

RESEARCH NOTE

ETHNOBOTANICAL NOTE ON FOLK-LORE REMEDIES OF BAGLUNG DISTRICT, NEPAL

Narayan P. Manandhar
National Herbarium and Plant Laboratories
Kathmandu

INTRODUCTION

Traditional phytotherapy with herbal drugs plays an important role in the healthcare of the people in rural areas of Nepal. More than 90% of the population reside in the rural areas where developmental activities are insufficient. The Baglung district (28° 5'-28' N and 82° 45'-83° 36' E) is one of the 75 districts of Nepal which has an area 2153 km² with a population of 205,085. The elevation ranges from 1000-7244 m. The climate is sub-tropical, temperate and alpine. Baglung bazar, the district capital has annual average maximum temperature of 26.6° C. and minimum 19.1° C. The average annual rainfall recorded is 1060.9 ml (Aryal et al., 1982).

METHODOLOGY

Most traditional healers use medicinal plants though the religious practices and preaching of the supernatural are also in vogue in the folk healthcare. Only a few elders in the villages still remember the time when herbal medicine was extensively used. Many of them have forgotten the use of medicinal plants however, some still remember the medicinal uses of some of these plants.

The study was conducted during the pre-monsoon of 1991 and the post-monsoon 1992. In the course of the study, 7 villages like Phapharbari, Okhle, Lamela, Burtibang, Nwar, Righa and Galkot were surveyed, and 1-3 local healers and about 5 experienced villagers (about 40-60 yr.) were interviewed in each village. Priority was given to the native healers. Only those plants which had at least five positive answers from the informant at different localities, have been included here.

The use of herbal remedies usually in the form of infusion, decoction, juice and paste are taken for internal problems. The powder, juice and poultices are applied externally to the affected part. These drugs are the primary means of healthcare for general ailments (Manandhar, 1986a, b; 1987).

ENUMERATION

The plants that embody the information are arranged in alphabetical order of botanical name followed by family, Nepali name (N.), voucher number of the author and ultimately the medicinal uses of plants. These plants were identified by the author with the help of herbarium specimens, books and photographs. These plant specimens are housed in the National Herbarium and Plant Laboratories, Godawari, Lalitpur, Nepal.

Abelmoschus manihot (L.) Medik MALVACEAE; N. Bankapas; 877-91.

Juice of bark is put in the cuts and wounds; squeezed root is wrapped in a clean cloth and applied with light pressure to relieve sprain.

Adiantum caudatum L. ADIANTACEAE; N. Seto sinki; 606-92.

A decoction of plant, about 4 teaspoon 2 times a day, is given in case of gastric troubles.

Aesculus indica (Colebr. ex Cambess.) Hook. HIPPOCASTANACEAE; N. Pangar; 1000-91.

About 10-15 cotyledons are fed to cattle as an anthelmintic medicine.

Amaranthus spinosus L. AMARANTHACEAE; N. Lunde kanda; 895-92.

Root, is mixed in equal amount with *Centella asiatica* (L.) Urb. (N. Ghortapre), *Equisetum diffusum* D.Don (N. Kurkure) and root of *Circium verutum* (D.Don) Spreng. (N. Thakailo) is pounded and juice extracted, about 6 teaspoon 3 times a day is suggested to treat urinal inflammation.

Ampelocissus divaricata (Wall. ex Lawson) Planch VITACEAE; N. Pureni; 908-91.

Juice of root is used to relieve snake-bite or scorpion-bite.

Anemone rivularis Buch.-Ham. ex DC. RANUNCULACEAE; N. Kangres jhar; 435-92.

Juice of leaf is applied to treat cuts and wounds.

Artemisia dubia Wall. ex Besser ASTERACEAE; N. Pati; 527-92.

Juice of plant, about 4 teaspoon 2 times a day, is suggested to relieve gastric troubles.

Artocarpus lakoocha Wal. MORACEAE; N. Barahar; 744-91.

Latex is applied to treat boils.

- Asclepias curassavica** L. ASCLEPIADACEAE; N. Machha phul; 613-92.
Latex is applied to treat wart.
- Astilbe rivularis** Buch.-Ham. ex D.Don SAXIFRAGACEAE; N. Bedango; Ganegurjo; 987-91.
Juice of plant is applied to relieve sprain and muscular swellings; a decoction of root, about 6 teaspoon 2 times a day, is recommended in case of menstrual disorder.
- Barleria cristata** L. ACANTHACEAE; N. Bhere kuro, Lari phul; 883-91.
Juice of root, about 4 teaspoon 3 times a day, is suggested in case of indigestion.
- Begonia pecta** Sm. BEGONIACEAE; N. Magar kanache; 973-91.
Juice of root, about 6 teaspoon 2 times a day, is suggested in case of peptic ulcer.
- Bistorta vacciniifolia** (Wall. ex Meisn.) Greene POLYGONACEAE; N. Pulunge jhar; 461-92.
Juice of root, about 4 teaspoon 3 times a day, is suggested to treat fever.
- Boenninghausenia albiflora** (Hook.) Reichenb. ex Meisn. RUTACEAE; N. Karna; 479-92.
Juice of plant is applied to treat scabies; it is poisonous to animals.
- Boerhavia diffusa** L. NYCTAGINACEAE; N. Sanu pate; 936-91.
Juice of plant is applied to treat backache.
- Buddleja paniculata** Wall. LOGANIACEAE; N. Bhimsenpati; 910-91.
Leaf, mixed in equal amount with the leaf of *Crotalaria alata* Buch.-Ham. ex D.Don (N. Chhimchhime) is boiled and the infusion, about 6 teaspoon 2 times a day, is recommended to treat fever.
- Caesalpinia decapetala** (Roth) Alson FABACEAE; N. Ulte Kanda; 5173-92.
Juice of root is applied to treat sprain and muscular swellings of animals.
- Callicarpa arborea** Roxb. VERBENACEAE; N. Thulo guyenlo; 896-91.
Juice of bark, about 6 teaspoon 3 times a day, is recommended in fever; ash of burnt leaf is applied to treat boils.

C. macrophylla Vahl VERBENACEAE; N. Dahichamle; 875-91.

Tender leaf bud; mixed with *Drumaria diandra* Bl. (N. Abijalo). *Oxalix corniculata* L. (N. Chariamilo) and *Cheilanthes albomarginata* C.B. Cl. (N. Dankerno) in equal amount is pounded and the juice, about 6 teaspoon 3 times a day, is given in case of acidity and gastric troubles.

Calotropis gigantea (L.) Dryand. ASCLEPIADACEAE; N. Aank; 880-91.

Milky latex is applied to treat sprain.

Cannabis sativa L. CANNABACEAE; N. Ganja; 918-91.

Powder of dried leaf is fed to animals in case of cough and cold.

Centella asiatica (L.) Urb. APIACEAE; N. Tapre jhar; 609-92.

Juice of plant, about 6 teaspoon 3 times a day, is suggested in case of fever.

Cheilanthes albomarginata C.B. Cl. PTERIDACEAE; N. Dankerno; 915-91.

Juice of plant, about 6 teaspoon 3 times a day is suggested in case of gastric troubles.

C. bicolor (Forssk.) Kaulf. PTERIDACEAE; N. Dubini sinki, kali sinki; 605-92.

Juice of plant, about 6 teaspoon 3 times a day, is suggested in case of gastric troubles.

Chenopodium album L. CENOPODIACEAE; N. Bethe; 611-92.

Powder of seed, about 4 teaspoon 4 times a day is given with hot water in case of gastric troubles; it is also useful to relieve the discharge of semen through the urine.

Cirsium verutum (D. Don) Spreng ASTERACEAE; N. Dhode kanda, Thotane kanda; 512-92.

Juice of root, about 6 teaspoon 2 times a day is given in case of fever.

Clematis buchananiana DC. RANUNCULACEAE; N. Charchare; 977-91.

Juice of plant is applied to treat cuts and wounds; also this juice about 4 teaspoon 3 times a day, is given in case of indigestion.

Clinopodium umbrosum (M. Bieb.) C. Koch LAMIACEAE; N. Bilajor; 580-92.

Juice of leaf is applied to treat cuts and wounds.

Colebrokea oppositifolia Sm. LAMIACEAE; N. Bhogate; 929-91.

Juice of immature inflorescence, about 6 teaspoon 2 times a day, is given in gastric troubles; juice of leaf, about 6 teaspoon during bed time is taken as an anthelmintic medicine and is also put inside the nose to treat sinusitis.

Corydalis chaerophylla DC. PAPAVERACEAE; N. Karme jhar, Pahlenle, Pile; 981-91.

Juice of plant, about 4 teaspoon 3 times a day, is given in case of peptic ulcer; juice of root mixed in equal amount with the root juice of *Cyathula capitata* Moq. (N. Kuro), about 6 teaspoon 3 times a day is given in case of indigestion.

Costus speciosus (Koenig) Sm. ZINGIBERACEAE; N. Betlauri; 591-92.

Juice of root, about 6 teaspoon 3 times a day, is given in case of urinal troubles.

Cynoglossum zeylanicum (Vahl) Thub. ex Lehm. BORAGINACEAE; N. Kanike Kuro; 898-91.

Root, mixed with the root of *Achyranthes bidentata* Bl. (N. Kuro) is boiled and the decoction, about 6 teaspoon 2 times a day, is given to treat indigestion.

Desmodium heterocarpon (L.) DC. FABACEAE; N. Sakhino jhar; 902-91.

Juice of root, about 4 teaspoon 4 times a day is given in case of fever.

Dicentra scandens (D. Don) Walp. PAPAVERACEAE; N. Chhotang, Jogi lahara, Sano pahenli; 923-91.

Plant is fed to animals as an anthelmintic medicine; juice of plant, about 4 teaspoon 4 times a day, is given to treat fever; juice of root is applied to treat wounds between the toes caused by constant walking barefooted in muddy water during rainy season.

Dichroa febrifuga Lour HYDRANGIACEA; N. Basuli; 991-91.

Juice of leaf, about 6 teaspoon 3 times a day is given in case of malaria fever.

Drymaria diandra Bl. CARYOPHYLLACEAE; N. Abijalo; 905-91.

Plant, mixed with *Oxalis corniculata* L. (N. Chariamilo) and *Cheilanthes albomarginata* C.B.Cl. (N. Dankerno) in equal amount is pounded and the juice, about 6 teaspoon 2 times a day, is given to treat gastric troubles; juice of root is inhaled to relieve sinusitis.

D. villosa Cham. & Schlecht. CARYOPHYLLACEAE; N. Abijalo; 992-91.

Juice of plant, about 8 teaspoon 3 times a day, is given to treat gastric troubles

Eclipta prostrata (L.) L. ASTERACEAE; N. Bhiringi jhar; 939-91.

Juice of plant is applied to treat wounds.

Elatostema integrifolium (D. Don) Wedd. URTICACEAE; N. Lipe jhar; 892-91.

Juice of root, about 4 teaspoon 3 times a day, is given in case of fever.

Elephantopus scaber L. ASTERACEAE; N. Bhere kuro, Bhiringi jhar; 894-91.

Juice of plant is applied to treat wounds; juice of root, about 2 teaspoon 3 times a day, is given in case of indigestion.

Euphorbia hirta L. EUPHORBIACEAE; N. Dudhe jhar; 988-91.

Juice of plant is applied to treat cuts and wounds.

E. royleana Boiss EUPHORBIACEAE; N. Syuri, 533-92.

About 10 gm of pith, roasted in fire and is taken 2 times a day in case of gastric troubles.

E. milii Desmoul. EUPHORBIACEAE; N. Simri; 949-91.

Latease is applied to treat sprain.

F. hispida L. f. MORACEAE; N. Tote; 572-92.

Juice of root, about 6 teaspoon 2 times a day is given in case of fever.

F. semicordata Buch-Ham. ex Sm. MORACEAE; N. Khanyu; 916-91.

Bark, mixed in equal amount with the bark of *Schima wallichii* (DC.) Korth. (N. Chilaune), *Syzygium cumini* (L.) Skeels (N. Jamuna). *Phyllanthus emblica* L. (N. Amala) and *mangifera indica* L. (N. Aanp) is

pounded and the juice, about 6 teaspoon 4 times a day is given in case of gastric troubles and peptic ulcer.

Fragaria daltoniana J. Gay ROSACEAE; N. Karna phule jhar; 480-92.
Juice of root, about 4 teaspoon 3 times a day is given to treat fever.

Galium aparine L. RUBIACEAE; N. Kangre jhar; 455-92.
Juice of plant is applied to treat cuts and wounds.

G. hirtiflorum Requieren ex DC. RUBIACEAE; N. Lute jhar; 933-91.
Paste of plant is applied to treat scabies.

Gonostegia hirta (Bl.) Miq. URTICACEAE; N. Chiple lahari; 919-91.
Juice of root, about 6 teaspoon at interval of 4 hrs. is given to treat typhoid; paste of root is applied to relieve muscular swellings.

Hemiphragma heterophyllum Wall. SCROPHULARIACEAE; N. Nash jhar; 492-92.
Juice of plant is applied to relieve cuts and wounds.

Homalium napaulense (DC.) Benth. FLACOURTIACEAE; N. Kuphre; 561-92.
Juice of bark, about 2 teaspoon 3 times a day is given in case of stomachache.

Hydrocotyle himalaica P.K. Mukherjee APIACEAE; N. Seto tapre; 967-91.
Juice of plant, about 3 teaspoon 3 times a day is given in case of indigestion.

H. sibthorpioides Lam. APIACEAE; N. Sano tapre; 985-91.
Plant, mixed in equal amount with the bark of *Callicarpa macrophylla* Vahl (N. Dahichawanle) and root of *Urtica dioica* L. (N. Sisnu) is boiled and the infusion, about 6 teaspoon 2 times a day, is given to relieve fever.

Hymenopogon parasiticus Wall RUBIACEAE; N. Biri; 985-91.
Paste of fruit is used to brush teeth to protect from decaying.

Imperata cylindrica (L.) Beauv. POACEAE; N. Siru; 576-92.
Juice of root about 6 teaspoon 3 times a day, is given to treat gastric troubles.

Jasminum multiflorum (Brum. f.) Andrews OLEACEAE; N. Jai; 590-92.

Paste of fruit is applied to treat wounds between the toes caused by walking barefooted in muddy water during rainy season.

Jatropha curas L. EUPHORBIACEAE; N. Sajiyon; 889-91.

Latex is applied to treat boils and pimples.

Justicia adhatoda L. ACANTHACEAE; N. Asuro; 920-91.

Juice of leaf is applied to treat jointache during fever.

Laggera alata (D. Don) Sch. Bip. ex Oliver ASTERACEAE; N. Eklebir; 948-91.

Paste of root is applied on boils.

Lecathus peduncularis (Royle) Wedd. URTICACEAE; N. Gakaleti; 941-91.

Plant, mixed in equal amount with the bark of *Saurauia napaulensis* DC. (N. Gogan) is pounded and the juice about 4 teaspoon 3 times a day, is given in fever.

Lindenbergia indica (L.) Vatake SCROPHULARIACEAE; N. Chharuwa jhar; 995-91.

Paste of plant is applied to treat boils.

Lyonia ovalifolia (wall.) Drude ERICACEAE; N. Angeri; 981-91.

Juice of leaf is applied to relieve itching.

Mahonia napaulensis DC. BERBERIDACEAE; N. Mandre chutro; 975-91.

Juice of bark boiled, cooled and put inside the eye to treat cataract.

Mangifera indica L. ANACARDIACEAE; N. Aanp; 912-91.

Juice of bark, about 6 teaspoon 3 times a day is given in peptic ulcer.

Marsdenia roylei Wight ASCLEPIADACEAE; N. Dudhe lahara; 599-92.

Juice of stem, about 4 teaspoon 3 times a day, is given in gastric troubles and peptic ulcer.

Mazus surculosus D. Don SCROPHULARIACEAE; N. Tapre jhar; 453-92.

Juice of plant is applied to treat cuts and wounds.

Mirabilis jalapa L. NYCTAGINACEAE; N. Malati; 521-92.

Juice of root, about 6 teaspoon 2 times a day, is given in case of fever; it is also given in case of discharge of semen through the urine.

Morus serrata Roxb. MORACEAE; N. Kalo kaphal; 917-91.

Juice of root, about 6 teaspoon during bed time is taken as an anthelmintic medicine.

Myrica esculenta Buch.-Ham. ex D. Don MYRICACEAE; N. Kaphal; 536-92.

Juice of bark is applied to treat bodyache.

Nepeta leucophylla Benth. LAMIACEAE; N. Kankarne; 926-91.

Juice of root, about 4 teaspoon 3 times a day, is given in fever.

Nicandra physaloides (L.) Gaertn. SOLANACEAE; N. Ismgoli; 801-91.

About 2 teaspoon of seeds, mixed with about 10 seeds of *Trigonella foenum graecum* L. (N. Methi) are boiled and about 6 teaspoon of juice 2 times a day, is given in fever.

Onychium siliculosum (Desv.) C. Chr. PTERIDACEAE; N. Kangio sostar; 906-91.

Juice of rhizome, about 4 teaspoon 3 times a day is given in fever.

Oreocnide frutescens (Thunb.) Miq. URTICACEAE; N. Nite; 436-92.

Paste of leaf is applied to treat boils.

Osyris wightiana Wall. ex Wight SANTALACEAE; N. Bakhre khursani; 945-91.

Juice of bark, about 4 teaspoon 3 times a day, is given in indigestion; paste of bark is applied to treat sprain.

Oxalis corniculata L. OXALIDACEAE; N. Chariamilo; 570-92.

Plant, mixed in equal amount with the leaf bud of *Justicia adhatoda* L. (N. Asuro) and *Maesa macrophylla* (Wall.) A DC. (N. Bhogate), is pounded and the juice about 6 teaspoon 3 times a day, is given in gastric troubles.

Pinus roxburghii Sarg. PINACEAE; N. Salla; 526-92.

About a pea sized resin 6 times a day is taken in case of gastric troubles.

Paris formosa (Wall.) D. Don ERICACEAE; N. Pore; 441-92.

Juice of leaf is applied to treat scabies.

Pleione praecox (Sm.) D. Don ORCHIDACEAE; N. Lasun pate; 984-91.

Paste of pseudobulb is applied to treat wounds.

Pleurospermum hookeri C.B. Cl. APIACEAE; N. Bhuset; 983-91

Juice of root, about 4 teaspoon 3 times a day, is given in diarrhoea.

Pluemeria rubra L. APOCYNACEAE; N. Galainchi; 934-91.

Latex is put to take out any worms inside the wounds.

Pratia nummularia (Lam.) A. Br. & Aschers. CAMAPANULACEAE;

N. Malagiri; 971-91.

Paste of fruit is applied to treat cuts and wounds.

Prunus cerasoides D. Don ROSACEAE; N. Paiyun; 961-91.

Juice of bark is applied to treat bodyache.

P. persica (L.) Batsch ROSACEAE; N. Aaru; 598-92.

Juice of leaf is put to take out any worms inside the wounds of an animal.

Reinwardtia indica Dudmort. LINACEAE; N. Pyaunli; 935-91.

Juice of leaf is applied to treat boils.

Rubus ellipticus J.E. Sm. ROSACEAE; N. Ainselu; 911-91.

Leaf bud, mixed in equal amount with the leaf bud of *Pinus roxburghii* Sargent (N. Salla), root of *Sosnchus wightianus* DC. (N. Mulapate), plant of *Centella asiatica* (L.) Urb. (N. Ghortapre) and plant of *Cynodon dactylon* (L.) Pers. (N. Dubo) is pounded and the juice, about 6 teaspoon 3 times a day is given in peptic ulcer.

Rumex nepalensis Spreng. POLYGONACEAE; N. Halhale; 997-91.

Juice of root, about 4 teaspoon 2 times a day is given in case of cough and cold.

Schima walichii (DC.) Korth. THEACEAE; N. Chilaune; 921-91.

Juice of bark is fed to animals as an anthelmintic medicine.

Scutellaria discolor Colebr. LAMIACEAE; N. Ratapate; 884-91.

Juice of root, about 6 teaspoon 3 times a day is given in gastric troubles.

S. scandens Buch.-Ham. ex D.Don LAMIACEAE; N. Kankarne; 571-92.

Juice of plant is applied to treat cuts and wounds; also put inside the ear to treat earache.

Semecarpus anacardium L.f. ANACARDIACEAE; N. Bhalayo; 587-92.

Latex is applied to treat scabies.

Senecio cappa Buch.-Ham. ex D.Don ASTERACEAE; N. Bakhre kane; 475-92.

Juice of root, about 4 teaspoon 3 times a day is given to treat fever.

Solanum nigrum L. SOLANACEAE; N. Kamari; 969-91.

Paste of seed is applied on forehead in case of headache.

S. surattense Brum. f. SOLANACEAE; N. Kantakari; 900-91.

Dried powder of seed is smoked to treat dental carries.

Sonchus wightianus DC. ASTERACEAE; N. Mulapate; 577-92.

Juice of root, about 6 teaspoon 3 times a day, is given in case of fever during cough and cold.

Stellaria vestita Kurz CARYOPHYLLACEAE; N. Karna phule jhar; 454-92.

Juice of plant is applied to treat cuts and wounds.

Stephania glandulifera Miers. MENISPERMACEAE; N. Gajur gano; 834-91.

Juice of root is applied in case of sprain and muscular swelling.

S. glauca (Roxb.) Miers MENISPERMACEAE; N. Batulpate; 529-92.

Root, mixed in equal amount with the bark of *Maesa macrophylla* (Wall.) A. DC. (N. Bhogate) is boiled and the decoction, about 6 teaspoon 2 times a day, is suggested in case of peptic ulcer.

Swertia nervosa (G. Don) C.B. Cl. GENTIANACEAE; N. Tite; 944-91.

Plant is boiled with water and the juice about 6 teaspoon 2 times a day, is given in malaria fever.

Taxillus vestitus (Wall.) Denser LORANTHACEAE; N. Liso; 972-91.

Plant is boiled with water, decanted and boiled again to prepare a gelitaneous liquid, is applied in case of sprain and muscula swellings.

Terminalia alata Heyne ex Roth COMBRETACEAE; N. Saj; 544-92.

Juice of bark, boiled and applied to remove dandruff.

Tetrastigma serrulatum (Roxb.) Planch. VITACEAE; N. Pani lahara; 557-92.

Juice of plant, about 6 teaspoon 2 times a day is given in fever.

Trichiliaa connaroides (Wight & Arn.) Bentvelzen MELIACEAE; N. Aankhatare; 544-92.

Oil from the seed is applied in case of boils and pimples.

Urena lobata L. MALVACEAE; N. Bhere jhar; 903-91.

Juice of root is applied in case of bodyache.

Vitex negundo L. VERBENACEAE; N. Sinwali; 890-91.

Juice of leaf, soaked in a piece of clean cloth, is inhaled to treat sinusitis.

Woodfordia fruticosa (L.) Kurz LYTHRACEAE; N. Dhayaro; 893-91.

Juice of leaf bud, mixed in equal amount with the juice of leaf buds of *Justicia adhatoda* L. (N. Asuro) and *Maesa macrophylla* (Wall.) A. DC. (N. Bhogate) is given, about 6 teaspoon 2 times a day in case of gastric troubles.

Zizyphus mauritiana Lam. RHAMNACEAE; N. Bayar; 568-92.

Juice of root, about 4 teaspoon 2 times a day is given in indigestion; juice of leaf bud, about 6 teaspoon 2 times a day, is given in peptic ulcer; paste of fruit seed is applied to treat ringworm.

RESULT AND DISCUSSION

The native medicines and treatments are an oral tradition. Thus the possibilities exist for distortion or misrepresentation of the actual plant or the methods of treatment.

The study revealed 107 species of plants from 95 genera and 58 families. Out of these 2 families of Monocotyledons denotes 2 species. There is only one species from the family Pinaceae which represents Gymnosperm and two

species are represented by Pteridophyte. The rest of the plants comes from Dictyledons.

This inventory identifies 27 types of diseases from this area for which these plants are in vogue. Maximum number of 19 species are in common use for fever and 15 species for gastric troubles. Mostly single plant or its part is used for healing purposes. About 15 species were suggested in admixture. The medicinal uses of some species like *Centella asiatica*, *Cirsium vertum*, *Dichroa febrifuga*, *Euphorbia hirta*, *Hydrocotyle sibthorpioides*, *Justicia adhatoda*, *Mahonia napaulensis*, *Solanum nigrum* and *S. surattense* recorded from this area, are also noted from other parts or other tribal groups of the country (Coburn, 1984; Gurung 1986; Manandhar; 1989a, b; 1990a, b; 1991; 1992). The report of about 80% of plants is accumulated for the first time from this area and they either differ in the use of parts of plants or in the treatment of diseases.

In most cases the treatments may be effective, many more may be harmless and have no side effects while a small number may be dangerous too. It awaits scientific analysis of such folklore data. Nevertheless, more than 90% of the population have little access to modern treatment and they have to struggle with diseases adopting native medicine.

References

- Aryal, D., R. Rehgmi and N. Rimal (Eds.) 1982. *Nepal District Profile: Nepal Research Associates*. Kathmandu, Nepal.
- Coburn, B. 1984. "Some Native Medicinal Plants of the western Gurung." *Kailash* 11 (1-2): 55-88.
- Gurung, N.S. 1986. "Some Medicinal Plants of Nepal." *J. Nep. Med. Student's Soc.* 1: 20-24.
- Manandhar, N.P. 1986a. "Ethnobotany of Jumla district, Nepal." *Int. J. Crude Drug Res.* 24 (2): 81-89.
- Manandhar, N.P. 1986b. "A contribution to the ethnobotany of Mooshar tribes of Dhanusha district, Nepal." *J. Nat. Hist. Mus. (Kathmandu)* 10 (1-2): 53-64.
- Manandhar, N.P. 1987. "Traditional Medicinal Plants used by tribals of Lamjung district, Nepal." *J. Econ. Tax. Bot.* 10 (1): 207-213
- Manandhar, N.P. 1989a, "Medicinal Plants used by Chepang tribes of Makawanpur district, Nepal." *Fitoterapia* 60 (1): 61- 68.

Manandhar, N.P. 1989b. "Useful Wild Plants of Nepal." Franz Steiner Verlag Wiesbaden GMBH, Stuttgart.

Manandhar, N.P. 1990a. "Traditional Phytotherapy of Danuwar tribes of Kalakhonj in Sindhuli district, Nepal." *Fitoterapia* 61 (4): 325-331.

Manandhar, N.P. 1990b. "Medico-botany of Gorkha district, Nepal-An elucidation of Medicinal Plants." *Int. J. Crude Drug Res.* 28 (1): 17-25.

Manandhar, N.P. 1991. "Medicinal Plant-lore of Tamang tribes of Kabhrepalanchok district, Nepal." *Economic Botany* 45 (1): 58-71.

Manandhar, N.P. 1992. "Folk-lore Medicine of Chitwan district, Nepal." *Fitoterapia* 63 (2): 163-177.