

# Food

## 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>Abelmoschus esculentus</i> (L.) Moench.		
	Fruit/Root	Bhindi	5-10 g (as powder)
2.	<i>Acacia arabica</i> Willd. (Now known as <i>Acacia nilotica</i> (L.) Willd. ex Del. ssp. <i>indica</i> (Benth.) Brenan		
	Gum	Babbul	1-3 g
3.	<i>Aegle marmelos</i> (L.) Corr.		
	Unripe fruit pulp	Bilwa / Bael	5-10 g (as pulp)
	Ripe fruit pulp		30-50 g (as pulp)
	Leaf	Bael pather	3-6 g (as powder)
4.	<i>Allium cepa</i> L.		
	Bulb	Plandu / Pyaj	10-20 ml (as juice)
	Seed	Pyaj	1-3 g (as powder)
	Leaf		20-40 g (as fresh)
5.	<i>Allium sativum</i> L.		
	Bulb	Rason/ Lahsun	1-3 g (Not recommended during pregnancy)
	Leaf	Lahsun	10-20 g (as fresh)
6.	<i>Allium stracheyi</i> Bakerno		
	Whole plant	Farran	2-3 g
7.	<i>Alocasia indica</i> Spach (Now known as <i>A. macrorrhiza</i> (L.) G. Don)		
	Tuber	Mankand / Kasnalu	5-10 g
8.	<i>Amaranthus gangeticus</i> L. (Now known as <i>A. tricolor</i> L.) / <i>A. blitum</i> L.		
	Aerial parts	Maaraish / Lal marsa -sag / marsa	10-20 g (as fresh)
9.	<i>Amaranthus spinosus</i> L. / <i>A. paniculatus</i> L. ( <i>A. hybridus</i> L.)		
	Whole plant	Tanduliya / Chaulai Kateli / Jal Chaulai	20-30 g (as fresh)
10.	<i>Amomum subulatum</i> Roxb./ <i>A. aromaticum</i> Roxb.		
	Fruit	Sthula- elaa / Badi elaichi	1-3 g (as powder)
	Seed	Badi elaichi	1-2 g (as powder)
11.	<i>Amorphophallus campanulatus</i> (Roxb.) Blume ex Decne.		
	Corm	Suran / Jimikand	20-50 g (as fresh)
12.	<i>Anacardium occidentale</i> L.		
	Fruit kernel	Kaju / Cashew nut	10-20 g
13.	<i>Ananas comosus</i> (L.) Merr.		
	Fruit	Ananas / Pineapple	50-100 g (as fresh) 50-100 ml (as juice) (Not recommended during pregnancy)
14.	<i>Anethum sowa</i> Roxb. ex Flem. (Now known as <i>A. graveolens</i> L.)		
	Fruit	Shataahvaa / Shatapushpa/ Sowa / Indian dill seed	3-6 g (as powder)

	Leaf	Sowa	10-20 g (as fresh)
15.	<i>Annona squamosa</i> L (Sitaphal)/ <i>A. reticulata</i> (Ramphal)/ <i>A. muricata</i> (Laxmanphal)/ <i>A. cherimola</i> (Hanuman phal)		
	Fruit pulp	Shareefa	20-30 g
	Leaf		3-5 g (as powder) (Not recommended for children below 16 years)
16.	<i>Apium leptophyllum</i> (Pers.) Muell. / <i>A. graveolens</i> Linn.		
	Fruit	Ajamod / Ajmoda bhed / Celery	1-3 g (as powder)
17.	<i>Arachis hypogaea</i> L.		
	Seeds (kernel)	/ Mungphali / peanut / ground nut / sing dana	20-30 g
	Seed oil	Mungaphali tail	5-10 ml
18.	<i>Areca catechu</i> L.		
	Seed	Puga / Supari / Betel nut	1-2 g (as powder) only to be used after shodhana (purification) (Not recommended for children below 5 years)
19.	<i>Armoracia lapathifolia</i> Gilib / <i>A. rusticana</i> Gaertn. (syn)		
	Leaf	Horse radish	2-5 g
20.	<i>Artocarpus heterophyllus</i> Lam. (Jackfruit)		
	Ripe / unripe fruit	Katahal	20-50 g
	Seeds		5-10 g
21.	<i>Artocarpus lakoocha</i> Roxb.		
	Ripe fruit / Unripe fruit	Lakuch / Badhal	20-30 g
	Seed	Badhal / Dhehu	5-10 g
22.	<i>Asparagus adscendens</i> Roxb.		
	Tuberous root	Musali / Safed musali	3-6 g (as powder)
23.	<i>Asparagus officinalis</i> L.		
	Root	Shatavari bhed	3-6 g (as powder)
	Tender Shoots		20-50 g
24.	<i>Asparagus racemosus</i> Willd.		
	Tuberous root	Shatawar	3-6 g (as powder)
	Tender Shoots		20-50 g
25.	<i>Asparagus sarmentosus</i> Linn.		
	Tuberous root	Badi shatawar	3-6 g (as powder)
26.	<i>Astragalus gummifer</i> Labill.		
	Gum	Kateeva gond (gum)/ Tragacanth gum	3-5 g
27.	<i>Avena sativa</i> L.		
	Seed	Oat	10-30 g (as powder)
28.	<i>Averrhoa carambola</i> L.		
	Fruit	Karmarang / Kamarakh	10-20 g
29.	<i>Bambusa arundinacea</i> (Retz.) Willd. / <i>B. bambos</i> Linn. (syn)		
	Tender shoots (Young leaf)	Bansh	20-30 g (as fresh)
	Seed	Bansh chaval	20-30 g (as

			powder)
30.	<i>Basella alba</i> L.		
	Leaf	Poyi saag	20-30 g (as fresh)
31.	<i>Bauhinia variegata</i> L. / <i>B. purpurea</i> L. / <i>B. tomentosa</i> . Linn / <i>B. racemosa</i> / <i>B. malabarica</i> . Roxb.		
	Bark	Kachnar	1-3 g
	Flower / Buds	Kachnar / Kurvindar / Kovindar	10-20 ml (as juice)
	Extract		0.5 – 1 g
32.	<i>Benincasa hispida</i> (Thunb.) Cogn.		
	Fruit	Kushmanda / Petha / Bhatua	30-50 g (as fresh)
	Seed		5-10 g
33.	<i>Beta vulgaris</i> L.		
	Tuber	Palanki / Chukandar	10-20 ml (as juice)
34.	<i>Borassus flabellifer</i> L.		
	Dried inflorescence	Tarkul/Taad / Taadi	1-3 g (as powder)
	Seed pulp of unripe fruit		10-30 g
	Exudate of stem / sap		100-200 ml (as juice)
35.	<i>Brassica campestris</i> L. (Now known as <i>B. rapa</i> L. ssp. <i>campestris</i> (L.) Clapham)		
	Seed	Sarshap/	10-20 g (as paste)
	Seed oil	Sarson	10-20 ml
	Leaf		10-30 g (as fresh)
36.	<i>Brassica juncea</i> (L.) Czern./ <i>B. nigra</i> Linn.		
	Seed	Rajikaa / Rai / Raai	1-2 g
	Leaf	Rai	10-20 g (as fresh)
37.	<i>Brassica rapa</i> L.		
	Tuber	Shalgam /	20-40 g
	Leaf	Shaljam	20-30 g (as fresh)
38.	<i>Buchanania lanzan</i> Spreng.		
	Seed	Priyala / Chirounji	5-10 g (as powder)
39.	<i>Butea monosperma</i> Taub / <i>B. frondosa</i>		
	Seed	Palash / Dhark	1 – 3 g
	Gum		0.5-1.5 g
	Root/Bark		5-10 g (for decoction)
40.	<i>Cajanus cajan</i> (Linn.) Millsp.		
	Seed	Adaki / Arahar / Tuvar ki daal	20-30 g
41.	<i>Camellia sinensis</i>		
	Tea leaf	Chai patti	Upto 10 g per day dried or processed leaf as infusion
	Extract	Tea extract	1 – 2 g
	Tea catechins	Green tea catechins	0.3-1 g
42.	<i>Canavalia ensiformis</i> sensu Baker (Now known as <i>C. gladiata</i> (Jacq.) DC.)		
	Fresh pod	Sem	30-50 g
	Seed		5-10 g
43.	<i>Capsicum annum</i> L. var. <i>annuum</i>		
	Unripe fruit	Hari Mirch	1-5 g (Not recommended)

			for children below 5 years)
	Ripe fruit	Lal Mirch	0.5-1 g (as powder) (Not recommended for children below 5 years)
44.	<i>Capsicum frutescens</i> L.		
	Fruit	Simla mirch	30-50 g (as fresh)
45.	<i>Carica papaya</i> L.		
	Ripe fruit	Erand karkaki / Papita	50-100 g
	Unripe fruit	Papita	30 -50 g (Not recommended during pregnancy)
	Leaf/Juice		5 - 10 g/ml (for decoction) (Not recommended during pregnancy)
46.	<i>Carissa carandas</i> L. / <i>C. spinarum</i> L.		
	Fruit	Karmard / Karounda	10 - 20 g
	Bark	Garnaa	10-20 g (for decoction)
47.	<i>Carum carvi</i> L.		
	Fruit	Krishna jeerak/ Syaha /kala jeera	1-3 g (as powder)
48.	<i>Chenopodium album</i> L.		
	Whole plant/Leaf	Vasthuka/ Bathua	20-30 g (as fresh)
	Seed	Bathua	2-5 g
49.	<i>Chlorophytum borivillianum</i> / <i>C. arundinaceum</i> / <i>C. tuberosum</i>		
	Root	Musali safed / Musali	3 - 6 g (as powder)
50.	<i>Cicer arietinum</i> L.		
	Tender leaf	Chanak / Chana / Kalachana	30-50 g (as fresh)
	Seed	Chana / Kalachana	20-30 g
51.	<i>Cichorium endivia</i>		
	Seed/Root	Kasani/Chicory	5-10 g
52.	<i>Cinnamomum tamala</i> Nees/ Eberm. / <i>C. wightii</i>		
	Leaf	Tamalpatra/ Tejapatra	2-3 g
53.	<i>Cinnamomum zeylanicum</i> Blume (Now known as <i>C. verum</i> J. S. Presl.)/ <i>C. cassia</i> (syn) / <i>C. aromaticum</i>		
	Bark	Twak / Dalchini (Ceyloni)	1-2 g (Not recommended during pregnancy)
54.	<i>Citrullus vulgaris</i> Schrad. ex Eckl. and Zeyh. var. <i>fistulosus</i> (Stocks) Stewart		
	Fruit	Tinda	20-40 g (as fresh)
55.	<i>Citrullus lanatus</i> (Thunb.) Matura and Nakai		
	Fruit	Tarbuj	50-100 g (as pulp)
	Seed		3-6 g
	Seed oil		1-3 ml
56.	<i>Citrus aurantifolia</i> (Christm. and Panz.) Swingle / <i>C. medica</i> / <i>C. acida</i> . Roxb.		
	Fruit / Leaf	Nimbuca / Nimbu	3-5 ml (as juice)
57.	<i>Citrus limon</i> (Linn.) Burm.f.		
	Fruit / Leaf	Jambeer / Jameerinibu	5-10 ml (as juice)

58.	<i>Citrus maxima</i> (Burm.)Merr./ <i>C.grandis</i> L		
	Fruit / Leaf	Chakotara / Sadaphala	30-50 g (as fresh) 5-10 ml (as juice)
59.	<i>Citrus medica</i> L.var.medica		
	Fruit	Turanuj / Bijoura	5-10 ml (as juice)
60.	<i>Citrus reticulata</i> Blanc.		
	Fruit / Leaf	Narangi / Santra	30-50 ml (as juice)
61.	<i>Citrus sinensis</i> (L.) Osbeck		
	Fruit / Leaf	Mousami	50-100 ml (as juice)
62.	<i>Coccinia grandis</i> (L.) Voigt. / <i>C. indica</i> / <i>C. cardifolia</i> (syn)		
	Leaf	Bimbi/ Kundru phal / Kuntru shak	5-10 g (Not recommended for children below 5 years)
	Stem	Kundru	3-6 g (as powder)
	Whole plant	Kundru	3-6 g (as powder) 5-10 ml (as juice)
	Fruit	Kundru	20-50 g (as fresh)
63.	<i>Cocos nucifera</i> L.		
	Endosperm	Nariyal	10-20 g
	Water	Nariyal jala	100-200 ml
	Flower	Nariyal	5-10 g
64.	<i>Coix lacryma-jobi</i> L.		
	Seed	Millet/ Gavedhukaa/ Gargari	10-20 g
65.	<i>Coffea arabica</i> / <i>C. robusta</i>		
	Seed (Dry/Green)	Kaaphi / Kahava / Coffee	3-5 g (Not recommended for children below 5 years)
66.	<i>Colocasia antiquorum</i> Schott. (Now known as <i>C. esculenta</i> (L.) Schott.)		
	Rhizome	Pindalaka/ Arvi/ Aaluki	20-30 g (as fresh) (Not recommended for children below 16 years)
67.	<i>Corchorus acutangulus</i> Lam. (Now known as <i>C. aestuans</i> L.) / <i>C. capasularis</i> L / <i>C. olitorius</i> L		
	Aerial parts	Chunchu / kaala / shaak / palva saag / Chench	10-20 ml (as juice)
68.	<i>Cordia dichotoma</i> Forst. f. ( <i>C. wallichii</i> G.Don)		
	Fruit	Shlashmotaka / Lisora / gondra	10-20 g
69.	<i>Cordia rotthii</i> Roem. and Schult. (Now known as <i>C. gharaf</i> (Forssk.) Ehrenb and Asch.		
	Fruit	Chhota Lisora / Lasudi	10-20 g
70.	<i>Coriandrum sativum</i> L.		
	Fruit / Seed	Dhanyaka / Dhaniya	1-3 g (as powder)
	Aerial parts / Fresh leaf	Dhaniya	10-20 ml (as juice)
71.	<i>Crocus sativus</i> L.		
	Style/ Stigma	Kumkum (Kesar)	25-50 mg (Not recommended for children below 16 years)
72.	<i>Cucumis melo</i> L. / <i>C. melo</i> L. var. <i>momordica</i> Duthie and Fuller / <i>C. melo</i> L. var. <i>utilissimus</i> (Roxb.) Duthie and Fuller		
	Fruit	Kharbooja	50-100 g

	Seed		1-3 g (as powder)
73.	<i>Cucumis sativus</i> L.		
	Seed	Tripasha / Khira/cucumber	3-6 g (as powder)
	Fruit	Khira	50-100 g (as fresh)
74.	<i>Cucurbita maxima</i> Duch. ex Lam.		
	Seed	Peetkushmand/ Kashiphal/ kaddu	5 -10 g
	Fruit	Kashiphal	50-100 g (as fresh)
75.	<i>Cucurbita pepo</i> L.		
	Fruit	Kushmand / Safed Kaddu / safed petha	50-100 g (as fresh)
	Seed	Safed petha	5-10 g (as powder)
76.	<i>Cuminum cyminum</i> L.		
	Fruit	Jeerak / Jeera / safed	1-3 g (as powder)
77.	<i>Curcuma amada</i> Roxb.		
	Rhizome	Aamra haridra / Ambaahaldi	5-10 g (as fresh ) 2-4 g (as powder)
78.	<i>Curcuma longa</i> L.		
	Rhizome	Haldi	1-3 g (as powder)
	Fresh Rhizome / Leaf		5-10 ml (as juice)
79.	<i>Cyamopsis tetragonoloba</i>		
	Pod/Seed	Gaurphali /Guar / Guar gum	20-30 g (as powder)
	Gum		5-10 g (as powder)
80.	<i>Cymbopogon citratus</i> (DC.) Stapf / <i>C. coloratus</i> Stapf / <i>C. jwarankusa</i> (Jones) Schult / <i>C. martini</i> (Roxb.)Wats		
	Whole plant	Lamajjaka / Harichaya / Rosha Ghas / lemon grass	1-3 g (as infusion)
81.	<i>Daucus carota</i> L.		
	Tuberous root	Gajar	50-100 g (as fresh) 50-100 ml (as juice)
	Seed		1-2 g (as powder) (Not recommended during pregnancy)
82.	<i>Diplezia maxima</i>		
	Tender shoots	Lungru	30-50 g
	Root		5 - 10 g
83.	<i>Dolichos biflorus</i> L. (Now known as <i>Vigna unguiculata</i> (L.) Walp.)		
	Seed	Kulath / Kulathi Gontha	20-30 g
84.	<i>Dolichos lablab</i> L. (Now known as <i>Lablab purpureus</i> (L.) Sweet)		
	Seed	Nishpaav/ Sem/ Semphali	20-40 g (as seed)
	Tender Pod	Sem	30-40 g (as fresh)
85.	<i>Elettaria cardamomum</i> (L.) Maton		
	Seed	Elaa/ Sukshma elaa/ Chhoti elaichi	250-500 mg (as powder)
86.	<i>Eleusine coracana</i> (L.) Gaertn. ssp. <i>coracana</i> (Finger millet)		
	Seed	Madhuli / Madua / Ragi	20-50 g
87.	<i>Emblica officinalis</i> Gaertn. (Now known as <i>Phyllanthus emblica</i> L.)		
	Fruit	Amalaki/ Anwala / Amla	20-30 g (as fresh) 3-6 g (as powder ) 5-10 ml (as juice)

	Extract		1-3 g
88.	<i>Euryale ferox</i> Salisb.		
	Seed	Makhana / Fox-nut	20-30 g (as seed) 3-5 g (as powder)
89.	<i>Fagopyrum esculentum</i> Moench. / <i>F. tataricum</i> Gaertn. / <i>F. essence</i>		
	Seed	Kuttu	30 -50 g
90.	<i>Ferula asafoetida</i> L. / Syn. <i>F. foetida</i> Regal/ <i>F. narthex</i> . Boiss		
	Oleo-gum resin	Hingu / Hing / Heeng	60- 125 mg (as powder)
91.	<i>Ficus carica</i> L. / <i>F. palmata</i>		
	Fruit	Anjeer / fig / phalguni / Indian fig	20-30 g
	Leaf		3 – 5 g (as powder)
92.	<i>Ficus glomerata</i> Roxb. (Now known as <i>F. racemosa</i> L.)		
	Fruit / Leaf	Udumbara / Gular	20-30 g (as fresh)
93.	<i>Ficus hispida</i> L.f.		
	Fruit	Kathgulara / Kakodumba	10-20 g
	Tender leaf	Kathgulara	20-40 ml (as juice)
94.	<i>Ficus locar</i> Buch. Ham / <i>F. infectoria</i>		
	Fruit / Stem / Leaf	Plaksha / Pakad	5-10 g
95.	<i>Ficus religiosa</i> L.		
	Fruit / Tender Leaf	Aswath /Pipal / Peepal	5-10 g
96.	<i>Foeniculum vulgare</i> Mill.		
	Fruit	Mishraya / Sounf / Fennel seed	3-6 g (as powder)
	Leaf		20-30 g (as fresh)
97.	<i>Garcinia indica</i> (Thour.) Choisy / <i>G. cambogia</i>		
	Mature fruit	Vrukshamala / Kokam	10-20 ml (as juice) 5-10 g (as powder)
	Butter/ Oil		3-5 g/ml
	Extract		1 – 2 g
98.	<i>Garcinia pedunculata</i> Roxb. ex Buch-Ham.		
	Fruit rind	Vatasamla / Amalbeda	5-10 ml/g (as juice/powder)
99.	<i>Glycine max</i> (L.) Merr.		
	Seed	Soya / Soyabean	20-40 g
	Soya proteins		10-20 g
100.	<i>Glycyrrhiza glabra</i> L.		
	Root / Stolon	Madhuyasti / Yashtimadhu / Mulethi / liquorice	5-10 g (as powder)
101.	<i>Gossypium herbaceum</i> / <i>G. arboreum</i> L.		
	Seed/Oil	Karpasi/ Kapas/ Cotton	10-20 g
102.	<i>Hippophae rhamnoides</i> L. / <i>H. salicifolia</i>		
	Fruit / Leaf	Amlavetasa / Leh-beri/ Chharma/ Sea buck thorn	10-20 g
	Extract	Amalvets	0.5-2 g

103.	<i>Hordeum vulgare</i> L.		
	Seed	Yava/Jau	30-50 g
	Aerial parts (processed)/Ash		2-5 g
104.	<i>Illicium verum</i> Hook. f.		
	Fruit	Badiyan Khatai /Aniseed star	250 - 500 mg (as powder)
105.	<i>Ipomoea batatas</i> (L.) Lam.		
	Tuber	Shakarkandi / Mukhaalwka / Sweet potato	20-30 g
106.	<i>Juglans regia</i> Linn. / <i>J. cineraria</i> L.		
	Fruit/Endosperm	Akshod / Akhrot / Walnut	10-20 g
	Leaf		3-5 g
107.	<i>Lens culinaris</i> Medik.		
	Seed	Masura	20-40 g
108.	<i>Linum usitatissimum</i> L.		
	Seed	Alasi / Atasi / linseed/flaxseed	10-20 g
	Seed oil	Atasi ka tail	10-20 ml
109.	<i>Litchi chinensis</i> Sonner		
	Fruit	Litchi	30-50 g
110.	<i>Luffa acutangula</i> (L.) Roxb.		
	Whole plant	Katu koshatakri / Torai / dhartorai / ridged gourd	5 -10 g (as powder)
	Fruit	Torai	30-50 g (as fresh)
	Seed		1-3 g (as powder)
111.	<i>Luffa cylindrica</i> (L.)M. Roem. / <i>L. echinata</i> (devdali)		
	Fruit	Dhaamargava /Nenua / Rajkoshataki	20-40 g (as fresh)
	Seed	Nenua	1-3 g (as powder)
112.	<i>Lycopersicon esculentum</i> Mill. (Now known as <i>L. lycopersicum</i> (L.) Karsten.)		
	Fruit	Tamatar/ tomato	20-40 g (as fresh)
113.	<i>Madhuca indica</i> Gmel.(Now known as <i>M. longifolia</i> (Koen.) Macbride var. / <i>M. longifolia</i> (Koenig) Macbride var. <i>latifolia</i> )		
	Flower	Madhuca / Mahua / jal mahua	10-15 g (as flower)
	Fruit	Mahua	10-15 g
	Seed oil	Koyna ka tail	2-5 ml
114.	<i>Mangifera indica</i> L.		
	Ripe fruit	Aamar / Aam	50-150 g
	Unripe fruit pulp	Aam	10-30 g
	Seed kernel	Aam Beej / Majja	1-2 g (as powder)
	Leaf	Aam	3-5 g
	Extract of leaf	<i>Amara (ghan)</i>	0.5-1 g
115.	<i>Mentha spicata</i> L. / <i>M. arvensis</i> L. / <i>M. aquatica</i> Linn./ <i>M. suaveolans</i>		
	Aerial parts	Putina/ Pudina	3-5 g
116.	<i>Mentha piperata</i> L./ <i>Mentha</i> spp.		
	Leaf	Peppermint / Sat pudina	2-5 g (as fresh) 1-2 g (as dry)
	Distilled oil/Extract		10-30 mg
117.	<i>Momordica charantia</i> L.		
	Fresh fruit / seed	Karavelwa / Karela	30-50 g (as fresh)



	Dried fruit / seed		3-5 g (as seed)
	Extract		0.5-1 g (Not recommended for females planning to conceive and children below 5 years)
118.	<i>Moringa oleifera</i> Lam. / <i>M. concanensis</i> Nimmo		
	Leaf	Shiguru/ Sahijan / Muringya / Lal sehanjan	10-20 g (as fresh or paste) 2-5 g (as powder)
	Seed	Sahijan / Muringya	2-6 g (as fresh)
	Pod		40-80 g (as fresh) 2-5 g (as powder)
	Flower		10-20 g (as fresh)
	Extract of Bark/ Leaf/Fruit		0.5-1 g
119.	<i>Morus alba</i> L. / <i>M. Indica</i> / <i>M. nigra</i>		
	Fruit	Shahtoot / Toot	20-30 g
	Tender leaf / Bark / Flower		3-5 g
120.	<i>Morchella esculenta</i> / <i>M. elata</i>		
	Fruiting body	Guchhi	10-20 g
121.	<i>Musa paradisiaca</i> L.		
	Flower	Kadali / Kela / banana / plantain	20-30 g
	Fresh shoot	Kela	20-50 g 10-20 ml (as juice)
	Ripe Fruit		30-50 g
	Unripe Fruit		10-20 g
122.	<i>Myrica esculenta</i> Buch. Ham. / <i>M. nagi</i> Hook		
	Fruit	Kataphala / Kaiphal	5-10 g
		Kaiphal	
123.	<i>Myristica fragrans</i> Houtt.		
	Seed (kernel)	Jatiphala / Jaiphala / Jatipatra	0.25- 1.0 g (Caution: excessive use may cause giddiness)
	Aril (outer part of fruit)	Javitri	0.25 -1 g (as powder)
124.	<i>Myristica malabarica</i> Lam.		
	Seed	Pashika / Pashupati / Jangali Jayaphala	0.5 -2 g
	Aril	Jangali javitri	0.25 -1 g
125.	<i>Nasturtium officinale</i> / <i>N. aquaticum</i>		
	Leaf	Chhu-nalli / Water-cress / Piriya - haalim	10-20 g
126.	<i>Nelumbo nucifera</i> Gaertn.		
	Flower	Kamal / Padam	3-6 g (as powder)
	Rhizome	Bhen / Bhain	30-50 g (as fresh)
	Stalk	Murar / Kamalgatta	30-50 g (as fresh)

	Seed	kamalbeej	3-6 g (as powder)
127.	<i>Nigella sativa</i> L.		
	Seed	Kalaunji / Kaala jaaji	1-3 g (Not recommended during pregnancy)
128.	<i>Ocimum basilicum</i> L. / <i>O. pilosum</i> Wild.		
	Leaf	Barbari / Bhavari Tulsi / Niajboo	3-6 ml (as juice) 1-3 g (as powder)
	Seed Extract		125-250 mg 0.25-0.50 g
129.	<i>Olea europaea</i>		
	Seed	Zaitoon / Jaitun	10-20 g
	Oil		10 - 20 ml
	Leaf		3-5 g (as powder)
130.	<i>Oryza sativa</i> L.		
	Seed	Shali-tandul / Chawal - shali	50-100 g
	Root stock		10-20 g (for decoction)
131.	<i>Papaver somniferum</i> L.		
	Seed	Posta-daana / Khas-Khas	1-2 g (if taken regularly) 2-5 g (as powder - occasionally)
132.	<i>Paspalum scrobiculatum</i> L. (Kodo millet)		
	Seed	Kodrava / Kodon / Kodo	50-100 g
133.	<i>Pennisetum typhoideum</i> L. C. Rich. (Now known as <i>P. americanum</i> (L.) K. Schum.) (Millet)		
	Seed	Bajra	20-40 g
134.	<i>Phaseolus aconitifolius</i> Jacq. (Now known as <i>Vigna aconitifolia</i> (Jacq.) Marechal)		
	Seed	Makushtha /	20-50 g
	Whole plant	Moth -dal	3 - 6 g (as powder)
135.	<i>Phaseolus aureus</i> Roxb. (Now known as <i>Vigna radiata</i> (L.) Wilczek var. <i>radiata</i> )		
	Seed	Jangali moong	20-50 g
	Whole plant		3 - 6 g (as powder)
136.	<i>Phaseolus lunatus</i> L.		
	Pod	Sem	25-50 g (as pulse)
137.	<i>Phaseolus mungo</i> L. (Now known as <i>Vigna mungo</i> (L.) Hepper)		
	Seed	Masha / Urad - kale	20-50 g (as pulse)
138.	<i>Phaseolus radiatus</i> L. / <i>P. trilobus</i> Sensu.		
	Seed	Mudga / Mudgaparni / Moong	50-100 g (as pulse)
139.	<i>Phaseolus vulgaris</i> L. / <i>P. namus</i> Linn.		
	Pod / Seed	Lobia / Rajma / Kidney bean	10-20 g (as pulse)
140.	<i>Phoenix dactylifera</i> L.		
	Fruit	Kharjuura /	20-30 g

		Khajur / Chuhara	
141.	<i>Phoenix sylvestris</i> (L.) Roxb. / <i>P. acaulis</i>		
	Fruit	Kharjuura/ Khajoor –jungli	20-30 g
	Nira (Sap)	Khajoor	30-50 ml (as fresh juice)
142.	<i>Phyllanthus amarus</i> / <i>P. urinaria</i> / <i>P. fraternus</i> Webster		
	Plant	Tamlaki / Bhumyamalaki/ Bhui - amla	5-10 g
	Extract	Tamlaki	0.5-1 g
143.	<i>Physalis alkekengi</i> L.		
	Fruit	Raajabutraka / Winter cherry / Kaknaj	5-10 g
144.	<i>Physalis minima</i> L.		
	Fruit	Tankaari / Papoto	10-20 g
145.	<i>Physalis peruviana</i> L.		
	Fruit	Parpoti (var) / Rasbhari	10-20 g
146.	<i>Pimpinella anisum</i> L.		
	Fruit	Anisoon / Aniseed	1-3 g
	Oil		0.5 - 1 ml
147.	<i>Piper betle</i> L.		
	Leaf	Tambula / Pana-patta / Paan	2-5 g  (Not recommended for children below 5 years)
148.	<i>Piper longum</i> L. / <i>P. retrofractum</i> Linn.		
	Fruit	Pippaali / Long pepper / Magha	0.5-2 g (as powder) (Not recommended for prolonged use)
149.	<i>Piper nigrum</i> L.		
	Fruit	Maricha / Kali Maricha/ Black pepper	0.5-2 g
150.	<i>Pistacia vera</i> L.		
	Seed endosperm	Mukuulaka / Pista	5-10 g
151.	<i>Pisum sativum</i> L.		
	Seed and pod	Matar	30-50 g (as fresh)
152.	<i>Plantago ovata</i> Forssk. / <i>P. major</i> Linn. / <i>P. lanceolata</i> Linn.		
	Seed	Isabgol	5-10 g
	Husk		5 - 10 g
153.	<i>Portulaca oleracea</i> L. / <i>P. quadrifida</i> L.		
	Aerial parts	Kulpha - sag / Nonia - sag	20-30 g (as fresh)
154.	<i>Prunus amygdalus</i> Baill. var. <i>dulchin</i>		
	Fruit seed	Vaataama / Badam	10-20 g

	Seed oil	Badam ka tail	3 - 5 ml
155.	<i>Prunus armeniaca</i> L.		
	Pericarp	Khumani / Aaluka / Apricot	10-20 g
	Kernel	Khumani	3-5 g
	Seed oil		3-5 ml
156.	<i>Prunus cerasoides</i> D. Dons / <i>P. puddum</i> Roxb. (syn)		
	Stem/Flower/Fruit	Padmaka / Padamkasht / Pajja/ Wild Himalaya cherry	1-3 g (as powder)
	Flower		1 -2 g
157.	<i>Prunus domestica</i> Linn. / <i>P. communis</i> Huds.		
	Fruit	Aarak/ Aaluuchar / Aaluubhukaara	5-10 g (as dried fruit)
	Seed Oil		2-3 ml
158.	<i>Prunus persica</i> (L.) Batsch. / <i>P. vulgaris</i> Nutt.		
	Pericarp / Fruit	Aarun / Adu/ Aaluka/ Aru-adu	10-20 g
159.	<i>Psidium guajava</i> L.		
	Fruit	Peruka / Peru/ Amruda	20-50 g
	Leaf	Amruda	3-5 g
160.	<i>Punica granatum</i> L.		
	Seed	Dadima/ Dadaka/ Anar	20-50 g
	Fruit rind	Anar	5-10 g
	Leaf		5 -10 g (for decoction)
161.	<i>Pyrus communis</i> L.		
	Fruit	Nashpaati / Babbughosha	50-100 g
	Seed		1 - 3 g
	Leaf		1-5 g (for decoction)
162.	<i>Pyrus malus</i> L. (Now known as <i>Malus pumila</i> Mill.)		
	Fruit	Seb	100-200 g 20-40 ml (as juice)
163.	<i>Raphanus sativus</i> L.		
	Root / Leaf	Muulika / Muli	20-50 g (as fresh)
	Seed		125-250 mg
164.	<i>Rhododendron arboreum</i> Sm. / <i>R. companulatum</i> / <i>R. lepidotum</i> Wall.		
	Flower	Rodo / Burans / Baraha	10-20 g
	Extract	Burans	1-2 g
165.	<i>Rhus parviflora</i> Roxb. ex DC. / <i>R. coriaria</i> Linn.		
	Fruit	Tinda / Samakdana	30-75 g
166.	<i>Rosa alba</i> L. / <i>R. centifolia</i> L. / <i>R. damascena</i> Mill.		

	Flower Oil (distilled)	Gulab / Taaruni	10-20 g 2 - 5 drops
167.	<i>Saccharum officinarum</i> L.		
	Stem - Juice	Iiksashu/ Ganna	100-200 ml (as juice) 5-15 g (for decoction) (Not recommended for diabetics)
	Root		
	Sugar	Chini / Shakkar	15-30 g (Not recommended for diabetics)
	Jaggery	Gud	15-30 g (Not recommended for diabetics)
168.	<i>Salvia aegyptica</i> Linn. / <i>S. moorcraftiana</i> / <i>S. officinalis</i>		
	Seed	Tukhm-malanga / sage	1-2 g
	Plant		3-5 g (as leaf powder)
169.	<i>Sesamum indicum</i> L. (Now known as <i>S. orientale</i> L.)		
	Seed	Tila / Sesame / Gingelly	10-20 g
	Oil	Tila	5-10 ml
	Whole plant		2-3 g (as ash)
170.	<i>Setaria italica</i> (L.) P. Beauv. (Millet)		
	Seed	Kanguni / Kangu	10-50 g
171.	<i>Sorghum vulgare</i> Pers. (Millet)		
	Seed	Jwara / Yaava - naal	50-100 g
172.	<i>Spinacia oleracea</i> L.		
	Leaf	Palak / Spinach	30 -50 g
173.	<i>Syzygium aromaticum</i> (L.) Merr. and L.Perry		
	Flower bud	Lavanga / Laung	0.5-1 g
174.	<i>Syzygium cuminii</i> (L.) Skeels		
	Fruit/Seed	Jamun	3-5 g
175.	<i>Tamarindus indica</i> L. / <i>T. officinalis</i> Hk (syn)		
	Fruit pulp	Amlika / Chincha / Imali / Tamarind	2-5 g (Not recommended during skin ailments)
	Seed	Imali	5-10 g
176.	<i>Trachyspermum ammi</i> (L.) Sprague		
	Seed	Yavani / Ajwain / Desi ajwain	1-3 g (as powder)
	Leaf	Ajwain	3 -5 g
	Oil		5-10 drop
177.	<i>Trapa bispinosa</i> Roxb. (Now known as <i>T. natans</i> L. var. <i>bispinosa</i> (Roxb.) Makino)		

	Endosperm / Fruit	Shrungataka / Singhada / Sigadu	30-60 g
178.	<i>Trichosanthes anguina</i> L.		
	Fruit	Dadhipushpi / Chichinda	30-60 g
179.	<i>Trichosanthes dioica</i> Roxb.		
	Fruit/ Leaf	Patola / Parawal	10-20 g
180.	<i>Trigonella foenum-graceum</i> L.		
	Seed	Methika / Methi	1-2 g (soaked in water or germinated or roasted)
	Leaf	Methi	50-100 g (as fresh)
181.	<i>Triticum aestivum</i> L.		
	Seed	Gehun	50-100 g
	Tender shoots/sprouts	Ankurita Gehu	10-30 g
182.	<i>Vetiveria zizanioides</i>		
	Whole plant	Ushira / Khas / Vetiver	5 - 10 g (for decoction)
183.	<i>Vigna trilobata</i> (L.) Verdc.		
	Whole plant	Mudadaparni / Mugvan	2-4 g (as powder)
184.	<i>Vitis vinifera</i> L.		
	Fruit dry	Draksha / Munakka	5-10 g
	Seed / Fruit skin	Munakka	1-3 g
185.	<i>Zea mays</i> L.		
	Seed	Makka	20-50 g
	Anthers / Corn silk		3-5 g
186.	<i>Zingiber officinale</i> Rosc.		
	Rhizome	Adrakh / Shunti	5-10 g (as fresh) 1-3 g ( as dried)
	Extract		0.1 – 1 g (Not recommended during hypertension and bleeding disorders)
187.	<i>Zizyphus jujuba</i> Lam.		
	Pericarp	Unnaba / unnab ber	10-50 g (as fresh) 10-20 g (as powder)
188.	<i>Zizyphus nummularia</i> (Burm.f.) W. and A. / <i>Z. oenoplia</i> / <i>Z. xylopyra</i> Willd.		
	Pericarp	Jangali ber / Jhar ber	15-30 g (as fresh fruit)
	Leaf		3-6 g (as powder)