

## Use of Medicinal Plants in Traditional Tibetan Therapy System in Upper Mustang, Nepal

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### Abstract

The paper deals with 93 species of medicinal plants belonging to 74 genera spread over 35 families, which are used in traditional Tibetan therapy system by *amchis* (medical practitioners) in Upper Mustang.

**Key words:** *Amchis*, Medicinal plants, Tibetan therapy system, Upper Mustang

### Introduction

Majority of total population of Nepal are dependent on traditional medicinal practices. According to an estimation of the World Health Organization, approximately 80% of the people in developing countries depend on traditional medicines for primary health care; a major portion of these involves the use of medicinal plants. As the traditional Himalayan medicine has affected the lives of people around the globe, Upper Mustang is also not the exception. Upper Mustang has characteristic features of Tibetan culture and environment, so Tibetan system of therapy has been practiced since time immemorial. Such type of traditional medicinal practice is a good example of traditional knowledge system, in which, parents to children passes down medicinal knowledge from generation to generation. This area has played a significant role in the historical processes of traditional Tibetan therapy system for understanding the development processes.

Upper Mustang has great wealth of medicinal plants and traditional knowledge. Medicinal value of plants is largely based

on the Tibetan system of treatment and *amchis* are skilled persons to prescribe them. *Amchis* or medical practitioners are the health service providers in the remote highland districts of Nepal such as Mustang, Dolpa, Humla, Mugu, Gorkha and Rasuwa. An Amchi is very much like a doctor having multiple skills who provides diagnoses and treatments (Bista *et al.*, 2002). *Amchis* are responsible for the conservation of high altitude medicinal plants having good knowledge of biology and ecology.

The study area (N 28° 47' 39" to 29° 19' 54" and E 83° 28' 55" to 84° 15' 16") is located in the Trans Himalayan region of Nepal. It is the northern part of Mustang district extended up to the Tibetan autonomous region of China to the northeast, Dolpo district to the west and by peaks reaching more than 6000 m. to the south. It occupies the major portion (2567.55 sq. km.) of Annapurna Conservation Area (7629 sq. km.), the largest protected area in Nepal (33.7%). It is a cold high altitude steppe that falls in the rain shadow of Dhaulagiri Himal and the Annapurna massif to the south. The

ethnic composition of Upper Mustang is exclusively of *Lo* (Tibetan) origin and they are called as *Loba*. The caste system prevails differentiating the elite and high caste Bista followed by Gurung as middle caste and then Biswokarma as occupational caste.

This study is based on the various surveys carried out by National Trust for Nature Conservation (NTNC)-Annapurna Conservation Area Project (ACAP)/ Upper Mustang Biodiversity Conservation Project (UMBCP) for the effective biodiversity conservation in Upper Mustang area.

#### **Materials and methods**

The study was carried out in all seven Village Development Committees (VDCs) - Chhoser, Chhohup, Lo Manthang, Tsarang, Surkhang, Ghami and Chhuksang of Upper Mustang during 2004 to 2005. Interviews were conducted with various *amchis* of Upper Mustang, practicing both in the area and Kathmandu. The information is based on the first-hand information gathered from *amchis* and through personal observation of author on the use of remedies. The information was also cross-checked with different *amchis*. The classification of plants is based on the *Flowers of Himalaya* (Polunin and Stainton, 1997; Stainton, 1997).

#### **Results and discussion**

In order to provide more detailed information on the most important and therapeutically

useful herbs/plants, 93 plants (Table 1) have been selected. In traditional Tibetan therapy, the herbal medicine includes mineral and animal products as well as plants, but this paper is focused only on medicinal plants that are found in Upper Mustang area. The recorded medicinal plants belong to 74 genera spread over 35 families (Table 2). Among them, Compositae is the largest family containing 9 species, followed by Labiatae (7 species). Gentianaceae, Polygonaceae and Ranunculaceae containing 6 species each and Primulaceae 5, where as Boraginaceae, Leguminosae, Rosaceae, Scrophulariaceae and Umbelliferae has 4 each.

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S N	Plant species	Family	Tibetan/local name	Nepali Name	English Name	Part used	Medicinal use and action	Remarks
1	<i>Allium fasciculatum</i>	Amaryllidaceae	Rhi Ghokpa	Limbu	Wild garlic	Whole plant	Wounds and swelling	Used as vegetable and flavor
2	<i>Allium hypsistum</i>	Amaryllidaceae	Jimnak	Jimbu	Chives/Nepal aromatic leaf garlic	Whole plant	Cough, cold, gastritis and tonic	Used as vegetable and flavor
3	<i>Arisaema flavum</i>	Araceae	Dahpa	Timju	Cobra plant/Cobra lily	Root, rhizome and flower	Fever, stomach problems, swelling, skin diseases, scabies, bone disease, uterus and menstrual disorders	Used as vegetable
4	<i>Arisaema jacquemontii</i>	Araceae	Dahpa	Timju	Cobra plant/Cobra lily	Root, rhizome and flower	Fever, stomach problems, swelling, toothache, scabies, chest infection, uterus and menstrual disorders, anthelmintic and throat problems	Used as vegetable
5	<i>Berberis erythroclada</i>	Berberidaceae	Kerba Nakpo	Chutro	Barberry	Bark	Gall bladder and eye problems	
6	<i>Betula utilis</i>	Betulaceae	Takpa	Bhoj Patra	Himalayan Birch	Bark, resin, fruit and leaf	Antiseptic, hysteria, cuts, wounds, burns, jaundice, ear pain, asthma, cough, cold, internal injury and menstruation	Used as timber and fuel wood
7	<i>Incarvillea arguta</i>	Bignoniaceae	Uag Chhoy	Surya Pushpi	Bignonia	Whole plant	Tooth decay	Plant juice used
8	<i>Incarvillea younghusbandii</i>	Bignoniaceae	Ukche	Surya Pushpi	Bignonia	Root and fruit	Cough, ear problem and for quick release of placenta	
9	<i>Arnebia</i> sp.	Boraginaceae	Mukchi	Marangi	Onosma	Root	Fever caused due to lung problem, blood purification, hypertension, cough and body pain	

10	<i>Cynoglossum</i> sp.	Boraginaceae	Nema Jarma			Leaf, stem, flower and fruit	Swelling, bone fracture, cuts and tumors	
11	<i>Lindelofia</i> sp.	Boraginaceae	Dewa Yuchung			Whole plant	Cuts, wounds and swelling	
12	<i>Maharanga emodi</i>	Boraginaceae	Dhimok	Marangi	Onosma	Whole plant	Hypertension, fever caused due to lung problem, blood purification, skin diseases, rheumatism, urinary disorders and as hair tonic	Roots mixed with mustard oil render the hair black and red colour is extracted from root bark and is used for food stuff
13	<i>Lonicera hypoleuca</i>	Caprifoliaceae	Tukser	Masino Kanike	Honey suckle/Wild honey suckle	Whole plant	Kidney problems	
14	<i>Chenopodium album</i>	Chenopodiaceae	Niew	Bethe	Lamb's quarter/Fat hen	Seed, tender leaf and stem	Stomach trouble, piles, peptic ulcer, fracture, bone improvement and anaemia fever	Young leaves are eaten as vegetable and is a good source of iron
15	<i>Anaphalis triplinervis</i>	Compositae	Taygun	Himali Buki Phool	Everlasting	Leaf and flower	Food poisoning, diuretic and heat therapy	
16	<i>Arctium lappa</i>	Compositae	Chisyung	Tine	Common or Great burdock	Whole plant and seed	Intestinal problem, nerve building, chronic diseases like ulcer, stomach pain and gastritis, fever by wind, plant paste is used for blisters, burns, pimples	
17	<i>Artemisia biennis</i>	Compositae	Sar Bung Karpo	Tite Pati	Mug wort	Whole plant root	Cough and cold	Used as incense as well
18	<i>Aster stracheyi</i>	Compositae	Lungmi Chhewa		Aster	Flower and leaf	Wounds, poisoning, contagious fever and headache	

19	<i>Inula</i> sp.	Compositae	Mhanupata	Puskar Mul/Rasana	Inula	Leaf and root	Anaemia, gastritis, fever, gall bladder problem, heat promotion and digestion	
20	<i>Leontopodium jacotianum</i>	Compositae	Tah	Himali Buki Phool	Edelweiss	Flower and leaf	Heat therapy for cold originated diseases	Used as incense as well
21	<i>Saussurea gossypiphora</i>	Compositae	Kuth	Kapase Phool	Costus/Kuth	Whole plant	Gynaecological and menstrual disorders, hysteria, cuts, bruises, cough	Also used to guard against evil spirits
22	<i>Soroiseris hookeriana</i>	Compositae	Solgong Serpo			Whole plant (flower)	Fever, fracture, hypertension and purgative	
23	<i>Taraxacum officinale</i>	Compositae	Khur Mang	Tuki Phool/Dudhe Jhar	Bitter Wort / Dandelion	Root	Chronic disorders of kidney and liver and also used as tonic, laxative and antirheumatic	
24	<i>Juniperus indica</i>	Cupressaceae	Lha shuk	Dhupi	Juniper	Fruit and leaf	Kidney, lung, gall bladder and liver disorders, skin and lymph disease, fever, cough, paralysis of limbs, disorder of uterus and gum swelling	Used as incense and as flavor in some cosmetics and drinks
25	<i>Juniperus squamata</i>	Cupressaceae	Syug Chher	Dhupi	Juniper	Fruit and leaf	Removal of accumulated body fluid, sleeping problem, kidney problems, bleeding, skin disease and wound infection	Used as incense as well
26	<i>Pterocephalus hookeri</i>	Dipsacaceae	Pangchi Dhobo	Panri Mendo		Whole plant (Leaf, flower and fruit)	Food poisoning, fluid accumulation in the body, cough, cold, contagious fever, infection, dysentery, gout, arthritis, blood disorders	

							and intestinal pain	
27	<i>Hippophae tibetana</i>	Elacagnaceae	Tora	Bhuin Chuk	Seabuckthorn	Fruit and seed	Gastritis, chest pain, lung problem, digestive disorder, liver pain, fever, blood purification, external use on skin for bone pain	Ripe fruits are used to make juice which is considered as highly nutritious
28	<i>Ephedra gerardiana</i>	Ephedraceae	Chhe Dum	Somlata	Ephedra	Whole plant	Hypertension, cardiac trouble, bleeding, indigestion, asthma, increase blood quantity in body, eye trouble, gastritis, bronchial disorders, cough, wounds, headache and rheumatism	Also an important source of Ephedrine. This plant is also a substitute of <i>Amomum subulatum</i> (Cardamom) in <i>Amchi</i> and Ayurved use
29	<i>Rhododendron anthopogon</i>	Ericaceae	Dhali Karpo	Sunpati	Rhododendron/Anthopogon leaf	Flower and leaf	Stomach, liver and lung disorders, T.B., indigestion, antiallergic against potato, vomiting, appetizer, sore throat, phlegm disease, as pain killer and longevity	Flowers are locally used to prepare tea. Essential oil obtained from leaves are used in high grade perfume. Leaves and flowers are also used as incense with juniper

30	<i>Rhododendron lepidotum</i>	Ericaceae	Dhali Karpo	Sano Chimal	Rhododendron	Flower and leaf	Digestion, appetizer, bile and lung diseases, back pain, cold and blood disorders and bone diseases	Leaves are used as incense
31	<i>Rhododendron nivale</i>	Ericaceae	Dhali Nag Po	Sano Chimal	Rhododendron	Flower and leaf	Sinusitis, arthritis gout and common cold	
32	<i>Gentiana algida</i>	Gentianaceae	Pangen Chhuwa	Hans Phool	Gentian	Flower	Lung disorder and skin diseases	
33	<i>Gentiana robusta</i>	Gentianaceae	Khyi Chye Karpo	Hans Phool	Gentian	Flower, stem, leaf and root	Diarrhoea, food poisoning, headache, T.B., urinary system and bile disorder, swelling, cough and fever	
34	<i>Gentianella moorcroftiana</i>	Gentianaceae	Dhumpu/ Tikta			Whole plant	Fever	Infusion of plant is put on the baby's forehead to reduce fever (Febrifuge)
35	<i>Gentianella paludosa</i>	Gentianaceae	Chyag Tig Nagpo			Root	Headache	
36	<i>Halenia elliptica</i>	Gentianaceae	Tikta/Chaktung			Leaf and stem	Liver and bile disorders, fever, headache, cough and cold	
37	<i>Swertia</i> sp.	Gentianaceae	Tikta	Chiraito	Swertia/Chiraita	Whole plant	Fever, jaundice, indigestion, cough, cold, blood and gall bladder problems	
38	<i>Geranium donianum</i>	Geraniaceae	Ligadur	Raklamul	Geranium/Crane's bill	Root	Fever, cough and bodyache	
39	<i>Geranium nakaonum</i>	Geraniaceae	Ligadur	Raklamul	Geranium/Crane's bill	Root	Fever, cough and bodyache	
40	<i>Geranium pratense</i>	Geraniaceae	Ligadur/Port	Raklamul	Geranium/Crane's bill	Root	Fever, cough and bodyache	Not considered as of good quality compared to <i>G.</i>

								<i>donianum</i> and <i>G.</i> <i>nakaoanum</i>
41	<i>Cordyceps sinensis</i>	Hypocreaceae	Yarcha Gumba	Yarcha gumba		Whole plant	Asthma, aphrodisiac, lung and kidney disorders and energizer like vitamin	
42	<i>Ajuga lupulina</i>	Labiataeae	Jinting	Rato Paat	Bugle	Seed, leaf and flower	Fever, sinusitis, infections, menstrual disorders, swellings, skin diseases and paralysis	
43	<i>Dracocephalum heterophyllum</i>	Labiataeae	Jibkar	Jibkar		Leaf and flower	Oral diseases, toothache and liver disorder	
44	<i>Dracocephalum tanguticum</i>	Labiataeae	Tiyanku	Tiyanku		Leaf, flower and stem	Fever, stomach problems and as blood purifier	
45	<i>Elsholtzia</i> sp.	Labiataeae	Jirung Serpo	Ban Silam		Whole plant	Anthelmintic and antibacterial	
46	<i>Phlomis rotata</i>	Labiataeae	Takpak		Phlomis	Flower and leaf	Bone problems, accumulation of serous fluids in the bone, skin and wound part of the body, headache, fever, cough, worm infections and swelling caused by cold	
47	<i>Salvia hians</i>	Labiataeae	Simthik	Aape	Sage	Leaf	Eye infection	
48	<i>Thymus linearis</i>	Labiataeae	Maktok/Makta	Ghode Marcha	Thyme	Leaf and flower	Appetizer, stimulant, blood purifier, digestive and lungs problems and gum and tooth problems	Leaves are used as flavor and substitute for tea and chilly
49	<i>Astragalus</i> sp.	Leguminosae	Syehekar	Bhya		Seed	Urine blocked, intestinal pain and fever	



50	<i>Caragana gerardiana</i>	Leguminosae	Jhomo Shing	Kanda	Caragana	Heart wood	Blood pressure, menstrual disorder, skin diseases, cough, heart pain, blood disorder and eye problems	Heart wood is used in blood pressure
51	<i>Caragana jubata</i>	Leguminosae	Jhomo Shing	Kanda	Caragana	Heart wood	Blood pressure and menstrual disorder	
52	<i>Oxytropis</i> sp.	Leguminosae	Senak			Whole plant	Dog- bite	
53	<i>Asparagus</i> sp.	Liliaceae	Nye Shing	Kurilo	Asparagus	Root	Tonic, sexual debility, diarrhoea, dysentery, excessive menstrual bleeding, urinogenital disorders, skin disease and rheumatism	Root is also used as an alternative to soap
54	<i>Polygonatum</i> sp.	Liliaceae	Rahnge	Khiraunla	Solomon's Seal	Root	Uterus problem, digestion, cold, bile disorder, aphrodisiac, increase regenerative fluids, beneficial in cold wind disorders and as tonic to restore vitality	Roots are eaten raw and the plant is also used as fixer in painting canvas/walls
55	<i>Malva verticillata</i>	Malvaceae	Chyamba Pho	Lafe Saag	Chinese Mallow/Poppy mallow	Stem, leaf, fruit and flower	Removal for accumulated body fluid and treatment for wound infection, fever, diarrhoea, kidney and urinary problems	Also used as vegetable
56	<i>Dactylorhiza hatagirea</i>	Orchidaceae	Wang-lak	Panch Aunle	Orchid	Rhizome	Dysentery, diarrhoea, skin burn, chronic fever, eye pain, expectorant, aphrodisiac and nervine tonic	
57	<i>Corydalis megacalyx</i>	Papaveraceae	Tonzil Serpo	Bhoot Kesh/Karme Jhar	Corydalis	Whole plant	Chronic fever, jaundice, bile fever, wounds, cough, ulcer	

							and blood disorder	
58	<i>Meconopsis horridula</i>	Papaveraceae	Aachyak/Serngon	Kyaser	Himalayan Blue Poppy	Root, leaf and flower	Bone fracture, kidney problems, remove accumulated body fluid and as pain killer	
59	<i>Plantago major</i>	Plantagiaceae	Tharam	Isabgol	Ripple grass	Seed, leaf and root	Diarrhoea, dysentery, intestinal problems, fever, bruises and as tonic	
60	<i>Bistorta</i> sp.	Polygonaceae	Lakang/Pangram	Khaldi/Raktyaulo	Hypertension, diarrhoea, lung and intestinal disorder	Root and fruit	Blood pressure, diarrhoea, lung and intestinal disorders	
61	<i>Oxyria digyna</i>	Polygonaceae	Chhumachi	Sano Padamchal	Mountain sorrel	Rhizome, leaf and flower	Fracture, joint pain, lymph disorder and urine retention	
62	<i>Rheum australe</i>	Polygonaceae	Chutra	Padamchal	Himalayan rhubarb	Whole plant (Root and petiole)	Bone fractures, sprain, indigestion, bloated stomach, gastritis, swellings, sores, menstrual and blood disorders, bile fever and as anthelmintic	Leaf stalks are eaten raw and used as pickle. Roots are used as substitute of tea. Also used for colouring wool and as fixative
63	<i>Rheum moorcroftianum</i>	Polygonaceae		Padamchal	Himalayan rhubarb	Root	Fever, gastritis and swellings	Leaf stalks are eaten raw and used as pickle. Roots are used as substitute of tea
64	<i>Rumex nepalensis</i>	Polygonaceae	Shyomang	Ban Palungo/Halhal	Sorrel/Yellow dock	Whole plant	Fever, cough, blood clotting, excretory system and oral disorders, joint pain, wounds,	Leaf stalks are eaten raw and used as pickle

							lung and liver diseases, constipation, sores and skin diseases	
65	<i>Rumex patientia</i>	Polygonaceae	Shyomang	Ban Palungo/H alhale	Sorrel/Yellow doek	Root	Swellings and constipation	Leaf stalks are eaten raw and used as pickle
66	<i>Androsace muscoidea</i>	Primulaceae	Pangatum		Rock Jasmine	Flower	Fever and urinary problems	
67	<i>Androsace</i> sp.	Primulaceae	Pangatum		Rock Jasmine	Leaf and flower	Cough, lung and throat problems	
68	<i>Androsace strigillosa</i>	Primulaceae	Gatik-chungwa		Rock Jasmine	Flower and leaf	Fever, body swelling and lymph disorder	
69	<i>Primula macrophylla</i>	Primulaceae	Shang Dril Nagpo	Primula	Prime Rose/Primula	Whole plant	Food poisoning, fever, indigestion, dysentery and ulcer	
70	<i>Primula sikkimensis</i>	Primulaceae		Primula	Prime Rose/Primula	Flower	Fevers of lung, blood vein disorders and diarrhoea	Generally used in case of children
71	<i>Aconitum naviculare</i>	Ranunculaceae	Pogmar	Bish	Aconite/Atis root	Tuber	Fever, gall bladder disorder, food poisoning and communicable diseases	
72	<i>Anemone rivularis</i>	Ranunculaceae	Supka Karpo	Pati Dhuk	Pasque flower/Anemone	Fruit and seed	Wound, accumulation of serous fluid in the body, gastritis, liver and bile disorders, cough, cold and for heat production	
73	<i>Anemone rupicola</i>	Ranunculaceae	Supka Karpo	Pati Dhuk	Pasque flower/Anemone	Seed	Indigestion	
74	<i>Clematis tibetana</i>	Ranunculaceae	Ngihmong	Junge Lahara	Old man beard	Root, stem, leaf, flower and fruit	Removal of accumulated fluid from the body, cold tumours, cough, cold, indigestion, joint pain, swellings, constipation,	

							wound infection, as appetizer and for heat production	
75	<i>Delphinium</i> sp.	Ranunculaceae	Jakang	Nirmasi	Aconite/Larkspur	Leaf and flower	Diarrhoea, intestinal disorders, wounds and used to kill lice	
76	<i>Thalictrum</i> sp.	Ranunculaceae	Chag Kyu	Bansuli/Dampate	Meadow rue	Root, leaf and flower	Wounds and infection, fever, antiseptic and poisoning	
77	<i>Cotoneaster</i> sp.	Rosaceae	Chadung	Dhalke Phool	Cotoneaster	Whole plant	Menstrual disorder and joint pain	
78	<i>Potentilla fruticosa</i>	Rosaceae	Pemma Nhakpo	Bhairab Pati	Shrubby cinquefoil/ Bush cinquefoil	Stem, leaf and flower	Breast diseases, stomach and lung disorders, indigestion and dysentery	Plants are also used as incense. Leaves are used as a substitute for tea
79	<i>Rosa macrophylla</i>	Rosaceae	Segoe Fo	Jungali Gulab	Wild Rose	Fruit	Fever, diarrhoea and bile disorders	Fruits can be taken raw and also used for making wine.
80	<i>Rosa sericea</i>	Rosaceae	Se Gyoh	Bhote Gulab	Wild Rose/Himalayan Rose	Flower, fruit and bark	Fever, jaundice, liver, bile, wind and lung diseases, menstrual disorders, poisoning, lymph fluid disorder and as tonic	Ripe fruits can be taken raw. Flowers are used as facial wash. This plant is used as herbal tea.
81	<i>Salix</i> sp.	Salicaceae		Bains	Willow	Stem	Venereal disease, uterus problem, fever and arthritis	
82	<i>Lagotis kunawurensis</i>	Scrophulariaceae	Hoanglen	Baraka	Lagotis	Whole plant	Diarrhoea, T. B., Pyrexia unknown origin (PUO) and excess bleeding from the wound	

83	<i>Lancea tibetica</i>	Scrophulariaceae	Payokcha wa			Root, leaf, flower and berry	Lung and urinary bladder problems mainly urine blocked, wound infection, fever, cuts, wounds, menstruation problem, heart disease and problems of veins	
84	<i>Pedicularis longiflora</i>	Scrophulariaceae	Lukru Serpo	Jumre Jhar	Lousewort	Flower and whole plant	Food poisoning, stomach and lymph fluid disorders, T. B., diarrhoea, asthma, wound infection, premature ejaculation, fever due to disorders of liver and gall bladder	Also used as hair dye
85	<i>Verbascum thapsus</i>	Scrophulariaceae	Nho Sarje	Gan Puchchhre	Mullein	Whole plant and root	Swellings, asthma, cough, blood disorder, bleeding, wounds and cuts	
86	<i>Hyoscyamus niger</i>	Solanaceae	Langh Thang Che	Bajra Bhang	Henbane	Seed	Sinusitis, intestinal parasites, diarrhoea and worm infections	
87	<i>Stellera chamaejasme</i>	Thymelaeaceae	Ri Jyakpa	Ramro Phool/Reke mukta	Stellera	Root	Poultice for swellings and fractured bones, for massage, antiseptic for cuts and wounds, analgesic, infectious diseases, gastritis and ulcer	Smell of the flower can cause headache.

88	<i>Carum carvi</i>	Umbelliferae	Gyoh Nge	Bhote Jira	Himalayan Caraway	Whole plant	Cold, cough, fever, food poisoning, eye infection, gastric dysfunction, stomachache and carminative	The seeds are used for the preparation of massage oil for baby. The powder of the seed is employed to flavour vegetables and curries
89	<i>Cortia depressa</i>	Umbelliferae	Tang Kyun			Flower and leaf	Fever, rheumatism, sedative and stomachache	
90	<i>Heracleum lalii</i>	Umbelliferae	Tukar	Bhoot Kesh		Root and fruit	Stomach disorders, carache, leprosy, joint pain and blood pressure	
91	<i>Selinum tenuifolium</i>	Umbelliferae	Tunak	Jwane Ghans/Bhadraji	Ragwort	Root	Antiseptic, gastritis, hemorrhage, cough and cold	
92	<i>Nardostachys grandiflora</i>	Valerianaceae	Pangpyo	Jatamasi	Spikenard/Valerian	Whole plant	Lung, heart and liver problems, wounds, cough, cold, chronic fever, fever due to poisoning, spleen disease, intestinal parasites, hypertension, tumours, swellings, high altitude sickness, headache, epilepsy, hysteria, skin diseases, throat trouble, lumbago, ulcers, rheumatism, paralysis and diuretic	Whole plant is used as incense with <i>Rhododendron anthopogon</i> , <i>Tanacetum nubigenum</i> and <i>Juniperus</i> spp.
93	<i>Viola biflora</i>	Violaceae	Ta Mig	Panhelo Ghatte Phool	Violet/Wild pancy	Whole plant	Wounds, fractured bones, bile and head disorders	