Medicinal Plants & Herbal Remedies of Meghalaya

Based on a paper published in the Indian Journal of Traditional Knowledge in May 2006
What to expect in this Presentation

• Highlights of a paper on herbal remedies among the Khasi traditional healers and village folks in Meghalaya By S R Hynniewta & Yogendra Kumar published in May 2006.
• A list of 54 herbal plants used by traditional healers of Meghalaya
• First-hand information on the herbal remedies, including mode of application and dosage*
• The Zizira touch:
  – An image of all the plants
  – Curated content providing you additional information on each medicinal plant with related links.

*These were obtained with great difficulty as the traditional healers are not always open to sharing their knowledge
Summary of the Ethnobotanical Survey
Introduction

SR Hynniewta & Yogendra Kumar, two scientists from the Department of Botany, North-Eastern Hill University, Shillong, through an ethnobotanical survey, set out to gather information on the herbal remedies practiced in Meghalaya.

Why? They wanted to document the vast knowledge possessed by traditional healers, most of which was passed on only by word of mouth.

“Therefore, it is interesting to record the traditional wisdom about plant wealth of their surroundings though there is a steady decline in human expertise capable of recognizing various medicinal plants. A paper was brought forward based on the folklore medico-botany of the Khasi and Jaintia tribes in Meghalaya” write the authors.

But information was not easy to come as the practitioners were not ready to share their knowledge – it was like a trade secret. The end result of the hard work they itemized 54 plant species that were being used as herbal medicines.
Important observations

• It was noticed that the expertise of traditional healing was being handed down from one generation to the next.

• The traditional healers practiced either at home or at a set place in the weekly market.

• Each village had one or two traditional healers
# How the Ethnobotanical Survey went

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<tr>
<th>When</th>
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| The survey was conducted from Jan. 2005 to April 2006 | The Districts of:  
  - West Khasi Hills  
  - East Khasi Hills  
  - Ri-Bhoi | • Traditional healers  
 • People who had been successfully treated  
 • Village elders who had experience with traditional medicines | • The medicinal plants recorded during the work listed in an alphabetical order, by botanical names.  
 • Herbal remedies using each plant recorded. |

## Things taken care of

| Guidance from village headman, community leaders and priests were sought | All the seasons were covered | The specimen were collected by field visits and identified | The final identification was by the Herbarium of the Botany Department of North-Eastern Hill University (NEHU) |
• Get ready for the list of 54 medicinal plants identified in this survey as being
• Used by traditional healers in Meghalaya
• Arranged in the alphabetical order of their Botanical name
• The family name and the local name of each medicinal plant provided
• Herbal remedies with each of the plants given
• Zizira researched additional information, related links and an image of each plant.
1. Allium Sativum

BOTANICAL NAME: *Allium sativum* L.

FAMILY: Liliaceae

LOCAL NAME: Rynsun

USES: Bulb is fried in mustard oil; oil is used for massaging new-borns and is taken orally for cough. Bulb is also taken with hot milk to relieve cough. Raw bulb is chewed for mouth sores.

Zizira’s curated content corner:

This is Cultivated Garlic

*The clustered bulbs of the garlic plant contain pungent volatile sulphur compounds. These make garlic valuable for cooking, and also contribute to its medicinal uses, such as lowering blood pressure and potentially reducing cholesterol. Originally from central Asia.*

Source & further reading
2. Allium Tuberosum Roxb

BOTANICAL NAME: *Allium tuberosum* Roxb.

FAMILY: *Liliaceae*

LOCAL NAME: Rynsun

USES: Leaf decoction is given in urinary troubles and as diuretic.

**Zizira’s curated content corner:**

The whole plant is antibacterial, cardiac, depurative, digestive, stimulant and a tonic.

It is an anti-emetic herb that improves kidney function. It is used internally to treat urinary incontinence, kidney and bladder weaknesses etc. The seed is carminative and stomachic.

They are used in India in the treatment of spermatorrhoea. The leaves and the bulbs are applied to bites, cuts and wounds.

Source of text & further reading
3. Acorus Calamus

BOTANICAL NAME: Acorus calamus L.,
FAMILY: Araceae,
LOCAL NAME: Bet, Ryniaw

USES: Leaf decoction is taken daily in case of paralysis. Decoction of underground plant part is fomented on the body of a paralytic patient. Roots and leaves are used for the treatment of epilepsy, stomach problems in newborn, and ailments due to evil eye.

Zizira’s curated content corner:

From a scientific paper titled: ‘The lesser-known medicine Ka Dawai Niangsohpet of the Khasis in Meghalaya, Northeast India’: Acorus calamus is one of 20 herbs used to prepare a herbal medicine to treat infantile diarrhoea and jaundice.

Source & more reading

Image source: http://fkims.org
3. Acorus Calamus

Zizira’s curated content corner continued:

The fragrant underground portion (the rhizome) has been used medicinally since biblical times. Popular European books on medicinal plants touted calamus as a “wonder drug.” It was commonly used in folk medicine as a nervine, most likely linked to the tranquilizing effect of cis-isoasarone (the major component of the oil). It has been used in traditional medicine for the treatment of digestive disorders and childhood colic. Source

A. calamus has been an item of trade in many cultures for thousands of years. It has been used medicinally for a wide variety of ailments, and its aroma makes calamus essential oil valued in the perfume industry. Source

Image source: http://fkims.org
4. Ageratum Conyzoides

BOTANICAL NAME: Ageratum conyzoides L
FAMILY: Asteraceae
LOCAL NAME: Kynbat myngai
USES: Leaf paste is applied on cuts and wounds.

Zizira’s curated content corner:
USES: As a medicinal plant, Ageratum conyzoides has limited uses due to its toxicity. It is also an insecticide and nematicide.\(^4\)

TOXICITY: Ingesting A. conyzoides can cause liver lesions and tumors. There was a mass poisoning incident in Ethiopia as a result of contamination of grain with A. conyzoides. The plant contains the pyrrolizidine alkaloids lycopsamine and echinatine.

Source
5. Anotis Wightiana Wall

BOTANICAL NAME: *Anotis wightiana* Wall.,
FAMILY: *Rubiaceae*
LOCAL NAME: *Batlynka smaiwtung synlei*
USES: Paste of whole plant of *Anotis wightiana* Wall., *Hypericum laxum* (Bl.) Koidzumi, & *Leucas ciliate* Benth., and leaves of *Paederia foetida* L. is used as an antidote for snakebite

**Zizira’s curated content corner continued:**
Very little information is available.

A scientific paper on ‘New biologically active triterpenoid saponin from the aerial parts of *Neanotis wightiana* [2013]’

Image source: http://www.zhiwutong.com/
6. Areca Catechu

BOTANICAL NAME: Areca catechu L.,
FAMILY: Arecaceae
LOCAL NAME: Kwai
USES: Nut chewed with Piper betle L. and lime is applied on cuts.

Zizira’s curated content corner: This is arecanut

A paper on ‘Areca catechu L. (Arecaceae): a review of its traditional uses, botany, phytochemistry, pharmacology and toxicology’ says:

As an important herbal medicine, A. catechu has potential for the treatment of many diseases, especially parasitic diseases, digestive function disorders, and depression. Many traditional uses of A. catechu have now been validated by current investigations. However, further research should be undertaken to investigate the clinical effects, toxic constituents, target organs, and pharmacokinetics and to establish criteria for quality control for A. catechu-derived medications.
7. Begonia Roxburghii

BOTANICAL NAME: A. DC.,

FAMILY: Begoniaceae

LOCAL NAME: LN: Jajew jylwang

USES: Leaf decoction is used for bathing a person with measles for quick relief. Tuber paste is taken in diarrhoea and dysentery. The tubers with fruits of Soh-lena heterophylla Lour. are taken to relieve fever Rootstock is taken in bile dysentery

Zizira’s curated content corner:

MODE OF USES: The stem extract is taken for the treatment of tongue abnormalities and an extract of the whole plant is taken thrice daily for the treatment of jaundice (Chakma).

Root and leaf extract is taken in diarrhoea and dysentery (Murang). Source
8. Brunella vulgaris L

BOTANICAL NAME: Brunella vulgaris L
FAMILY: Lamiaceae
LOCAL NAME: LN: Jahynwet
USES: Tender leaf paste is applied on cuts and wounds for quick healing.

Zizira’s curated content corner:
It is now referred to as Prunella, not Brunella

Here is a Scientific paper on Brunella Vulgaris titled ‘Floral Biology and Pollination in Prunella Vulgaris in Kashmir Himalaya’. All about its propagation. No information on the medicinal properties

Source of text below

Image source: luiirig.altavista.org
9. Centella Asiatica

BOTANICAL NAME: *Centella asiatica* (L.)
FAMILY: Apiaceae
LOCAL NAME: Khliang syiarlbong syiar

USES: Leaves are taken raw to cure blood deficiency and helps in purification of blood. Whole plant is also taken for blood dysentery.

**Zizira’s curated content corner:**

It is what is called *Brahmi* in South India.

*In traditional herbal medicine, Gotu kola has been used for varicose veins, chronic venous insufficiency, psoriasis, and minor wounds. According to the American Cancer Society, “Although at least one laboratory study of tumor cells showed reduced cell growth with gotu kola, available scientific evidence does not support claims of its effectiveness for treating cancer or any other disease in humans”. [Source]*
10. Cheilanthes Albomarginata

BOTANICAL NAME: *Cheilanthes albomarginata*

FAMILY: *Cheilanthaceae*

LOCAL NAME: *Tyrkhang lieh*

USES: Ground frond is applied over boils

**Zizira’s curated content corner:**

A paper titled ‘Evaluation of *in vitro and in vivo Biological Activities of Cheilanthes albomarginata Clarke*’ says: the chemical properties of this fern that gives it an anti-oxidant and anti-inflammatory properties.

*The current study suggests that the ethyl acetate and butanol extracts of CA are potential source for antioxidant, anti-inflammatory and anti-adipogenic remedies. In addition to that the results of in vivo studies evidenced the possibility of CA as a source of anti-obesity drug remedies.*
11. *Citrus medica* L

**BOTANICAL NAME:** *Citrus medica* L  
**FAMILY:** Rutaceae  
**LOCAL NAME:** Sohmad  

**USES:** Leaf decoction is used for bathing new-borns and infants to prevent them from cold.  

**Zizira’s curated content corner:**  
It has been used in traditional medicine systems for centuries and the essential oil from the peel is thought to have antibiotic properties.  

*Citron* contain ascorbic acid which converts to vitamin C in the body and three of the *B-complex* vitamins, thiamin, riboflavin and niacin, and the *minerals* calcium, phosphorus, iron, and also carotene.  

[Source & further reading](#)

BOTANICAL NAME: *Clerodendron colebrookianum* Walp.

FAMILY: Verbenaceae

LOCAL NAME: Jarem

USES: Leaf decoction is taken against high blood pressure, malaria and liver troubles. Leaves are first warmed over fire and then leaf paste is applied over the body in case of rheumatism.

**Zizira’s curated content corner:**

*It is a common medicinal plant used for rheumatic pains by the Khasi and Jaintia tribes of Meghalaya. It is believed that the smell of the wood relieves children from many diseases. It is a popular folk remedy for hypertension throughout north-eastern India.*

A paper on Phytopharmacological Review of the plant“

“the leaves of this plant are used by the indigenous people of Northeast India as a remedy for the treatment of intestinal tapeworm infections. It is traditionally used in the treatment of diabetes, hypertension, cough and rheumatism.”
13. Coix Lacrymajoabi L

BOTANICAL NAME: Coix lacrymajoabi L
FAMILY: Poaceae
LOCAL NAME: Sohriew
USES: Leaf juice is taken in diarrhoea, dysentery, fever, small pox and as tonic.

Zizira’s curated content corner:
The seeds and root of the plant are used for medicinal purposes to cure various ailments such as arthritis, high cholesterol, warts and hay fever. Coix is one of the most popular food herbs used to treat stiffness and pain in the joints.

Source & more reading
14. Crassocephalum Crepidioides (Benth.)

BOTANICAL NAME: *Crassocephalum crepidioides* (Benth.)

FAMILY: Asteraceae

LOCAL NAME: *Jathymmai*

USES: Leaf paste is applied on cuts and wounds.

**Zizira’s curated content corner:**

*It is also called Okinawa Spinach.*

The leaves are used to treat indigestion. The leaf sap is given to treat upset stomach. A leaf lotion or decoction is used to treat headaches. A mixture of the leaf sap, combined with *Cymbopogon giganteus*, is used orally and externally for the treatment of epilepsy. Tannin found in the roots of the plant is used to treat swollen lips.

*Source & more*
15. Dendrobium Chrysanthum Lindl.,

BOTANICAL NAME: *Dendrobium chrysanthum* Lindl.,

FAMILY: Orchidaceae

LOCAL NAME: *Tiew lyngskaw*

USES: Stem paste mixed with little water is applied externally on injuries and after setting a fractured bone.

**Zizira’s curated content corner:**

A variety of Orchid.

A scientific paper on Cryopreservation of this medicinal orchid says:

*On account of excellent herbal medicinal value and horticultural importance, D. chrysanthum is becoming rare due to over exploitation.*

Contd. in the next slide...
15. Dendrobium Chrysanthum Lindl.,

Zizira’s curated content corner:
Source & more

Introduction

Dendrobium chrysanthum Wall. Ex Lindl. Is one of the most popular orchid of highly diversified genus Dendrobium. It’s an epiphyte orchid distributed mostly in the Northeast Indian States of Sikkim, Meghalaya and West Bengal, Darjeeling) having high pharmacopoeia. The stem of this plant, known as Shifu or HuangCao is used in traditional Chinese medicine for antipyretic eyes-benefitting and immunomodulatory effects (Yang et.al. 2006). This species contributes one of the major sources of Caulis Dendrobii crude drug in herbal markets. On account of excellent herbal medicinal value and horticultural importance. D. chrysanthum is considerably becoming rare due to over exploitation. A long-term preservation method could, therefore, be an important tool for reacting quickly to changing market demands as well as for conversation as pect with minimum space and maintenance requirement.
16. *Dischidia nummularia* Br.,

**BOTANICAL NAME:** *Dischidia nummularia* Br.,

**FAMILY:** Asclepiadaceae

**LOCAL NAME:** Kynbat kudam

**USES:** Leaf paste is applied on wounds, injuries and bone fractures.

**Zizira’s curated content corner:**

It is called button orchid.

The leaves are used to treat gonorrhoea and tropical sores (aphthae tropicae). Its latex is used to ease the pain from the stings of spiny catfishes.

[Source of above & more](http://www.mygardenlife.com)
17. Drymaria Cordata (L.) Willd.

BOTANICAL NAME: *Drymaria cordata* (L.) Willd. ex Roem. & Schult.,
FAMILY: Caryophyllaceae
LOCAL NAME: Kynbat thalap
USES: Whole plant paste is applied against leprosy. Leaf paste is applied in case of snakebite.

**Zizira’s curated content corner:**
Referred to as Tropical Chickweed

Yonzone and Mandal (1988) have shown that the plant has medicinal value in West Bengal, India. A number of studies have reported anti-inflammatory effects. A number of biologically active compounds have been isolated from the leaves of this taxon including drymaritin which exhibits anti HIV properties.

[Source of above & more](http://www.botany.hawaii.edu/)
18. *Eriosema himalaicum* Ohashi.,

BOTANICAL NAME: *Eriosema himalaicum* Ohashi.,  
FAMILY: *Fabaceae*  
LOCAL NAME: *Sohpen*  
USES: Tubers are taken orally against dysentery. Tuber paste is taken with honey to prevent bad breath coming from the mouth.
19. Eryngium foetidum

BOTANICAL NAME: Eryngium foetidum L.,
FAMILY: Apiaceae
LOCAL NAME: Dhonia khlaw, Kynbat ksuid
USES: Victims of fits and epilepsy are made to smell the leaf paste.

Zizira’s curated content corner:
- The longish leaves at the bottom is the herb. The top part is the flower
- The essential oil from the leaves of long coriander is rich in aliphatic aldehydes, most of which are α,β unsaturated. Source
- Eryngium foetidum is a tropical perennial and annual herb in the family Apiaceae. Its scientific Latin name literally translates as "foul-smelling thistle". Common names include culantro (/ˈkuːləntroʊ/ or /ˈkuːˈlæntroʊ/), Mexican coriander and long coriander. Source
- An informative blog titled “Culantro: A Much Utilized, Little Understood Herb”. It says: The plant is used in traditional medicines for fevers and chills, vomiting, diarrhoea, and in Jamaica for colds and convulsions in children (Honeychurch 1980). The leaves and roots are boiled and the water drunk for pneumonia, flu, diabetes, constipation, and malaria fever.
20. **Erythrina arborescens Roxb.**

**BOTANICAL NAME:** *Erythrina arborescens* Roxb.,

**FAMILY:** Fabaceae

**LOCAL NAME:** Diengan

**USES:** Stem pieces (about 15 cm) burnt at the tip and are smoked like a cigar. The smoke relieves toothache and prevents dental caries.

**Zizira’s curated content corner:**

Known as coral tree and flame tree.

A scientific paper on “TRADITIONAL USES, MEDICINAL AND PHYTOPHARMACOLOGICAL PROPERTIES OF ERYTHRINA INDICA LAM: AN OVERVIEW” says: The different extract of Erythrina indica and species shows anthelmintic activity, anti-osteoporotic effect, cytotoxic, anti-ulcer activity, analgesic, antioxidant activity, diuretic activity

[Source & more reading]
21. Flemingia procumbens Roxb.,

BOTANICAL NAME: *Flemingia procumbens* Roxb.,

FAMILY: *Fabaceae*

LOCAL NAME: *Sohphlang*

USES: Tuber skin is taken raw for deworming.

**Zizira’s curated content corner:**

Uses: Root juice as an anthelmintic, for dysentery and stomach ache. Outer skin of tubers anthelmintic and fish poison. [CRC World Dictionary of Medicinal and Poisonous Plants]

Source & further reading
22. Gaultheria Fragrantissima

BOTANICAL NAME: *Gaultheria fragrantissima* Wall

FAMILY: *Ericaceae*

LOCAL NAME: *Lathynrait*

USES: Leaf juice of Gaultheria fragrantissima Wall., Clerodendron colebrookianum Walp. and Eucalyptus maculate Hook. is massaged over the body of people suffering from rheumatism and paralysis. In case of migraines and pneumonia the juice is applied over the forehead.

**Zizira’s curated content corner:**

This is Indian Wintergreen and belongs to the Rhododendron family.

Therapeutic constituents: The volatile oil, obtained by the steam distillation of Indian Winter Green leaves, contains methyl salicylate, which possesses stimulant, carminative and antiseptic properties.

Contd. In the next slide...
22. Gaultheria Fragrantissima

Zizira’s curated content corner:

Key therapeutic benefits:

The essential oil of Indian Winter Green has anti-inflammatory and antispasmodic properties, which help alleviate the pain associated with joint ache and rheumatism.

Source & more reading

The essential oil obtained from the leaves is antiseptic, aromatic, carminative and stimulant. It is used in the treatment of rheumatism, scabies and neuralgia. It is also taken internally in the treatment of hook worms. The juice of the leaves is used in the treatment of coughs. Both the juice and the whole leaves are used as an anthelmintic that is effective against hookworms. The unripe fruits are chewed or made into a juice to treat stomach troubles.

Source & more reading
23. Geranium Nepalense Sweet

BOTANICAL NAME: *Geranium nepalense* Sweet

FAMILY: Geraniaceae

LOCAL NAME: Batlmieng

USES: Leaves are chewed to relieve from toothache and bleeding gums.

**Zizira’s curated content corner:**

Action: Astringent, styptic, used in renal diseases, diarrhoea, internal and external bleeding. Also used topically for ulcers and haemorrhoids. Claimed Therapeutical Values: Antitoxic, stops diarrhoea, alleviates arthritis pain, intestinal infection, dysentery, anti rheumatic, bacillary diseases. (Taiwanese Native Medicinal Plants). [Source & more reading](#)

A scientific paper titled “Anti-inflammatory activities of fractions from *Geranium nepalense* and related polyphenols.” says:

*Geranium nepalense* Sweet is a common Chinese herbal medicine and has been used as influenza, dysentery, antiphlogistic and analgesic tonic, hemostatic, stomachic, and antidiabetic drugs.

Image source: http://static.inaturalist.org/
24. Hedyotis Uncinella Hook & Arn

BOTANICAL NAME: *Hedyotis uncinella* Hook & Arn

FAMILY: *Rubiaceae*

LOCAL NAME: *Bationg*

USES: Leaf paste is applied for insects’ stings. It is also applied for skin diseases

**Zizira’s curated content corner:**

*Finds mention in a book on Taiwanese Native Medicinal Plants*
25. Houttuynia Cordata Thunb

BOTANICAL NAME: *Houttuynia cordata* Thunb

FAMILY: Saururaceae

LOCAL NAME: Jamyrdoh

USES: Leaf juice is taken for cholera, dysentery, curing of blood deficiency and purification of blood.

**Zizira’s curated content corner:**

Also called Bishop’s weed or chameleon plant.

A YouTube video on how to detoxify with Houttuynia Cordata medicinal plant.

Knowns as Dokudami in Japanese. Dokudami is a perennial herb native to Japan, China, and Korea. It has a long-standing culinary use in Asian cooking and has been used for centuries in Ayurvedic traditional medicine. It’s believed to offer positive benefits to the immune system and respiratory tract.

Source & more reading
26. Hypericum Laxum(Bl.) Koidzumi

BOTANICAL NAME: *Hypericum laxum*(Bl.)
FAMILY: Hypericaceae
LOCAL NAME: *Bat rit sla*

USES: Extract of whole plant of *Anotis wightiana* Wall., *Hypericum laxum* (Bl.) Koidzumi & *Leucasiliata*Benth., and *Paederia foetida* L. leaves is used as an antidote for snakebite.

**Zizira’s curated content corner:**
Not much information on this is available. But plenty on *Hypericum perforatum*, also called St. John’s Wort

Image source: http://flowers2.la.coocan.jp/
27. Kaempferia Galangal L.,

BOTANICAL NAME: *Kaempferia galanga* L.,
FAMILY: Zingiberaceae
LOCAL NAME: *Sying shmoh*

USES: Rhizome is taken orally against poisoning when there is blood vomiting. In infants, the rhizome is applied for mouth sores and tongue blisters.

**Zizira’s curated content corner:**
Also referred to as lesser galangal. Does not have a stem, like other galangal. (note: in its name it has ‘galanga’, without the ‘L’, not galangal).

The whole plant is used as a postpartum protective medicine, treatment for stomachache, diarrhoea, dysentery, treatment for rheumatism, swellings, fever, coughs, asthma and as a tonic/lotion.

Source & more reading
28. Lactuca Laevigata (Bl.)

BOTANICAL NAME: *Lactuca laevigata*
FAMILY: Asteraceae
LOCAL NAME: *Khmut sim Jhur kthang*
USES: Leaves are taken against high blood pressure, diabetes and skin infections on the face.

**Zizira’s curated content corner:**

Lettuce family. The only image found online was of a dried specimen collected in 1907 in the present day Taiwan.

A study titled: “*Anti-Diabetic Activity of Ethanolic Extract of Lactuca Laevigata (Bl.) Dc. Leaves*”

*concluded: the ethanolic extract of Lactuca laevigata Blume leaves was found to be effective against alloxan and streptozotocin induced diabetes and therefore supported the ethnobotanical and traditional belief on antidiabetic effect of the plant Lactuca laevigata.*

Image source: https://en.wikipedia.org/wiki/Lactuca
29. Leucas Ciliata Benth

BOTANICAL NAME: *Leucas ciliata* Benth

FAMILY: *Lamiaceae*

LOCAL NAME: *Bat nian-glynur*

USES: Extract of whole plant of *Anotis wightiana* Wall., *Hypericum laxum* (Bl.) Koidzumi & *Leucas ciliate* Benth., and *Paederia foetida* L. leaves is used as an antidote for snakebite.

Zizira's curated content corner:

Not much information is available online.

*Here is a site* which gives botanical details of the plant and says it is used medicinally

*Info about the family of ‘Leucas’ here.* *The plants of genus Leucas have been used by the tribals in various parts of Asia, Africa, and India. Widely employed different species, their parts, and mode of application/administration in various diseases are presented ….*

Image source: http://flickriver.com/
30. *Leucosceptrum Canum Smith*.

**BOTANICAL NAME:** *Leucosceptrum canum* Smith.,

**FAMILY:** Lamiaceae

**LOCAL NAME:** Soh Kjit

**USES:** Root decoction and root juice is taken in malaria.

**Zizira’s curated content corner:**

Mentioned in Page 221 of [a paper on the folks medicinal plants of the Nagas in India](http://example.com).

*It says:* The white cottony tomentum is scraped from the leaves and applied as a hemostatic; inflorescences are soaked in water and drunk as astringents, stimulants and a tonic.

A hand drawn illustration of the plant [here](http://example.com).

Image source: [http://www.plant.csdb.cn](http://www.plant.csdb.cn/)
31. Myrica nagi (non Thunb.) Hook.,

BOTANICAL NAME: *Myrica nagi* (non Thunb.) Hook.,

FAMILY: *Myricaceae*

LOCAL NAME: Sohlia

USES: Stem bark is taken in powdered form against dysentery.

**Zizira’s curated content corner:**

It is called Box Myrtle. Looks like it is the same as Sohpie Nam. *Myrica nagi* is an evergreen tree growing to 12 m in height (39ft 4in). The bark is anti-rheumatic, anti-septic, aromatic, astringent, carminative and ophthalmic stimulant. It has proved useful in the treatment of fevers, asthma and coughs. The juice is applied to treat rheumatism.

Mixed with ginger, it is used as a rubefacient in the treatment of cholera. The juice of the bark is taken internally in the treatment of catarrh and headaches, and is applied externally to cuts and wounds. A decoction of the bark is used in the treatment of fevers, asthma and diarrhoea. This decoction is boiled to form a gelatinous mass that is applied as a poultice on sprains. Combined with the bark of *Quercus lanata*, it is used as a decoction in the treatment of dysentery. The juice of the unripe fruit is used as an anthelmintic.

[Source & more reading](#)

Contd. in the next slide..
31. Myrica nagi (non Thunb.) Hook.,

Zizira’s curated content corner:

The bark skin and the fruits of Katphala have great medicinal value. The herb is used both, internally as well as externally. Externally, the powder of its bark skin is sprinkled on the wounds for better healing. The wax from the fruits is said to be used as an application for ulcer healing. The powder of the bark is inhaled as a snuff in catarrh and headache.

Source & more reading
32. Oxalis Corniculata L.,

BOTANICAL NAME: Oxalis corniculata L.,
FAMILY: Oxalidaceae
LOCAL NAME: Sohhia khnai
USES: Whole plant ground with Drymaria cordata (L.) Willd. ex Roem. & Schult., mixed with water and is taken against fever with vomiting.

Zizira’s curated content corner:
The leaves of wood sorrel are quite edible, with a tangy taste of lemons. A drink can be made by infusing the leaves in hot water for about 10 minutes, sweetening and then chilling. The entire plant is rich in vitamin C. Any wood sorrel is safe in low dosages, but if eaten in large quantities over a length of time can inhibit calcium absorption by the body.

Source & more reading
Contd. In the next slide

Image source: http://www.terrain.net.nz/
Zizira’s curated content corner: Contd

It is used in the treatment of influenza, fever, urinary tract infections, enteritis, diarrhoea, traumatic injuries, sprains and poisonous snake bites. An infusion can be used as a wash to rid children of hookworms.

Source & more reading

Wood sorrel is small plant which is often found as weed all over the world. It is often called yellow wood sorrel or sleeping beauty, specie that is fragile and herbaceous.

The plant is small creeper which grows from the nodes and has been administered for various edible and medicinal uses.

Source & more reading

Image source: http://www.discoverlife.org/
33. Paederia Foetida L

BOTANICAL NAME: *Paederia foetida* L

FAMILY: Rubiaceae

LOCAL NAME: *Jyrmi smaiwtung*

USES: Extract of whole plant of *Anotis wightiana* Wall., *Hypericum laxum* (Bl.) Koidzumi, & *Leucasciliata* Benth., and *Paederia foetida* L. leaves is used as an antidote for snakebite.

**Zizira’s curated content corner:**

Leaves can be eaten raw or cooked. The odour goes away on cooking but a slight bitterness remains. The leave are rich in carotene and Vitamin C.

**Source & more reading**

Long used in Indian folk medicine for aches and pains, a 2004 study in Bangladesh showed it has analgesic properties. It also has antioxidant activity. A 2005 study also showed it was good for lessening the symptoms of diarrhoea. Traditionally it was used to treat dysentery but a 1991 study showed antibiotics worked better. Leaf juice mixed with garlic is a folk remedy for arthritis. Juice of the root is given for indigestion. [Source](#)

[Image source: Flickr]
34. Passiflora Edulis Sims

BOTANICAL NAME: Passiflora edulis Sims
FAMILY: Passifloraceae
LOCAL NAME: Sohbrap
USES: Juice of tender plant leaves ground with Psidium guajava L. leaves is taken in blood dysentery.

Zizira’s curated content corner:
MEDICINAL USES: There is currently a revival of interest in the pharmaceutical industry, especially in Europe, in the use of the glycoside, passiflorine, especially from P. incarnata L., as a sedative or tranquilizer. Italian chemists have extracted passiflorine from the air-dried leaves of P. edulis. In Madeira, the juice of passion fruit is given as a digestive stimulant and treatment for gastric cancer.

Source & more reading
35. Phrynium Pubinerve Bl.,

BOTANICAL NAME: *Phrynium pubinerve* Bl.,

FAMILY: *Marantaceae*

LOCAL NAME: Slamet

USES: Plant rhizome along with mature leaves of Zanthoxylum Acanthopodium DC., *Pteridium aquilinum* rhizome, *Sarcandra glabra* (Thunb.) Na-kai. leaves and *Polygonum alatum* Spreng. leaves are mixed together and grounded. The fine mixture is then wrapped into many small packets with Phrynium pu-binervi Bl., leaf and the packets are heated in the fire covered with ash so that they do not get burnt. After half an hour, all the packets are taken out while it is hot and the contents of each packet is then emptied into a piece of white cloth and tied at one end. It is then fomented on the body of persons suffering from leprosy and also in paralytic patients. This hot mixture is effective in treating various kinds of skin diseases as well. In case of boils, the rhizome paste is applied locally.

**Zizira’s curated content corner:**

A paper on the family *Marantaceae* mentions this herb in Page 217.

USES. Juice from the stem is used to cure irritant eyes; the stem is used for weaving or to keep roof thatching in place (Poulsen et al. 2791).
36. Pinus Kesiya Royle ex Gordon

BOTANICAL NAME: *Phrynium pubinerve* Bl.

FAMILY: Pinaceae

LOCAL NAME: Kseh khasi

USES: Young shoots are taken early in the morning to get relieve from cough in children.

Contd. in the next slide

Zizira’s curated content corner:

*Pinus kesiya* (Khasi pine, Benguet pine or three-needled pine) is one of the most widely distributed pines in Asia. The common name "Khasi pine" is from the Khasi hills in India, and "Benguet pine" is from the landlocked province of Benguet in Luzon, Philippines, where it is the dominant species of the Luzon tropical pine forests.

Source & more reading

All the details about growing it is given here

No further information on the medicinal use of this plant could be found.
37. Potentilla Fulgens Wall.,

BOTANICAL NAME: *Potentilla fulgens* Wall.,

FAMILY: *Rosaceae*

LOCAL NAME: Lynniang

USES: Roots are edible and effective against high blood pressure.

**Zizira’s curated content corner:**

A scientific paper on “Gastroprotective activity of ethanolic root extract of *Potentilla fulgens* Wall. ex Hook” says

The present study showed that EPF has potent gastro-protective and anti-secretory effects, thus justifying the traditional usage of this herb to treat gastric ulcers. [Source & more reading](#)

Pharmacological studies report that *P. fulgens* possesses anti-hyperglycemic, hypoglycemic, anti-hyperlipidemic, antitumor, antioxidant, antiinflammatory and antilulcerogenic properties thus supporting its ethnotherapeutic use. In view of immense medicinal importance of the plant, the present review is aimed at compiling currently available information on its chemical constituents, pharmacological use, cultivation and conservation strategies. [Source & more reading](#)
38. *Polygonum Alatum* Spreng

**BOTANICAL NAME:** *Polygonum alatum* Spreng  
**FAMILY:** Polygonaceae  
**LOCAL NAME:** Jakyrphuh

**USES:** Plant rhizome along with mature leaves of *Zanthoxylum Acanthopodium* DC., *Pteridium aquilinum* rhizome, *Sarcandra glabra* (Thunb.) Na-kai. leaves and *Polygonum alatum* Spreng. leaves are mixed together and grounded. The fine mixture is then wrapped into many small packets with *Phrynium pu-binervi* Bl., leaf and the packets are heated in the fire and covered with ash so that they do not get burnt. After half an hour, all the packets are taken out while it is hot and the contents of each packet is then emptied into a piece of white cloth and tied at one end. It is then fomented on the body of a person suffering from leprosy and also in paralytic patients. This hot mixture is effective in treating various kinds of skin diseases as well. In case of boils, the rhizome paste is applied locally.

**Zizira’s curated content corner:**

But from [this site](https://www.flickr.com/) we found that it is also called *Persicaria nepalensis* (Meisn.) H. Gross – Nepal knotweed Species

Searching for Nepal Knotweed – [got this website](https://www.flickr.com/) which gives more info on this plant.
39. Polygonatum Oppositifolium

BOTANICAL NAME: Polygonatum oppositifolium Royle
FAMILY: Liliaceae
LOCAL NAME: Sying maw

USES: Mixture of plant rhizome along with Zanthoxylum acanthopodium DC. mature leaves, Pteridium aquilinum rhizome, Sarcandra glabra (Thunb.) Nakai. leaves and Polygonum alatum Spreng. leaves is wrapped into many small packets with Phrynium pubinervi Bl., leaf and the packets are heated in the fire and covered with ash so that they do not get burnt. After half an hour all the packets are taken out while it is hot and the contents of each packet is then emptied into a piece of white cloth and tied at one end. It is then fomented on the body of persons suffering from leprosy and also in paralytic patients. This hot mixture is effective in treating various kinds of skin diseases as well. In case of boils, the rhizome paste is applied locally.

Zizira's curated content corner:

This species is called Solomon’s Seal. Very little information is available on Polygonatum Oppositifolium, but information is there on Polygonatum species.

Image source: http://www.asianflora.com/
40. Pteridium Aquilinum

BOTANICAL NAME: *Pteridium aquilinum*

FAMILY: *Poly-podiaceae*

LOCAL NAME: *Kuhn ex Decken Tyrkhang shatri*

Uses: Plant rhizome along with mature leaves of *Zanthoxylum* Acanthopodium DC., *Pteridium aquilinum* rhizome, *Sarcandra glabra* (Thunb.) Na-kai. leaves and *Polygonum alatum* Spreng. leaves of are mixed together and ground. The fine mixture is then wrapped into many small packets with *Phrynium pubinervi* Bl., leaf and the packets are heated in the fire and covered with ash so that they do not get burnt. After half an hour, all the packets are taken out while it is hot and the contents of each packet is then emptied into a piece of white cloth and tied at one end. It is then fomented on the body of persons suffering from leprosy and also in paralytic patients. This hot mixture is effective in treating various kinds of skin diseases as well. In case of boils, the rhizome paste is applied locally. For removal of gall tones decoction of *Smilax ferox Kunth* roots along with *Pteridium aquilinum* (L.) Kuhn ex Deeken. rhizome is taken daily three times a day.

**Zizira’s curated content corner:**

The root is antiemetic, antiseptic, appetizer and tonic. A tincture of the root in wine is used in the treatment of rheumatism. A tea made from the roots is used in the treatment of stomach cramps, chest pains, internal bleeding, diarrhoea, colds and also to expel worms. The poulticed root is applied to sores, burns and caked breasts. [Source & further reading](https://en.wikipedia.org/wiki/Pteridium_aquilinum)
41. Rhus Semialata Murr

BOTANICAL NAME: *Rhus semialata* Murr

FAMILY: Anacardiaceae

LOCAL NAME: Sohma, Sohluh

USES: Dried fruits are taken against cholera and dysentery.

**Zizira’s curated content corner:**

*This plant is common around the sunny bases of the mountains island wide. When in bloom, the yellow and white inflorescence is really dazzling. Its nutty fruit tastes salty and has been used as salt by early aborigines.*

Source & further reading

- A paper on the Anti oxidant property of Rhus S Murr
- Evaluation of anti-diarrhoeal property of this plant.

Image source: http://treeflower.la.coocan.jp/
42. Rotala rotundifolia (Roxb.)

BOTANICAL NAME: Rotala rotundifolia (Roxb.) Koehne.

FAMILY: Lythraceae

LOCAL NAME: Bat dohkoid

USES: Leaf paste is applied for boils.

Zizira’s curated content corner:

It is listed as an invasive plant.

Rotala rotundifolia is used in its native range as a medicinal plant. The species is known for its anti-pyretic, detoxication, anti-swelling, and diuresis properties. Also used in treatment of cirrhosis, gonorrhea, menstrual cramps and piles in China (Karatas et al. 2014)

Source & further reading

Image source: http://indiabiodiversity.org/
43. Rubus Micropetalus Gardner

BOTANICAL NAME: *Rubus micropetalus* Gardner

FAMILY: *Rosaceae*

LOCAL NAME: *Sohnepbah*

USES: Edible fruits are taken against cough. Crushed stem bark is taken for mouth ulcers

**Zizira’s curated content corner:**
This plant is a climber.

Little or no information on it on the net. Found [this link](http://www.wikiwand.com/) in the 5th page of a google search for this plant. Very little except its physical description.

Searching for the Khasi name got a link [to a paper on wild edibles](http://www.wikiwand.com/) and it mentions it as an edible fruit.

Image source: http://www.wikiwand.com/
44. Sarcandra Glabra (Thunb.) Nakai.,

Text from a Paper published in Indian Journal of Traditional Knowledge

BOTANICAL NAME: Sarcandra glabra (Thunb.) Nakai.,

FAMILY: Chloranthaceae

LOCAL NAME: Tiew Krismas

USES: Ground leaves mixed with ginger are applied on wounds where there is pus. Root extract is taken orally for irregular menstrual bleeding.

Zizira’s curated content corner:

Lots of research is being done/has been done on its anti – tumour activities.

*Sarcandra glabra is an herb native to Southeast Asia. Aromatic oils may be extracted from the leaves. The entire plant has anti-stress, antioxidant, anti-inflammatory, detoxifying, blood activating, and anti-bacterial effects.*

Source & further reading

Contd. in the next slide
44. Sarcandra Glabra (Thunb.) Nakai.,

Zizira’s curated content corner:
Here is a study on its anti-cancer properties.

*Sarcandra glabra* (Thunb.) Nakai, colloquially known as Caoshanhu, is a Chinese medicinal herb with reported anti-tumor, anti-inflammatory, anti-viral and non-specific immunoenhancing properties.

*In this study, the anti-tumor property of ethyl acetate (EA) extract of *S. glabra* was investigated by determining its in vitro growth-inhibitory effects on a panel of human cancer cell lines of different histotypes.*

Source & further reading

Image source: http://www.sophieleberre.fr/
44. Sarcandra Glabra (Thunb.) Nakai.,

Zizira’s curated content corner: Contd

From the website of Sloan Kettering Cancer Center:

Cancer
Laboratory studies have shown that an extract of S. glabra can stop cancer cell division, but human data are lacking.

Side effects of radiation treatment
A small observational study reported that a special preparation of S. glabra can help reduce mouth sores and dry mouth due to radiation therapy.

Bleeding disorders
Studies done in laboratory and in animals suggest S. glabra can improve platelet count after chemotherapy, but this has not been studied in humans.

Bone fractures and arthritis
As used in traditional Chinese medicine. Clinical studies have not been conducted in humans.

Source & further reading

Contd. in the next slide

Image source: http://blog.163.com/
44. Sarcandra Glabra (Thunb.) Nakai.,

Zizira’s curated content corner: Contd

In a natural products website it is listed as a hot product

The essential oil obtained by hydro-distillation of the leaves of Sarcandra glabra was analysed by GC and GC/MS. Sesqui-terpenoids were quantitatively the most significant chemical class, accounting for over 80% of the oil. The leaf oil was characterized by a very high level (51.7%) of a novel sesquiterpenoid which was identified as 3α-acetoxy-8,12-epoxyeudesma-4,7,11-triene

Source & further reading

Image source: http://blog.163.com/
45. Smilax Ferox Kunth

Text from a Paper published in Indian Journal of Traditional Knowledge

BOTANICAL NAME: Smilax ferox Kunth

FAMILY: Smilacaceae

LOCAL NAME: Shiah krot

USES: For removal of gall stones, decoction of Smilax ferox Kunth roots along with Pteridium aquilinum (L.) Kuhn ex Decken. rhizome is taken daily three times a day.

Zizira’s curated content corner:

The plant belongs to the sarsaparilla family.

A post by slow food foundation about its medicinal properties. Here is a part from that post. The whole post is a must read!

Sha Shiahkrot’s (Smilax ferox) literally means “tea from the thorny plant.” It is an indigenous tea preparation from the root of a wild plant that is found in the forest of Meghalaya in northeast India. More importantly, shiakrot is a medicinal plant that has long been used by herbal practitioners to cure various stomach troubles thanks to its antibacterial properties.

Image source: NESFAS (www.nesfas.org)
46. Solanum Torvum Sw.,

Text from a [Paper published in Indian Journal of Traditional Knowledge](#)

**BOTANICAL NAME:** Solanum torvum Sw.,

**FAMILY:** Solanaceae

**LOCAL NAME:** Soh pdok

**USES:** A plate filled with water is taken and then a red hot iron dao (big iron knife used for cutting wood), which was heated over the fire till it becomes red is placed on top of this plate. Dried seeds of Solanum torvum Sw., are put on one corner of the heated dao and the seeds are covered with a hollow tube. A small amount of mustard oil is poured on the seeds. The seeds get burnt in mustard oil due to the heat from the hot dao and fumes appear and come out through the tube, the fumes are allowed to circulate in the buccal cavity to prevent dental caries or to get relieve from toothaches. This should be done early in the morning before brushing the teeth and before taking any food. Fruits are reported for similar use.

**Zizira’s curated content corner:**
This is well known in South India as Sundakkai, a small bitter berry sought after for its health benefits. [Source & further reading](#)

Contd. in the next slide
46. Solanum Torvum Sw.,

Zizira’s curated content corner: Cont.

When used wisely, its fruit and leaves can be used to control a range of microbial activities.

The antimicrobial properties of the leaves have been known for some time in Central America and India, and also in Gabon people apply the leaves to cuts and wounds.

Source & further reading
47. Spilanthes Paniculata DC

Text from a Paper published in Indian Journal of Traditional Knowledge

BOTANICAL NAME: *Spilanthes paniculata* DC

FAMILY: Asteraceae

LOCAL NAME: Jasat

USES: Brushing teeth with inflorescence relieves toothache

Zizira’s curated content corner:

It is the same family as Sunflower (source)

From a research paper published in Sri Lanka in 2013: “been extensively used for medicinal purposes and human disease management since early ages, due to presence of valuable chemical identities. This plant is commonly known as ‘Tooth-ache plant’ due to the presence of anesthetic properties. The genus is well documented for its uses as a spice, antiseptic and antimicrobial agent, a remedy for toothache, cough, throat and gum infections, larvicide, insecticide and many more”

*It has anti-tumour Pungent, bitter, little warm, mild-toxic. Checking cough, relieving asthma, detoxifying, inducing urination, dispersing swelling and easing pain – Source & further reading*
Botanical Name: Swertia chirata Ham.,

Family: Gentianaceae

Local Name: Charita

Uses: Leaves and root are taken for treating malaria.

Zizira’s Curated Content Corner:

A study on its anti-cancer activities says: Both the crude and purified extracts significantly inhibited cell proliferation and induced apoptosis. This is the first report of its kind and the observation suggests the chemopreventive potential of Swertia chirata.

A study on its blood sugar lowering activity says: Swertia chirata fed orally caused enhancement of the blood sugar lowering effect of tolbutamide in healthy albino rats.
49. Tabernaemontana Divaricata (L.)

Text from a Paper published in Indian Journal of Traditional Knowledge

BOTANICAL NAME: Tabernaemontana divaricate (L.) R. Br.,

FAMILY: Apocy-naceae

LOCAL NAME: Syntiew khlaw

USES: Leaf paste with lime is applied for insect bites and skin diseases. Whole plant has anthelmintic properties and leaf paste is applied to relieve head-ache and fever

Zizira’s curated content corner:

The flower of this plant is commonly used for pujas, specially in the south of India. If you pluck the flower a white latex like liquid oozes out.

A scientific paper based on a study says: This study scientifically validates the use of latex from these plants in the management of fresh cuts or wound

The roots have a bitter taste. They are used in Ayurvedic medicine as an anthelmintic for ascariasis and a treatment for scabies. The young stems are also good for the teeth, the latex being applied, on a cotton pellet, to teeth with dental caries.

Source & further reading

Image source: http://www.gbif.org/
50. Thysanolaena Maxima Herb

Text from a Paper published in Indian Journal of Traditional Knowledge

BOTANICAL NAME: Thysanolaena maxima Herb O. Kuntze

FAMILY: Poaceae

LOCAL NAME: Synsar

USES: Inflorescence paste mixed with a pinch of slaked lime is applied locally for treatment of boils and cancer. Young stem juice is applied on the eye when eyes become red and dirty

Zizira's curated content corner:

Also called tiger grass or broom grass

Findings of a research study: The antioxidant effect of methanolic extract of Thysanolaena maxima was very potent and the power of the extract was increased with quantity of sample. The plant extract could reduce the most Fe3+ ions, which had a lesser reductive activity than the standard of Ascorbic acid. In conclusion, further investigations are needed to identify the active constituents and the exact mechanism(s) of action responsible for the reported antimicrobial and antioxidant properties of Thysanolaena maxima.
51. Valeriana Jatamansii Jones

Text from a [Paper published in Indian Journal of Traditional Knowledge](http://www.asianflora.com/)

**BOTANICAL NAME:** Valeriana jatamansii Jones

**FAMILY:** Valerianaceae

**LOCAL NAME:** Jatung

**USES:** Leaf and root paste is applied after setting a fractured bone. Whole plant paste is applied against diseases of the nails where the nails fall off.

**Zizira’s curated content corner:**

Is said to be endangered

**Research study on essential oil composition of this herb says:** These superior chemotypes with higher amounts of patchouli alcohol and maaliol could be used for promoting cultivation as well as for meeting need of pharmaceutical industries.

**Contd. in the next slide**
51. Valeriana Jatamansii Jones

Zizira’s curated content corner: Contd

A paper on micro-propagation of this herb says:

Valeriana jatamansi or Tagar is an important medicinal plant of family valerianaceae used in traditional and modern medicines. The plants of the species are harvested from the wild to meet the demand of pharmaceutical industries. Over harvesting of the species from its natural habitat put huge pressure on this species; therefore, there is the need of conservation and sustainable utilization of the species. Present study was attained to develop a highly efficient in vitro regeneration protocol.

Image source: http://www.flowerspictures.org/
52. Viola Distans Wall

Text from a Paper published in Indian Journal of Traditional Knowledge

BOTANICAL NAME: Viola distans Wall

FAMILY: Violaceae

LOCAL NAME: Jamaiang

USES: Leaf paste is applied on boils.

Zizira’s curated content corner:

Description: Perennial herbs with slender woody rootstock, leaves ovate, cordate at base, flowers solitary, capsules with persistent style and sepals.

Parts used: Leaves

Preparation and application: Leaf paste is applied on boils. Whole plant used for treating cancer.

Source and further reading

Image source: www.summitpost.org
53. Viscum Articulatum Burm.

Text from a Paper published in Indian Journal of Traditional Knowledge

BOTANICAL NAME: Viscum articulatum Burm.
FAMILY: Loranthaceae
LOCAL NAME: Mangkaring
USES: Whole plant along with Smilax ferox Kunth, root is boiled in water until the colour of the solution becomes like red tea, then small pieces of ginger is added. This medicine is known locally as Dawai Niangsohpet. When cooled, it is given to new born and is also applied over the stomach to prevent stomach troubles. This juice is also given to lactating mothers and expectant mothers to prevent stomach troubles and are advised to avoid egg and pork.

Zizira’s curated content corner:

Is a Mistletoe family and called leafless mistletoe.

A Paper on its use to reduce hypertension says: *We conclude that MVA may have an antihypertensive effect in the NO deficient type of hypertension, which may be attributed to its diuretic, nephroprotective and hypolipidemic actions.*

A study on its Anti-oxidant properties says: *The results obtained from this study indicate that Viscum articulatum is a potential source of antioxidant which would help in preventing many free radical mediated diseases.*

More on the plant
54. **Zanthoxylum acanthopodium DC**

Text from a [Paper published in Indian Journal of Traditional Knowledge](#)

**BOTANICAL NAME:** *Zanthoxylum acanthopodium DC*

**FAMILY:** Rutaceae

**LOCAL NAME:** Jaiur khlaw

**USES:** Its rhizome along with mature leaves of *Zanthoxylum acanthopodium DC*, mature leaves, *Pteridium aquilinum* rhizome, *Sarcandra glabra* (Thunb.) Nakai., leaves (more quantity than the others) and *Polygonum alatum* Spreng., leaves of are mixed together and ground. The fine mixture is then wrapped into many small packets with *Phrynium pubinervi* Bl., leaf and the packets are heated in the fire and covered with ash so that they do not get burnt. After half an hour all the packets are taken out while it is hot and the contents of each packet is then emptied into a piece of white cloth and tied at one end. It is then fomented on the body of persons suffering from leprosy and also paralytic patients. This hot mixture is effective in treating various kinds of skin diseases as well (Fig. 2). In case of boils, the rhizome paste is applied locally.

Contd. in the next slide.
54. Zanthoxylum acanthopodium DC

Zizira’s curated content corner:

The seeds are dried, ground into a powder and used as a food flavouring.

MEDICINAL: The seeds and bark are used in the treatment of dyspepsia, fever, cholera, etc.

USES: The plant is used as an insecticide. An essential oil, called ‘wartara oil’, is extracted from the fruits by distillation. It is used in perfumery.

Source & further reading
Zizira