

## Annexure II

### LIST OF MEDICINAL AND AROMATIC PLANTS GROWN AND FOUND IN SIKKIM

All the Medicinal and Aromatic plants listed below have high efficacy and medicinal values which have been widely used by the different Indian System of Medicines like Ayurveda, Homeopathy, Unani, Siddha, Amchi, and Allopathy. Some of the species are also used for Cosmetic, Neutraceuticals, Food products, Beverages etc. and have tremendous demands from pharmaceuticals and many other Herbal Based Industries.

Sl. No.	Botanical Name	Local Name	Distribution	Types	Part used & Uses
01	<i>Abies wabbiana</i>	Gobre salla	Temperate & subalpine 5200-13800 ft	Tree	Leaves & Gum  Tonic, Tuberculosis. Internal hemorrhage
02	<i>Abrus precatorius</i>	Lalgeri	Lower hills 900-4000ft	Climbing shrub	Fruits/roots
03	<i>Acorus calamus</i>	Bojho	Middle hill  3000-6000ft.	Herbaceous plants	Tonsil & Pneumonia Root/Rhizome Vermifuge, fever antispasmodic, Insect repellent
04	<i>Aconitum heterophyllum</i>	Bikh, Atish	Sub-alpine to Alpine  8000-13000 ft.	An erect Herb	Roots, Anti-fertility agent, tonic, stomachic, anti- periodic, hysteria, piles, throat diseases
05	<i>Aegle marmelos</i>	Bael	Lower Hill Forest up to 2000 ft.	Thorny small & medium tree	Fruits & roots
06	<i>Asparagus racemosus</i>	Kurilo	Tropical/ sub- tropical / Lower/ middle hill forests	Woody climber under shrub	Tuberous root Diabetes, jaundice, urinary disorder
07	<i>Aconitum ferox</i>	Bikh, Bish,	Temperate / Alpine  10000-14000 ft.	Perennial Herb	Tuberous roots Cough, asthma, leprosy, fever snakebite, skin diseases
08	<i>Astilbe rivularis</i>	Buriokahti	Temperate  5000-9000 ft.	Herb	Leaves/ roots/ Rhizome, Diarrhea, dysentery, blood purifier
09	<i>Adatoda vasica</i>	Asuru	Lower hill forest.	Bark,  root  leaf,  flower	It is good insecticide, leaves & root expectorant & antispasmodic. It is used as remedy for asthma, cough, fever, gonorrhoea leprosy, Phthisis.

10	<i>Azadirachta indica</i>	Nimpat	Common throughout, India	Roots, bark, leaves, flower, fruits, seed & gum juice	As an anti-septic, treatment of small fox, as tooth brush, prophylactic for mouth & teeth, used as febrifuge.
11	<i>Aesandra butyraceae</i>	Chewri	Middle hill forest	Fruits	Used in rheumatism
12	<i>Allium wallichii</i>	Ban Lasun	Subalpine region	Leaves	Seasoning spices
13	<i>Aloe barbadensis</i>	Ghiukumari	Lower hill forest	Plant leaf root, leaves and flower	Used on burns, purgative, efficacious in treatment of leucoderma.
14	<i>Alstonia scholaris</i>	Chatiwan	Foot hill & lower hill	Bark, latex and flower	Bark as tonic, in fever, skin disease in treatment of leucoderma.
15	<i>Amomum subulatum</i>	Elaichi	Cultivated	Seed	Stomachic, heart and liver tonic
16	<i>Artemisia vulgaris</i>	Titaypati	2000 to 5000 ft.	Leaf extract	Leaf extract used on cuts and bruises to stop bleeding mostly in nose bleeding. Supposed to possess detergent effect & used as cleansing agent.
17	<i>Aconogonum molle</i>	Thotne	Lower hill forest	Young Shoots	The plants is used as an astringent and eaten relished in the hills as vegetable and pickle. It has similar flavour as their of the Himalayas rubarb.
18	<i>Berginia ciliata</i>	Pakhanbed	Temperate to sub-alpine 5000-13000 ft.	Herb	Root & rhizome Tonic, fever, boils, astringent
19	<i>Bauhinia vahlii</i>	Verla	Lower hill forest	Seeds bark leaves	Seeds used as tonic, aphrodisiac, leaves demulcent, bark is useful in skin disease, diarrhea
20	<i>Bauhinia variegata</i>	Koirala	Middle hill forest	Flower / fruits	Flower juice is taken to cure dysentery, diarrhea & stomach pain. The flower buds are taken for skin disease & ulcer. Fruits are used for blood purification.
21	<i>Bauhinia purpurea</i>	Tanki	Lower Hill Forest	Large flower Roots, Bark	The astringent bark is used to control diarrhoea. The flower are laxative and root is carminative The bark root and flowers are also useful as maturant for boils and ebcesses. Used against animal bite

22	<i>Bagonia picta</i>	Magar Kanhce	Upto 7000 ft. in Sikkim	Succulent stalks	Extracts from stalks used for venereal disease.
23	<i>Berberis aristata</i>	Chutro		Root, Bark	Used in jaundice, malaria, fever & diarrhea. It is also used externally to cure eye disease.
24	<i>Betula utilis</i>	Bhojpatra	Upper hill forest	Bark	Used to heal up the wounds.
25	<i>Bischofia javanica</i>	Kainjal	Middle hill forest	Leaves & bark	Leaves contain Vit.'C', Bark contains tannin
26	<i>Bombax ceiba</i>	Simal	Middle hill forest	.Root	Used for curing diarrhea & dysentery
27	<i>Buddleja asiatica</i>	Bhinsenpatee	Upto 4000ft	Leaves, flower & stem.	Used in skin complaints & as abortificant.
28	<i>Callicarpa arborea</i>	Guahelo	Lower hill forest	Bark & root	The bark juice is given to treat fever. The root is chewed in cases of boils on the gums.
29	<i>Callicarpa macrophylla</i>	Sumali	Common in Darjeeling & tarai	Bark	Used in rheumatism gonorrhoea
30	<i>Calotropis gigantea</i>	Ankh	Lower hill forest	Latex	Latex used in sprain & swelling.
31	<i>Carica papaya</i>	Mewa	Lower hill forest	Leaf	The digestive enzyme papain is extracted from the milky sap.
32	<i>Cassia fistula</i>	Raj briksha	Below 11000 ft.	Fruits, leaves	The fruits are used for asthma, diabetes, and eczema. Leaves used for treating skin diseases.
33	<i>Cassia sp.</i>	Methizar	Lower hill forest	Leaf & root	The leaf powder is given to relieve indigestion & stomach pain. The root paste is used for ringworm.
34	<i>Centella asiatica</i>	Gora taprey	Upper hill forest	Leaf	Leaves are used for asthma and skin disease, Urinary discharges and improving memory.
35	<i>Cinchona officinalis</i>	Sinchona	Middle hill forest	Bark	Quinine is extracted as remedy for malaria.
36	<i>Cinnamomum tamala</i>	Sinkauli	Tropical & sub-tropical Himalaya upto 3000 to 5000 ft.	Bark & leaves	Leaves are stimulant used in rheumatism, in colic & diarrhea. Bark is given in gonorrhoea.
37	<i>Citrus indica</i>	Chaksi	Middle hill	Fruits	Stomach problems.
38	<i>Clematis buchnaniana</i>	Pinaasey lahara	Lower hill forest	Root	Used to cure sinusitis.
39	<i>Clerodendron infertunatumr</i>	Chitu	Lower hill forest	Bark /leaves	Leaves are of anthelmintic, fresh juice of the leaves is tonic and febrifuge.
40	<i>Cordyceps sinensis</i>	Yarcha gombuk	Alpine	Whole plant	Rejuvenates liver, heart & cheeks again process & built up immune system.

41	<i>Costus speciosus</i>	Bet laure	Tropical to temperate	Root	Useful in fever, bronchitis, anemia, rheumatism and diabetic.
42	<i>Calendula officinalis</i>	Calendula	Lower Hill	Flower, Leaves.	It is antiseptic and antifungal, contains hormones and vitamin A. It is diaphoretic, stimulant, antispasmodic and small pox. It is also used in healing wounds, ulcers, burns.
43	<i>Catharanthus roseus</i>	Sadabahar	Lower Hill	Plant	Anti cancer, antitumour, leaves are diuretic.
44	<i>Chenopodium album</i>	Bethu Saag	Middle and Lower Hill	Plant	It improves appetite, laxative, diuretic, eye diseases, throat troubles, piles, blood heart and spleen diseases. It is used as a pot herb in piles.
45	<i>Citrus medica proper</i>	Bimbira	Lower Hill	Fruits and rind	Fruits are used in the treatment of indigestion and typhoid and dysentery.
46	<i>Dolichus uniflorus</i>	Gahat	2500 ft.	Seeds	Cure Measels, Chicken pox, tumors, asthma.
47	<i>Dioscorea bulbifora</i>	Gittha	4000 ft.	Tuber	Aphrodisiac, stomachic, improves appetite.
48	<i>Dichroa febrifuga</i>	Basak	Middle hill at 6000 ft.	Small tree	Roots & Leaves Fever, malaria
49	<i>Daphne cannabina</i>	Kagatey	Upper hill forest	Bark & root	The bark decoction is given to treat fever. The roots are used for intestinal troubles.
50	<i>Desmodium sp.</i>	Sakhino jhar	Himalaya forest upto 2000 ft.	Bark & flower	Decoction of bark used for hemorrhage, diarrhea poisoning & eye disease, flower used in biliousness.
51	<i>Dichorea febrifuga</i>	Vasak	Middle hill forest	Leaf & root	The decoction of leaves is taken for fever. The root is given as a tonic.
52	<i>Digitalis purpurea</i>	Fox glove	Middle hill forest	Leaves	Heart tonic & cardiac stimulant.
53	<i>Dillenia indica</i>	Ramphal	Lower hill forest	Barks & leaves	Fruit juice with sugar works as cooling beverage in fever and cough mixture: bark, leaf for diarrhea & dysentery.
54	<i>Dioscorea deltoidea</i>	Kukurtarul	Lower hill forest	Barks & tuber	Roots-tuber are edible & also used for washing clothes, to kill lice & fish. Used in contraceptive pills.
55	<i>Dioscorea alata</i>	Ghartarul	Lower Hill Forest	Tuber	It is used in fever, leaves in rash and itch and plants in constipation. The tubers are anthelmintic useful in leprosy, piles, gonorrhoea.

56	<i>Drymaria cordata</i>	Abhijal	Upto 5000 ft.	Whole plant	Above ground parts-steamed and smelled during sinus trouble. Plant paste for fever, cold and cough also used for dog bites, headache.
57	<i>Eleoarpus spaericus</i>	Rudraksh	Upto 4000 ft	Fruit	Used in Vata and Kapha disease of head, epileptic fits.
58	<i>Evodia fraxinifolia</i>	Khanakpa	Upto 7000 ft.	Fruit	Antipyretic, treatment of typhoid.
59	<i>Entada scandens</i>	Pangra	Middle hill forest	Seeds	Emetic, astringent.
60	<i>Ephedra gerardiana</i>	Somlata	Lower hill forest	Whole plant	Plant raises blood pressure & used to relieve asthma high fever.
61	<i>Equesetum debile</i>	Kurkure Jhar	Throughout hills	Aerial part	Clotting agent used in wound, nose bleeding & bleeding of urinary tract.
62	<i>Eupapatorium odoratum</i>	Kalijhar	Lower hill forest	Leaves & tender bud	Extract from leaves used in cuts and wounds.
63	<i>Eupatorium cannabinum</i>	Banmara	Lower hill forest	Leaves & stem	Leaf and stem extract used on cut & bruises to stop bleeding & infection.
64	<i>Euphorbia royleana</i>	Siwri	Lower hill forest	Latex	The latex is used to cure cuts & stop bleeding; It is also used to relieve earache, cough & asthma.
65	<i>Emblica officinalis Gaertn</i> <i>Phyllanthus emblica Linn.</i>	Amla	Tropical/ sub-tropical  Lower Hill	Small Tree	Fruits, leaves, flowers, roots, bark seeds  Multiuse
66	<i>Edgeworthia gardeneri</i>	Argaily	Upto 4000ft. 4000-7000 ft	Shrub	A fish poison, stem bark is used in paper manufacture.
67	<i>Eucalyptus globosa</i>	Tarpin	Lower Hill	Leaves	Yield a strong pungent essential oil, valued in medicine as an antiseptic, febrifuge and anthelmintic.
68	<i>Fapophyrum esculentum</i>	Mithey Phapur	Upto 6000 ft.	Grains	Used in diet in colic, diarrhea
69	<i>Fagopyrum dibotrys</i>	Ban phapar	5000 – 11000 ft.	Fruit & Grains	Diet in colic, used in lungs infection and pulmonary abscess.
70	<i>Ferula narther</i>	Hing	Rocky location	Gum	Used in asthma, cough, hysteria & epilepsy.
71	<i>Ficus semicordata</i>	Khasrey Khaneu	Lower hill	Latex & bark	Latex, bark applied on boils to check infection.
72	<i>Fraxinus floribunda</i>	Lakuri	Middle hill	Bark	Bark-boiled & applied for gout.

73	<i>Foeniculum vulger</i>	Sounp	Lower and Middle Hills.	Leaves, tender shoots, fruit	It is used as flavouring agent of foods, curries and salad. Seeds are good in digestion, removes stomach pain regulates menstruation, improves appetite, breast milk production.
74	<i>Garuga pinnata</i>	Dubdabey	Lower hill forest	Bark, root	The bark juice is applied to treat dislocated bones & to heal wounds. Root bark is used for curing skin disease.
75	<i>Gloriosa superba</i>	Langarey Tarul,	Sub-Tropical	Herbaceous & glabrous climber	Tubers, roots flowers
76	<i>Glycyrrhiza glabra Linn.</i>	Jethimadhu	Lower hill up to 3500 ft. Sub-Himalayan tract (Cultivated)	Erect & tall perennial plant	Chronic ulcers, leprosy, piles, abdominal pains Roots Cough, fever, dysentery, chronic Hepatitis
77	<i>Glycine soja</i>	vhatmas	6000 ft	Erect herb	Astringent property, a nutritional diet, rich in vitamins and minerals
78	<i>Hippophae salicifolia</i>	Achuk	Temperate 5000-10,000 ft.	Shrub	Fruits/bark Lung diseases, skin
79	<i>Heracleum wallichii</i>	Chimphing	8000-13000 ft.	Small shrub	Eruptions. Irritations Roots
80	<i>Orchis latifolia -</i>	Panchamlay	Alpine 8000-12000 ft.	Erect herb a terrestrial orchid	Tonic , aphrodisiac Tubers Tonic, diarrhea, dysentery, chronic fever
81	<i>Holarrhena antidysentrica</i>	Anley khirrn	Lower hill forest	Bark	Orally administered in amoebic dysentery.
82	<i>Hymenodictylon sp.</i>	Latikaran	Lower hill forest	Bark	Orally used for treating haemorrhoids (Piles).
83	<i>Hypericum patilum</i>	Urila	3 to 7000 ft.	Seed	Seeds are aromatic & stimulant.
84	<i>Jatropha curcas</i>	Kaden, Hathi-kane	Lower hill forest	Juice	The Viscid juice stops bleeding of wounds. Also applied to treat burns, scabies, eczema & ringworm.
85	<i>Juglans regia</i>	Okhar	Upper hill forest upto 5000ft.	Fruit & oil	Oil is used for headache. Bark is used for dye & acts as an detergent.
86	<i>Kaempferia roturla</i>	Bhui Champa	Below 5000	Tuber	Bone settlers
87	<i>Leea macrophylla</i>	Bulyettra	Lower hill forest in Darjeeling &	Roots, leaves & seeds	Tuber for ringworm & guinea worm, leaves paste floor stopping bleeding.

Sikkim.					
88	<i>Linderaa neesiana</i>	Siltimbur	Temperate Himalayas, Nepal & Sikkim.	Bark & fruits	It is aromatic, carminative.
89	<i>Litsea citrata</i>	Siltimur	Upper hill forest	Fruits Plants	Dried fruit used for stomach trouble.
90	<i>Lycopodium clavatum</i>	Naagbeli	Middle hill/upper hill to 6000 ft.	Creeping plant	Plants & Spores
91	<i>Lycopodium clavatum</i>	Nagbeli	Upper hill forest	Roots & leaves	Rheumatism, pulmonary disorder, chronic kidney Used in treating rheumatism.
92	<i>Mentha viridis</i>	Pudina	4000-8000 temperate Himalayas	Roots	Leaves given in fever & bronchitis, oil is used for rheumatism.
93	<i>Moringa oleifera</i>	Sajana	Lower Hills	Root, bark and fruits	Root is tonic, used in piles urinary discharge and asthma, bark is useful in heart complaints eye diseases.
94	<i>Melia azederach</i>	Bakaina	Lower hill Forest	Entire plant	Root is astringent, removes biliousness, pain in heart, useful in vomiting, leucoderma.
95	<i>Marsdenia roylei</i>	Baahuni Lahara	Lower hill forest upto 5000ft. in Sikkim & Darjeeling.	Entire plant	It has a cooling & alternative effect in gonorrhoea.
96	<i>Melia azadirach</i>	Bakaina	Lower hill forest	Roots	Root is astringent, removes biliousness, pain in heart, use full in vomiting, leucoderma.
97	<i>Mentha viridis</i>	Nageswari	4000 to 8000 temperate Himalayas.	Root	Leaves given in fever & bronchitis; oil is used for rheumatism.
98	<i>Mesua ferrea</i>	Nageeswari	Lower hill forest	Bark	Orally administered in various skin diseases (mostly poxes)& in menstrual disorder
99	<i>Mimosa pudica</i>	Lajjawanti	Lower hill forest	Leaf & leaves	The leaf & root paste is used in case of piles & diseases of kidney. The root is used in treating asthma, fever, cough, dysentery, vaginal & uterine complaint.

100	<i>Moringa oleifera</i>	Sajana	Lower hill forest	Root, bark & fruits	Root is tonic, used in piles, urinary discharge & asthma, bark is useful in heart complaints, eye diseases.
101	<i>Myrica esculenta</i>	Katusi	Middle hill forest	Bark	Used against fever. The paste of the bark is applied on the chest to get relief from cough & bronchitis.
102	<i>Marsdenia roylei</i>	Baahuni Lahara	Lower hill forest upto 5000ft. in Sikkim & Darjeeling.	Entire plant	It has a cooling & alternative effect in gonorrhoea.
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107	<i>Moringa oleifera</i>	Sajana	Lower hill forest	Root, bark & fruits	Root is tonic, used in piles, urinary discharge & asthma, bark is useful in heart complaints, eye diseases.
108	<i>Myrica esculenta</i>	Katusi	Middle hill forest	Bark	Used against fever. The paste of the bark is applied on the chest to get relief from cough & bronchitis.
109	<i>Nyctanthus arbortistiis</i>	Parijat	Lower hill forest	Leaves, bark	Leaves are boiled & the decanted water is taken to control malaria fever. Bark paste is used for dislocated bones, flower are offered to god & goddesses.
110	<i>Nardostachys jatamansi</i> DC.	Jatamansi,	11000-17000 ft.	Perennial herb	Whole plant & root stock Skin diseases, leprosy, ulcers, cough



111	<i>Ocimum sanctum</i>	Tulasi	Lower hill forest	Leaf/root	The leaf juice is applied to cure scabies & other cutaneous diseases. Infusion of leaves is given as a remedy for gastric trouble, flu, colds & bronchial infection. Root for fever
112	<i>Oxalis corniculata</i>	Chariamilo	Lower hill forest	Whole plant, root	Leaf juice is eaten to cure dysentery & fever, anemia, and for appetite, digestion.
113	<i>Oroxylum indicum</i>	Totola	Lower hill upto 2500 ft.	Small weak tree	Bark, root bark, fruits, fever, bronchitis, dysentery, asthma
114	<i>Podophyllum hexandrum</i>	Bankankari, Panchpatey	9000-14000ft.	An annual shrub	Whole plant, roots, fruits Torpid fever, diarrhea, mental disorder, plague
115	<i>Physalis minima</i>	Jangali phokphokey	Below 5000 ft.	Fruits	Used as tonic, diuretic, laxative and useful in inflammations
116	<i>Phytolacca acinossa</i>	Jaringo	Middle hill forest	Leaves	Fresh juice applied on cuts & wounds to stop bleeding & infection
117	<i>Panax pseudoginseng</i>	Mangan	Above 8000ft.	Roots	The root is taken to reduce fever, indigestion & vomiting; also used as tonic.
118	<i>Phyllanthus emblica</i>	Amla	Lower hill forest	Fruits	Dried food for burning sensation of heat & urinary discharge, liver complaint & eye trouble.
119	<i>Picrorhiza kurooa</i>	Kutki	Above 7000 ft.	Roots	Used as laxative, brain, tonic, emetic; goods in paralysis
120	<i>Piper longum</i>	Pipla	Lower hill forest	Fruits	Dried unripe fruits alternative tonic; ripe fruits, aromatic, stomachic carminative
121	<i>Potentilla fulgens</i>	Bajradanta	Lower hill forest	Plants /roots	The plant juice is taken to treat stomach trouble, cough & cold. The root powder is considered to cure toothache & pyorrhea.
122	<i>Pteri biaurita</i>	Thado unew	Middle hill forest	Stem	Mashed stem applied on cuts & wounds to stop bleeding & infection
123	<i>Polygonum viviparum</i>	Ratnaula	Middle hill forest	Root	Root juice boiled with water is given in case of fever, recommended for jaundice & stomach trouble.
124	<i>Punica granatum</i>	Darim	Above 7000 ft.	Fruits	Unripe fruit is useful in vomiting, fever, heart diseases, sore throat, diarrhoea and dysentery.

125	<i>Rubia manjita</i>	Majhito	Upper hill forest	Stem roots	Root-tonic, alternative astringent, stem used in scorpion bite, plant used as dye.
126	<i>Rubus ellipticus</i>	Aeiselu	Middle hill forest	Root, fruits	Root & young shoots for colic pain. Root paste is applied to treat wounds. Fruit juice is used to cure fever and cough.
127	<i>Rumex nepallensis</i>	Halhaley	Lower hill forest	Root	Root dried or fresh extract used orally in hepatitis, loss of hair, also plant used as dyes.
128	<i>Rhus semialata</i>	Bhakimlo	Lower hill forest	Fruits	Fruits dried-extract used in diarrhea, swellings and wounds.
129	<i>Ricinus communis</i>	Rairi	Upto 3000 ft.	Leaves roots	Leaf juice is used to cure headache, boils & dysentery. Paste of young leaves used to cure jaundice. Roots for skin diseases.
130	<i>Rheum australe</i>	Padamchal	Above 6000ft.	Rhizome	Dried rhizome & roots used as astringent, tonic stomachic. The petals as pickles.
131	<i>Rubia cordifolia</i>	Majito	Middle & upper hill 4000-7000ft	Perennial herbaceous climber	Root & Fruit Anti-dysenteric, uterian pains, voice , complexion
132	<i>Rhododendron</i>	-Sunpati	Alpine 11000-16000ft.	Dwarf evergreen shrub	Whole plant except root, incense, snuff to induce sneezing
133	<i>Anthopogon</i> <i>Rhododendron arboreum</i>	Laligurans	Temperate & upper hill 4000-10,000 ft.	Medium size evergreen tree	Flowers, young leaves, dysentery, diarrhea, headache
134	<i>Rauwalfia serpentina</i>	Sarpgandha	Lower Hill Forest up to 2000 ft.	Shrub	Roots, high blood pressure Snake bite, insomnia,
135	<i>Rubia cordifolia</i>	Majito	Middle & upper hill 4000-7000ft	Perennial herbaceous climber	Root & Fruit Anti-dysenteric, uterian pains, voice ,complexion
136	<i>Selinum tenuifolium</i>	Bhut Kesh	6000-13000 ft	Leaves & Fruits	Leaves, aromatic, carminative, fruit used in skin diseases, scabies.
137	<i>Sapindus mukrosssi</i>	Ritha	Lower hill forest	Fruits	The juice of fruit is used to cure burnt part of the body. The fruit is also used for epilepsy.
138	<i>Swertia chiraita</i>	Chiraita	Upper Hill / Temperate 5000-10,000ft	Annual. Perennial herb	Whole plant Tonic, leucoderma, skin diseases, chronic fever.

139	<i>Smilax zeylanica</i>	Kukur Dainey	Tropical Upto 6000 ft.	Thorny climber	Used in Urinary complaints and dysentery. Roots are taken as tonic
140	<i>Saussurea costus</i>	N - Kapisful, Kuth	8000 – 13000 ft.	Perennial herb	Bronchitis, vomiting, epilepsy, Headache, hysteria
141	<i>Solanum nigrum</i>	Kalobehi,	Worldwide	Shrub Weed	Fruits, roots, leaves Leucoderma, dysentery, vomiting, asthma, bronchitis, fever, urinary discharge
142	<i>Stephania glabra</i>	Taubarkey	Lower hill forest	Root bulb	Powder used in diabetes, tuberculosis, asthma, fever.
143	<i>Taxus baccata</i>	Dhengresalla	6000-11000 ft.	Medium tree	Leaves extracts used in breast cancer
144	<i>Tamaarindus indica</i>	Titari	Lower hill forest	Bark/fruits	A decoction of bark is given in cases of paralysis, ulcers & inflammations; fruit used for cough blood disorders.
145	<i>Taxus baccata</i>	Dhengre salla	Above 8000ft.	Leaf/bark	Leaf extracts used in breast cancer.
146	<i>Terminalia ballerica</i>	Barra	Lower hill forest	Fruits Bark	It is useful in dealing with bronchitis, asthma & respiratory trouble. Bark used for anemia and leucoderma.
147	<i>Terminalia chebula</i>	Harra	Lower hill forest	Fruits	Used as tonic; to cure eye diseases, heart & bladder diseases.
148	<i>Thysanolaena maxima</i>	Amliso	Upto 6000 ft.	Roots	Roots, dried or fresh, paste applied to cheek boils.
149	<i>Toona ciliata</i>	Tooni	Lower hill forest	Bark flower	Bark is astringent, febrifuge The flower is given in menstrual disorder.
150	<i>Trichosanthus bracteata</i>	Indreyni	Middle hill forest	Fruits roots	Fruits cures asthma, roots used in lung diseases of cattle
151	<i>Tupistra nutan</i>	Nakima	Upto 6000 ft.	Flower	Appetizer and Diabetic
152	<i>Tinospora cordifolia</i>	Garjo	6000 ft.	Stamp, Root	Diabetic
153	<i>Uritca dioca</i>	Sisnu	Lower hill forest	Whole plant	Roots dried or fresh paste applied on minor fractures. The tender shoot/leaves taken as vegetables.
154	<i>Viscum articulatum</i>	Harchur	Lower & Upper hill 1000-6000 ft.	Herb	Whole plant Ulcers, epilepsy, muscular pains, injuries, fracture
155	<i>Valeriana jatamansi</i>	Nakali Jatamansi	Middle hills	Herb	Root is given in case of hysteria, epilepsy and neurosis. It is Carminative and stimulant.

156	<i>Woodfordia fruticosa</i>	Dhayeroo	Lower hill forest	Flower, bark	Dried flower for piles, liver complaints Bark for gastric trouble.
157	<i>Zanthoxylum allatum</i>	Bokey timbur	Lower hill forest	Fruits	Fruit carminative, stomachic, seeds used to cure dyspepsia & cholera.
158	<i>Zingiber officinale</i>	Aduwa	Cultivated	Rhizome	Its laxative, aphrodisiac, carminative useful in heart diseases, throat & asthma.
159	<i>Zizyphus sp.</i>	Bayer	Below 1000ft.	Bark fruit	Bark as tonic. The ripe fruits to cure thirst and in blood diseases.
160	<i>Zanthoxylum acanthopodium</i>	Bokey timbur	Below 7000 ft	Fruit	Food poisonin

The following Medicinal and Aromatic plants are grown by the farmers, in their farmlands considering the area specific Agro-climatic Zones and Geo-morphological conditions in different parts of the State. The cultivation of the following species of Maps have been taken up by the farmers in their farmland under Contractual Farming under State Medicinal Plants Board(SMPB), Sikkim funded by the National Medicinal Plants Board(NMPB), Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health and Family Welfare Department, Government of India.

#### High Altitude/ Sub-Alpine areas above, 2500 Meter.

1. *Aconitum heterophyllum* ( Atees)
2. *Aconitum ferox , palmatum* (Bikh)
3. *Picrorhiza kurooa* (Kutki)
4. *Nardostachys jatamansi* (Jatamansi)
5. *Digitalis purpurea* (Fox glove)
6. *Podophyllum hexandrum* (Patch patey)
7. *Panax pseudoginseng* (Ginseng)
8. *Rheum emodi* (Padamchal)
9. *Selinum tenuifolium* (Bhut kesh)
10. *Rhododendron anthopogon* (Sunpati)
11. *Juniperus macropoda* (Shukpa)

#### Middle and Lower Hills/Temperate and Sub-Tropical areas:

12. *Swertia chiraita* (Chiraita)
13. *Acorus calamus* (Bojho)
14. *Aloe barbadensis* (Ghiu Kumari)
15. *Asparagus racemosus* (Kurilo)
16. *Glorisa superba* (langarey tarul)
17. *Piper longum* (Pipla)
18. *Valeriana hard wickii* (Nakali jatamansi)
19. *Solanum nigrum* (Bokshikara)
20. *Ocimum sanctum* (Tulsi)
21. *Terminalia belerica, T. chebula, Emblica officinalis* (Triphala)
22. *Azadiracta indica* (Neem)