole plant for dye. Root/stem paste/juice for diarrhea, dysentery, wound, jaundice, broken bones, diabetes, cough/cold, skin diseases, insect bite. (Balami, 2004; Shrestha et al., 2014; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Karki et al., 2023)                                                                                                                                                                                                          |
| 444   | <i>Rubus ellipticus</i> Sm.<br>Rosaceae                     | Sindupalchowk, Ramechaap, Makawanpur, Dolakha, Nuwakot, Lalitpur, Rasuwa, Bhaktapur, Kathmandu     | For typhoid, fever, measles, cold, gastric, dysentery, snake bite, diarrhea, indigestion, throat pain, bone fracture, pneumonia, headache, stomachache, wounds, neck ache, jaundice. Tonic, toothpaste. Fruit edible. (Balami, 2004; Rai et al., 2004; Shrestha et al., 2014; Bhattarai & Tamang, 2017; Joshi et al., 2020; Nepali et al., 2020; Pradhan et al., 2020; Dhital et al., 2021; Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Gurung, 2023; Karki et al., 2023; Moktan, 2023) |
| 445   | <i>Rumex nepalensis</i> Spreng.<br>Polygonaceae             | Ramechaap, Makawanpur, Dolakha, Rasuwa, Lalitpur                                                   | Boiled leaf juice for lung disease, ringworm, itching, cough/cold, sinusitis, headache, wound, cracked heels/cheeks, fracture, sprain, cut bleeding, stomachache, body pain, jaundice, swelling. Tender leaves/shoots as vegetables. (Shrestha et al., 2014; Joshi et al., 2020; Pradhan et al., 2020; Dhital et al., 2021; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                                 |
| 446   | <i>Rungia pectinata</i> (L.) Nees<br>Acanthaceae            | Chitwan                                                                                            | Cuts and wounds. (Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 447   | <i>Saccharum officinarum</i> L.<br>Poaceae                  | Sinduli, Kavrepalanchowk, Bhaktapur, Lalitpur, Sindupalchowk, Chitwan                              | For jaundice, anemia, heat, urinary problems, stomach disorders, skin ulcers, seminal weakness. Tonic, blood purifier. Leaves for animal placenta expulsion. Ceremonial/religious uses. (Rai et al., 2004; Malla & Chhetri, 2009; Shah & Singh, 2014; Poudel & Singh, 2016; Dulal et al., 2022; Nagarkoti & Shrestha, 2022; Gurung, 2023)                                                                                                                                                   |
| 448   | <i>Saccharum spontaneum</i> L.<br>Poaceae                   | Makawanpur                                                                                         | Thatching, fodder (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 449   | <i>Santalum album</i> L.<br>Santalaceae                     | Ramechaap, Makawanpur                                                                              | Heartwood paste for skin problems, joint pain, uterus prolapse, body cooling. Religious purposes. Timber. (Pradhan et al., 2020; Gautam & Dhakal, 2023)                                                                                                                                                                                                                                                                                                                                     |
| 450   | <i>Sapindus mukorossi</i> Gaertn.<br>Sapindaceae            | Lalitpur, Ramechaap, Nuwakot, Bhaktapur, Makawanpur                                                | Fruit lather for burns, pregnancy, hair problems, joining nerves. Timber, fuelwood. Soap, insecticide. (Bhattarai & Tamang, 2017; Panta, 2019; Nepali et al., 2020; Pradhan et al., 2020; Dulal et al., 2022)                                                                                                                                                                                                                                                                               |
| 451   | <i>Sarcococca coriacea</i> Sweet<br>Buxaceae                | Makawanpur, Kathmandu                                                                              | Fever. (Balami, 2004; Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 452   | <i>Sarcococca wallichii</i> Stapf<br>Buxaceae               | Dolakha                                                                                            | Poisonous root juice for intestinal worms. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 453   | <i>Satyrium nepalense</i> D. Don                            | Makawanpur, Kathmandu                                                                              | (Balami, 2004; Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

| S. N. | Species/Family                                                      | Reported districts                                                                             | Uses                                                                                                                                                                                                                                                                                                                                                                 |
|-------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | Orchidaceae                                                         |                                                                                                |                                                                                                                                                                                                                                                                                                                                                                      |
| 454   | <i>Saurauia napaulensis</i> DC.<br>Actinidiaceae                    | Dolakha, Makawanpur                                                                            | Pneumonia, fruit jelly for cough. (Bhattarai & Tamang, 2017; Karki et al., 2023)                                                                                                                                                                                                                                                                                     |
| 455   | <i>Saussurea gossypiphora</i> Franch.<br>Asteraceae                 | Rasuwa                                                                                         | Root extract for fever. (Shrestha et al., 2014)                                                                                                                                                                                                                                                                                                                      |
| 456   | <i>Schima wallichii</i> (DC.) Korth.<br>Theaceae                    | Bhaktapur, Dhading, Ramechaap, Makawanpur, Dolakha, Nuwakot, Sinduli, Sindupalchowk, Kathmandu | Bark paste for cuts, wounds, swollen areas, bone fracture, gastric, skin rashes, taeniasis. Bark powder for animal ailments. Timber, firewood, manure. (Balami, 2004; Timilsina & Singh, 2015; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Gurung & Subedi, 2021; Bhaila et al., 2022; Kafle & Dani, 2022; Gurung, 2023; Karki et al., 2023) |
| 457   | <i>Schleichera oleosa</i> (Lour.) Oken<br>Sapindaceae               | Makawanpur                                                                                     | Ripe fruit pulp edible. (Moktan, 2023)                                                                                                                                                                                                                                                                                                                               |
| 458   | <i>Scindapsus officinalis</i> (Roxb.) Schott<br>Araceae             | Dolakha                                                                                        | Bone fracture. (Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                 |
| 459   | <i>Scoparia dulcis</i> L.<br>Plantaginaceae                         | Chitwan, Makawanpur, Sinduli                                                                   | Root paste for typhoid. Leaf juice for fever cooling, throat sore. (Dangol & Gurung, 2008; Joshi et al., 2020; Kafle & Dani, 2022; Moktan, 2023)                                                                                                                                                                                                                     |
| 460   | <i>Scurrula parasitica</i> L.<br>Loranthaceae                       | Makawanpur                                                                                     | Bone fracture. (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                  |
| 461   | <i>Scutellaria discolor</i> Wall. ex Benth.<br>Lamiaceae            | Dhading, Makawanpur, Kathmandu                                                                 | Fever (Balami, 2004; Bhattarai & Tamang, 2017; Joshi et al., 2020; Gurung & Subedi, 2021; Moktan, 2023)                                                                                                                                                                                                                                                              |
| 462   | <i>Semecarpus anacardium</i> L.f.<br>Anacardiaceae                  | Makawanpur, Bhaktapur                                                                          | Anthelmintic, fever, latex-induced skin irritation. (Bhattarai & Tamang, 2017; Joshi et al., 2020; Dulal et al., 2022)                                                                                                                                                                                                                                               |
| 463   | <i>Senegalia catechu</i> (L.f.) P.J.H. Hurter & Mabb.<br>Fabaceae   | Sinduli                                                                                        | Cough (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                           |
| 464   | <i>Senegalia pennata</i> (L.) Maslin<br>Fabaceae                    | Sinduli                                                                                        | Kidney stone. (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                   |
| 465   | <i>Senna occidentalis</i> (L.) Link<br>Fabaceae                     | Chitwan                                                                                        | Root bark paste for ringworm infection. (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                      |
| 466   | <i>Senna tora</i> (L.) Roxb.<br>Fabaceae                            | Makawanpur Sinduli                                                                             | Fever, rheumatism, anthelmintic, itching. (Joshi et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                   |
| 467   | <i>Sesamum indicum</i> L.<br>Pedaliaceae                            | Sinduli Ramechaap                                                                              | Seed/root juice/paste for dysentery, bleeding, constipation, skin dryness, malaria. Oil extraction. Seeds eaten as pickles or directly. (Pradhan et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                   |
| 468   | <i>Shorea robusta</i> C.F. Gaertn.<br>Dipterocarpaceae              | Chitwan, Bhaktapur, Sinduli, Makawanpur, Nuwakot                                               | Bark juice for diarrhea, dysentery, cough, rheumatism, fracture, piles, cancer, stone, herpes zoster. Timber, fodder, leaf plates. (Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Nepali et al., 2020; Bhaila et al., 2022; Kafle & Dani, 2022; Moktan, 2023)                                                                                                      |
| 469   | <i>Sida acuta</i> Burm.f.<br>Malvaceae                              | Makawanpur                                                                                     | Boils (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                           |
| 470   | <i>Sida cordifolia</i> L.<br>Asteraceae                             | Chitwan, Makawanpur                                                                            | Leaf/stem juice for boil pus extraction. (Dangol & Gurung, 2008; Bhattarai & Tamang, 2017)                                                                                                                                                                                                                                                                           |
| 471   | <i>Smallanthus sonchifolius</i> (Poepp.) H. Rob.<br>Asteraceae      | Bhaktapur                                                                                      | Anti-diabetes. (Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                                  |
| 472   | <i>Smilax aspera</i> L.<br>Smilacaceae                              | Ramechaap, Dolakha, Nuwakot, Sindupalchowk, Makawanpur, Kathmandu                              | Root paste for syphilis, skin disease, venereal diseases, delivery disorder. Young shoots for cancer. Religious purposes. Making dhyangro, fodder. (Balami, 2004; Rai et al., 2004; Bhattarai & Tamang, 2017; Nepali et al., 2020; Pradhan et al., 2020; Karki et al., 2023)                                                                                         |
| 473   | <i>Smilax ovalifolia</i> Roxb.<br>Smilacaceae                       | Makawanpur, Dhading                                                                            | Eyesight tonic, menstrual disorder. (Joshi et al., 2020; Gurung & Subedi, 2021)                                                                                                                                                                                                                                                                                      |
| 474   | <i>Smilax purhampuy</i> Ruiz<br>Smilacaceae                         | Dolakha                                                                                        | Warding evil spirit, abortion. (Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                 |
| 475   | <i>Solanum aculeatissimum</i> Jacq.<br>Solanaceae                   | Chitwan, Makawanpur, Sinduli, Kathmandu                                                        | Fruit smoke for toothache, fever, headache. (Balami, 2004; Dangol & Gurung, 2008; Joshi et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                                                                            |
| 476   | <i>Solanum capsicoides</i> All.<br>Solanaceae                       | Chitwan                                                                                        | Asthma, chest pain. (Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                                           |
| 477   | <i>Solanum lycopersicum</i> L.<br>Solanaceae                        | Bhaktapur                                                                                      | Fever, gastric, cough. (Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                          |
| 478   | <i>Solanum melongena</i> L.<br>Solanaceae                           | Kavrepalanchowk, Chitwan                                                                       | Root decoction for heart problems. Leaf juice for throat aches, stomach problems. Roasted green fruit for cough/cold, placenta retention. Fruits cooked as vegetable, pickled. (Malla & Chhetri, 2009; Poudel & Singh, 2016)                                                                                                                                         |
| 479   | <i>Solanum pseudocapsicum</i> L.<br>Solanaceae                      | Bhaktapur, Kathmandu                                                                           | Piles (Balami, 2004; Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                             |
| 480   | <i>Solanum virginianum</i> L.<br>Solanaceae                         | Bhaktapur, Nuwakot, Makawanpur                                                                 | Toothache, sore throat. (Timilsina & Singh, 2015; Bhattarai & Tamang, 2017; Dulal et al., 2022)                                                                                                                                                                                                                                                                      |
| 481   | <i>Solena amplexicaulis</i> (Lam.) Gandhi<br>Cucurbitaceae          | Bhaktapur, Makawanpur, Dolakha                                                                 | For dysentery, fever, tonic, indigestion, throat pain, stomatitis, stone problem, appetite, typhoid, urine inflammation. Fruit for fever, root juice for neck pain. (Joshi et al., 2020; Bhaila et al., 2022; Karki et al., 2023)                                                                                                                                    |
| 482   | <i>Sonchus oleraceus</i> L.<br>Asteraceae                           | Bhaktapur                                                                                      | Earache, cut and wound. (Dulal et al., 2022)                                                                                                                                                                                                                                                                                                                         |
| 483   | <i>Sonchus wightianus</i> DC.<br>Asteraceae                         | Makawanpur                                                                                     | Diabetes. Leaves/shoots as vegetable. Leaves on abdomen for easier delivery. (Joshi et al., 2020; Moktan, 2023)                                                                                                                                                                                                                                                      |
| 484   | <i>Spermadietyon suaveolens</i> Roxb.<br>Rubiaceae                  | Makawanpur                                                                                     | Cuts and wounds. (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                |
| 485   | <i>Spilanthes paniculata</i> DC.<br>Asteraceae                      | Makawanpur                                                                                     | Plant paste for fish poisoning. (Bhattarai & Tamang, 2017; Moktan, 2023)                                                                                                                                                                                                                                                                                             |
| 486   | <i>Spondias pinnata</i> (L.f.) Kurz<br>Anacardiaceae                | Nuwakot, Sinduli                                                                               | Common cold/cough. Firewood, pickle. (Nepali et al., 2020; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                       |
| 487   | <i>Stellaria media</i> (L.) Vill.<br>Caryophyllaceae                | Dolakha                                                                                        | Cuts, wounds. (Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                  |
| 488   | <i>Stellaria monosperma</i> Buch.-Ham. ex D. Don<br>Caryophyllaceae | Makawanpur                                                                                     | Diarrhea (Bhattarai & Tamang, 2017; Joshi et al., 2020)                                                                                                                                                                                                                                                                                                              |
| 489   | <i>Stephania glandulifera</i> Miers<br>Menispermaceae               | Ramechaap, Makawanpur, Dolakha                                                                 | Root juice for constipation, bleeding, skin disease, gastritis, diarrhea, indigestion, menstrual disorder. Tuberous roots for cattle diarrhea. (Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Karki et al., 2023)                                                                                                                              |
| 490   | <i>Sterculia villosa</i> Roxb.<br>Sterculiaceae                     | Makawanpur                                                                                     | Bark for ropes. Powdered root with rice flour for bread. Fruits edible. (Moktan, 2023)                                                                                                                                                                                                                                                                               |

| S. N. | Species/Family                                                                    | Reported districts                                                           | Uses                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | Malvaceae                                                                         |                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 491   | <i>Stereospermum chelonoides</i> (L.f.) DC.<br>Bignoniaceae                       | Chitwan                                                                      | Dried stem bark powder for leprosy. (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                               |
| 492   | <i>Strobilanthes lachenensis</i> C.B.Clarke<br>Acanthaceae                        | Dolakha                                                                      | Rhizome chewed for sore throat, cough/cold. Rhizome juice for scabies, skin diseases. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                |
| 493   | <i>Sweritia angustifolia</i> Buch.-Ham. ex D.Don<br>Gentianaceae                  | Kavrepalanchowk, Makawanpur, Rasuwa, Kathmandu                               | Plant extract for fever. Plant decoction as blood purifier, for bile disease, cough/cold. (Balami, 2004; Malla & Chhetri, 2009; Shrestha et al., 2014; Bhattarai & Tamang, 2017; Joshi et al., 2020; Moktan, 2023)                                                                                                                                                                                                        |
| 494   | <i>Sweritia chirayita</i> (Roxb.) H.Karst.<br>Gentianaceae                        | Ramechaap, Makawanpur, Rasuwa, Sindupalchowk, Dolakha, Kathmandu             | Cough, fever, appetite, blood pressure, headache, body pain, anxiety.(Balami, 2004; Rai et al., 2004; Shrestha et al., 2014; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Karki et al., 2023)                                                                                                                                                                                                      |
| 495   | <i>Sweritia multicaulis</i> D.Don<br>Gentianaceae                                 | Rasuwa                                                                       | Root paste for bleeding prevention, wound/cut infection, burns. Roots as buti for warding evil spirits. (Shrestha et al, 2014)                                                                                                                                                                                                                                                                                            |
| 496   | <i>Sweritia nervosa</i> (G.Don) Wall. ex C.B.Clarke<br>Gentianaceae               | Chitwan, Kathmandu                                                           | Cuts and wounds. (Balami, 2004; Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                                                                                     |
| 497   | <i>Symplocos pyrifolia</i> Wall. & G.Don<br>Symplocaceae                          | Ramechaap Makawanpur Dolakha                                                 | Seeds for edible oil. Edible fruits. Seed paste for skin diseases, dryness. (Pradhan et al., 2020; Karki et al., 2023; Moktan, 2023)                                                                                                                                                                                                                                                                                      |
| 498   | <i>Syzygium aromaticum</i> (L.) Merr. & L.M.Perry<br>Myrtaceae                    | Chitwan, Sinduli                                                             | Tonsillitis, toothache. (Poudel & Singh, 2016; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                        |
| 499   | <i>Syzygium cumini</i> (L.) Skeels<br>Myrtaceae                                   | Bhaktapur, Ramechaap, Makawanpur, Sinduli, Kathmandu                         | Bark/leaf juice for diarrhea, indigestion, constipation, swollen body, diabetes. Edible fruits. Fodder. Timber, furniture, fuelwood. (Balami, 2004; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Dulal et al., 2022; Kafle & Dani, 2022; Moktan, 2023)                                                                                                                                                                 |
| 500   | <i>Syzygium nervosum</i> A.Cunn. ex DC.<br>Myrtaceae                              | Makawanpur, Dhading, Bhaktapur, Sinduli, Ramechaap                           | Leaf/bark powder smoke for headaches, cough, sinusitis. Timber, fuelwood. (Joshi et al., 2020; Pradhan et al., 2020; Gurung & Subedi, 2021; Bhaila et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                                                      |
| 501   | <i>Tagetes erecta</i> L.<br>Asteraceae                                            | Sinduli, Dolakha, Bhaktapur                                                  | Appetite loss, pneumonia, fever/typhoid. (Dhital et al., 2021; Dulal et al., 2022; Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                    |
| 502   | <i>Tamarindus indica</i> L.<br>Fabaceae                                           | Chitwan, Sinduli, Ramechaap                                                  | Bark/root juice for diarrhea, constipation, inflammation, indigestion, rheumatic pain, scurvy. Tonic, cooling effect. Edible fruits, pickles. Fodder. Timber. (Dangol & Gurung, 2008; Shah & Singh, 2014; Pradhan et al., 2020)                                                                                                                                                                                           |
| 503   | <i>Taxus baccata</i> L.<br>Taxaceae                                               | Bhaktapur, Kavrepalanchowk                                                   | Leaf juice for cough/cold, bronchitis, asthma, fever, bleeding. Taxol from bark/leaves for tumors, breast/uterus cancer.(Malla & Chhetri, 2009; Bhaila et al., 2022)                                                                                                                                                                                                                                                      |
| 504   | <i>Taxus wallichiana</i> Zucc.<br>Taxaceae                                        | Dolakha, Rasuwa, Makawanpur                                                  | Jaundice, cancer, gastritis, asthma, bronchitis, respiratory infections (Shrestha et al., 2014; Bhattarai & Tamang, 2017; Karki et al., 2023)                                                                                                                                                                                                                                                                             |
| 505   | <i>Tectaria coadunata</i> (J.Sm.) C.Chr.<br>Tectariaceae                          | Nuwakot                                                                      | Diarrhea and dysentery (Timilsina & Singh, 2015)                                                                                                                                                                                                                                                                                                                                                                          |
| 506   | <i>Tephrosia purpurea</i> (L.) Pers.<br>Fabaceae                                  | Makawanpur                                                                   | Flower cooked as vegetable. (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                |
| 507   | <i>Terminalia bellirica</i> (Gaertn.) Roxb.<br>Combretaceae                       | Chitwan, Sinduli, Makawanpur, Nuwakot,                                       | For anemia, ulcers, cough, fever, skin diseases, bronchitis, constipation. Tonic, anthelmintic, diarrhea, wounds, jaundice, blood pressure, gastritis, throat pain. (Dangol & Gurung, 2008; Shah & Singh, 2014; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Joshi et al., 2020; Nepali et al., 2020; Moktan, 2023)                                                                                                    |
| 508   | <i>Terminalia chebula</i> Retz.<br>Combretaceae                                   | Chitwan, Makawanpur, Sinduli, Dolakha, Nuwakot, Bhaktapur                    | For cough/cold, blood pressure, sinusitis, fever, stomach, appetite, urinary problems, diarrhea, wounds, jaundice, dysentery, ulcers, neuropathy, gastritis. (Shah & Singh, 2014; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Joshi et al., 2020; Nepali et al., 2020; Dhital et al., 2021; Dulal et al., 2022; Kafle & Dani, 2022; Gautam & Dhakal, 2023; Karki et al., 2023; Moktan, 2023) |
| 509   | <i>Terminalia elliptica</i> Willd.<br>Combretaceae                                | Makawanpur, Dolakha                                                          | Gastric, scabies. Timber. (Gautam & Dhakal, 2023; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                     |
| 510   | <i>Termitomyces eurhizus</i> (Berk.) R.Heim (1942)<br>Tricholomataceae            | Makawanpur                                                                   | Roasted and eaten as vegetable. (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                            |
| 511   | <i>Thalictrum foliolosum</i> DC.<br>Ranunculaceae                                 | Bhaktapur, Makawanpur, Dolakha, Rasuwa                                       | Antiseptic for ear piercing, gastritis, stomach disorder, jaundice, itching. (Joshi et al., 2020; Shrestha et al., 2014; Bhaila et al., 2022; Karki et al., 2023)                                                                                                                                                                                                                                                         |
| 512   | <i>Thalictrum virgatum</i> Hook.f. & Thomson<br>Ranunculaceae                     | Sindupalchowk, Kathmandu                                                     | Sinusitis (Balami, 2004; Rai et al., 2004)                                                                                                                                                                                                                                                                                                                                                                                |
| 513   | <i>Themeda triandra</i> Forssk.<br>Poaceae                                        | Makawanpur                                                                   | Roofing (Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                    |
| 514   | <i>Thevetia peruviana</i> (Pers.) K.Schum.<br>Apocynaceae                         | Chitwan                                                                      | Dried fruit paste for ear infection. (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                              |
| 515   | <i>Thomsonia napalensis</i> Wall.<br>Araceae                                      | Sindupalchowk                                                                | Sexual imbalance.(Rai et al., 2004)                                                                                                                                                                                                                                                                                                                                                                                       |
| 516   | <i>Thysanolaena latifolia</i> (Roxb. ex Hornem.) Honda<br>Poaceae                 | Chitwan, Ramechaap, Kavrepalanchowk, Makawanpur, Lalitpur                    | Root juice for boils, muscular pain, fever, constipation, body/joint pain, urinary infection, placenta retention. Fodder. Inflorescences as broom. Tender leaf base eaten fresh. (Malla & Chhetri, 2009; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Pradhan et al., 2020; Moktan, 2023)                                                                                                                 |
| 517   | <i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.f. & Thomson<br>Menispermaceae | Dolakha                                                                      | Bark juice for scabies. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                              |
| 518   | <i>Tinospora sinensis</i> (Lour.) Merr.<br>Menispermaceae                         | Chitwan, Bhaktapur, Ramechaap, Makawanpur, Sinduli, Sindupalchowk, Kathmandu | Plant juice for urinary tract infection, appetite, body ache, diabetes, tonic, earache, gastritis, jaundice, stomachache, fever. Stem for herbal tea. (Balami, 2004; Shah & Singh, 2014; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Joshi et al., 2020; Pradhan et al., 2020; Dulal et al., 2022; Kafle & Dani, 2022; Gurung, 2023)                                                                                  |
| 519   | <i>Toona ciliata</i> M.Roem.<br>Meliaceae                                         | Nuwakot, Kavrepalanchowk, Makawanpur                                         | Bark juice for chronic infantile dysentery, ulcers, boils, cough, bronchitis. Leaves as fodder. Wood for furniture, carving, fuel. (Malla & Chhetri, 2009; Timilsina & Singh, 2015; Bhattarai & Tamang, 2017; Nepali et al., 2020)                                                                                                                                                                                        |
| 520   | <i>Toxicodendron wallichii</i> (Hook.f.) Kuntze<br>Anacardiaceae                  | Makawanpur                                                                   | Wounds (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                               |
| 521   | <i>Trachyspermum ammi</i> Sprague<br>Apiaceae                                     | Sinduli                                                                      | Measles, menstrual cramps, lactation enhancer, tonic for pregnant women. (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                             |
| 522   | <i>Trametes versicolor</i> (L.) Lloyd<br>Polyporaceae                             | Dolakha                                                                      | Dysentery (Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                                                                           |
| 523   | <i>Tribulus terrestris</i> L.<br>Zygophyllaceae                                   | Makawanpur                                                                   | Body inflammation, kidney stones, cough. (Bhattarai & Tamang, 2017; Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                   |
| 524   | <i>Trichilia connaroides</i> (Wight & Arn.) Benth.<br>Meliaceae                   | Sindupalchowk                                                                | Scabies (Rai et al., 2004)                                                                                                                                                                                                                                                                                                                                                                                                |
| 525   | <i>Trichodesma indicum</i> (L.) Lehm.<br>Chitwan                                  |                                                                              | Dried plant mixed with flour for bread to treat headache. (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                         |

| S. N. | Species/Family                                                      | Reported districts                                                                            | Uses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-------|---------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | Boraginaceae                                                        |                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 526   | <i>Trichosanthes cucumerina</i> L.<br>Cucurbitaceae                 | Sinduli                                                                                       | Jaundice (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 527   | <i>Trichosanthes dioica</i> Roxb.<br>Cucurbitaceae                  | Chitwan                                                                                       | Heat (Poudel & Singh, 2016)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 528   | <i>Trichosanthes tricuspidata</i> Lour.<br>Cucurbitaceae            | Makawanpur, Dolakha                                                                           | Fever, liver swelling, mouth ulcer. Root paste for snakebite. (Bhattarai & Tamang, 2017; Joshi et al., 2020; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 529   | <i>Tridax procumbens</i> L.<br>Asteraceae                           | Sinduli                                                                                       | Wound (to stop bleeding) (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 530   | <i>Trigonella foenum-graecum</i> L.<br>Fabaceae                     | Dolakha, Ramechaap                                                                            | Seeds for appetite. Bone fracture. Leaves as vegetables. (Pradhan et al., 2020; Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 531   | <i>Triticum aestivum</i> L.<br>Poaceae                              | Kavrepalanchowk                                                                               | Edible grains. Roasted seeds eaten. Straw for cattle feed, craft. Grains for 'Chhang'. (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 532   | <i>Uraria crinita</i> (L.) Desv. ex DC.<br>Fabaceae                 | Sinduli                                                                                       | Blood dysentery. (Kafle & Dani, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 533   | <i>Urena lobata</i> L.<br>Malvaceae                                 | Makawanpur                                                                                    | Fruits eaten by goats (Bhattarai & Tamang, 2017; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 534   | <i>Urtica dioica</i> L.<br>Urticaceae                               | Lalitpur, Chitwan, Makawanpur, Sinduli, Ramechaap, Dolakha, Sindupalchowk, Nuwakot, Kathmandu | Root/leaf powder/paste for chest pain, gastritis, jaundice, cuts, wounds, kidney stone, toothache, blood pressure, blood sugar, body temperature. Tonic. For bone dislocation, fracture. Young leaves as vegetable. Plant juice as bath for children. For sole crack, sprain in cattle. (Balami, 2004; Rai et al., 2004; Shah & Singh, 2014; Timilsina & Singh, 2015; Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Panta, 2019; Joshi et al., 2020; Pradhan et al., 2020; Dhital et al., 2021; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gurung, 2023; Karki et al., 2023; Moktan, 2023) |
| 535   | <i>Valeriana jatamansi</i> Jones<br>Valerianaceae                   | Lalitpur, Rasuwa                                                                              | Root paste with water for headache, eye pain. For bathing children with weepy nature. (Shrestha et al., 2014; Nagarkoti & Shrestha, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 536   | <i>Viburnum cylindricum</i> Buch.-Ham. ex D.Don<br>Viburnaceae      | Dolakha                                                                                       | Seed oil for skin abrasions. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 537   | <i>Viburnum erubescens</i> Wall. ex DC.<br>Viburnaceae              | Dolakha                                                                                       | Root paste for goiter. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 538   | <i>Viburnum mullaha</i> Buch.-Ham. ex D.Don<br>Viburnaceae          | Dolakha                                                                                       | Fruits for diarrhea. (Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 539   | <i>Vigna mungo</i> (L.) Hepper<br>Fabaceae                          | Kavrepalanchowk                                                                               | Root juice for nostalgia, abscess, inflammations. Seeds cooked as lentil soup for appetite, tonic, urinary problems. Seed flour for bread. Husk/straw as cattle fodder. (Malla & Chhetri, 2009)                                                                                                                                                                                                                                                                                                                                                                                                   |
| 540   | <i>Viola pilosa</i> Blume<br>Violaceae                              | Makawanpur, Dolakha                                                                           | Fever. Plant juice for cuts, wounds to stop bleeding. (Joshi et al., 2020; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 541   | <i>Viscum album</i> L.<br>Santalaceae                               | Chitwan, Makawanpur, Dolakha                                                                  | Dislocated bone, fracture. (Luitel et al., 2014; Poudel & Singh, 2016; Joshi et al., 2020; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 542   | <i>Vitex negundo</i> L.<br>Lamiaceae                                | Makawanpur, Nuwakot, Sinduli, Sindupalchowk, Bhaktapur, Kathmandu                             | Swollen body parts, skin disease, headache, sinusitis, cough/cold. (Balami, 2004; Rai et al., 2004; Timilsina & Singh, 2015; Joshi et al., 2020; Dulal et al., 2022; Kafle & Dani, 2022; Gautam & Dhital, 2023)                                                                                                                                                                                                                                                                                                                                                                                   |
| 543   | <i>Withania somnifera</i> (L.) Dunal<br>Solanaceae                  | Chitwan, Makawanpur                                                                           | Weakness, abdominal disorder. (Poudel & Singh, 2016; Bhattarai & Tamang, 2017; Gautam & Dhakal, 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 544   | <i>Woodfordia fruticosa</i> Kurz<br>Lythraceae                      | Bhaktapur, Makawanpur, Dolakha, Kathmandu                                                     | Cuts and wounds, dysentery, fever, diarrhea. (Balami, 2004; Bhattarai & Tamang, 2017; Joshi et al., 2020; Bhaila et al., 2022; Karki et al., 2023; Moktan, 2023)                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 545   | <i>Xanthium indicum</i> J.Koenig ex Roxb.<br>Asteraceae             | Makawanpur                                                                                    | Cuts and wounds, fracture. (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 546   | <i>Xanthium strumarium</i> L.<br>Asteraceae                         | Dolakha                                                                                       | Dysentery (Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 547   | <i>Xeromphis spinosa</i> (Thunb.) Keay<br>Rubiaceae                 | Chitwan                                                                                       | Fruits as fish poison. Stem bark powder mixed with water for leprosy. (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 548   | <i>Xylanche himalaica</i> (Hook.f. & Thomson) Beck<br>Orobanchaceae | Rasuwa                                                                                        | Root paste for cuts and wounds for early healing. (Shrestha et al., 2014)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 549   | <i>Zantedeschia aethiopica</i> (L.) Spreng.<br>Araceae              | Lalitpur                                                                                      | Sticky stem product for dog/snake bites. (Nagarkoti & Shrestha, 2022)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 550   | <i>Zanthoxylum acanthopodium</i> DC.<br>Rutaceae                    | Dolakha                                                                                       | Fruit (Dhital et al., 2021)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 551   | <i>Zanthoxylum armatum</i> DC.<br>Rutaceae                          | Bhaktapur, Makawanpur, Sinduli, Dolakha, Rasuwa, Nuwakot, Lalitpur, Kathmandu                 | For gastric/stomach issues, digestion, high blood pressure, appetite, repelling leeches, fracture, fever, cold/cough, toothache, paralysis, skin disease, ringworms. Used in curry/pickles. (Balami, 2004; Shrestha et al., 2014; Timilsina & Singh, 2015; Bhattarai & Tamang, 2017; Panta, 2019; Bhaila et al., 2022; Dulal et al., 2022; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Karki et al., 2023)                                                                                                                                                                                    |
| 552   | <i>Zanthoxylum bungeanum</i> Maxim.<br>Rutaceae                     | Rasuwa                                                                                        | Powdered fruit for stomach disorder. Used in curry/pickles. (Shrestha et al., 2014)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 553   | <i>Zea mays</i> L.<br>Poaceae                                       | Sinduli, Kavrepalanchowk, Ramechaap                                                           | Grains for reducing sugar levels in diabetes, weakness. Edible grains. Leaves as fodder. Husks for household goods. (Malla & Chhetri, 2009; Shah & Singh, 2014; Pradhan et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                             |
| 554   | <i>Zephyranthes carinata</i> Herb.<br>Amaryllidaceae                | Makawanpur                                                                                    | Gastric (Joshi et al., 2020)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 555   | <i>Zingiber officinale</i> Roscoe<br>Zingiberaceae                  | Ramechaap, Sinduli, Dolakha, Lalitpur, Makawanpur, Sindupalchowk                              | For cough, dysentery, common cold, tonsil/throat pain, indigestion, body pain, arthritis, body warming. Rhizome eaten directly or as tea. (Luitel et al., 2014; Shah & Singh, 2014; Bhattarai & Tamang, 2017; Pradhan et al., 2020; Kafle & Dani, 2022; Nagarkoti & Shrestha, 2022; Gautam & Dhakal, 2023; Gurung, 2023)                                                                                                                                                                                                                                                                          |
| 556   | <i>Ziziphus mauritiana</i> Lam.<br>Rhamnaceae                       | Chitwan, Sinduli, Nuwakot, Sindupalchowk, Makawanpur                                          | Root/fruit juice/paste for fever, indigestion, measles, cough, boils. Pulp fruits edible. (Dangol & Gurung, 2008; Bhattarai & Tamang, 2017; Joshi et al., 2020; Gurung, 2023; Karki et al., 2023)                                                                                                                                                                                                                                                                                                                                                                                                 |
| 557   | <i>Ziziphus nummularia</i> (Burm.f.) Wight & Arn.<br>Rhamnaceae     | Chitwan                                                                                       | For ear ache, fever reduction. (Dangol & Gurung, 2008)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |