

# Plants species with description



Plant Name: *Gentiana acaulis* L.

Common Name: **Trumpet Gentian**

Family: **Gentianaceae**

## Medicinal Use:

Gentiana roots are used to treat digestive problems. It is helpful for many chronic diseases and best for solving appetite problems.

# Plants species with description



**Plant Name:** *Azadirachta indica* A. Juss.

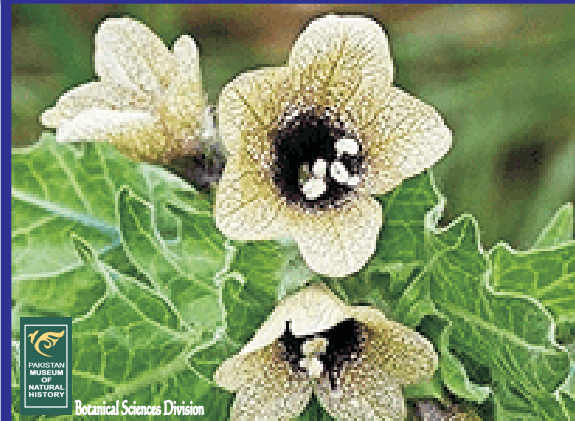
**Local Name:** **Neem tree**

**Family:** **Meliaceae**

## **Medicinal Use:**

It has anti fungal, antiviral, properties therefore used in various medicines. Its leaves are beneficial against eye disorders, stomach problems, skin allergies and heart problems. The plant also has anti diabetic properties.

# Plants species with description



Plant Name: *Hyoscyamus niger* L.

Local Name: Ajwain Khurassani

Family: Solanaceae

## Medicinal Use:

It is best known for its used in treatment of arthritis and rheumatism. It is beneficial for respiratory disorders such as cough and asthma. It is used for the treatment of nervous disorders and stomach problems. It also has sedative effect therefore used as analgesic.

# Plants species with description

Plant Name: *Bergenia ciliata* (Haw.) Sternb.

Common Name: **Winter begonia**

Family: **Saxifragaceae**

## Medicinal Use:

It is best known for its use in treatment of kidney stones. The plant is also beneficial against gastrointestinal disorders.



# Plants species with description



Plant Name: *Saussurea lappa* (Decne.) Sch. Bip.

Common Name: **Costus plant**

Family: **Astraceae**

## Medicinal Use:

It has anti-inflammatory and anticancer properties therefore used in various medicines. Its roots are used for the treatment of various skin infections. Costus oil is used for respiratory problems such as asthma, cough, gas, and severe intestinal diseases such as dysentery and cholera. Also used as a tonic for digestive problems.

# Plants species with description



Plant Name: *Viola odorata* L.

Local Name: Sweet Violet, Banafsha

Family: **Violaceae**

## Medicinal Use:

It is used in the treatment of headache, cough, colds, bronchitis, and fever. The plant is also used in different Traditional medicines.

# Plants species with description



Plant Name: *Taxus wallichiana* Zucc.

Common Name: Himalayan yew

Family: Taxaceae

## Medicinal Use:

Traditional medicine has made significant use of young shoots and leaves and even inner bark for a long time in various lotions, tinctures, and pastes.

# Plants species with description



Plant Name: *Podophyllum emodi* Royle

Common Name: Mayapple, Devil's apple, Duck's foot

Family: **Podophyllaceae**

## Medicinal Use:

Fruits are edible and rootstock produce podophyllol, a sticky resin, quarcetin and podophyllo-toxin of medicinal importance.



# Plants species with description



Plant Name: *Paeonia emodi* Royle

Local Name: Mamekhor or Mamekh

Family: Paeoniaceae

## Medicinal Use:

The underground tubers are useful in nervous disorders. The dried flowers are used for stomach complaints (diarrhea). The seeds are purgative and emetic.

# Plants species with description



Plant Name: *Berberis lycium* Royle

Common Name: Zyarh larghai or Kashmal

Family: Berberidaceae

## Medicinal Use:

A brown extract from its roots and lower parts of stem is called 'Rasaunt' and is mixed with water for use as cooling agent or tonic. It is also used as an eye lotion.

# Plants species with description



Plant Name: *Aloe vera* (L.) Burm.f.

Common Name: Aloe vera

Family: Asphodelaceae

## Medicinal Use:

Aloe vera gel is used in different skin care items such as lotions creams and masks due to its anti inflammatory and anti aging properties. Also used in hair treatment oils and shampoos to recover the damage and for better growth of hairs. Also known for its antiviral , anti bacterial properties due to presence of polyphenols.

# Plants species with description



Plant Name: *Moringa oleifera* Lam.

Local Name: Sohanjna

Family: Moringaceae

## Medicinal Use:

Oral administration of dried powder of Moringa leaves is beneficial for anemia patients. Extracts of pods are also used against many diseases such as arthritis and rheumatism. Good for respiratory issues such as asthma and bronchitis. Due to presence of many pharmacologically active compounds it is used in medicine against cancer, constipation, diabetes, diarrhea, , stomach and intestinal ulcers, stomach pain, headache, heart problems, high blood pressure, kidney stones.

# Plants species with description



Plant Name: *Olea ferruginea* Royle

Local Name: Olive, kahu

Family: Oleaceae

## Medicinal Use:

Decoction of leaves is used for toothache and oral administration is a common practice against sore throat and other problems.

# Plants species with description



**Plant Name:** *Phytolacca latbenia* (Moq.) Maxim.

**Local Name:** Poke Bush or Poke Berry, Luber

**Family:** **Phytolaccaceae**

## **Medicinal Use:**

Pastes prepared from the plant are externally applied for the treatment of rheumatism, and to strengthen weak bones. Its mother tincture has the potential to kill germs and to treat fungal infections.

# Plants species with description



**Plant Name:** *Geranium dissectum* Hook.f.

**Local Name:** Poke Bush or Poke Berry, Luber

**Family:** Geraniaceae

## Medicinal Use:

The plant is anti-septic, highly astringent and used as a tonic. Decoction of whole plant or a part of plant is used against digestive problems such as nausea, diarrhea and dysentery.