

Review Article

# Medicinal Plants and their Uses in Begnas-Rupa Lake Area Pokhara, Nepal

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## INTRODUCTION

Medicinal plants contain important phytochemicals and can be used for therapeutic functions. These plants were used and inherited to the people of Nepal from generations. Such plants have been used for health care by many people in rural area and deep rooted in villages of Nepal. Therefore, these plants are valuable assets of natural vegetation.

## MEDICINAL PLANTS AND THEIR USES

A total of 30 species of medicinally important have been found in Begnas-Rupa lake area. The documented plants with their parts and traditional uses are enumerated as below. Description about collected plant species is found in related books and therefore not included as a part of study. These tree species have been used for the treatment of various ailments like anemia, asthma, bile problems, bleeding gums, bleeding piles, boils, bronchitis, cold, cough, chickenpox, diarrhea, dropsy, dysentery, dyspepsia, epilepsy, fever, gastric problems, gonorrhoea, headache, heart problems, indigestion, inflammation of eye, jaundice, leucorrhoea, leprosy, liver problems, paralysis, rheumatism, scabies, small pox, snake bite, sore throat, syphilis, toothache, typhoid, ulceration in mouth, uterine hemorrhage and whooping cough. Following medicinal plants were found in this area.

### ***Alstonia scholaris* (L.) R.Br.**

Family: Apocynaceae; Vernacular name: Chattiwan, English common name: Devil's Tree;  
Parts used: Bark and leaf,

Uses: Juice of leaf mixed with fresh ginger is given to women after child birth. Extract of bark is used in fever, dyspepsia, liver problems, skin problems, diarrhea and dysentery.

***Anthocephalus cadamba Mill***

Family: Rubiaceae; Vernacular name: Kadam, English common name: Kadamba Tree; Parts used: Bark;

Uses: The bark shows bitter and cooling properties and used as febrifuge, astringent and tonic. It is taken to cure cough, fever, inflammation of eye and snake bite.

***Artocarpus lakoocha Roxb***

Family: Moraceae; Vernacular name: Badahar, English common name: Monkey jack; Parts used: Bark and fruit;

Uses: Bark powder is useful in treatment of sore, pimples and cracked skin. Ripe fruit is taken to cure biliousness and fever.

***Azadirachta indica A. Juss***

Family: Meliaceae; Vernacular name: Nim, English common name: Amargosa tree; Parts used: Whole plant;

Uses: Root and root bark are used as alterative and tonic. Stem bark helps to cure cough, malarian fever, leprosy and other skin problems. Leaf juice is used to prevent jaundice, skin problems and taken as anthelmintic. Flowers are used as stomachic, anthelmintic and tonic.

***Bassia butyracea Roxb***

Family: Sapotaceae; Vernacular name: Chyuri, English common name: Butter tree; Parts used: Bark and flower;

Uses: Decoction of bark is helpful in treatment of bleeding gum, ulcer and itching problem. Flowers are of cooling and nutritive properties and widely used in cough.

***Bombax ceiba Linn***

Family: Bombacaceae; Vernacular name: Simal, English common name: Silk cotton tree; Parts used: root and flower.

Uses: Root is taken as aphrodisiac, stimulant and tonic. Flowers are used to cure snake bite.

***Choerospondias axillaries (Roxb.) Burt et Hill***

Family: Anacardiaceae; Vernacular name: Lapsi, English common name: Nepali hog plum; Parts used: Leaf and bark;

Uses: Leaf is used to treat rheumatism and sore throat, bark is taken to treat dysentery.

***Cinnamomum camphora* (L.) Sieb**

Family: Lauraceae; Vernacular name: Kapur, English common name: Camphor; Parts used: Whole plant;

Uses: The plant body is stimulant, sedative, antiseptic, antispasmodic and widely used in gonorrhoea, faint, inflammation and rheumatic pain.

***Cinnamomum tamala* (Buch. -Ham.) Nees et Ebern**

Family: Lauraceae; Vernacular name: Tejpat / Dalchini, English common name: Cinnamomum; Parts used: Leaf and bark;

Uses: The plant body is aromatic, stimulant, diuretic, carminative and expectorant. Leaf is taken to relief problems of piles and scabies. Leaves are also used as carminative and stimulant in treatment of diarrhoea and rheumatism. Bark is used in treatment of gonorrhoea, typhoid, stomach problem, gastric problem, and vomiting.

***Dalbergia sissoo* Roxb**

Family: Leguminosae (sub-family: Papilionaceae); Vernacular name: Sissoo, English common name: South Indian Redwood; Parts used: Bark and leaf;

Uses: Bark is of aphrodisiac, expectorant, anthelmintic, antipyretic properties and used to cure skin diseases, anus ulcer, leukoderma, dyspepsia and dysentery. Leaf juice is treated to cure eye problems. Similarly, decoction of the leaf is used in gonorrhoea.

***Elaeocarpus sphaericus* (Gaertn) K. Schum**

Family: Elaeocarpaceae; Vernacular name: Rudraksa, English common name: Utrasum Bead tree; Parts used: Fruit and seed;

Uses: Fruit is good to relief the problems of head and epilepsy. Seed paste is given to patients suffering from smallpox and chickenpox.

***Emblica officinalis* Gaertn**

Family: Euphorbiaceae; Vernacular name: Amala, English common name: Emblic Myrobalan; Parts used: Fruit;

Uses: Fruit is of cooling, stomachic, laxative, and astringent properties and rich source of vitamin C. The fruit is taken to cure anemia, jaundice, hemorrhage, diarrhoea and dysentery.

***Eugenia jambolana* Lam**

Family: Myrtaceae; Vernacular name: Jamuna, English common name: Black berry; Parts used: Bark and seed;

Uses: Bark is usually taken in the problems of sore throat, bronchitis, asthma, and ulcer. Seed is used to cure skin problems like ring worm.

### ***Eugenia operculata* Roxb**

Family: Myrtaceae; Vernacular name: Kyamuno, English common name: NA; Parts used: Bark and fruit;

Uses: Bark shows refrigerant, tonic, astringent, and aphrodisiac properties and used in bronchitis, ulcer, dysentery, and disease of blood. Fruit is taken in the treatment of rheumatism.

### ***Ficus benghalensis* Linn**

Family: Moraceae; Vernacular name: Bar, English common name: Banyan Tree; Parts used: Bark, and milky latex;

Uses: Infusion of bark is taken for diarrhea, dysentery and diabetes. Milky latex is useful to treat cracked soles of feet, rheumatism, sores, and ulcer.

### ***Ficus lacor* Buch-Ham**

Family: Moraceae; Vernacular name: Kavro, English common name: Java Fig; Parts used: bark and seed;

Uses: Bark is of cooling and pungent properties and used in ulcer, leucorrhea and other vaginal problems. Seeds are useful to cure scabies, bronchitis and inflammation.

### ***Ficus religiosa* Linn**

Family: Moraceae; Vernacular name: Peepal, English common name: Peepal tree; Parts used: Bark, and fruit;

Uses: Bark shows astringent, alterative cooling, expectorant and laxative properties and usually used to treat gonorrhoea and scabies. Fruit is laxative and its dried powder is useful in asthma.

### ***Ficus semicordata* Buch-Ham ex J.E. Smith**

Family: Moraceae; Vernacular name: Khanyu, English common name: Drooping fig; Parts used: Root, bark, and fruit;

Uses: Juice of root is used in the treatment of bladder complaints. Fruit and bark are useful to treat leprosy.

### ***Juglans regia* Linn**

Family: Juglandaceae; Vernacular name: Okhar, English common name: Walnut; Parts used: Bark, leaf, fruit and lobed cotyledons;

Uses: Bark is taken as anthelmintic. Leaves are taken as astringent and tonic. Both bark and leaf are useful in treatment of skin problems like eczema and syphilis. Fruit is used to cure rheumatism. Cotyledons are useful as brain tonic, and used in heart burn and dysentery.

***Mallotus philippinensis* (Lam.) Muell. -Arg**

Family: Euphorbiaceae; Vernacular name: Sindure, English common name: Kamala tree; Parts used: Whole plant;

Uses: The plant shows anthelmintic, antioxidant, emollient, purgative, and aphrodisiac properties and used cure from intestinal worms, skin diseases, bile problems etc.

***Melia azadirach* Linn**

Family: Meliaceae; Vernacular name: Bakaino, English common name: Indian Lilac; Parts used: Root, leaf and flower;

Uses: The root is of acrid, anthelmintic and astringent properties and taken in different problems like vomiting, headache, fever etc. The leaf is also used as diuretic, anthelmintic and stomachic. The flower is taken as diuretic and emmenagogue.

***Mangifera indica* Linn**

Family: Anacardiaceae; Vernacular name: Anmp, English common name: Mango; Parts used: Bark, leaf and fruit;

Uses: Bark is useful to treat different problems like diarrhea, uterine hemorrhage and hemoptysis. Leaf juice and paste is useful in toothache, and sore throat. Decoction of leaf is useful to treat respiratory complaints like cough, cold, and asthma. The ripped fruits are widely taken as tonic, stomachic, cardiac, astringent, and laxative. Such fruits are also used in hemorrhage from anus, uterus, and lungs.

***Morus alba* Linn**

Family: Moraceae; Vernacular name: Kimbu / Kyun Kaphal, English common name: Mulberry; Parts used: Leaf and fruit;

Uses: Leaf is usually taken to treat scabies and throat problems. Fruit is considered as tonic for heart and brain and useful to cure burning sensation, throat problems, diarrhea, and biliousness.

***Myrica esculenta* Buch-Ham.ex D.Don**

Family: Myricaceae; Vernacular name: Kaphal, English common name: Box Myrtle; Parts

used: Bark and fruit;

Uses: The plant is of alterative, carminative, stimulant, antiseptic and tonic properties. Bark is used cholera, headache, fever, asthma, dysentery, and bronchitis. The fruit is taken to cure inflammation, headache, and liver complaints.

***Pandanus nepalensis* Kurz**

Family: Pandanaceae; Vernacular name: Bantari, English common name: Screw Pine; Parts used: Leaf and flower;

Uses: Leaf extract is bitter and aromatic. Oil obtained from flower is antiseptic and cures headache.

***Prunus domestica* Linn**

Family: Rosaceae; Vernacular name: Alubokhara, English common name: European plum; Parts used: Fruit;

Uses: Fruit shows laxative and refrigerant properties, and used in leucorrhoea.

***Prunus cerasoides* D.Don**

Family: Rosaceae; Vernacular name: Painyu, English common name: Bird cherry; Parts used: Stem;

Uses: Stem shows refrigerant, and antipyretic properties, and used to cure leukoderma, asthma, leprosy, burning of skin and vomiting.

***Prunus persica* Sieb. ET Zucc**

Family: Rosaceae; Vernacular name: Aru, English common name: Peach tree; Parts used: Bark, fruit and seed;

Uses: Bark is of sedative, expectorant and diuretic properties, and widely used in dropsy, whooping cough, and bronchitis. Seed is useful as anthelmintic.

***Psidium guajava* Linn**

Family: Myrtaceae; Vernacular name: Amba, English common name: Guava tree; Parts used: Root, leaf and fruit;

Uses: The root bark is useful to treat diarrhea of children. The leaf is useful to cure wounds, toothache and tonsillitis. The fruit is of cooling, tonic and laxative properties.

***Sapindus mukorossi* Gaertn.**

Family: Sapindaceae; Vernacular name: Rittha, English common name: Soapnut tree; Parts

used: Fruit;

Uses: Fruits are of detergent, astringent, tonic, antidotal and anthelmintic properties, and widely used epilepsy, asthma, indigestion, diarrhea and hysteria.

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