

S. No	Scientific Name	Vernacular Name	English Name	Family	Parts used	Habitat
1	<i>Abies pindrow</i> (Royle ex D. Don) Royle	Achar/Pertal	West Himalayan fir	Pinaceae	Leaves are used as anti-inflammatory.	Temperate Himalaya
2	<i>Acacia Arabica</i> Willd	Babul	Acacia tree	Mimosoideae	Provides relief in pain and irritation, coughs and sore throats. Reduces body fat and restricts blood loss. Helps in wound healing and promotes oral health. Good source of fiber, dye and gum.	Sub-tropical and Tropical
3	<i>Acacia modesta</i> Wall	Phulai/ Palosa	Amritsar gum	Mimosoideae	Used to treat leprosy, wounds, dysentery, venereal diseases, cough, body weakness, bacterial infections and backache.	Sub-tropical and Tropical
4	<i>Acacia nilotica</i> (L.)	Kikar	Gum Arabic tree	Fabaceae	It has anti-microbial, anti-plasmodial and anti-oxidant activity and used for treatment of human immuno-deficiency virus, hepatitis C virus and cancer. It is useful for treatment of venereal diseases, nausea, burns and wounds, stomachache and diarrhea. Used for dye and provide gum.	Sub-tropical and Tropical
5	<i>Adiantum capillus-veneris</i> Linn	Persoshah/ Sumbal	Maidenhair fern	Pteridaceae	The leaf tea provides relief in sore throats, asthma, cough, chest congestion. It is a good anthelmintic and snake bite antidote. Traditionally its infusion is used as antipyretic, expectorant and diuretic.	Moist rocky temperate Himalayans
6	<i>Adiantum venustum</i> D. Don	Persoshah/ Sumbal	Maidenhair fern	Pteridaceae	Used for treating diabetes, asthma, convulsing, bacterial and fungal infections, obesity, hair loss, cholesterol and diarrhea. It is also used as analgesic, emetic, anti-inflammatory, anti-spasmodic, anti-oxidant and diuretic.	Moist rocks and soil with a good amount of humus and dead leaves in temperate Himalaya regions
7	<i>Aesculus indica</i> (Wall. ex Cambess.) Hook	Jawaz/ Bankhor	Indian horse-chestnut	Sapindaceae	Traditionally used for treating skin diseases, rheumatism, headache, as an astringent, acrid and narcotic. Its large leaves and flowers make it suitable for use as large-sized bonsai.	Grows wild in Himalaya region from 1200 to 3300 m a.s.l

8	<i>Agaricus bisporus</i> J.E. Lange) Imbach	Khararay	Button Mushroom	Agaricaceae	Used for cancer, diabetes, high cholesterol, arteriosclerosis (hardening of the arteries), liver diseases, bloodstream disorders and digestive problems. Other uses include prevention of heart disease, osteoporosis (weakened bones) and stomach ulcer.	Sub-tropical to Temperate
9	<i>Ailanthus altissima</i> (Mill.) Swingle	Angrezi Bekaian	Tree of Heaven	Simaroubaceae	Used for diarrhea, asthma, cramps, epilepsy, palpitation, gonorrhea, genital infection and pain, malaria, and tapeworms. It is also used as a astringent tonic.	Temperate and subtropical regions; on wastelands & road sides
10	<i>Ajuga bracteosa</i> Wall. ex. Benth.	Bootee	Bugleweed	Labiataeae	The plant is aromatic, astringent and tonic. It is useful in the treatment of agues. The juice of the root is used in the treatment of diarrhea and dysentery.	Wildly distributed in Kashmir & sub- Himalayan regions
11	<i>Albizia lebbek</i> (L.) Benth.)	Black Siris	Lebbek tree, flea tree, and woman's tongue tree	Mimosaceae	Used by some cultures to treat boils, cough, eye, flu, gingivitis, lung problems, as a tonic, and is used to treat abdominal tumors. The bark is used to treat inflammation.	Cosmopolitan distribution Subtropical, Commonly planted on roadsides
12	<i>Arachis hypogaea</i> Linn.	Moong-Phali	Peanut/ groundnut	Fabaceae	Nuts are edible and highly nutritive. The seeds are used in folk medicine as an anti-inflammatory, aphrodisiac and decoagulant. Peanut products including peanut oil, flour and protein are used in a variety of foods, such as desserts, cakes, confectionery, snacks, sauces, etc.	Cultivated in arid and semi-arid areas having sandy soils
13	<i>Arisaema flavum</i> (Forsk.) Schott	Surganda/ Sanp booti/ Marjarey	Indian Turnip	Araceae	Traditionally used to treat resolving phlegm, dampness, asthma, bronchitis, cold, cough, and laryngitis, etc. Juice of the fresh rhizome is applied to snake bite and scorpion sting some species are toxic.	Temperate W. Himalaya with fair distribution in open places from 1700-3000 m a.s.l

14	<i>Artemisia maritima</i> Linn Syn: <i>A. brevifolia</i> Wall. ex DC.	Santonica/ Tarkha	Sea Wormwood	Asteraceae	It has digestive and carminative properties and mixed with meat dishes. It is known to be an anthelmintic, aphrodisiac, antiseptic, laxative, febrifuge, blood purifier, stomachic, tonic and antidote to scorpion stings. It is used as tonic for livestock.	25 species grow wildly in arid and semi-arid areas of Balochistan, Khyber Pakhtunkhwa northern Punjab, AJ&K and Gilgit-Baltistan
15	<i>Azadirachta indica</i> A. Juss	Neem	Nim tree or Indian Lilac	Meliaceae	The plant is called village pharmacy. Bitter leaf and seed is used for leprosy, eye disorders, bloody nose, intestinal worms, stomach upset, loss of appetite, skin ulcers, diseases of the heart and blood vessels (cardiovascular disease), fever, diabetes, gingivitis, and liver problems. The leaf is also used for birth control, poultice for boils and to cause abortions. The bark is used for making gum. The fruit is edible and oil extracted from the seeds can be used as a purgative and anthelmintic. The plant has insecticidal properties.	Frost Free zone of Sindh, Punjab and Khyber Pakhtunkhwa
16	<i>Berberis vulgaris</i> Royle	Kashmal/ Khawney	Barberry	Berberidaceae	The roots and stem bark of <i>B. vulgaris</i> are used commonly in homeopathic medicine and used for various health problems. It is used to treat fever, cough, disorders of kidney, heart, liver. It is also used for depression, hyperlipidemia, hyperglycemia, bleeding, jaundice, diabetes, eye infections, internal wounds, diarrhea, rheumatism, stomachache, and its use as a general body tonic.	29 species belonging to genus <i>Berberis</i> grow wildly in Balochistan, Khyber Pakhtunkhwa, Punjab, Azad Jammu and Kashmir and Gilgit-Baltistan

17	<i>Bergenia ciliata</i> (Haw) Sternb Syn.: <i>B. himalaica</i> Boriss	Zakhm e hayat	Hairy Bergenia	Saxifragaceae	The Leaf, root and rhizome are used as powder or juice. The root decoction is used for asthma, stomachache, diabetes, kidney stones, hemorrhoids, antiulcer, anti-hepatotoxic, malaria, anti-HIV, anti-arrhythmic, neuroprotective, anti-fungal, anti-inflammatory, immunomodulatory and healing of burn wound.	Temperate Himalayas from 900 and 3,000 m a.s.l
18	<i>Bistorta amplexicaulis</i> (D. Don) Greene Syn.: <i>Persicaria amplexicaulis</i>	Anjabar	Mountain fleece	Polygonaceae	Rhizome decoction is used as a tea and tonic, and is also useful in dysentery, rheumatism, backache, ulcer, bleeding gums, and diarrhea. The rhizome decoction about 10 ml is taken thrice a day for treatment of rheumatic pains, backache, fever and flu. It is also used for purifying blood. The leaf paste is applied to cure wounds. The decoction may cause abortion.	Temperate, sub-alpine and alpine zones.
19	<i>Caltha alba</i> Camb. Syn.: <i>C. palustris</i>	Makan path	White Marsh Marigold	Ranunculaceae	The leaf powder is used for wound healing,	Temperate regions of northern Pakistan and AJ&K

20	<i>Cannabis sativa</i> Linn.	Bhang	Hemp	Cannabaceae	An annual herb with cosmopolitan distribution. It has been used for medicinal purposes in many cultures since time immemorial. It is widely used for pain, spasms, asthma, insomnia, depression, and loss of appetite. A strong narcotic is derived from the resin of stem, leaves, flowers and even the fruits like (i) Ganja is obtained from the resinous exudation from the female flowering top and unfertilized female flowers, (ii) Charas is obtained by rubbing of the leaves, young twigs, flowers and young fruits, and (iii) Bhang from older leaves and mature fruits. Ganja and Charas are smoked and Bhang is either used in the preparation of green intoxicating beverage. Bhang is much weaker than Charas and Ganja. The seeds are occasionally eaten and much valued for feeding birds. The seed oil is used as luminant and in making of paints, varnishes and soap. It is also cultivated in some countries for for making ropes and strings.	Sub-tropical plain areas to northern temperate hilly areas of Pakistan. Found abundantly along roads and waste lands up to about 3000 m a.s.l
21	<i>Cassia fistula</i> Linn.	Amaltas	Golden shower tree	Fabaceae	Bark of <i>C. fistula</i> is extensively used in traditional medicines for treating inflammation/ swellings and as a cleaning agent for ulcers and wounds. It is believed to decrease purulent discharge (pus) and act as a local antiseptic. The pulp of pods is used as a laxative. The bark is also used as tanning material and wood ash is used as caustic in dyeing.	Subtropical to temperate areas of Swat, Hazara and northern Punjab up to 2,000 m a.s.l in deciduous forests.
22	<i>Cedrus deodara</i> (Roxb.) G.Don	Deodar/ Nakhtar	Himalayan Cedar	Pinaceae	Essential oils obtained from Deodar is used in soap perfumes, household sprays, floor polishes, insecticides and in aromatherapy. Oil is also used as	Temperate regions

					repellent against insect pest of livestock and cattles.	
23	<i>Citrus sinensis</i> (Linn.) Osbeck	Malta/ Masemi	Sweet orange	Rutaceae	The fruit is a rich source of vitamin C. Traditionally fresh fruit or juice is used for boosting immunity. It is also used for cramps, constipation, colic, diarrhea, respiratory and menstrual disorders, tuberculosis, obesity, and kidney stones. The fruit contains large amount of potassium that provide an effective remedy against high blood pressure and strokes. The sweet fruit is also used for making squashes, jams and marmalades. The fruit peel is used in several medicines, and as flavor in soft drinks and food. The leaves are aromatic.	Sub-tropical regions. Cultivated in canal irrigated areas.
24	<i>Citrus x paradisi</i> Macf.	Chakotra	Grapefruit	Rutaceae	The fruit has nutritional and therapeutic activities. It contains vitamin C, essential oils and other antioxidants. It is used for diabetes and blood pressure, cholesterol, cardiovascular diseases (Ischemic stroke), obesity, constipation, cancer, skin health, boosting immune system, wound healing and aging effects. The fruit contains carbohydrates, protein, fibre and important minerals. The sections are commonly used in fruit cups or fruit salads, in gelatins or puddings and tarts. The grapefruit is commercially processed as marmalade, to make into jelly, while its juice is marketed as a beverage (fresh or canned) and dehydrated as powder. Grapefruit peel is an important source of pectin that can be used as preservative. It is also used as an ingredient of cosmetic, perfumes, soaps	Tropical and sub-tropical regions. Mostly cultivated in canal irrigated areas.

					and detergents People taking medicines such as statins, calcium channel blockers, psychiatric drugs or have kidney disorders should not take grapefruit in large quantity or for longer time period.	
25	<i>Cordia myxa</i> Linn.	Lasura	Assyrian plum	Boraginaceae	The ripe pulpy drupe is edible, while immature drupe are used for pickles. Traditionally the bark, leaves, drupes are used to treat cough, chest complaints, stomachaches, and for wounds and ulcers. It has anti-inflammatory (demulcent), diuretic and analgesic properties.	Mostly planted but also found scattered trees in wild in plain tropical and subtropical areas.
26	<i>Cotoneaster nummularius</i> Fisch. & C.A. Meyer	Nummular/ Kharawa/Mam anraha	Coinwort Cotoneaster	Rosaceae	A wild food plant. The fruit is used as food, as well as, its decoction is taken orally as an appetizer, stimulant, stomachic and expectorant. It is a good bee flora, as well as birds eat red ripe berries.	It grows wildly in foot hills at an altitudes from 1,400 m to 2,000 m

27	<i>Dalbergia sissoo</i> Roxb.	Shisham	Indian rosewood	Fabaceae	The roots, bark, wood, leaves and seeds are used as remedy in many diseases such as skin diseases, blood diseases, syphilis, stomach problems, gonorrhoea, dysentery, nausea, eye and nose disorders, aphrodisiac and expectorant. It contains basic dye (methylene blue).	Sub-tropical foothills up to 1,500 m a.s.l. Planted in irrigated & linear plantations along road sides and canal banks.
28	<i>Daphne oleoides</i> Schreb Syn.: <i>D. mucronata</i> Royle	Leghonay	Daphne	Thymelaeaceae	The leaves are poisonous applied for abscesses. The bark is used in diseases of bone and for washing hair. Gun powder charcoal is said to be made from the wood. The fruit can be eaten and is used as a dye for leather. It serves as food plant for goats.	Temperate rocky slopes at 1,700 to 3,000 m elevation. A xerophytic shrub.
29	<i>Dioscorea deltoidea</i> Wall. ex Kunth,	Kaniaz	The Nepal yam	Dioscoreaceae	It is used as vermifuge and an anthelmintic for purging out intestinal worms, and treating digestive disorders, sore throat for struma, diarrhea, irritability, abdominal pain, wounds, burns and anemia. Dioscorea is an important source of steroidal saponins (diosgenin). Diosgenin is a basic material for hormone preparation. The rhizomes contain saponin, acrid resin, diosgenin, starch and calcium oxalate. It is used for washing shawls and woollen cloths.	Sub-tropical and temperate regions. It is fairly common at 900-3,000 m a.s.l.

30	<i>Diospyros lotus</i> Linn.	Black Amlook	Date-plum	Ebenaceae	The fruit is edible and very nutritive. The ripe fruit is dried and eaten. The plant has pharmacological properties like a sedative, anti-septic, anti-diabetic, anti-tumor, laxative, and anti-pyretic. It contains a high contents of tannin.	Cosmopolitan distribution. Wildly grows in AJ&K, Chitral & Balochistan, cultivated in Hazara, Swat, Murree and Kurram at 1,500 m.
31	<i>Dodonaea viscosa</i> (L.) Jacq.	Sanatha	Candlewood/ Hopbush	Sapindaceae	The leaves are used as plasters for wounds. It has anti-microbial, insecticidal, anti-oxidant and anti-diabetic activities. The wood is hard and has multiple uses.	Hilly tropical and sub-tropical regions in Scrub vegetation
32	<i>Dryopteris filix-mas</i> (L.) Schott	Sarakh/ Kownjy	Male ferns	Dryopteridaceae	The rhizome is used in traditional medicine, especially for the treatment of inflammation, rheumatoid arthritis, wounds and ulcers. It is an effective treatments for tape worms.	Temperate regions of northern Pakistan
33	<i>Eriobotrya japonica</i> (Thunb.) Lindl.	Loquat	The loquat/ Japanese plum	Rosaceae	It is dible nutritive fruit. The leaf and flower extracts have been used for the treatment of cough, chronic bronchitis, inflammation, diabetes and cancer.	Sub-tropical regions. It cultivation started more than 2,000 years earlier, in China
34	<i>Eucalyptus</i> spp.	Sofeda/ Lachi	Gum	Myrtaceae	Dried leaf tea is a good source of anti-oxidants which are effective in cancer, heart diseases, dementia and oxidative stress. Leaf oil is used as antiseptic. It provide relief in headache, nasal congestion and colds. Used in some topical creams for arthritis and insect repellents. Leaf tea is toxic for children.	Wide habitat ranging from tropical to temperate regions

35	<i>Euphorbia helioscopia</i> L.	Gandi Booti/Pupolak	Sun spurge	Euphorbiaceae	Used for skin diseases, warts, intestinal parasites, migraine and gonorrhoea. Leaves and stems of the plants are traditionally used as vermifuge and seeds are used in cholera and constipation.	Cosmopolitan distribution; Common in sandy or sandy clay soils, rocky slopes, canal banks, 200 to 2,000 m a.s.l.
36	<i>Ficus carica</i> L.	Injeer/ Inzer	Fig	Moraceae	Traditionally nutritive fresh and dried fruit is used for disorders of digestive, endocrine, reproductive, and respiratory systems. It is also used for infections of gastro-intestinal and urinary tracts.	Tropical and Sub-tropical regions; also cultivated
37	<i>Fragaria indica</i> Andrews Syn. <i>Duchesnia indica</i> Sm.	Jangli strawberry	Wild strawberry	Rosaceae	Fruit is tasteless and nutritive. Leaf tea is used for diarrhea, digestive disorders, gout, laryngitis, acute tonsillitis and as a gargle for sore throats. The fresh leaves and fruit is crushed and applied as a poultice to treat boils and abscesses, swellings, weeping eczema, ringworm, snake and insect bites and traumatic injuries.	Sub-tropical to temperate Himalaya regions; 2,500 m a.s.l.
38	<i>Geranium wallichianum</i> D. Don ex sweet	Ratanjot/ Srazeela/ Mamekh	Shepherd's needles/ Buxton's blue	Geraniaceae	The Rhizomes/ roots are used in backache, sexual debility, joint pain, colic, jaundice, and kidney and spleen disorder. Root is also used for astringent, ear & eye disorders and toothache. The juice of the plant is applied to fresh cuts to stem the bleeding. Used as tonic by women especially for physical fitness and other internal body complaints, passive hemorrhage, and leucorrhoea.	Sub-alpine & Temperate Himalaya regions, in moist damp places in forests and open slopes; 2,400-3,600 m a.s.l.

39	<i>Grewia optiva</i> J.R.Drumm. ex Burret	Dhaman/Pasta wanay	Bhimal	Malvaceae	The fruit is edible, while leaves and young shoots are fed to cattle, sheep and goats for increasing milk yield. The green bark is used by women for cleaning the hairs and the coarse bast fibers (also called phloem fiber, plant fiber that can be collected from the phloem or bast surrounding the stem) are used for making poor quality ropes for tying cattle and strings for cots.	Temperate Himalaya regions; 2500 m a.s.l.
40	<i>Gymnosporia royleana</i> Wall. ex Lawson Syn. <i>Maytenus royleanus</i> (Wall. ex Lawson)	Pataki/ Soor Azghai	Royle's Spike Thorn	Celastraceae	The leaves are used for digestive disorders, while it has also shown pharmacological properties as antimicrobial, antidiabetic, antioxidant, anticancer and haemagglutination. The fruit is kept in mouth to relieve toothache. The plant is a good bee flora.	Sub-tropical foot-hill
41	<i>Hedera helix</i> Linn.	Palool / Zeelai	English ivy	Araliaceae	The leaf used in homeopathy medicines. The aqueous leaf extract as well as dried leaf powder has antidiabetic properties. Also used for the cure of benign warts. <i>Hederae folium</i> preparation is used for the treatment of respiratory tract diseases with intense mucous formation, respiratory tract infections and in irritating cough due to common cold.	Temperate regions; wild and cultivated
42	<i>Indigofera heterantha</i> Wall. ex Brandis Syn. <i>Indigofera gerardiana</i> Graham	Ghorija	Himalayan indigo/ Aniline	Fabaceae	The root, leaf and flowers are used both as dried powder form and decoction. Used for gastric disorders, muscular pain, headache, toothache, skin allergies, scabies, stomach pain, epilepsy, nervous disorders, asthma, bronchitis, cough, fever, liver diseases, hemorrhoids, gonorrhoea, syphilis, and as diuretic and vermifuge and for snake bites.	Upper limits of sub-tropical & temperate pine regions of Himalaya; up to 3,000 m elevation

43	<i>Isodon regosus</i> (Wall. ex Benth.) Codd. Syn.: <i>Plectranthus rugosus</i>	Baros Sperkai	Wrinkled leaf Isodon	Lamiaceae	Aromatic medicinal plant contains essential oil and has wide use in cosmetics. Fresh leaf extract is used for toothache, earache, hypertension, fever, gastric pain, rheumatism, dementia and abdominal pain. Bark extract is used for general body pain and dysentery.	Dry rocky slopes of western Himalaya regions; 1,900-3,000 m a.s.l.
44	<i>Juglans regia</i> Linn.	Akhroot/Ghoz	English walnut or Persian walnut	Juglandaceae	It is valued for its edible fruit. The bark is antiseptic and used for teeth cleaning and gums protection. Dried bark is called <i>dandasa</i> . The bark is also used as a vermifuge and for staining. The seed oil used in cooking. <i>J. doucloxiana</i> (kaghzi akhrot) has high market value because of its thin shelled edible fruit.	Sub-tropical and temperate regions; 1,500-3,000 m a.s.l.
45	<i>Justicia adhatoda</i> L.	Baikar	Malabar Nut	Acanthaceae	Used for treating bronchitis, asthma, fever and jaundice on account of the antispasmodic properties of roots and leaves. The leaves contain an alkaloid vasicine and an essential oil.	Subtropical up to 1300 m a.s.l
46	<i>Mallotus philippensis</i> (Lam.) Muell. Arg. Syn.: <i>Aconceveibum trinerve</i> , <i>Croton coccineus</i>	Kambila	kamala tree/ Red Kamala	Euphorbiaceae	The fruit is brick red covered with red powder that is used for dyeing silk and wool, and also as an antiseptic and anthelmintic. It is externally used to relieve excessive irritation, scabies and eczema.	Sub-tropical Himalaya regions; gregarious on stony slopes, rocky sandy hillsides in thorn scrub forests; up to 1,500 m a.s.l.
47	<i>Mangifera indica</i> Linn.	Aam	Mango	Anacardiaceae	Valued for its nutritive and delicious fruit. Used as a dentrifice (a paste or powder for cleaning the teeth), antiseptic, astringent, diaphoretic, stomachic, vermifuge, laxative and diuretic and to treat diarrhea, dysentery, anemia, asthma, bronchitis, cough, hypertension, insomnia, rheumatism and hemorrhage.	Planted in tropical and sub-tropical plain regions

48	<i>Matricaria chamomilla</i> L. Syn.: <i>Matricaria recutita</i>	Gul-e-Babona	Chamomile/ Mayweed	Asteraceae	Chamomile has been used in herbal medicines for thousands of years. The Anglo-Saxons believed it as 1 of 9 sacred herbs given to humans by the lord. It is used widely for herbal tea, cosmetics, essential oil, and making herbal tinctures. The floral parts are primarily used as an anti-inflammatory, antiseptic, antispasmodic and as mildly sudorific (induces sweating). It is also used for cough, bronchitis, nervousness, insomnia, digestive disorders, colic hysteria and intermittent fever. The flowers contain the blue essential oil of high medicinal value. Cold decoction (1 table spoonful of the powdered flower in 1 L of cold water) is used for diarrhea, nausea, kidney stones, dysmenorrhea (painful menstrual periods due to contraction of uterine), swelling of mouth, throat, and eyes. The powder is topically applied for healing wounds, burns & skin eruptions (shingles & boils).	Introduced in plain areas of Pakistan from Europe about 300 years ago. It also grows naturally in highlands of Balochistan & temperate Himalaya regions.
49	<i>Melia azadarch</i> Linn.	Bakain/ Dhrek	Persian Lilac	Meliaceae	Leaf and seed pulp is used to treat 18 skin disorders and blood purifier. The plant has insecticidal and repellent properties. It is a healthy fodder for cows, goats and sheep.	Tropical plain and foothills up to 1,700 m a.s.l.
50	<i>Mentha arvensis</i> L.	Pudiana	Corn mint /Field mint	Lamiaceae	Medicinal and aromatic plant. The plant has strong anti-inflammatory, antioxidant, anticancer, and antibacterial activities. The dried leaves are carminative, antispasmodic, stomachic, refrigerant and diuretic. The leaf tea with lemon grass is used as a febrifuge. Mint oil is used for hypertension, ischemic heart disease,	Cosmopolitan distribution, tropical; sub-tropical and temperate regions. It is also cultivated.

					indigestion, rheumatic pain, arthritis and to prevent vomiting. The plant is also used as spice and leafy vegetable.	
51	<i>Mentha longifolia</i> (L.)	Wailany	Wild mint/ horsemint	Lamiaceae	Medicinal and aromatic plant. The leaf tea is taken for cough, cold, stomach cramps, asthma, flatulence, indigestion and headache. Externally, wild mint is used for healing wounds and treating swollen glands. Used as spice in salad and leafy vegetable. Rosmarinic acid or 'Labiatae tannin has potential to increase shelf life of food items. It is a good repellent against mosquitoes.	Cosmopolitan distribution; temperate damp or wet places.
52	<i>Monothecha buxifolia</i>	Goorgore	Gargole	Sapotaceae	The leaves and fruits are used in traditional medicines. The leaves are used as analgesic, hematinic, laxative, vermifuge, antipyretic, and for the management of gastro-urinary disorders. The Fruits are purgative, vermifuge and refrigerant.	Tropical to temperate regions
53	<i>Morus alba</i> L.	Toot	White mulberry	Moraceae	The roots, leaves and fruit are used for the treatment of cough, sore throat, dizziness, insomnia, premature aging and for cholesterol. The fruit is edible and has provide relief against atherosclerosis, liver and kidney disorders, and inflammation. The fruit is used for making drinks, jams, marmalade and cakes. The leaves are used in cosmetics. The white mulberry is widely cultivated to feed the silkworms. A good source of fodder for livestock.	It has wide habitat ranging from tropical to temperate regions.

54	<i>Myrsine africana</i> L.	Chapra/ Gugul/Marow ang	Cape myrtle	Myrsinaceae	The fruit is edible and also used as condiment. It is used as a powerful cathartic & vermifuge (anthelmintic). The plant gum is used for dysmenorrhea. The leaves are used soup and milk in Africa for reducing cholesterol levels. Sometimes the seed is an adulterant of powdered pepper.	Tropical to sub-tropical in Balochistan and Salt range in Punjab. Prefers shady places in the drier oak forests up to 2,700 m a.s.l
55	<i>Myrtus communis</i> Linn.	Habbul Aas/ Vilayati Mehendi/ Hina/shamkai/ Manroo	Myrtle	Myrtaceae	Medicinal and aromatic plant. All plant parts are used for medicinal purposes. The leaf powder decoction is used for hypertension, eczema and other skin and respiratory disorders and hemorrhoids. It has been used in anti-inflammatory activities. The berries and essential oil are antibiotic, antiseptic, antiviral, astringent, carminative, decongestant and haemostatic. The berries are chewed as an appetite stimulant. They are useful in bronchitis, pharyngitis, spasmodic cough and in sinusitis.	Dry temperate; endangered species
56	<i>Nasturtium officinale</i> W.T. Aiton Syn.: Rorippa nasturtium- aquaticum (L)	Choo/ Tarmeera/ Hub-ul-Aas	Watercress	Brassicaceae	All plant parts are used. It provides relief in asthma, piles, skin disorders and thyroid gland disorders. A cup of fresh juice with a teaspoonful of lemon juice with common salt is useful in anemia and as a body tonic. Used also in combination with other herbs for urinary tract infections, cough, and bronchitis. Sometimes it is applied directly to the skin for muscular pain.	Aquatic herb, found in sub-tropical and temperate regions

57	<i>Nerium oleander</i> L. Syn.: <i>N. indica</i> ; <i>N. odorum</i>	Kunair/ Ganira/Ghand eray	Oleander/ Rose bay	Apocynaceae	The plant is highly poisonous and used for suicide in some countries. The leaves are used in cutaneous eruption, while leaf decoction is used to destroy maggots infesting wounds. The leaves and seeds are used to prepare medicines for heart conditions, asthma, epilepsy, leprosy, cancer, dysmenorrhea, malaria, ringworm, indigestion, Gonorrhoea and to cause abortion. Also used in homeopathic medicines	Cosmopolitan distribution; Naturalized or planted in tropical and sub-tropical regions
58	<i>Olea Ferruginea</i> Royle Syn.: <i>Olea cuspidate</i> Wall. ex G. Don,	Kao/ Kahu	Indian Olive	Oleaceae	The fruits are directly consumed while the fresh leaves are used for making tea.	Tropical to sub-tropical regions associated with <i>A. modesta</i> ; 500-2,000 m a.s.l.
59	<i>Otostegia limbata</i> (Benth.) Boiss	Awan buti/ Speen Aghzai	Otostegia	Asteraceae	Traditionally used against several ailments. It possesses properties like antispasmodic, antiulcer, antidepressant, anti-inflammatory for eyes inflammation, antibacterial and antioxidant sedative and anxiolytic.	Sub-tropical to temperate, northern Pakistan and AJ&K
60	<i>Paeonia emodi</i> Royle	Mamekh	Himalayan Peony	Paeoniaceae	The rhizomes are used for hysteria, convulsions, colic, uterine infections and obstruction of the bile duct. Also used as blood purifier. The seeds are cathartic and emetic. The dried flower infusion is useful in the treatment of diarrhea. The dried petals tea used as a cough remedy, and for treating hemorrhoids and varicose veins.	Temperate in semi-shady areas preferably on moist soils
61	<i>Parrotia persica</i>	Bari ranj/ Sar Banj	Persian ironwood	Hamamelidaceae	Excellent small lawn tree or street tree. Can be incorporated into foundation plantings, particularly in shrub form.	

62	<i>Phoenix dactylifera</i> Linn.	Khajur	Date/ date palm	Areaceae	The fruit is delicious, edible and highly nutritive. Used for cold, fever, asthma, cystitis, edema, sore throat, bronchial catarrh, cough, liver cancer, low sperm count and gonorrhoea. Fruit is also used as an aphrodisiac and for chest complaints. Fresh juice made of fruit has cooling and laxative activities, while gum is useful for diarrhea and genitio-urinary diseases.	Arid and Semi-arid areas
63	<i>Picea smithiana</i> (Wall.) Boiss Syn. <i>Picea morinda</i>	Mangazai	Spruce	Pinaceae	Immature females are roasted tastes sweet. Inner bark of immature female cone is dried, powdered and used as thickener in soups. A refreshing tea, rich in vitamin C, can be made from the young shoot tips.	Dry temperate regions; 2,100-3,600 m a.s.l.
64	<i>Pinus roxburghii</i> Sargent Syn. <i>Pinus longifolia</i> Roxb.	Chir	Chir pine	Pinaceae	The wood is aromatic and deodorant. The turpentine oil obtained from the resin is antiseptic, diuretic, rubefacient and vermifuge, Internally it provides relief against cough and respiratory disorders, while externally effective against skin complaints, wounds, sores, burns, boils, etc. Bark extract is analgesic and anti-inflammatory.	Sub-tropical to temperate regions associated with Chir pine; up to 2700 m a.s.l.
65	<i>Pinus wallichiana</i> A. B. Jackson. Syn. <i>Pinus excelsa</i> Wall. ex Lamb.	Kail	Blue pine	Pinaceae	The plant also contains turpentine oil and medicinal uses like other pine species.	Moist and dry temperate regions.
66	<i>Pistacea integrima</i> J. L. Stewart ex Brandis	Shanal / Kikarsongay	Crab's claw	Anacardiaceae	Blackish irregular shaped galls appear on the leaves and petioles and used in traditional medicines for treating cough, asthma, dysentery, liver disorders and for snake bite.	Semi-arid plains and exposed hilly slopes; 457 to 1,980 m a.s.l. Cultivated in plains

67	<i>Platanus orientalis</i> Linn. Syn. <i>Platanus cuneata</i> Willd.	Chinar	Oriental sycamore/ Oriental plane	Platanaceae	The leaves are mildly astringent and leaf decoction is used for dysentery. Fresh leaves are bruised and applied for ophthalmic diseases, while leaf cream is applied for healing wounds. The bark is boiled in vinegar and used for diarrhea, dysentery, hernias and toothache.	Cosmopolitan distribution, sub-tropical to temperate regions. Also planted in plain areas.
68	<i>Plectranthus rugosus</i> Syn: <i>Isodon rugosus</i> (Wall. ex Benth.) Codd	Sperky/ Khwangere	Spur-flower	Lamiaceae	The fresh leaf extract is applied topically to treat scabies, hypertension, fevers, rheumatism and toothache, while 1-2 drops of the extract are used to treat earache. A good honey bee flora.	Temperate regions especially on dry rocky slopes in association of conifer species
69	<i>Podophyllum emodi</i>	Bankakri/ Papra/Kakora	Indian podophyllum	Berberidaceae	The rhizome extract is used for leukemia (both Hodgkin and Non-Hodgkin lymphoma). Podophyllin resin is used for treating genital and anogenital warts, psoriasis (skin disease-causes red, itchy scaly patches, most commonly on the knees, elbows, trunk and scalp).	Alpine, Sub-Alpine & dry temperate; 2,300-3,900 m a.s.l.
70	<i>Polygonatum biflorum</i> (Walt.) Elliott.	Noor Alam	Smooth Solomon's seal	Convallariaceae/ Asparagaceae	It contains steroidal saponins and flavonoids. It is used in wound healing being antibacterial, also used as an expectorant. A tea made from root is used as laxative. Also used for indigestion, profuse menstruation, lung ailments, and general debility, piles, rheumatism and skin irritations. Tender leaves, young shoots and roots used as greens. They can be used as an asparagus substitute.	Temperate regions

71	<i>Polygonum virginianum</i> Linn. Syn. <i>Persicaria virginiana</i> (Linn.) Gaerth; <i>P. filiforme</i> Dougl.	Toor	Jumpseed	Polygonaceae	The plant is astringent, demulcent, diuretic and tonic. A hot infusion of the leaves combined with the Honey Locust Bark (<i>Gleditsia triacanthos</i>) is used for treating whooping cough. The leaves and seeds are cooked or eaten raw.	Temperate Himalaya regions
72	<i>Primula denticulata</i> Wight	Phul Tara/Mamera	Drumstick primula	Primulaceae	The flower extract is used for ophthalmic diseases and as a hair tonic. The plant contains contact allergens, such as primin and other quinoid compounds.	Sub-alpine, Alpine & temperate regions; 1,300–4,300 m a.s.l. in forest clearings or damp meadows.
73	<i>Prosopis cineraria</i> (L.) Druce Syn.: <i>P. spicigera</i> L. <i>Mimosa cineraria</i> L.	Jand	Sponge tree	Fabaceae/ Leguminosae	The plant is astringent and has anti-inflammatory activities. The bark is used for treating asthma, bronchitis, dysentery, leukoderma, leprosy, rheumatism, and piles. The flowers are mixed with sugar and used to prevent miscarriage. The pods are rich in protein and used as vegetables or dried powder used in cakes.	Warm arid and semi-arid regions
74	<i>Prunus armeniaca</i> Linn.	Khobani	Apricot/ Armenian plum	Rosaceae	The fruit contains macro and micro nutrients, minerals and anti-oxidants. The fruit has antimicrobial, antidiabetic activities. It is also beneficial for metabolic disorder in dyslipidemia and cardiovascular and chest muscles. The decoction is used to soothe inflamed and irritated skin conditions. The seed is used for asthma, cough, acute or chronic bronchitis, constipation, and as analgesic, anthelmintic and expectorant.	Temperate regions, also cultivated in plain areas

75	<i>Punica granatum</i> Linn.	Anar	Pomegranate	Lythraceae	The fruit is delicious and rich of major nutrients and minerals. It contains phenolic compounds and has antioxidant anti-inflammatory, antibacterial and anthelmintic activities. Used in natural and holistic medicine to treat sore throats, coughs, urinary infections, skin and digestive disorders, and arthritis. The fruit and bark are used against intestinal parasites, dysentery and diarrhea. The juice is considered a tonic for throat and heart. It is used to stop nose and gum bleeds and hemorrhoids. The seed oil has inhibitory effect on skin and breast cancer.	Cultivated in tropical and sub-tropical regions; wild in sub-temperate regions
76	<i>Pyrus communis</i> Linn.	Toung/ Nashpati	European pear	Rosaceae	The fruit is edible and used in urinary therapeutics, as skin whitening agent, analgesic, spasmolytic antioxidant, anti-inflammatory and antibacterial. It is also used in diabetes because of low sucrose content.	Moist temperate regions and rarely in sub-tropical.
77	<i>Pytolacca american</i> Linn.	Ghamar Salk	Pokeweed	Phytolaccaceae	Poisonous plant. Used in homeopathic medicines for chronic rheumatism, regular conjunctivitis, psoriasis (Chambal), and skin diseases. It reduces excess weight and increases fat metabolism. It provides relief in sore throat, cold and glandular swellings.	Tropical and sub-tropical regions
78	<i>Pytolacca latbenia</i> (Moq.) Walter Syn. <i>Phytolacca acinosa</i> Roxb.	Lubar/ Rinsag	Pokeweed	Phytolaccaceae	Plant is highly poisonous. The roots contain a resinoid substance (phytolaccin), which is used in medicine. They are also used to dilute belladonna. The paste of whole plant applied topically soothes arthritis, kills germs and leaves treats fungal infection. The leaves are cooked well and used as a vegetable. Uncooked leaves are poisonous.	Most moist temperate regions; 1,500-3,000 m a.s.l.

79	<i>Quercus incana</i> Bartram	Ban / Shah baloot	Blue Jack Oak/ Oak	Fagaceae	The leaves and bark are used as astringent, diuretic, and antidiarrheal agent. It provides relief in asthma, diarrhea, hemorrhoids gastrointestinal disorder, and oral, genital and anal mucosa inflammations.	Sub-tropical to temperate southern slopes of the Himalayas from 1,000-2,700 m
80	<i>Ricinus communis</i> Linn.	Herhanda/Mar khanda	Castor bean or castor oil plant	Euphorbiaceae	The leaf, root, and seed oil are used for treating inflammation, liver disorders, chronic backache and headache, sciatica, hypoglycemic, as a laxative and analgesic. The castor oil provides relief in abdominal disorders, arthritis and rheumatism, gallbladder pain, menstrual cramps and pain, sleeplessness and insomnia. It is also used for expulsion of placenta. Beans contain ricin and highly toxic to humans.	Tropical regions. Naturalized and cultivated in sub-tropical regions
81	<i>Robinia pseudoacacia</i> Linn. Syn. <i>Robinia pringlei</i>	Robinia	Black locust	Papilionaceae	The homeopathic medicine <i>Robinia pseudoacacia</i> . Dilution prepared from the tree is used for treating hyperacidity and associated symptoms like nausea, indigestion and frontal headache. The leaf powder is helpful in treating wounds caused by burns. The flowers are aromatic, eaten raw or used for making jams, pancakes and drink. The root and bark is toxic and toxicity is removed by boiling.	Arid and semi-arid hilly areas; also planted as ornamental plant in plain areas.

82	<i>Rubus fruticosus</i> Linn.	Karwara/ Ach/ Baganrra	Blackberry	Rosaceae	All plant parts are edibles. The fruit, raw or cooked is used to make syrups, jams and other preserves. The young roots are boiled thoroughly and eaten. The dried leaves are used for making tea. The young shoots are peeled and used as salads. The root bark and leaves are astringent, diuretic and tonic and have wound healing activities. They are also used for diarrhea, asthma, cystitis and hemorrhoids. The leaf decoction is a good gargle for sore throats, mouth ulcers, gum inflammations and a mouthwash.	Moist and dry temperate and sub-tropical regions.
83	<i>Rumex dentatus</i> Linn. Syn. <i>R. klotzschianus</i> ; <i>R. limosus</i>	Shalkhey	Toothed dock	Polygonaceae	Traditionally the plant is used as astringent, anti-inflammatory, antimicrobial and anthelmintic agent. The roots are used for treating ascariasis, eczema, diarrhea and constipation.	Weed found in agricultural crops from warm arid to temperate regions.
84	<i>Rumex hastatus</i> D. Don Syn. <i>Rumex dissectus</i>	Khatimal/Taro kay	Arrow leaf Dock	Polygonaceae	The whole plant is a rich source of carbohydrates, protein and fats. It is used as vegetable in northern Pakistan. The juice of the plant is astringent and is used for dysentery. The fresh tuber is chewed for relief in throat pain. The plant has antidiabetic, anthelmintic, cytotoxic and antioxidant activities. Traditionally it is used for gastrointestinal diseases, jaundice, blood pressure, tonsillitis, sore throat and diuretic. It has potential of as an appetizer, snake bites antidote, flavoring and carminative agent.	Sub-tropical and temperate regions on dry slopes, rocks & walls; 700-2,500 m a.s.l.

85	<i>Salix babylonica</i> Linn. Syn. <i>S. pendula</i>	Majnun/ Wala	Weeping willow	Salicaceae	The bark is very bitter. Young shoots and flower buds cooked but very unpalatable. The leaves and bark are astringent and used as tonic and for rheumatism. The leaf decoction is used for treating abscesses, carbuncle, fever, skin diseases and ulcers. An infusion of the bark is used for diarrhea and fever.	Planted widely
86	<i>Salvia divinorum</i> Epling & Játiva	Tukhm-e-Balanga	Diviner's Sage	Lamiaceae	The seeds are used for treating cluster headaches, diarrhea, rheumatism, and anemia. The plant has transient psychoactive properties. The leaf smoke and tea produces hallucinations, and when chewed or extracts placed under the tongue.	
87	<i>Saussurea lappa</i> (Falc.) Lipsch, Syn.: <i>S. costus</i>	Kuth/ Chob-e-kisht	Costus	Asteraceae	The root is traditionally used for chronic gastritis, rheumatoid arthritis, asthma and bronchitis, and in inflammation-related diseases.	Cosmopolitan distribution, temperate Himalaya regions; 2,100-3,500 m a.s.l
88	<i>Syzygium cumini</i> (L.) Skeels; Syn. <i>Eugenia jambolana</i> Lamk	Jaman	Black Berry/ Java Plum	Myrtaceae	The fruit is edible and has pharmaceutical values. The bark is astringent and is used in the preparation of decoctions for gargles. The fresh juice is given to children with goat's milk for diarrhea. The fruit is useful astringent in bilious diarrhea. The flower juice is used in dysentery. The juice of ripe fruits is made into a vinegar and is used as a stomachic, carminative and diuretic. An aqueous extract of the seeds and fruit pulp is used as antidiarrheal remedy.	Tropical and sub-tropical regions; planted widely in plains & sub-mountainous areas.

89	<i>Taxus baccata</i> Linn. Syn.: <i>T. wallichiana</i> Zucc.	Barmi/ Barria	English Yew	Taxaceae	The needles, bark and seed contains 'taxol' which is used for treating breast, ovarian and lung cancer. The plant is also used to prepare an herbal drug 'Zarnab'. Traditionally the bark and leaves are used for treating asthma, bronchitis and insect bites, and leaf tea is taken for cold, cough, fever and pain. It is also used as aphrodisiac.	Sub-tropical & Moist temperate regions; 1,800-3,300 m a.s.l.
90	<i>Trillium govonianum</i> Wallich ex Royle	Matar jari/ matar jarri	Himalayan Trillium	Melanthiaceae	The rhizome is used as an analgesic and to reduce inflammation. It is also used as antiseptic, for skin infection and wound healing, painful discharge of blood and mucous with bowel. It provides relief in menstrual disorders. The rhizome is mixed with milk and used as sedative in children.	Temperate regions in humid areas; 2,400-3,200 m a.s.l.
91	<i>Urtica dioica</i> Linn.	Bichchu boti/Seezonke	Common Nettle	Urticaceae	Traditionally it is used as remedy of cardiovascular disorders especially hypertension. The bark and leaf tea is used as antidiabetic. Nettle root prevents some of the effects of prostatic hyperplasia. It is also used as herbal remedy for arthritis pain and seasonal allergies.	Temperate regions
92	<i>Valeriana jatamansi</i> Jones Syn.: <i>Valeriana wallichii</i> DC.	Mushkbala/ Balchar/ Muskroot	Spikenard/ Jatamansi	Caprifoliaceae	The root/ rhizome is aromatic and used in traditional medicines as a bitter tonic, stimulant and antispasmodic. It is also used for treating hysteria, convulsions, fatigue, tension, anxiety, depression, epilepsy, insomnia and disorders of Nervous and Circulatory systems. The root contains an essential oil that is used as perfume and medicine since time immemorial. The oil is used in the preparation of tranquilizers and a remedy for the suppression of urine. It is also an	Sub-alpine & temperate forests; 1,300-3,200 m a.s.l.

					important ingredient in perfumed powders.	
93	<i>Verbascum thapsus</i> Linn.	Jangli tamak/ Gidhar Tambaku	Great mullein	Scrophulariaceae	The whole plant has medicinal values. The root has diuretic activities, while the flowers reduce eczema inflammation. Traditionally plant is used as expectorant for treating pulmonary problems, asthma, spasmodic coughs, diarrhea and migraine headaches. The liquid extract is used for remedy of earache.	Sub-tropical & temperate regions along road sides, meadows and pasture lands.
94	<i>Viburnum grandiflorum</i> Wall. ex DC. Syn. <i>V. foetens</i> Decne & <i>V. nervosum</i> D. Don	Guch/ Chamyaria/A moch	Cranberry bush	Adoxaceae	The fruit is sweetish and edible, while flowers are sweet scented. The leaves are mildly laxative and diuretic. The stem bark is used for treating wounds and malaria. Traditionally it is used to treat abdominal pain, wound, whooping cough, typhoid, respiratory diseases, dysmenorrhea and toothaches. The root decoction is used for treating uterine disease.	Temperate regions; 1,500-3,600 m a.s.l.
95	<i>Viola serpens</i> Wall. ex Roxb.) Syn. <i>Viola pilosa</i> Blume	Banafsha	Viola	Violaceae	It is antipyretic, diaphoretic, diuretic, mild laxative properties. It is also useful in respiratory track congestion, asthma, sore throat, cold, coryza (inflammation mucous membranes lining the nasal cavity), and throat cancer. It is beneficial in bleeding piles, headache, and skin diseases. The leaves contain an essential oil that has important use in preparation of drugs for infectious diseases.	Moist and dry temperate regions.

96	<i>Vitis Jacquemontii</i> R. Parker Syn. <i>Vitis lanata</i> Roxb.	Gidar Dakh/ Jangli Angoor	Jackal grapes	Vitaceae	The watery stem sap is used to treat eye inflammation. Flowers are astringent, tonic and non-palatable. Fruit is laxative also used as carminative, antispasmodic, antipyretic, purgative, diaphoretic, anthelmintic and tonic. The fruit is edible, slightly sour and rich in carbohydrates and minerals. Eaten as fresh or dried. A yellow dye is obtained from the fresh or dried leaves.	Sub-tropical to temperate Himalayan hilly areas
97	<i>Zanthoxylum armatum</i> DC. Syn. <i>Z. alatum</i> Roxb.	Timbar/ Dambara	Winged prickly ash	Rutaceae	It is an aromatic and medicinal plant. Whole plant has medicinal values. It is used for asthma, bronchitis, indigestion, varicose veins (swollen enlarged veins) and diarrhea. It is also used for toothache, chest infections, and scabies. It is carminative and antiseptic. The fruit, leaf and seed contain high valued essential oil called <i>Zanthoxylum</i> oil.	A xerophytic shrub found in the foothills up to 1,500 m a.s.l.
98	<i>Ziziphus nummularia</i> (Burm. f.) Wight & Arn Syn. <i>Z. rotundifolia</i> Lam. <i>Rhamnus nummularia</i> Burm. f.	Malla, Jher beri	Lotebush/ Wild Jujube	Rhamnaceae	The fruit edible. It is used traditionally for cold, mental retardation, dysentery, diarrhea, fever, burns and colic. It is also used in ulcers, wound healing, pharyngitis, bronchitis, anemia, irritability, hysteria and as a nervine tonic. The leaves are applied in scabies and boils.	Arid and semi-arid areas (Thar desert)
99	<i>Ziziphus oxyphylla</i> Edgew. Edgew. Syn. <i>Z. acuminata</i> Royle	Amlai/ Elania/ Tukbari	commonly called jujube	Rhamnaceae	Whole plant is used in traditional medicines, however, the use of fruit, leaf and root is overwhelming. The fruit used in the treatment of jaundice, diabetes, hypertension and liver disorders since long, while the root bark and leaves are for treating fever, inflammation and gastrointestinal complaints.	Tropical, sub-tropical and warm temperate regions.

100	<i>Zizyphus jujuba</i> Mill. Syn. <i>Z.sativa</i> Gaertn.	Ber	Red or Chinese date	Rhamnaceae	The plant is thought to be as old as the Bronze Age Shang Dynasty, and has been cultivated since 2000 BCE in the Indus Valley. The fruit is delicious and nutritive, very rich in carbohydrates. The fruit stimulate appetite and is beneficial for liver and also used for treating tuberculosis. The leaves provide relief in gastrointestinal disorders. The leaves are antipyretic and their paste is applied directly to the skin for wound healing, treating dry skin and sun burn, reducing wrinkles and aging signs. The seed is useful in leucorrhea, and as an astringent tonic to the heart and brain.	Arid and semi-arid sub-tropical regions. Planted in temperate regions.
101	<i>Zizyphus mauritiana</i> Lam.	Ber	Ber/ Indian jujube	Rhamnaceae	The fruit is small and delicious and used as food since antiquity. The root is used to treat coughs and headaches, whilst the bark is used on boils, and for dysentery. The leaves are antipyretic. The fruit improves muscular strength and weight. It is beneficial for liver diseases, tuberculosis and stress ulcers. The seed is useful in leucorrhea, and as an astringent tonic to the heart and brain.	Arid and semi-arid sub-tropical regions