



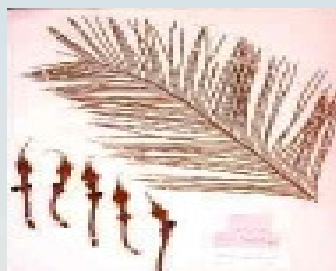
Medicinal Plants



1. Beddomes cycad/Perita/Kondaitha

Scientific Name : *Cycas beddomei*
Vernacular Name: Beddomes Cycad, Perita, Kondaitha
Family & Distribution : Cycadaceae Cuddapah Hills in AP, North West of Chennai in Eastern Peninsular India.

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Uses

The male cones of the plant are used by local herbalists as a cure for rheumatoid arthritis and muscle pains. Fire resistant property is also there.

2. Blue vanda/Autumn Ladies' Tresses Orchid

Scientific Name : *Vanda coerulea*
Vernacular Names: Blue Vanda, Autumn, Ladies' Tresses Orchid, Vandar Vandaka, Kwaklei, Bhatou Phul (Assamese) etc.
Family & Distribution : Orchidaceae
INDIA: Assam, Arunachal Pradesh, Manipur, Meghalaya, Nagaland. MYANMAR, THAILAND

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Uses

This genus is one of the five most horticulturally important orchid genera. *Vanda coerulea* is one of the few botanical orchids with blue flowers (actually a very bluish purple), a property much appreciated for producing interspecific and intergeneric hybrids.



3. Kuth/Kustha/Pooshkarmoola/Uplet

Scientific Name: *Saussurea lappa/Saussurea costus*
Vernacular Names: Kuth, Kustha, Pooshkarmoola, Uplet, Kashmirirja, Pokharmool, Costus, etc.
Family + Distribution: Asteraceae/Compositae 2600-3600 M Altitude in the Himalayan Region, Kashmir, Himachal Pradesh.

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Uses

Saussurea lappa is used as an anti-inflammatory drug, and a component of the traditional Tibetan medicine. The roots of the plant are used in perfumery. Dry roots (Kuth, Costus) are strongly scented and yields an aromatic oil, which is also used in making insecticides. The roots contain an alkaloid, 'saussurine', which is medicinally important. It is an antiseptic,

Used in chronic skin diseases, asthma and high blood pressure and also good for stomach ailment. Also used as carminative, stimulant, prophylactic and sedative. Dry roots constitute the drug 'Saussurea'. The roots have strong and sweet aromatic odour and a somewhat bitter taste. In Kashmir the roots are used to protect woolen fabrics. Kuth is also distilled for its essential oil. Approx. 100 kg of oil / resinoid is produced in India.

Commercial / EXIM data:

Roots used to be exported to China, Japan and Europe. Kulu is the biggest centre of trade for Kuth. The kuth roots are collected and supplied to State Trading Corporation by the



State Forest Department and the same from Lahul is collected by Lahul Kuth Grower's Society, Manali and supplied to State Trading corporation. Presently Kuth roots are mostly exported to HongKong, France and Singapore. It is also exported to Thailand, Vietnam, Japan, Siberia and Netherlands. Kuth exported to Europe, primarily France & Netherlands is used for oil production. Export to France started in 1964-65, whereas Japan in 1965-66 with steadily increasing trends.

Regarding price of Kuth roots, average export price during 1965-70 was Rs. 2.65/kg, which later increased to Rs. 7.85/kg. Export price varies during a particular period varies among different countries. Export price to Thailand was highest, Rs. 9.77/kg during 1970-74 and to that of Singapore was Rs. 6.44/kg.

Adulteration of Kuth oil:

Kuth oil is adulterated with oil of vetiver due to their similar physico-chemical properties, which can be detected by their odour. Oil from the roots of *Inula helenium* is also used for adulteration of Kuth oil. True resinoid is sometimes adulterated with resins from roots after extracting oil with steam.



4. Ladies Slipper Orchid

Scientific Name : *Paphiopedilium spp.*

Vernacular Names : Ladies Slipper Orchid

Family & Distribution : Orchidaceae South China, India, South East Asia, Pacific Islands.

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Uses

These types of orchids are mainly used as collector's items but lady's slipper is sometimes used today either alone or as a component of formulas intended to produce treat anxiety / insomnia (scientific evidence is not present). This is also sometimes used topically as a poultice or plaster for relief of muscular pain.



5. Pitcher plant

Scientific Name : *Nepenthes khasiana*

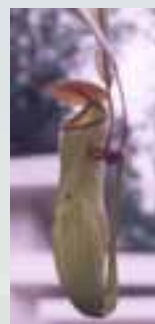
Vernacular Names : Pitcher Plant, Tiewrakot, Kset Phare, Memang Koksi.

Family & Distribution : Nepentheceae Endemic to Khasi Hills, Isolated populations are known to occur in Jarain Area of Jaintia Hills and the

Uses

The plant finds ethnomedicinal uses. Khasi and Garo tribes use the fluid of unopened pitcher of the plant as eye drops to cure cataract and night blindness, and also for treating stomach troubles, diabetes and gynaecological problems.

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6. Red vanda

Scientific Name : *Renanthera imschootiana*

Vernacular Names : Red Vanda, Imschoot's Renanthera Kwaklei Angangba, etc.

Family & Distribution : Orchidaceae Manipur, Assam, Burma, Southern China, Laos, Vietnam.



Uses

As a whole orchids are collected to satisfy an ever demanding market of orchid fanciers, especially in Europe, North America and Asia. The trade is aimed at specially selected hybrids as well as botanical species.



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7. Sarpagandha

Scientific Name : *Rauvolfia serpentina*

Vernacular Names : Chandrabagha, Chota chand (Hind.); Chandra (Beng.); Asrel (Urdu); Harkaya, Harki (Mar.); Paataala goni, Paataala garuda (Tel.); Chivan amelpodi (Tam.); Sarpagandhi, Shivavabhiballi, Sutranavi, Patalagondhi (Kan.); Chuvanna-vilpori, Suvapavalforiyan (Mal.); Patalgarur, Sanochada (Oriya).

Family & Distribution : Apocynaceae Sub Himalayan tract from Punjab eastwards to Nepal, Sikkim, Bhutan and Assam, Lower Hills of Gangetic Plains, Eastern & Western Ghats, parts of Central India & in the Andamans.

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Uses

Rauvolfia roots are of immense medicinal value and has steady demand. It is used for treating various central nervous system disorders. The pharmacological activity of rauvolfia is due to the presence of several alkaloids of which reserpine is the most important, which is used for its sedative action in mild anxiety states and chronic psychoses. It has a depressant action on central nervous system produces sedation and lowers blood pressure. The root extracts are used for treating intestinal disorders, particularly diarrhoea and dysentery and also anthelmintic. It is used for the treatment of cholera, colic and fever. The juice of the leaves is used as a remedy for opacity of the cornea. The total root extracts exhibits a variety of effects, viz., sedation, hypertension, bradycardia, myosis, ptosis, tremors, which are typical of reserpine.



8. Ceropegia species.

Scientific Name : *Ceropegia sp.*

Vernacular Names : Lantern Flower, Parasol Flower, Parachute Flower, Bushman's Pipe, String of Hearts, Snake Creeper, Wineglass Vine, Rosary Vine, Necklace Vine, etc.

Family & Distribution : Apocynaceae Canary Islands, Africa, Madagascar, Arabia, India, Sri Lanka, Southern China, Indonesia, Philippines, New Guinea, Queensland.

Uses

Since these plants are very popular houseplants, these plants can be used as ornamental plants.

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CITES Not Listed



Ceropegia distincta.

9. Shindal Mankundi

Scientific Name : *Frerea indica*

Vernacular Names : Shindal Mankundi

Family & Distribution : Apocynaceae/Asclepiadaceae
INDIA: Junnar and Purandhar Hills, Pune, Maharashtra
Endemic.

Uses

Freria indica with sherry flowers have demand as a pretty succulent horticulture plant indoor decoration.

W(P)A Not Listed
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Freria indica

10. Emodi/Indian Podophyllum

Scientific Name : *Podophyllum hexandrum*

Vernacular Names : Emodi/Indian Podophyllum, Himalayan MayApple, Indian MayApple, etc. Bakrachimaka, bhananbakra, papra, papri (Hin.); Papra (Beng.); Padmel, patnel (Mar.); Verivel (Guj.); Vaakakri, papri (Punj.); Banwangan (Kash.); Indian podophyllum (Eng.)

Family & Distribution : Berberidaceae
Lower elevations in and surrounding the Himalaya.

Uses

Rhizomes and roots constitute the drug.

Freshly collected rhizomes are reported to contain more active principles which are lost on prolonged storing. The dried rhizome from the source of medicinal resin. Podophyllin obtained from the plant is cholagogue, purgative, alterative, emetic and bitter tonic and is given in conjunction with belladonna and hyoscyamus. Podophyllin is toxic and strongly irritant to skin and mucous membranes. Large dose causes severe vomiting and diarrhoea. It is used in veterinary medicine as a cathartic for dogs and cats, also used in removing warts in animals. Cardio-vascular effects of sub-lethal doses of podophyllin are reported to be wild



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11. Tree Ferns

Scientific Name : Cyatheaceae spp.

Vernacular Names : Tree Ferns

Family & Distribution : Tropical and Subtropical areas as well
Temperate Rainforests in Australia, New Zealand



Uses

The Soft Tree Fern can be used as a food source, with the pith of the plant being eaten either cooked or raw. It is a good source of starch.



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12. Cycads

Scientific Name : Cycadaceae spp.

Vernacular Names : Cycads

Family & Distribution : Cycadaceae Stangeriaceae Zamiaceae South and Central America, Mexico, the Antilles, southeastern USA, Australia, Melanesia, Micronesia, Japan, China, Southeast Asia, India, Sri Lanka, Madagascar, and southern and tropical Africa

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Uses

The generic name refers to the starch obtained from the stems which was used as food by some indigenous tribes. Tribal people grind and soak the nuts to remove the nerve toxin, making the food source generally safe to eat, although often not all the toxin is removed. In addition, consumers of bush meat may face a health threat as the meat comes from game which may have eaten cycad nuts and carry traces of the toxin in body fat. There is some indication that the regular consumption of starch derived from cycads is a factor in the development of Lytico-Bodig disease, a neurological disease with symptoms similar to those of Parkinson's disease and ALS. Lytico-Bodig and its potential connection to cycasin ingestion is one of the subjects explored in Oliver Sacks' 1997 book *Island of the Colourblind*.



13. Elephant's foot

Scientific Name : *Dioscorea deltoidea*

Vernacular Names : Elephant's Foot, Singli-Mingli, etc.

Family & Distribution : Dioscoreaceae
Throughout the North Western Himalayas extending from Kashmir and Punjab eastwards to Nepal and China at the altitude of 900- 3000 meters above msl.

Uses

Commercial source of Diosgenin (a steroid sapogenin, is the product of hydrolysis by acids, strong bases, or enzymes of saponins, extracted from the tubers of *Dioscorea wild yam*. The sugar-free (aglycone), diosgenin is used for the commercial synthesis of cortisone, pregnenolone, progesterone, and other steroid products.)



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14. Euphorbians

Scientific Name : Euphorbia spp.

Vernacular Names : Euphorbians, Spurge.

Family & Distribution : Euphorbiaceae Primarily found in the tropical and subtropical regions of Africa and the Americas, but also in temperate zones worldwide. Succulent species originate mostly from Africa, the Americas and Madagascar.



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Uses

Plants sap used to purgative, several spurges are grown as garden plants, among them Poinsettia (*E. pulcherrima*) and the succulent *E. trigona*. *E. pekinensis*; pinyin: 槲寄生) is used in traditional Chinese medicine, where it is regarded as one of the 50 fundamental herbs.



15. Orchid

Scientific Name : *Orchidaceae spp.*

Vernacular Names : Orchids

Family & Distribution : *Orchidaceae* *Orchidaceae* are cosmopolitan, occurring in almost every habitat apart from deserts and glaciers. The great majority are to be found in the tropics, mostly Asia, South America and Central America, but they are also found above the Arctic Circle, in southern Patagonia and even on Macquarie Island, close to Antarctica.

Uses

The genus *Vanilla* used as flavouring agent, underground tubers of some orchids are powdered and used for cooking, cultivation for the enjoyment of the flowers, some species used in perfumery industries, collectors' species.



Orchids are quite popular among professionals as well as amateurs orchid lovers all over the world. Orchid trade is sharing about 8% of international flower market is a very productive with centres concentrated in Europe (the Netherlands), America (California), Japan, Thailand, Bangkok, Singapore. India has rich orchid genetic resources. Orchid cultivation has been initiated by some entrepreneurs at Bangalore, Chandigarh, Gangtok, Mumbai, Chingelpet, Cochin, Ernakulam,

Quilon, Kalimpong, Pune and Thiruvananthapuram. Breeding work has also been initiated at Orchid Research & Development Centre (ORDC); Tipi, Arunachal Pradesh; Tropical Botanic Garden and Research Institute (TBGRI), Thiruvananthapuram, Kerala; Indian Institute of Horticultural Research (IIHR), Bangalore, Karnataka and in some Indian Universities. Orchid trade may be classified into four categories: Plants; species; (iii) hybrids; and cut flowers. The value of orchid plants vary according to the quality of flowers and rarity of occurrence. Some orchids have high demand in international market. Northeast India has got tremendous potential of orchid cut flower trade which may prove to be a fruitful industry in southeast Asia, Australia and Hawaii. The major threat to orchids are due to extraction of wild plants for trade and habitat alteration or destruction. About 147 orchid species are under threat of extinction worldwide, ca 35 species in Indian region (including India, Nepal, Bhutan, Bangladesh, Sri Lanka and Pakistan) are considered extinct or on the verge of extinction and over 100 species are threatened (Pradhan, 1996). In many north east states particularly in Manipur and Meghalaya, rural people collect orchids from the wild and sell them in the market at a very cheap rate for their livelihood.

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CITES Not Listed





16. Redsanders

Scientific Name : *Pterocarpus santalinus*

Vernacular Names: Raktachandan (Hind., Beng.); Tambada chandana (Mar.); Ratanjali (Guj.); Rakta ghandamu, Agaru ghandamu (Tel.); Atti, Sivaffu chandanam (Tam.); Agslue, Honne (Kan.); Patrangam, Tilaparni (Mal.); Rad Sandal wood, Red Sanders (Eng.).

Family & Distribution : Leguminaceae

INDIA: Parts of Andhra Pradesh, Mysore, Chennai.

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Log

Uses

The wood is heavily impregnated with reddish brown gum and contains a red dye santalin. The timber is immune to white ants and other insects and does not require antiseptic treatment. The timber is used for house posts, agricultural implements, poles, shafts and bent rims of carts, boxes and picture frames. They are also carved into dolls and images. It is exported to Japan where it is used in the manufacture of a musical instrument called Shamisou. The wood yields charcoal and fuel obtained from diseased and crooked trees. The ground wood, roots and stumps is used for dyeing wool, cotton and leather. It is also used for staining other woods. The dye is also used for colouring pharmaceutical preparations and food stuffs. Paste of the wood is cooling, astringent, tonic and diaphoretic, also useful in bilious affections and skin diseases. Decoction of the fruit is used as an astringent tonic in chronic dysentery. Leaves are used as cattle fodder.



Pterocarpus santalinus



Chips

17. Common Yew or Birmi Leaves

Scientific Name : *Taxus wallichiana*

Vernacular Names : Common Yew, Birmi, etc.

Family & Distribution : Taxaceae INDIA: Himalayas, Meghalaya Naga hills, Manipur. MYANMAR, AFGANISTAN, South West CHINA, VIETNAM.

Uses

Parts used commercially:

Used as hedge, also used in topiary in Europe. In Britain it has been used for making bows and for archery sports. In Ladakh the bark is used in place of tea. It also used for ploughs and axils of carts. The wood is strong and elastic All parts of the plant are highly poisonous except the scarlet aril. Poisoning results in gastroenteritis, heart and respiratory failure. Sometimes death occurs within 5 minutes.



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18. Agarwood

Scientific Name : *Aquilaria malaccensis*

Vernacular Names : Agarwood, Oud, Aloe wood, Eagle wood, Aguruh, Krsnaguruh, etc.

Family & Distribution : Thymelaeaceae

INDIA: Nagaland, Manipur, Mizoram, Meghalaya, Assam, West Bengal MYANMAR, extends through South East Asia to PHILIPPINES.



Uses

Wood is stimulant, tonic, aphrodisiac, carminative, astringent, also used in diarrhoea, constipation, vomiting and snakebite. Agar is a pathological product, formed due to a fungal disease on wound or boring in the trunk, the fluid resin does not exude naturally or on tapping.

Trees, about 50 yrs old, have the highest concentration of agar. Sometimes all the tissues under the bark of the tree may be converted into agar. True agar is heavier than water, and is hard, brown and rich in resin. Agar is sold in the market as chips, splinters and blocks. Sylhet agar has the highest price; Dhum, of inferior quality, is softer and yellowish-white, and is used distilling volatile oil called agar attar. Clothes and skins dusted with agar powder repel fleas and lice. Agar is a stimulant and carminative. The wood used for making bows and sticks. It is also highly scented and yields on distillation, agar attar. The resinous wood is used for making incense sticks. The wood is also used by cabinet makers and inlayers for making beads, rosaries, crucifixes, ornaments, etc.

19. Aconite/Monkshood/Wolfsbane

Scientific Name : *Aconitum sp.*

Vernacular Names : Aconite, Monkshood, Wolfsbane, Atees, etc.

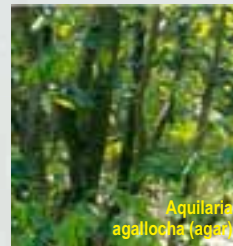
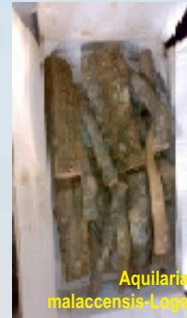
Family & Distribution : **Ranunculaceae** Found in sub-alpine and alpine regions; Himalayas from Indus to Kumaon



Uses

Aconitum is a valuable herb for combating debility after fevers. It is an excellent tonic and aphrodisiac. It is used as a remedy for diarrhea, dysentery, acute inflammatory affections, cough, and dyspepsia.

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20. Yunnan Goldthread

Scientific Name : *Coptis teeta*



Vernacular Names : Yunnan Goldthread
Family & Distribution : Ranunculaceae
It is endemic to a very small area in the eastern Himalayas.

Uses

Rhizome is used as an antimicrobial and anti-inflammatory

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CITES Not Listed



21. Calumba wood (*Coscinium fenestratum*).

Scientific Name : *Coscinium fenestratum*

Vernacular Names: Calumba Wood, Jhar Haldi (Hindi), Maradrashina (Kannada), Jhadehalade (Marathi), Darvi (Sanskrit), Manu-pasupu (Telugu).

Family & Distribution : Menispermaceae **Global:** Indo-Malaya (southern India, Sri Lanka, Cambodia and West Malaysia).

National: Western Ghats of Karnataka, Kerala and Tamil Nadu.

Regional: In Karnataka, occurs in the dense semi-evergreen forests of Coorg, Udumpey, Dakshina and Uttara Kannada districts. In Kerala, found in semi-evergreen and evergreen forests of

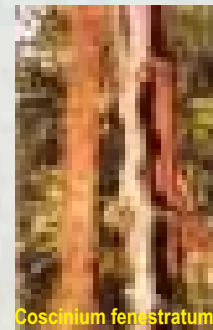


Thiruvananthapuram, Thrissur, Wynaad, Idukki and Palakkad districts. In Tamil Nadu, occurs in Kanniyakumari, Tirunelveli and Nilgiri districts.

Uses

Stem is anti-inflammatory and antiseptic. Used to treat tastelessness, bleeding piles, cough, wounds, ulcers, skin diseases, abdominal disorders, jaundice, liver disorders, intrinsic haemorrhage, diabetes, snake bite, fever and general debility.

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CITES Not Listed



22. Marsh Orchids

Scientific Name : *Dactylorhiza hatagirea*

Vernacular Names : Marsh Orchids Salem Panja (Kashmir), Hatajari (Uttaranchal), etc.

Family & Distribution: Orchidaceae Temperate to alpine regions (2500-5000 m asl) in India, Pakistan & Nepal.



Uses

The tuber is used as nerve tonic, aphrodisiac and to relieve hoarseness. Salep, obtained from tubers of *D. hatagirea*, is used as a sizing material in silk industry.

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CITES Not Listed



23. Kuru/Kutki

Scientific Name : *Gentiana kurroo*

Vernacular Names : Kuru, Kutki, etc.

Family & Distribution : Gentianaceae E. Asia – N.W.Himalayas.

Uses

The root is anthelmintic, anti-inflammatory, antiseptic, bitter tonic, cholagogue, emmenagogue, febrifuge, refrigerant, stomachic. It is taken internally in the treatment of liver complaints, indigestion, gastric infections and anorexia. It should not be prescribed for patients with gastric or duodenal ulcers.

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CITES Not Listed



24. Gnetum species.

Vernacular Names : *Kuru, Kutki, etc.*

Scientific Name : *Gnetum* spp.

Vernacular Names : Mamelet (Ass.); Thaulping-rhui (Lusai, Mizo); Mailar-iong-une (Khasi); Ula (Mal.); Umlli (Mar.); Lolori (Ori).

Family & Distribution : **Gnetaceae**

INDIA: Eastern Himalayas from Sikkim, Assam, Arunachal Pradesh, Bihar, Orissa to the Andamans, western India and Tamil Nadu. Thailand, China, Vietnam, Nepal.

Uses

Stem and roots are antiperiodic. Seeds produce oil for massage for rheumatism. Plant is also used as fish poison.

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25. Kencur/Aromatic Ginger

Scientific Name : *Kaempferia galanga*

Vernacular Names: Kencur, Aromatic Ginger, Zedoary, etc.

Family & Distribution : Zingiberaceae.

Open areas in southern China, Taiwan, Cambodia and India, but is also widely cultivated throughout Southeast Asia.



Uses

The rhizomes of the plant, which contains essential oils, have been used in Chinese medicine as a decoction or powder for treating indigestion, cold, pectoral and abdominal pains, headache and toothache. Its alcoholic maceration has also been applied as liniment for rheumatism.



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26. Jatamansi

Scientific Name : *Nardostachys grandiflora*

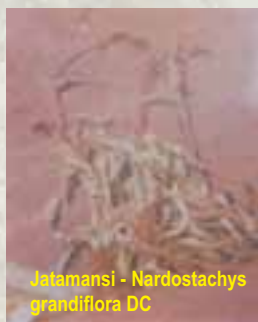
Vernacular Names: Jatamansi (Sans.); Jatamansi, Bal-chir (Hind.); Jatamansi (Beng.); Jatamanshi (Mar.); Jatamasi, Kalichhad (Guj.); Jatamanshi (Tel., Kan. & Mal.); Bhutijatt, Kukilipot (Kash.); Masi (Garh.); Haswa, Naswa, Jatamangsi (Nepal); Pampe, Jatamansi (Bhutan), SPIKENARD

Family & Distribution : Valerianaceae

INDIA: Himalayas, Punjab to Sikkim. TIBET, BHUTAN, WEST CHINA.

Uses

The rhizomes are used as a drug and also in perfumery. The rhizomes are collected from wild plants and sent to markets; about 18,650 kg of the drug are brought in to Punjab markets annually. The roots and rhizomes of *Cymbopogon schoenanthus* and *Selimum vaginatum* are often found as adulterants of valerian. Spikenard oil obtained from the roots is used in many medicinal preparations and is well known as a hair tonic and also imparts black colour. It has antiarrhythmic activity with possible therapeutical usefulness in cases of auricular flutter; it is less effective than quinidine but has the advantage of being less toxic. The oil exerts hypotensive effects and in moderate doses it has a distinct depressant action on central nervous system; lethal doses cause deep narcotic and ultimately death within a few hrs. The rhizome is a stimulant, antispasmodic, diuretic, stomachic, laxative and tonic. An infusion of rhizome is useful in epilepsy, hysteria, palpitation of heart. A tincture is given in colic and



Jatamansi - *Nardostachys grandiflora* DC



Nardostachys grandiflora

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27. Ginseng

Scientific Name : *Panax pseudoginseng*

Vernacular Names : Notoginseng



Family & Distribution : Araliaceae
China & Japan.

Uses

It has acquired a very favorable reputation for treatment of blood disorders, including blood stasis, bleeding, and blood deficiency

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28. Picrorhiza kurrooa.

Scientific Name : *Picrorhiza kurroa*

Vernacular Names : Kuru, Kutki (Hin. & Beng.); Kutaki (Mar.); Kadu (Guj.); Katukarogani, Kadugurohini (Tel., Tam., Mal.); Kaur (Kash.); Karru (Punj.); Katuka katurohini (Sans.); Kuruwa (Garh.).

Family & Distribution :

Scrophulariaceae

INDIA: Himalayas – Jammu & Kashmir to Sikkim. NEPAL and extending to the mountains of YUNNAN in CHINA.

Uses

The drug *Picrorhiza* (Greek: picros means bitter; rhiza means root), obtained as dried rhizomes, consists of cylindrical, dark greyish

brown pieces, usually 3 – 6 cm long and 0.5 – 1 cm dia., longitudinally wrinkled with annulations at the tip. It is a highly potential medicinal herb extensively used in various ailments and diseases both in India and abroad since ancient times. Both white and black varieties are used in herbal medicines and drugs. The drug is useful in cases of dropsy. It is stomachic, cardiac and cerebral tonic, antipyretic, anthelmintic, laxative in small doses, antiemetic, cathartic in large doses; useful in bilious fever, dyspepsia, urinary trouble, asthma, hiccough, blood circulation, burns, liver complaints, paralysis, epilepsy, ringworm infection, scabies and gout.



Picrorhiza kurrooa



29. Charayatah

Scientific Name : *Swertia chirata*

Vernacular Names : Chiraytah

Family & Distribution : Gentianaceae Endemic to Khasi Hills, Isolated populations are known to occur in Jarain Area of Jaintia Hills and the Bagmara Area of Garo Hills, adjacent to the Khasi Hills region of Meghalaya.

Uses

S. chirayita is used in British & American pharmacopoeias as tinctures and infusions. According to Ayurvedic pharmacology chirayta is described as bitter in taste. The thermal action of chirayta is defined as cooling. Chirata is light, i.e. easily digestible and "ruksha" i.e. dry. These characteristics drain heat from blood and liver.

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Kiratalita-Swertia chirayita (Roxb. ex Flem.)