

REVIEW ARTICLE

Survey of medicinal plants flora of Ratlam district used in Unani therapies

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ABSTRACT

An attempt has been made in this study to prepare a detailed inventory of Unani medicinal plants flora of Ratlam district of Madhya Pradesh. 139 plant species belonging to 124 genera and 61 families used in Unani drug preparations are described here.

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INTRODUCTION

India has six recognized traditional systems of medicine i.e. Ayurveda, Siddha, Unani, Yoga, Naturopathy and Homoeopathy. Unani system of medicine, though originated in Greece around 2500 years ago, thrived to great heights in Arab and Persian lands during the eighth and thirteenth century. According to practitioners of Unani medicine ('Hakims'), the overall health of the human body is supposed to be maintained by the interaction of 7 basic elements — *al-umoor al-tabiyah* [1-3, 11]. that are also the seven basic physiological principles of the Unani doctrine. These include: *arkan* (elements); *mizaj* (temperament); *akhlāt* (bodily humours); *aaza* (organs and systems); *arwah* (vital spirit); *quwa* (powers) and *afaal* (functions). Unani medicine also follows the humoral theory that explains the four humors in the body: Blood (Dum); Phlegm (balgham); Yellow bile (safra) and Sauda (black bile). An equilibrium in these four humors indicates good health while a disturbance in this

equilibrium causes a disease. This system of medicine relies on plants, animals and mineral components as drug. Different parts of the plants (root, stem, leaves, flowers, fruits, bark, bulbs, tubers, rhizome and seeds) are used in Unani system of medicine to prepare medicines. It is influenced by the ancient science of Ayurveda and became part of traditional Arabic and Islamic medicine [6-8, 10]. It was widely practiced in the Mughal India and some regions of the South Asia. It is also popular in the modern-day Central Asia. The traditional system of medicine like Ayurveda, homoeopathy, Siddha and tribal systems along with Unani pathy have now become quite popular among masses in India and several other third world nations. In the present study an attempt has been made to inventory the plant species that are widely used in making of Unani medicines and are found in the Ratlam district of central India.

MATERIALS AND METHODS

Ratlam district lies in the western part of the Malwa Plateau in Madhya Pradesh. The geographical limits of the district extend from 23° 05' North to 23° 55' North and from 74° 30' East to

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75° 42' East. The district is bounded by Mandsaur district on the north, Jhabua and Dhar on the south, Ujjain on the east and Chittorgarh and Banswara district of Rajasthan State on the west. Shajapur district of Madhya Pradesh and Jhalawar district of Rajasthan also touch the north eastern boundary of Ratlam district. The elevation generally varies from 434 to 549 m above mean sea level. The district comprises an area of 4861 sq. km inhabited by 1214536 persons according to Census 2001. The forests, which occupy a total area of 499.92 sq km or 10.26 %, are of the dry deciduous Vb type. The forests are dominated by Teak (*Tectona grandis* L.f.). Other notable wood species are Sajad [*Terminalia tomentosa* (DC.) Wt. & Arn.], Mahua (*Madhuca indica* Gmel.), Tendu (*Diospyros melanoxylon* Roxb.), Palas [*Butea monosperma* (Lam.) Taub.], Kalam [*Mitragyna parviflora* (Roxb.) Korth.], Dhaora [*Anogeissus latifolia* (Roxb.) Wall. ex Bedd.], Bel [*Aegle marmelos* (L.) Corr.], Bija (*Pterocarpus marsupium* Roxb.) and Bamboo (*Dendrocalamus strictus* Nees.), which constituted a significant chunk of the middle canopy of the forests. In Ratlam district there are two important rivers, namely, the Chambal flowing north along with its tributaries and the Mahi flowing to the north-west. The climate is generally sub-humid with an annual rainfall ranging from 700-1200 mm. The minimum and maximum temperatures of the district range between 6° C and 43° C in the months of January and May, respectively. The black cotton soil predominates the entire district. The aim of the present study on Unani medicinal plants is to make an effort to compile the scattered information and form a small reference article for researchers working in Unani medicine system as well as for database of the Unani medicinal plants of Ratlam district of Madhya Pradesh.

TAXONOMICAL SURVEY AND DOCUMENTATION

Taxonomical surveys were conducted in different tracks in the study areas of Ratlam district for two years and more than 500 Angiospermic taxa

were recorded. Based on the detailed floristic surveys and literature search an inventory of Unani medicinal plants was prepared. The author selected 139 Unani medicinal plant species on the basis of available literature and discussions with authorized Unani practitioners. Botanical name, family, local name, Unani name and Unani uses of these medicinal plants are presented in Table-1. Herbarium specimens prepared following the standard method [4] have been deposited in the herbarium of Botany department, Govt Arts & Science PG College, Ratlam (M.P.). Herbarium specimens were identified with the help of different floras [5, 9, 12]. The enumeration is alphabetically arranged, followed by family, common name, Unani name, habit and unani medicinal uses.

RESULTS AND DISCUSSIONS

Unani Medicine is a traditional system of medicine originated in Greece almost 2500 years back and has been using drugs that are approximately of 90% herbal, 4-5% animal and 5-6 % mineral origin. According to present investigation 139 Unani medicinal plant species of Ratlam district of Madhya Pradesh belongs to 124 genera and 61 families. Majority of these species are Herbaceous (65 species) followed by shrubs (26 species), trees (35 species) and climbers (9 species). Most of the species (12 species) belong to family Fabaceae, followed by Liliaceae (8 species), Apiaceae & Solanaceae (7 species each), Malvaceae (5 species) and Asteraceae, Brassicaceae, Caesalpiniaceae, Cucurbitaceae, Euphorbiaceae & Mimosaceae (4 species each). The need for the present work has been felt by the author to provide basic information to pharmaceutical industries and various other organizations working on the traditional unani system of medicines. The information of all potential medicinal plants based on data recorded from literature have been incorporated so that the natural resources may be utilized as an alternative source of drugs for the welfare of mankind without affecting the natural ecosystem.

Table 1. Medicinally important plant species used in Unani system of medicine found in Ratlam district of Madhya Pradesh.

Botanical name	Family	Local name	Unani name	Habit	Medicinal uses in Unani medicinal system
<i>Abrus precatorius</i> L.	Fabaceae	Ratti	Ghungchi, Ghamchi	Climbing Shrub	Brain tumor, cholera, eye complaints, dysentery, epilepsy, gastritis, hypertension, tetanus, typhoid
<i>Abutilon indicum</i> (L.) Sweet	Malvaceae	Kanghi	Musht-ul-Ghaul, Darkht-e-shaan, Kanghi	Shrub	Haemoptysis, haemorrhoids
<i>Acacia arabica</i> auct.	Mimosaceae	Babool	Aqaaqia, Babuul, Kikar, Mughilaan, Samur	Tree	Diarrhoea, dysentery
<i>Acacia leucophloea</i> (Roxb.) Willd.	Mimosaceae	Safed kicar	Kath safed, Vilaayati babul, Guyaa babuul	Tree	Bleeding gums, diarrhea, diseases of blood, stomatitis, syphilis
<i>Achyranthes aspera</i> L.	Amaranthaceae	Apamarg	Chirchitaa	Herb	Asthma, bleeding piles, cough, flatulence
<i>Adhatoda zeylanica</i> Medic.	Acanthaceae	Adusa	Arusaa	Shrub	Asthma, cough, Odontalgia, pthysis
<i>Aegle marmelos</i> (L.) Corr. ex Roxb.	Rutaceae	Bilvapatra	Bael	Tree	Diarrhoea, dysentery
<i>Albizia lebbek</i> (L.) Willd.	Mimosaceae	Sirus	Siras	Tree	Boils, deafness, gonorrhea, leprosy, leucoderma, paralysis, scabies, syphilis, weakness
<i>Allium cepa</i> L.	Liliaceae	Pyaz	Piyaaz	Herb	Asthma, diseases of spleen, earache, malaria, ophthalmia, piles, scabies, vomiting
<i>Allium sativum</i> L.	Liliaceae	Lahtsun	Seer, Lahtsun	Herb	Arthralgia, cough, facial paralysis, fever, leucoderma, tremor,
<i>Aloe vera</i> L.	Liliaceae	Gwar Patha	Gheekwaar, Sibr	Herb	Amenorrhoea, arthralgia, constipation, hepatitis, Intestinal worms
<i>Althaea officinalis</i> Linn.	Malvaceae	-	Khatmi, Gul-khairu	Shrub	Diarrhoea, dysentery
<i>Amorphophallus campanulatus</i> (Roxb.) Blume ex Decne	Araceae	Jangali suran	Zamin-qand, Zamikand	Herb	asthma, bronchitis, deranged digestive system, piles and hamorrhoids, Sluggish liver
<i>Anethum graveolens</i> L.	Apiaceae	Sowa	Shibt, Soyaa	Herb	Dysentery, flatulence, renal & vesicular calculus, weakness of liver.

<i>Annona squamosa</i> L.	Annonaceae	Seetaphaal	Sharifaa	Tree	Abortifacient, good to destroy lice in hair
<i>Anogeissus latifolia</i> (Roxb. ex DC.) Wall. ex Guill. & Perr.	Combretaceae	Dhawra	Dhaawaa	Tree	Chronic diarrhea, liver complaints, ophthalmia
<i>Apium graveolens</i> Linn.	Apiaceae	Ajmod	Karafs	Herb	Dropsy, flatulence, gout, pleurisy, renal calculus, retention of urine, sciatica,
<i>Argemone mexicana</i> L.	Papaveraceae	Satyanashi	Satyaanaashi	Herb	Leucoderma, Skin diseases
<i>Argyreia speciosa</i> Sweet.	Convolvulaceae	Samander ka pat	Samunder sokh	Twinner	Chronic ulcers, gleet, gonorrhea, strangury
<i>Aristolochia indica</i> Linn.	Aristolochiaceae	Ishvari	Zaraavand-Hindi	Shrubby twinner	Asthma, Arthralgia, cough
<i>Asparagus racemosus</i> Willd.	Liliaceae	Shataveri	Sataavar	Under-shrub	Diarrhoea, leucorrhoea, premature ejaculation, sexual debility, spermatorrhoea
<i>Asphodelus tenuifolius</i> L.	Liliaceae	-	Gandana, Piyaazi, Khunsaa, Asraash	Annual herb	Anorexia, bleeding Piles, diarrhea, dysentery
<i>Azadirachta indica</i> A. Juss.	Meliaceae	Neem	Azaad-darakht-e-hindi	Tree	Putrefaction of blood
<i>Benincasa hispida</i> (Thunb.) Cogn.	Cucurbitaceae	Gol kaddu	Pethaa, Mahdabaa, Kaddu-e-Roomi	Climbing herb	Biliousness, dry cough, fever, syphilis, urethral discharges
<i>Boerhavia diffusa</i> L.	Nyctaginaceae	Punarnava	Itsit, Bishkhaparaa	Herb	Joints pain, lumbago, muscular pain, ophthalmia, scabies, scorpion sting
<i>Bombax ceiba</i> L.	Bombacaceae	Semal	Semal, Mochras (Gum)	Tree	Leucorrhoea, spermatorrhoea
<i>Boswellia serrata</i> Roxb. ex Colebr.	Burseraceae	Salai	Kundur (Gum)	Tree	Asthma, blood diseases, diarrhoea, dysentery, haemorrhoids, skin diseases, stomach trouble, ulcers, ulcerative colitis, wounds
<i>Brassica nigra</i> (L.) Koch.	Brassicaceae	Raajika	Khardal Siyah	Herb	Boils, cough, fistula, rheumatism, scrofula, toothache
<i>Brassica campestris</i> L.	Brassicaceae	Sarson	Sarson	Herb	Retention of urine, sexual debility
<i>Butea monosperma</i> (Lamk.) Taub.	Fabaceae	Palash	Dhaak, Samagh, Kamarkas	Tree	Cystalgia, cystitis, dysuria, intestinal worms

<i>Caesalpinia bonduc</i> (L.) Taub.	Caesalpinia-aceae	Kantak karanj	Karanjwaa, Akitmakit	Armed shrub	Asthma, colic, fever
<i>Cajanus cajan</i> (L.) Millsp.	Fabaceae	Arahar	Arhar	Herb	Bleeding, cough, earache, lungs and chest disease, inflammation, bronchitis, diabetes, jaundice, throat
<i>Calotropis gigantea</i> (L.) Ait. f.	Asclepiadaceae	Safed aak	Madaar, Aak	Shrub	Asthma, arthralgia, dysentery, spermatorrhoea
<i>Calotropis procera</i> (Ait.) R.Br.	Asclepiadaceae	Aak	Aakh, Madaar, Ashar	Shrub	Asthma, arthralgia, dysentery, hemorrhoid, intestinal worms, spermatorrhoea
<i>Cannabis sativa</i> L.	Cannabinaceae	Bhang	Bhang, Charas, Qinnab	Herb	Colic, cough, diarrhoea, hemorrhoid, Polymenorrhea
<i>Capparis decidua</i> (Forsk.) Edgew.	Capparaceae	Karer	Kabar, Kabar-ul-Hind, Kabar-e-Hindi, Tenti	Shrub	Asthma, cough, hiccough, lumbago, rheumatism
<i>Capsicum annuum</i> L.	Solanaceae	Lal mirch	Mirch, Filfil-e-Ahmar, Filfil-e-Surkh, Mirch	Herb	Inflammation, pain
<i>Cardiospermum halicacabum</i> L.	Sapindaceae	Kanphuta	Habb-e-Qilqil	Climber	Debility, sexual debility, premature ejaculation, spermatorrhoea
<i>Carissa carandas</i> L.	Apocynaceae	Karonda	Karondaa	Shrub	Sexual weakness, skin diseases, weakness of stomach
<i>Cassia fistula</i> L.	Caesalpinia-aceae	Amaltas	Amaltaas, Khyarshambar	Tree	Bronchial asthma, constipation, cough, tonsillitis
<i>Chlorophytum tuberosum</i> Bak.	Liliaceae	Safed musli	Musali	Herb	Tonic
<i>Citrus limon</i> (L.) Burm. f.	Rutaceae	Nimbu	Utraj	Shrub	Dyspepsia, indigestion, nausea, sluggish liver
<i>Cleome viscosa</i> L.	Cleomaceae	Hulhur	Panwaar, Hulhul	Herb	Earache, lumbago, malaria, piles
<i>Clerodendrum phlomidis</i> L. f.	Verbenaceae	Arni	Baharangi	shrub or small tree	Asthma, facial paralysis, inflammations, paralysis, tremor
<i>Clitoria ternatea</i> L.	Fabaceae	Visnu-kanta	Mezereon Hindi	Climber	Dropsy, liver and skin afflictions, skin diseases
<i>Coccinia cordifolia</i> Cogn.	Cucurbitaceae	Kanduri	Kanduri	Climber	Biliousness, diseases of blood
<i>Cordia dichotoma</i> Forst. f.	Boraginaceae	Gunda	Sapistaan, Lasodaa	Tree	Chronic fever, dry cough, diseases of the spleen, joints pain

<i>Coriandrum sativum</i> L.	Apiaceae	Dhania	Kishneez	Herb	Flatulence, giddiness, headache, weakness of the heart, weakness of the stomach, weakness of the brain
<i>Cucurbita maxima</i> Duchesne ex Lam.	Cucurbitaceae	Kaddu	Kaddu-e-Sheerin, Aqteen	Herb	Anthelmintic, diuretic, urinary tract infections
<i>Cuminum cyminum</i> L.	Apiaceae	Ban kachria	Safed jeeraa, Kamun	Herb	Dyspepsia, flatulence, weakness of the stomach
<i>Curcuma amada</i> Roxb.	Zingiberaceae	Ambi haldi	Aambaa haldi, Daarchob	Herb	Cold, cough, digestive complaints, rheumatism, skin diseases, trauma
<i>Curuma longa</i> L.	Zingiberaceae	Haldi	Zard Chob	Herb	Arthralgia, asthenopia, asthma, catarrh, coryza, itching of skin, pruritus, ulcers
<i>Cuscuta reflexa</i> Roxb.	Convolvulaceae	Amarbel	Kasoos	Twiner	Melancholia, epilepsy
<i>Cynodon dactylon</i> (L.) Pers.	Poaceae	Dub	Duub	Grass	Burning sensation, diarrhea, diseases of the blood, hiccough, stomatitis, vomiting
<i>Cyperus rotundus</i> L.	Cyperaceae	Motha	Naagarmothaa, Saad-e-Kufi	Sedge	Jaundice, palpitation, paralysis, weakness of the brain and stomach
<i>Dalbergia sissoo</i> Roxb.	Fabaceae	Shisham	Seesham	Tree	Intestinal worms
<i>Datura metel</i> L.	Solanaceae	Kala dhatura	Dhaturaa	Herb	Asthma, joint pain, premature ejaculation
<i>Datura stramonium</i> L.	Solanaceae	Safed dhatura	Dhaturaa	Herb	Arthralgia, asthma, cough, catarrh, fever, gout
<i>Daucus carota</i> L.	Apiaceae	Gajar	Gaajar	Herb	Amenorrhoea, burning micturation, chest pain, sexual debility, renal and vesical calculus
<i>Dioscorea bulbifera</i> L.	Dioscoreaceae	Varahi kand	Baraahikand	Climber	Asthma, bronchitis, pain in the abdomen
<i>Echinops echinatus</i> Roxb.	Asteraceae	Ontkata	Untkatara	Herb	Chronic fever, diseases of the brain, inflammations, joint pain, ophthalmia
<i>Eclipta prostrata</i> (L.) L.	Asteraceae	Bhangra	Bhangraa	Herb	Diseases of the spleen, fevers, headache, stomatitis, toothache, vertigo
<i>Encicostemma littorale</i> Blume.	Gentianaceae	Nau	Naai, Nahi	Herb	Retention of urine

<i>Euphorbia thymifolia</i> L.	Euphorbiaceae	Dudhi	Dudhi khurd	Herb	Anthelmintic, aphrodisiac, astringent, diuretic, laxative, stimulant
<i>Ficus benghalensis</i> L.	Moraceae	Bargad	Bargad, Darakht-e-Reesh	Tree	Diarrhoea, dysentery, spermatorrhoea, sexual debility
<i>Ficus glomerata</i> Roxb.	Moraceae	Gular	Anjir-e-aadam, Anjir-e-Ahmak, Gular	Tree	Asthma, constipation, cough, weakness of the intestines
<i>Ficus religiosa</i> L.	Moraceae	Pipal	Peepal	Tree	Aphrodisiac, inflammations, lumbago, vomiting
<i>Foeniculum vulgare</i> Mill.	Apiaceae	Saunf	Saunf, Baadiyaan	Herb	Amenorrhoea, anuria, asthenopia, flatulence, gastralgia, weakness of the stomach
<i>Gloriosa superba</i> L.	Liliaceae	Kalihari		Climber	Bleeding piles, bowel complaint, fever
<i>Gossypium herbaceum</i> L.	Malvaceae	Kapas	Pambahdaanaa (Seed)	Shrub	Weakness of the intestines, oligospermia
<i>Helicteres isora</i> L.	Sterculiaceae	Marod phalli	Marorphali	Shrub	Scabies
<i>Hibiscus rosa-sinensis</i> L.	Malvaceae	Gurhal	Gul-e-Gurhal	Shrub	Burning sensation, cough, fever, palpitation
<i>Holarrhena pubescens</i> (Buch.- Ham.) Wall. ex G. Don.	Apocynaceae	Kurchi	Inderjo talkh, Teewaj-e-khataai	Tree	Asthma, boils, chronic bronchitis, headache, inflammations, lumbago, piles, urinary discharges, wounds
<i>Hordeum vulgare</i> Linn.	Poaceae	Jav	Aash Jo	Herb	Cough, headache, pleurisy, phthisis, tuberculosis,
<i>Hygrophila auriculata</i> (Sch.) Heine	Acanthaceae	Tal Makhana	Taalmakhaanaa	Herb	Aphrodisiac, cough, lumbago
<i>Indigofera tinctoria</i> L.	Fabaceae	Neel	Habb-ul-Neel	Herb	Piles, skin afflictions
<i>Ipomoea batatas</i> (Linn.) Lam.	Convolvulaceae	Shakar-kand	Shakarkand, Rataalu	Vine	Diarrhoea
<i>Jasminum grandiflorum</i> L.	Oleaceae	Chameli	Yaasmin	Climbing shrub	Asthma, biliousness, headache, paralysis, scabies
<i>Jasminm sambac</i> (Linn.) Ait.	Oleaceae	Mogra	Mograa	Climbing shrub	Hiccough, vomiting
<i>Kalanchoe pinnata</i> (Lam.) Pers.	Crassulaceae	Patthar-chur	Zakhm-e-Hayaat	Herb	Diarrhoea, inflammations, vomiting
<i>Lawsonia inermis</i> L.	Lythraceae	Mehndi	Hinaa, Mehndi	Shrub	Scabies, skin and hair disorders
<i>Lens culinaris</i> Medic.	Fabaceae	Masur	Masur	Herb	Polyuria, Polymenorrhagia

<i>Lepidium sativum</i> L.	Brassicaceae	Halim	Habb-ul-rashaad, Tikh-e-Taratezak, Haalim, Sipandaan	Herb	Affections of the spleen, bronchitis, inflammation, muscular pain, rheumatism
<i>Limonia acidissima</i> L.	Rutaceae	Kabit	Kuvet	Tree	Biliousness, sore throat, stomatitis
<i>Linum usitatissimum</i> L.	Linaceae	Alsi	Kattan	Herb	Asthma, Burn, cough, dysentery, hyperacidity, Pleurisy, Pneumonia
<i>Mangifera indica</i> L.	Anacardiaceae	Aam	Aam, Ambaj	Tree	Constipation, eye disorders, recurrent chronic fever, skin disorders, weaken digestive system
<i>Melia azedarach</i> L.	Meliaceae	Bakayan	Bakaayan	Tree	Earache, inflammations, piles, scabies, spleen and liver disorders
<i>Mentha spicata</i> L.	Lamiaceae	Podina	Naanaa, Pudinaa kahi	Herb	Amenorrhoea, diarrhea, flatulence, retention of urine, vomiting, weakness of the stomach
<i>Mimosa pudica</i> L.	Mimosaceae	Chumui	Chhumui, Sharmili, Laajwanti	Herb	Fever, jaundice, leprosy, piles, small pox, ulcers
<i>Mimusops elengi</i> L.	Sapotaceae	Molsari	Molsari	Tree	Asthma, biliousness, gonorrhea, headache, liver complaints
<i>Mirabilis jalapa</i> L.	Nyctaginaceae	Gulabbas	Gul-abbaas	Herb	Aphrodisiac, good for syphilitic sores
<i>Momordica charantia</i> L.	Cucurbitaceae	Karela	Karelaa	Climber	Abdominal pain, asthma, constipation, diabetes, hypertension, gastro-intestinal ailments, liver problem, skin infections
<i>Moringa oleifera</i> Lam.	Moringaceae	Sahjan	Sahajan	Tree	Anorexia, arthralgia, Lumbago
<i>Mucuna pruriens</i> (L.) DC.	Fabaceae	Kemuch	Konchh	Climber	Premature ejaculation, spermatorrhoea
<i>Nerium indicum</i> Mill.	Apocynaceae	Kaner	Kaner safed, Diflaa, Samm-ul-maar, Khar-zaharah	Shrub	Gonorrhoea, leprosy, leucoderma, sexual debility, syphilis, ulcers, vitiligo
<i>Nyctanthes arbor-tristis</i> L.	Oleaceae	Har-singhar	Harasingaar	Shrub	Fevers, inflammations, piles, skin diseases
<i>Ocimum basilicum</i> L.	Lamiaceae	Marwa	Rehan	Herb	Cough, palpitation, weakness of the stomach

<i>Ocimum sanctum</i> L.	Lamiaceae	Tulsi	Tulasi	Herb	Cough, palpitation, weakness of the stomach
<i>Pandanus fascicularis</i> Lamk.	Pandanaceae	Kevda	Keoraa	Small tree	Cardiac tonic, refrigerant
<i>Papaver somniferum</i> L.	Papavaraceae	Afim	Afyum, Tukhm-e-khashkhaash (Seed)	Herb	Arthralgia, melancholia, sciatica
<i>Peristrophe bicalyculata</i> (Retz.) Nees	Acanthaceae	Atrilal	Kakjangha	Herb	Leprosy
<i>Phoenix sylvestris</i> Roxb.	Arecaceae	Khajuri	Khajur	Tree	Attenuated sperm, oligospermia, sexual debility
<i>Phyllanthus emblica</i> L.	Euphorbiaceae	Amla	Aamalaa, Amlaj	Tree	Amnesia, diarrhea, gastric ulcers, headache, hyperacidity, weakness of the brain
<i>Phyllanthus niruri</i> Auct. non. L.	Euphorbiaceae	Bhuiamla	Bhui aamalaa	Herb	Chronic dysentery, ringworm, sores, scabies, ulcers, wounds
<i>Plumbago zeylanica</i> L.	Plumbaginaceae	Chitrak	Sheetraj Hindi	Shrub	Arthralgia, facial paralysis, hemiplegia, neurasthenia
<i>Pongamia pinnata</i> (L.) Pierre	Fabaceae	Karanja	Karanj	Tree	Burning micturation haemoptysis, pruritus
<i>Portulaca oleracea</i> L.	Portulacaceae	Kulfa	Khurfaa, Kulfaa	Herb	burning micturition, headache, meningitis
<i>Portulaca quadrifida</i> L.	Portulacaceae	Loniya	Loniya	Herb	Diarrhea, dysuria, hepatitis, painful micturition
<i>Psidium guava</i>	Myrtaceae	Jaamphal	Amrood	Tree	Diarrhoea, diabetes, dysmenorrhea, hypertension
<i>Psoralea corylifolia</i> L.	Fabaceae	Babchi	Baabchi, Bakuchi	Herb	Leprosy, leucoderma Putrefaction of blood, ringworm, Scabies
<i>Punica granatum</i> L.	Punicaceae	Anar	Anaar, Roomaan, Gulnaar, Gulnaar farsi	Tree	Burning in the chest, general weakness, jaundice, Nausea, vomiting
<i>Raphanus sativus</i> L.	Brassicaceae	Muli	Muuli, Turb fajal	Herb	Dropsy, flatulence, jaundice, retention of urine
<i>Ricinus communis</i> L.	Euphorbiaceae	Arandi	Bedanjeer, Arand	Shrub	Arthralgia, constipation
<i>Santalum album</i> L.	Santalaceae	Chandan	Sandal safed, Sandal-e-Abyaz	Tree	Burning micturation, cough, gonorrhoea, palpitation
<i>Senna occidentalis</i> (L.) Link.	Caesalpiniaceae	Ban-chironta	Kasondi	Shrub	Cough, ringworm, snake bite, wounds

<i>Sesamum indicum</i> L.	Pedaliaceae	Til	Kunjad, Til	Herb	Bronchial asthma, haemorrhoids, hair problems
<i>Sida cordifolia</i> L.	Malvaceae	Bala	Bariyaara, Khirhati, Khireti, Kunyai	Herb	Spermatorea
<i>Solanum indicum</i> L.	Solanaceae	Chirmi	Hadaq, Kataai Kalaan	Herb	Asthma, bronchitis, fever, leucoderma, vomiting
<i>Solanum nigrum</i> L.	Solanaceae	Makoi	Mako	Herb	Gastritis, hepatitis
<i>Solanum surattense</i> Burm. f.	Solanaceae	Bhuri rindi	Kataai khurd, Hadaq	Herb	Asthma, cough, catarrh
<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	Jamun	Jaamun	Tree	Anorexia, diarrhoea, hemorrhagic, weakness of the stomach
<i>Tagetes erecta</i> L.	Asteraceae	Genda	Sadbarg, Gul-Hazaaraa, Gul-jaafari	Herb	Bleeding piles, earache, kidney troubles, liver complaints, muscular pain, ophthalmia, scabies
<i>Tamarindus indica</i> L.	Caesalpiniaceae	Imli	Tamar Hindi	Tree	Nausea, vomiting
<i>Tephrosia purpurea</i> Pers.	Fabaceae	Sarphonka	Sarponkhua, Sarphukaa	Herb	Asthma, boils, bronchitis, gonorrhea, inflammations, liver and spleen diseases, pimples, piles, syphilis
<i>Terminalia arjuna</i> (Roxb.) Wt. & Arn.	Combretaceae	Arjun	Arjun	Tree	Chronic fever, Diarrhoea, Palpitation, Putrefaction of blood
<i>Terminalia bellerica</i> (Gaertn.) Roxb.	Combretaceae	Bahera	Balelaa, Baheraa	Tree	Asthenopia, cough, diarrhoea, weakness of the intestines, weakness of the stomach, weakness of the brain
<i>Tinospora cordifolia</i> (Willd.) Miers. ex Hk. f. & Th.	Menispermaceae	Gurcha	Gilo, Gulanchaa, Sat-e-gilo (Starch)	Climber	Diarrhoea, dysentery, Fever, intestinal worms
<i>Trachyspermum ammi</i> (L.) Sprangae.	Apiaceae	Ajwain	Nankhwaah, Desi Ajawaayin	Herb	Anorexia, cholera, colic, diarrhea, flatulence, gastric pain, hysteria
<i>Trapa bispinosa</i> (Roxb.) Makino.	Trapaceae	Singhara	Singhaaraa	Herb	biliousness, bronchitis, chronic fevers, lumbago, pain, sore throats
<i>Trianthema portulacastrum</i> L.	Azoiaceae	Dhakni	Biskhaparaa	Herb	Asthma, cough, diarrhea, fever, jaundice, renal calculi, sexual weakness, spleen and liver disorders

<i>Tribulus terrestris</i> L.	Zygophyllaceae	Chhota-Kulpha	Khaar-e-khasak khurd	Herb	Burning micturation, dysuria, premature ejaculation, renal calculi, retention of urine, spermatorrhoea, vesicular calculus
<i>Trigonella foenum-graceum</i> L.	Fabaceae	Methi	Hulbaa, Methi	Herb	Abdominal, chronic cough, dropsy, enlargement of spleen, epilepsy, inflammation of the uterus, paralysis Piles
<i>Urginea indica</i> (Roxb.) Kunth.	Liliaceae	Jangli kanda	Unsul-e-hindi, Isqueel-e-Hindi, Piyaaz-Dasti, Piyaaz-Sahraayi, Jangli Piyaaz	Herb	Asthma, bronchitis, dropsy, headache, leprosy, paralysis, rheumatism, renal calculi, skin diseases, scabies.
<i>Vernonia anthelmintica</i> Willd.	Asteraceae	Ghoda jiru	Kamoon barri	Herb	Asthma, hiccough, kidney troubles
<i>Vitex negundo</i> L.	Verbenaceae	Negur	Sambhaalu, Fanjankist	Shrub	Inflammation of the uterus, ulcers due to putrefaction
<i>Vitis vinifera</i> Dunal.	Vitaceae	Angoor	Angoor. Dehydrated fruit-Daakh, Maweez, Zabeeb, Munnaqqaa, Kishmish	Climber	Anaemia, chronic fever, constipation, general weakness, polydipsia
<i>Withania somnifera</i> (L.) Dunal	Solanaceae	Ashwa-gandha	Asgandh	Shrub	Arthralgia, attenuated semen, leucorrhoea, lumbago, sexual debility, spermatorrhoea
<i>Zingiber officinale</i> Rosc.	Zingiberaceae	Adrak	Fresh rhizome-Zanjabeel-e-Rabat, Al-Zanjabeel. Dried rhizome-Zanjabeel, Zanjabeel-e-yaabis	Herb	Anorexia, arthralgia, bronchial asthma, cough, flatulenc, gastralgia, gastro-intestinal disorders, leucorrhoea, lumbago
<i>Ziziphus mauritiana</i> Lam.	Rhamnaceae	Ber	Ber	Tree	Liver diseases, worm infestation

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