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Preservation of Indigenous Knowledge Regarding Important and Endangered Medicinal Plants in Rajshahi District of Bangladesh

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Abstract: Folk medicines are complemented with other systems of traditional medicines. An account of about 200 hundred plants used in medicine among certain herbal doctors of Bangladesh is given; details of local name, scientific name, method of application or administration and dosage are given. These records include several uses which do not seem to be known or recorded in literature. It is discussed that indigenous knowledge assists in the wider application and acceptance of traditional medicine. This study makes it amply clear that the wild medicinal plants in Bangladesh folk life are used to meet all kinds of requirements. Our grandfathers and grandmothers are the carrier of indigenous knowledge regarding medicinal plants but today we are not conserving this knowledge due to decrease indigenous people. So it is now important to preserve this indigenous knowledge.

Key words: Indigenous knowledge, preservation, folk medicines, important and endangered medicinal plants, herbal doctors, enumerations

Introduction

About 300,000 species of plants have so far been identified in our planet, while tens of thousands were remain undiscovered, of these only 1500 species (about 0.5%) are nurtured for food, fodder, fiber, timber, medicine, beverage and flowers. The rest (95.5%) are still wild. They grow, develop and die uncared (Ahmed, 1997). Bangladesh is located in the South-eastern part of South Asia, stretching between 20°34' and 26°38' North latitude and between 88°01' and 92°41' East longitude. It has a land mass of 1,43,999 km² with a population of about 135 million. Bangladesh possesses a rich flora of medicinal plants which grow in widely distributed forests, jungles wastelands and roadsides. Although more than 546 medicinal plants have been reported to occur in Bangladesh (Yusuf *et al.*, 1994), none of them grow here under systematic cultivation, specifically for medicinal purpose. Suppliers of the local Ayurvedic, Unani and Homeopathic drug manufacturers collect the medicinal plants from their wild nature habitats. Their process of collection sometimes has so indiscriminately exploited many important medicinal plants that *Rouvolfia serpentine*, *Withania somnifera*, *Hemidesmus indicus*, *Aristolochia indica* and *Andrographis paniculata* are now under the threat of extinction. This is a very alarming situation with regard to natural growth of medicinal plants in the wilderness in this country. Appropriate steps must therefore be taken immediately in order to preservation of indigenous knowledge regarding medicinal plants and save the situation with regard to natural growth of medicinal plants in the wildness in this country. The global demand for herbal medicine is not only large but

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growing (Srivastava, 2000; Farnsworth and Soejarto, 1991; Shengji, 2001). The market for Ayurvedic medicines is estimated to be expanding at 20% annually in India (Subrat, 2002), while the quantity of medicinal plants obtained from just one province of China (Yunnan) has grown by 10 times in the last 10 years (Shengji, 2002; Moerman, 1998). There is no reliable figure for the total number of medicinal plants on Earth and numbers and percentages for countries and regions vary greatly (Schippmann *et al.*, 2002). Our grandfathers and grandmothers are the carrier of this knowledge but today we are not conserving this knowledge. We are going to lose the knowledge of our indigenous people. The problem of identification of medicinal plants has further been aggravated by the lack of trained manpower and absence of proper facilities in the traditional medicine manufacturing firms. Another problem with these unskilled collectors is in their selection of the specific plant parts. Because of these problems of identification and adulteration of medicinal plants it is difficult to get genuine specimens of even commonly used drugs in the market. The use of traditional medicine and medicinal plants in most developing countries, as a normative basis for the maintenance of good health, has been widely observed (UNESCO, 1996). An increasing reliance on the use of medicinal plants in the industrialized societies has been traced to the extraction and development of several drugs and chemotherapeutics from these plants as well as from traditionally used rural herbal remedies (UNESCO, 1998; WHO, 1970).

Materials and Methods

The present investigation was conducted in 2003, June from 2005, June and four sites were selected for survey. They are denoted 1, 2, 3, 4. Gaibandha, Kurigram, Rongpur, districts are considered to be a site 1. Denajpur, Thakurgao, Punchagur and Lalmonihat districts are considered to be a site 2. Jaipurhat, Bogra and Naogaon districts are considered to be a site 3 and Chapi Nawabganj, Rajshahi, Nator districts are considered to be a site 4. All the relevant materials were thoroughly studied before going into the field. The questionnaires were designed for collection of ethnobotanical and socio-economic data. Local communities were selected to participate in this survey on the basis of their reputation for being home to a number of medicinal plants practitioners. Village meetings were held in each of the target villages and the aims and objectives of the survey were discussed. The entire plants as far as possible with their flowers and fruits were collected and took photo/snap.

Results and Discussion

Ethnobiologically a total of 200 medicinal plant species were reported to be used by village Kavirajs especially herbal doctors (Table 1). The method of using these plants varied according to the nature of ailment. In majority of the cases, a decoction of leaves, stems, fruits and roots/tubers is drunk or rubbed on the body to cure ailment(s) mostly decoction is extracted by just crushing the parts in a mortar but sometimes plants parts are boiled with water and the liquid decanted.

Under the present initiative efforts have been made to accumulate this information for some selected medicinal plants having unique behaviour and uses are mentioned.

Ethnobotanical Enumeration of Selected Medicinal Plants of Rajshahi District in Bangladesh

Abroma Augusta Linn. (Ulat kombal)

The bark is used for abortion in two to three months old pregnancy. As oral contraceptive the root (about 6-8 cm long) is made into paste with 21 black peppers and given after menstruation for three days. The extract of its stem is used in leucorrhoea.

Table 1: Ethnobotanical information on two hundred medicinal plant species collected from respondents surveyed in the Rajshahi District of Bangladesh

SI No	Scientific name	Local name	Family	Source of material	Habit	Part of plants used	How used	In which diseases
1	<i>Abroma augusta</i>	Ulat Kambal	Sterculiaceae	Thicket jungle	Erect, Shrub	Fruits	Juice for feeding	Menstruation, Weakness.
2	<i>Abnus preicatorius</i>	Lal kuch	Fabaceae	Village thicket	Climber	Roots, Seeds, Leaves	Juice for feeding	Antipyretic, Diabetic, Asthma, Cough.
3	<i>Abutilon indicum</i>	Petari	Malvaceae	Edge of Pond	Erect, Herb	Leaves, Roots	Juice for feeding	Cancer, Weakness, Stomach pain.
4	<i>Acalypha hispida</i>	Bara hatsur	Euphorbiaceae	Planted	Erect, Herb	Leaves	Juice for feeding	Weakness, Cough, Diabetes
5	<i>Acalypha indica</i>	Muktajhuri	Euphorbiaceae	Open field	Erect, Herb	Leaves	Juice for surface used	Sore, Ring worm toxic prevention.
6	<i>Accacia farnesiana</i>	Guhibabul	Mimosaceae	Road side	Erect, Shrub	Roots, Leaves	Juice for feeding	Diarrhoea, Sexual debility, Eye disease
7	<i>Actyranthes aspera</i>	Apang	Amaranthaceae	Village thicket	Herb, Erect	Roots, Leaves	Juice for feeding	Urine, Mellitus.
8	<i>Adhatoda vasica</i>	Bashok	Acanthaceae	Home stead	Shrub, Erect	Total	Juice for feeding	Cough Worm control, Stomach pain.
9	<i>Aegle marmelos</i>	Bel	Rutaceae	Planted	Erect	Total	Juice for feeding	Fever, Cough, Energetic, Digestive.
10	<i>Aerva lanata</i>	Chaya	Amaranthaceae	Planted	Erect, Herb	Roots, Seeds	Juice for feeding	Sore Cuts Styptic, Constipation, Aromatic.
11	<i>Aerva sanguinolenta</i>	Nuniya	Amaranthaceae	Open places	Erect, Herb	Total	Juice for feeding and surface used	Sore Cuts Styptic, Constipation.
12	<i>Ageratum conyzoides</i>	Motmotea	Asteraceae	Edge of Pond	Erect, Herb	Total	Juice for feeding, Surface used	Dysentery, Styptic, Ascites
13	<i>Alocasia indica</i>	Man kuchu	Araceae	Marsh place	Erect, Herb	Total	Juice for feeding	Weakness, Ascites, Pleurisy alveolitis.
14	<i>Aloe indica</i>	Ghreta Kumary	Liliaceae	Planted	Erect	Sucker	Juice for feeding	Weakness, Fever, Brain tonic, Dyspepsia.
15	<i>Aloe vera</i>	Ghreta kunchon	Liliaceae	Edge of Pond	Herb	Sucker	Juice for feeding	Fever, Sexual debility, Eye disease.
16	<i>Alpinia nigra</i>	Bau Ada	Zingiberaceae	Marsh land	Erect, Herb	Rhizome	Juice for feeding	Impotency, Constipation, Energetic.
17	<i>Alternanthera sesilis</i>	Sanchi	Amaranthaceae	Open field	Erect, Herb	Total	Juice for feeding	Fever, Cough, Weakness, Anhydrotic.
18	<i>Amaranthus spinosus</i>	Kanta natey	Amaranthaceae	Open places	Herb, Erect	Total	Juice for feeding	Leucorrhoea, Snake bite, Sexual debility,
19	<i>Amaranthus viridis</i>	Ban notey	Amaranthaceae	Open field	Erect, Shrub	Roots, Seeds, Leaves	Juice for feeding	Leucorrhoea, Sexual debility, Impotency.
20	<i>Ammania baccifera</i>	Banmarch	Lythraceae	Farmland	Erect, Herb	Leaves	Juice for feeding	Weakness, Fever, Brain tonic.
21	<i>Amorphophalus campanulatus</i>	Oi	Araceae	Shade	Erect, Herb	Leaves	Juice for feeding	Weakness, Lumbago, brain tonic.
22	<i>Andrographis paniculata</i>	Kala magh	Acanthaceae	Grave yard	Herb, Erect	Leaves	Juice for feeding	Dysentery, Rheumatism, Ring worms.
23	<i>Anisomeles indica</i>	Gobra	Lamiaceae	Village thicket	Herb, Erect	Leaves	Juice for feeding	Tonic, Fever, Cough, Constipation.
24	<i>Argemone mexicana</i>	Seal kata	Papaveraceae	Road side	Herb, Erect	Seed, Roots	Surface used	Tonic, Hair colour.
25	<i>Argyrea argentea</i>	Chotobijarak	Convolvulaceae	Fallow land	Climbing	Roots, Leaves	Juice for feeding	Fever, Cough, Tonic, Weakness.
26	<i>Argyrea nervosa</i>	Bij tarak	Convolvulaceae	Fallow land	Climbing	Total	Juice for feeding	Tonic, Cough, Fever, Obstructive.
27	<i>Aristolochia indica</i>	Essarmul	Aristolochiaceae	Grave yard	Climber	Roots	Juice for feeding	Snakebite, Leucorrhoea, Sexual debility.
28	<i>Asclepias acida</i>	Shomlata	Apiaceae	Jungle	Climber	Leaves	Juice for feeding	Puerperal, Gonorrhoea.
29	<i>Asparagus racemosus</i>	Sato mul	Asparagaceae	Planted	Climber	Leaves	Juice for surface used	Sore, Ring worm, Toxic prevention.
30	<i>Azadirachta indica</i>	Nim	Meliaceae	Planted	Tree	Leaves, Fruits	Juice for surface used	Abscess, Itching, Jaundice, Sore, Astyptic.
31	<i>Bacopa momiara</i>	Brahmilata	Scrophulariaceae	Wet place	Herb	Total	Juice for feeding	Brain tonic, Dyspepsia.
32	<i>Barleria cristata</i>	Jhatae	Acanthaceae	Planted	Erect, Herb	Leaves	Juice for surface used	Sore, Itching, Abscess, Constipation.
33	<i>Barleria prionites</i>	Kanta janti	Acanthaceae	Road side	Erect, Shrub	Leaves	Juice for surface used	Sore, Itching, Abscess, Constipation.
34	<i>Biophytum sensitivum</i>	Jhalai/Bannaringa	Oxalidaceae	Open field	Erect, Herb	Roots	Juice for feeding	Pain, Piles, Abscess, Fever, Bubo.
35	<i>Blumea lacera</i>	Kukur sungga	Asteraceae	Waste	Herb, Erect	Roots, Leaves	Juice for feeding	Cough, Stomach pain, Itching.
36	<i>Boerhavia diffusa</i>	Punarva	Nyctaginaceae	Fallow land	Herb	Total	Juice for feeding	Fever, Cough, Weakness.
37	<i>Bothriochloa intermedia</i>	Gandhagorana	Poaceae	Open field	Herb	Total	Juice for feeding	Fever, Cough, Weakness.
38	<i>Bombax ceiba</i>	Simul mul	Bombacaceae	Planted	Tree	Total	Juice for surface used	Spermatorrhoea, Constipation.
39	<i>Byropiphyllum calycinum</i>	Pather kuche	Crassulaceae	Wet places	Herb, Erect	Leaves	Juice for feeding	Gonorrhoea, Kidney stone, Piles, Leucorrhoea.
40	<i>Calotropis gigantea</i>	Baro Akanda	Asclepiadaceae	Road side	Shrub	Root, Bark, Leaves	Juice for feeding and surface used	Purgative, Rheumatism, Laprosy, Gonorrhoea.
41	<i>Calotropis procera</i>	Sato Akanda	Asclepiadaceae	Road side	Shrub	Root, Bark, Leaves	Juice for feeding and surface used	Bone heal, Ulcer, Itching, Eczema.
42	<i>Cannabis sativa</i>	Bhang	Cannabidaceae	Road side	Erect, Shrub	Leaves	Juice for surface used	Crazy, Tetanus, Ring worm, Pleurisy alveolitis.
43	<i>Cassia alata</i>	Dad mardon	Caesalpiniaceae	Planted	Shrub	Total	Juice for feeding and surface used	Astringent, Itching, Tonic, Eczema.
44	<i>Cassia fistula</i>	Sonalu	Caesalpiniaceae	Road side	Tree	Roots	Juice for feeding	Purgative, Cancer.

Table 1: Continued

Sl No	Scientific name	Local name	Family	Source of material	Habit	Part of plants used	How used	In which diseases
45	<i>Cassia obtusifolia</i>	Chakunda	Caesalpiniaaceae	Edge of Pond	Erect, Shrub	Stems	Juice for feeding	Purifying women's milk
46	<i>Cassia occidentalis</i>	Boro kalkasunda	Caesalpiniaaceae	Village thicket	Erect, Herb	Leaves	Juice for feeding	Fever, Cough, Energetic, Digestive.
47	<i>Cassia siamea</i>	Bora Kalkesunda	Caesalpiniaaceae	Planted	Tree	Total	Juice for feeding	Weakness, Sexual, Sensation
48	<i>Cassia sophera</i>	ChotoKalkesunde	Caesalpiniaaceae	Wet places	Erect, Herb	Roots, Leaves	Juice for surface used	Diarrhoea, Weakness, Sexual debility.
49	<i>Cassia tora</i>	Kalkasunda	Caesalpiniaaceae	Village thicket	Erect, Herb	Roots, Leaves	Juice for feeding	Skin diseases, Asthma, Leucorrhoea, Obstructive
50	<i>Centella asiatica</i>	Thanquni	Apiaceae	Wet places	Herb	Leaves	Juice for feeding	Dysentery, Body heat
51	<i>Chenopodium album</i>	Bathuashak	Chenopodiaceae	Open field	Erect, Herb	Total	Juice for feeding	Weakness, Dyspepsia
52	<i>Chrozophora rotleri</i>	Khudi okra	Euphorbiaceae	Waste places	Herb	Total	Juice for feeding	Worm control, Impotency.
53	<i>Cissus quadrangularis</i>	Harzora	Vitaceae	Village thicket	Climber	Stems	Juice for feeding	Fractured bones, Gleet bruises.
54	<i>Cissus repens</i>	Chhoto marmarialata	Vitaceae	Village thicket	Climber	Leaves, Roots	Juice for feeding	Tonic, Cough, Fever.
55	<i>Clematis gouriana</i>	Chagol bati	Ranunculaceae	Jungles	Climber	Roots, Leaves,	Juice for feeding	Snake bite, Sexual debility.
56	<i>Cleome viscosa</i>	Hurhuria	Capparidaceae	Village thicket	Erect, Herb	Leaves	Juice for feeding	Fever, Cough, Dyspepsia
57	<i>Clerodendrum inerme</i>	Bhat	Verbenaceae	Edge of Pond	Erect, Herb	Leaves, Seeds	Juice for feeding	Ring Worm.
58	<i>Clitoria ternatea</i>	Aparajeta	Papilionaceae	Village thicket	Climber	Total	Juice for feeding, Surface used	Pox, Itching, Warts, Worm, Control.
59	<i>Coccinea cordifolia</i>	Tala kucha	Cucurbitaceae	Waste Place	Climber	Leaves, Roots, Seeds	Juice for surface used	Diabetes, Itching, Lactation
60	<i>Commelina longifolia</i>	Panikanchira	Commelinaceae	Road side	Erect, Herb	Total	Juice for feeding	Weakness, Sexual, Sensation.
61	<i>Conchorus fascicularis</i>	Bon pat	Tiliaceae	Jungles	Herb, Erect	Total	Juice for feeding	Ulcer, Restorative
62	<i>Crotalaria juncea</i>	Shon pat	Papilionaceae	Cultivated	Erect, Herb	Leaves	Juice for feeding	Fever, Cough, Constipation
63	<i>Crotalaria spectabilis</i>	Jhanghania	Papilionaceae	Open field	Erect, Herb	Roots, Stems	Juice for feeding	Weakness, Constipation.
64	<i>Crotalaria vernucosa</i>	Jhanghania	Papilionaceae	Wet places	Erect, Herb	Roots,	Juice for feeding	Brain tonic, Weakness.
65	<i>Croton tiglium</i>	Jaipal	Euphorbiaceae	Edge of Pond	Erect, Herb	Stems, Leaves	Juice for feeding	Diarrhoea, Toxic prevention, Chest pain
66	<i>Curculigo orchoides</i>	Tal muly	Iridaceae	Dry land	Herb	Roots	Juice for feeding	Piles, Jaundice, Asthma, Gonorrhoea
67	<i>Curcuma amada</i>	Am ada	Zingiberaceae	Fallow land	Erect	Rhizome	Juice for feeding	Piles, Gonorrhoea, Constipation.
68	<i>Curcuma aromatica</i>	Ban haldi	Zingiberaceae	Fallow land	Herb	Rhizome	Juice for feeding	Impotency, Constipation, Energetic.
69	<i>Curcuma caesia</i>	Kalo haldi	Zingiberaceae	Waste places	Herb	Rhizome	Juice for feeding	Weakness, Cough, Diabetes.
70	<i>Curcuma zeodaria</i>	Sati	Zingiberaceae	Waste places	Herb	Rhizome	Juice for feeding	Weakness, Cough, Diabetes.
71	<i>Cuscuta reflexa</i>	Sarnalata	Cuscutaceae	Parasites	Parasite	Stems	Juice for feeding and surface used	Rheumatism, Sore, Fever
72	<i>Cymbopogon citratus</i>	Lemonghas	Poaceae	Waste places	Erect, Herb	Roots, Leaves	Juice for feeding	Worm control, Weakness
73	<i>Cynodon dactylon</i>	Durbaghas	Poaceae	Dwelling and open places	Herb	Total	Juice for feeding, Surface used	Dysentery, Styptic, Dyspepsia, Sabies
74	<i>Cyperus rotundus</i>	Muthaghas	Cyperaceae	Dense humid places	Erect, Herb	Total	Juice for feeding, Surface used	Diabetes, Stomach, Dyspepsia
75	<i>Cyperus tagetiformis</i>	Gola methi	Cyperaceae	Waste places	Erect, Herb	Total	Juice for feeding	Well Sleeping, Ascites alveolitis, Flatulence
76	<i>Desmodium motorium</i>	Turat chandal	Papilionaceae	Waste places	Erect, Herb	Leaves	Juice for feeding	Fever, Cough, Obstructive
77	<i>Desmodium gangeticum</i>	Salpany	Papilionaceae	Open places	Herb	Stems	Juice for feeding	Brain tonic, Weakness, Constipation, Cough.
78	<i>Desmodium pulchellum</i>	Zuta salpany	Papilionaceae	Village thicket	Shrub	Leaves	Juice for feeding	Sexual in tension, Fever, Piles, Diarrhoea
79	<i>Desmodium triflorum</i>	Kodalia	Papilionaceae	Road side	Erect, Herb	Stems	Juice for feeding and surface used	Sore, Fever, Hepatitis, Metritis.
80	<i>Digera arvensis</i>	Luta	Amaranthaceae	Open field	Erect Herb	Roots, Seeds	Juice for feeding	Piles, Jaundice, Leucorrhoea, Anaemia
81	<i>Duranta repens</i>	Mehedae	Verbenaceae	Open places	Erect, Shrub	Leaves	Juice for surface used	Styptic, Sore, Energetic, Digestive.
82	<i>Datura fastuosa</i>	Kala Dutura	Solanaceae	Road side	Shrub, Erect	Roots, Seeds	Juice for feeding	Asthma, Lumbago, Sexual debility.
83	<i>Echinocloa colorum</i>	Shoma	Poaceae	Dwelling and open places	Erect, Herb	Fruits	Juice for feeding	Dysentery, Styptic.
84	<i>Eclipta alba</i>	Kess raj	Asteraceae	Wet places	Herb	Total	Juice for used	Leucorrhoea, Tonic.
85	<i>Embelica officinalis</i>	Amloki	Euphorbiaceae	Farm and Opend places	Tree	Fruits	Juice for feeding	Sore, Weakness, Cough.
86	<i>Erydra flactuans</i>	Helencha	Asteraceae	Marsh land	Herb	Roots, Leaves	Juice for feeding	Cough, Stomach pain, Itching.
87	<i>Eryngium foetidum</i>	Bondhania	Apiaceae	Open places	Erect, Herb	Leaves, Roots	Juice for feeding	Weakness, Stomach pain.
88	<i>Ethulia conyzoides</i>	Tippera	Asteraceae	Village thicket	Erect, Herb	Total	Juice for feeding, Surface used	Pox, Itching, Warts, Worm, Control.

Table 1: Continued

SI No	Scientific name	Local name	Family	Source of material	Habit	Part of plants used	How used	In which diseases
89	<i>Euphorbia antiquorum</i>	Narasaj	Euphorbiaceae	Village thicket	Erect, Shrub	Stems, Leaves	Juice for feeding	Sore, Ring worm, Toxic prevention, Chest pain.
90	<i>Euphorbia hirta</i>	Bura kerui	Euphorbiaceae	Road side	Erect, Herb	Leaves, Roots	Juice for feeding	Weakness, Cough, Fever.
91	<i>Euphorbia nerifolia</i>	Pata sij	Euphorbiaceae	Open field	Erect, Shrub	Stem	Juice for feeding	Weakness, Stomach pain.
92	<i>Euphorbia orbiculata</i>	Chotto kermi	Euphorbiaceae	Open field	Erect	Stems, Leaves	Juice for feeding	Diarrhoea, Ring worm.
93	<i>Euphorbia pulcherrima</i>	Dudhea	Euphorbiaceae	Dry places	Shrub	Roots	Juice for feeding	Fever, Blood dysentery, Itching, Energeti.
94	<i>Euphorbia thymifolia</i>	Swet Kerui	Euphorbiaceae	Dry places	Herb	Leaves, Roots	Juice for feeding	Diabetes, Dysentery.
95	<i>Euphorbia tirucalli</i>	Duth kusi	Euphorbiaceae	Dry places	Erect, Shrub	Stem	Juice for feeding	Diarrhoea, Ring worm.
96	<i>Euphorbia trigona</i>	Nara saj	Euphorbiaceae	Dry places	Erect, Shrub	Leaves	Juice for feeding	Dysentery, Piles, Dyspepsia, Chest pain.
97	<i>Evolvulus numularius</i>	Bhui okra	Convolvulaceae	Open places	Herb	Leaves, Roots,	Juice for feeding	Tonic, Cough, Fever, Obstructive
98	<i>Ficus racemosa</i>	Jaga dumur	Moraceae	Road side	Erect, Tree	Leaves	Juice for feeding	Heart disease, Energetic.
99	<i>Glinus oppositifolius</i>	Gema shak	Molluginaceae	Wet places	Herb	Total	Juice for feeding	Weakness, Constipation, Digestive.
100	<i>Gloriosa superba</i>	Ulat Chandal	Liliaceae	Planted	Climber	Roots	Juice for feeding	Piles, Tuberculosis, Gonorrhoea, Leucorrhoea.
101	<i>Glycosmium arborea</i>	Dadmajon	Rutaceae	Road side	Shrub	Total	Juice for feeding	Sore, Styptic.
102	<i>Glycyrrhiza glabra</i>	Jastimadhu	Papilionaceae	Planted	Erect, Shrub	Total	Juice for feeding	Fever, Cough, Weakness.
103	<i>Gynandropsis gynandra</i>	Sata hur hurea	Capparidaceae	Edge of Pond	Erect, Herb	Leaves	Juice for feeding	Fever, Cough, Dyspepsia
104	<i>Hebytis corymbosa</i>	Khetpapra	Rubiaceae	Dry places	Erect, Herb	Leaves	Juice for feeding	Phthises, Asthma, Warts.
105	<i>Heliotropium indicum</i>	Hati sur	Boraginaceae	Wet places	Herb, Erect	Total	Juice for feeding	Bone heals, Ulcer, Itching, and Eczema.
106	<i>Hemidesmus indicus</i>	Ananto mul	Asclepiadaceae	Planted	Climber	Roots	Juice for feeding	Fever, Lactation, Menstrual regulation.
107	<i>Hydrolea zeylanica</i>	Kassdra	Hydrophyllaceae	Open field	Erect, herb	Fruits	Juice for feeding	Sore, Weakness, Cough Obstructive.
108	<i>Hyptis suaveolens</i>	Tocma	Lamiaceae	Planted	Erect, Shrub	Stems, Leaves	Juice for feeding	Itching, Energetic, Chest pain.
109	<i>Ichnocarpus furtescens</i>	Duthe lata	Apocynaceae	Wasted p[laces	Climber	Total	Juice for feeding	Purgative, Rheumatism, Laprosy, Gonorrhoea.
110	<i>Ipomoea aquatica</i>	Kalmisak	Convolvulaceae	Wet places	Climber	Leaves	Juice for feeding	Carbuncle, Lumbago, brain tonic.
111	<i>Ipomoea fistulosa</i>	Dhol kalmi	Convolvulaceae	Open field	Erect, Herb	Leaves	Juice for feeding	Weakness, Cough, Diabetes.
112	<i>Ipomoea mauritiana</i>	Vul kumra	Convolvulaceae	Hedges dwellings	Herb	Rhizome	Juice for feeding	Paralysis, Diabetes, Rheumatism.
113	<i>Jatropha curcas</i>	Jamal gota	Euphorbiaceae	Road side	Erect, Shrub	Leaves, Barks	Juice for feeding	Diabetes, Itching Puerperal.
114	<i>Jatropha gossypifolia</i>	Lal Jamal gota	Euphorbiaceae	Dry places	Erect, shrub	Leaves	Juice for feeding	Sore, Ring worm toxic prevention, Chest pain.
115	<i>Justicia ganderusa</i>	Jagatmordon	Acanthaceae	Dwelling and Open places	Erect, Shrub	Leaves	Juice for surface used	Bone diseases, Itching, Abscess.
116	<i>Justicia oreophylla</i>	Choto arusha	Acanthaceae	Grave yard	Erect, Shrub	Total	Juice for feeding	Brain tonic, Ascites Flatulence.
117	<i>Lasia spinosa</i>	Kata kuchu	Araceae	Wet places	Herb, Erect	Roots	Juice for surface used	Sexual debility, Lumbago.
118	<i>Leea macrophylla</i>	Hasti korno palas	Papilionaceae	Planted	Erect, Herb	Leaves, Roots	Juice for feeding	Piles, Jaundice, Asthma, Gonorrhoea.
119	<i>Leonurus sibiricus</i>	Roktodron	Lamiaceae	Grave yard	Erect, Herb	Leaves	Juice for surface used	Sore, Ring worm toxic prevention.
120	<i>Lepidium sativum</i>	Halimshak	Brassicaceae	Waste Place	Erect, Herb	Total	Juice for feeding	Well Sleeping, Ascites alveolitis, Flatulence.
121	<i>Leucas aspera</i>	Satodron	Lamiaceae	Open place	Herb, Erect	Leaves	Juice for feeding	Skin diseases, Fever, Cough.
122	<i>Leucas cephalotes</i>	Dandakalos	Lamiaceae	Open place	Herb, Erect	Total	Juice for surface used	Stop bleeding from nose, Brain tonic, Abscess.
123	<i>Leucas lavendulifolia</i>	Danda kalas	Lamiaceae	Dwelling and open places	Erect, Herb	Leaves	Juice for feeding	Impotency, Ophthalmia.
124	<i>Marsilea quadrifoliata</i>	Susnishak	Marsiliaceae	Marsh land	Herb	Total	Juice for feeding	Well Sleeping, Dyspepsia.
125	<i>Melilotus alba</i>	Bornnath	Papilionaceae	Wet place	Erect, Herb	Leaves	Juice for surface used	Sore, Itching.
126	<i>Mentha arvensis</i>	Pudina	Lamiaceae	Planted	Herb, Erect	Total	Juice for feeding and surface used	Stomach disease, Digestion.
127	<i>Mentha spicata</i>	Podina	Lamiaceae	Dwelling and open places	Herb	Total	Juice for feeding	Cough, Fever.
128	<i>Mikania cordata</i>	Assam lata	Asteraceae	Jungle	Climber	Leaves	Juice for feeding	Fever, Cough, Ascites, Dyspepsia.
129	<i>Mimosa intisia</i>	Kanto shia	Mimosaceae	Road side	Climber	Leaves	Juice for feeding	Weakness, Brain tonic Flatulence.
130	<i>Mimosa pudica</i>	Sada Lazza bati	Mimosaceae	Dwelling and open places	Climber	Roots	Juice for feeding	Spermatorrhoea, Piles, Abscess, Bubo.
131	<i>Mollugo pentaphylla</i>	Khetpapara	Molluginaceae	Edge of Pond	Erect	Leaves	Juice for feeding	Heart disease, Energetic.
132	<i>Monochoria hastata</i>	Baranukha	Pontederiaceae	Edge of Pond	Erect	Leaves	Juice for surface used	Sore, Cuts, Ache, Wounds, Scabies, Biols.

Table 1: Continued

SI No	Scientific name	Local name	Family	Source of material	Habit	Part of plants used	How used	In which diseases
133	<i>Moringa oleifera</i>	Sajna	Moringaceae	Planted	Tree	Leaves, Fruits	Juice for feeding	Weakness, Constipation.
134	<i>Mucuna pruriens</i>	Alkusi	Papilionaceae	Village thicket	Climbing	Roots	Juice for feeding	Antipyretic, Diabetic.
135	<i>Nicotiana plumbaginifolia</i>	Ban tamak	Solanaceae	Wet place	Erect, Herb	Leaves, Roots, Seeds	Juice for surface used	Diabetes, Itching, Puerperal.
136	<i>Ocimum americanum</i>	Tulshi (white)	Lamiaceae	Dry places	Erect, Herb	Roots, Leaves, Seeds	Juice for feeding	Asthma, Lumbago, Eye diseases.
137	<i>Ocimum basilicum</i>	Babuitulsi	Lamiaceae	Farm land	Herb	Total	Juice for surface used	Eye diseases.
138	<i>Ocimum gratissimum</i>	Ram tulsi	Lamiaceae	Farm land	Herb	Total	Juice for feeding	Cough, Fever.
139	<i>Ocimum sanctum</i>	Tulsi (Black)	Lamiaceae	Farm land	Erect, Herb	Leaves	Juice for surface used	Fever, Cough, Eye diseases.
140	<i>Oxalis corniculata</i>	Amrul	Oxalidaceae	Wet land	Climber	Total	Juice for feeding	Kidney problem, Fever, Phthisis.
141	<i>Paederia foetida</i>	Gandhavadulia	Rubiaceae	Cultivated	Climber	Roots, Leaves	Juice for feeding	Rheumatism.
142	<i>Passiflora foetida</i>	Jhumkolata	Passifloraceae	Cultivated	Climber	Leaves	Juice for feeding	Piles, Jaundice.
143	<i>Peperomia pellucida</i>	Peperomia	Piperaceae	Wet place	Erect	Seeds, Total	Juice for feeding	Snakebite, Leucorrhoea, Sexual debility.
144	<i>Pergularia daemia</i>	Sagol baty	Asclepiadaceae	Road side	Climber	Total	Juice for feeding	Purgative, Rheumatism, Laprosy, Gonorrhoea.
145	<i>Phyllanthus niruri</i>	Bhui amla	Euphorbiaceae	Dwelling and open places	Erect, Herb	Leaves, Roots, Seeds	Juice for feeding	Tonic, Cough, Fever, Hepatitis, Metritis.
146	<i>Phyllanthus urinaria</i>	Huzar mari	Euphorbiaceae	Open places	Erect, Herb	Leaves, Roots	Juice for feeding	Weakness, Stomach pain.
147	<i>Physalis minima</i>	Bontipaiya	Solanaceae	Open places	Erect, Herb	Leaves, Roots	Juice for feeding	Edible, Weakness, Cough, Fever.
148	<i>Piper chaba</i>	Choi cheta	Piperaceae	Home stead	Climber	Leaves	Juice for surface used	Sore, Ring worm, Toxic prevention.
149	<i>Piper longum</i>	Pipul	Piperaceae	Wet land	Prostrate	Seeds, Total	Juice for feeding	Cough.
150	<i>Plumbago auriculata</i>	Nal chata	Plumbaginaceae	Road side	Erect, Herb	Roots	Juice for feeding	Weakness, Sexual debility.
151	<i>Plumbago indica</i>	Lal cheta	Plumbaginaceae	Edge of Pond	Erect, Herb	Leaves	Juice for feeding	Weakness, Sexual debility.
152	<i>Plumbago zeylanica</i>	Sato cheta	Plumbaginaceae	Road side	Erect, Herb	Roots, Leaves	Juice for feeding	Aphthac, Muscular pain.
153	<i>Polygonum hydropiper</i>	Pambiskatali	Polygonaceae	Edge of Pond	Erect, Shrub	Leaves	Juice for surface used	Sore, Skin diseases.
154	<i>Polygonum lanigerum</i>	Stwet pani marich	Polygonaceae	Open places	Erect, Shrub	Leaves	Juice for surface used	Sore, Ring worm Pleurisy alveolitis.
155	<i>Polygonum lapathifolium</i>	Bis kataly	Polygonaceae	Open field	Herb, Erect	Leaves	Juice for surface used	Sore, Cuts, Ache, Wounds, Scabies, Biols.
156	<i>Polygonum orientale</i>	Barapani morich	Polygonaceae	Open field	Erect, Shrub	Leaves	Juice for surface used	Sore, Ring worm, Dyspepsia.
157	<i>Portulaca oleracea</i>	Bara nuria	Portulacaceae	Open field	Erect, Shrub	Fruits, roots	Juice for feeding	Phthises, Asthma, Warts.
158	<i>Pothos scandens</i>	Hatilata	Araceae	Road sides	Erect	Roots	Juice for surface used	Piles, Jaundice, Asthma, Gonorrhoea.
159	<i>Psidium guajava</i>	Peyara	Myrtaceae	Road side	Tree	Leaves	Juice for feeding	Impotency, Diabetes.
160	<i>Psilotrichum ferrugineum</i>	Rakto sirinchi	Amaranthaceae	Open field	Erect, Herb	Total	Juice for feeding	Fever, Cough, Weakness.
161	<i>Pterocarpus santalinus</i>	Rakto chanbon	Caesalpiniaceae	Edge of Pond	Erect, Tree	Roots, Leaves		Abscess, Ulcer, Sore.
162	<i>Ranunculus scleratus</i>	Polica	Ranunculaceae	Dwelling places	Erect, Herb	Rhizome	Juice for feeding, Surface used	Gonorrhoea, Energetic.
163	<i>Rauwolfia serpentina</i>	Sarpagandha	Apocynaceae	Jungle	Herb, Erect	Roots, Leaves	Juice for feeding	Expel thread, Worms, Remove anxiety.
164	<i>Rauwolfia tetraphylla</i>	Sarpagandha	Apocynaceae	Road side	Herb Erect	Roots	Juice for surface used	Cholera, Gonorrhoea.
165	<i>Ricinus communis</i>	Verna	Euphorbiaceae	Road side	Erect, Shrub	Total	Juice for feeding	Tonic, Cough, Fever.
166	<i>Rumex maritimus</i>	Bon polong	Polygonaceae	Edge of Pond	Erect, herb	Leaves	Juice for feeding	Ulcer, Restorative, Constipation.
167	<i>Salvia plebeja</i>	Bhu tulsi	Lamiaceae	Wet land	Erect, Herb	Leaves	Juice for surface used	Sore, Itching, Abscess, Constipation.
168	<i>Scindapsus officinalis</i>	Goj papul	Araceae	Village thicket	Climber	Fruits, Leaves	Juice for feeding	Sore, Styptic, Tuberculosis.
169	<i>Scoparia dulcis</i>	Bondhonia	Scrophulariaceae	Open field	Erect, Herb	Roots, Seeds, Leaves	Juice for feeding	Asthma, Cough, Obstructive.
170	<i>Sida spinosa</i>	Chul Balla	Malvaceae	Open places	Erect, Herb	Roots, Leaves	Juice for feeding	Worm control, Weakness, Flatulence.
171	<i>Sida acuta</i>	Choto Balla	Malvaceae	Open place	Erect, Herb	Stems, Leaves	Juice for feeding	Sore, Ring worm, Toxic prevention.
172	<i>Sida cordata</i>	Jumca	Malvaceae	Open places	Erect, Herb	Roots	Juice for feeding	Diabetes, Dysentery.
173	<i>Sida cordifolia</i>	Berilla	Malvaceae	Edge of Pond	Erect, Shrub	Stems, Leaves	Juice for feeding	Weakness, Gonorrhoea, Dyspepsia.
174	<i>Smilax zeylanica</i>	Beral achra	Smilacaceae	Edge of Pond	Climber	Roots, Seeds, Leaves	Juice for feeding	Sexual debility, Impotency, Phthises, Tuberculosis.
175	<i>Solanum feroc</i>	Ram begum	Solanaceae	Road side	Erect, Herb	Stems	Juice for feeding	Sore, Stomachache Hepatitis, Metritis.
176	<i>Solanum filicifolium</i>	Tit begun	Solanaceae	Road side	Herb, Erect	Fruits	Juice for Surface used	Weakness, Itching.

Table 1: Continued

Sl No	Scientific name	Local name	Family	Source of material	Habit	Part of plants used	How used	In which diseases
177	<i>Solanum indicum</i>	Futky begun	Solanaceae	Road side	Herb, Erect	Fruits	Juice for Surface used	Weakness, Itching
178	<i>Solanum nigrum</i>	Kakmachi	Solanaceae	Wet places	Erect, Herb	Stems	Juice for feeding	Abdominal colic, Cracked Gleet bruises.
179	<i>Solanum surattense</i>	Kunto keary	Solanaceae	Edge of Pond	Shrub, Erect	Fruits, roots	Juice for feeding	Phthiases, Asthma, Warts
180	<i>Solanum xanthocarpum</i>	Kanto kary	Solanaceae	Open field	Erect, Herb	Leaves	Juice for surface used	Sore, Ring worm, toxic, Sexual disorder
181	<i>Stephania japonica</i>	Akanadi	Menispermaceae	Village thicket	Climber	Roots	Juice for feeding	Piles, Jaundice, Asthma, Gonorrhoea.
182	<i>Steudera virosa</i>	Bish Kachu	Araceae	Wet place	Erect	Roots	Juice for surface used	Piles, Jaundice, Asthma, Gonorrhoea.
183	<i>Syzygium cumini</i>	Kala jam	Myrtaceae	Road side	Erect, Tree	Leaves, Seed	Juice for feeding	Impotency, Diabetes.
184	<i>Tamarindus indica</i>	Tetul	Caesalpiniaceae	Village thicket	Erect, Tree	Leaves, Seeds	Juice for feeding and surface used	Fever, Diabetes, Itching, Snake bite.
185	<i>Terminalia arjuna</i>	Arjun	Combretaceae	Road side	Tree	Barks	Juice for feeding	Heart disease, Digestive, Flatulence
186	<i>Terminalia bellerica</i>	Bohera	Combretaceae	Open field	Tree	Fruits	Juice for feeding	Cough, Fever Ophthalmia, Dyspepsia.
187	<i>Terminalia chebula</i>	Hantaki	Combretaceae	Open field	Tree	Fruits	Juice for feeding	Weakness, Dyspepsia
188	<i>Tinospora cordifolia</i>	Gulancha	Menispermaceae	Planted	Climber	Roots	Juice for feeding	Piles, Jaundice.
189	<i>Tragia involucrata</i>	Besatu	Euphorbiaceae	Grave yard	Twining, Herb	Leaves	Juice for surface used	Sore, Ring worm toxic prevention.
190	<i>Trianthema portulacastrum</i>	Sato ponorva	Aizoaceae	Open field	Herb, Erect	Total	Juice for feeding	Abirritant, Aborticide
191	<i>Trichosanthes dioica</i>	Patol	Cucurbitaceae	Cultivated	Climber	Leaves, Roots, Seeds	Juice for surface used	Diabetes, Stomach, Dyspepsia.
192	<i>Tridax procumbens</i>	Tridhara	Asteraceae	Open field	Erect, Herb	Leaves, Fruits	Juice for surface used	Abscess, Bubo, Jaundice, Sore.
193	<i>Triunfetta rhomboidea</i>	Banokra	Tiliaceae	Road side	Herb, Erect	Total	Juice for feeding	Fever, Cough.
194	<i>Typhonium trilobatum</i>	Ghetkochu	Araceae	Open places	Erect	Roots	Juice for feeding	Piles, Jaundice, Asthma, Gonorrhoea.
195	<i>Urena lobata</i>	Bon okra	Malvaceae	Open field	Erect, Herb	Total	Juice for feeding	Weakness, Cough, Fever
196	<i>Vanda roxburghii</i>	Rasna	Orchidaceae	Epiphyte	Epiphyte	Leaves	Juice for feeding	Kidney stone, Constipation.
197	<i>Vitex negundo</i>	Nesinda	Verbenaceae	Edge of Pond	Erect, Shrub	Leaves, Roots, Seeds	Juice for feeding	Abdominal colic, Malarial fever, Jaundice.
198	<i>Withania somnifera</i>	Arsogandha	Solanaceae	Wet place	Herb, Erect	Roots, Stems Leaves	Juice for feeding	Sexual debility, Impotency, Phthiases, Ascites.
199	<i>Xanthium indicum</i>	Ghagra	Asteraceae	Edge of Pond	Herb, Erect	Total	Juice for feeding, Surface used	Piles, Semone.
200	<i>Zingiber officinale</i>	Ada	Zingiberaceae	Cultivated land	Herb	Rhizome	Juice for feeding	Abdominal colic, Malarial fever, Jaundice.

Abrus precatorius Linn. (Lal Kuch)

The leaves and roots are crushed and placed in water for 24 h, the extract is filtered through the fine cloth and is given to the patient as antipyretic. Leaves are anti diabetic.

Accacia farnesiana Willd. (Guababla)

A decoction of bark with black pepper is applied in diarrhoea. A decoction of root with honey is used for cough and sore.

Andrographis paniculata Nees. (Kalamagh)

All parts of the plant above ground are employed in preparing the medicinal decoction which is very bitter and given in fever, worms, dysentery, gastritis cough and liver trouble.

Aloe vera (Ghereetokanchan)

Leaves cut in several parts soaked overnight in a glass of water, next morning they are filtered with fine cloth and the extract is given for cough, fever and weakness.

Amaranthus spinosus Linn. (Katanote)

Leaves are used as vegetables. Total plants are crushed and placed in water and the extract is filtered through fine cloth and given to the patient as leucorrhoea.

Aristolochia indica Linn. (Iswarmul)

The root is applied to wounds. The root (8 g) made into paste and given twice daily for three days as an antidote to snakebite. The plant is believed to keep snakes away. The root (3 g) is made into a paste and given twice daily for diarrhoea.

Asparagus racemosus Wild. (Satomuly)

Roots are used in stomach troubles. The root is pounded with tendrils of *Smilax zeylanica* and is prescribed as a drink to cure urinary disorder as well as discharge of blood in urine.

Azadirachta indica A. Juss. (Nim)

A few leaves are boiled with water and are washed by this boiled for remedy of sore, itching, astyptic etc.

Bryophyllum calycinum Salisb. (Pathar Kuchi)

The leaves are made into paste and given with honey as a remedy for gonorrhoea, kidney stone and piles.

Bombax ceiba L. (Simul Mul)

The root of young plant (10 g) is made into paste and filtered through cloth and given twice daily for four to five days in spermatorrhoea.

Calotropis gigantea R.Br. (Baro Akanda)

The milky juice is used as purgative, leaves after crushing are applied on the injury or swelling, rheumatism, leprosy, the bark of the root is given in dysentery.

Cannabis sativa Linn. (Bhang)

Root is made into a paste with 25 black pepper and given twice daily for crazy and tetanus. It also relieves pain of dysmenorrhoea, menorrhagia and phthisis. Seed oil is used in rheumatism. It is also used in cancer chemotherapy and its extract is effective in curing cancer pain.

Cassia alata Linn. (Dad Mardon)

The root 5 g is made into paste along with 31 black peppers and given to nursing women for purification of the milk. Sugar candy water is given for drinking, used in eczema, ring worm.

Cassia fistula Linn. (Sonalu)

Pulp of the fruits is used as purgative.

Cassia occidentalis Linn. (Boro Kalkasunda)

The root is made into a paste and given to nursing women for purification of the milk.

Cassia tora Linn. (Kalkasunda)

Leaves and seeds are used as remedy for ring worm, skin disease and asthma.

Centella asiatica (Linn.) Urban. (Thankuni)

The whole plant mixed with *Oxalis corniculata* is boiled and taken to cure dysentery. Paste of leaves with black pepper and salt is used to cool down the body heat.

Cissus quadrangularis Linn. (Harzora)

Stem juice is used to remove sprain and also hasten the union of fractured bones.

Cleome viscosa Linn. (Hurhurea)

Five drops of fruit juice are dropped in each ear once daily for three days to cure intermittent fever. The juice from crushed fruits is dropped in to an aching ear.

Coccinia cordifolia L. Cogn. (Talakucha)

The root is made into paste with *Cynodon dactylon* and the paste is again mixed with goat's milk which is given once daily in an empty stomach for five days to lady after child birth for lactation. It is also effective for rheumatism and leaf used in diabetes.

Croton tiglium Linn. (Jaipal)

A decoction of the bark (10 g), rhizome of *Zingiber monfonum* and black pepper is given in cholera and diarrhoea.

Curculigo orchoides Gaertn. (Tal Muley)

Tuber is made into paste with 10 seeds of gram and given once daily to stop nose bleeding. The tuber (about 1 cm) is boiled, coated with boiled rice and swallowed twice daily as a cure of piles.

Curcuma zedoaria Roscoe. (Sati)

The rhizome (8 g) is made into paste and given twice daily for three days as an antidote to snakebite. The rhizome is made into a paste with rice water (decanted water after cooking rice with little jaggery) and given for diarrhoea.

Cuscuta reflexa Roxb. (Sarnalata)

Plant is made into a paste and used a balm in body-ache and rheumatism.

Cynodon dactylon Pers. (Durba)

Leaf juice is applied to cuts wounds and scabies, stop bleeding.

Desmodium gangeticum DC. (Salpany)

The whole plants are useful for piles, diarrhoea.

Desmodium motorium (Houtt). (Turut Chandal)

Worm leaf juice is applied on the chest in case of cough. The bark is used in medicine applied in eyes, especially for babies. A soup made with bark of this and leaves of *Adhatoda vasica* is given to cure cough and cold.

Datura fastuosa L. (Dutura)

The bark is mixed with *Terminalia arjuna* and pounded. The resulting paste is rubbed on the body in cases of internal injuries (by falling etc.). It is also believed to knit broken bone, seed leaf used in asthma.

Embelica officinalis Gaertn. (Amloky)

Fruits are called the king of vitamin C. By eating it gonorrhoea and itching are remedy.

Euphorbia trigona (Narasaj)

The root is crushed with equal quantity of ginger and made into pills. One pill is taken in the morning till piles are cured.

Euphorbia pulcherrima Wild. (Dudhea)

In body pain, fever and blood dysentery, the root is powdered and taken with water. It is useful in removing worms in children and bowel complaints. The latex of the herb promotes formation and flow of milk in women.

Gloriosa superba Linn. (Ulat Chandal)

The root-paste is applied to the tongue in Benga disease in cows (the tongue becoming thick and full of tubercles). The root is also used as a single dose of the paste of 1 cm. long root and three black peppers with milk in administered; this work in pregnancies of up to four months. Root made into a paste with mustard oil which is applied on the body for curing periodic fever. It should be continued for four days. Leaf paste is heated and applied on the forehead and neck for seven days for curing asthma of children. Pulverised leaves and stem with sugar candy are soaked overnight in a glass of water: Next morning they are pressed in between the palms and strained. The decoction thus prepared is prescribed once daily on an empty stomach for seven days Gonorrhoea and for concentration of semen.

Heliotropium indicum Linn.(Hatisur)

Leaf juice is used for curing fistula. A paste of the roots is applied on bone fracture. The treatment is renewed each day till the bone heals.

Hemidesmus indicus R. Br. (Anantomul)

The root is made into a paste with *Cynodon dactylon* and the paste is again mixed with goat's milk which is given once daily on an empty stomach for seven days to a lady after birth for lactation.

Ipomoea mauritiana Jacq. (Bhui Kumra)

Underground tuber (10 g) made into paste and given with sugercandy twice daily for two to three days in diabetes. The rhizome is also taken in a very small proportion and given with breed for rheumatism and paralysis.

Justicia gendarusa Linn. (Bisslo Caroly)

The leaves are made into paste. The paste is kept and lied in case of fractured and dislocated bones. Some times it is mixed with *Cissus queadrangularis* and ginger juice for a more effective cure.

Leea macrophylla Hornem. (Hasticorno Polas)

This plant is an herbal supplement for men who are concerned about sexual performance or penile erectile dysfunction or male libido. This herb has a high flavonoid and flavonoid glycoside content with the many benefits ie. Initiates an erection at awakening, increases the frequencies of erections, improves the strength of the penis, lengthens the duration of the erection, prolongs the duration of the erection after ejaculation, increases interaction frequency, increase sexual life satisfaction. According to local folklore, it has been told that a man who regularly takes the root reached the age of 180 years.

Leucas aspera Spreng. (Satodron)

Leaf juice is put into eyes two or three times daily with leaf juice of *Ocimum americanum* to relieve burning sensation and redness of eyes. A leaf decoction is given in cough; Leaf juice is applied for the treatment of skin diseases.

Leucas cephalotes Spreng. (Dondokalas)

The leaf paste is fried and applied on the forehead to relieve pain.

Justicia oreophyllas C.B. Clarke. (Choto Arusha)

The leaves are an ingredient for the preparation of a medicine used in curing insect stings of a serious nature.

Mentha spicata L. (Podina)

Cure chest problem, the leaves are dried, crushed and mixed with oil. The paste is applied on the chest for cough. The whole plant is made in to paste along with 5 black peppers and given to nursing women for purification of the milk. Suger candy water is given for drinking.

Mimosa pudica Linn. (Sada Lazzabaty)

The root (5 g) is made in to paste with Talmul (*Curculigo orchiodes*), Satomul (*Asperagus racemosus*) and konto kumarey (*Smilax zeylanica*) filtered through cloth and given twice daily for four to five days in spermatorrhoea.

Mucuna pruriens DC. (Alkusi)

Seeds eaten for increasing potency, hairs of seed coat admistered as vermifuge.

Ocimum americanum Linn. (Sada Tulsi)

The juice of the leaves mixed with little salt is poured in eyes in conjunctivitis and other eye diseases.

Ocimum basilicum Linn. (Babui Tulsi)

The ripe seeds of the plant are soaked in water and put into the eyes for bringing out foreign particles.

Ocimum sanctum Linn. (Kala Tulsi)

The entire plant is dried, powdered and sprinkled over the plants infested with insect pests. The leaves are used in cold and cough.

Oxalis corniculata Linn. (Amrul)

The whole plants along with ginger is made a paste and applied for dysentery. The leaf juice taken along with honey is claimed to cure chronic cough. The leaves are also used for curing kidney problems.

Paederia foetida Linn. (Gandhavadulia)

Leaves are used as vegetables. It helps in movement of bowels, useful in stomach pain and rheumatism.

Physalis minima Linn. (Ban Tepariya)

Leaves and tender stems are used as greens. Fruits are edible.

Piper longum Linn. (Pipul)

A few leaves are cooked with rice and given to children to relieve cough. The decoction of leaves is reported to cure enlarged spleen in children as well as in adults.

Plumbago zeylanica Linn. (Chata)

The roots are washed, pounded and boiled in milk and given to relieve muscular pain. They are also tied round the wrist or round the same purpose.

Polygonum hydropiper Linn. (Pani Biakataly)

The leaves are mashed into a paste and applied as a balm for skin disease.

Polygonum lapathifolium Linn. (Biskalaly)

Leaf paste is applied to ring-worm and itching of skin surfaces.

Rauwolfia serpentina Benth. (Sarpoghandha)

The root (3 g) is made into a paste and given to relieve stomachache and to expel thread worms. A decoction of the root along with black pepper is given to expel intestinal worms in children. Root is used in insomnia, high blood pressure anxiety, excitement, schizophrenia, insanity, epilepsy, hypochondria and disorders of the central nervous system.

Rauwolfia tetraphylla Schott. (Sarpoghandha)

Root is made into paste, which is prescribed in anaemia once daily an empty stomach for four days. Children suffering from the disease of wetting at night are cured if they eat their food served on the leaves of this plant and use the stem as a toothbrush in toothache, spongy gum and worm out teeth.

Scindapsus officinalis (Roxb) Schpt. (GojPapul)

Crushed roots of the young plants (10 g) or seeds are given to relieve stomachache.

Sida acuta Burm. (Choto Balla)

The paste of the root (8 g) with three black peppers is administered once daily for three days in swelling of the neck. Root is made into a paste which is mixed with mustard oil and heated. It is applied on the waist as a remedy for pain, for two or three days.

Sida cordifolia L.

Pulverised leaves and stem with sugar candy are soaked overnight in a glass of water: Next morning they are pressed in between the palms and strained. The decoction thus prepared is prescribed once daily on an empty stomach for seven days Gonorrhoea and for concentration of semen.

Smilax zeylanica Linn. (Kumarilata)

This is very important medicinal plant and used in various diseases ie. dysentery, epilepsy, leucorrhoea, menstrual disorder, rheumatism, spermatorrhoea and tuberculosis.

Solanum xanthocarpum Schrad And Wendl. (Kantokeary)

Paste of roots bark in water is used to reduce heat in the body as well as in sexual disorder.

Solanum ferox Linn. (Ram Bagun)

Green leaves are used in the treatment of stomachache.

Syzygium cumini (L.) Skeel. (Kalazaam)

Crushed of seeds are soaked and filtered by fine clothe. This extract is given for diabetes.

Terminalia arjuna Bedd (Arjun)

Bark with sugar candy are soaked over night in a glass of water. Next morning they are filtered and is prescribed once daily on an empty stomach for seven days in heart diseases.

Terminalia belerica, Roxb. (Bohera)

Fruit are crushed and given in cough and fever.

Vitex negundo Linn. (Nisinda)

The leaves when boiled and taken, cure severe stomach aches; for cuts and injuries, the apical leaves are made into paste with slaked lime and applied on the cuts; this stops the bleeding. A decoction of the leaves (five to six) is given in malarial fever. The leaf paste is applied externally in body pain the leaf extract is given orally in dropsy. It is also used in jaundice.

Withania somnifera Dunal. (Ashogandha)

It is a very important herb in ayurveda, the traditional medicine. It is used for tumors, inflammation including arthritis) and a wide range of infectious diseases. The shoots and seeds are also used as food and to thicken milk.

Under the present investigation the information regarding medicinal plants in the Rajshahi district was carried out by questionnaires survey. We have developed the questionnaires for the survey of medicinal plants through trial and errors under several observations. There are many questionnaire survey used by different workers. Information collected by their survey was not totally applicable in my cases and every one had some limitations on our perspectives. Most of the herbal doctors are

illiterate and in most cases inherited the expertise from their fore fathers and they are very much reluctant about sharing any knowledge. Herbal doctors are not agreed to show any medicinal plants even they are not agreed to talk any name of medicinal plants in some cases. Herbal doctors have strong believed on the effectiveness of medicinal plants. There has been superstition among the herbal practitioners and they believe if they share this knowledge, the medicinal plants will lose their activation. For collection of sufficient information many important medicinal plants or their seeds are supplied to the herbal doctors as the incentive to make them agreed for sharing knowledge.

Herbal doctor's indigenous knowledge is very important. They acquire this knowledge from their fore fathers or teachers (Ostad) and by practical application there is no records in any books or journals about their indigenous knowledge. In this study ethnobotanically a total 200 plant species were reported to be used by the people of this area, of which most of them are used for medicine, vegetables and fruits. Remaining was used as house building material, fuel, fodder etc. Medicinal plants were reported to be used in traditional health care system to cure common ailments (i.e., fever, headache, rheumatism, diarrhoea, teething, stomach pain, wounds and boils, asthma, jaundice, eye disease, cold and cough, hurt/fracture, delivery). The method of application varies according to the nature of ailment. In majority of the cases, a decoction was used or rubbed on the body. Usually decoction was made by crushing the parts in a mortar, sometimes plants parts were boiled with water and the liquid is decanted. Decoction was applied externally on the wounds or the infected part. In some cases (in fracture) the part(s) was plastered to set dislocated or fractured bone or relieve muscular pain i.e., *Heliotropium indicum*, *Cissus, quadrangularis*, *Lasia spinosa*. In some cases combinations of plant parts are used for best results i.e., fever. Combinations of leaves or seeds of *Cassia occidentalis* and leaves of *Andrographis paniculata* are found to be best result. In some cases single plant is used for different diseases i.e., root of *Curculigo orchioides* is used for piles, Jaundice, Asthma, Gonorrhoea, leaves of *Andrographis paniculata* are used for worm control, fever, cough, stomach pain. Traditional practices as observed under the study in most of the cases were found similar to the recorded information published in different medicinal books and journals. But some observations were found unique and unilaterally existing over this study area as traditional practices.

In recent years, there has been growing interest in the herbal medicines which are in use in the Ayurvedic, Unani and other systems of medical treatments. The recording of indigenous knowledge based on traditional health care systems becomes increasingly important. The Rajshahi district is a large area and one of the significant geographical regions of the country still holds some ancient culture and practices. The results and information came out from the present investigation suggests that there is a strong need of extensive inventories and documentation of uses as well as indigenous knowledge available over the areas of the Rajshahi district.

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