

## List of some Medicinal & Aromatic Plants in Meghalaya and their Uses

BOTANICAL NAME	VERNACULAR NAME	PART USED	DISEASES ASSOCIATED WITH
<i>Aegle marmelos</i>	Soh bel (K & J) Bael (G)	Root, leaf & fruit	Fever, asthma
<i>Acorus calamus</i>	Bet (K)	Root ,leaf	Root and leaf are used for treatment of Epilepsy and stomach problem in new born
<i>Adathoda vasica</i>	Vasaka (G)	Flowers, Leave and Twig	Lung diseases
<i>Alstonia scholaris</i>		Bark and Dry leaves	Decoction of dry leave is taking with water for asthma disease
<i>Asparagus recemosus</i>	Batniang sohpet (K & J), Memang tamatchi (G)	Tuber	Indigestion in children (niangsohpet , Kh)
<i>Aloe vera</i>	Syntiew shylluit(K), Sal komla(G)	Whole plant	Mainly for skin diseases
<i>Allium sativum</i>	Rynsun Rynsun(Kh), Rasun(J),Rasin(G)	Bulb	Mixed with oil for cough
<i>Alpinia galanga</i>		Rhizome	Sinusitis
<i>Artemesia vulgari</i>	Jaiaw (K)	Whole plant	Malaria
<i>Averrhoa carambola</i>	Soh pyrshong (k)	Fruit	Jaundice, gall stone, malaria,
<i>Begonia josephi</i>	Jajew(K)	Fruit	Food poisoning, gastric, hemorrhoids (piles)
<i>Begonia roxburghii</i>	Jangew(K), Kimchare(G)	Fruit	Cholera, dysentery
<i>Bingha rosia</i>	Gophram phull (G)	Leaf	Diabetes and breast cancer
<i>Bryophylum pinnatum</i>	Tiewkhfluid ding (K)	Leaf	Good for kidney stone, Burn
<i>Centella asiatica</i>	Bat syiar/bat sohlah(K), Mana muni(G)	Whole plant	Blood purification, dysentery, diarrhoea
<i>Cassia fistula L.</i>	La met/maroi(Kh), snaru(G)	-	For bone setting, accidents,
<i>Cinnamomum tamala</i>	Latyrpad(K), Teji-bol(G)	Leaf & bark	Gastric,
<i>Costus speciosus</i>	Gokarek (Garo)	Leaf	Kidney problem
<i>Curcuma aeruginosa</i>	Shynrai iong (K)	Rhizome	Heals wound & sprains
<i>Curcuma domestica</i>	Shynrai stem, Shynrai stem(K, J)	Rhizome	Skin diseases, stomach problem etc.

<i>Curcuma longa</i>	Shynrai bam (K)/ shyrmit(J)	Rhizome	Skin diseases, Cancer, blood pressure
<i>Cymbopogon flexuosus</i>	Lang sying	leaf	cough
<i>Dioscorea bulbifera</i>	Phan kyrsew (K)	tuber	Cancer, ulcer
	Dein muka (J)	-	Diabetes, cancer
<i>Embelica officinalis</i>	Sohmylleng	Fruit	Blood pressure, constipation also juice is used in eye paining.
<i>Eucalyptus citriodora</i>	Bat tyrphin(K)	-	Food poisoning,
<i>Eupatorium cannabinum</i>	Bat nongrim(K), Dura summok(G)	leaf	Diarrhoea
<i>Gaultheria Fragrantissima</i> Wall.	La thynrait/la bthei/jyrhap(K, J)	Leaf & stem	Arthritis, paralysis bone fracture
<i>Houttuynia cordata</i> Thumb.	Ja myrdoh(K, J)	Whole plant	Low blood pressure, sores, boils, blood purification
<i>Kaempferia galanga</i>	Sying kmoh (K, J) Wakpatra(G)	Rhizome	Vomiting, stomach problem pain killer, food poisoning
<i>Lonicera macrantha</i> DC	Jyrmi jrem (K)	Root	Gall stones, Non pregnancy & other women's problems, dysentery
<i>Mentha spicata</i>	Pudina (K)	Whole plant	Lower body heat, gastric
<i>Musa paradisiaca</i>	La dew/Lakait (K & J)	-	Cholera, liver
<i>Myrica esculenta</i>	Sohpie heh (K & J)	Fruit	Indigestion in children(ñiangsohpet), diabetes, lowering of body temperature during fever
<i>Myrica nagi</i>	Sohpie Nam (K)	Fruit	Indigestion in children(ñiangsohpet), diabetes, lowering of body temperature during fever
<i>Morus nigra</i>	Soh langdkhur	Fruits	Lower body heat
<i>Nepenthes Khasiana</i>	Kynbat bhut		Stomachache, eye sores, urinary
<i>Ocimum sanctum</i>	Holy basil	leaves, stem and roots	Best for Malaria
<i>Panax pseudo-ginseng</i>	Jinseng (K & J)	Rhoot	Mainly Cancer
<i>Piper longum</i>	Sohmrit khlaw (K)	Seeds	Mixed with honey bee for cough treatment
<i>Piper nigrum</i>	sohmrit bam (K)	Seed	Mixed with honey bee for cough treatment
<i>Potentilla fulgens</i>	Lynniang Kynthei(K) Lynniang bru(J)	Roots	Cholera, diarrhea, anti-diabetic
<i>Prunus nepalensis</i>	Sohiong (K)	Fruit	Low blood pressure & also fever
<i>Psidium guajava</i>	Soh pyrem (K)	Young leaf	dysentery
<i>Rauwolfia serpentina</i>	Tdong pait puraw (K)	Root and leaves	Snake bike, high blood pressure, chickenpox

<i>Rubia cordifolia</i> Linn.	Me rhoi/Kynbat thar/Jyrmi saw(K)		Skin diseases, poisonous sting of insects,
<i>Saroca asoca</i>	Asoka (G)	Bark and Flowers	Female diseases like menstrual problem
<i>Smilax ferox</i>	Shiah krot (K)	Fruit	Cholera, gastric, food poisoning
<i>Solanum khasianum</i>	Soh Siah (K)	Fruit	Toothache.
<i>Swertia chirayita</i>	Bat shrita (K & J)	-	Malaria
<i>Tamarindus indica</i> L.	Soh kyntoi (K)		Dysentery
<i>Taxus wallichiana</i> / <i>Taxus baccata</i> L.	Dieng blei (K)/ Dieng Blai (J)	leaf	Gastric, Anti-cancer
<i>Terminalia Arjuna</i>	Arjun (G)	Bark	Gastric
<i>Terminalia bellerica</i>	Cheruri (G)	Seed	Gastric
<i>Terminalia chebula</i>	Haritaki(B),Artak(G)	Bark	Gastric
<i>Tinospora cordifolia</i>	Dogittang (Garo)		Liver, malaria, skin diseases, and jaundice, Broken bone, body massage & body swelling
<i>Vitex negundo</i>		Leaves and twig	Kidney problem, intestinal worm, goiter
<i>Zanthoxylum khasianum</i>	Jaiur (K & J)	Seed	Skin diseases, Toothache
<i>Zingiber rubens</i>	Sying makhir	Tuber	Cough, bone setting.
<i>Zingiber zerumbet</i>	Sying Blei(K)	Tuber	Food poisoning, gastric, indigestion in children, broken bones

**K-Khasi: J-Jaintia: G- Garo:**