ResearchGate

See discussions, stats, and author profiles for this publication at: https://www.researchgate.net/publication/320504843

# Wild edible plants of Nepal

**Article** · October 2017

CITATION
1

READS
273

**4 authors**, including:

Dharma Raj Dangol
Natural History Museum, Tribhuvan Universit…
**25** PUBLICATIONS **75** CITATIONS
SEE PROFILE

Keshav Lall Maharjan
Hiroshima University
**156** PUBLICATIONS **450** CITATIONS
SEE PROFILE

Shree Kumar Maharjan
Hiroshima University
**43** PUBLICATIONS **64** CITATIONS
SEE PROFILE

**Some of the authors of this publication are also working on these related projects:**

Systematic review of climate change research in Least Developed Countries View project

climate policies in Nepal View project

All content following this page was uploaded by Shree Kumar Maharjan on 19 October 2017.

The user has requested enhancement of the downloaded file.

# Conservation and Utilization of Agricultural Plant Genetic Resources in Nepal

Proceedings of 2nd National Workshop
22-23 May 2017, Dhulikhel

Editors:
Bal Krishna Joshi
Hari Bahadur KC
Anil Kumar Acharya

2017

NAGRC

FDD
DoA
MoAD

# Wild Edible Plants in Nepal

Dharma R. Dangol[1@], Keshav L. Maharjan[2], Shree K. Maharjan[2] and Anil K. Acharya[3]

[1]Natural History Museum, Institute of Science and Technology, Tribhuvan University, Kathmandu, Nepal; @: drdangol@gmail.com, http://orcid.org/0000-0003-4475-5600
[2]Graduate School of International Development and Cooperation (IDEC), Hiroshima University, Higashi-Hiroshima, Japan; KLM <mkeshav@hiroshima-u.ac.jp>; SKM <smilingsiri@gmail.com>
[3]Ministry of Agricultural Development, Singhadurbar, Kathmandu; <acharyanilku@gmail.com>

**ABSTRACT**

Wild edible plants have noteworthy roles and contributions in Nepalese diets and food security since time immemorial. Even in the 21st century, its importance continues to the rural, ethnic, poor and marginalized people. Most of these plants are still in the wild forms, except some domestication that have religious and medicinal values. Many researchers have conducted studies on wild edible plants in different parts of Nepal. This paper has attempted to compile and analyze the information on wild edible plants, their family names, vernacular names, habit, plant parts and uses. With this compilation and analysis, it is revealed that 394 wild plants are still used for different purposes such as vegetables (246 spp.), fruits (125 spp.), pickle (44 spp.), jam (11 spp.), spices and condiments (10 spp.), oil (6 spp.) and other uses. The results have also shown that different parts of the plants are used in daily dietaries and also the specific nourishments during feasts and festivals contributing the overall food security of the households. Based on the study, following recommendations can be made in the research field of wild edible plants: 1) detail analysis of the nutritional values, contribution to the food security and livelihood; 2) analysis of the abundance and status of these plants in nature; 3) evaluation of commercial use and market values including potentials for its domestication and promotion; 4) use values and preference of the foods and other values; 5) develop human resources for conservation of potential wild plant genetic resources and 6) integrate wild plant genetic resources as an important unit by the concerned government bodies.

**Keywords**: Food security, livelihood, plant genetic resources, use values, wild edibles

## INTRODUCTION

Nepal is rich in its biodiversity both in terms of plant and animal diversity and cultural diversity, despite being a small country, occupying only 0.1% of the global area (MoFSC 2014). The country has unique geography and climatic variation suited for diverse biological and cultural diversity. Biodiversity and cultural diversity are interlinked as different ethnic groups are highly depended on the biodiversity for their food security and livelihood security. These biodiversity have significant roles in fulfilling the fundamental human needs such as food, shelter and other livelihood support (Uprety et al 2012). The country has 118 different types of ecosystems harboring 3.2% of the world's flora that includes 5.1% of gymnosperms and 8.2% of bryophytes (MoFSC 2014). Nepal is rich in wild edible plants growing in different ecosystems. Number of agricultural crops, their wild relatives and wild edible plants enrich the species and genetic diversity in the country.

Wild edible plants (WEPs) are uncultivated plants found in the wild forms that have nutritive values and can be used for fulfilling dietary requirements. The Food and Agriculture Organization (FAO) has defined it as "the plants that grow spontanenously in self-maintaining populations in natural or semi-natural ecosystems and can exist independently of direct human action" (FAO 1999). These plants have important contributions to the food security and livelihood by providing the staple and supplement foods and income generating opportunities to the communities. These plants have additional importance to the rural, ethnic, poor and marginalized people even in the age of modernized world. However, these plants are often ignored in the process of biodiversity conservation and economic development (Uprety et al 2012). Despite its importance on food security, livelihood and economic development, these plants are still in the wild forms. Very few of them are domesticated for medicinal and religious purposes. As these are in the wild state, the number, abundance, density and availability of many of these plants are still unknown to the public, except some of the researchers and the communities who have been continuously utilizing them for their livelihood and well-being.

The WEP are very important for the Nepalese people and knowledge on utilization is confined in local people. It is, therefore, scientists are interested to understand the state of wild edible plants and conserve them for future. The scientists conducted number of researches and published their results in national and international

journals and also communicated through seminars, conferences and workshops. Many researches and studies have been conducted focusing on different aspects of wild edible plants in different parts of Nepal. Some studies were concentrated in wild food plants (Singh 1968, DMP 1982, Manandhar 1986, 1989, 1993, 1995, 2002, Shrestha 1987, Upretry et al 2012, Acharya and Acharya 2010, Shrestha 2001, Shrestha and Dhillon 2006), wild vegetables (Adhikari et al 1993, Shakya et al 1995); wild fruits (Maden and Dhakal 1998, Bajracharya 1999, Mahato 2014) or nutritive values of edible wild fruits (Bajracharya 1980), wild leafy and fruity vegetables (Shrestha 1983). Some studies reported the wild edible plants used by Bote (Pradhan 2006), Chepangs (Khan 1997, Aryal et al 2009, Limu and Thapa 2011), Darai (Dangol and Gurung 2000), Raji (Thapa et al 2014), Satars (Siwakoti et al 1997), and Tharu (Dangol 2002, Bhattarai et al 2011). Some researchers conducted studies on wild edible plants in Tarai (Dangol 2002, Dangol and Gurung 2000, Dangol et al 2014), Hills (Bajracharya 1999, Joshi et al 2007, Ghimeray et al 2010, Mahato 2014), Tinjure area (Gurung 2003), or high mountains (Bhattarai et al 2009). However, they have different focuses in terms of use values of the WEPs and different locations in the country either in Tarai or Hills or Mountains. Shrestha (2013) attempted to compile information on indigenous vegetables of Nepal reviewing the available literature. No research has been conducted to synthesize the WEPs as a whole in the national context. This paper has attempted to compile and analyze the information on wild edible plants, their family names, vernacular names, habit, plant parts and uses.

## HISTORY AND TREND

Since time immemorial, WEPs have been sustainable utilized by our ancestors in fulfilling daily food requirements. It was even mentioned in the ancient and indigenous histories. At that time it was utilized based on their traditional and indigenous knowledge and skills. It's nutritive and medicinal values were unknown. Even in epic holy book Ramayana has described the importance of such plants with certain sacred qualities for medicinal and other purposes which is still extant and form for the basis of study by many present day scholars and researchers (Amirthalingam 2013). Many researchers and scholars have continued to carry out research on WEPs in different parts of the world. In the present age, food insecurity and malnutrition have become severe issue affecting the World population. FAO estimated that a total of 925 milion people were undernourished in 2010. It also revealed that reduction of dietary diversity among rural and urban population has serious impacts on the nutrition and health. Wild, underutilized and neglected plants have constituted the bedrock of the diversity in traditional and indigenous food systems especially among the indigenous and rural communities in developing countries (FAO 2014).

## THE WILD EDIBLE PLANTS INVENTORY

This inventory has listed a total of 394 plant species of 105 families used as wild edibles in Nepal. These species belong to 371 angiosperms (in 92 families and 247 genera), 1 gymnosperm and 22 pteridophytes (in 12 families and 17 genera) (**Figure** 1). Of the total families, the most dominant one is Leguminosae with 31 species, followed by Moraceae (21 spp.), Compositae (18 spp.), Rosaceae (16 spp.), Polygonaceae (15 spp.), Cucurbitaceae (13 spp.), Anacardiaceae and Urticaceae (11 each) and Araceae and Malvaceae (10 spp.) (**Table** 1). Other 95 families contained 9 or less than 9 species per family (**Table** 1). Of the total genera, the largest one is the *Ficus* with 12 spp. followed by *Dioscorea* (8 spp.), *Arisaema* and *Smilax* (6 spp. each), *Morus, Polygoum, Rubus,* and *Rumex* (5 spp. each), and *Amaranthus, Bauhinia, Crotalaria, Solanum, Syzygium* and *Ziziphus* (4 spp.). The rest 250 genera contain less than 4 species in each genus (**Table** 2). Of the total species, herbs are the highest in number (187 spp.) followed by trees (109 spp.). Other life forms of wild edible plants are shrubs (60 spp.), climbers (35 spp.) and bamboo (4 spp.) only (**Annex** 1).

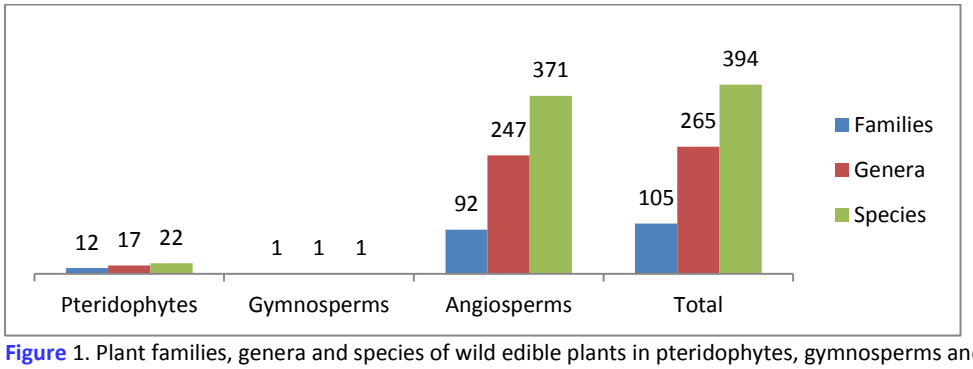


**Figure** 1. Plant families, genera and species of wild edible plants in pteridophytes, gymnosperms and angiosperms in Nepal.

**Table** 1. Species distribution in different families of Pteridophytes (P), Gymnosperm (G) and Angiosperms (rest)

| SN | Families | Species | Frequency | Total |
|---|---|---|---|---|
| 1 | Leguminosae | 31 | 1 | 31 |
| 2 | Moraceae | 21 | 1 | 21 |
| 3 | Compositae | 18 | 1 | 18 |
| 4 | Rosaceae | 16 | 1 | 16 |
| 5 | Polygonaceae | 15 | 1 | 15 |
| 6 | Cucurbitaceae | 13 | 1 | 13 |
| 7 | Anacardiaceae, Urticaceae | 11 | 2 | 22 |
| 8 | Araceae, Malvaceae | 10 | 2 | 20 |
| 9 | Apiaceae, Poaceae | 9 | 2 | 18 |
| 10 | Dioscoreaceae, Lamiaceae, Solanaceae | 8 | 3 | 24 |
| 11 | Amaranthaceae | 7 | 1 | 7 |
| 12 | Arecaceae, Brassicaceae, Rubiaceae, Smilacaceae | 6 | 4 | 24 |
| 13 | Asparagaceae, Capparaceae, Myrtaceae, Phyllanthaceae, Ranunculaceae, | 5 | 5 | 25 |
| 14 | Adoxaceae, Dryopteridaceae (P), Euphorbiaceae, Lauraceae, Ophioglossaceae (P), Primulaceae, Rhamnaceae, Rutaceae, Vitaceae | 4 | 9 | 36 |
| 15 | Berberidaceae, Chenopodiaceae, Commelinaceae, Musaceae, Pteridaceae (P), Sapotaceae, Sapindaceae | 3 | 7 | 21 |
| 16 | Acanthaceae, Alismataceae, Amaryllidaceae, Araliaceae, Athyriaceae (P), Bignoniaceae, Caryophyllaceae, Combretaceae, Convolvulaceae, Dilleniaceae, Ericaceae, Fagaceae, Liliaceae, Lythraceae, Piperacae, Plantaginaceae, Schizaeaceae (P), Typhaceae, Zingiberaceae | 2 | 19 | 38 |
| 17 | Achariaceae, Actinidiaceae, Aizoaceae, Apocynaceae, Aquifoliaceae, Asclepidiaceae, Balsaminaceae, Basellaceae, Blechnaceae (P), Betulaceae, Bombacaceae, Buxaceae, Cannabaceae, Colchicaceae, Costaceae, Dennstaedtiaceae (P), Dipterocarpaceae, Ebenaceae, Elaeocarpaceae, Icacinaceae, Juglandaceae, Linaceae, Loranthaceae, Melastomataceae, Moringaceae, Myricaceae, Myristicaceae, Nephrolepidaceae (P), Nyctaginaceae, Osmundaceae (P), Oxalidaceae, Pandanaceae, Parkeriaceae (P), Pedaliaceae, Phytolaccaceae, Pinaceae (G), Pontederiaceae, Portulacaceae, Saururaceae, Schisandraceae, Symplocaceae, Tectariaceae (P), Thelypteridaceae (P),Trapaceae, Verbenaceae | 1 | 45 | 45 |
| | **Grand Total** | | | **394** |

**Table** 2. Species distribution in different genera of wild edible plants of Nepal

| SN | Families | Species | Frequency | Total |
|---|---|---|---|---|
| 1 | Ficus | 12 | 1 | 12 |
| 2 | Dioscorea | 8 | 1 | 8 |
| 3 | Arisaema, Smilax | 6 | 2 | 12 |
| 4 | Morus, Polygonum, Rubus, Rumex | 5 | 4 | 20 |
| 5 | Amaranthus, Bauhinia, Crotalaria, Solanum, Syzygium, Ziziphus | 4 | 6 | 24 |
| 6 | Acmella, Artocarpus, Chenopodium, Fagopyrum, Grewia, Indigofera, Oenanthe, Ophioglossum, Phoenix | 3 | 9 | 27 |
| 7 | Abelmoschus, Acacia, Allium, Antidesma, Ardisia, Asparagus, Bambusa, Berberis, Bidens, Capparis, Castanopsis, Cinnamomum, Clematis, Colocasia, Commelina, Crateva, Dendrocalamus, Dillenia, Elatostema, Euphorbia, Ipomoea, Lathyrus, Leea, Lygodium, Malva, Mangifera, Momordica, Musa, Physalis, Pilea, Plantago, Pleurospermum, Polygonatum, Pteris, Pyrus, Ranunculus, Remusatia, Rhus, Rorippa, Sagittaria, Schleichera, Solena, Sonchus, Tectaria, Terminalia, Trichosanthes, Typha, Urtica, Viburnum, Vicia | 2 | 50 | 100 |
| 8 | The rest 191 genera (See **Annex** 1). | 1 | 191 | 191 |
| | **Grand Total** | | | **394** |

## USES OF WILD EDIBLE PLANTS

Wild edible plants were found to be used for different purposes. Vegetables were obtained from 246 plant species followed by fruits (126 spp.), pickles (44 spp.), spices and condiments (10 spp.) and marcha (fermenting substrate from 9 species) (**Figure** 2, **Annex** 1). The edible seeds were either consumed after boiling or roasting.

Different plant parts were also used to make selroti (special bread), jam, jelly, tea and even alcoholic beverages. Some seeds of the plants were found to be used to make cooking oil.It is also found that some plants are rich in nectar in the flowers such as *Diploknema butyracea* (Roxb.) H.J. Lam and *Woodfordia fruticosa* (L.) Kurz.

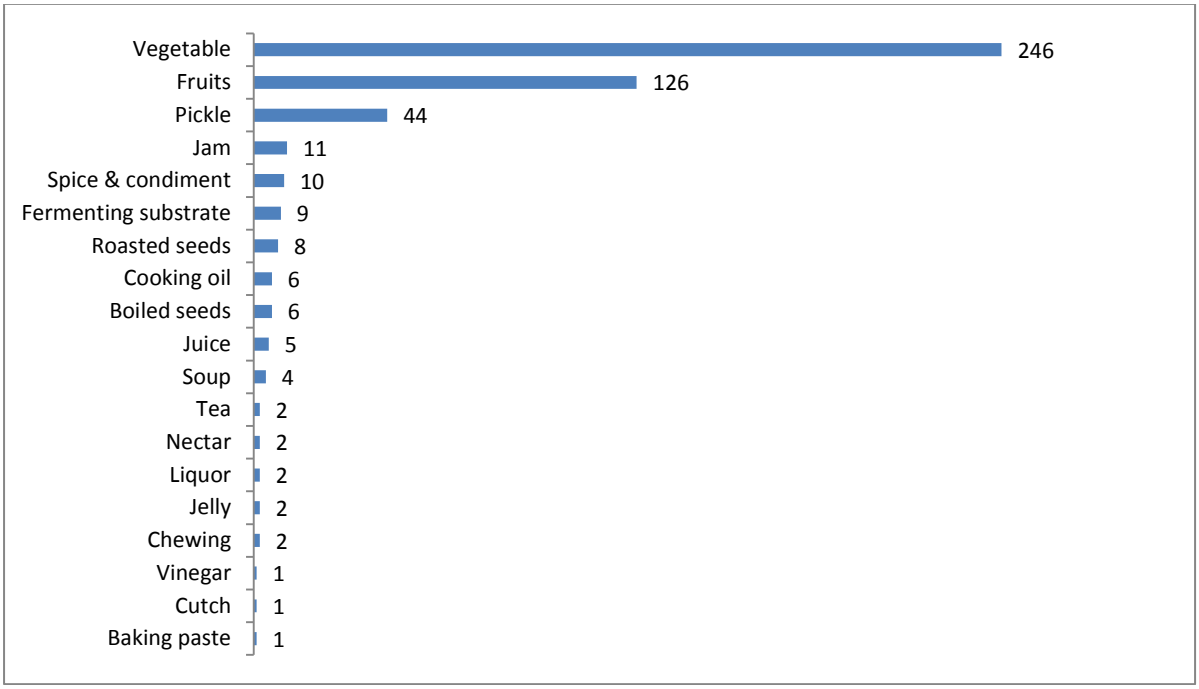


**Figure** 2. Total number of species under different use categories.

## WAY FORWARD

Nepal is very rich on wild edible plants which are used mainly as vegetables, fruits, pickles, spices and condiments, and fermenting substrates. Besides these use values, wild edibles are also important for making juice or alcoholic beverages or tea.

Based on this study, following recommendations are proposed.

- Detail analysis of the nutritional values, contribution to the food security and livelihood
- Monitoring population of wild edible plants in nature
- Evaluation of commercial use and market values including potentials for its domestication and promotion
- Use values and preference of the foods and other values
- Develop human resources for conservation of potential wild plant genetic resources and
- Integrate wild plant genetic resources as an important unit by the concerned government bodies.

## REFERENCES

Acharya KP and R Acharya. 2010. Eating from the wild: Indigenousknowledge on wild edible plants in Parroha VDC of Rupandehi district, Central Nepal. International Journal of Social Forestry (IJSF) **3**(1):28-48.

Adhikari G, RR Adhikari and DP Panthi. 1993. Wild ethno-vegetables used by the Chepangs and Tharus in Chitwan. **In**: IAAS Research Reports (1993-1994) (FP Neupane, ed). Institute of Agriculture and Animal Science, Rampur, Chitwan, **pp**.219-228.

Amirthalingam M. 2013. Plant and animal diversity in Valmiki's Ramayana. C.P. Environmental Education Centre. Chennai, India. www.cpreee.org

Aryal KP, A Berg and B Ogle. 2009. Uncultivated plants and livelihood support: A case study from Chepang people of Nepal. Journal of Ethnobotany Research and Applications **7**:409–422.

Bajracharya D. 1980. Nutritive values of Nepalese edible wild fruits. Z. Lebensm. Unters. Forsch. **171**:363-366.

Bajracharya D. 1999. Edible wild fruits of Kathmandu valley. **In**: Nepal Nature's Paradise (TC Majupuria and RK Majupuria, eds). M Devi. India, **pp.**145-150.

Bhattarai S, B Pant and CP Upadhyaya. 2011. Dependency of Tharu communities on wild plants: A case study of Shankarpur, Kanchanpur district, Nepal. Banko Janakari **21**:35–40.

Bhattarai S, RP Chaudhary and RSL Taylor. 2009. Wild edible plants used by the people of Manang district, Central Nepal. Ecology of Food and Nutrition **48**(1):1-20.

Dangol D and SB Gurung. 2000. Ethnobotanical study of Darai tribe in Chitwan, Nepal. Third National Conference on Science and Technology, Proceedings Vol II, March 8-11, 1999, Royal Nepal Academy of Science and Technology, Kathmandu, **pp**.1194-1213.

Dangol DR. 2002. A final report on on Tharu Ethnobotany Project Part I: Documentation and Conservation of Traditional Knowledge. Submitted to Nepal Forum for Environmental Journalists, Environment Support Fund, Biratnagar, Morang, Nepal.

Dangol DR. 2010. Ethnobotany of weeds of Chitwan district, Nepal.Journal of Natural History Museum **25**:42-53.

Dangol DR. B Gautam and BB Oli. 2014. Wetland plants and their local uses: Observations from Rampur ghol, Chitwan, Nepal. Journal of Natural History Museum **28**:142-159.

DMP. 1982. Wild edible plants of Nepal. Bulletin of Department of Medicinal Plants, No. 11, Thapathali, Kathmandu, Nepal.

FAO. 1999. Use and potential of wild plants in farm househods. Food and Agriculure Organization of the United Nations, Rome, Italy.

FAO. 2014. Promotion of underutilized indigenous food resources for food security and nutrition in Asia and the Pacific. RAP Publication 2014/07. Food and Agriculture Organization of the United Nations, Regional Office for Asia and the Pacific, Bangkok.

Ghimeray A, P Sharma, B Ghimire, K Lamsal, BK Ghimire and DH Cho. 2010. Wild edible angiospermic plants of Ilam Hills (Eastern Nepal) and their mode of use by the local community. Korean J. Pl. Tax. **40**(1):1-4.

Gurung K. 2003. Indigenous knowledge on the plant resources used by the people of Tinjure area, Tehrathum district. Botanical Orientalis **3**:118-125.

Joshi N, K Kehlenbeck and BL Maass. 2007. Traditional, neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Conference on International Agricultural Research for Development, Tropentag, University of Kassel-Witzenhausen and University of Gottingen, 9-11 Oct 2007.

Khan M. 1997. Documentation of indigenous knowledge in the Chepang community of Shaktikhor VDC, Chitwan. **In**: Ethnobotany for conservation and community development (K Shrestha, P Jha, P Sheingji, A Rastogi, S Rajbhandari, and M Joshi, eds). Proceedings of the training workshop in Nepal, 6-13 January 1997. Ethnobotanical Society of Nepal and ICIMOD, Kathmandu, **pp**.96-101.

Limu P and K Thapa. 2011. Chepang food culture: Contribution of wild edible and neglected plant species.Local Initiatives for Biodiversity, Research and Development (LI-BIRD), Pokhara, Nepal.

Maden K and MR Dhakal. 1998. General survey of wild fruits from Koshi Zone, Eastern Nepal. Journal of Tribhuvan University **21**(1):77-84.

Mahato RB. 2014. Wild edible fruits of Palpa district, west Nepal. Journal of Natural History Museum **28**:127-136.

Manandhar NP. 1986. Observation on less known food plants of Nepal. **In**: Nepal Himalaya: Geo-Ecological Perspectives (SC Joshi, ed). Himalaya Research Group, Nainital, India, pp.100-104.

Manandhar NP. 1991. Some additional note on wild food plants of Nepal. Journal of Natural History Museum **12**(1-4):19-32.

Manandhar NP. 1993. Ethnobotanical claim on less known food plants of Nepal. Journal of Economic and Taxonomy of Botany **17**(2):373-383.

Manandhar NP. 1995. Ethnobotanical notes on unexploited wild food plants of Nepal. Ethnobotany 7:95–101.

Manandhar NP. 1997. Ethnobotany in Nepal. **In**: Ethnobotany for conservation and community development (KK Shrestha, PK Jha and P Shengii, eds). Proceedings of the training workshop in Nepal, 6-13 January 1997. Ethnobotanical Society of Nepal and ICIMOD, Kathmandu, **pp**.20-27.

Manandhar NP. 2002. Plants and people of Nepal. Timber Press, Inc., Portland, Oregon

Manandhar NP. 1989. Useful wild plants of Nepal. Nepal Research Centre Publications No. 14, Steiner, Stuttgar, Germany.

MoFSC. 2014. National biodiversity strategy and action plan 2014-2020. Government of Nepal, Ministry of Forests and Soil Conservation, Singhadurbar, Kathmandu, Nepal.

Pradhan P. 2006. Documentation of ethnobotanical knowledge on Bote community of Chitwan. MSc Thesis, Institute of Agriculture and Animal Science, Chitwan, Nepal.

Shakya SM, DR Dangol and A Shrivastava. 1995. Exploration of underexploited vegetables of Chitwan district, Nepal. Research Report, NEMP/IUCN and NAHSON, Chitwan Unit, Nepal, **pp**.93-115.

Shrestha D. 2013. Indigenous vegetables of Nepal for biodiversity and food security. International Journal of Biodiversity and Conservation **5**(3):98-108.

Shrestha K. 1983. Wild leafy and fruity vegetables consumed by the local inhabitants of Dharan. Journal of Natural History Museum **7**(1-4):35-42.

Shrestha K. 1987. Report on edible wild plants from Pokhara and northern region of Kathmandu, Nepal. Journal of Natural History Museum **11**:85–98.

Shrestha PM and S Dhillon. 2006. Diversity and traditional knowledge concerning wild food species in a locally managed forest in Nepal. Agroforest Systems **66**:55-63.

Shrestha SS. 2001. The state of uncultivated foods in Nepal biodiversity and uncultivated food plants**. In**: Proceedings of the regional workshop on uncultivated foods and biodiversity (MM Johnston, eds). Kathmandu, Nepal, 24-26 September 2001, **pp**.33-39.

Singh SC. 1968. Some wild plants of food value in Nepal. J. Tribhuvan University **4**(2):50-56.

Siwakoti M, S Siwakoti and SK Verma. 1997. Ethnobotanical notes on wild edible plants used by Satars of Nepal. Journal of Tribhuvan University **20**(1):57-64.

Thapa LB, TM Dhakal and RN Chaudhary. 2014. Wild edible plants used by endangered and indigenous Raji tribe in Western Nepal. Int. J. Appl. Sci. Biotechnol. **2**(3):243-252.

Uprety Y, RC Poudel, KK Shrestha, S Rajbhandary, NN Tiwari, UB Shresthan and H Asselin. 2012. Diversity of use and local knowledge of wild edible plant resources in Nepal. Journal of Ethnobiology and Ethnomedicine **8**:16. **DOI**: http://dx.doi.org/10.1186/1746-4269-8-16.

**Annex** 1. List of wild edible plants of Nepal

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| 1. | | Caltha palustris L. | Ranunculaceae | Herb | Leaves | Veg |
| 2. | | Caragana brevispina Benth. | Leguminosae | Shrub | Flowers | Veg |
| 3. | | Clintonia udensis Trautv. & C.A.Mey. | Liliaceae | Herb | Leaves | Veg |
| 4. | | Crotalaria tetragona Andrews | Leguminosae | Herb | Fruits, Seeds | Veg |
| 5. | | Deeringia amaranthaoides (Lam.) Merr. | Amaranthaceae | Herb | Leaves, Seeds | Veg |
| 6. | | Elatostema sessile J.R.Forst. & G.Forst. | Urticaceae | Herb | Seeds /Stems | Veg |
| 7. | | Erysimum cuspidatum (M.Bieb.) DC (Syn. Erysimum hieracifolium Pall.) | Brassicaceae | Herb | Leaves, Seeds | Veg |
| 8. | | Impatiens bicornuta Wall. | Balsaminaceae | Herb | Shoots | Veg |
| 9. | | Oenanthe javanica (Blume) DC. | Apiaceae | Herb | Leaves | Veg |
| 10. | | Oreocnide frutescens (Thunb.) Miq. | Urticaceae | Herb | Seeds | Veg |
| 11. | | Osmunda claytoniana L. | Osmundaceae | Herb | Leaves | Veg |
| 12. | | Pilea symmeria Wedd. | Urticaceae | Herb | Leaves | Veg |
| 13. | | Pleurospermum angelicoides (Wall. ex DC.) Benth. ex C.B. Clarke | Apiaceae | Herb | Leaves | Veg |
| 14. | | Pleurospermum apiolens C.B. Clarke | Apiaceae | Herb | Leaves | Veg |
| 15. | | Polygonatum cirrhifolium (Wall.) Royle | Asparagaceae | Herb | Leaves | Veg |
| 16. | | Pouzolzia sanguinea (Blume) Merr. | Urticaceae | Herb | Leaves | Veg |
| 17. | | Pteridium aquilinum (L.) Kuhn | Dennstaedtiaceae | Herb | Shoots | Veg |
| 18. | | Remusatia pumila (D.Don) H.Li & A.Hay | Araceae | Herb | Leaves | Veg |
| 19. | | Sambucus adnata Wall. ex DC. | Adoxaceae | Shrub | Shoots | Veg |
| 20. | | Woodwardia biserrata C. Presl | Blechnaceae | Herb | Stems | Veg |
| 21. | Aanp/Aam (Th) | Mangifera indica L. | Anacardiaceae | Tree | Fruits (ripe, unripe) | Fru, Pic |
| 22. | Abhijalo | Drymaria cordata (L.) Willd. ex Schult. | Caryophyllaceae | Herb | Leaves | Veg |
| 23. | Ainjeru | Scurrula elata (Edgew.) Danser | Loranthaceae | Shrub | Fruits | Fru |
| 24. | Amala | Phyllanthus emblica L. (Syn. Emblica officinalis Gaertn.) | Phyllanthaceae | Tree | Fruits (unripe), young shoot | Fru, Pic, Veg |
| 25. | Ambakay | Syzygium kurzii (Duthie) N.P.Balakr. (Syn. Eugenia kurzii Duthie) | Myrtaceae | Tree | Fruits (pulp) | Fru |
| 26. | Amile ghans | Rumex acetosa L. | Polygonaceae | Herb | Leaves | Veg |
| 27. | Amilo tanki | Bauhinia malabarica Roxb. | Leguminosae | Tree | Flowers | Veg |
| 28. | Amora | Spondias pinnata (L. f.) Kurz (Syn. Spondias magnifera Willd.) | Anacardiaceae | Tree | Flowers | Fru, Pic, Spi, Veg |
| 29. | Ander | Ricinus communis L. | Euphorbiaceae | Tree | Flowers | Veg |
| 30. | Angeri | Melastoma malabathricum L. | Melastomataceae | Shrub | Fruits | Fru |
| 31. | Archal | Antidesma acidum Retz. | Phyllanthaceae | Tree | Fruits (ripe) | Fru |
| 32. | Archal; Dakhi (Th) | Antidesma montanum Blume | Phyllanthaceae | Shrub | Leaves | Pic |
| 33. | Armale | Anagallis arvensis L. | Primulaceae | Herb | Leaves | Veg |
| 34. | Asarey | Viburnum erubescens Wall. | Adoxaceae | Tree | Fruits (ripe) | Fru |
| 35. | Asuro | Justicia adhatoda L. | Acanthaceae | Shrub | Leaves, Flowers, Fruits | Pic, Veg |
| 36. | Badahar | Artocarpus lacucha Buch.-Ham. (Syn. Artocarpus lakoocha Roxb.) | Moraceae | Tree | Fruits (raw) | Fru, Veg |
| 37. | Bagh mukhwa | Capparis spinosa L. | Capparaceae | Shrub | Fruits | Veg |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| | (Th) | | | | | |
| 38. | Baghnangre | Martynia annua L. | Pedaliaceae | Herb | Fruits | Fru |
| 39. | Bahabulaba | Lathyrus aphaca L. | Leguminosae | Herb | Leaves | Veg |
| 40. | Bakle | Ardisia solanacea Roxb. | Primulaceae | Shrub | Fruits (ripe) | Fru |
| 41. | Baluni sag; Jaskali (Th) | Polygonum plebeium R. Br. | Polygonaceae | Herb | Leaves | Veg |
| 42. | Ban champa | Spermadictyon suaveolens Roxb. | Rubiaceae | Shrub | Shoots | Veg |
| 43. | Ban chichinda | Trichosanthes cucumerina L. | Cucurbitaceae | Herb | Fruits | Veg |
| 44. | Ban haledo | Curcuma aromatica Salisb. | Zingiberaceae | Herb | Powder of rhizome | Spi |
| 45. | Ban kane, Kane sag, Kane jhar; Kane bon (Da), Kaunak sag (Th) | Commellina benghalensis L. | Commelinaceae | Herb | Young vegetative parts, Young leaves | Veg |
| 46. | Ban karaili (Th) | Momordica charatia L. | Cucurbitaceae | Herb | Fruits | Veg |
| 47. | Ban karela | Momordica dioica Roxb. ex Willd. | Cucurbitaceae | Climber | Fruits | Veg |
| 48. | Ban karela; Titambi (Th) | Diplocyclos palmatus (L.) C. Jeffery | Cucurbitaceae | Climber | Fruits, Flowers | Veg |
| 49. | Ban kurilo | Asparagus filicinus Buch.-Ham. ex D.Don | Asparagaceae | Herb | Shoots | Veg |
| 50. | Ban lasun | Lilium nepalense D.Don | Liliaceae | Herb | Leaves | Veg |
| 51. | Ban lunde | Amaranthus spinosus L. | Amaranthaceae | Herb | Leaves, tender shoot | Veg |
| 52. | Ban mungi | Vigna mungo (L.) Hepper (Syn. Phaseolus mungo L.) | Leguminosae | Herb | Seeds | Pic |
| 53. | Ban nalu | Abelmoschus manihot (L.) Medik. | Malvaceae | Herb | Fruits | Veg |
| 54. | Ban nigalo | Thamnocalamus spathiflorus (Trin.) Munro (Syn. Thamnocalamus aristatus Gamble) E.G.Campus) | Poaceae | Bamboo | Shoots | Veg |
| 55. | Ban phanda kanda, Kaligedi | Lantana camara L. | Verbenaceae | Shrub | Fruits | Fru |
| 56. | Ban phaper | Fagopyrum acutatum (Lehm.) Mansf. ex K.Hammer. (Syn. Fagopyrum dibotrys (D.Don) H.Hara) | Polygonaceae | Herb | Leaves | Veg |
| 57. | Ban pipla; Pipar (Th) | Piper longum L. | Piperacae | Climber | Fruits | Spi |
| 58. | Ban pire | Polygonum microcephalum D. Don. (Syn. Persicaria microcephala (D. Don) H. Gross) | Polygonaceae | Herb | Leaves | Veg |
| 59. | Ban pyaj | Chlorophytum nepalense (Lindl.) Baker | Asparagaceae | Herb | Leaves | Veg |
| 60. | Ban sanai | Crotalaria spectabillis Roth | Leguminosae | Herb | Flowers | Veg |
| 61. | Ban tarul | Dioscorea hamiltonii Hook.f. | Dioscoreaceae | Climber | Tuber and root | Boi |
| 62. | Ban timilo, Bedulo | Ficus sarmentosa Buch.-Ham. ex Sm. (Syn. Ficus foveolata (Wall. ex Miq.) Miq. | Moraceae | Tree | Ripe figs | Fru |
| 63. | Bankera | Ensete glaucum (Roxb.) Cheesman | Musaceae | Shrub | Young fruits | Veg |
| 64. | Bankera | Musa balbisiana Colla | Musaceae | Herb | Fruits (green), Spathes | Pic, Veg |
| 65. | Bankera, Malvok kera | Musa x paradisiaca L. (Syn. Musa x sapientum L.) | Musaceae | Herb | Fruits (green), Spathes | Pic, Veg |
| 66. | Banko | Arisaema tortuosum (Wall.) Schott | Araceae | Herb | Root/tuber | Veg |
| 67. | Banneem; Boke januno/ (Th) | Murraya koenigii (L.) Spreng. | Rutaceae | Tree | Leaves, Fruits | Fru, Spi |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| 68. | Bans | Bambusa bambos (L.) Voss. (Syn. Bambusa arundinacea Willd.) | Poaceae | Tree | Young shoots | Veg |
| 69. | Bansimi/Bansem (Th) | Ceropegia pubescens Wall. | Asclepidiaceae | Climber | Young beans | Veg |
| 70. | Bantarul | Dioscorea bulbifera L. | Dioscoreaceae | Climber | Boiled bulbs, Root/tuber | Nec, Veg |
| 71. | Bar; Bargat (Th) | Ficus benghalensis L. | Moraceae | Tree | Fruits (ripe) | Fru |
| 72. | Barro | Terminalia bellirica (Gaertn.) Roxb. | Combretaceae | Tree | Roasted or unripe cotyledons | Fru, Roa |
| 73. | Bayar | Ziziphus jujuba Mill. (Syn. Ziziphus mauritiana Lam.) | Rhamnaceae | Shrub | Fruits (ripe) | Fru |
| 74. | Bedulo | Ficus palmata Forssk. | Moraceae | Tree | Fruits (ripe) | Fru |
| 75. | Bel | Aegle marmelos (L.) Corrêa | Rutaceae | Tree | Fruits (ripe) | Fru, Jui |
| 76. | Belauti; Amrut (Th) | Psidium guajava L. | Myrtaceae | Tree | Fruits (ripe) | Fru |
| 77. | Berulo | Ficus subincisa Buch.-Ham. ex Sm. | Moraceae | Tree | Fruits | Fru |
| 78. | Bethe; Bathuwa (Da) | Chenopodium album L. | Chenopodiaceae | Herb | Young twigs; Leaves | Pic, Veg |
| 79. | Betlauri; Larkaiya (Th) | Cheilocostus speciosus (J. König) C. Specht (Syn. Costus speciosus (Koenig.) Sm.) | Costaceae | Herb | Young shoots | Veg |
| 80. | Bhadrasey | Elaeocarpus sikkimensis Mast. | Elaeocarpaceae | Tree | Fruits (pulp) and seeds | Fru |
| 81. | Bhaise ainselu | Rubus barberi H.E.Weber (Syn. Rubus rugosus E. Barber) | Rosaceae | Shrub | | Fru |
| 82. | Bhaisi kanda | Rosa macrophylla Lindl. | Rosaceae | Shrub | Fruits | Fru |
| 83. | Bhakimlo | Rhus chinensis Wall. (Syn. Rhus semialata Murray) | Anacardiaceae | Tree | Fruits | Pic |
| 84. | Bhakmilo | Brucea javanica (L.) Merr. (Syn. Rhus javanica L.) | Anacardiaceae | Tree | Fruits | Fru |
| 85. | Bhalayo | Semecarpus anacardium L.f. | Anacardiaceae | Tree | Petals, Fruit (ripe) | Fru, Veg |
| 86. | Bhangray sisnu, Lekali sisnu | Girardinia diversifolia (Link) Friis | Urticaceae | Herb | Inflorescences and young leaves | Roa, Veg |
| 87. | Bhanthi | Clerodendrum infortunatum L. (Syn. Clerodendrum viscosum Vent.) | Lamiaceae | Herb | Leaves | Mar |
| 88. | Bharlo; Mahuraen (Th) | Bauhinia vahlii Wight & Arn. | Leguminosae | Climber | Roasted seeds | Roa, Veg, Fru |
| 89. | Bhemila hara (Th) | Spatholobus parviflorus (Roxb.) Kuntze | Leguminosae | Climber | Seeds (mature) | Oil |
| 90. | Bhirin sag | Medicago falcata L. | Leguminosae | Herb | Leaves | Veg |
| 91. | Bhogate | Maesa macrophylla Wall. | Primulaceae | Shrub | | Fru |
| 92. | Bhote palunge | Rumex vesicarius L. | Polygonaceae | Herb | Leaves | Veg |
| 93. | Bhringraj | Eclipta prostrata (L.) L. | Compositae | Herb | Leaves | Veg |
| 94. | Bhui aiselu | Fragaria nubicola (Lindl. ex Hook.f.) Lacaita | Rosaceae | Shrub | Fruits (berry) | Fru |
| 95. | Bhui kaphal | Duchesnea indica (Jacks.) Focke | Rosaceae | Herb | Fruits | Fru |
| 96. | Bhujetro | Butea buteiformis (Voigt) Mabb. (Syn. Butea buteiformis (Voigt) Grierson & D.G.Long) | Leguminosae | Shrub | Roasted seeds | Roa |
| 97. | Bhutkesh | Cortia depressa (D.Don) C.Norman | Apiaceae | Herb | Leaves | Veg |
| 98. | Boromi (Da) | Cucumis melo L. (Syn. Cucumis melo var. agrestis Naudin) | Cucurbitaceae | Herb | Fruits | Fru |
| 99. | Brameli dhaniya | Eryngium foetidum L. | Apiaceae | Herb | Leaves | Veg |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| 100. | Chakramandi | Senna tora (L.) Roxb. (Syn. Cassia tora L.) | Leguminosae | Herb | Leaves | Veg |
| 101. | Chamsure ghans | Cardamine scutata Thunb. | Brassicaceae | Herb | Leaves | Veg |
| 102. | Chandra kali | Ipomoea alba L. | Convolvulaceae | Herb | Flowers | Veg |
| 103. | Charchare lahara | Tetrastigma serrulatum (Roxb.) Planch. | Vitaceae | Climber | Fruits | Fru |
| 104. | Charemala | Rumex hastatus D. Don | Polygonaceae | Herb | Leaves | Veg |
| 105. | Charhenti (Th) | Solanum surattense Burm. f. | Solanaceae | Herb | Fruits (unripe) | Veg |
| 106. | Chariamilo | Oxalis corniculata L. | Oxalidaceae | Herb | Vegetative parts; Leaves | Pic, Veg |
| 107. | Chathil (Th) | Edgaria darjeelingensis C.B.Clarke | Cucurbitaceae | Climber | Fruits | Veg |
| 108. | Chhuka | Hibiscus sabdariffa L. | Malvaceae | Shrub | Leaves, Fruits | Veg |
| 109. | Chimphing | Heracleum wallichii DC. | Apiaceae | Herb | Inflorescences and seeds | Pic |
| 110. | Chinde | Aralia leschenaultii (DC.) J.Wen (Syn. Pentapanax leschenaultia (DC.) Seem.) | Araliaceae | Tree | Tender leaves | Veg |
| 111. | Chiniya | Macropanax dispermus (Blume) Kuntze | Araliaceae | Tree | Shoots | Veg |
| 112. | Chiuri | Diploknema butyracea (Roxb.) H.J.Lam (Syn. Bassia butyracea Roxb.) | Sapotaceae | Tree | Fruits (pulp), seeds; Flowers (n), Fruits (ripe) | Fru, Jui, Nec |
| 113. | Choya bans | Bambusa nepalensis Stapleton | Poaceae | Tree | Young shoots | Veg |
| 114. | Chuchche aanp | Mangifera sylvatica Roxb. | Anacardiaceae | Tree | Fruits (ripe) | Pic |
| 115. | Chutro | Berberis aristata Roxb. ex DC. | Berberidaceae | Shrub | Fruits | Fru |
| 116. | Chutro | Berberis asiatica Roxb. ex DC. | Berberidaceae | Shrub | Fruits | Fru |
| 117. | Chuwa | Phlogacanthus thyrsiformis (Roxb. ex Hardw.) Mabb. | Acanthaceae | Herb | Leaf, flowers | Pic, Veg |
| 118. | Dabdabe | Lannea coromandelica (Houtt.) Merr. | Anacardiaceae | Tree | Fruits | Fru |
| 119. | Dahidhula (=Dhuliphula) | Callicarpa macrophylla Vahl | Lamiaceae | Shrub | Fruits | Fru |
| 120. | Damaru | Maclura cochinchinensis (Lour.) Corner | Moraceae | Shrub | Fruits | Fru |
| 121. | Dammarai | Ardisia macrocarpa Wall. | Primulaceae | Shrub | Fruits (ripe) | Fru |
| 122. | Danthe, Niuro; Kochiya (Th) | Dryopteris cochleata (D. Don) C. Chr. | Dryopteridaceae | Herb | Tender leaves | Pic, Veg |
| 123. | Dapher (Th) | Grewia sclerophylla Roxb. ex G.Don | Malvaceae | Shrub | Fruits | Fru |
| 124. | Dawanra | Ziziphus rugosa Lam. | Rhamnaceae | Tree | Fruits | Fru |
| 125. | Dhalnae katoos | Castanopsis indica (Roxb. ex Lindl.) A.DC. | Fagaceae | Tree | Fruits (nut) | Fru, Roa |
| 126. | Dhangera, Dhayaro; Dhawatha (Th) | Woodfordia fruticosa (L.) Kurz. | Lythraceae | Shrub | Nector | Nec |
| 127. | Dhasingari | Gaultheria fragrantissima Wall. | Ericaceae | Shrub | Fruits | Fru |
| 128. | Dhokaya | Arisaema utile Hook.f. ex Engl. | Araceae | Herb | Shoots | Veg |
| 129. | Dhungre jhar | Ranunculus sceleratus L. | Ranunculaceae | Herb | Leaves | Pic, Veg |
| 130. | Dudhe ghans | Euphorbia hirta L. | Euphorbiaceae | Herb | Leaves | Veg |
| 131. | Dudhe jhar | Launaea asplenifolia (Willd.) Hook.f. | Compositae | Herb | Leaves | Veg |
| 132. | Dudhi kanda | Sonchus oleraceus (L.) L. | Compositae | Herb | Leaves | Veg |
| 133. | Dundu | Allium wallichii Kunth | Amaryllidaceae | Herb | Leaves | Veg |
| 134. | Farsa; Bhumbhur fursa (Darai) | Grewia sapida Roxb. ex DC. (Syn. Grewia pumila Buch.-Ham. ex D.Don) | Malvaceae | Herb | Fruits | Fru |
| 135. | Fotangi (Da) | Physalis divaricata D. Don | Solanaceae | Herb | Fruits | Fru |
| 136. | Fotongi (Da) | Physalis minima L. | Solanaceae | Herb | Fruits | Veg |
| 137. | Gadapuraina | Trianthema portulacastrum L. | Aizoaceae | Herb | Shoots | Veg |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| 138. | Gai tihare | Inula cappa (Buch.-Ham. ex D.Don) DC. | Compositae | Shrub | Plant powder | Mar |
| 139. | Galen, Galeno | Leea macrophylla Roxb. ex Hornem. (Syn. Leea aspera Wall. ex G. Don) | Vitaceae | Shrub | Fruits (ripe) | Fru |
| 140. | Gane | Ageratum conyzoides (L.) L. | Compositae | Herb | Leaves | Veg |
| 141. | Gane | Houttuynia cordata Thunb. | Saururaceae | Herb | Shoots | Jam |
| 142. | Ganja, Bhang | Cannabis sativa L. | Cannabaceae | Shrub | Dried leaves & seeds are mixed on Laddu, Peda, and Sarbat | Pic, Fru |
| 143. | Gante | Gynocardia odorata R.Br. | Achariaceae | Tree | Seeds (ripe) | Oil |
| 144. | Gayo; Jhaijhuwa (Th) | Bridelia retusa (L.) A.Juss. | Phyllanthaceae | Tree | Fruits (ripe) | Fru |
| 145. | Ghangaru | Pyracantha crenulata (Roxb. ex D.Don) M.Roem. | Rosaceae | Shrub | Fruits | Fru |
| 146. | Ghar tarul | Dioscorea alata L. | Dioscoreaceae | Climber | Root/tuber | Veg |
| 147. | Ghodtaprile (Th) | Centella asiatica (L.) Urb. | Apiaceae | Herb | Leaves | Veg |
| 148. | Ghueya (Th) | Colocasia fallax Schott | Araceae | Herb | Leaves, Corms | Veg |
| 149. | Ghumauro kanda | Polygonum perfoliatumL. (Syn. Persicaria perfoliata (L.) H.Gross) | Polygonaceae | Climber | Leaves | Fru, Veg |
| 150. | Gidha | Dioscorea oppostifolia L. | Dioscoreaceae | Climber | Tuber | Boi, Spi |
| 151. | Githa, Githa tarul, Vyakur; Aruwa (Th) | Dioscorea deltoidea Wall. ex Griseb. | Dioscoreaceae | Climber | Root tuber, Fruits (ripe) | Boi, Fru, Veg |
| 152. | Githi | Boehmeria rugulosa Wedd. | Urticaceae | Herb | Bark paste /powder | Sel |
| 153. | Goada (Th) | Leea asiatica (L.) Ridsdale (Syn. Leea crispa L.) | Vitaceae | Herb | Fruit | Fru |
| 154. | Golkakri; Dudur (Th) | Zehneria japonica (Thunb.) H.Y. Liu (Syn. Zehneria indica (Lour.) Keraudren) | Cucurbitaceae | Climber | Fruits (ripe) | Fru |
| 155. | Golkankri | Coccinia grandis (L.) Voigt | Cucurbitaceae | Climber | Fruits (green) | Veg |
| 156. | Golkankri | Solena heterophylla Lour. | Cucurbitaceae | Herb | Fruits | Veg |
| 157. | Gorkhi; Bilauri thesa (Th) | Solena amplexicaulis (Lam.) Gandhi (Syn. Melothria heterophylla (Lour.) Cogn.) | Cucurbitaceae | Herb | Fruits | Fru |
| 158. | Gullar (Th) | Ficus racemosa L. | Moraceae | Tree | Fruits (ripe) | Fru |
| 159. | Guma | Leucas cephalotes (Roth) Spreng. | Lamiaceae | Herb | Leaves | Veg |
| 160. | Gurash; Laligurans | Rhododendron arboreum Sm. | Ericaceae | Tree | Flowers | Jam, Jui, Rak, Veg |
| 161. | Gurbe | Arisaema erubescens (Wall.) Schott | Araceae | Herb | Shoots, Corn | Veg |
| 162. | Hade bayer | Ziziphus incurva Roxb. | Rhamnaceae | Tree | Fruits | Fru |
| 163. | Halhale | Rumex nepalensis Spreng. | Polygonaceae | Herb | Young shoots and leaves | Veg |
| 164. | Harro | Terminalia chebula Retz. | Combretaceae | Tree | Fruits | Veg |
| 165. | Imili | Tamarindus indica L. | Leguminosae | Tree | Fruits (Fleshy fruit pulp) | Fru, Pic |
| 166. | Indrajau, Dudhkhiri | Holarrhena pubescens Wall. ex G.Don | Apocynaceae | Shrub | Leaves, flowers | Veg |
| 167. | Indreyni | Ceratosanthes palmata (L.) Urb. (Syn. Trichosanthes palmata L.) | Cucurbitaceae | Herb | Tender shoots | Veg |
| 168. | Isamgol | Nicandra physaloides (L.) Gaertn. | Solanaceae | Herb | Fruits | Fru |
| 169. | Isapgol | Plantago asiatica subsp. erosa (Wall.) Z.Yu Li (Syn. Plantago erosa Wall.) | Plantaginaceae | Herb | Leaves | Veg |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| 170. | Isapgol | Plantago lanceolata L. | Plantaginaceae | Herb | Leaf | Veg |
| 171. | Jalebi | Pithecellobium dulce (Roxb.) Benth. | Leguminosae | Shrub | Flowers | Veg |
| 172. | Jaluko | Botrychium lanuginosum Wall. ex Hook. & Grev. | Ophioglossaceae | Herb | Shoots | Veg |
| 173. | Jaluko | Remusatia vivipara (Roxb.) Schott | Araceae | Herb | Tender shoots | Veg |
| 174. | Jamanimandro | Mahonia nepaulensis DC. | Berberidaceae | Shrub | Fruits | Fru |
| 175. | Jamuna, Jamun; Jamuwa (Th) | Syzygium cumini (L.) Skeels (Syn. Syzygium jambolana Lam.) | Myrtaceae | Tree | Fruits (ripe) | Fru, Jam, Jel, Vin |
| 176. | Jangali anar | Punica granatum L. | Lythraceae | Tree | Fruits | Fru |
| 177. | Jangali bayar | Ziziphus nummularia (Burm. f.) Wight & Arn. | Rhamnaceae | Shrub | Fruits | Fru |
| 178. | Januaryai lahara | Lygodium japonicum (Thunb.) Sw. | Schizaeaceae | Climber | Leaves | Veg |
| 179. | Januarygali | Allium stracheyi Baker | Amaryllidaceae | Herb | Leaves | Veg |
| 180. | Jaringo sag | Phytolacca acinosa Roxb. | Phytolaccaceae | Herb | Leaves | Veg |
| 181. | Jethimadhu | Stellaria monosperma Buch.-Ham. ex D. Don | Caryophyllaceae | Herb | Leaves | Veg |
| 182. | Jharikath | Lindera nacusua (D. Don) Merr. (Syn. Lindera bifaria (Nees) Benth. ex Hook. f.) | Lauraceae | Tree | Fruits | Fru |
| 183. | Jhunkhuna jhangi (Th) | Crotalaria alata D. Don | Leguminosae | Herb | Plant powder | Mar |
| 184. | Jhuse til | Guizotia abyssinica (L.f.) Cass. | Compositae | Herb | Seeds | Veg |
| 185. | Jhyalicha swan (Ne) | Crotalaria pallida Aiton | Leguminosae | Herb | Flowers | Veg |
| 186. | Jibre sag | Ophioglossum nudicaule L.f. | Ophioglossaceae | Herb | Leaves | Veg |
| 187. | Jibre sag | Ophioglossum reticulatum L. | Ophioglossaceae | Herb | Leaves | Veg |
| 188. | Jibre sag | Ophioglossum vulgatum L. | Ophioglossaceae | Herb | Whole plant | Veg |
| 189. | Jiriyako mausi | Capsicum annuum L. | Solanaceae | Herb | Fruits | Spi |
| 190. | Jogi lahara | Cissus javana DC. | Vitaceae | Climber | Leaves | Pic |
| 191. | Junege lahara | Clematis acuminata L. | Ranunculaceae | Climber | Shoots | Veg |
| 192. | Junege lahara | Clematis buchananiana DC. | Ranunculaceae | Climber | Shoots | Veg |
| 193. | Jure kaphal | Eriobotrya dubia (Lindl.) Decne | Rosaceae | Tree | Fruits | Fru |
| 194. | Jure mayal | Stranvaesia nussia (Buch.-Ham. ex D.Don) Decne. (Syn. Stranvaesia glaucescens Lindl.) | Rosaceae | Shrub | Fruits | Fru |
| 195. | Kabro; Pakad (Th) | Ficus lacor Buch.-Ham. | Moraceae | Tree | Young buds, Leaf buds; leaves, ripe fruits | Veg |
| 196. | Kadam | Neolamarckia cadamba (Roxb.) Bosser (Syn. Anthocephalus cadamba (Roxb.) Miq.) | Rubiaceae | Tree | Seeds | Oil |
| 197. | Kadam | Neonauclea purpurea (Roxb.) Merr. | Rubiaceae | Tree | Fruits (ripe) | Fru |
| 198. | Kafal | Myrica esculenta Buch.-Ham. ex D. Don | Myricaceae | Tree | Fruits (ripe) | Fru |
| 199. | Kag bhalayo | Toxicodendron wallichii (Hook. f.) Kuntze (Syn. Rhus wallichii Hook.f.) | Anacardiaceae | Tree | Fruit pulp | Fru |
| 200. | Kale kath | Symplocos pyrifolia Wall. ex. G. Don | Symplocaceae | Tree | Fruits | Fru |
| 201. | Kali lahara | Natsiatum herpeticum Buch.-Ham. ex Arn. | Icacinaceae | Herb | Leaves | Veg |
| 202. | Kalmi sag | Ipomoea aquatica Forssk. | Convolvulaceae | Herb | Young shoots; Leaves | Veg |
| 203. | Kalo ainselu | Rubus niveus Thunb. (Syn. Rubus foliolosus D.Don) | Rosaceae | Shrub | Fruits | Jam, Fru |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| 204. | Kalo ainselu | Rubus paniculatus Sm. | Rosaceae | Shrub | | Fru |
| 205. | Kalo bethe; Pahade bathuwa (Da) | Chenopodium murale L. | Chenopodiaceae | Herb | Leaves; Seeds (fried) | Pic, Veg |
| 206. | Kalo bihi, Bihi, Kawai (Da), Bulbul (Th) | Solanum americanum Mill. (Syn. Solanum indicum L.) | Solanaceae | Herb | Tender parts, Leaves, Fruits (ripe) | Veg |
| 207. | Kalo neuro | Deparia boryana (Willd.) M. Kato | Athyriaceae | Herb | Leaves | Veg |
| 208. | Kalo neuro | Tectaria gemmifera (Fée) Alston. (Syn. Tectaria coadunata C. Chr.) | Dryopteridaceae | Herb | Young leaves | Veg |
| 209. | Kalo neuro | Tectaria macrodonta C.Chr. | Dryopteridaceae | Herb | Shoots | Veg |
| 210. | Kane sag | Commelina paludosa Blume | Commelinaceae | Herb | Root /tuber | Veg |
| 211. | Kantakari; Chhorhenta (Da) | Solanum aculeatissimum Jacq. | Solanaceae | Herb | Fruits (unripe) | Veg |
| 212. | Karaluwa (Th) | Capparis zeylanica L. | Capparaceae | Shrub | Young fruits | Veg |
| 213. | Karauji, Kanja (Th) | Caesalpinia decapetala (Roth) Alston | Leguminosae | Shrub | Fruits | Fru |
| 214. | Katahar | Artocarpus heterophyllus Lam. | Moraceae | Tree | Fruit (ripe/unripe) | Fru, Veg |
| 215. | Katahar | Artocarpus integer (Thunb.) Merr. (Syn. Artocarpus integrifolius L.f.) | Moraceae | Tree | Leaves | Mar |
| 216. | Katoos | Castanopsis hystrix Hook.f. & Thomson ex A. DC. | Fagaceae | Tree | Fruits (nut) | Roa |
| 217. | Kattabans | Phyllostachys edulis (Carrière) J.Houz. | Poaceae | Herb | Young shoots | Pic, Veg |
| 218. | Kaudena jhangi, Gadlak biro (Th) | Aerva lanata Juss. | Amaranthaceae | Herb | Plant | Mar |
| 219. | Kauso | Mucuna pruriens (L.) DC. | Leguminosae | Climber | Fruits | Fru, Veg |
| 220. | Khaki baku | Oenanthe linearis Wall. ex DC. | Apiaceae | Herb | Leaves | Veg |
| 221. | Khalluk, Tendu, Tendak (Th) | Diospyros malabarica (Desr.) Kostel. | Ebenaceae | Tree | Fruits, Leaves | Fru |
| 222. | Khamari | Gmelina arborea Roxb. | Lamiaceae | Tree | Flowers | Veg |
| 223. | Khanyu, Khaniya, Khaniyo; Khurhur (Th) | Ficus semicordata Buch.-Ham. ex Sm. (Syn. Ficus cunia Buch.-Ham. ex Roxb.) | Moraceae | Tree | Fruits (ripe) | Fru |
| 224. | Khasreto; Kothayo (Th) | Ficus hispida L.f. | Moraceae | Tree | Fruits | Veg |
| 225. | Khayar | Acacia catechu (L.f.) Willd. | Leguminosae | Tree | Bark, wood | Kat, Tea |
| 226. | Khesari (Th) | Lathyrus sativus L. | Leguminosae | Herb | Seeds | Pul |
| 227. | Khicha bhwatha (Ne) | Blumea lacera (Burm.f.) DC. | Compositae | Herb | Leaves | Veg |
| 228. | Khinraula | Polygonatum verticillatum (L.) All. | Asparagaceae | Herb | Leaves | Veg |
| 229. | Khole jhar | Lecanthus peduncularis (Wall. ex Royle) Wedd. | Urticaceae | Herb | Leaves | Veg |
| 230. | Khyamuna; Bhadreja muno,Tenuwa (Th); Badra (Da) | Syzygium nervosum A.Cunn. ex DC. (Syn. Cleistocalyx operculatus (Roxb.) Merr. & L.M.Perry, Syzygium operculatum (Roxb.) Nied.) | Myrtaceae | Tree | Fruits (ripe) | Fru |
| 231. | Kimbu | Morus australisPoir. | Moraceae | Tree | Fruits | Fru |
| 232. | Kimbu | Morus nigra L. | Moraceae | Tree | Fruits | Fru |
| 233. | Kimbu | Morus serrata Roxb. | Moraceae | Tree | Fruits | Fru |
| 234. | Kimmu, Kimbu | Morus indica L. | Moraceae | Tree | Berries | Fru, Jel, Jam, Rak |
| 235. | Kochaya | Cyclosorus auriculata (J. Sm.) C.M. Kuo (Syn. Thelypteris | Pteridaceae | Herb | Young shoots | Veg |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| | | auriculata (J. Sm.) K. Iwats | | | | |
| 236. | Koche (Th) | Thelypteris multilineata (Wall. ex Hook.) C.V.Morton | Thelypteridaceae | Herb | Shoots | Veg |
| 237. | Koiralo; Koilara (Th) | Bauhinia variegata L. | Leguminosae | Tree | Buds, flowers. Young tender shoots | Pic, Veg |
| 238. | Kongatahari (Th) | Malva parviflora L. | Malvaceae | Herb | Leaves | Veg |
| 239. | Kubhindo | Benincasahispida (Thunb.) Cogn | Cucurbitaceae | Climber | Fruits | Pic, Veg |
| 240. | Kukurdainy | Smilax zeylanica L. | Smilacaceae | Herb | Leaves, Shoots | Veg |
| 241. | Kukurdiano | Smilax aspera L. (Syn. Smilax rigida Sol. ex Sm.) | Smilacaceae | Climber | Shoots | Veg |
| 242. | Kukurdiano | Smilax ferox Wall. ex Kunth | Smilacaceae | Climber | Shoots | Veg |
| 243. | Kukurdiano | Smilax lanceifolia Roxb. | Smilacaceae | Climber | Shoots | Veg |
| 244. | Kukurdiano | Smilax perfoliata Lour. | Smilacaceae | Climber | Fruits | Veg |
| 245. | Kukurdiano; Hana (Th) | Smilax ovalifolia Roxb. ex D.Don | Smilacaceae | Climber | Tender shoots, leaves, Fruits (unripe) | Fru, Veg |
| 246. | Kurilo | Asparagus racemosus Willd. | Asparagaceae | Shrub | Young shoots, roots, boiled tuber | Boi, Sou, Pic, Veg |
| 247. | Kuro | Bidens biternata (Lour.) Merr. & Sherff | Compositae | Herb | Shoots | Veg |
| 248. | Kuro | Bidens pilosa L. | Compositae | Herb | Shoots | Veg |
| 249. | Kusum | Schleichera trijuga Willd. | Sapindaceae | Tree | Fruits | Fru |
| 250. | Kusum | Syzygium aromaticum (L.) Merr. & L.M. Perry | Myrtaceae | Tree | Fruits (pulp), aerial succulent parts | Fru |
| 251. | Kusum; Kosam (Th) | Schleichera oleosa (Lour.) Oken | Sapindaceae | Tree | Fruits (green) with yellow inside | Fru |
| 252. | Kuthurke | Pteris biaurita L. | Pteridaceae | Herb | Shoots | Veg |
| 253. | Kutilkosa | Vicia hirsuta (L.) Gray | Leguminosae | Herb | Fruits | Veg |
| 254. | Kutilkosa | Vicia sativa subsp. nigra (L.) Ehrh. (Syn. Vicia angustifolia L.) | Leguminosae | Herb | Fruits | Fru, Veg |
| 255. | Lapchephal | Machilus edulis King ex Hook.f. | Lauraceae | Tree | Fruits | Fru |
| 256. | Laphe sag | Malva verticillata L. | Malvaceae | Herb | Leaves | Veg |
| 257. | Lapsi | Choerospondias axillaris (Roxb.) B.L.Burtt & A.W.Hill | Anacardiaceae | Tree | Fruits (Semi-ripe) | Jam, Fru |
| 258. | Lata kasturi | Abelmoschus moschatus Medik. | Malvaceae | Herb | Fruits | Veg |
| 259. | Lata pate | Peperomia pellucida (L.) Kunth | Piperacae | Herb | Leaves | Veg |
| 260. | Lato ghans | Acmella calva (DC.) R.K.Jansen | Compositae | Herb | Flowers | Veg |
| 261. | Latte sag | Amaranthus caudatus L. | Amaranthaceae | Herb | Leaves | Veg |
| 262. | Leruwi jhangi (Th) | Platostoma hispidum (L.) A.J.Paton (Syn. Acrocephalus capitatus (Roth) Benth.) | Lamiaceae | Herb | Whole plants | Veg |
| 263. | Lise | Ilex hookeri King | Aquifoliaceae | Tree | Fruits (ripe) | Fru |
| 264. | Lude sag | Amaranthus blitum subsp. oleraceus (L.) Costea (Syn. Amaranthus lividus L.) | Amaranthaceae | Herb | Leaves | Veg |
| 265. | Lude sag | Amaranthus viridis L. | Amaranthaceae | Herb | Leaves, tender shoot | Veg |
| 266. | Mael | Docynia indica (Wall.) Decne. | Rosaceae | Tree | Fruits | Fru, Jam, Pic |
| 267. | Magarkachey | Begonia longifolia Blume (Syn. Begonia inflata C.B.Clarke) | Bignoniaceae | Herb | Shoots, Leaves | Jam, Pic |
| 268. | Mahuwa | Bassia eriophora (Schrad.) Asch. (Syn. Bassia latifolia (Fresen.) Asch. & Schweinf.) | Sapotaceae | Tree | Flowers | Veg |
| 269. | Mahuwa | Madhuca longifolia (J.Konig ex L.) J.F. Macbr. | Sapotaceae | Tree | Flowers, Fruits | Che, Fru, Veg |
| 270. | Maidal; Pidar, | Tamilnadia uliginosa (Retz.) | Rubiaceae | Tree | Fruits | Veg |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| | Pedar (Th) | Tirveng. & Sastre (Syn. Xeromphis uliginosa (Retz.) Maheshw.) | | | | |
| 271. | Main kanda; Mainphal; Mainato; Maidalo; Main (Th) | Catunaregam spinosa (Thunb.) Tirveng. (Syn. Xeromphis spinosa (Thunb.) Keay) | Rubiaceae | Shrub | Young Fruits, Flowers | Pic, Veg |
| 272. | Malingo | Yushania maling (Gamble) R.B.Majumdar & Karthik. (Syn. Arundinaria maling Gamble) | Poaceae | Herb | Young shoots | Pic, Veg |
| 273. | Malo | Viburnum mullaha Buch.-Ham. ex D. Don | Adoxaceae | Shrub | Fruits | Fru |
| 274. | Marehathi (Darai) | Acmella uliginosa (Sw.) Cass. (Syn. Spilanthes uliginosa Sw.) | Compositae | Herb | Flowers; Fruits | Spi |
| 275. | Masino kanike | Viburnum cylindricum Buch.-Ham. ex D. Don. (Syn. Viburnum coriaceum Blume) | Adoxaceae | Shrub | Fruits | Fru |
| 276. | Masino neuro | Diplazium esculentum (Retz.) Sw. | Athyriaceae | Herb | Leaves | Veg |
| 277. | Masino sakhino | Indigofera hebepetala Baker | Leguminosae | Shrub | Fruits | Veg |
| 278. | Mayur kutea | Tectaria zeylanica (Houtt.) Sledge | Tectariaceae | Herb | Leaves | Veg |
| 279. | Mithe phaper | Fagopyrum esculentum Moench | Polygonaceae | Herb | Leaves | Veg |
| 280. | Mithe tarul | Dioscorea pentaphylla L. | Dioscoreaceae | Climber | Root/tuber | Veg |
| 281. | Muslendi (Th) | Morus alba L. | Moraceae | Tree | Fruits | Fru |
| 282. | Nakore | Ranunculus diffusus DC | Ranunculaceae | Herb | Leaves | Veg |
| 283. | Nakuri | Oenanthe stolonifera (Roxb.) DC. | Apiaceae | Herb | Young plants | Veg |
| 284. | Nalu (Ne); Phute jhangi (Da) | Corchorus aestuans L. (Syn. Corchorus acutangulus Lam.) | Malvaceae | Herb | Tender parts, Leaves | Veg |
| 285. | Narkat | Phragmites australis (Cav.) Trin. ex Steud. (Syn. Phragmites maxima Mabille) | Poaceae | Shrub | Shoots | Veg |
| 286. | Nebharo | Ficus hookeriana Corner | Moraceae | Tree | Fruits thalamus, receptacles | Fru |
| 287. | Nigalo | Drepanostachyum falcatum (Nees) Keng f. | Poaceae | Bamboo | Shoots | Veg |
| 288. | Nil danthe | Pilea umbrosa Blume | Urticaceae | Herb | Leaves | Veg |
| 289. | Nundhiki (Da) | Flueggea virosa (Roxb. ex Willd.) Royle (Syn. Phyllanthus glaucus Wall. ex Müll.Arg.) | Phyllanthaceae | Herb | Fruits | Fru |
| 290. | Nundhiki; Kicha nathi (Th) | Portulaca oleracea L. | Portulacaceae | Herb | Tender shoots | Veg |
| 291. | Odal | Sterculia vilosa Roxb. | Malvaceae | Tree | Fruits | Fru |
| 292. | Okhar | Juglans regia L. | Juglandaceae | Tree | Fruits (kernel) | Fru |
| 293. | Padamchal | Rheum australe D. Don | Polygonaceae | Herb | Leaves | Veg |
| 294. | Pahelo ainselu | Rubus ellipticus Sm. | Rosaceae | Shrub | Fruits | Jam, Fru |
| 295. | Pahelo jhar | Rorippa indica (L.) Hiern | Brassicaceae | Herb | Leaves | Veg |
| 296. | Painyu, Paiyon | Prunus cerasoides Buch.-Ham. ex D.Don | Rosaceae | Tree | Fruits (ripe) | Fru |
| 297. | Pakhri | Ficus glaberrima Blume | Moraceae | Tree | Fruits | Fru |
| 298. | Palki mausi (Th) | Rumex dentatus L. | Polygonaceae | Herb | Tender parts, Leaves | Veg |
| 299. | Panchphal | Dillenia indica L. | Dilleniaceae | Tree | Fruits | Veg |
| 300. | Pani amala | Nephrolepis cordifolia (L.) C. Prest | Nephrolepidaceae | Herb | Tuber and root | Fru |
| 301. | Pani dhaniya | Ceratopteros thalictroides (L.) Brongn. | Parkeriaceae | Herb | Whole plant | Veg |
| 302. | Parandi sag; | Lygodium flexuosum (L.) Sw. | Schizaeaceae | Climber | Young shoots, | Veg |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| | Parewapoti (Da) | | | | Leaves | |
| 303. | Parwar; Chathail (Th) | Trichosanthes dioica Roxb. | Cucurbitaceae | Climber | Fruits (unripe) | Veg |
| 304. | Pat | Typha angustifolia L. | Typhaceae | Herb | Young leaves; inner shoots | Veg |
| 305. | Pat | Typha latifolia L. | Typhaceae | Herb | Tender shoots | Veg |
| 306. | Pedar | Ceriscoides campanulata (Syn. Gardenia companulata Roxb.) | Rubiaceae | Shrub | Flowers | Veg |
| 307. | Phekray | Prinsepia utilis Royle | Rosaceae | Tree | Seeds | Oil |
| 308. | Phorsa; Phorshat (Th) | Grewia optiva J.R. Drumm. ex Burret | Malvaceae | Tree | Fruits | Fru |
| 309. | Phusre neuro | Polystichum squarrosum (D. Don) Fée | Dryopteridaceae | Herb | Shoots | Veg |
| 310. | Pindalu, Karkalo | Colocasia esculenta (L.) Schott. | Araceae | Herb | Root/Tuber, Young plants, corms | Veg |
| 311. | Pipal/Pipar (Th) | Ficus religiosa L. | Moraceae | Tree | Fruits (ripe) | Fru |
| 312. | Pirpiriya (Th) | Acmella ciliata (Kunth) Cass. (Syn. Spilanthes ciliata Kunth) | Compositae | Herb | Flowers | Pic, Veg |
| 313. | Piyari/Pyaruwa (Th) | Buchanania cochinchinensis (Lour.) M.R.Almeida (Syn. Buchanania latifolia Roxb.) | Anacardiaceae | Tree | Fruits | Fru, Rak |
| 314. | Poi sag | Basella alba L. (Syn. Basella rubra L.) | Basellaceae | Herb | Leaves | Veg |
| 315. | Preetbir | Sarcococca pruniformis Lindl. (Syn. Sarcococca coriacea Sweet) | Buxaceae | Shrub | Fruits | Fru |
| 316. | Priya ghans | Persicaria nepalensis (Meisn.) Miyabe | Polygonaceae | Herb | Leaves | Veg |
| 317. | Pudina | Mentha spicata L. | Lamiaceae | Herb | Leaves | Pic |
| 318. | Punarva | Boerhavia diffusa L. | Nyctaginaceae | Herb | Leaves | Veg |
| 319. | Pyauli | Reinwardtia indica Dumort. | Linaceae | Shrub | Young leaves | Veg |
| 320. | Rajbrikshya | Cassia fistula L. | Leguminosae | Tree | Fruits (young) | Fru, Veg |
| 321. | Raksya banko | Arisaema consanguineum Schott | Araceae | Herb | Shoots | Veg |
| 322. | Ramgua | Horsfieldia kingii (Hook.f.) Warb. | Myristicaceae | Tree | Fruits | Jam, Pic |
| 323. | Rangbhang | Caryota urens L. | Arecaceae | Tree | Inner core pith and terminal buds | Veg |
| 324. | Ratnaulo | Polygonum runcinatum Buch.-Ham. ex D. Don. (Syn. Persicaria runcinata (Buch.-Ham. ex D. Don) H. Gross) | Polygonaceae | Herb | Whole plant parts, Leaves | Veg |
| 325. | Rato ainselu | Rubus acuminatus Sm. | Rosaceae | Shrub | Fruits | Jam, Fru |
| 326. | Rato latte | Chenopodium ambrosioides L. | Chenopodiaceae | Herb | Leaves | Veg |
| 327. | Rittha | Sapindus detergens Roxb. | Sapindaceae | Tree | Fruits | Oil |
| 328. | Ryau ryau | Murdannia nudiflora (L.) Brenan | Commelinaceae | Herb | Young shoots | Veg |
| 329. | Sadhan; Panan (Th) | Desmodium oojeinense (Roxb.) H. Ohashi | Leguminosae | Tree | Flowers | Pic |
| 330. | Sahadeva; Gadlak biro (Th) | Vernonia cinerea (L.) Less. | Compositae | Herb | Whole plants | Mar |
| 331. | Sajana, Sajiwan, Sitalchini | Moringa oleifera Lam. | Moringaceae | Tree | Flowers, Fruits | Veg |
| 332. | Sakhino (Th), Bilhul (Da) | Indigofera cassioides DC. (Syn. Indigofera pulchella Roxb.) | Leguminosae | Shrub | Flowers, Fruits | Pic, Veg |
| 333. | Sakhino, Jhimiliya (Th) | Indigofera atropurpurea Hornem. | Leguminosae | Shrub | Flowers | Pic, Veg |
| 334. | Sal; Sakhuwa (Th) | Shorea robusta Gaertn. | Dipterocarpaceae | Tree | Seeds (boiled and roasted | Boi, Roa |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| | | | | | seeds) | |
| 335. | Sallo | Pinus roxburghii Sarg. | Pinaceae | Tree | Seeds | Roa |
| 336. | Sankatra | Citrus decumana L. | Rutaceae | Shrub | Fruits | Jam, Pic |
| 337. | Sano gangleto | Elatostema platyphyllum Wedd. | Urticaceae | Herb | Leaves | Veg |
| 338. | Sano kukurdaino | Disporum cantoniense (Lour.) Merr. | Colchicaceae | Herb | Leaves | Veg |
| 339. | Sano mayal | Pyrus pashia Buch.-Ham. ex D.Don(i) | Rosaceae | Tree | Fruits | Fru |
| 340. | Sano saro | Cautleya spicata (Sm.) Baker | Zingiberaceae | Herb | Stems | Veg |
| 341. | Saranchi sag | Alternanthera sessilis (L.) R.Br. ex DC. | Amaranthaceae | Herb | Leaves | Veg |
| 342. | Sarpako makai | Arisaema jacquemontii Blume | Araceae | Herb | Root/tuber | Veg |
| 343. | Satibayer | Rhus parvifloraRoxb. | Anacardiaceae | Shrub | Fruits | Fru |
| 344. | Saur | Betula cylindrostachys Wall. ex Diels | Betulaceae | Tree | Bark | Che |
| 345. | Sigan godai | Sagittaria sagittifolia L. | Alismataceae | Herb | Leaves, Rhizomes | Veg |
| 346. | Sikakai | Acacia rugata (Lam.) Fawc. & Rendle (Syn. Acacia rugata (Lam.) Voigt) | Leguminosae | Climber | Young shoots | Veg |
| 347. | Silam | Perilla frutescens (L.) Britton | Lamiaceae | Herb | Seeds. | Pic |
| 348. | Sim sag | Nasturtium officinale R. Br. | Brassicaceae | Herb | Leaves, whole plant | Veg |
| 349. | Sim sag | Rorripa nasturtium Scop. | Brassicaceae | Herb | Leaves | Veg |
| 350. | Simal | Bombax ceiba L. | Bombacaceae | Tree | Flowers, fruits, Seeds | Roa, Veg |
| 351. | Simal aru | Manihot esculenta Crantz (Syn. Manihot utilissima Pohl) | Euphorbiaceae | Shrub | Root tuber | Veg |
| 352. | Simi | Dolichos lablab L. | Leguminosae | Climber | Seeds | Pul, Veg |
| 353. | Singada | Trapa bispinosa Roxb. | Trapaceae | Herb | Nuts | Fru |
| 354. | Singato | Schisandra grandiflora (Wall.) Hook.f. & Thomson (Syn. Schisandra grandiflora Wall.) | Schisandraceae | Climber | Fruits | Fru |
| 355. | Sinkauli | Cinnamomum bejolghota (Buch.-Ham.) Sweet (Syn. Cinnamomum obtusifolium (Roxb.) Nees) | Lauraceae | Tree | Whole plants | Spi |
| 356. | Sipligan | Crateva religiosa G.Forst. | Capparaceae | Tree | Shoots | Veg |
| 357. | Sipligan | Crateva unilocularis Buch.-Ham. | Capparaceae | Tree | Young shoots, leaves, flowers | Veg |
| 358. | Sisnu | Urtica dioica L. | Urticaceae | Herb | Inflorescences and young leaves | Veg |
| 359. | Sisnu | Urtica parviflora Roxb. | Urticaceae | Herb | Inflorescences and young leaves | Veg |
| 360. | Siudi | Euphorbia royleana Boiss. | Euphorbiaceae | Shrub | Flowers | Veg |
| 361. | Suga phool | Piptanthus nepalensis (Hook.) D.Don | Leguminosae | Shrub | Flowers | Veg |
| 362. | Swibhama (Ne); Hulhule (Da) | Cleome viscosa L. | Capparaceae | Herb | Leaves; Seeds | Oil, Veg |
| 363. | Tama bans | Dendrocalamus hamiltonii Nees & Arn ex Munro | Poaceae | Bamboo | Young shoots | Pic, Veg |
| 364. | Tama bans | Dendrocalamus strictus (Roxb.) Nees | Poaceae | Bamboo | Shoots | Pic, Veg |
| 365. | Tanki | Bauhinia purpurea L. | Leguminosae | Tree | Shoots, Flowers | Veg |
| 366. | Tantari | Dillenia pentagyna Roxb. | Dilleniaceae | Tree | Young fruits | Fru, Pic, Veg |
| 367. | Tarika | Pandanus furcatus Roxb. (Syn. Pandanus nepalensis H.St.John) | Pandanaceae | Tree | Fruits | Pic |
| 368. | Tarul | Dioscorea esculenta (Lour.) | Dioscoreaceae | Climber | Root/tuber | Veg |

| SN | Local name | Species | Family | Habit | Part | Uses |
|---|---|---|---|---|---|---|
| | | Burkill | | | | |
| 369. | Tatelo | Oroxylum indicum (L.) Kurz | Bignoniaceae | Tree | Flowers, Fruits, Pods | Pic, Veg |
| 370. | Tejpat | Cinnamomum tamala (Buch.-Ham.) T.Nees & Eberm. | Lauraceae | Tree | Leaves | Spi |
| 371. | Thakal | Chamaerops humilis L. (Syn. Phoenix humilis Royle) | Arecaceae | Shrub | Fruits, tender leaves | Fru, Veg |
| 372. | Thakal | Cirsium wallichii DC. | Compositae | Herb | Shoots | Veg |
| 373. | Thakal | Phoenix acaulis Roxb. | Arecaceae | Tree | Fruits (Raw) | Fru, Veg |
| 374. | Thakal | Phoenix sylvestris (L.) Roxb. | Arecaceae | Tree | Soft piths | Fru |
| 375. | Thakal | Wallichia disticha T.Anderson | Arecaceae | Tree | Fruits and Pith | Fru, Veg |
| 376. | Thakal/Khajur (Th) | Phoenix loureiroi Kunth | Arecaceae | Tree | Pith of stem and ripe fruits | Fru, Veg |
| 377. | Thekiphal | Actinidia callosa Lindl. | Actinidiaceae | Tree | Fruits | Fru |
| 378. | Thokarak sag (Th) | Monochoria hastata (L.) Solms. | Pontederiaceae | Herb | Tender shoots, leaves | Veg |
| 379. | Thokarak sag (Th) | Sagittaria aginashii Makino (Syn. Sagittaria gyayanensis Kunth) | Alismataceae | Herb | Whole plants | Veg |
| 380. | Thotne | Polygonum molle D. Don (Syn. Aconogonum molle (D.Don) H. Hara) | Polygonaceae | Herb | Young shoots | Veg |
| 381. | Thulo bihi; Badaki bihidi (Th) | Solanum torvum Sw. | Solanaceae | Shrub | Fruits (fresh) | Pic, Veg |
| 382. | Thulo mayal | Pyrus pashia Buch.-Ham. ex D.Don (ii) | Rosaceae | Tree | Fruits | Fru |
| 383. | Timchu | Arisaema flavum (Forssk.) Schott | Araceae | Herb | Shoots | Veg |
| 384. | Timila | Ficus auriculata Lour. | Moraceae | Tree | Leaves | Veg |
| 385. | Timur | Zanthoxylum armatum DC. | Rutaceae | Shrub | Fruits | Fru, Pic, Spi |
| 386. | Tinko jhangi | Elephantopus scaber L. | Compositae | Herb | Plant shoot | Mar |
| 387. | Tite phaper | Fagopyrum tataricum (L.) Gaertn. | Polygonaceae | Herb | Leaves | Veg |
| 388. | Tite sag | Sonchus wightianus DC. | Compositae | Herb | Leaves | Veg |
| 389. | Tori gande | Blumeopsis flava (DC.) Gagnep. (Syn. Blumeopsis falcate (D. Don) Merr.) | Compositae | Herb | Plant | Mar |
| 390. | Tori ghans | Capsella bursa-pastoris (L.) Medik. | Brassicaceae | Herb | Leaves | Veg |
| 391. | Tori phool | Emilia sonchiholia (L.) DC. ex DC. | Compositae | Herb | Leaves | Veg |
| 392. | Tulsi | Ocimum sanctum L. | Lamiaceae | Herb | Leaves | Jui |
| 393. | Tyaguna | Dioscorea kamaoonensis Kunth. | Dioscoreaceae | Climber | Tuber, bulbil | Veg |
| 394. | Urakthewn (Th) | Pteris vittata L. | Pteridaceae | Herb | Shoots | Veg |

*Local names: Da=Darai, Ne= Newari, Th=Tharu. Use categories: Boi= Boiled seed, Fru=Fruit, Jui=juice, Kat= Katha, Jel= jelly, Mar= Marcha, Nec= nectar, Oil= cooking oil, Jam, Pic=pickle, Pul=pulse, Rak= raksi wine, Roa= roasted seed, Sou=soup, Spi=spice and condiments, Tea, Veg= vegetables; Vin= vinegar. Source: Aryal and Aryal 2010, Bajracharya 1980, Dangol 2002, 2010, Dangol and Gurung 2000, Dangol et al 2014, Ghimireya et al 2010, Joshi et al 2007, Pradhan 2006, Shrestha 2013, Uprety et al 2012.*



View publication stats