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## Ethno-medicinal use of plants by indigenous communities in and around Dampa Tiger Reserve, Mizoram, India

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### ABSTRACT

Plants have been an indispensable source for all the requirements of humans. North-eastern states is one of the richest reservoir harboring a number of floral and faunal species. Mizoram, a tribal dominated state represents a great emporium of ethno-botanical wealth generating a strong base of traditional knowledge on the uses of plants species. Considering this, the study was aimed to gather first hand information on the plant species used by the tribal group inhabiting in and around Dampa Tiger Reserve and document their traditional knowledge and cultural practices. A total of 118 plants of 62 different families were documented during the study. Plants from Zingibaceae family were found to be most commonly used followed by Asteraceae, Fabaceae, Euphorbiaceae, Solanaceae etc. Different plant parts like bark, leaves, rhizome and roots were used to cure various forms of diseases such as cold and cough, stomach-upsets, kidney and liver problems, cuts, dysentery, diarrhea and snake bite. However, with modernization, unrestricted commercial exploitation and clearing of forest land, the fate of such medicinally important plants are in peril. Therefore, proper documentation and validation of medicinal claims are required to conserve the valuable information and knowledge practiced by indigenous groups in such landscape.

### INTRODUCTION

Plants are the basis of life on earth and are an indispensable source of livelihoods for humans providing with all basic requirements especially to the tribal people that maintain a close link with their environment <sup>1,2</sup>. The North-eastern states of India that comprises of seven

sister states namely., Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, and Tripura harbors more than 130 major tribal communities of the total 427 tribal communities found in India <sup>3,1</sup>. It has the richest reservoir of plant diversity in India and is one of the "Biodiversity Hotspot" of the worlds contributing about 50% of India's biodiversity <sup>4</sup>.

The region is gifted with rich floral and faunal diversity mainly due to its distinct physical geography coupled with varied nature of rainfall, temperature and altitudes. The forest types found in the region shelters a number of plant and animal species. The region supports numerous varieties of orchids, yams, zingibers, rhododendrons, bamboos, canes and wild relatives of many cultivated plant species.

Of all the North-eastern states, Mizoram has a forest cover of about 87.42 % of its total geographical area. The state is inhabited by 94.7 % tribal populations who generally depend on forest for their livelihood and other day to day activities. Tribal and ethnic communities represent one of the greatest emporia of ethno-botanical wealth and rely exclusively on their own herbal cure <sup>1</sup>. They have generated a strong base of traditional knowledge on the uses of plants, which are passed on from one generation to another <sup>5</sup>. They use different parts of plants and plant products for treatment of various forms of ailment, disorders, and health issues comprises of common cold, cough and cuts to serious liver diseases.

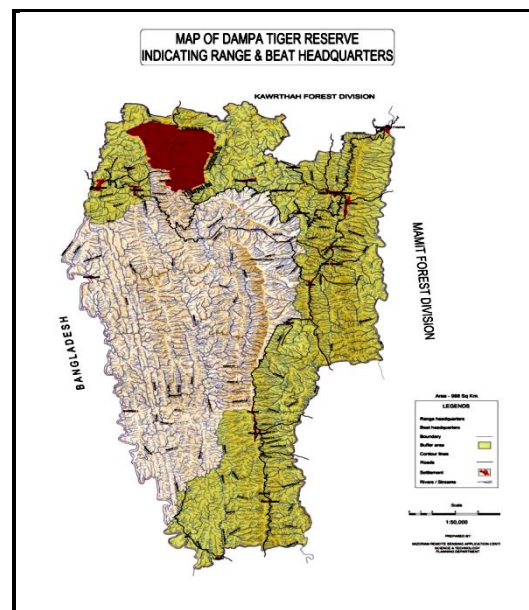
Although different workers have studied and documented the uses of various medicinal plants from North- eastern India, information on the traditional and cultural practices of the varied tribes residing in hilly areas of Mizoram is unavailable <sup>6, 1, 4, 7, 8</sup>. Hence, the study was aimed to gather first hand information on the plant species used by the

tribal group and document their traditional knowledge and cultural practices which are under serious threat due to modernization and clearing and burning of forest lands for agricultural purposes.

## MATERIALS AND METHODS

### Study area

Dampa Tiger Reserve (DTR) is located in the Mamit District of western Mizoram along the international border with Bangladesh. The region is extended over 500 sq. km between 92° 16' 08" to 92° 27' 41"E and 23° 18' 27" to 23° 43' 50" N. The reserve is a protected area for Conservation of Tiger and various other threatened animal and bird species.



Map 1- Dampa Tiger Reserve, Mizoram

The region is also known to have a rich floral diversity with many of them having medicinal values (Map. 1). The study was carried out in different villages around DTR viz. Damparengpui, Khawhnai, Teirei, Serhmun,

Tuipuibari and Rajiv Nagar. The tribal communities residing around the Reserve are Mizo, Bru, Reiang, Chakma, Hmar, Pawi, Mara, Lushei, Bengali and Nepali that relies fully on the reserve for their daily livelihood and other medicinal resources.

### **Ethno-medicinal uses of plant species**

Information on the uses of plants and plant extracts were gathered from the indigenous village chiefs (Gaon Burahs), medicine man, local man and women and cultivators using semi-structured questionnaires. Analysis of data was made with the help of group discussions among different age, classes of villagers that include both the genders of the society<sup>1, 3, 7</sup>. Identification of the plants was carried out based on the description of the locals and photographs.

## **RESULTS AND DISCUSSION**

During the survey it was found that 118 plant species have medicinal properties and are being used by the local communities for treatment of various forms of ailments. The scientific name, local name, family, their habit, plant parts used and its medicinal values are mentioned precisely in Table 1. A total of 118 plant species belonging to 62 different families were documented with maximum number of species form Zingiberaceae followed by Asteraceae, Fabaceae, Euphorbiaceae, Meliaceae and Solanaceae (Fig. 1). It was also found that the ratio of families with contrast to the total number of plants was quite high as many families were represented by

single ethno-medicinal plant. Plants were also categorized based on their growth forms as trees, herbs, shrubs, climber and crawlers. Among the medicinal plants recorded, 44 were herbs, 42 were tree species, 17 shrubs and the rest were ground crawlers (Fig. 2). The present study shows that almost all plant parts are used as medicine in one form or another. The most used plant parts for curing diseases are leaves followed by roots, barks, fruits, rhizomes, seeds, latex and flowers (Fig. 3). The maximum utilization of leaves, bark, roots and rhizome may be due to presence of more active chemical compounds in them compare to other plant parts. These plants were reported to possess medicinal properties against a number of diseases such as dysentery, diarrhea, snake bite, leech bite, skin and gum/ mouth ulcer related problems, fever, typhoid, relief from sprains, swelling and cramps.

In many cases it was observed that a single plant may be used to cure various forms of diseases such as *Curcuma longa* was used for cuts, jaundice and stomach ulcer and *Hedyotis scandens* being used for treating urinal infection, kidney problems, sores and eye diseases. Similarly, different plants can be used to cure one ailment like *Mimosa pudica*, *Aeschynomene indica*, *Celtis timorensis* and *Cissus javana* all are used for toothache and gums related problems. *Catharonthus roseus*, *Annona reticulate*, *Sterculia villosa*, *Mallatus philippensis* and *Chukrasia tabularis* are used for the treatment of diarrhea and dysentery. Rhizomes and leaves from the family Zingiberaceae were reported to have

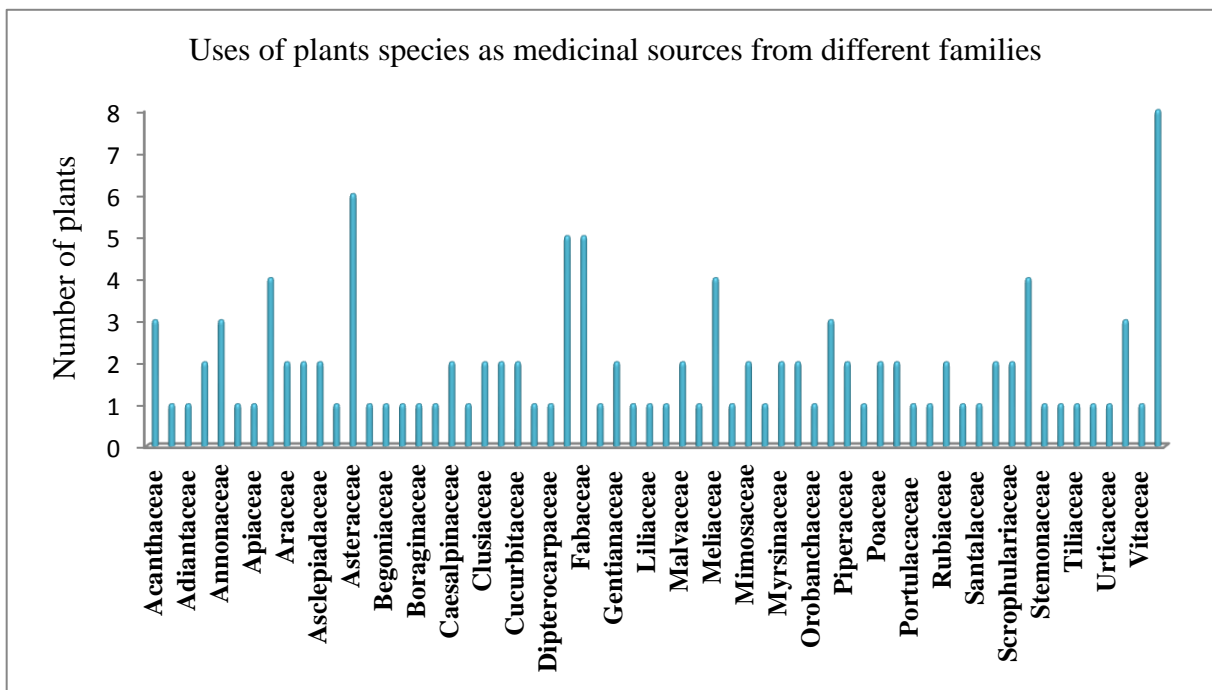


Figure 1: Species from different families used as medicinal sources

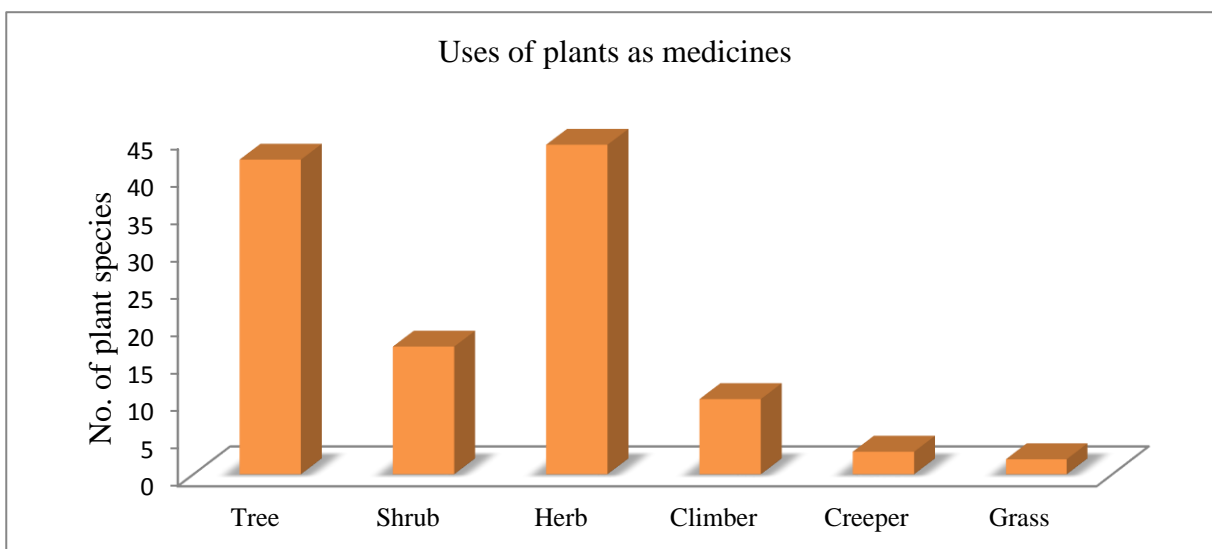


Figure 2: Categorization of plant species based on their uses and growth form

several pharmacological properties which may be attributed to the presence of phenolic content and flavonoids including luteolin and epideinin<sup>9; 10, 11</sup>. Leaves of plants belonging to Asteraceae family are known for healing cuts, swelling and wounds. Such properties of the plant may be due to presence of bioactive compounds like

glycoside, flavonoids, reducing sugars and tannins<sup>12</sup>. Roots and latex obtained from members of the family Apocynaceae are actively used against cuts, toothaches and skin problems as they contain many secondary metabolites like alkaloids<sup>13</sup>, unsaturated lactones, phenolic glycosides and saponins<sup>14, 15, 16</sup>. Flowers of the

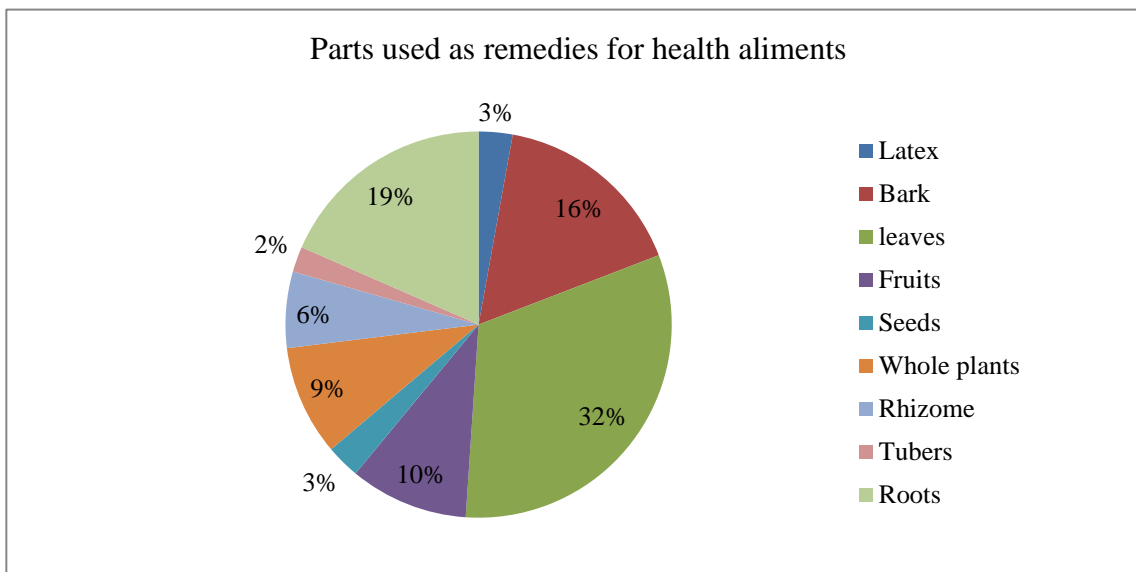


Figure 3: Figure showing plant parts used for medicines

genus Solanaceae are known to have lycopene, carotenoids, protease inhibitors<sup>17; 18, 19</sup> and are extensively used as blood purifier and for inflammation and stings. Members of Euphorbiaceae are known to contain special compounds namely dysenteral and radix and other bioactive compounds in their leaves and bark that actively suppress dysentery and diarrhea<sup>20</sup>. Plant species of Fabaceae, usually have toxic compounds indigotine, rotenoids and tinctoria in their barks and stem and are thus used as fish poisoning<sup>21, 22</sup>. During the study, it was found that Dampa has a vast resource of medicinal plants that can be used for treatment of most of the common health ailments. However, such knowledge is confined only with the older aged people and is decreasing among the younger generation.

## CONCLUSION

The healing power of traditional herbal medicines has been realized and documented since Rigveda and Atharbaveda and has great importance in the field of medicines. However, with increasing socio-economic developments, unrestricted commercial exploitation and clearing and burning of forest land for agricultural purposes; the survival of the genetic resources has been threatened amounting to a great loss of natural heritage. Therefore, additional ethno-botanical surveys and studies are needed to be conducted to preserve the valuable information on utilization of such plants by the indigenous communities in and around different areas of the region.

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Table 1: List of plants and their medicinal uses by indigenous communities in and around Dampa Tiger Reserve

Vernacular name	Scientific name	Common name	Family	Parts used	Medicinal values
Kangtek	<i>Albizzia procera</i>	Black siris	Mimosaceae	Bark (T) Leaves	Fish poisoning Insecticides
Mualhawih	<i>Saraca asoca</i>	Ashok	Caesalpinaceae	Leaves (T)	Fix broken bones
Muk	<i>Cordia fragrantissima</i>	Thanat	Boraginaceae	Bark (T)	Used as tea for diarrhea
Re-raw	<i>Terminalia chebula</i>	True myroballen	Combretaceae	Fruits/ Bark (T)	Dysentery, diabetes and diarrhea
Thak-thing	<i>Cinnamomum verum</i>	Dalchini	Lauraceae	Bark (T)	health tonic/ liver inflammation
Thing-saphu	<i>Dysoxylum alliaria</i>	Rose wood	Meliaceae	Bark (T)	Pesticides (Ticks)
Builukham	<i>Melastoma malabathricum</i>	Malabar melastome	Lythraceae	Leaves (T)	Stomach problems
Rulei	<i>Milletia pachycarpa</i>	Indian beech/ karanj	Fabaceae	Twigs (T)	Fish poisoning and toothache

Zawng-tei	<i>Chukrasia tabularis</i>	Chittagong wood	Meliaceae	Bark (T)	Diarrhea
Di lêng-sêr	<i>Cymbopogon winterianus</i>	Java citronella	Poaceae	Leaves (G)	Cough
Hma- zil	<i>Cucumis melo</i>	Honey dew melon	Cucurbitaceae	Seeds (Cr)	Fever
Vai len- hlo	<i>Ageratum conyzoides</i>	Goat weed	Asteraceae	Leaves (H)	Cuts and caterpillar sting
Bari- kheii	<i>Mallotus philippensis</i>	Rohini	Euphorbiaceae	Bark (T)	Dysentery and diarrhea
Japan- hlo	<i>Mikania micrantha</i>	Bitter vine	Asteraceae	Leaves (H)	External wounds, insects bites
Thang	<i>Eulalia trispicata</i>	Silver grass	Poaceae	Leaves (G)	External wounds
Ai-eng	<i>Curcuma longa</i>	Haldi	Zingiberaceae	Rhizome (H)	Cuts, jaundice and stomach ulcer
Vâko	<i>Thunbergia alata</i>	Blue trumpet	Acanthaceae	Vines/ Leaves (Cr)	Earache, eye diseases and cuts
Lwang-thing	<i>Dipterocarpus turbinatus</i>	Gurjan	Dipterocarpaceae	Bark (T)	Toothache and mouth ulcer
Chengêkek	<i>Garcinia lanceifolia</i>	Brindall berry	Clusiaceae	Leaves/ Tubers (S)	Measles and snakebite
Nawi- nawk	<i>Basella alba</i>	Indian spinach	Basellaceae	Leaves (H)	Insect bites (Centipedes)
Za-thu-ngo	<i>Polyalthia simiarum</i>	False Ashoka	Annonaceae	Bark (T)	Anti-allergens, Scorpion sting
Buar	<i>Cyanthillium anereum</i>	Purple fleabana	Asteraceae	Leaves (T)	Headache
Ai-du-phia	<i>Etingera linguiformis</i>	Tera	Zingiberaceae	Rhizome (H)	Gastro infection, rheumatism
Sazuk-nghâwng-hlap	<i>Portulaca pilosa</i>	Pink Purslane	<u>Portulacaceae</u>	Leaves (H)	Wounds, pus formation and swelling
Zawng-bal-hla	<i>Alphonsea lutea</i>		Annonaceae	Roots (T)	Urinal infection
Laiking-tuibür	<i>Hedyotis scandens</i>	Bishma	Rubiaceae	Roots/	Urinal infection,



				Leaves (S)	kidney problems, sores and eye diseases
Sumbül	<i>Cheilocostus speciosus</i>	Spiral flag	Zingiberaceae	Leaves/ Roots (H)	Joints pain, inflammation, jaundice and kidney infection
Phui-hnam-chhia	<i>Clerodendrum infertunatum</i>	Hill glory bower	Verbenaceae	Roots / Leaves (S)	Scabies, Scorpion sting, Snake bite
Phui- hnam	<i>Clerodendrum glandulosum</i>	Bleeding heart	Verbenaceae	Leaves (S)	Reduce blood pressure
Thak-pui	<i>Dendrocnide sinuata</i>	Devil nettle	Urticaceae	Leaves/ Roots (T)	Liver diseases, chicken pox
Tlängsam	<i>Chromolaena odorata</i>	Christmas bush	Asteraceae	Leaves (S)	External wounds
Phai-thing	<i>Mallotus nudiflorus</i>	False white teak	Euphorbiaceae	Roots (T)	Health tonic
Khau-pui	<i>Sterculia villosa</i>	Udal	Sterculiaceae	Roots /Bark (T)	Health tonic, diarrhea, expelling worms from body
Hlo-nuar	<i>Mimosa pudica</i>	Touch me-not	Mimosaceae	Roots (Cr/ Perennial herb)	Toothache, piles
Hrui-dam-dawi	<i>Jasminum scandens</i>	----	Oleaceae	Whole plant (S)	Sensitivity of teeth
Pem-hlek- dam-dawi	<i>Actephila excelsa</i>	----	Phyllanthaceae	Leaves (T)	External wounds
Sangha-vaibêl	<i>Aeginetia indica</i>	Forest ghost	Orobanchaceae	Roots (H)	Mumps and sores
Bêlthei	<i>Aegle marmelos</i>	Bael	Rutaceae	Fruits Leaves (T)	Digestion and dysentery Cold and cough
Lungpui-sam	<i>Adiantum philippense</i>	Walking fern	Adiantaceae	Whole plant (F/H)	Burns and dysentery
Khamdam-dawi	<i>Bergenia pacumbis</i>	Stone crusher plant	Saxifragaceae	Roots (H)	Liver problems
Lam- bak	<i>Centella asiatica</i>	Indian pennywort	Apiaceae	Whole plant (H)	High blood pressure and

					diabetes
Thing-hmar-châ	<i>Celtis timorensis</i>	Hackberry	Ulmaceae	Roots (T)	Toothache
Sa-ngar-hmai	<i>Cissus javana</i>	Climbing begonia	Vitaceae	Leaves (C)	Teeth sensitivity and itching sores
Hnah-thap-pa	<i>Colona flagrocarpa</i>	-----	Tiliaceae	Roots (T)	Health tonic
Ai-lai-dum	<i>Curcuma caesia</i>	Kala haldi	Zingiberaceae	Rhizome (H)	Cold and cough, cuts
Ai-sawh-thing	<i>Curcuma oromatica</i>	Wild turmeric	Zingiberaceae	Rhizome (H)	Joint pains and inflammation
Ai-lai-dum-suak	<i>Curcuma aeruginosa</i>	Blue ginger	Zingiberaceae	Rhizome (H)	Cold and cough
Ui-te-pungang-hlo	<i>Dichroa febrifuga</i>	Basak	Saxifragaceae	Roots/ leaves (S)	Fever
Ding-di	<i>Asclepias curassavica</i>	Blood flower	Asclepiadaceae	Roots (H)	Fever in child
Sekhûpthur	<i>Begonia sikkimensis</i>	-----	Begoniaceae	Roots (T)	For pregnant women as blood purifier
Kumtluang	<i>Catharanthus roseus</i>	Periwinkle	Apocynaceae	Roots (H)	Dysentery in children
Thei-chhang-phut	<i>Annona reticulata</i>	Netted custard apple	Annonaceae	Bark/fruit (T)	Diarrhea and dysentery
Zun-in-dam dawi	<i>Cryptolepis sinensis</i>	-----	Asclepiadaceae	Whole plant (S)	Urinary tract infection and urine problem
Chêngkek	<i>Garcinia lancifolia</i>	Gamboge	Clusiaceae	Leaves (T)	Blood dysentery and snake bite
Ai-chhai	<i>Hedychium stenopetalum</i>	White star ginger	Zingiberaceae	Rhizome/Roots (H)	Urinal infection
Bângle-pâr	<i>Hibiscus rosa-sinensis</i>	China rose	Malvaceae	Leaves (H)	Pus formation and headache
Anchirî	<i>Homalomena aromatica</i>	Sugandhmantri	Araceae	Whole plant (S)	Tonic for pregnant women
Ru-lei	<i>Millettia pachycarpa</i>	Semein	Fabaceae	Roots (C)	Fish poison

Samtawkte	<i>Solanum anguivi</i>	Indian night shade	Solanaceae	Fruits (H)	Snake bite, centipede, scorpion sting
Sam-tawk	<i>Solanum incanum</i>	Bitter tomato	Solanaceae	Fruits (H)	Blood pressure and skin problems
An-blîng	<i>Solanum nigrum</i>	Blake night shade	Solanaceae	Leaves/ Fruits (H)	Urinary problems and kidney stone
Tawkpui	<i>Solanum rudepannum</i>	Turkey berry	Solanaceae	Fruits (H)	Blood pressure and fever
Pân-rung-suak	<i>Piper nigrum</i>	Black pepper	Piperaceae	Fruits (C)	Fever, cold and cough
Buar-ze	<i>Blumea lanceolaria</i>	Lanceleaf blumea	Asteraceae	Leaves (S)	Nerves inflammation and swelling
Pâr-arsi	<i>Tabernaemontana divaricata</i>	Crepe jasmine	Apocynaceae	Roots (H)	Mouth sores and toothache
Hlo-nuar-suak	<i>Aeschynomene indica</i>	Sensitive joint vetch	Fabaceae	Roots (H)	Toothache
Ui-chhu-mê	<i>Abelmoschus manihot</i>	Wild ladyfinger	Malvaceae	Seeds (H)	Tonsillitis
Thing-phing-phi-hlîp	<i>Acer oblongum</i>	Flying moth maple	Aceraceae	Leaves (T)	Dysentery, food poisoning
Bu-chhaw	<i>Achyranthes aspera</i>	Chaff flower	Amaranthaceae	Leaves (H)	Cough, sores and scorpion sting
Vang-vat	<i>Achyranthes bidentata</i>	Ox-knee	Amaranthaceae	Leaves/ Roots (H)	Suppressed, menstruation, arthritis
Ansa-sa-pui	<i>Acmella oleracea</i>	Para cress	Asteraceae	Whole plant (H)	Gums and tooth problems
Sunhlu	<i>Emblica officinalis</i>	Amla	Phyllanthaceae	Fruits (T)	Blood pressure and gums bleeding
Bai-kâng	<i>Saraca indica</i>	Asoka tree	Caesalpiniaceae	Bark/leaves (T)	Cold and stomach

					problem
Nau-fa-dawn-tuai	<i>Embelia ribes</i>	Butterfly pea	Myrsinaceae	Fruits (C)	Astringent and tonic
Thluak-dam-dawi	<i>Bacopa monieri</i>	Brahmi	Scrophulariaceae	Leaves (H)	Memory enhancer
Chawndawn	<i>Santalum album</i>	Sandalwood	Santalaceae	Bark (T)	Skin problems
Khaw-sik-dam-dawi	<i>Swertia angustifolia</i>	Chiravita	Gentianaceae	Whole plant (H)	Fever
Theisawntlung	<i>Tinospora cordifolia</i>	Gilo	Menispermaceae	Roots (S)	Dysentery and diarrhea
Pâr-nga	<i>Canscora andrographioides</i>	-----	Gentianaceae	Leaves (H)	Tonic and bathing new born babies
Kêl-ba-an	<i>Plantago ovata</i>	Cart-track plant	Plantaginaceae	Whole plant (H)	Fever, mouth sores
Hnah-kha-pui	<i>Andrographis paniculata</i>	Kalmegh	Acanthaceae	Whole plant (H)	Enlarge liver, ulcers, snake bite
Ar-ke-bâwk	<i>Asparagus racemosus</i>	Satowar	Asparagaceae	Tubers (C)	Kidney and liver problems
Lalruanga-dawi-bûr	<i>Zanonia indica</i>	Bondoller fruit	Cucurbitaceae	Fruits (C)	Constipation, ulcer
Sang	<i>Stemona tuberosa</i>	Wild asparagus	Stemonaceae	Tubers (H)	Lice of head
Mitthi-sun-hlû	<i>Phyllanthus urinaria</i>	Hazarmant	Phyllanthaceae	Fruits Leaves (H)	Urinary infection Dysentery, jaundice
Lei-hrui-sen	<i>Lonicera macrantha</i>	Japanese honey suckle	Caprifoliaceae	Whole plant (C)	Diarrhea
Saithei	<i>Gynocardia odorata</i>	Chaulmugra	Flacourtiaceae	Fruit (T)	Gonorrhoea, inflammation, ulcers
Chhâwn-tual	<i>Aporosa octandra</i>	-----	Euphorbiaceae	Bark (T)	Stomach troubles
Thuam-riat	<i>Alstonia scholaris</i>	Scholar tree	Apocynaceae	Bark Milky juice (T)	Blood pressure, typhoid Cuts, warts, ringworm

Ta-hâm	<i>Polygonum chinensis</i>	Chinese knot weed	Polygonaceae	Leaves (H)	Warts, insecticides
Zai-rum	<i>Anogeissus acuminate</i>	Yon	Combretaceae	Bark (T)	Measles, chicken pox, burns
Naun-uar	<i>Ardisia paniculata</i>	Marlberry	Myrsinaceae	Fruits (S)	Blood pressure
Arthla-dawn-pui/ Kawk-sa-ke	<i>Angiopteris evecta</i>	Giant fern	Marattiaceae	Rhizome (S)	Abdominal pain
Ai-chal	<i>Alpinia galanga</i>	Siamese-ginger	Zingiberaceae	Rhizome (H)	Respiratory problems, improves appetite, clear voice
Pâng-kai	<i>Baccauria ramiflora</i>	Bhooby tree	Euphorbiaceae	Bark/ leaves (T)	Constipation and toothache
Be-raw-thing	<i>Canarium resiniferum</i>	White dhup	Burseraceae	Resin (T)	Abdominal and rheumatic pain
Pelh-vawm	<i>Saprosma ternatum</i>	----	Rubiaceae	Leaves (S)	Relief flatulence and indigestion
Thing-thu-pui	<i>Dysoxylum excelsum</i>	----	Meliaceae	Leaves/ seeds (T)	Dysentery and diarrhea
Phun-hring	<i>Dracaena spicata</i>	Corn plant	Liliaceae	Flower/leaves (S)	Fever, cough, mucus in nose
Oil-palm	<i>Elaeis guineensis</i>	African oil palm	Arecaceae	Oil (T)	Headache and rheumatism
Chakawk-helel	<i>Diplazium maximum</i>	Vegetable fern	Aphyriaceae	Whole plant (H)	Tonic
Ru-lei	<i>Millettia pachycarpa</i>	Nantha	Fabaceae	Roots (C)	Fish poisoning
Tha-suih	<i>Lindernia ruelliodes</i>	Duckbill	Scrophulariaceae	Whole plant (H)	Anti-ticks, wounds
Vang-vat-tûr	<i>Lepidagathis incurva</i>	Curved lepidagathis	Acanthaceae	Leaves (H)	Leech bite
Hrai-khâ	<i>Jasminum nervosum</i>	Wild kunda	Oleaceae	Leaves (T)	Diarrhoea, stomachache
Sial-hmâ	<i>Helicia excelsa</i>		Proteaceae	Bark (T)	Colic

Be-zeh	<i>Mucuna gigantea</i>	Elephant cowitch	Fabaceae	Leaves (C)	Anti-allergens
Sai-su	<i>Musa glauca</i>	Snow banana	Musaceae	Clumb (H)	Severe pain, giddiness of children
Thing-dawl	<i>Tetrameles nudiflora</i>	Maina	Datisceae	Bark/leaves (T)	Tick bites
Kawh-te-bêl	<i>Trevesia palmata</i>	Snowflake tree	Araciaceae	Roots (T)	Stomachache
Thing-khawi-lu	<i>Vitex peduncularis</i>	Thiurgorwa	Verbenaceae	Leaves/bark (S)	Fever, typhoid, mouth ulcer
Zih-hâw	<i>Stereospermum neuranthum</i>	Yellow snake tree	Bignoniaceae	Bark (T)	Fever, sores
Awm-vêl	<i>Agglomerpha coronans</i>	Crown fern	Polypodiaceae	Burned leaves (H)	Herpes eruptions, boils,
Pawh-rual	<i>Sarcococca pruniformis</i>	Kaji	Euphorbiaceae	Leaves (S)	Relief from sprains and cramps
Hnah-thak	<i>Piper diffusum</i>	----	Piperaceae	Seeds/ Leaves (C)	Insecticides
Theikelki-bawr	<i>Parabarium hookeri</i>	Mountain ebony	Apocynaceae	Latex (T)	External wounds
Bai-bing	<i>Alocasia fornicata</i>	Gaint taro	Araceae	Leaves (H)	Snake bite, leech bite
Nim-thing	<i>Azadirachta indica</i>	Neem	Meliaceae	Stem/Leaves (T)	Skin and gum problems

(T- Tree, C- Climber, Cr- Creeper, H- Herb, S- Shrub, V- vine)