The Role of Wild Food Plants of Himachal Pradesh in Boosting Immunity to Combat COVID-19

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Abstract

**Purpose:** The study aimed to document wild food plants usefulness in boosting immunity, fighting COVID-19 and other related viruses. The study also examined the diversity, distribution, parts used and season of availability of wild food plants that can be useful in boosting immunity to fight COVID-19.

**Subjects and Methods:** The study was conducted in Himachal Pradesh (30° 22' 40" to 33° 12' 40" N Latitudes and 75° 45' 55" to 79° 04' 20" E Longitudes) northwest Himalaya from March 2020 to April 2021 by survey, sampling and interviewing knowledgeable persons through a questionnaire for the plants which are traditionally used as tonic and medicine to cure cough, cold and fever. Plants rich in antioxidant, Vitamin A,C and Zn were documented for their potential to boost immunity.

**Results:** Ninety-five wild edible plants have been documented in this study belonging to forty families and seventy-seven genera. Family Asteraceae is found dominant, represented by 8 species followed by Lamiaceae (7 sp), Rutaceae and Brassicaceae (represented by 6 species each). Among genus, Ficus is found dominant represented by 4 species followed by Amaranthus, Oxalis, Rumex and Citrus (represented by 3 species each). These plants have been documented based on their medicinal and nutritive value like the richness in antioxidants, their ability to act as a body cleanser, cure common cold, cough and fever (Symptom similar to COVID-19) as revealed by a discussion with locals and literature reviews. These plants can be incorporated in our day-to-day life as a food, flavoring agent, or food supplement to boost immunity, fight COVID-19 or future challenges like COVID-19. Traditional knowledge of using these plants is on a sharp decline and their acceptability as a medicinal herb, food plants, or food supplement is the need of the hour to combat present and future challenges of pandemic COVID-19.

**Conclusion:** Revitalization of our traditional health care and herbal healing with the use of nutritionally important medicinal wild food plants will be helpful to boost immunity and face ongoing and future challenges of pollution, stress, depression and pandemic like COVID-19. This can be done by addition of documented plants as food and food supplement with some modern twist in our food plate.

1. Introduction

Himalayan forests are the unique treasures of bio resources that act as an important source of medicinal and edible plants for the local communities (Bhat et al., 2013). People have been using these plants as food, fibers, oil, dyes, timbers, fuel, fodders, medicine and materials from time immemorial. Some of these plants also act as an important source of food at the time of scarcity and their use offers many advantages over commercial food plants.
They give variety to our food plate and are a free source of nutrients for local people. They are relatively harder, more resistant to diseases, insects and pests. Since they are free from harmful chemical fertilizers, insecticides and pesticides, they play an important role in boosting our immune system. In most cases, these are plants are multipurpose types, offering many other uses except food. People consume these food items as wild vegetables, wild fruits and food supplements in a variety of ways like raw, roasted, fried, cooked, boiled or in the form of oil, spice, seasoning material, jams, pickle, etc.

Local people have been eating food items prepared from these plants science ages but unfortunately, lost track somewhere at the dawn of modern times. The indigenous knowledge and practices of using these plants revolve around traditional practices and values of resource use that include subsistence, socio-cultural and economic-commercial values (Samant & Dhar, 1997; Thakur, 2021).

Himachal Pradesh is endowed with rich floristic diversity and the population in this region is small due to hilly geography. Hence, people cannot afford optimum agricultural input and rely on a number of unconventional food plants like Achyranthes aspera, Cirsium arvense, Eclipta prostrata, Tinospora cordifolia, Centella asiatica, Euphorbia hirta, Taraxacum officinale and Urtica dioica, etc., for food, fiber, medicine and materials (Samant & Dhar, 1997; Devi T, 2020). Wild food plants like Euphorbia hirta, Moringa oleifera, Taraxacum officinale, Tinospora cordifolia Centella asiatica, and Urtica dioica are excellent immunity booster which can be employed as a food and food supplement in our day to day life. (Thakur, 2021) Himachal Pradesh is a well-known tourist destination during all seasons. Therefore, food preparation from these medicinal herbs can also be entered in the menu of different restaurants, hotels, private hotels, resorts, local restaurants & Dhabas running across HP and adjoining states to boost immunity and avoid COVID-19 and other future challenges (Devi & Sen, 2020).

Hence, the study aims to explore the indigenous knowledge, medicinal and nutritive value of wild food plants useful in boosting immunity, fight COVID-19 and future challenges like COVID-19. In addition, the study examines the traditional methods of involving these plants in our day-to-day life and latest methods of their use as a food and food supplement with modern twist.

2. Methodology and Procedures

The study is based on both primary and secondary data. Survey and sampling were done from June, 2020 to March, 2021. Rapid survey and sampling were done and information on wild food plants helpful in boosting immunity, their altitudinal range, habit, habitat (s), method of extraction, availability and utilization pattern was gathered by interviewing knowledgeable persons through a questionnaire. Identification of samples was done with the help of local and regional floras (Chowdhary & Wadhwa, 1984: Collett, 1902, Dhaliwal & Sharma, 1999; Singh, 1918). Plants rich in antioxidants, vitamin A & C, minerals like Mg, Zn, and traditionally used as tonic and medicine to cure cough, cold and fever were documented for their potential to boost immunity, fight COVID-19 and future challenges like COVID-19.
Study Area:

The study was conducted in Himachal Pradesh (30° 22’ 40” to 33° 12’ 40” N Latitudes and 75° 45’ 55” to 79° 04’ 20” E Longitudes) northwest Himalaya. The altitudinal Range of Himachal Pradesh is 350-6816 m and the temperature lies between -13.8° C to 44.7° C. It covers approximately 55,673 Km² areas, and comprises 3226 Panchayats, 20,690 villages with 14,83,280 households and 6,864,602 human populations. The total livestock population is 11,04,476. It supports diverse habitats, species, communities and Ecosystems. The vegetation mainly of sub-tropical and temperate types and mostly dominated by broad-leaved deciduous and evergreen and coniferous types. (District Economic and Statistical Department, Mandi, H.P).

Table 1: List of informants, members of SHG and buyers associated with nettle traditional use, processing and marketing

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name</th>
<th>Age</th>
<th>Gender</th>
<th>Address</th>
<th>Profession</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Yougraj Dogra</td>
<td>28</td>
<td>M</td>
<td>VII.- Ghat, PO- Ghat, Teh.- Balichowki, Distt.-Mandi.</td>
<td>Agriculture</td>
</tr>
<tr>
<td>2.</td>
<td>Sunitra Sen</td>
<td>64</td>
<td>F</td>
<td>Vil-Talyahar. PO-Talyahar-Teh-Sadar Distt.-Mandi.</td>
<td>President of 150 SHG</td>
</tr>
<tr>
<td>4.</td>
<td>Bhop Singh</td>
<td>70</td>
<td>M</td>
<td>VIL.Baga, PO- Bagachanogi, Teh.-Thunag, Distt.-Mandi.</td>
<td>Agriculture</td>
</tr>
<tr>
<td>5.</td>
<td>Rajender prakash attri</td>
<td>56</td>
<td>M</td>
<td>VIL.- Lashan, PO- Jabli, Teh.- Kasauni, Distt.-Solan.</td>
<td>Agriculture</td>
</tr>
<tr>
<td>6.</td>
<td>Poonam attri</td>
<td>40</td>
<td>F</td>
<td>VIL. Lashan, PO-Jabli Teh.-Kasauni, Distt. Solan.</td>
<td>Agriculture</td>
</tr>
<tr>
<td>7.</td>
<td>Kalapati devi</td>
<td>65</td>
<td>M</td>
<td>VIL-Barot. PO- Chhat, Teh.- Gumarwin, Distt.-Bilaspur</td>
<td>Agriculture</td>
</tr>
<tr>
<td>8.</td>
<td>Shaddi devi</td>
<td>70</td>
<td>F</td>
<td>VIL-Balohni, PO- Bhekhli, Teh.-Kullu, Distt.-Kullu</td>
<td>Agriculture</td>
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<tr>
<td>9.</td>
<td>Naag Ram</td>
<td>65</td>
<td>M</td>
<td>VIL-Chubhani, PO- Bahyla, Teh-Thunag, Distt.-Mandi</td>
<td>Hakim</td>
</tr>
<tr>
<td>No.</td>
<td>Name</td>
<td>Age</td>
<td>Gender</td>
<td>Address</td>
<td>Profession</td>
</tr>
<tr>
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</tr>
<tr>
<td>10.</td>
<td>Parvati devi</td>
<td>65</td>
<td>F</td>
<td>VIL.- Baragaon, PO-Drang, Teh- Padha, Distt.-Mandi</td>
<td>Agriculture</td>
</tr>
<tr>
<td>11.</td>
<td>Sushil Kumari</td>
<td>48</td>
<td>F</td>
<td>VIL. Kalpa, PO- Kalpa, Teh.- Kalpa, Distt.-Kinnaur</td>
<td>Agriculture</td>
</tr>
<tr>
<td>12.</td>
<td>Vinay singh negi</td>
<td>43</td>
<td>M</td>
<td>VIL. Kalpa, PO- Kalpa, Teh.- Kalpa, Distt.-Kinnaur</td>
<td>Agriculture</td>
</tr>
<tr>
<td>14.</td>
<td>Anupriya</td>
<td>18</td>
<td>F</td>
<td>VIL.- kotli, PO-Samraham, Teh- Kotli,Distt.-Mandi.</td>
<td>Farming and broom making</td>
</tr>
<tr>
<td>15.</td>
<td>Kehar singh</td>
<td>62</td>
<td>M</td>
<td>VIL.-Kalpa, PO.-Kalpa, Teh-Tissa,- Distt.-Chamba</td>
<td>Agriculture</td>
</tr>
<tr>
<td>16.</td>
<td>Rhekha Devi</td>
<td>54</td>
<td>F</td>
<td>Bard No-11Nagar Nagam Dharmsala, PO- Dharmsal, Distt.-Dharmsala.</td>
<td>Farming</td>
</tr>
<tr>
<td>18.</td>
<td>Meena Devi</td>
<td>26</td>
<td>F</td>
<td>VIL.- Dari, PO- Chail chowk, Teh- chachyrot,Distt.-Mandi.</td>
<td>Agriculture</td>
</tr>
<tr>
<td>20.</td>
<td>Dr. Monica Sharma</td>
<td>38</td>
<td>F</td>
<td>Dr. YS Parmar, University Of Horticulture &amp; Forestry (Solan) Neri. Hamirpur</td>
<td>Associate Professor</td>
</tr>
<tr>
<td>22.</td>
<td>Lata devi</td>
<td>43</td>
<td>F</td>
<td>Village-Kamand, P.O. Kamand, Tehsil Sadar Mandi.</td>
<td>Pickle and Badiyan selling</td>
</tr>
<tr>
<td>24.</td>
<td>Sarla Devi</td>
<td>40</td>
<td>F</td>
<td>Vill.- Jadron, P.O.- Bayla, Teh-Sundenagar Distt.-Mandi.</td>
<td>SHG member herb selling</td>
</tr>
<tr>
<td>25.</td>
<td>Mr. Jaswant Singh</td>
<td>43</td>
<td>M</td>
<td>Village Luhnu, P.O. Bayla Tehsil- Sundenagar Distt.-Mandi.</td>
<td>Panchayat Pardhan</td>
</tr>
</tbody>
</table>

### 3. Results and Discussion

1. To know diversity, distribution, parts used and season of availability of wild food plants usefullness in boosting immunity, fighting COVID-19 and for future challenges like COVID-19.

Ninety-five (T= 12 spp; Sh= 21 spp. H= 59 spp. Fruiting Body=3) plant species belonging to forty families and seventy seven genera were documented. These are known to have rich nutritive, medicinal value and are excellent sources of minerals like Zn, Mg and antioxidants like Vitamin A, C, D, etc. Family Asteraceae has been found dominant represented by 8 species followed by Lamiaceae (7 sp.) Rutaceae and Brassicaceae (represented by 6 sp. each). Among genus, *Ficus* was found dominant represented by 4 sp. followed by *Amaranthus, Oxalis, Rumex* and *Citrus* represented by 3 sp. each. Most of these wild plants are used by local people to get rid of cough, cold, bronchitis and can be further employed to boost immunity and protection from COVID-19 Table 2, Fig 1,2.
Fig. 2. Diversity of dominant families having wild food plants helpful to prevent COVID-19

Fig. 3. Diversity of life form of wild food plants helpful to prevent COVID-19

Table 2: Diversity, Distribution, parts used, food value, Indigenous knowledge, food value, medicinal value & season of availability of wild food plants useful in boosting immunity and fight COVID-19

<table>
<thead>
<tr>
<th>Family/ Botanical Name/common Name/ Local name</th>
<th>Cuisin e</th>
<th>Parts Used</th>
<th>Altitudinal Range (m) &amp; Habit</th>
<th>Food Value (Fd)</th>
<th>/Medicinal value (Md)</th>
<th>Availability / Market rate (Rs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agaricaceae</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<p>| <strong>Macrolepiota procera</strong> / <strong>Parasol mushroom</strong> / <strong>Badi chhattri</strong> | Vegetables, Pickle, Palau/ | Fruiting body | Moisture (g/100 g of fresh weight) 90.01; Ash 9.86; Fat, 1.45; Protein, 7.62. Carbohydrates 80.38. Energy 365.01, Mannitol 4.73, Trehalose 2.92, Fatty acids Stearic acid 2.38; Linoleic acid 64.55 (Buruleanu, et al., 2018) | Possess antioxidant, antimicrobial, and anticancer properties (Fernandes, et al., 2018) | Rainy season to early autumn/ |
| <strong>Morchella esculenta</strong> / <strong>Honey combed mushroom</strong> / <strong>Gaichchhee</strong> | Veg, Veg curry, Pickle. | Fruiting body | Energy (g/100 g of fresh weight) 31 Kcal, carbohydrates 5.10 g, protein 3.12 g, total fat 0.57 g, dietary fiber, 2.8 g; B3, 2.252 mg; B5, 0.440 mg; B6, 0.136 mg; B2, 0. 205 mg; B1, 0. 069 m; Vit. D, 206 mg; Ca, 43 mg; Cu, 0.625 mg; Fe, 12.18 mg; Mg, 19 mg; Mn, 0.587 mg; P, 194 mg; Zn, 2.03mg. <a href="https://www.nutritionvalue.org/Mushrooms%2C_raw%2C_morel_nutritional_value.html">https://www.nutritionvalue.org/Mushrooms%2C_raw%2C_morel_nutritional_value.html</a> | Considered a tonic &amp; highly valued for increasing body strength. | Antitumor, Antioxidant, Anti-inflammatory, Immune enhancement (Nitha &amp; Janardhanan, 2005) | Autumn-Rainy season/ Rs 15000/kg |
| <strong>Alliaceae</strong> | | | | |
| <strong>Allium ampeloprasum</strong> / <strong>Wild Leek Elephant Garlic</strong> / <strong>Luhan</strong> | Veg, siddu, Chutney | Bu, Lf, &amp; Fl | 1500-3000 m (H) | 100 g of cloves contain; Water 78.3 g, Energy 85 Kcal, Protein 1.67 g, Total Fat (lipid) 0.34 g, Ash 0.79 g, Carbohydrate 16.6 g, Total dietary Fiber 4.23 g, Ca 75.6 mg, Fe, 0.54 mg, Mg, 17.1 mg, K 455 mg, Na, 32.7 mg, Zn, 0.752 mg, Cu, 0.11 mg, Mn 0.11 mg, Vit. B9, 145 µg; Vit. C, 3.44 mg; Vit. E, 0.03 mg, Oxalic acid 50.3 mg, Glutamic acid 21.7 mg, Malic acid 70.9 mg, Citric acid 24.4 mg, Fumaric acid 0.85 mg, Succinic acid 2.14 mg | | Boost oxygen distribution in the body, increases energy levels, and supports healthy immune function (Bown, 1995) | Late autumn to the rainy season/ |
| <strong>Amaranthaceae</strong> | | | | |</p>
<table>
<thead>
<tr>
<th>SciName</th>
<th>English Name</th>
<th>Synonym</th>
<th>Plant Type</th>
<th>Plant Part</th>
<th>Plant Profile</th>
<th>Health Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Achyranthes aspera</td>
<td>Devil’s Horsewhip/</td>
<td></td>
<td>Lf, Sd</td>
<td></td>
<td>4,05% moisture, 20.5% proteins, 20.5% fats, 9.03% ash, 25% carbohydrates, 25% energy</td>
<td>Astringent, diuretic, febrifuge, abortifacient, germicidal, tonic and pot herb. Good for asthma, antifertility in women, boils, bronchitis, cold, colic, child birth, cough, debility, dropsy, dysentery, eye complaints, ear complaints, headache, hydrophobia, insect bite, liver complaints, pain in ribs and body, piles, pneumonia, reducing hunger, renal complaints, rheumatism, scabies, scorpion bite, skin diseases, snake bite, sore, stomachache, syphilis, toothache whooping cough, wounds; and also to expel placenta, worms and ward off ghosts. Reported to be useful in cancer. (Karnick et al., 1981; Jain, 1991; Purohit et al., 2009)</td>
</tr>
<tr>
<td>Amaranthus tricolor</td>
<td>Chinese Spinach/ Chaulai</td>
<td></td>
<td>Ts, Lf &amp; Sd</td>
<td></td>
<td>3.5% moisture, 25% protein, 6.6% carbohydrate, 3.1% ash, 24mg Fe per 100g, 464mg Ca per 100g, they are rich in vitamin A &amp; have a fair content of vitamins B1 &amp; C. On a zero-moisture basis 100g of the Lf contains up to 2441mg Ca, 1008mg P, 51mg Fe, 34mg Na, 4475mg K, 37,623mg beta-carotene equivalent, 0.68mg B1, 2.37mg B2, 11.48mg B3 &amp; 730mg C. Dried Lf contains (per 100g) 267 – 276 calories, 20 – 34.4% protein, 2 – 4.5% fat, 45 – 54% carbohydrate, 9.8 – 10.4% fibre, 16.6 – 24% ash, 1795 – 5333mg Ca, 333 – 460mg P, 13.5 – 152.7mg Fe, 13 – 37mg Na, 337 – 3528mg K, 27.9 – 40.8mg beta-carotene equivalent, 0.06mgB1, 2.02mgB2, 7.7 – 8.6mg C. The plant is astringent, diaphoretic, diuretic, emollient, febrifuge and galactagogue. It is used internally in the treatment of internal bleeding &amp; diarrhoea (Bown, 1995)</td>
<td></td>
</tr>
<tr>
<td>Amaranthus viridis</td>
<td>Wild amaranth/ Chaulayee</td>
<td></td>
<td>Ts, Lf &amp; Sd</td>
<td></td>
<td>40.8% moisture, 9.8% fat, 1.85 % of total minerals. The calorific value has been found to be 43.35 kcal. (Anonymous, 1985)</td>
<td></td>
</tr>
</tbody>
</table>

Apioeae
| **Angelica glauca** / **Smooth Angelica/ Chora** | Local alcoholic drink/ Used as spice | Sd & Rt | 2500 to 3000 m (H) | N/A | Dried Rt are used as tonic and increases appetite. | The Rt are pungent, aromatic, stomachic, tonic, stimulant, carminative, diaphoretic, and diuretic. It is given in typhoid conditions, bronchitis, flatulence, colic and pain in the stomach. Rt are tonic. (Purohit et al., 2009) | Rt can be harvested round the year. Sd summer end to pre-winters. |
| **Centella asiatica** / **Gotu Kola/ Brahmi** | Veg, Leaves curry, Kachra, Saag , Refeshing summer drink & Tea | Lf | 1500 m (H) | The herb is rich in antioxidants, including beta-carotene & B-complex vitamins; Energy 32 kcal; dietary fibre 2.0gm; protein 1.6 gm & small quantities of Vitamin B1,B2,B3 and C. (Anonymous, 1985) | Used as memory booster, tonic and to manage diabetes and nervous disorder. | Wp is alternative, cardio-depressant, hypertensive, weakly sedative and tonic. It is a rejuvenating diuretic herb that clears toxins, reduces inflammations and fevers, improves healing and immunity, improves the memory and has a balancing effect on the nervous system. (Kirtikar & Basu, 1935; Bown, 1995; Hardel et al., 2008; Asamenew et al., 2008; Sahoo et al., 2015.) | Round the year. |
| **Cyclosporum leptophyllum/ Slender Celery/Jungli ajwain** | Saag, Masala Oats, Kachra or sosaru, Rayata | Lf | 700-1500 m (H) | N/A | Powered Sd are used to cure cough while fresh are used to cure cough. | Sd are useful in bronchitis, cough, and asthma by various traditional practitioners of India. (Bown, 1995; Asamenew et al., 2008; Hardel et al., 2012; Sahoo et al., 2015.) | Winter to summer |
| **Foeniculum vulgare** / **Fennel/ Saunf** | Vegetables & Masala Tea | WP | 2000 m (H) | 100 g of dried plant contains moisture, 90.21 g; Energy, 31 kcal; Protein, 1.24 g; Total lipid (fat), 0.2 g; Carbohydrate, 7.3 g; Total dietary fiber, 3.1 g; Sugars, 3,93 g; minerals, Ca, 49 mg; Fe, 0.73 mg; Mg, 17 mg; P, 50 mg; K, 414 mg; Na, 52 mg; Zn, 0.2 mg; Vit. C, 12 mg; B1, 0.01 mg; B2, 0.032 mg; B3, 0.64 mg; Vitamin B6, 0.047 mg; Fe, 27 µg; Vit. A, 46 µg; Vit. E, 0.58 mg; Vit. K, 62.8 µg (Badgujar, 2014). | Local people use fruits decoction to cure indigestion, cough and cold. | Plant is considered useful as an aromatic, stimulant and carminative, and for burning sensation in body, chest diseases, colic, cough, dysentery, fever flatulence, headache, kidney problems, menstruation and spleen complaint, thirst, toothache and wounds (Uniyal, 1968; Ambasta, 1986; Bhalia et al., 1992.) | Summer to winter season. |

**Anacardiaceae**

<p>| <strong>Mangifera indica</strong> / <strong>Mango/ Aam</strong> | Aam, UA, Chutneys, jam, pickle | Fr | 1000-1200 m (T) | Energy 60 Kcal, Carbohydrates, 14.98 g.; Protein, 0.82 g.; Fat, 0.38 g; Fiber; 1.6 g; Vit C, 36.4 mg; Vit E, 1.12 mg; Vit A, 1082 IU; Vit B3, 669 µg.; Vit B5, 160 µg; Vit B6, 119 µg; Vit B2, 38 µg; Vit B1, 28 µg; B9, 43 µg; Vit K, 4.2 µg; K, 168 mg; P, 14 mg; Ca, 11 mg; Mg 10 mg; Na, 1 mg; Cu, 110 µg; Fe, 160 µg; Mn, 27 µg; Zn, 90 µg; β-Carotene 445 µg; α-Carotene 17 µg. | Rt, Lf &amp; Br are astringent, acrid, refrigerant &amp; useful in vitiated conditions of pitta, | Rt &amp; Br are styptic, antisphilitic, vulnerary, antiemetic, anti-inflammatory and constipating. Metrorrhagia, Colonorrhagia, pneumorrhagia, lucorrhoea, syphilitis, wounds, ulcers, vomiting, uteritis, diarrhoea, dysentery, diphtheria and rheumatism. | Summer end to end of rainy season. Fr = 40 Rs/ per Kg. |</p>
<table>
<thead>
<tr>
<th>Asparagaceae</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus adscendens/ Shatawari/ Sansarpali</td>
<td>Kachru, Shoot veg, Butter milk</td>
<td>Ts, Bu &amp; cladodes</td>
<td>1800 m (Sh)</td>
<td>100gm of Rt contains, Energy 20kcal; carbohydrates 3.38gm; protein 2.20 gm; total fat 0.12gm; dietary fibre 2.1gm; vit. E 1.13mg; vit. C 5.6mg; niacin 0.97mg; Na, 2mg; K,202 mg; Ca, 24 mg.; Mg, 14 mg; P, 52mg; Zn, 0.54mg &amp; small amounts of alpha-carotene and beta-carotene. (Komor &amp; Devi, 2016)</td>
<td>Powdered Rt is is used as tonic.</td>
</tr>
</tbody>
</table>

| Asparagus filicinus/ Fern Asparagus/Sans arbuti | Kachru, Veg & Pickle | Cladodes and Rt | 2200-3000 m (Sh) | N/A | Powdered Rt is used as tonic | The dried Rt of this plant has been reported for its usage as antipyretic, antitussive, diuretic, expectorant, stomachic, nervous stimulant and tonic. Steroidal saponins are generally considered pharmacologically important (Reviews on Indian Medicinal Plants, 2004) | Green cladodes and Rt throughout the year. Young Stduring spring to rainy season |

<p>| Asteraceae |  |  |  |  |  |</p>
<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Common Name</th>
<th>Types Available</th>
<th>Fruit Type</th>
<th>Uses</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Achillea millefolium / Yarrow Losar</strong></td>
<td>Saag, Herbal Tea &amp; Kac hru</td>
<td>Lf &amp; Fl</td>
<td>1800-3500 m (H)</td>
<td>Local people chew the Lf or Rt to relieve toothache for immediate effect. Homoeopathic medicines as a carminative, tonic, stimulant and diuretic. A decoction of the Lf &amp; Fl heads is employed as a carminative, tonic and aromatic stimulant 8.9. It expels kidney stones and is useful in fever, nasal congestion and stomach diseases. (Purohit et al., 2009; Singh, 2018)</td>
<td>Summer to rainy season</td>
</tr>
<tr>
<td><strong>Cirsium arvense/ C Creeping Thistle/ Chialı</strong></td>
<td>Veg, Saag</td>
<td>St, Lf &amp; Rt</td>
<td>1500 m (H)</td>
<td>Rt is tonic, diuretic, Rt juice has cooling effect on body and very effective remedy against nose bleeding. Rt is often chewed as a remedy for toothache. Rt astringent, anti-phylogistic and hepatic. Poultice is used to relieve headache.(Kirtikar &amp; Basu, 1935)</td>
<td>St, Lf &amp; Rt throughout the year</td>
</tr>
<tr>
<td><strong>Erigeron annuus/ Annual Fleabane/ Phuntha</strong></td>
<td>Saag &amp; Tea</td>
<td>Lf</td>
<td>1800 m (H)</td>
<td>Tea is made to get relief from cough. Antimicrobial, diuretic, astringent, respiratory, congested cough, digestion, diarrhoea, loss of appetite, kidneys and bladder, menstrual problems, postpartum bleeding, haemorrhage kidney stimulant, antioxidant. (<a href="https://www.gardensall.com/daisy-fleabane">https://www.gardensall.com/daisy-fleabane</a>.)</td>
<td>Summer to autumn/</td>
</tr>
<tr>
<td><strong>Eclipta prostrate/ False daisy/ Bhringraj</strong></td>
<td>Veget able, Chum ey, Poha, Masala oats, Parant ha &amp; Kachr u</td>
<td>Lf &amp; Ts</td>
<td>1000 m (H)</td>
<td>Used in hair treatment, powdered root is taken as tonic. Useful in the treatment of anti fertility, asthma, bronchitis, eye disorders, conjunctivitis, fever, gastric problems, gland swelling, headache, hepatic disorders, itching, jaundice, leukoderma, liver complaints, malaria, dandruff, scorpion sting, skin diseases, sores, spleen enlargement, swelling, toothache, ulcer wounds and veterinary diseases, and as an antidote, antiseptic, tonic and vegetable. It is natural source of antioxidant and shows antibacterial activity of this plant (Kirtikar &amp; Basu, 1935, Karthik et al., 2007)</td>
<td>Rainy season/</td>
</tr>
<tr>
<td><strong>Gamochaeta pensylvanica/ Spoonleaf purple everlasting/ Dhoodu</strong></td>
<td>Saag, Kach r u,</td>
<td>Ap</td>
<td>1700 m (H)</td>
<td>Used as a gargle or rinse to treat mouth or throat diseases. Used to cure diabetes, high blood pressure, stomach ulcers, diarrhea, gut infections etc. (Chopra et al., 1982)</td>
<td>Spring to pre- winter season</td>
</tr>
<tr>
<td><strong>Sonchus asper/ Blue sow- thistle/ Bhursalae</strong></td>
<td>Veg, Saag &amp; Soup</td>
<td>Ts</td>
<td>4000 m (H)</td>
<td>Powdered Ap parts are excellent remedy for headache &amp; Plant extract is applied to fresh injuries &amp; latex in the plant has been used as a treatment on warts. Sore throat, consuming a few Lf leaves from spring to autumn</td>
<td></td>
</tr>
</tbody>
</table>
Tagetes minuta/ Wild marigold/ Jangali- genda

| Bever age/Tea | Ap | 3000 m (H) | N/A | also applied as a poultice to wounds & boils. Powdered Rt taken as tonic for 15-20 days daily removes haemorrhoid Lf & Rt used against fever & indigestion. (Kirtikar & Basu, 1935) |

Taraxacum officinale/ Dandelion/ Laung

| Saug, Kachru, Root Tea | Lf, St, Rt & Fl | 300-5500 m (H) | 100 g of the raw fresh Lf contain about 2.7 g protein; 9.2 g carbohydrate; 187 mg Ca; 66 mg; Fe; 76 mg; Na; 397 mg; K; 36 mg; B; 0.19 mg; B2; 0.26 mg; B3; 0.81 mg; Vit. B1; 0.26 mg; Vit. B2; 35 mg; Vit. C; Vit. E; 3.44 mg; Vit. K; 778.4 µg; 14000 µg vit. A. | Plant is remedies for fever, boils, eye problems, diabetes, cancer and diarrhoea. Plant is tonic, blood purifier, laxative with strong antioxidant capabilities that can prevent aging and certain diseases, help to reduce weight and boost immune system. Rt and Lf used to treat liver problems, kidney disease, swelling, skin problems, heartburn, and upset stomach. Plant extract Treat stomach problems, appendicitis, and breast problems, such as inflammation or lack of milk flow. (Purohit et al., 2009) |

Balsaminaceae

| Lepidium sativum /Garden cress/ Halae | Veget able, rayata, Kachru, parant ha, poha & soups | Young Lf, Rt, Sd & Sd pods | 800-2000 m (H) | Serving Size: 1 Cup, 50 g Water, 44.7 g; Energy, 16 Kcal; Protein, 1.3; Total Fat (lipid), 0.35 g; Ash, 0.9 g; Carbohydrate, 2.75 g; Total dietary Fiber, 0.6 g; Total Sugars, 2.2 g; Minerals Ca, 40 mg; Fe, 0.65 mg; Mg, 19 mg; P, 38 mg, K, 303 mg, Na, 7 mg, Zn, 0.12 mg, Cu, 0.085 mg, Mn, 0.276 mg; Sl, 0.4 µg; Vit. B1, 0.04 mg; Vit. B2, 0.13 mg; Vit. B3, 0.5 mg; Vit. B5, 0.121 mg; Vit. B6, 0.124 mg; Vit. B9, 0.40 µg; Choline 9.8 mg; Vit. C, 34.5 mg; Vit. E, 0.35 mg; Vit. K, 271 µg | Lf are stimulant, diuretic and antibacterial and are useful in scurvy treatment. The Rt are bitter and acrid, and are useful in secondary syphilis (sexually transmitted bacterial infection) and tenesmus (A painfully urgent but ineffectual attempt to urinate). Sd are bitter, thermogenic, depurative (purifying), rubefacient (redness of the skin), galactagogue (promotes lactation), emmenagogue (stimulate menstruation & blood flow), tonic, aphrodisiac (stimulates sexual desire), ophthalmic and diuretic. It can be administered (boil with milk or chew in large quantities) to cause abortion. (Chopra et al., 1956; Chatterjee and Pakrashi, 1997; Purohit et al., 2009.) |

Berberidaceae

| Berberis lycium/ Veg, WP | 2500 m | Rt (B. lycium) possess dry Chutney A decoction of Rt Spring to late winter to summer end |

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<table>
<thead>
<tr>
<th>Indian Lycium/ kasmaele</th>
<th>Desser t, Chutn ey, Rayat a, Kachr u, Tea &amp; alchoho lic Drink from Rt</th>
<th>(Sh)</th>
<th>prepared from Fl cure dysentery during teething in small children.</th>
<th>“Rasaunt” and is used to cure eye infections. In Yunani system of medicine Rt is considered bitter with an unpleasant taste &amp; used in splenic troubles; tonic, febrifuge; intestinal astringent; good for cough, chest and throat troubles, eye sores and itching of the eyes; piles, menorrhagia; useful in chronic diarrhea; allays thirst. (Uniyal SR et al., 2006; Chauhan, 1999)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brassicaceae</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alliaria petiolata/ Garlic Mustard/ Masru ghaa</td>
<td>Veget able, Chutm ey, Kh atta &amp; Rayat a</td>
<td>Lf &amp; Fl</td>
<td>1000-1500 m (H)</td>
<td>N/A</td>
</tr>
<tr>
<td>Brassica juncea/ Brown Mustard/ Raie</td>
<td>Saag, Rayat a</td>
<td>Sd&amp;A p</td>
<td>3000 m (H)</td>
<td>1. Serving Size: 1 Cup, 140 g Calories 36 Kcal; Water, 128.49 g; Energy, 36 Kcal; Protein, 3.58 g; Total Fat, 0.66 g; Ash, 0.97 g; Carbohydrate, 6.31 g; Total dietary Fibre, 2.8 g; Total Sugars, 1.97 g; Minerals Ca, 165 mg; Fe, 1.22 mg; Mg, 18 mg; P, 0.59 mg; K, 227 mg; Na, 13 mg; Zn, 0.31 mg; Cu, 0.204 mg; Se, 0.8 mg; Vit. B1, 0.057 mg; Vit. B2, 0.088 mg; Vit. B3, 0.606 mg; Vit. B5, 0.168 mg; Vit. B6, 0.137 mg; Vit. B9, 13 µg; Folate, 10360 µg; Alpha Carotene, 13 µg; Beta Carotene, 49 µg; Lutein + zeaxanthin, 14560 µg; Vit. E, 2.49 mg; Vit. K, 829.8 µg. [<a href="https://www.healthbenefitstimes.com/health-benefits-of-mustard-greens">https://www.healthbenefitstimes.com/health-benefits-of-mustard-greens</a>]</td>
</tr>
</tbody>
</table>

Indian Lycium/ kasmaele

- Desser t, Chutn ey, Rayat a, Kachr u, Tea & alchoho lic Drink from Rt
- (Sh)
- prepared from Fl cure dysentery during teething in small children.
- “Rasaunt” and is used to cure eye infections. In Yunani system of medicine Rt is considered bitter with an unpleasant taste & used in splenic troubles; tonic, febrifuge; intestinal astringent; good for cough, chest and throat troubles, eye sores and itching of the eyes; piles, menorrhagia; useful in chronic diarrhea; allays thirst. (Uniyal SR et al., 2006; Chauhan, 1999)

Brassicaceae

- Alliaria petiolata/ Garlic Mustard/ Masru ghaa
  - Veget able, Chutm ey, Kh atta & Rayat a
  - Lf & Fl
  - 1000-1500 m (H)
  - N/A
  - The Lf taken to promote sweating and to treat bronchitis, asthma and eczema. Applied externally, these are used as an antiseptic poultice on ulcers etc. and are effective in relieving the itching caused by bites and stings. The Lf and St are antiasthmatic, antiscorbutic, antiseptic, deobstruent, diaphoretic, vermifuge and vulnerary. The juice of the plant has an inhibitory effect on Bacillus pyocyaneum and on gram-negative bacteria of the typhoid-paratyphoid-enteritis group. The seeds have been used as a snuff to excite sneezing. (Chiej, 1984; Grieve, 1984; Arayne et al., 2007; Genders, 1994)

- Brassica juncea/ Brown Mustard/ Raie
  - Saag, Rayat a
  - Sd&A p
  - 3000 m (H)
  - 1. Serving Size: 1 Cup, 140 g Calories 36 Kcal; Water, 128.49 g; Energy, 36 Kcal; Protein, 3.58 g; Total Fat, 0.66 g; Ash, 0.97 g; Carbohydrate, 6.31 g; Total dietary Fibre, 2.8 g; Total Sugars, 1.97 g; Minerals Ca, 165 mg; Fe, 1.22 mg; Mg, 18 mg; P, 0.59 mg; K, 227 mg; Na, 13 mg; Zn, 0.31 mg; Cu, 0.204 mg; Se, 0.8 mg; Vit. B1, 0.057 mg; Vit. B2, 0.088 mg; Vit. B3, 0.606 mg; Vit. B5, 0.168 mg; Vit. B6, 0.137 mg; Vit. B9, 13 µg; Folate, 10360 µg; Alpha Carotene, 13 µg; Beta Carotene, 49 µg; Lutein + zeaxanthin, 14560 µg; Vit. E, 2.49 mg; Vit. K, 829.8 µg. [https://www.healthbenefitstimes.com/health-benefits-of-mustard-greens]
  - Sd & Rt thermogenic, anodyne, anti-inflammatory, carminative, and anthelmintic, aperient, sudorific and abdominal colic, anorexia, dyspepsia, intestinal worms, flatulence, inflammations, morbid state of the cerebrospinal system, skin diseases, spasmomegaly and persistent vomiting. Mustard is used in large dose as an emetic in cases of poisoning and will cause hyperdispia, burning sensation, and other disorders due to the vitiation of pitta. (Purohit et al., 2009)
<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Culinary Name</th>
<th>Habitat</th>
<th>Nutritional Value</th>
<th>Health Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardamine hirsuta/ Hairy Bittercress/ Gujar ghas</td>
<td>Saag, Kachru &amp; Rayata</td>
<td>Lf &amp; Fl</td>
<td>700-2500 m (H)</td>
<td>Per 100 g of fresh leaves contain: Moisture; 92.89 g, Ash; 1.78 g, Fiber; 1.64 g, Protein; 3.99, Carbohydrate; 1.70 g, Calorific value: 22.45 kcal. Minerals (mg/100 g dried sample) Na: 100.48, K: 10462.28, Ca: 6.20, Mg: 5.60, Fe: 6.10, Cu: 1.62, Zn: 0.30, Mn: 0.64, Ni: 3.60, Cr: 0.87, Co: 0.57, Se: 1.83, Pb: 0.86 (Basumatary and Narzary, 2017)</td>
</tr>
<tr>
<td>Lepidium sativum/ Garden cress/ Halae</td>
<td>Poha, Soup &amp; Rayata</td>
<td>Young Lf, Rt, Sd &amp; Sd pods</td>
<td>800-2000 m (H)</td>
<td>Serving Size: 1 Cup, 50 g. Water; 44.7 g; Energy; 16 Kcal; Protein; 1.3; Total Fat (lipid); 0.35 g; Ash; 0.9 g; Carbohydrate; 2.75 g; Total dietary Fiber; 0.6 g; Total Sugars; 2.2 g; Minerals Ca; 40 mg; Fe; 0.65 mg; Mg; 19 mg; P; 38 mg. K; 303 mg; Na; 7 mg; Z; 0.12 mg; Cu; 0.085 mg; Mn; 0.276 mg; Se; 0.4 µg; Vit. B1; 0.04 mg; Vit. B2; 0.13 mg; Vit. B3; 0.5 mg; Vit. B5; 0.121 mg; Vit. B6; 0.124 mg; Vit. B9; 40 µg; Choline; 9.8 mg; Vit. C; 34.5 mg; Vit. E; 0.35 mg; Vit. K; 271 µg (<a href="https://www.healthbenefits.com/Garden-cress">https://www.healthbenefits.com/Garden-cress</a>)</td>
</tr>
<tr>
<td>Lepidium virginicum/ Wild Pepper Grass/ Alon</td>
<td>Veg, Masala Oats, Soup, Rayata, Kachru, Paramtha, Poha</td>
<td>Lf, Fl, Rt &amp; Sd</td>
<td>1500 m (H)</td>
<td>N/A</td>
</tr>
<tr>
<td>Thlaspi arvense/ Pennycress/ Chopda ghua</td>
<td>Saag, Salt &amp; Kachru</td>
<td>Lf</td>
<td>1000-4000 m (H)</td>
<td>100g of dry Lf contains: Protein: 54.2g; Carbohydrate: 33.1g; Vit. C: 1900 mg (Duke and Ayensu, 1985)</td>
</tr>
<tr>
<td>Family</td>
<td>Plant Name and Synonym</td>
<td>Type</td>
<td>Morphological Data</td>
<td>Nutritional and Medicinal Properties</td>
</tr>
<tr>
<td>---------------</td>
<td>------------------------</td>
<td>------</td>
<td>--------------------</td>
<td>--------------------------------------</td>
</tr>
<tr>
<td>Caryophyllaceae</td>
<td>Drymaria cordata/Tropical Chickweed/Kharish-gulab</td>
<td>Ts,Lf</td>
<td>2000m (H)</td>
<td>100g of Lf contains: Moisture, 10.67%; Crude protein, 20.57%; Ether extract, 0.32%; Crude fiber, 15.00%; Total ash, 9.00%; Carbohydrate, 44.44%; Gross energy, 262.92 Kcal. Mineral content is Ca, 0.978%; P, 0.600%; Zn, 10.760 ppm; and Cu, 1.000 ppm (Barua et al., 2015). Locally powdered plant is given with cold water in morning hours for one month to restore sexual potency in women. Its sap is said to be febrifuge and laxative. It has an aromatic pungency leading it to be much used in many countries for treating respiratory ailments, colds and bronchitis. The dried leaf is smoked like a cigarette for treating chest complaints and bronchitis. (Burkill, 1995; Rufo et al., 2002). Summers to autumn season.</td>
</tr>
<tr>
<td></td>
<td>Silene vulgaris / Bladder campion/ Jhunjhunu gha</td>
<td>Saag</td>
<td>2200-2500 m (H)</td>
<td>Water, 85.9 g; Energy, 34 Kcal; Protein, 2.47 g; Total Fat (lipid), 0.67 g; Ash, 1.53 g; Carbohydrate, 2.32 g; total dietary fiber, 4.36 g; Minerals Ca, 160 mg; Fe, 1.93 mg; Mg, 50.4 mg; P, 44.2 mg; K, 601 mg; Na, 22.4 mg; Zn, 0.408 mg; Cu, 0.114 mg; Mn, 0.709 mg; Vit B9, 267 µg; Vit C, 25.5 mg, Ascorbic acid, 17.1 mg, Dehydroascorbic acid, 7.34 mg (<a href="http://www.healthbenefitstimes.com">www.healthbenefitstimes.com</a> Herbs and Spices). The plant is said to be emollient and is used in baths or as a fumigant. The juice of the plant is used in the treatment of ophthalmia. A decoction of the Rt in milk or water are used as an emetic; a general antidote in the treatment of poisoning; and a remedy against constipation and intestinal pains. An infusion is used externally to treat wounds, scabies, itching and various skin conditions. The plant is a potential immune stimulant, antiviral, and antibacterial (Chopra et al., 1956; Kermath et al., 2014; <a href="http://www.iucnredlist.org/">http://www.iucnredlist.org/</a>). Summers from June to July.</td>
</tr>
<tr>
<td>Crassulaceae</td>
<td>Kalanchoe pinnata/ Life Plant/ Patharkhar</td>
<td>Pakor as, Pakora Curry, Potato fingers, Kachra, Chumey &amp; Herbal asala tea</td>
<td>Lf &amp; St</td>
<td>1000 m (H)</td>
</tr>
</tbody>
</table>
### Combretaceae

**Terminalia bellirica**

- **Common Names:** Myrobalan, Baheda

<table>
<thead>
<tr>
<th>Commodity</th>
<th>Form</th>
<th>Altitude (m)</th>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>Pickle</td>
<td>1000</td>
<td>N/A</td>
<td>The Bk is mildly diuretic and useful in anemia and leucoderma. They are useful in vitiated conditions of kapha and vata, cough, bronchitis, pharyngitis, insomnia, dyspsya, dyspepsia, flatulence, dyspsya, vomiting, haemorrhages, ophthalmopathy, stranguary, splenomegaly. Skin diseases, leprosy, fevers, ulcers and general debility. They are useful in diarrhoea and dysentery. The oil obtained from the Sd is trichogenous and is useful in dyspepsia, skin diseases, leucoderma and greyness of hair. (Purohit et al., 2009)</td>
</tr>
<tr>
<td>Fr</td>
<td>Autumn to Winter</td>
<td>50/100g.</td>
<td>Fr are laxative and digestive, and useful to treat vitamin C deficiency, cough, fever in the form of Triphala Churan. Fr constitute one of the ‘Triphala’ of Ayurveda. Fr are astringent, sweet, acid, bitter, sour, thermogenic, anodyne, anti-inflammatory, vulnerary, alterant, stomachic, and laxative, purgative, carminative, digestive, anthelmintic, cardiotonic, aphrodisiac, antisptic, febrifuge, depurative and antipyretic. They are useful in vitiated conditions of tridosha wounds ulcers, inflammations, gastropathy, anorexia, helminthiasis, flatulence, haemorrhoids, jaundice, hepatoopathy, splenopathy, cough, uropathy, versical, renal calculi and cardiac disorder (Purohit et al., 2009; Singh, 2018)</td>
<td></td>
</tr>
<tr>
<td>Lf &amp; Ts</td>
<td>Pre autumn to mid winter</td>
<td>For 1 kg Triphala Churan Rs 500</td>
<td>Fr= Dried fruits Rs 10/ For 1 kg Triphala Churan Rs 500</td>
<td></td>
</tr>
</tbody>
</table>

### Cucurbitaceae

**Coccinia grandis**

- **Common Names:** Ivy gourd, Kandiari

<table>
<thead>
<tr>
<th>Commodity</th>
<th>Form</th>
<th>Altitude (m)</th>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaves &amp; Tendrils</td>
<td>Veg, Veg curry</td>
<td>1000</td>
<td>N/A</td>
<td>Lf are cooling and aphrodisiac and are useful in vomiting, burning sensation and uterine discharge. The juice of the Rt and Lf is considered to enhance eyesight and manage blood pressure.</td>
</tr>
<tr>
<td>Fruits</td>
<td>Round the year and fruits from pre rainy to winter</td>
<td></td>
<td></td>
<td>Lf are bitter, sweet, astringent and cooling and are useful in vitiated conditions of kapha and pitta. The Fr are cooling, sweet, astringent, depurative, and antipyretic, galactagogue and expectorant and are useful in burning sensation, leprosy, skin diseases, and fever. Asthma, cough,</td>
</tr>
<tr>
<td><strong>Momordica balaminal (Balsam Pear/ Van Krela)</strong></td>
<td>Porridge, Pickle &amp; Veg</td>
<td>Fr &amp; Lf</td>
<td>1500 m (H)</td>
<td>Lf on dry weight basis contain (%) moisture, 71.00 ± 0.95; ash, 18.00 ± 0.56; crude protein, 11.29 ± 0.07; crude lipid, 2.66 ± 0.13; crude fiber, 29.00 ± 1.23; carbohydrate, 39.05 ± 2.01; calorific value, (kcal/100 g) 189.22; P, 1.320.00; Na, 122.49; Ca, 941; Mg, 220; Fe, 60.3; Cu, 5.44; Zn, 3.18; K, 10.78; Ca/P 7.21 (Hassan &amp; Umar, 2006). Deseeded Fr are infused in olive or almond oil and used against burns and hemorrhoid’s and the mashed fruits are used as a poultice. Plant extract is used to control hyperglycemia. It is one of the traditional medicines that have been used for decades for the management of diabetes. High potassium content is a good source for the management of hypertension and other cardiovascular conditions (Watt et al., 1962; Gills, 1992; Otimenyin et al., 2008). to be a useful treatment for diabetes. bronchitis, consumption and jaundice. The fruits and leaves of the bitter variety and bitter, acrid, thermogenic, emetic, purgative, vulnerary, anti-inflammatory, anthelmintic, digestive, liver tonic, alexiteric, deputative, debrifuge, sudorific and expectorant and are useful in vitiated conditions of kapha and pitta, wounds ulcers, inflammation, helminthiasis, dyspepsia and hepatoopathy. The juice of the stem is dripped into the eyes to treat cataracts. The Lf are used externally as a poultice in treating skin eruptions (Chopra et al., 1956; Purohit et al., 2009)</td>
</tr>
<tr>
<td><strong>Momordica dioica (Jangli Karela)</strong></td>
<td>Veg</td>
<td>Fr</td>
<td>1200 m (Sh)</td>
<td>One 100g unripe Fr contains 84.1g moisture, 7.7 g carbohydrates, 3.1 g protein, 3.1 g fat, 1.1 g minerals &amp; small quantities of essential vitamins like Vit A, B1, B2&amp;B3. (Singh et al., 2009)</td>
</tr>
<tr>
<td><strong>Dioscoreaceae</strong></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Dioscorea pentaphylla (Buck Yam/ Dareghal)</strong></td>
<td>Bhalle, Veg, Dahin Bhalle, Kachru Kachu ri</td>
<td>Bl, Lf &amp; Tu</td>
<td>1500 m (H)</td>
<td>Serving Size: 1 Cup, 100 g Water, 77.14 g; Energy, 82 Kcal; Protein, 1.73 g; Total Fat (lipid), 0.08 g; Ash 1.06 g Carbohydrate, 20 g; Ca, 8 mg; Fe, 0.43 mg; Mg, 10 mg; P, 40 mg; K, 495 mg; Na, 12 mg; Zn, 0.32 mg;</td>
</tr>
<tr>
<td>Family</td>
<td>Species</td>
<td>Habitat</td>
<td>Description</td>
<td></td>
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<td>-----------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Elaeagnaceae</td>
<td>Elaeagnus umbellata / Autumn Olive / Ghayain</td>
<td>Jam, Dessert &amp; Veg curry</td>
<td>One 100 g of Fr contains 69.4 g of moisture, 14.5 g of total soluble solids, 1.51 g of acids, 8.34 g of total sugars, 8.13 g of reducing sugars, 0.23 g of non-reducing sugars, and 12.04 mg of vitamin C. The percentage contents of some of the mineral elements, viz. P, K, Ca, Mg and Fe are 0.054, 0.346, 0.049, 0.033 and 0.007 in this order (Parmar and Kaushal, 1982). Dry powered Lf and Fr are helpful in checking diarrhoea; 2 teaspoons twice daily for 3-4 days. The Fi are astringent, cardiac and stimulant. They are used in the treatment of coughs and pulmonary infections. The seeds are used as a stimulant in the treatment of coughs. The expressed oil from the seeds is used in the treatment of pulmonary affections. The unripe fruit is astringent and is eaten in the treatment of bloody dysentery. (Chopra et al., 1956; Sood and Thakur, 2004; Pallab et al., 2016.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1000-3000 m (Sh)</td>
<td>2010; Kumar et al., 2017</td>
<td></td>
</tr>
<tr>
<td>Euphorbiaceae</td>
<td>Euphorbia hirta / Asthma weed / Dudhi</td>
<td>Veg, Saag, Lf &amp; St</td>
<td>100 g of dried Ap shows 75.18 g moisture; 12.57 g protein, 36.59 g fibre, 13.9 g carbohydrates, 3.67 g fat. Minerals content is Na, 175.8 mg; K, 5536.27 mg; Ca, 116.94 mg; Li, 39.44 mg; N, 1981.32 mg; P, 241.89 mg; S, 1746.11 mg; Fe, 82.82 mg; Cu, 2.60 mg; Mn, 8.71 mg; Zn, 5.44 mg per 100 g. Vit. C, 91.18 mg; β-carotene 297.44 mg per 100 g. The calorific value has been found to be 141 kcal. (Kundan Prasad, 2014) Locally given against piles &amp; asthma. Antidote to snake bite, asthma, boils of mouth, kidney disease, pain in joints, veterinary. bone fracture, Extracts of E. hirta have been found to show anticancer activity decoction of dry herbs is used for skin diseases. (Chopra et al., 1956) Can be harvested from early summer to early winter</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>900 m (H)</td>
<td>Summer season</td>
<td></td>
</tr>
<tr>
<td>Fabaceae</td>
<td>Indigofera heterantha / Indigo Bush / Kalli kathi</td>
<td>Kchru, Rayat &amp; Pickle</td>
<td>1000-2800 m (Sh)</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2200 m (Sh)</td>
<td>The ripe Sd are believed Powdered Sd are used to cure cough &amp; diarrhoea. Sd Summer to rainy season</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lathyrus aphaca / Yellow Saag &amp; Veg</td>
<td>Ts, Pod &amp;</td>
<td>23.5% crude protein, 15.2%</td>
<td></td>
</tr>
<tr>
<td>Vetching/ Sada</td>
<td>Fl</td>
<td>Fats &amp; 34.6% carbohydrates, antibacterial &amp; narcotic.</td>
<td>Are also used in the treatment of toothache. (Purohit et al., 2009)</td>
<td></td>
</tr>
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<td>-------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>

**Lotus corniculatus**/ Bird’s Foot Trefoil/ Peula ghaa

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Parts Used</th>
<th>Altitude (m)</th>
<th>External Use</th>
<th>Internal Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tea, Samba r, Poha, &amp; Kachru</td>
<td>Sd pod, dried Lf &amp; Fl</td>
<td>900-4000 (H)</td>
<td>Externally plant is used as local anti-inflammatory compress in all cases of skin inflammation.</td>
<td>Plant is carminative, febrifuge, hypoglycemic, restorative, vermifuge. The Fl are antispasmodic, cardio tonic and sedative. The Rt is carminative, febrifuge, restorative and tonic. (Scriber and Mark, 1978; Chiej, 1984)</td>
</tr>
</tbody>
</table>

**Senna occidentalis**/ Coffee senna/ Badi yelo

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Parts Used</th>
<th>Altitude (m)</th>
<th>External Use</th>
<th>Internal Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veg</td>
<td>Immature Pod</td>
<td>1500 (Sh)</td>
<td>Taken as tonic tea</td>
<td>All parts of plant are said to possess almost similar tonic, diuretic, stomachic &amp; lefrigide properties &amp; are especially used for dropy, rheumatism, fevers &amp; venereal diseases. (Kirtikar &amp; Basu, 1935)</td>
</tr>
</tbody>
</table>

**Trifolium repens**/ White Clover/ Jangali parseen

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Parts Used</th>
<th>Altitude (m)</th>
<th>External Use</th>
<th>Internal Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saag &amp; Kachru</td>
<td>Wp</td>
<td>2500-3000 (H)</td>
<td>Rich in protein, minerals (especially Ca, P and Mg) and soluble carbohydrate (<a href="https://www.feedipedia.org/node/245">https://www.feedipedia.org/node/245</a>. )</td>
<td>Rich in protein and powdered Fl are taken as tonic. An infusion of this plant has been used in the treatment of coughs, colds, fevers and leucorrhoea. It is also antirheumatic, antiscrophulatic, depurative, detergent. A tincture of the leaves is applied as an ointment to gout. An infusion of the flowers has been used as an eyewash (Duke and Ayensu, 1985; Moerman, 1998)</td>
</tr>
</tbody>
</table>

**Fumariaceae**

**Fumaria indica**/ Indian Fumitory/ Pitpapra

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Parts Used</th>
<th>Altitude (m)</th>
<th>External Use</th>
<th>Internal Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saag, Cooling Drink</td>
<td>Ap</td>
<td>1800 (H)</td>
<td>Decoction of the plant to treat fever, half cup once every morning for 3-5 days.</td>
<td>Known to be used for body ache, diarrhea, fever, flue, indigestion, liver complaints, mouth ulcer and skin diseases and as an anthelmintic, aperient, blood purifier, diaphoretic, appetizer, laxative, cool drink and vegetable (Sood and Thakur, 2004; Nayar et al., 1956; Dhiman, 1976; Dury, 1978; Singh, 2018.)</td>
</tr>
</tbody>
</table>

**Lamiaceae**

**Lamium album**/ White dead nettle/ Ruksha

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Parts Used</th>
<th>Altitude (m)</th>
<th>External Use</th>
<th>Internal Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veg, Parant ha, Rayata &amp; Tea</td>
<td>Ap</td>
<td>1800-3000 (H)</td>
<td>100 g of fresh rukshaleaves contain about 6.5 g of protein, 76 mg of vit. C and an incredible 644 vit. A retinol, 76 mg Ca, 34 mg P, 411 mg K, 23 mg Mg and 3.4 mg Fe (Grieve, 1998)</td>
<td>Plant is astringent and demulcent. It is chiefly used as a uterine tonic, to arrest, intermenstrual bleeding and to reduce excessive menstrual flow. The herb is sometimes taken to relieve painful periods. Its astringency helps diarrhea, and used externally, it can relieve hemorrhoids and varicose veins (Purohit et al., 2009)</td>
</tr>
</tbody>
</table>

**Lamium amplexicaule**/ Henbit/ Topnu

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Parts Used</th>
<th>Altitude (m)</th>
<th>External Use</th>
<th>Internal Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veg, Kachru</td>
<td>Ap</td>
<td>1000-3000 (H)</td>
<td>Tea from plant is febrifuge.</td>
<td>The plant is antirheumatic, diaphoretic, excitant, febrifuge, laxative and</td>
</tr>
</tbody>
</table>

Spring to autumn season
<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Use</th>
<th>Serving Size</th>
<th>Decoction Use</th>
<th>Stimulant Use</th>
<th>Growing Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mentha longifolia / Lamb mint/ Jangli Pudina</td>
<td>Masala Tea &amp; Chatney</td>
<td>1200-3000 m (H)</td>
<td>Decoction is used to treat coughs, colds, asthma and other respiratory ailments like, headaches, fever, indigestion, flatulence etc.</td>
<td>Powered plant parts are useful in general eye diseases, half – one g twice a day for 8-10 days. The plant is astringent to the bowel, anthelmintic, useful in diseases of the heart, bronchitis, loss of appetite, diarrhea and dysentery (Kirtikar &amp; Basu, 1935; Sood &amp; Thakur, 2004)</td>
<td>Fl between September to November</td>
</tr>
<tr>
<td>Origanum vulgare / Wild Marjoram/ Bantuksi</td>
<td>Chutney, Kachru &amp; Masala Tea</td>
<td>1000-3000 m (H)</td>
<td>Warm infusion of herb is given to promote menstrual flow when suppressed by cold.</td>
<td>Plant is useful to settle flatulence and stimulates the flow of bile. Strongly antiseptic, it may be taken to treat respiratory conditions such as coughs, tonsillitis, bronchitis and asthma. Volatile oil obtained from plant is aromatic, stimulant, rubifacient and tonic; useful in colic, diarrhoea, hysteria, rheumatism and toothache. The diluted oil can applied to toothache or painful joints. Locally, the tablet made from leaves is administered orally in bone fractures. The paste of the Lf is applied in fire burns, eczematous skin, boils, cuts and wounds (Bown, 1995; Chauhan, 1999; Purohit et al., 2009; Singh, 2018)</td>
<td>Spring to summer</td>
</tr>
<tr>
<td>Prunella vulgaris / Self-heal/ Neela ghoongru ghaa</td>
<td>Saag, Siddu, Kachru or sosaru , Soup &amp; Refreshing summer drink</td>
<td>2600-3000 m (H)</td>
<td>The whole plant is alterative, antibacterial, antipyretic, antiseptic, antispasmodic, astrigent, carminative, diuretic, febrifuge, hypotensive, stomachic, styptic (Stopbleeding), tonic, vermifuge and vulnerary (Launert, 1981; Grieve, 1984.)</td>
<td>Plant is an expectorant (used to get relief from cough) and antispasmodic (cure muscle spasm). The whole plant is alterative, antibacterial, antipyretic, antiseptic, antispasmodic, astrigent, carminative, diuretic, febrifuge, hypotensive, stomachic, styptic (Stopbleeding), tonic, vermifuge and vulnerary (Launert, 1981; Grieve, 1984.)</td>
<td>Summers to autumn/</td>
</tr>
<tr>
<td>Salvia moorcroftiana / Kashmir Salvia/ Shobri</td>
<td>Veg &amp; Soup</td>
<td>1000-2600 m (H)</td>
<td>Lf yields essential oil, used in cold &amp; cough.</td>
<td>Lf are used against guinea-worm &amp; are applied as poultics for boils, wounds &amp; chronic affections of the skin. Sd are considered useful in hemorrhoids,</td>
<td>N/A</td>
</tr>
<tr>
<td>Vitex negundo/Huang Ping/Bansuri</td>
<td>Parant ha, Tea, Pakor as &amp; kachru</td>
<td>TL &amp; Sd</td>
<td>1500 m (Sh)</td>
<td>N/A</td>
<td>Dysentery &amp; colic, &amp; applied on boils (Purohit et al., 2009; Singh, 2018)</td>
</tr>
</tbody>
</table>

**Lauraceae**

| Cinnamomum tamala/Indian Cassia/Meetha patta | Masala Tea/Flavouring agent in many traditional recipes | Lf | 2400 m (T) | 100 g of Lf contains 43 mg of Fe, 8.167 mg of Mn, 1.74 mg of Vit. B6, 834 mg of Ca, 26.3 g of Total dietary Fiber, 74.97 g of Carbohydrate, 46.5 mg of Vit. C, 0.416 mg of Cu, 180 µg of Vit. B9 and 3.7 mg of Zn (https://www.healthbenefits-times.com/indian-bay-leaf) | Local people use decoction of Lf to get relief from headache. They also apply paste over forehead for this purpose. Lf paste is also used to get rid off body lice and strengthening of hairs. They consider leaf extract intake effective against nose bleeding and cough. | The essential oil of the Lf called oil is medicinally used as carminative, anti-flatulent, diuretic, and in cardiac disorders. “Ayurveda” describes the use of Lf used in the treatment of ailments such as anorexia, bladder disorders, dryness of mouth, coryza, diarrhoea, nausea and spermatorhea, It has hypoglycaemic and hypolipidemic properties (Kar et al., 2003; Showkat et al., 2004) | Lf and Br can be harvested round the year |

**Lythraceae**

| Punica granatum/Pomegranate/Daadu | Chum ey | Fr | 2500 (Sh) | Serving Size: 1 Cup, 174 g Water 135.6 g, Energy 144 Kcal, Protein 2.91 g, Total Fat (lipid)2.04 g, Ash 0.92 g, Carbohydrate 32.54 g, Total dietary Fiber 7 g, Total Sugars 23.79 g, Ca, 17 mg, Fe, 0.52 mg, Mg, 21 mg, P, 63 mg, K, 411 mg, Na 5 mg, Zn,0.61 mg, Cu, 0.275 mg, Mn, 0.207 mg, Vit. B1, 0.117 mg, Vit. B2, 0.092 mg, Vit, B3,0.51 mg, Vit. B5, 0.656 mg, Vit, B6, 0.13 mg, Vit, B9, 66 µg (https://www.healthbenefits-times.com/health-benefits-of-pomegranate.) | Local people make paste of Fr rind and apply on foot heel to cure cracks. A decoction of the Sd is used to treat syphilis. | Juice of the Fr is used to treat jaundice and diarrhea. The rind of the Fr is ground & taken every morning to get relief from diabetics. The Fr together with the juice of *Cynodon dactylon* Lf is used for runny noses and olds. The juice of the Fl is used to treat nose bleeds. The Fr pulp and the Sd are a stomachic. The Rt and the stem bark have astringent and anthelmintic properties. Sd juice considered useful as a cardiac tonic. Powdered Br used to expel worms from the body; 1 teaspoon once every morning for 3 days(Sood & Thakur, 2004; Purohit et al., 2009) | Fr from rainy season |

**Malvaceae**

<p>| Puddi | Lf&amp; | 1200 m (H) | N/A | Local people The Rt and Lf are bitter, | | | |</p>
<table>
<thead>
<tr>
<th>Plant</th>
<th>Description</th>
<th>Use</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sida cordifolia/Broom Jute/Drilli</td>
<td>Lf, St, Sd &amp; Sd as a tonic by taking asa tea or cooking into vegetable.</td>
<td>sweet, emollient, cooling, aphrodisiac, unctuous, and vigour strengthening and promote sexual vigour and vital factor. They are good for rheumatism, flatulence, colic, haemothermia, and emaciation.</td>
<td>They are good for rheumatism, flatulence, colic, haemothermia, and emaciation.</td>
</tr>
<tr>
<td>Tinospora cordifolia</td>
<td>100 g of St contain approximately 3.34 g carbohydrate, 2.30 g protein, 11.321 g fibre, 5.87 milligrams iron, 85.247 milligrams Ca, 303.7 microgram vitamin A, 56 milligrams vitamin C. The St, Rt and whole plant are alterative, antidote, aphrodisiac, diuretic, febrifuge and tonic. The starch obtained from the St and Rt of the plant is nutrient and is useful in the treatment of diarrhoea and dysentery. The fresh plant is more effective than the dried. Plant is also used to treat rheumatism, urinary disease, general debility, bronchitis and infertility. It is useful in vitiated conditions of vata, burning sensation, hyperdipsia, helminthiasis, dyspepsia, flatulence, stomachalgia, intermittent fevers, chronic fevers, inflammations, gout, vomiting, cardiac debility, skin diseases, leprosy, erysipelas, anaemia, cough, asthma, general debility, jaundice, seminal weakness, uropathy and splenopathy. Stem: Bitter, astringent, sweet, thermogenic, anodyne, anthelmintic, alterant, antiperiodic, antispasmodic, anti-inflammatory, antipyretic, antiemetic, digestive, carminative, appetise, stomachic, constipating, cardiotonic, deputative, haematinic, expectorant, aphrodisiac, rejuvenating, galacto-purifier and tonic.</td>
<td>Round the year</td>
<td></td>
</tr>
<tr>
<td>Moraceae</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ficus hispida/</td>
<td>All parts are bitter, cooling, acid; astringent to the bowels, anti-dicentric; useful “Kapha”, Fr is sweetish, cooling; aphrodisiac, tonic, lactagogue, emetic; causes “vata” &amp; constipation. The fruit, seed &amp; bark are possessed of valuable emetic properties.</td>
<td>All parts are bitter, cooling, acid; astringent to the bowels, anti-dicentric; useful “Kapha”, Fr is sweetish, cooling; aphrodisiac, tonic, lactagogue, emetic; causes “vata” &amp; constipation. The fruit, seed &amp; bark are possessed of valuable emetic properties.</td>
<td></td>
</tr>
</tbody>
</table>

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| **Ficus palmate**/Wild fig/ Fegra | Veg | Fr | 1550 m (T) | 100g of Fr contains moisture, 80.5%; protein, 1.72g; total soluble sugar, 12.5 g; pectin, 0.21g; vit. C, 3.35 mg; ash, 0.92g; mineral. Ca 0.01 g; Mg, 0.076 g. [Anonymous, 1985; Parmar, & Kaushal (1982)] | Fr act as demulcent and laxative. They are mostly used as diet in case of constipation and in diseases of the lungs and bladder. They are also used as poultices. (Kirtikar & Basu, 1935; Karnick, et al., 1981; Shiksharthi & Mittal, 2011) |
| **Ficus racemosa**/Cluster fig tree/ Umre | Veg, Parant ha, Kachu ri & Pickle | Fr | 1200 m (T) | 100 g of Fr contains 81.9 g moisture, 1.3 g protein, 0.6 g total fat, 0.6 g ash, 0.21 g N and no carbohydrate. It covers 30.77% of Vitamin B2, 16.25% of Fe, 11.11% of Cu, 10.81% of K, 8.33% of Mg, 7.20% of Ca and 6.71% of P/ (https://www.healthbenefits times.com/cluster-figs) | Fr used for its antidiuretic effect. The Rt are popularly used for the treatment of hydrophobia, whereas, the Br has multiple actions. |
| **Ficus roxburghii** Elephant ear fig tree/ Taryambal | Veg, Veg curry, patrod u, Parant | Fr | 1700 m (T) | Ripe Fr contain 87.1 per cent moisture and 7.5 per cent total soluble solids. The total soluble solids of the sweet jelly-like substance, however, are 9.9 Powdered Fr are given to cure piles. | The latex from the St is applied to cuts and wounds and Fr are effective in the treatment of diarrhea and dysentery (Kirtikar & Basu, 1935; Karnick, et al., 1981; |
| Moringa oleifera/ Drumstick/Soon ani/ | Veg. Chumey, Kachru, Rayata, Shambur | Fl, Sd, Rt, Fr, Fl | 1000 (T) | 100 g of raw leaf contain, energy, 64 kcal; carbohydrate, 8.28 g; dietary fiber, 2.0 g; fat, 1.40 g; protein, 9.40 g; vit. A, 378 μg; B1, 0.053 mg; B2, 0.660 mg; B3, 0.60 mg; B5, 0.125 mg; Vit B6, 1.200 mg; B9, 51.7 mg; Vit, 51.7 mg. \(\text{\textbullet}100\text{g of raw pods contains, energy, 37 kcal; carbohydrates, 8.53 g; dietary fibre, 3.2 g; Fat, 0.20 g; protein, 2.10 g; vitamin A, 4 μg; B1, 0.257 mg; B2, 0.074 mg; B3, 0.620 mg; B5, 0.794 mg; Vit B6, 1.120 mg; B9, 141 mg; Ca, 30 mg; Fe, 0.36 mg; Mg, 45 mg; Mn, 0.259 mg; P, 50 mg; K, 46.1 mg; Na, 28 mg; Ca, 11.65 mg; Fe, 1.41 mg; Mg, 35 mg; P, 15.6 mg; Na, 26.2 mg per 100 g of the fruit pulp.} (Komor & Devi, 2016) | Act as a cardiac/circulatory tonic, used as a laxative, abortifacient, treating rheumatism, inflammations, articular pains, lower back or kidney pain and constipation, Purgative, applied as poultice to sores, rubbed on the temples for headaches, used for piles, fevers, sore throat, bronchitis, eye and ear infections, scurvy and catarrh; leaf juice is believed to control glucose levels, applied to reduce glandular swelling, Rubefacient, vesicant and used to cure eye diseases and for the treatment of delirious patients, prevent enlargement of the spleen and formation of tuberculous glands of the neck, to destroy tumours and to heal ulcers. (Kirtikar & Basu, 1935; Chopra et al., 1956; Dahot, 1988). | Lf: round the year. Fl & Fb : spring Fr : early summer | 1. Lf = Rs. 70-80/kg. 2. Sd = 500/kg |

<p>| Syzygium cumini/ Indian Blackberry/Jaam mun | Jam, vinegar | Fr | 1200 m (T) | Energy 251 kcal; water 84.75 g; fat 0.23 g; Na, 28 mg; K, 55 mg; carbohydrate 14 g; dietary fibres 0.6 g; sugar 57 g; protein 0.995 g; thiamine 0.01 mg; vit. C 11.85 mg; vit. B6 0.03 mg; Ca, 11.65 mg; Fe, 1.41 mg; Mg, 35 mg; P, 15.6 mg &amp; Na, 26.2 mg per 100 g of the fruit pulp (Komor &amp; Devi, 2016) | Local people use Sd, tender Lf are used in diabetes, diarrhea. Powered Lf prescribed for headache; 1 tablespoon twice daily with cow milk. Br of tree are used as toothbrush by locals to clean their teeth. Decoction of Br is good for the Br is astringent, sweet, sour, acrid, refrigerant, carminative, diuretic, digestive, anthelmintic, febrifuge, constipating, curing fever and dermatopathy. Fr have some of the highest levels of natural folic acid and recommended for pregnant women and bark to treat diabetes. The Lf are antibacterial and are used for strengthening the teeth and gums. (Purohit et al., 2009; Sood &amp; Thakur, 2004) | Fr= summer end to rainy season |</p>
<table>
<thead>
<tr>
<th>Family</th>
<th>Scientific Name</th>
<th>Common Names</th>
<th>Habitat</th>
<th>Medicinal Properties</th>
<th>References</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxalidaceae</td>
<td>Oxalis corniculata</td>
<td>Creeping woodsorrel/ Malori</td>
<td>Chumey, Veg &amp; Refershing summer drink</td>
<td>Lf contains 86% water, 2.3% protein, 0.8% fat, 8.2% carbohydrate, 150 mg Ca, 78 mg P, 8 mg Fe, 0.6 mg; B3, 78 mg vit. C, 6050 µg beta &amp; 7 – 12% oxalate (Anonymous, 1985)</td>
<td>Plant is a rich source of vitamin C &amp; is used in the treatment of scurvy. Powdered plant given to check vomiting &amp; nausea. The infusion of plant is useful remedy for hookworms &amp; leaves extract cure skin rashes. Whole plant possesses various medicinal properties like anthelmintic, astringent, antiscorbutic, diuretic, stomachic, lefrituge &amp; styptic (Bown, 1995)</td>
</tr>
<tr>
<td></td>
<td>Oxalis debilis var. corymbosa</td>
<td>Lilac Oxalis/Malora ghaa</td>
<td>Veg, Chumey, Refershing Summer Drink</td>
<td>Lf &amp; Fl</td>
<td>Refreshing drink from Lf is useful against cold.</td>
</tr>
<tr>
<td></td>
<td>Oxalis latifolia</td>
<td>Broadleaf woodsorrel / Trikhada</td>
<td>Lf, Fl</td>
<td>Lf &amp; Fl</td>
<td>Powered Ap of this plant &amp; Mentha piperita given against headache &amp;; cold,</td>
</tr>
</tbody>
</table>
| Phyllanthaceae      | Phyllanthus emblica/ Indian Gooseberry/ Ambla   | Pickle, Muraba, Jam, Bhale and Badiy ant/, Ambla Candy | Fr            | Fr from pre winter to end of winter season                                             | Local people use powdered Fr to check baldness and hair fall along with mustered oil heated in slow flame. Amla inhibit the growth and spread of different types of cancer like, breast, pancreases, liver, uterus, stomach and malignant as cités. It also reduces the |}

removing kidney stones; 3 tablespoons thrice a day for 15-20 days.
<table>
<thead>
<tr>
<th>Family</th>
<th>Species</th>
<th>Common Names</th>
<th>Habitat</th>
<th>Uses</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phytolaccaceae</td>
<td><em>Phytolacca acinosa</em></td>
<td>Himalayan pokeberry/ Jharka</td>
<td>1800 m (H)</td>
<td>Local people use plant to get relief from body pain.</td>
<td><strong>Induced by chemotherapy and radiotherapy, which generally used for the treatment of cancer</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>N/A</td>
<td>Pharmacologically the plant is accredited with antiasthmatic, antifungal, expectorant, antibacterial &amp; laxative properties (Kritikar &amp; Basu, 1953)</td>
<td></td>
</tr>
<tr>
<td>Plantaginaceae</td>
<td><em>Plantago lanceolata</em></td>
<td>Plantain/Safed Isbagol</td>
<td>1200-2400 m (H)</td>
<td>In India it is known as an astringent, blood purifier, diuretic, homeostatic and purgative, and for asthma, cough, pulmonary diseases, wounds, sores and swellings (Chopra et al., 1956; Ambasta, 1986; Sood &amp; Thakur, 2004)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>100 g of Lf contains Water 86.2 g, Energy 28 Kcal, Protein 1.72 g, Total Fat (lipid) 0.33 g, Ash 2.07 g, Carbohydrate 2.81 g, Total dietary Fiber 3.71 g, Insoluble Fiber 2.7 g, Total Sugars 1.06 g, Sucrose 0.112 g, Glucose (dextrose) 0.74 g, Fructose 0.211 g; Ca, 304 mg; Fe, 3.91 mg; Mg, 52.6 mg; P, 28 mg; K, 361 mg; Na, 21.3 mg; Zn, 0.548 mg; Cu, 0.159 mg; Mn, 0.661 mg; Vitamin C 13.6 mg, Oxalic acid 88 mg, Phenolics (total) 1109 mg, Hydroxy cinnamic acids 509 mg, Flavonoids 49.6 mg, Anthocyanins 0.54 mg (<a href="https://www.healthbenefits">https://www.healthbenefits</a> times.com/narrow-leaf-plantain)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>100 g of Sd contains Energy 17%, Carbohydrates 55%, Protein 24%, Total Fat 17%, Dietary Fibre</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polygonaceae</td>
<td><em>Polygonum bistorta</em></td>
<td>Vegetative Buckwheat/ Chunt ey</td>
<td>1600-3500 m (H)</td>
<td>Lf given to cattle cure indigestion and dysentery.</td>
<td>It stimulates blood flow. <strong>The Wp is anodyne, anthelmintic, antiphlogistic, carminative, depurative and</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Summer end to autumn season</td>
</tr>
</tbody>
</table>

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**Kathu or gulgule Kachru & Tea**

| Fagopyrum esculetum/ Buckwheat/ Phaphra | Lf & Sd | 2000-3000 m (H) | Energy 343 Kcal, Carbohydrates, 71.50 g; Protein, 13.25 g; Vit. B9, 3.02 mg; B1, 0.101 mg; Na, 1 mg; K, 460 mg; Minerals Ca, 18 mg; Cu, 1.100 mg; Fe, 2.20 mg; Mg, 231 mg; Mn, 1.300 mg; P, 347 mg; Se, 8.30 µg; Zn, 2.40 mg; Lysine, 672 mg; Methionine, 172 mg; Tryptophan, 192 mg | Used for a wide range of circulatory problems. It is used particularly to treat fragile capillaries, but also helps strengthen varicose veins and heal. Taken in combination with other herbs for high blood pressure. The Lf and shoots of flowering plants are acrid, astringent and vasodilator. A poultice made from the Sd has been used for restoring the flow of milk in nursing mothers. An infusion of the herb has been used in the treatment of acute infectious skin disease. A homeopathic remedy has been made from the leaves. It is used in the treatment of eczema and liver disorders. (Grieve, 1984; Purohit et al., 2009; Sajid et al., 2015) |

**Fagopyrum** esculetum

| Rumex acetosus/ Sorrel/Mil-malori | LF | 2000 m (H) | 29 calories, 0.9 g fat, 4.3 g carbohydrates, 2.7 g protein, 3.9 g fiber, 63.8 g Vit. C, 137 mg Mg, 266 mg vitamin A, 0.5 mg Mn, 0.2 mg Cu, 3.2 mg Fe, 519 mg P, 0.2 mg Vit. B6, 0.1 mg B2, 84 mg P, 59 mg Ca. | Cure asthma and bronchitis. The fresh or dried Lf are astringent, diuretic, laxative and refrigerant. Cure fevers and are especially useful in the treatment of scurvy. An infusion of the Rt is astringent, diuretic and haemostatic. It has been used in the treatment of jaundice, gravel and kidney stones. Both the Rt and the Sd have been used to stem haemorrhages. A paste of Rt is applied to set dislocated bones. The plant is depurative and stomachic (Holtom, and Hylton, 1979; Bown, 1995; Tsarong, 1994) |

**Rumex acetosus**

| Rhamnaceae | | | | |

**Ziziphus mauritiana/ Indian Jujube/ Baer**

| Badiyan, Kachri & alcoholic Drink | Fr | 1800 m (Sh) | 100 g of Fr contain: Carbohydrates, 17 gm; Protein, 0.8 gm; Fat, 0.07 gm; Sugar, 10.5 gm; Ca, 6 mg; P, 6 mg; Fe, 0.15 mg; K, 70 mg; Na, 1 mg; Zn, 0.01 mg; Mg, 3 mg; Vit A, 0.021 mg; B1, 0.024 mg; B2, 0.038 mg; B3, 0.087 mg; Citric Acid, 1.1 mg; Vit C, 75 mg | The Rt are bitter, cooling tonic & are useful in vitiated conditions of pitta, fever, wounds & ulcers. Fr are sweet, cooling, purgative, mucilaginous, pectoral, styptic, aphrodisiac, invigorating, depurative, appetizer & toni (Purohit et al., 2009) |

**Ziziphus mauritiana**

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### Rosaceae

<table>
<thead>
<tr>
<th>Species</th>
<th>Common Names</th>
<th>Altitude Range</th>
<th>Health Benefits</th>
<th>Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Duchesnea indica</em> / Mock Strawberry / Bhuin ankhe</td>
<td>Desser ts, smoot hies, puddin gs, rayata . Veg, Kachr u, Parent ha, Refres hing Summ er Drink</td>
<td>Fr, Lf &amp; Fl 2400 m (H)</td>
<td>Fr contain 58.7 per cent extractable juice and 77.4 per cent moisture. They also contain 6.2 g of total soluble solids, 0.67 g acidity, 3.40 g of total sugars, 1.78 g of reducing sugars and 1.54 g of non-reducing sugars per 100 ml of the juice. Almost a negligible quantity of tannins was found in this fruit. The vit C content of the fruit is 6.29 mg per 100 ml of the juice (Parmar and Kaushal, 1982)</td>
<td>The Wp is anticoagulant, antiseptic, depreparative and febrifuge (Duke and Ayensu, 1985; Stuart and Rev, 1911;)</td>
</tr>
<tr>
<td><em>Fragaria vesca</em> / Woods strawberry / Bhoomphal</td>
<td>Veg, Desser t, Kachr u &amp; Refres hing Summ er Drink</td>
<td>Fr, Rt &amp; Lf 1000-3500 m (H)</td>
<td>The fruits contain water, 87-88; sugars 3.0-4.5; free acids, 1.33-1.65; and ash(0.6-0.7 per cent (Parmar and Kaushal, 1982)</td>
<td>Fr are an excellent food to take when feverish Effective in treating rheumatic gout (Grieve, 1984).</td>
</tr>
<tr>
<td><em>Rosa macrophylla</em> / Wild Rose / Jangali galab</td>
<td>Jam, refreshing summ er drink, Kachr u &amp; Gul k and</td>
<td>Fr &amp; Fl 2000-3500 m (Sh)</td>
<td>Rich source of vitamins and minerals, especially in vit. A, C and E. (Rani, et al.,2013)</td>
<td>Good for skin and eyesight.</td>
</tr>
<tr>
<td><em>Rubus ellipticus</em> / Golden Evergreen Raspberry / Akhe</td>
<td>Fr dessert s, smoot hie</td>
<td>Fr 2300 m (Sh)</td>
<td>The Fr contains about 10.9% sugars, 1.1% protein, 0.5% ash, 0.55 pectin . The Fr is a good source of micronutrients such as anthocyanin’s, phenols, flavonoids and vit. C. They have a moderate to good antioxidant activity and make an excellent, healthful addition to the diet (Parmar and Kaushal, 1982)</td>
<td>Decoction of Rt good for cough; 2 tablespoons twice a daily till relief.</td>
</tr>
<tr>
<td><em>Rubus niveus</em> / Ceylon Raspberry / Kali – Akhe</td>
<td>Smoot hie &amp;dess erts</td>
<td>Fr 1000-2800 m (Sh)</td>
<td>The Fr contains about 7.8% sugars, 0.13% protein, 0.77% ash, mineral elements, viz. P, K., Ca, Mg and Fe are 0.04, 0.237, 0.058, 0.068 and 0.007 per cent respectively, 100 ml of juice contain 3.79 mg of vit.(Parmar and Kaushal, 1982)</td>
<td>The Lf are used as a tonic for older people. (Patel et al., 2004; Karuppusamy et al., 2011)</td>
</tr>
</tbody>
</table>

### Rubiaceae
<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Common Names</th>
<th>Family</th>
<th>Voucher</th>
<th>Season</th>
<th>Uses</th>
<th>Chemical Constituents</th>
<th>Medicinal Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Galium aparine</em> / Goosegrass / Kuri</td>
<td>Veg, Chumey, Kachru, Tea, Coffee &amp; Laddu</td>
<td>Lf &amp; Sd</td>
<td>3000 m (H)</td>
<td>N/A</td>
<td>Locally it is considered a blood cleanser, good for tightening the skin and reducing sign of aging.</td>
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<tr>
<td><em>Aegle marmelos</em> / Bill Patri,</td>
<td>Fruit, Jam, Murabba, Pickle, Refreshing Summer Drink, Kachru Halwa</td>
<td>Fr &amp; Lf</td>
<td>900 (Sh)</td>
<td>100 g of Fr contains: Energy, 137 cal; Moisture, 61g; Protein, 2g; Mineral, 2g; Fiber. 3g; Carbohydrate, 32g; Ca, 85m; P: 50 g; Fe: 1 mg [<a href="https://www.epainassist.com/diet-and-nutrition">https://www.epainassist.com/diet-and-nutrition</a>]</td>
<td>The herb is dried and pulverized for use in cough and urinary disorders; 1-3 g twice a day for 5-7 days. So, far it is known in India as an aperient, diuretic, refrigerant and antiscorbutic, and as a substitute for coffee. The juice and the infusion are also taken for kidney stones and other urinary problem (Ambasta, 1986; Sood and Thakur, 2004; Purohit et al., 2009)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Citrus aurantium var. Khatta/Gambhr u khatta.</em></td>
<td>Chacha, &amp; Pickle</td>
<td>Fr</td>
<td>2500 (Sh)</td>
<td>NA</td>
<td>Cure cold and cough.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Citrus jambhiri</em> / Rough Lemon/Jhamirdi Chutney, Pickle &amp; Kachru</td>
<td>Chumey, pickle &amp; Kachru</td>
<td>Fr &amp; Fl</td>
<td>1200 m (Sh)</td>
<td>N/A</td>
<td>Fr rich in vitamin C which helps the body to fight off infections and also to prevent or treat scurvy.</td>
<td>Its juice is considered best to manage high cholesterol. Fr juice is also a very effective bactericide. Fr are considered helpful to cure cold (Parmar and Kaushal, 1982)</td>
<td>Fr=wintert Fl= rainy to autumn</td>
</tr>
<tr>
<td><em>Citrus pseudolimon</em> / Hill lemon/ Galgal Chacha, Chukh &amp; Pickle</td>
<td>Fr</td>
<td>3000 m (T)</td>
<td>N/A</td>
<td>Fr juice is used to cure cold.</td>
<td>Fr= winter</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Murraya koenigii</em> / Curry Leaf/ Gandhelu Samba r, Veg curry, Chumey &amp; Jam</td>
<td>Ts&amp;Fr</td>
<td>1500 m (Sh)</td>
<td>100 g of leaves contains; energy,108 Kcal; protein, 6.1 gm; fiber, 6.4 gm; fat, 1.0 gm; P, 57 mg; Ca, 830 mg; Cu,0.1 mg; Fe, 0.930 mg; Mg, 44 mg; Zn, 0.20 mg; Mn, 0.150 mg; Cr, 0.006 mg; VitaminB1, 0.080 mg; A, 7560 µg; B2, 0.210 mg; B3, 2.300 mg; Vit. C, 4 mg; Folic Acid (Free), 23.5 µg; Folic Acid (Total),93,900 µg (Parmar and Kaushal, 1982)</td>
<td>The Lf, Br &amp; Rt are used as a tonic &amp; stomachic.</td>
<td>LF are effective in treating anxiety &amp; depression. The Br &amp; Rt are used as a stimulant by the physicians. Used externally to cure eruptions &amp; the bites of poisonous animals. (Kritikar &amp; Basu, 1935)</td>
<td>Leaves= 100 g earn 30 to 50 Rs for them</td>
<td></td>
</tr>
<tr>
<td><em>Zanthoxylum armatum</em> / Winged prickly ash/ Tirmire</td>
<td>Chumey, Patrod &amp; Sd soup</td>
<td>Lf &amp; Fr</td>
<td>2000 m (Sh)</td>
<td>N/A</td>
<td>St used as toothbrush</td>
<td>Fr, Br &amp; Sd are used as antihelmintic, stomachic, tonic &amp; in curing various common ailments such as toothache, common cold.</td>
<td>Fr= summers to autumn Le= Throughout</td>
</tr>
<tr>
<td>Family</td>
<td>Species and Name</td>
<td>Parts Used</td>
<td>Season</td>
<td>Description</td>
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<tr>
<td><strong>Schizophyllaceae</strong></td>
<td>Schizophyllum commune/ Split gill fungus/ Khookh</td>
<td>Veg, Pulao &amp; Soup, Fruiting Body</td>
<td>N/A</td>
<td>Polysaccharides and phenolic compounds present in this mushroom express antioxidant properties. It shows curative properties against bacteria and fungi infections and thus they can be used as potential antimicrobial agents (Mirfat et al., 2014)</td>
<td>Rainy season to pre winter period</td>
<td></td>
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<tr>
<td><strong>Salicaceae</strong></td>
<td>Flacourtia sapida / Governor’s Plum/ Kang</td>
<td>Jams, preserves, jellies, dessert &amp; Kachru</td>
<td>Fr &amp; Lf 1400 m (Sh)</td>
<td>The pulpy Fr contains 62.1 per cent moisture in it. The total soluble solids content is 16.5 per cent. Total sugars are 13.92 per cent, mostly in the form of reducing sugars. The Fr contains 0.64 per cent pectin and 10.74 mg of vit. C per 100 g of fruit and a negligible quantity of tannin. The content of total minerals of the Fr as represented by ash, is 2.761 per cent. The protein content of the Fr is 0.79 per cent. In this Fr, the mineral elements, viz. P, K, Ca, Mg and Fe, are 0.055, 0.454, 0.068, 0.059 and 0.005 per cent respectively (Parmar and Kaushal, 1982)</td>
<td>Summer season</td>
<td></td>
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<tr>
<td><strong>Urticaceae</strong></td>
<td>Urtica dioica/ Stinging nettle/ Koogas</td>
<td>Saag, Chumey &amp; Kachru</td>
<td>Lf &amp; Ts 3000 m (H)</td>
<td>Lf contain approximately 82.4% water, 17.6% dry matter, 5.5% protein, 0.7 to 3.3% fat, and 7.1% carbohydrates. Vit. A and C; Minerals (Ca, K, Mg, P, Si, S, Cl) and trace elements (Mn, Cu, Fe) contents depend mostly on the soil and the season [94][95](Pradhan et al., 2015; Rutto et al.,2013)</td>
<td>Lf: Round the year</td>
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<tr>
<td><strong>Urtica parviflora</strong></td>
<td>Stinging nettle/ Koogas</td>
<td>Saag or lapsy Kach</td>
<td>Lf &amp; Ts 3700 m (H)</td>
<td>N/A</td>
<td>Lf &amp; inflorescence are prescribed as tonic &amp; as a cleaning agent after parturition. A decoction of Lf: Round the year</td>
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<tr>
<td>Family</td>
<td>Species</td>
<td>Part(s)</td>
<td>Season</td>
<td>Altitude (m)</td>
<td>Use</td>
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<tr>
<td>Violaceae</td>
<td>Viola pilosa/ Smooth-Leaf White/ Banfsa</td>
<td>Lf, Fl, buds and Fl</td>
<td>900-3000 (H)</td>
<td>Decoction of Lf, St &amp; Fl is widely used by local people to cure cough, cold, chest infection, and lung diseases.</td>
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<td>Decoction of Rt is good for vaginal discharge. Recorded in India as an antipyretic, diaphoretic, demulcent, emetic, emollient, febrifuge and purgative, and for biliousness. (Sood &amp; Thakur, 2004; Purohit et al., 2009; Singh, 2018)</td>
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<td>Fl from pre spring to mid summer/ dried Fl Rs 25,000/kg</td>
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<tr>
<td>Zingiberaceae</td>
<td>Curcuma aromatic /Wild Turmeric/Van haldi</td>
<td>Rh, Hl, &amp; Rhozome</td>
<td>1000 (H)</td>
<td>N/A</td>
<td>Rh are bitter, carminative, appetizer and tonic.</td>
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<td>The plant contain strong antibiotic properties. These are used in combination with astringent and aromatics for bruises, sprains, and hiccough, bronchitis, cough, leukoderma, skin eruptions snakebite and antibiotic (Bown, 1995; Chopra et al., 1956; Purohit et al., 2009; <a href="http://www.flowersofindia.net/">http://www.flowersofindia.net/</a>; Devi et al., 2014.)</td>
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<td>Summer end to spring season /</td>
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<tr>
<td></td>
<td>Hedychium coronarium/ Butterfly Ginger/ Safed – Banadark</td>
<td>Fl, buds &amp; Fl</td>
<td>2500 (H)</td>
<td>N/A</td>
<td>The ground Rh is used to cure fever.</td>
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<td>Anti-cancerous, antioxidant, anti-microbial, anti-fungal, antihypertensive etc Essential oil from rhizomes is used in the treatment of body aches, cold, contusion, diabetes, headache, inflammation,(Duke &amp; Ayensu, 1985; Endringer et al., 2014)</td>
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<td></td>
<td>Fl= Autumn - winters</td>
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<tr>
<td></td>
<td>Hedychium spicatum / Kapoor Kachri/ Shoyee</td>
<td>Rh, Fl &amp; Fl buds</td>
<td>1200-3000 (H)</td>
<td>Powered rootstock is expectorant, febrifuge and tonic,</td>
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<td></td>
<td>Ayurveda it is used against bowl complaints, vomiting, fever, diarrhea, bronchitis and rheumatic swellings. Cure nausea, bronchial asthma. diminished appetite, hiccups.(Bown, 1995; Sood and Thakur, 2004; Purohit et al., 2009; Singh, 2018.)</td>
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<td>Pre- winter to spring season</td>
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</tbody>
</table>

Abbrevation: Fl= Flower, Le= Leaves, Bu= Bulb, Bi= Bulbils, Sd= Seeds, Ts= Tender shoot, St= Stem, Lf= Leaf, Rt= Root, Bd= Bulb, Tu= Tuber, Po= Pods, Rh= Rhozome, Hb= Herb, Sh= Shrub, T= Tree. Vit.=Vitamin.

2. To know about the medicinal and nutritive value of wild food plants useful in boosting immunity, fight COVID-19 and future challenges like COVID-19.

Ninety five plants documented in this study are either rich in antioxidants, used as tonic or are medicinally rich to cure cold, cough, fever and bronchitis symptoms similar to
COVID-19. These plants are important ingredients of many traditional and modern medicine, which are used to cure a variety of ailments from time immortal. Almost comparable findings were reported by other workers. (Dutt, 2013; Sharma, et al., 2017; Patil& Kakde, 2020) and Babich, et al., 2020).

Some of these wild food plants like Achyranthes aspera, Berberis lyceum, Euphorbia hirta, Kalanchoe pinnata, Centella asiatica, Moringa oleifera, Taraxacum officinale, Oxalis sp, Indigofera spp., Rumex spp, and Tinospora cordifolia are usually eaten as a food supplement to harness their rich medicinal and food values in spite of their unpleasant taste. Plants like Urtica spp., Galium aparin, Fagopyrum spp,Phyllanthus emblica, Angelica glauca, Terminalia spp. Origanum vulgare, Cinnamomum tamala, Ficus racemosa, Oxalis spp. Citrus spp, Asparagus spp.Kalanchoe pinnata, Hedychium spp. Phytolacca acinosa and Curcuma aromaticetc. are known for their rich nutritive value and are excellent source of antioxidants like Vitamin A, C and minerals like Zn, Mg, Mn etc. so are traditionally used to boost immunity and treat wide range of ailment along with bronchitis, fever, cold & cough (Fig.5 &Table.2).

3. To know the traditional method of involving these plants in our day-to-day life and latest methods of their use as a food and food supplement with a modern twist.
Many food plants like Dioscorea spp, Ficus spp, Morchella esculenta and Fagopyrum spp. are known as seasonal delicacies and eaten for their unique flavour or taste. Some of these like Ficus spp, Dioscorea spp and Morchella esculenta have their traditional recipes and a few like Ficus spp are usually prepared with some acidulent. These food items are liked by all. Therefore, they are in high demand and fetch high market prices in the local, national and international market. Wild food plants like Cirsium arvense and Urtica spp. appears poisonous and are harmful due to the presence of spines or pickers, so special care has to be taken during their harvesting and cooking. For many people these are non-edible and very few might know that these can be cooked into delicious dishes.

Wild food plants like Oxalis spp, Indigofera spp., Rumex spp, Rosa spp., Hedychium spicatum are excellent addition to pakoras, rayata, Kachru, chutney, masala oats and many other traditional dishes. Some of wild food plants like Angelica glauca, Allium ampeloprasum, Cinnamonum tamala, Cyclospermum leptophyllum, Origanum vulgare are used as spices and flavouring agents in various traditional dishes (Thakur, 2020). Addition of these nutritionally important medicinal wild food plants in tempting traditional food preparation like kachru, poha, soups, masala oats, kachuri, Potato fingers, kachuri, kheer, pakoras, bhole will be an excellent way to make kids of ruling era (who are generally very choosy for their meal) to eat what we want them to intake to boost their immunity and face ongoing challenges of pollution, stress, depression and pandemic like COVID-19 (Fig.6 & Table.2).

Urtica dioica maggi soup & Paneer
AChyranthes aspera Sd kheer& Lf in Kachru
Centella asiaticacurry &Refreshing summer drink
Kalanchoe pinnata in Potato fingers & kachru.
Galium aparine Sd laddu

Amaranthus spinosus Sd oats & masala oats

Morchella esculenta Dum

Oxalis spp. Lf as garnishing agent in rayata, Chutney & summer refreshing drink

Tinospora cordifolia S & Rt starch extract sirra

Drymaria cordata Lf pakoras and pakora curry

Rumex acetosa Lf kachru & Chutney

Rosa macrophylla Fl gulkand, kachru and garnishing over sweets
Moringa oleifera chutney

Phyllanthus emblica fr badiyan & Jam

Zanthoxylum armatumSd maggi soup & Lf in chutney.

Ficus roxburghii Fr veg,Kachuri& Lf patrodu taken as snack.

Dioscorea pentaphylla Tu siddu&Veg

Berberis lycium Fr kachru&rayata

Lamium album rayata& poha

Hedychium coronarium Fr kachru
Wild food plants like *Achyranthes aspera*, *Amaranthus spinosus* and *Trifolium repens* are considered emergency food and are eaten at the time of food scarcity. It is believed that *kheer* made from seeds of *Achyranthes aspera* (Puthkanda), if eaten one will not feel hungry for five days. Wild edible plants like *Angelica glauca*, *Berberis lycium*, *Terminalia chebula*, and *Ziziphus mauritiana* are used in the preparation of alcoholic drinks for local personal uses (Thakur, 2020).

Most of the herbaceous food plants are cooked as a leafy vegetable *saag* traditionally and local people used to prepare *saag* from more than seventy herbs. This is used to be a scientific practice of involving most of the medicinal herbs in small quantities to avoid their unpleasant taste and any adverse effect that might be due to their excessive use. But with the passage of time, this practice is losing ground and need to be revitalize (Fig.6 & Table.2).

4. Conclusion and Suggestion

Industrialization, urbanization and modernization for the last few decades has drastically changed our lifestyle, food habits and working schedule. As a result, we are not as resistant to diseases as our ancestors used to be. Therefore, there is a need to incorporate the medicinal plants presented in this study which are rich in Vitamin A,C, Zn, Mg and other antioxidant into our day-to-day lives with some modern twist for boosting immunity. Traditional knowledge of using wild plants as a source of food, vegetable and medicine has
declined in recent few years and is at the verge of extinction among young people who are more prone to adverse situations like COVID-19, pollution and other lifestyle diseases. Hence, it is important to document traditional knowledge related to wild edible medicinal plants which can be included with some modern twist in our food plate. The list of nutritionally important medicinal wild food plants that grow in the Western Himalayas and helpful to ensure food security, overcome hunger crisis and support the body during the pandemic is yet to be completed. As wild-growing food plants are free from chemical fertilizers, pesticides and insecticides and rich in medicinal and nutritive values, they can play an important role in boosting our immunity, fighting COVID-19, and other future challenges like COVID-19. They can also act also be useful in fighting other lifestyle diseases, such as depression, thyroid, obesity, diabetes, blood pressure, etc. Therefore, it is important to include all the important herbs in small quantity as a food supplement in recipes with some modern twist like meggi, poha, chilla, sandwich, momoe’s etc, which are highly favoured by young generation. By utilizing these plants we can make our present and future generation happy, healthy and strong. It is, therefore, recommended that wild food plants need to be involved in day-to-day life with some modern twist in recipes. There should be awareness among inhabitants for sustainable use and harvesting of wild food plants. It is also recommended to promote wild items recipes in hotels and restaurants run by the government and private entrepreneurs.

Acknowledgements

The author is highly indebted to the inhabitants of Himachal Pradesh for providing valuable information about wild food plants locally used as a tonic and helps to cure old fever, cough and bronchitis. Sincere thanks also go to Dr S.S. Samant, Dr. Chiranjit Parmar, Dr. Sanjeet Singh, Bhavana Bhardwaj, an official of district statistical department, botany department of Sardar Vallabhbhai Cluster University Mandi for their encouragement, support and cooperation. The author is also highly thankful to DEST Himachal Pradesh for providing funds to carry on this research.
Conflict of Interest

None

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