

# Food and Medicine

Schedule – IV  
List of plant or botanical ingredients

S. No	Botanical name and part used	Official and common names	Recommended use level per day
1.	<i>Asculus indica colebr./ A. hippocastanum</i>		
	Fruit /Kernel	Ban-khoda / Indian Horse Chestnut	3 – 5 g (as powder)
	Extract		300 – 500 mg
2.	<i>Abelmoschus moschatus / Hibiscus abelmoschus (syn)</i>		
	Seed	<i>Lata kasturi</i>	1-2 g
3.	<i>Abutilon indicum (L.) Sweet ssp. indicum /A. fruticosum</i>		
	Seed/Root	Atibala / kanghibala	3 – 4 g (as powder)
4.	<i>Acacia catechu</i>		
	Extract / heartwood	Khadir/ Katha/khair	1-3 g
5.	<i>Acacia leucophloea Willd/A. farnesiana (syn)</i>		
	Leaf	Arimed/Trimed	3-5 g
	Seed/Gum		2-3 g
6.	<i>Achyranthes aspera (L.)/ A. bidentata</i>		
	Seed/Plant	Apamarga / Chirchida	5-8 g (as powder)
7.	<i>Adhatoda zeylanica / A. vasaka</i>		
	Stem/ Leaf /Root/ Flower	Vasa / Adusa	5-10 g
8.	<i>Ajuga bracteosa</i> Wall.		
	Plant	Neel Kanthi	0.5 – 1 g
9.	<i>Alangium salvifolium (L.f.) Wang. ssp. salvifolium / A. lamarckii (syn)</i>		
	Fruit	Ankota	2-6 g (as powder)
10.	<i>Albizia lebbbeck (L.) Benth/A. procera/A. odoratissima</i>		
	Flower / Leaf/Gum	Shireesh / Siris	3-6 g (as powder)
	Seed	Siris	1-3 g (as powder)
11.	<i>Alpinia galanga</i>		
	Rhizome	Kulanjan	1-3 g (as powder)
12.	<i>Aloe barbadensis</i> Mill. / <i>A. Ferox</i> / <i>A. vera</i> / <i>A. indica</i>		
	Leaf	Kumari / Ghikvar / Ghrit kumari	5-10 g (as pulp)
	Dried pulp	Elua -mussabar / kanyasar	0.5 – 1 g
13.	<i>Althaea officinalis</i> Linn.		
	Flower/Root	Khatmi / Resha-khatmi	3-6 g (as powder)
14.	<i>Alternanthera sessilis (L.) R. Br. ex DC.</i>		
	Whole plant	Matsyakshi / Gudarisaaga	2-3 g (as powder)
15.	<i>Andrographis paniculata</i>		
	Whole plant	Kalmegh / Bhuunimba	1-3 g (as powder)
	Extract		125 - 250 mg
16.	<i>Angelica glauca</i> Edgew./ <i>A. archangelica</i> L. / <i>A. himalaica</i> Krishna. & Badhwar.		
	Root / Root stock	Chandeo / Choraka / Chora	2-4 g (as powder)
17.	<i>Argyreia speciosa</i> Sweet / <i>A. nervosa</i> (syn)		

	Root	Vridharuka / Bridhara	3-5 g
	Seed		1-2 g
18.	<i>Arnebia nobilis/A. benthamii</i>		
	Root	Ratanjot	2-4 g
19.	<i>Azadirachta indica</i> A. Juss.		
	Leaf	Nimba / Neem / Margosa tree	1-3 g (as powder) (Not recommended for males and females planning to conceive)
	Fruit	Neem	1-2 g (as pulp) (Not recommended for males and females planning to conceive) (Not recommended for children below 5 years)
	Flower		2-4 g (as powder)
20.	<i>Bacopa monnieri</i>		
	Whole plant	Brahmi	5-10 g (as fresh)
	Extract	Brahmi ghan	0.5 - 1 g
21.	<i>Bergenia linguts</i> Wall / <i>B.ciliatasyn.</i> / <i>Saxifraga lingulata</i> Wall.		
	Root/ Leaf	Pashanbhed / Pathar Chatta	10-20 g (for decoction) 3-6 g (as powder)
22.	<i>Blepharis edulis</i> Pers. / <i>B. linariaefolis</i>		
	Root	Uttangan/ Karmavidhi	5-10 g (for decoction)
	Seed		3-6 g
23.	<i>Boerhavia diffusa</i> L. (Now known as <i>B. repens</i> L. var. <i>diffusa</i> (L.) Hook.f.) / <i>B. Verticillata</i>		
	Aerial parts	Punarnava / Itsit	20-30 g (for decoction) 1-3 g (as powder)
	Root	Bishkhapra	10-15 g (for decoction) 1-3 g (as powder)
24.	<i>Bombax malabarica / Salmalia malabarica / B. ceiba</i> L.		
		Shalmali / Semal / Semal Musali	
	Flower		10-20 ml (as juice) 2-5 g (as powder)
	Gum/		1-3 g (as powder)
25.	<i>Boswellia serrata</i> Roxb.		
	Gum/Oleoresin/Extract	Shallaki / Kunduru / Salai guggal	1-3 g
26.	<i>Bixa orellana</i> Linn.		
	Seed	Sindhuri / Annato Plant	1-3 g
27.	<i>Caesalpinia bonducella</i> (L.) Flem. (No w known as <i>C. bonduc</i> (L.) Roxb. <i>C.crista</i> )		
	Leaf / Seed	Putikaranj / Karanjuva /	2-3 g

		Latakaranja	
28.	<i>Canscora decussata</i> (Roxb.) J.F. and J.H. Schult.		
	Leaf	Bangiya / Sankhapusphi	2-4 g (as powder)
29.	<i>Capparis decidua</i> (Forssk.) Edgew./ <i>C. aphylla</i> Edgew (syn)		
	Fruit	Kareer / Dela	10-20 g
30.	<i>Capparis seppiara</i> Linn. / <i>C. spinosa</i> Linn.		
	Root / Plant	Himsraa/ Kakadaani	5 – 10 g (as powder / for decoction)
31.	<i>Carthamus tinctorius</i> L.		
	Flower / Leaf / Seed	Kusumbh / Barre	2-4 g (as powder)
	Seed oil	Barre –tail	5-10 ml
32.	<i>Cassia absus</i> L.		
	Seed	Chakshushya / Chaksu	2-5 g
33.	<i>Cassia occidentalis</i> L.		
	Leaf	Kasmard / Kasoundi	5-10 g
	Seed / Fruit		1-3 g
34.	<i>Cassia tora</i> L. / <i>C. alata</i> L.		
	Leaf/Juice	Chakarmard / Chakwad	10-20 g/ml
	Seed		3-5 g (as powder)
35.	<i>Cassia fistula</i> Linn.		
	Fruit / Tender fruit	Aaragavadh / Amaltas	10-20 g (as pulp)
	Seed	Amaltas	2-5 g (as powder)
36.	<i>Cassia angustifolia</i> / <i>C. acutifolia</i> / <i>C. senna</i> L		
	Seed/Leaf	Swarnapatri / Sanay / Senna	0.5 – 2 g (as powder)
	Extract		125 – 250 mg
37.	<i>Cedrus deodar</i> Roxb.		
	Seed/Wood	Devdaru / Devdar	3-6 g (as powder)
	Oil		2-4 ml
38.	<i>Centella asiatica</i> (L.) Urban		
	Whole Plant	Mandukaparni / Brahmi	20-30 g (as fresh)
	Leaf	(Galpatri) / Manduki	3-5 g (as powder)
	Extract	Brahmi	0.5 – 1 g
39.	<i>Centratherum anthelminticum</i>		
	Fruit/Seed	Aranya jeerak/ Kali-jeeri / Van- jeeri	1 – 3 g
40.	<i>Cicca acida</i> (L.) Merrill		
	Fruit	Harfa rewadi	10-20 g
41.	<i>Cissampelos pareria</i> L. var. <i>hirsuta</i> (Buch. Ham. ex DC.) Forman.		
	Leaf / Whole Plant/ Root	Patha/ Padhi	3 – 6 g (as powder)
42.	<i>Cissus quadrangularis</i> L.		
	Tender shoots	Astisamhara / Hadjod	20-30 g (as fresh)
43.	<i>Clerodendron infortunatum</i>		
	Whole plant	Bhandiri / Bhaandi / Bhatechh	10 – 20 ml (as juice)
44.	<i>Clerodendrum phlomidis</i>		
	Whole plant	Arani / Laghuagnimandh	10-20 g (for decoction) 3-5 g (as powder)
45.	<i>Clerodendrum serratum</i>		
	Whole plant	Bharangi	3-6 g (as powder)

46.	<i>Clitoria ternatea</i> Linn.		
	Root/Seed	Girikarnika / Aparajita	1-3 g
	Leaf		2-5 g (as powder)
47.	<i>Coleus forskohlii</i> / <i>C. aromaticus</i> / <i>C. barbatus</i> (syn)		
	Root / Leaf / Whole plant	Gandiva / Pathachoor / Parn-yavani	3-5 g (as powder) ( Not recommended for children below 5 years)
48.	<i>Coleus vettiveroides</i> K.C. Jacob.		
	Stem / Leaf / Root	Hrivera / Baalatka	3-5 g (as powder)
49.	<i>Commelina bengalensis</i> L.		
	Whole plant	Karnsphota / karnmorata / Kausar	3-6 g
50.	<i>Convolvulus pluricaulis</i> / <i>Evolvus alsinoides</i>		
	Whole plant (with white or bluish flowers)	Shankh-pushpi / Vishnukranta	10-20 g (for decoction)
51.	<i>Coptis teeta</i> Wall. / <i>C. chinensis</i> syn		
	Whole plant	Mamira / Tiktamoola	1-3 g ( as powder)
52.	<i>Costus speciosus</i> / <i>C. koeniga</i> (syn)		
	Rhizome / Root	Kebuka / Kemuk	2-4 g (as powder) (Not recommended for children below 5 years)
53.	<i>Crataeva nurvala</i> Buch- ham / <i>C. megna</i> DC		
	Fruit/Leaf	Varun / Barana	10-20 g (for decoction)
54.	<i>Curculigo orchioides</i> Gaertn.		
	Tuber	Talmuli / Kalimushli	3-5 g
55.	<i>Curcuma angustifolia</i>		
	Root	Tavakasheer/ Tavkshir / Tikhur	2-5 g
56.	<i>Curcuma zedoaria</i> Roxb. (Now known as <i>C. aromatica</i> Salisb.)		
	Rhizome	Karchura / Kachur	1-3 g (as powder)
57.	<i>Cynodon dactylon</i> (L.) Pers.		
	Leaf / Whole plant	Durva / Duba	3-5 g
58.	<i>Cyperus rotundus</i> L. / <i>C. seariosus</i> R. Br		
	Rhizome	Mushtaka / Nagarmotha / Bhadramushtaka	2-5 g
59.	<i>Desmodium gangeticum</i> / <i>D. latifolium</i>		
	Whole plant / Root	Shaalparnii / Sarvan	5-10 g (for decoction) 2-5 g (as powder)
60.	<i>Dillenia indica</i> L.		
	Fleshy fresh sepals / Bark / Leaf	Bhavya /Chalta	10-20 g (for decoction)
	Fruit		40-50 g (as fresh)
61.	<i>Dioscorea alata</i> L. / <i>D. deltoidea</i>		
	Tuber / Aerial bulbs	Kathalu / Shingali	10-20 g
	Extract		0.5-1 g
62.	<i>Dioscorea bulbifera</i> L.		
	Tuber /Aerial bulbs	Varahikand / Genthi / Taradi	20-30 g (as fresh) 5-10 g (as powder)

	Extract		0.5-1 g
63.	<i>Dioscorea esculenta</i> (Lour.) Burkill / <i>D. pentaphyla</i> L		
	Tuber	Madhvaluk / Suthani	5-10 g
64.	<i>Diospyros peregrina</i> Gurke (Now known as <i>D. malabarica</i> (Desr.) Kostel)		
	Ripe fruit	Tinduka / Tendu / Gab	20-30 g
	Unripe fruit	Gab	4-8 g (as powder)
	Leaf / Seed		3-5 g (as powder)
65.	<i>Echinochloa frumentacea</i> Link / <i>Panicum frumentacea</i> (syn)		
	Fruit	Sanwa / Shyamaka	30-50 g
66.	<i>Eclipta prostata</i> L. / <i>E. alba</i> (syn)		
	Whole plant	Bhringaraj/ Bhangra	3-6 g (as powder)
67.	<i>Elsholtzia cristata</i> Willd. / <i>E. ciliate</i> (syn)		
	Leaf	Ajogandha	5-10 ml (as juice)
	Seed		2-3 g
68.	<i>Embelia ribes</i> Burm. f.		
	Fruit	Vidanga / Vai-vidanga / Bhabhiranga	1-2 g (Not recommended for females planning to conceive)
69.	<i>Embelia tsjeriam</i> -cotton A.DC / <i>E. robusta</i> (syn)		
	Fruit	Vidanga (bhed) / Bai-vidang (bhed)	5-10 g (as powder)
70.	<i>Euphorbia hidra</i> Linn. / <i>E. thymifolis</i> Linn.		
	Whole plant	Dugdika / Dudhi	3-5 g (as powder)
71.	<i>Euphorbia neriifolia</i> / <i>E. pilosa</i> / <i>E. royalana</i> / <i>E. dracunculoides</i>		
	Stem (tender) after boiling	Snuhi / Thuhar / Sehund	10-20 g (as fresh)
	Leaf		3-5 g (as fresh) (Not recommended for children below 5 years and pregnant women)
72.	<i>Ficus benghalensis</i> L.		
	Fruit	Vatt / Nyagrodha / Baragad	40-50 g
	Shoot / Aerial root		5-10 g (for decoction) 2-5 g (as powder)
73.	<i>Flacourtia ramontchi</i> L' Herit (Now known as <i>F. indica</i> (Burm.f.) Merr.) / <i>F. jangomas</i> (Lour.) Raeusch		
	Fruit	Vikantaka / Katai / Kanghu / Surva vruksha	5-10 g
74.	<i>Fumaria vaillantii</i> (Lois.) Hook. f. and Thoms. var. <i>indica</i> Haussk. (Now known as <i>F. indica</i> (Haussk.) Pugsley) / <i>F. parviflora</i> (syn)		
	Whole plant	Parpat / Pittapapda	1-3 g (as powder)
75.	<i>Gardenia gummifera</i> Linn. F		
	Gum	Naadihingu / Dikkamaali	250 - 500 mg
76.	<i>Gardenia turgida</i> Roxb. (Now known as <i>Ceriscoides turgida</i> (Roxb.) Tirveng.)		
	Gum	Kharahara /	1-3 g (as powder)

		Mahapindi / Kharahatta	
77.	<i>Gentiana kurroo</i> Royle.		
	Rhizome / Root	Trayamana / Trayanta	1 – 3 g
78.	<i>Gisekia pharnaceoides</i> L.		
	Leaf	Elavallukavari / Baluka Saga	5-10 g
79.	<i>Gmelina arborea</i> Roxb. / <i>Premna arborea</i> Roth (syn)		
	Fruit	Gambhari / Gamhari / Kaashmari	20-30 g
	Stem / Leaf		3 – 5 g (as powder)
80.	<i>Gmelina asiatica</i> L.		
	Fruit	Gopabhadra, Badhara	20-30 g
	Stem / Leaf		1 – 3 g ( as powder)
81.	<i>Grewia hirsuta</i> Vahl		
	Root / Stem	Nagabala / Gulsakari	5-10 g (as powder)
	Fruit		3- 5 g
82.	<i>Grewia populifolia</i> Vahl (Now known as <i>G. tenax</i> (Forssk.) Fiori)		
	Fruit/Leaf	Gangeru / Gangeran	5-10 g (as powder)
83.	<i>Grewia tiliaefolia</i> Vahl / <i>G. sclerophylla</i> / <i>G. optiva</i>		
	Fruit/Leaf	Dhanvana / Dhamin	20-30 g
84.	<i>Gymnema sylvestre</i> B. Br.		
	Plant	Meshashrungi / Gudmar / Madhunashini	5-10 g (for decoction) 3-5 g (as powder)
	Extract	Gudmar	0.5-1 g
85.	<i>Gynandropsis gynandra</i> (L.) Briq. (Now known as <i>Cleome gynandra</i> L.) / <i>G. pentaphyla</i> DC		
	Seed	Ajagandha / Hurhur	1-3 g (as powder)
	Whole plant	Hurhur	10-20 ml (as juice)
86.	<i>Habenaria intermedia</i> / <i>H. acuminata</i> THW / <i>H. edgeworthi</i>		
	Root tuber / Rhizome	Vruddhi / Ridhi	3-5 g
87.	<i>Hedychium spicatum</i> Ham ex Smith / <i>H. album</i>		
	Rhizome	Shatti / Kapur-Kachari	3-5 g
88.	<i>Helicteres isora</i> Linn.		
	Pod (fruit) / Leaf	Avartani / Avartaki / Marodphali	3-6 g (as powder)
89.	<i>Heliotropium indicum</i> Linn.		
	Whole plant	Hastishundi / Vrishikaali	3-6 g (as powder)
90.	<i>Hemidesmus indicus</i> syn. <i>Periploca indicus</i> L.		
	Root / Stem	Anantmula	3-6 g
91.	<i>Hibiscus rosasinensis</i> L.		
	Flower	Japakusum/ Gudahal	1-3 g (as powder) (Not recommended during pregnancy)
92.	<i>Hibiscus sabdariffa</i> L.		
	Leaf	Abaasthaki/ Patawa	5-10 g (as powder)
	Seed	Patawa	1-3 g (as powder)
	Ripe calyx		5-10 g (as powder)
93.	<i>Hygrophila spinose</i> / <i>H. auriculata</i> syn. / <i>H. schull</i> (ham)		

	<i>Seed</i>	Kokilaksha/ Ikshura / Tal makhana	3 – 6 g
	<i>Whole plant</i>		1 – 3 g (as ash)
94.	<i>Hypericum perforatum</i>		
	Leaf / Whole plant	Basant	3-6 g
	Plant extract		0.5-1 g
95.	<i>Hyssopus officinalis</i> Linn.		
	Whole plant	Zuufea dayaa-kunji	3-5 g
96.	<i>Ipomoea aquatica</i> Forssk. / <i>I. raptans</i> por (syn)		
	Leaf	Kalambi / Kalamisaag	20-30 g
97.	<i>Ipomoea digitata</i> auct. non L. (Now known as <i>I. mauritiana</i> Jacq.)		
	Root/Tuber	Kasheer – vidhara /	3-6 g
	Seed	Vidarikand	1-2 g
98.	<i>Ipomia nil</i> Linn. / <i>Convolvulus nil</i> Linn. / <i>Convolvulus biobatus</i> (syn)		
	Seed	Shankhini / Krishanbeej / Kaaladana	3-5 g  (Not recommended in children below 5 years and pregnant women)
99.	<i>Juniperus communis</i>		
	Flower/Leaf	Hapusha / Hauber	2 – 6 g
100.	<i>Jusmin auriculata</i> Vahl. / <i>J. humile</i> Linn.		
	Leaf / Flower	Yuthika / Juhil / Swarn-yuthika (swarnjati)	3-5 g
101.	<i>Jusminofficinale</i> Linn. / <i>J. grandiflorum</i>		
	Leaf / Flower	Jaati / Chameli / Jasmin	3-5 g
102.	<i>Kaempferin galanga</i> Linn.		
	Rhizome	Sugandhvacha / Chandevmula	500mg – 1 g
103.	<i>Kigelia pinnata</i> Jaeg. DC .		
104.	Fruit	Balam kheera	20-30 g
	Stem		3-6 g
105.	<i>Lagenaria vulgaris</i> Ser. (Now known as <i>L. siceraria</i> (Mol.) Standl.)		
	Fresh fruit	Katutumbi / Tumbini	10-20 g
	Seed	Alabu	1-3 g (as powder)
106.	<i>Lagerstroemia indica</i> / <i>L. parviflora</i>		
	Leaf	Jarul	6 - 12 g (as powder )
	Extract	Frash/ Faransh	1-2 g
107.	<i>Lepidium sativum</i> L.		
	Seed	Chandershoola / Chansur / Halon / Garden cress	3-6 g (as powder) (Not recommended during pregnancy)
	Aerial parts	Chansur	30-50 g (as fresh)
108.	<i>Leptadenia reticulata</i> (Retz.)W. and A.		
	Leaf/ Aerial parts	Jeevanti/ Dodisaka/ Hemavati	20-30 g (as fresh)
	Root / Whole plant		5-10 g (for decoction) 3-5 g (as powder)
109.	<i>Leucas cephalotus</i> (Koenig ex Roth) Spreng./ <i>L. aspera</i>		

	Leaf	Drona pushpi / Guma	20-30 g (as fresh) 3-5 g (as powder)
110.	<i>Limonia acidissima</i> L.		
	Fruit	Kapittha / Kainth / Wood apple	20- 40 g (as fruit) 1-3 g
	Leaf/Bark extract		
111.	<i>Malva sylvestris</i> L. / <i>M. rotundifolia</i>		
	Fruit	Suvarchala / Khubharaji / Gulkhair	5-7 g (as powder)
	Leaf	Gulkhair	3-6 g (as powder)
112.	<i>Maranta arundinacea</i> L.		
	Rhizome	Kookaineer (Sidha)/ Ararota/ Arrow-root	10-30 g (as powder)
113.	<i>Marrubium vulgare</i> Linn.		
	Whole plant	Fasaasiyum	3-5 g (as powder)
114.	<i>Marsilea minuta</i> L.		
	Leaf / Whole plant	Sunishannak/ Chowpatia	10-20 g (as fresh) 2-4 g (as powder)
	Extract	Chowpatia	0.5-1 g
115.	<i>Mimosa pudica</i>		
	Whole plant/Seed	Lajjalu / Lajwanti	3-6 g
116.	<i>Mimusops elengi</i> L.		
	Pericarp	Bakula / Maulsiri	20-40 g
	Flower	Maulsiri	5-10 g
	Bark		3-5 g
117.	<i>Mimusops hexandra</i> Roxb. (Now known as <i>Manilkara hexandra</i> (Roxb.) Dub.)		
	Pericarp	Khirni	20-40 g
118.	<i>Momordica dioica</i> Roxb. ex Willd.		
	Root	Karkotaka / Khekhasa/ Karkoda	3-6 g (as powder)
	Fruit	Khekhasa	30-50 g
119.	<i>Monochoria vaginalis</i> (Burm.f.)Presl.		
	Rhizome	Indivara	3-6 g
120.	<i>Murraya koenigii</i> (L.) Spreng. / <i>M. exotica</i> Linn (Kamini)		
	Leaf / Fruit	Kaidarya /meetha neem/ Kadhipatta	5-10 g
121.	<i>Nymphaea alba</i> Linn/ <i>N. rubra</i> / <i>N. stellate</i>		
	Rhizome/ Seed	Kumud – utpala / Kamlini/ Nilofer /Shavet/ rakta / neel kamal	10-20 g
	Flower		3-6 g
122.	<i>Nyctanthes arbortristis</i> L.		
	Flower	Parijat / Shephaali/ Harshringara	1-2 g
	Leaf / Seed	Harshringara	1-3 g
123.	<i>Ocimum gratissimum</i> L.		
	Leaf / Seed	Vridha tulasi / Ram Tulasi	1-3 g (as powder)
	Extract		0.25-0.50 g
124.	<i>Ocimum sanctum</i> L. (Now known as <i>Ocimum tenuiflorum</i> L.)		
	Leaf	Tulasi / Surasa / vrinda	2-5 g
	Seed	Tulasi	1-2 g



	Extract		0.25-0.50 g
125.	<i>Onosma bracteatum</i>		
	Whole plant/Leaf	Gojihraa / Gaozabaan	5-10 g
126.	<i>Operculina turpethum / Ipomea turpethum (syn)</i>		
	Root/Seed	Trivrat / Nishoth	1-3 g (Not recommended for children below 5 years)
127.	<i>Ophiocordyceps sinensis / O. indica</i> D.Don		
	Whole plant	Keetjaadi	20-60 mg
128.	<i>Opuntia vulgaris / O. dillenii</i>		
	Ripe fruit	Nagphani / Chhiter thohar	10-20 g (as fresh)
129.	<i>Orchis latifolia</i> L. (Now known as <i>Dactylorhiza hategeria</i> (D. Don) Soo)		
	Tuber	Mynjataka / Salampanja / Salam-mishu	3-5 g (as powder)
130.	<i>Origanum majorana</i> L. / <i>Majorana hortensis</i> (syn)		
	Leaf	Marubaka / Marnaa	5-10 drops (as juice)
131.	<i>Oroxylum indicum</i>		
	Bark/Seed	Shyonok / Sonapatha / Talvarphali / Tatapleng	5-10 g (for decoction) 3-5 g (as powder)
132.	<i>Oxalis corniculata</i> L.		
	Leaf	Changeri / Chukraa / Tinpatia	5-10 ml (as juice)
133.	<i>Paederia foetida</i> Linn.		
	Whole Plant	Prasarini / Gandh Prasarini	5-10 g (for decoction)
134.	<i>Panax pseudo ginseng</i> Wall / <i>P. quinquefolium</i> Linn. / <i>P. schinseg</i> Knees.		
	Root	Laxmana	1-3 g (as powder)
135.	<i>Pandanus odoratissimus</i> L.f. / <i>P. facicularis</i> Linn.		
	Oil	Kethaki / Koedaa/ Kewada	2-5 drops
	Flower		2-5 g
136.	<i>Panicum miliaceum</i> L. (Millet)		
	Seed	Chinast / Cheenaa	50-100 g
137.	<i>Parmelia perlata</i> (Huds) Ach.		
	Whole plant	Lichen / Shaileya / Shailpushp / Chhareela	3-5 g
138.	<i>Pedaliium murex</i> Linn.		
	Fruit	Brihat Gokshura Bada gokharu	5 – 10 g (for decoction) 3-5 g (as powder)
139.	<i>Peucedanum graveolens</i> (L.) Benth. and Hook.f		
	Seed	Shepu	1-3 g
140.	<i>Picorhiza kurroa</i> Royle Ex. Benth / <i>P. scrophularii</i> flora		

	Root	Katuk / Kutaki / Kulaki (Bheda)	1-3 g (as powder)
	Extract		125-250 mg
141.	<i>Piper chaba</i> Hunter (non Blume) (Now known as <i>P. retrofractum</i> Vahl)/ <i>P. officinarum</i>		
	Leaf	Chabya / Chabh / Chavika	1-3 g (as powder)
142.	<i>Piper cubeba</i> L.f.		
	Fruit	Kankola / Kabab chini	1-3 g (as powder)
143.	<i>Pistacia lentiscum</i> Linn.		
	Gum-Resin	Mastagi / Roomi-mastagi	2-3 g
144.	<i>Plumbago zeylanica</i> Linn. / <i>P. indica</i>		
	Root	Chitraka / Chitra-safed / Lal-pushp	1-2 g (as powder) after purification  (Not recommended for children below 5 years and pregnant women)
145.	<i>Pongania pinnorta</i> Pierre. / <i>P. glabra</i> syn		
	Seed/Fruit	Karanj	1-3 g (as powder)
	Leaf/ Stem		3-5 g
	Oil		1-2ml
146.	<i>Polygonatum cirrhifolium</i> (Wall.) Royle		
	Rhizome	Meda	5-10 g
147.	<i>Polygonatum verticillatum</i> (L.) All.		
	Rhizome	Mahameda	5-10 g
148.	<i>Premna integrifolia</i> / <i>P. latifolia</i> / <i>P. tomentosa</i>		
	Whole plant / Leaf	Agnimanth	5-10 g (as powder)
149.	<i>Prosopis spicegera</i> Linn. / <i>P.cineriaria</i> Druce/ <i>P. stephanianna</i> (syn)		
	Pods	Shami / Khekjjadii	Pods 20-30 g ( as fresh)
	Leaf /Flower		3-6 g (as powder)
150.	<i>Pterocarpus marsupium</i> Roxb.		
	Heart wood	Asana / Vijaysar / Beejaka - beeja	5-10 g
	Extract		0.5-1 g
151.	<i>Pterocarpus santalinus</i> Linn.		
	Heart wood	Rakt Chandan/ Lal chandan	5-10 g
	Extract		
152.	<i>Pterospermum acerifolium</i> Willd.		
	Flower	Muchukund	3-6 g
153.	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.		
	Tuber	Vidaari / Patal Kohda / Bhumi-kushmand /	10-20 g

		Lasood	
154.	<i>Putranjiva roxburghii</i>		
	Leaf	Putrajivak / Jiya-pota	3-6 g (Not recommended for children below 5 years)
155.	<i>Ranunculus scleratus</i> Linn.		
	Whole plant	Kaandir / Jal dhaniya	1-3 g (as powder)
156.	<i>Reinwardtia indica</i>		
	Whole plant/Leaf Extract	Basanti	5-10 g (as powder) 0.5-1 g
157.	<i>Rheum emodi</i> Wall. ex Meissn. / <i>R. officinale</i>		
	Leaf Stem	Revand chini / Peatmuli	0.5-1 g 1 - 2 g
158.	<i>Roscoea procera</i> Wall.		
	Root tuber	Kakoli / Kandamula / Ksheerakakoli	5-10 g (as powder)
159.	<i>Rumex vesicarius</i> L. / <i>R. nepalensis</i> / <i>R. maritimus</i> / <i>R. acetosella</i>		
	Leaf	Ambat chukka / Chukra	10-20 g (Not recommended for children below 5 years)
160.	<i>Saccharum Munja</i> Roxb. / <i>S. spontaneum</i> Linn.		
	Root	Shara-munja / Kaasha	10-20 g (for decoction)  6-10 g (as powder)
161.	<i>Salacia chinensis</i> L. / <i>Salacia oblonga</i> Wall. ex Wight and Arn / <i>Salacia reticulata</i> Wight. / <i>S. roxburghii</i> / <i>S. macrosperma</i>		
	Fruit	Saptachakra / Saptrangi / Suvarnamula / Anakoranti ke mula	5-10 g (for decoction)
162.	<i>Salix alba</i> Linn./ <i>S. babylonica</i> / <i>S. capra</i> / <i>S. frag.</i> Lis / <i>S. tetraspermi</i>		
	Leaf /	Jalavetas / vetas / Bed- Mushak	10-20 g (for decoction)  3-6 g (as powder)
163.	<i>Salvadora persica</i> / <i>S. oleoides</i>		
	Fruit/Leaf	Peelu / Bada pelu	5-10 g
164.	<i>Santalum album</i> L.		
	Oil	Chandan ka tail	3-5 drops
	Heart wood		1-2 g (as powder)
165.	<i>Scindapsus officinalis</i> (Schoft)		
	Stem	Gajapiplai/ Gaj pippali / Gaj krishna	3-5 g
166.	<i>Scirpus kysoor</i> Roxb. (Now known as <i>S. grossus</i> (L.f.) Palla) / <i>S. tuberosus</i> Desf.		
	Rhizome Tuber	Kasheruk / Kasheru /	20-50 g (as fresh)

		Rajkasheruka	
167.	<i>Selinum tenuifolium</i> / <i>S. vaginatum</i> / <i>S. Monnieri</i> Linn.		
	Rhizome / Root	Murra-Maangi / Bhuutakoshi	1-3 g
168.	<i>Sesbania grandiflora</i> (L.) Poir. / <i>S. susben</i> Linn.		
	Flower	Agasthya / Jayanti / Agathi / Jait	10-20 g (as fresh)
	Leaf	Agathi	10-20 g
169.	<i>Shoria robusta</i> Gaertn.		
	Raisin	Saala / Shaala	1-3 g
	Fruit		3-5 g (as powder)
	Oil		1-3 ml
170.	<i>Sida cordifolia</i> L. / <i>S. rhombifolis</i> Linn. / <i>S. acuta</i> / <i>S. spinose</i> / <i>S. veronica folia</i>		
	Whole plant	Balla / Mahaballa / Nagaballa / Rajaballa /	10-20 g (for decoction)
	Extract	Bariyara	1-2 g
	Seed	Bariyara	1-2 g
171.	<i>Sisimbrium rio</i> Linn. / <i>S. losetii</i> Linn.		
	Seed	Khuub Kalan	1-3 g
	Plant		3-6 g (as powder)
172.	<i>Solanum indicum</i> / <i>S. surattense</i> / <i>S. torvum</i> / <i>S. trilobatum</i> Linn.		
	Whole plant / Fruit	Bruhata / Kantkari-shavet	5-10 g (for decoction)
	Extract	Kateli	0.5-1 g
173.	<i>Solanum nigrum</i> L.		
	Whole Plant	Kakamachi / Chhoti Makoy / Mako	10-20 g
174.	<i>Sphaeranthus indicus</i>		
	Flower	Mundi / Mundika / Gorakmundi	5-10 g
175.	<i>Spondias mangifera</i> Willd. (Now known as <i>S. pinnata</i> (L.f.) Kurz.)		
	Fruit	Aamrataka / Ambada /	20-30 g
	Leaf / Bark	Kapitania	5-10 g (for decoction) 1-3 g (as powder)
176.	<i>Stephania glabra</i> Miers.		
	Aerial parts	Raaja paatha / Kitha-kanehar	1-3 g (as powder)
177.	<i>Strychnos potatorum</i> L.		
	Seed	Kataki / Nirmali	1-3 g (as powder)
178.	<i>Swertia chirayita</i> / <i>S. ciliata</i> / <i>S. angustifolia</i>		
	Whole plant	Kiratik / Cheretta /	3-5 g

		Bhuunimba / Chiraita	
	Extract	Chiraita	0.5-1 g
179.	<i>Tacca aspera</i> Roxb.		
	Tuber	Bhevara ke kand	20-30 g
180.	<i>Taraxacum officinale</i>		
	Leaf /Whole Plant	Dugdh - pheni / Dudhi / Dandelion	1-2g (as powder)
181.	<i>Tephrosia purpurea</i>		
	Whole plant	Sarponkha	5-10 g (for decoction) 3-5 g (as powder)
182.	<i>Teramnus labialis</i> (L.f.) Spreng.		
	Whole plant	Mashaparni	10-20 g (for decoction)
183.	<i>Terminalia arjuna</i> Roxb.		
	Leaf/Fruit	Arjun / Parth	1-5 g
	Extract	Arjun	0.5 -1 g
184.	<i>Terminalia bellerica</i> (Gaertn.) Roxb.		
	Fruit pericarp	Bibitaki Bahera	3-5 g
	Extract	Bahera	0.5-1 g
185.	<i>Terminalia catappa</i> L.		
	Kernel	Jungali badaama / Desi badama	10-20 g
186.	<i>Terminalia chebula</i> Retz.		
	Fruit pericarp	Haritaki / Harad / Shiva	3-5 g (as powder)
	Extract	Harar	0.5-1 g
187.	<i>Terminalia tomentosa</i> Wight. and Arn.		
	Stem/Leaf	Asana / Jarandrum / Asan	5-10 g (for decoction) 3-5 g (as powder)
188.	<i>Tetragonia expansa</i> / <i>T. tetragonoides</i> Pall.		
	Shoots / Seed / Root / Flower	Van-paalak	20-50 g (as fresh) 5-10 g (as powder)
189.	<i>Thespesia populnea</i> soland.		
	Aerial parts	Paarisha / kapitana / Paarish-pippala	10-20 g (for decoction) 3-6 g (as powder)
190.	<i>Thymus serpyllum</i> auct. non L. (Now known as <i>T. linearis</i> Benth.) / <i>T. vulgaris</i>		
	Leaf	Banya-ajwain / Ban ajwain	1-3 g (as powder)
191.	<i>Tilia cordata</i> Linn. / <i>T. Vulgaris</i>		
	Flower	Telia	2-5 g (as powder)
192.	<i>Trianthema portulacastrum</i> L.		
	Whole plant	Varsha vhun / Vishakhaparna	1-3 g

193.	<i>Tribulus terrestris</i> Linn.		
	Fruit/Whole plant	Gokhru / Gokshura	2-4 g (as powder) 5-10 g (for decoction)
194.	<i>Typhonium trilobatum</i> (L.) Schott.		
	Tuber	Karu karunai / Konchu	20-50 g
195.	<i>Tinospora cardifolia</i> Miers. (menispermaceae) syn. <i>T. glabra</i> (n. Burm) / <i>T. crispa</i> Linn.		
	Roots/Stem	Guduchi / Amrita-valli / Giloya / Giloy	5-10 g (as powder) 10-20 ml (for decoction) 0.5-1 g Max (as sattva)
	Extract		0.5-1 g
196.	<i>Trichosanthes bracteata</i> Lam. / <i>T. palmata</i> Roxb. (syn)		
	Root / Fruit	Inder Vaaruni / Vishaalaa	0.5-1 g (as powder)  (Not recommended for children below 5 years and pregnant women)
197.	<i>Urtica parviflora</i> / <i>U. dioica</i>		
	Tender Leaf	Vrishchhiya – shaakiar / Bicchubuti	10-20 g (for decoction)
198.	<i>Uraria picta</i> / <i>U. crinita</i> Desv / <i>U. pilifera</i> Linn.		
	Whole plant	Prishnaparni Pithvin	5-10 g (for decoction) 3-5 g (as powder)
199.	<i>Veronika officinalis</i> / <i>V. teres</i> Wall.		
	Whole plant / Leaf	Pamukha	0.25 – 1 g
200.	<i>Viola odorata</i> / <i>V. pilosa</i> / <i>V. sylvestris</i>		
	Whole plant	Banafsha /	3-5 g
	Flower	Vanksha	1-2 g
201.	<i>Vitex negundo</i> / <i>V. trifolia</i>		
	Fruit/Seed/Leaf	Nirgundi / Sambhaalu	1-3 g
202.	<i>Wedelia calendulacea</i> (L.) Less. (Now known as <i>W. chinensis</i> (Osbeck) Mer.)/ <i>W. biflora</i> DC.		
	Leaf	Peet-bhringraja/ Pila bhagra	5-10 g (for decoction) 1-3 g (as powder)
203.	<i>Withania coagulans</i> (Stocks) Dunal		
	Fruit	Desi – asgandh / Paneer doda	3-10 g
204.	<i>Withania somnifera</i> (L.) Dunal.		
	Root	Ashwagandha / Asgandh / Nagauri / asgandha	3-6 g (as powder)
205.	<i>Woodfordia fruticosa</i>		
	Flower	Dhataki pushp / Dhay ke phool	3-5 g

206.	<i>Wrightia tinctoria</i> / <i>W. tomentosa</i>		
	Leaf	Svet kutaj / Meetha kutaj / Inderyava	3- 5 g
	Seed		1-3 g
207.	<i>Zanthoxylum alatum</i> Roxb. (Now known as <i>Zanthoxylum armatum</i> DC.)		
	Seed	Timura / Tejovati / Tis-mira	1-3 g