

ETHNOMEDICINAL USES OF PLANTS AMONG THE NEWAR COMMUNITY OF PHARPING VILLAGE OF KATHMANDU DISTRICT, NEPAL

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ABSTRACT

The present paper highlights 119 species of plants used as medicine by the Newar community of Pharping village of Kathmandu district. All reported medicinal plants were used for 35 types of diseases like Diabetes, Epilepsy, Fever, Jaundice, Rheumatism and other condition such as incense, spice and flavourant etc.

Key words: Ethnomedicine, Newar, Pharping village, Kathmandu district.

INTRODUCTION

Nepal occupies one third of Himalayas lying at 80° 04' to 88° 12' E and 26° 22' to 30° 27' N in meeting point of Central Himalayas and Eastern Himalayas. Nepal has rich floral diversity due to high altitudinal, topographic, climatic and edaphic variations, so that various types of forest are found. The different ethnic groups are traditionally linked to resources available in the forest. Ethnobotany refers to the study of the interaction between people and plants (Martin, 1995). There is inseparable interrelationship between the ethnic groups and plants. However due to changing perception of the local people, commercialization and socio-economic transformation of all over the world, it has been observed that the indigenous knowledge on resource use has been degraded (Silori & Rana, 2000).

In Nepal, the concept of ethnomedicine has been developed since the late 19th century (1885-1901 A.D). The first book "Chandra-Nighantu regarding medical plants was published by the Royal Nepal Academy in 1969 (2025 B.S.). Later, a number of ethnobotanical studies on different ethnic groups of Nepal have been carried out by different workers (Pandey, 1964; Malla & Shakya, 1968; Adhikari & Shakya, 1977; Sacherer, 1979; Malla & Shakya, 1984-1985; Manandhar, 1985, 1990b, 1994-1995; Shrestha & Pradhan, 1986-1993; Joshi *et al.* 1998; Shrestha *et al.*, 1998; Chhetri, 1999; Singh, 1999; Shakya *et al.*, 1999; Ghimire *et al.*, 2000; IUCN, 2000; Joshi & Joshi, 2001; Rajbhandari, 2001 and Balami, 2003).

The study area is situated in Kathmandu district (27° 34' to 27° 38' N latitude and 85° 12' to 85° 16' E longitude) of Bagmati zone in the mid hills of central Nepal. It has sub-tropical climate. *Schima-Castanopsis*, *Pinus roxburghii* and *Alnus nepalensis* are important forest types at the lower belt and broad leaved

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oak forest (*Quercus glauca*, *Q. lanata*, *Q. semecarpifolia* etc) are observed at upper belt. The annual temperature 24⁰ C and receives 1161mm rainfall annually

Among different community, Newar is one of the major community in Pharping Village. During the time of Malla, this village was called “Shikharapur Nagari”. It was a South door of Kathmandu valley for entrance.

MATERIALS AND METHODS

Herbarium specimens were critically examined and identified with help of the relevant literatures (HMG/N, 1969; Hooker, 1872-1897; Hara *et al.*, 1978; Hara & Williams, 1979; Hara *et al.*, 1982; Stainton & Polunin, 1984; Stainton, 1988 and Press *et al.*, 2000). Ethno medicinal information was gathered from experienced persons, local faith healers and traditional medicine practitioners. Voucher specimens have been deposited in Tribhuvan University Central Herbarium (TUCH) for preservation. Although 119 species of plants used as medicine by Newar of the Pharping village of the Kathmandu district have been arranged in alphabetical order with botanical name in italics. Name of the family and local names have been given in parenthesis, followed by parts used and ethnomedicinal uses of plants as gathered from local people during the field visits.

ENUMERATION OF SPECIES

HERBS

1	<i>Achyranthes aspera</i> L. (Amaranthaceae, Dattiwan)	Lf juice for stomach ache.
2	<i>Aconitum ferox</i> Wall. ex Ser. (Ranunculaceae, Bikhma)	Rh powder for insecticide.
3	<i>Allium wallichii</i> Kunth (Amaryllidaceae, Ban laba)	Wp raw for spice and flavourant and appetizer.
4	<i>Amaranthus spinosus</i> L. (Amaranthaceae)	Rt liquid for urinary trouble.
5	<i>Anaphalis contorta</i> (D. Don) Hook. f. (Compositae, Bho swan)	Rt liquid for diarrhoea.
6	<i>Anaphalis margaritacea</i> (L.) Benth. (Compositae, Bho swan)	Rt liquid for diarrhoea.
7	<i>Anaphalis triplinervis</i> (Sims) C.B. Clarke (Compositae, Bho swan)	Rt liquid for diarrhoea.
8	<i>Anemone vitifolia</i> Buch.-Ham. ex DC. (Ranunculaceae)	Wp juice for antileech.
9	<i>Anemone rivularis</i> Buch.-Ham. ex DC. (Ranunculaceae)	Wp juice for antileech.
10	<i>Arisaema erubescens</i> (Wall.) Schott (Araceae, Taha ya kani)	Rh raw/liquid for anthelmintic.
11	<i>Arisaema nepenthoides</i> (Wall.) Mart. ex Schott (Araceae, Taha ya kani)	Rh raw/liquid for anthelmintic.

12	<i>Arisaema tortuosum</i> (Wall.) Schott. (Araceae, Taha ya kani)	Rh raw/liquid for anthelmintic.
13	<i>Asclepias curassavica</i> L.(Asclepiadaceae)	Wp liquid for antiseptic.
14	<i>Asparagus racemosus</i> var. <i>subacerosus</i> Baker (Liliaceae, Kurilo)	Rh raw/powder for aphrodisiac, diabetes and tonic
15	<i>Asparagus racemosus</i> Willd. var. <i>recemosus</i> (Liliaceae, Kurilo)	Rh raw/powder for diabetes.
16	<i>Astilbe rivularis</i> Buch.-Ham. ex D. Don (Saxifragaceae, Facu waasha)	Rh raw/powder for aphrodisiac and meternity problems.
17	<i>Begonia nepalensis</i> (A. DC.) Warb. (Begoniaceae)	Rt liquid for anthelmintic.
18	<i>Bergenia ciliata</i> forma <i>ligulata</i> Yeo (Saxifragaceae, Pakhaanbed)	Rh raw/powder/liquid for aphrodisiac, Fever, Meternity problem and post pregnancy.
19	<i>Brachycorythis obcordata</i> (Lindl.) Summerh. (Orchidaceae, Gamdol)	Rh raw/powder for aphrodisiac and tonic.
20	<i>Caltha palustris</i> L. (Ranunculaceae)	Lf juice for fever.
21	<i>Centella asiatica</i> (L.) Urb. (Umbelliferae, Kholcha ghain)	Wp juice for antidote to poison, cut and wounds and urinary trouble.
22	<i>Cirsium verutum</i> (D. Don) Spreng. (Compositae, Chwackan)	Rt liquid for urinary trouble.
23	<i>Cissampelos pareira</i> L. (Menispermaceae, Batulo pate)	Wp juice for haemorrhage.
24	<i>Clematis buchananiana</i> DC. (Ranunculaceae, Gwya swan)	Lf liquid for cough and cold.
25	<i>Cuscuta europaea</i> var. <i>indica</i> Engelm. (Convolvulaceae, Mhasu lahara)	Wp liquid for jaundice.
26	<i>Cuscuta reflexa</i> Roxb. (Convolvulaceae, Mhasu lahara)	Wp liquid for jaundice.
27	<i>Cyanoglossum zeylanicum</i> (Vahl ex Hornem.) Thunb. ex Lehm. (Boraginaceae, Khokan ghain)	Wp juice for cut and wounds.
28	<i>Cyathula tomentosa</i> (Roth) Moq. (Amaranthaceae, Khokan ma)	Rt decoction for fever.
29	<i>Cynodon dactylon</i> (L.) Pers. (Gramineae, Guntun ma)	Wp liquid for haemorrhage.
30	<i>Cyperus rotundus</i> L. (Cyperaceae, Kusa ghain)	Rt liquid for fever.
31	<i>Delphinium cooperi</i> Munz (Ranunculaceae)	Rh raw/liquid for fever.
32	<i>Didymocarpus leucocalyx</i> C.B. Clarke (Gesneriaceae, Kum kum)	Wp powder for incense.
33	<i>Dioscorea bulbifera</i> L. (Dioscoreaceae,	Rh powder/liquid for throat

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	Phahi)	sore.
34	<i>Dioscorea deltoidea</i> Wall. ex Griseb. (Dioscoreaceae, Vyakur)	Rh powder/liquid for anthelmintic
35	<i>Dipsacus inermis</i> Wall. Var. <i>inermis</i> (Dipsacaceae, Ban lain)	Rt powder for insecticide.
36	<i>Drymaria cordata</i> (L.) Willd. ex Roem. & Schult. (Caryophyllaceae, Kaacha ghain)	Wp juice for cut, wounds and eye ailment.
37	<i>Eclipta prostrata</i> (L.) L. (Compositae, Antalcha)	Wp raw for anthelmintic.
38	<i>Euphorbia heterophylla</i> L. (Euphorbiaceae, Duruo ghain)	St liquid for cut and wounds
39	<i>Euphorbia hirta</i> L. (Euphorbiaceae, Duruo ghain)	Wp liquid for antiseptic.
40	<i>Fagopyrum debotrys</i> (D. Don) H. Hara (Polygonaceae, Faaku waasha ma)	Rh powder/liquid for stomach ache
41	<i>Galium elegans</i> Wall. ex Roxb. (Rubiaceae)	Wp liquid for antiseptic.
42	<i>Gerbera maxima</i> (D. Don) Beauverd (Compositae, Jhule)	Rt powder/liquid for antiseptic.
43	<i>Girardinia diversifolia</i> (Link) Friis (Urticaceae, Dya nhakan)	Bd raw for diabetes.
44	<i>Hedychium spicatum</i> Sm. (Zingiberaceae, Pani sarro)	Rh decoction/liquid for cough and cold.
45	<i>Heracleum nepalense</i> D. Don (Umbelliferae, Ban jii)	Fr raw/powder for spice and flavourant.
46	<i>Hydrocotyl javanica</i> Thunb. (Umbelliferae)	Lf juice for ear pain.
47	<i>Imperata cylindrica</i> (L.) P. Beauv. (Gramineae, Kasi ghain)	Rt powder/liquid for anthelmintic.
48	<i>Iris decora</i> Wall. (Iridaceae, Tarwal swan)	Rt. Liquid for constipation.
49	<i>Lobelia pyramidalis</i> Wall. (Cmpanulaceae, Akalbir)	Wp powder for insecticide.
50	<i>Oxalis corniculata</i> L. (Oxalidaceae, Paauncha ghain)	Wp raw for appetizer.
51	<i>Pedicularis bifida</i> (Buck.-Ham. ex D. Don)	Pennell (Scrophulariaceae) Rt liquid for stomach ache
52	<i>Pedicularis gracilis</i> Wall. ex Benth. (Scrophulariaceae)	Rt liquid for stomach ache
53	<i>Pimpinella diversifolia</i> DC. (Umbelliferae)	Fr decoction for cough and cold.
54	<i>Plantago erosa</i> Wall. (Plantaginaceae)	Sd raw for constipation.

55	<i>Polygonatum verticilatum</i> (L.) All. (Liliaceae.)	Ys raw for tonic.
56	<i>Potentilla fulgens</i> var. <i>intermedia</i> Hook. f. (Rosaceae, Bajradanti)	Rt powder/raw for toothache.
57	<i>Roscoea purpurea</i> Sm. (Zingiberaceae, Local panch aunle)	Rh raw /powder for aphrodisiac.
58	<i>Rubia manjith</i> Roxb. ex Fleming (Rubiaceae, Majitho)	Rt liquid/paste for antiseptic and rheumatism.
59	<i>Satyrium nepalense</i> D. Don (Orchidaceae)	Rt juice for fever.
60	<i>Scutellaria discolor</i> Colebr. (Labiatae)	Rt raw/powder for fever.
61	<i>Selinum tenuifolium</i> Wall. ex C.B. Clarke (Umbelliferae)	Wp liquid for cough and cold.
62	<i>Solanum nigrum</i> L. (Solanaceae)	Fr raw for diabetes.
63	<i>Solidago virga-aurea</i> L. (Compositae)	Wp liquid for diarrhoea.
64	<i>Sonchus arvensis</i> L. (Compositae, Khaiken ma)	Wp raw for diabetes.
65	<i>Spilanthes calva</i> DC. (Compositae, Lata ghain)	Wp liquid for toothache.
66	<i>Spiranthes sinensis</i> var. <i>amoena</i> (M. Bieb.) H. Hara (Orchidaceae)	Rh raw/powder for aphrodisiac.
67	<i>Swertia angustifolia</i> Buch.-Ham. ex D. Don (Gentianaceae, Khalu ma)	Wp liquid for fever.
68	<i>Swertia chirayita</i> (Roxb. ex Fleming) H. Karst. (Gentianaceae, Khalu ma)	Wp raw/liquid for anthelmintic, diarrhoea, fever, headache and stomach ache.
69	<i>Swertia nervosa</i> (G. Don) C.B. Clarke (Gentianaceae, Khalu ma)	Wp liquid for fever.
70	<i>Thalictrum virgatum</i> Hook. f. & Thomson (Ranunculaceae)	Rt liquid for toothache.
71	<i>Tinospora sinensis</i> (Lour.) Merr. (Menispermaceae, Gurjo gana)	Rh juice/powder/liquid for diabetes and gastritis.
72	<i>Trichosanthes lepiniana</i> = <i>T. tricuspidata</i> Lour. (Cucurbitaceae, Indrayani)	Sd raw for throat sore.
73	<i>Urtica dioica</i> L. (Urticaceae, Nhakan)	Bd/Ys raw for diabetes.
74	<i>Valeriana hardwickii</i> Wall. (Valerianaceae, Chwamaycha)	Wp powder for incense.
75	<i>Valeriana wallichii</i> = <i>V. jatamansi</i> Jones (Valerianaceae, Chwamaycha)	Wp powder for incense.
76	<i>Viola serpens</i> Wall. (Violaceae)	Wp liquid for cough & cold.

SHRUB

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1	<i>Artemisia dubia</i> Wall. ex Besser (Compositae, Dhuswan)	Wp/Lf juice for antileech, cut & wound.
2	<i>Artemisia indica</i> Willd. (Compositae, Dhuswan)	Wp/Lf juice /liquid for antileech and indigestion.
3	<i>Berberis aristata</i> DC. (Berberidaceae, Ban marpasi)	Rt juice for stomach ache.
4	<i>Berberis asiatica</i> Roxb. ex DC. (Berberidaceae, Marpasi)	Rt juice for stomach ache.
5	<i>Cannabis sativa</i> L. (Cannabaceae, Gagima)	Sd raw/paste for diarrhoea.
6	<i>Cinnamomum tamala</i> (Buch.-Ham.) Nees & Eberm. (Lauraceae, Tej pat)	Br/Lf raw/powder for spice and flavourant.
7	<i>Coriaria nepalensis</i> Wall. (Coriariaceae, Hakupasima)	Lf liquid for antiseptic.
8	<i>Daphne papyracea</i> Wall. ex steud. (Thymelaeaceae, Lokta)	Rt liquid for antidote to poison and fever.
9	<i>Dichroa febrifuga</i> Lour. (Hydrangeaceae)	Rt liquid for antidote to poison and fever.
10	<i>Elsholtzia flava</i> (Benth.) Benth. (Labiatae, Ban tumo)	Lf juice paste for insect bite.
11	<i>Eupatorium chinense</i> L. (Compositae, Ban mara)	Lf juice for cut and wound.
12	<i>Eupatorium adenophorum</i> Spreng. (Compositae, Ban mara)	Wp/Lf liquid/juice for antiseptic, cut and wound.
13	<i>Gaultheria fragrantissima</i> Wall. (Ericaceae, Dhaisikacha)	Wp liquid for rheumatism.
14	<i>Inula cappa</i> (Buch.-Ham. ex D. Don) DC. (Compositae, Kan pate)	Rt liquid/dicoction for epilepsy and rheumatism.
15	<i>Justicia adhatoda</i> L. (Acanthaceae, Aaleha)	Inf/Lf liquid for fever.
16	<i>Lindera pulcherrima</i> (Nees) Benth. ex Hook. f. (Lauraceae, Siltimur)	Br/Lf raw/powder for spice and flavourant.
17	<i>Maesa chisia</i> Buch.-Ham. ex D. Don (Myrsinaceae, Bilauni)	Br powder for insecticide.
18	<i>Mahonia nepaulensis</i> DC. (Berberidaceae, Jamane Mandro)	Fr/Br juice for diarrhoea and dysentery.
19	<i>Osbeckia nepalensis</i> Hook. (Melastomataceae)	Fl/Lf paste for cut and wounds.
20	<i>Osbeckia stellata</i> Buch.-Ham. ex D. Don. (Melastomataceae)	Fl/Lf paste for cut and wounds.
21	<i>Phyllanthus emblica</i> L. (Euphorbiaceae, Amo/Dyapasi)	Fr/Sd raw for cough and cold.
22	<i>Prinsepia utilis</i> Royle. (Rosaceae, Dhatelo)	Fr oil for body pain, joint pain and rheumatism.
23	<i>Ricinus communis</i> L. (Euphorbiaceae,	Lf/Fr dicoction/liquid for

	Ala ma)	body pain and antidote to snake bite.
24	<i>Rubus ellipticus</i> Sm. (Rosaceae, Yelsima)	Rt liquid for anthelmintic.
25	<i>Sarcococca coriacea</i> (Hook.) Sweet (Buxaceae)	Lf liquid for scabies and skin diseases.
26	<i>Smilax aspera</i> L. (Liliaceae, Kukurdyno)	St/Lf liquid for meternity problems/post pregnancy & scabies and skin diseases.
27	<i>Smilax lanceifolia</i> Roxb. (Liliaceae, Kukurdyno)	Rt powder for insecticide.
28	<i>Solanum aculeatissimum</i> Jacq. (Solanaceae, Kantakari)	Fr/Rt liquid for jaundice.
29	<i>Solanum pseudo-capsicum</i> L. (Solanaceae)	Fr raw for diabetes.
30	<i>Thysanolaena maxima</i> (Roxb.) Kuntze (Gramineae, Tuphima)	Rt liquid for anthelmintic.
31	<i>Vitex negundo</i> L. (Verbenaceae, Bosingali)	Lf powder for cough and cold.
32	<i>Wordfordia fruticosa</i> (L.) Kurz (Lythraceae, Dhainyaro)	Fl juice for dysentery.
33	<i>Zanthoxylum armatum</i> DC., (Rutaceae, Timuma)	Fr juice/raw/powder for antileech, appetizer, indigestion, spice & flavourant.
34	<i>Zanthoxylum oxyphyllum</i> Edgew. (Rutaceae, Ban timuma)	Lf/Fr juice for antileech.

TREE

1	<i>Bauhinia purpurea</i> L. (Leguminosae, Ban kunopma)	Fl raw for diarrhoea & dysentery.
2	<i>Bauhinia variegata</i> L. (Leguminosae, Kunopma)	Fl raw for diarrhoea & dysentery.
3	<i>Lyonia ovalifolia</i> (Wall.) Drude (Ericaceae, Degdhyasima) Br paste for scabies & skin diseases.	
4	<i>Melia azedarach</i> L. (Meliaceae, Khayubakasima)	Br/Sd juice /raw for anthelmintic.
5	<i>Myrica esculanta</i> Buch.-Ham. ex D. Don (Myricaceae, Kapasima) Br liquid for fever.	
6	<i>Nyctanthes arbor-tristis</i> L. (Oleaceae, Parijat)	Lf liquid for fever.
7	<i>Rhus javanica</i> L. (Anacardiaceae, Bhamo chhasima)	Fr liquid for diarrhoea.

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8	<i>Schima wallichii</i> (DC.) Korth. (Theaceae, Gwe chhasima)	Br powder for antiseptic.
9	<i>Syzygium cumini</i> (L.) Skeels (Myrtaceae, Gulumusya ma)	Br juice for dysentery.

(Br=Bark, Bd=Bud, Fl=Flower, Fr=Fruit, Inf=Inflorescence, Lf=Leaf, Rh=Rhizome, Rt=Root, Sd=Seed, St=Stem, Wp=Whole plant, Ys=Young shoot)

DISCUSSION

Most of the plant species had multiple uses which were used in the treatment of 35 types of diseases and other conditions.

At the time of the ethnobotanical information of medicinal plant in study area, it was noted that a single disease, for example, Rheumatism was treated by number of different plant species such as *Gaultheria fragrantissima*, *Inula cappa*, *Prinsepia utilis*, *Rubia manjith* etc. Similarly a single plant like *Swertia chirayita*, *Bergenia ciliata*, *Asparagus racemosus* or *Astilbe rivularis* were used to cure a number of diseases. For example, *Swertia chirayita* was used for treating headache, fever, anthelmintic and sometimes also used for diarrhoea. Among all the above mentioned 119 medicinal plant species, *Asparagus racemosus*, *Astilbe rivularis*, *Bergenia ciliata* forma *ligulata* and *Swertia chirayita* were most widely used. Similarly, popularly used other plant species were *Eupatorium adenophorum*, *Centella asiatica*, *Drymeria cordata* and *Zanthoxylum armatum*.

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