

Appendix 1. List of medicinal plants identified by *Tamang* people from the Chilime Village Development Committee of the Rasuwa district, Central Nepal

	Species name FAMILY NAME	Vernacular name(s)*	Life form	Part(s) used	Uses	Mode(s) of use
1.	<i>Abies spectabilis</i> (D. Don) Mirb. PINACEAE	Gobre salla (Np), Thasing (Tam), Silver fir (Eng)	Tree	Leaf	Respiratory problems, cough.	Decoction used for bronchitis and cough.
2.	<i>Aconitum ferox</i> Wall.ex Seringe RANUNCULACEAE	Bikh (Np, Tam), Aconite (Eng)	Herb	Root	Joint pain, orthopaedic problems.	Paste taken daily until recovery.
3.	<i>Aconitum spicatum</i> (Bruhl) Stapf RANUNCULACEAE	Bikh (Np), Bingma (Tam), Aconite (Eng)	Herb	Root	Fever, cuts and wounds, headache.	Decoction used for fever and headache, and paste applied to cuts and wounds.
4.	<i>Acorus calamus</i> L. ARACEAE	Bojho (Np), Seda (Tam), Sweet flag (Eng)	Herb	Rhizome	Flu (cough/cold, throat pain).	Small piece of rhizome chewed raw.
5.	<i>Amaranthus spinosus</i> L. AMARANTHACEAE	Naprukima (Tam)	Herb	Root	Cuts and wounds.	Paste applied.
6.	<i>Anaphalis contorta</i> (D.Don) Hook.f. COMPOSITAE	Buki phul (Np)	Herb	Flower, leaf	Chest pain, inner bleeding.	Infusion taken as tea.
7.	<i>Artemisia indica</i> Willd COMPOSITAE	Titepati (Np), Chyanchin, Surchent (Tam)	Herb	Leaf	Cuts and wounds.	Paste applied.
8.	<i>Asparagus racemosus</i> Willd. LILIACEAE	Kurilo, Satawari (Np), Komo (Tam)	Herb	Tubers	Fever, stomach ache, diarrhoea.	Paste taken daily until recovery.
9.	<i>Astilbe rivularis</i> Buch.-Ham ex D.Don SAXIFRAGACEAE	Thulo ausadhi (Np)	Herb	Root, leaf	Menstrual disorder.	Paste taken daily until recovery.
10.	<i>Berberis asiatica</i> Roxb.ex DC BERBERIDACEAE	Chutro (Np), Yamjuki Jungba (Tam), Barberry (Eng)	Shrub	Stem	Eye pain, rheumatisms.	Paste made of soft parts (cambium) applied for rheumatisms. Paste made of inner yellow part (pith) used for eye problems.

11.	<i>Bergenia ciliata</i> (Haw.) Sternb SAXIFRAGACEAE	Pakhanved (Np), Brasen (Tam), Rock foil (Eng)	Herb	Whole plant	Indigestion, diarrhoea, dysentery, fever.	Juice.
12.	<i>Bistorta affinis</i> (D. Don) Greene POLYGONACEAE	Muakui (Tam)	Herb	Root, leaf	Diarrhoea and dysentery.	Paste drunk as tea in the morning.
13.	<i>Cannabis sativa</i> L. CANNABACEAE	Ganja (Np), Wang/Sima (Tam), Hemp (Eng)	Herb	Stem, leaf	Stomach problems.	Paste is eaten.
14.	<i>Cheilanthes albomarginata</i> Cl. PTERIDACEAE	Rani sinka (Np), Damkans (Tam)	Herb	Whole plant	Gastritis problems.	Juice.
15.	<i>Cordyceps sinensis</i> (Berk) Sacc HYPOCREACEAE	Yarsha gomba (Nep, Tam), Cordyceps (Eng)	Fungal body	Whole plant	Tonic.	Juice taken after meal.
16.	<i>Dactylorhiza hatagirea</i> (D. Don) Soo ORCHIDACEAE	Paanch aunle (Np), Ongilakpa (Tam)	Herb	Tubers	Stomach problems, cuts and wounds.	Boiled and drunk for stomach problem. Paste applied to cuts and wounds.
17.	<i>Delphinium himalayai</i> Munz RANUNCULACEAE	Nirmansi (Np), Bhongmar (Tam)	Herb	Root	Fever, headache, cough and cold.	Paste.
18.	<i>Drynaria propinqua</i> (Wall. ex Mett.) J. Sm POLYPODIACEAE	Nakahyapsing (Tam)	Herb	Rhizome	Fever.	Infusion taken every day .
19.	<i>Entada rheedei</i> Spreng LEGUMINOSAE	Pangram (Tam)	Herb	Whole plant	Pain relief of bone.	Paste taken until recovery.
20.	<i>Ephedra gerardiana</i> Wall. Ex Stapf EPHEDRACEAE	Somlata (Np, Tam), Ephedra (Eng)	Shrub	Stem	Asthma.	Tea in the morning.
21.	<i>Eupatorium adenophorum</i> Spreng. COMPOSITAE	Banmara (Np), Kurum (Tam)	Shrub	Leaf	Cuts and wounds.	Juice applied to cuts and wounds.
22.	<i>Fraxinus floribunda</i> Wall. OLEACEAE	Kipsil (Tam), Himalayan ash (Eng)	Tree	Bark	Body pain.	Infusion taken as tea.
23.	<i>Fritillaria cirrhosa</i> D. Don LILIACEAE	Kaakoli (Np), Tiru (Tam)	Herb	Whole plant	Gastritis/stomach disorder.	Juice taken until recovery.
24.	<i>Geranium nepalense</i> Sweet GERANIACEAE	Gurije (Tam)	Herb	Root	Fever, cuts and wounds.	Paste taken with water.

25.	<i>Hippophae salicifolia</i> D.Don ELAEGNACEAE	Govo taru (Tam), Seabuckthorn (Eng)	Tree	Fruits	Diarrhoea, cough, menstrual disorder.	Juice taken as needed.
26.	<i>Hippophae tibetana</i> Schlecht. ELAEGNACEAE	Taru (Tam), Seabuckthorn (Eng)	Tree	Fruits	Stomach pain and diarrhoea.	Juice taken as needed.
27.	<i>Juglans regia</i> L. JUGLANDACEAE	Okhar (Nep), Himalayan walnut (Eng)	Tree	Fruits (Nuts)	Body fresh-up.	Tea made from inner black part.
28.	<i>Juniperus recurva</i> Buch-Ham ex D.Don CUPRESSACEAE	Dhupi (Np), Sukpa (Tam), Juniper (Eng)	Tree	Fruit, leaf	Throat pain, kidney disorder, fever.	Paste taken.
29.	<i>Lepisorus mehrae</i> Fras.-Jenk POLYPODIACEAE	Tamda (Tam)	Herb	Rhizome	Dysentery.	Juice taken.
30.	<i>Lindera neesiana</i> (Wall ex Nees) Kurz. LAURACEAE	Kurum (Tam)	Tree	Fruits	Diarrhoea.	Juice taken.
31.	<i>Lonicera myrtillus</i> Hook. f. &Thomson CAPRIFOLIACEAE	Taktak (Tam)	Shrub	Root	Fever.	Paste taken until recovery.
32.	<i>Lycopodium clavatum</i> L. LYCOPODIACEAE	Nagbeli (Np)	Climber	Pollens	Cuts and wounds.	Paste applied.
33.	<i>Lyonia ovalifolia</i> (Wall.) Drude ERICACEAE	Angeri (Np), Tomasing (Tam)	Tree	Leaf	Wounds, scabies, boils.	Infusion applied.
34.	<i>Mahonia napaulensis</i> DC. BERBERIDACEAE	Manechutro (Np), Kyarpa (Tam)	Tree	Fruits	Dysentery.	Eaten raw.
35.	<i>Myrica esculenta</i> Buch.-Ham. Ex D. Don MYRICACEAE	Naming (Tam)	Tree	Bark	Heart problems.	Paste.
36.	<i>Nardostachys grandiflora</i> DC. VALERIANACEAE	Jatamansi (Np), Pangne (Tam), Spikenard (Eng)	Herb	Rhizome , leaf	Headache, high altitude sickness.	Juice.
37.	<i>Neopicrorhiza scrophulariiflora</i> (Pennell) Hong SCROPHULARIACEAE	Kutki (Np), Chungbarin (Tam)	Herb	Root	Recovery of whole body pain.	Juice.
38.	<i>Onychium japonicum</i> (Thunb.) Kunze	Seto sinki (Np), Timda (Tam)	Herb	Leaf, rhizome	Fever, skin problems.	Juice of rhizome taken for fever. Leaf and rhizome paste

	PTERIDACEAE					applied externally to treat skin problems.
39.	<i>Paris polyphylla</i> Sm. LILIACEAE	Satuwa (Np), Kalchung (Tam), Love apple (Eng)	Herb	Root	Fever, vomiting, worms.	Paste applied.
40.	<i>Parmelia cirrhata</i> Fr. PARMELIACEAE	Jhyau (Np)	Lichen	Whole plant	Cuts and wounds.	Paste applied to cuts and wounds.
41.	<i>Parmelia</i> sp. PARMELIACEAE	Jhyau (Np)	Lichen	Whole plant	Cuts and wounds.	Paste applied to cuts and wounds.
42.	<i>Phymatopteris quasidivariata</i> (Hayat) Pich.Serm POLYPODIACEAE	Nakapbyasing (Tam)	Herb	Root	Boils, chest pain, body pain.	Paste applied to boils, chest pain and body pain.
43.	<i>Pieris formosa</i> (Wall.) D. Don ERICACEAE	Prapra (Tam)	Shrub	Young shoot, Leaf	Headache.	Taken as tea.
44.	<i>Potentilla fulgens</i> Wall. ex Hook. ROSACEAE	Bajradanti (Np), Sangmen (Tam)	Herb	Root	Gastric, stomach pain.	Paste taken twice daily.
45.	<i>Primula sikimensis</i> Hook.f. PRIMULACEAE	Medoser (Np)	Herb	Whole plant	Fever, ulcer.	Boiled with water and taken.
46.	<i>Rheum australe</i> D.Don POLYGONACEAE	Padamchaal (Nep), Chhurcha (Tam), Himalayan rhubarb (Eng)	Herb	Root	Indigestion, diarrhoea, stomach ache, fever.	Juice.
47.	<i>Rhodiola himalensis</i> (D. Don) Fu CRASSULACEAE	Mahaguru (Np, Tam)	Herb	Root	Fever, stomach ache.	Paste taken twice a day.
48.	<i>Rhododendron arboreum</i> Sm. ERICACEAE	Paremendo (Tam)	Tree	Flower	Tonic.	Juice.
49.	<i>Rhododendron anthopogon</i> D.Don ERICACEAE	Sunpati (Nep), Rhododendron (Eng)	Tree	Flower	Stomach ache.	Chewed raw.
50.	<i>Rubia manjith</i> Roxb.ex Fleming RUBIACEAE	Majitho (Np), Tiru (Tam), Indian madder (Eng)	Herb	Root	Scabies/skin diseases.	Paste applied.
51.	<i>Swertia chirayita</i> (Roxb. ex Fleming)	Chiraito (Np), Timda (Tam),	Herb	Whole plant	Fever, cold, headache.	Juice.

	GENTIANACEAE	Chiretta (Eng)				
52.	<i>Swertia multicaulis</i> D.Don GENTIANACEAE	Sharmaguru (Np), Chungbarin (Tam), Chiretta (Eng)	Herb	Whole plant	Toothache cough/cold, fever.	Paste applied on teeth. Juice drunk for fever, cough and cold.
53.	<i>Taxus wallichiana</i> Zucc. TAXACEAE	Siding (Tam), Taxus (Eng)	Tree	Leaf	Respiratory problems.	Juice.
54.	<i>Valeriana jatamansi</i> Jones VALERIANACEAE	Sugandawal (Np), Brasen (Tam), Valerian (Eng)	Herb	Rhizome	Cuts and wounds, joint pain, Cough/cold, throat pain.	Paste applied. Rhizome chewed.
55.	<i>Vitex negundo</i> L. LABIATAE	Simali (Np)	Shrub	Fruits	Worms.	Seed paste taken in the morning.
56.	<i>Zanthoxylum armatum</i> DC. RUTACEAE	Timur (Np), Yarma/Promo (Tam), Prickly ash peeper, Nepali peeper (Eng),	Shrub	Fruits	Stomach ache and indigestion.	Crushed, pickled and eaten.

*Np: Nepali name, Tam: *Tamang* name, Eng: English name.