ETHNOBOTANICAL REVIEW OF WILD EDIBLE PLANTS OF NEPAL

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ABSTRACT

Wild edible plants refer to edible species that are not cultivated or domesticated for use. Different parts of wild plants collected from natural habitats are consumed as food in varied formsin different parts of Nepal. The main objective of this study was to review the wild edible plant species of Nepal.It compiled 436wild edible plant speciesfrom 110 families and 277 genera. Among them 208 (48%) species were herbs, 68 (16%) species shrubs, 120 (27%) species trees and 40 (9%) species were climbers. The study showed that 95 % of wild edible plant species were angiosperm, 5 % were pteridophytes and very negligible percentage (only one species) was gymnosperm. Fabaceae was the family with the highest number(27 sps.)followed by Moraceae and Rosaceae (24 sps.) and Polygonaceae and Asteraceae (19sps.) of wild edible plants. Maximum numbers of plant species (208 sps.) wereconsumed as vegetables and the mostly used part of was found as the fruits (168 sps.)followed by leaves (93 sps.), shoots (52 sps.) and flowers (20 sps.).

Keywords: wild plants, food, fruit, vegetable

INTRODUCTION

There is close relationship between plants and human as the human beings are using plants directly and indirectly since the dawn of human civilization (Rajbhandary *et al*., 2020). Nature has provided different sources of life forms because of which human are surviving on planet earth. Wild edible plants (WEPs) are wild plants not cultivated having nutritive values and dietary requirements. Various forms of WEPs such as tuberous roots or rhizomes, leafy herbs or leaves, flowers or buds, fruits and the seeds are consumed as foods (Turner *et al*., 2011). In developing countries like Nepal WEPs are important sources of food for poor rural people. Many WEPs can be used as nutritional supplement for human beings and livestock, especially the vitamins and micronutrient (Mohapatra & Panda, 2009). The wild edible plant species are selected and used traditionally through trial and error method by the primitive human beings and finally domesticated them (Niveditha, 2017). The history of documentation on the utilization of the plant resources in Nepal dates back to the work of Banerji (1955), in which various food and medicinal plants from eastern Nepal were documented. In Nepal, 133 species of higher plants are recorded as wild edible plant species (HMG Nepal, 1982). Human beings had depended on wild plants for livelihood for centuries and many people mainly in the rural areas still depend on these plants to meet at least part of their daily nutritional needs or to cure different health problems. They use to trade them as the additional source of income. So the WEPs significantly influence the livelihood and food security of the local rural people (Rafiqul Islam *et al*., 2019). WEPs are locally available wild genetic resources which can be used for the development of new crop varities (Ajesh *et al*., 2012). WEPs are important part of wild genetic and cultural heritage which should be preserved (Pinela *et al*., 2017). Knowledge about WEPs has been passed on from generation to generation mainly by the use of those plants in the households or in communities. Old age people have more knowledge on the use of such plants than young people (Harisha & Padmavaty, 2013).

Nepal is small country that occupies about 0.1 % of the global terrestrial area but rich in biodiversity. It has 118 different types of ecosystem harboring 3.2 % of the world's flora that includes 6,973 angiosperms, 26 gymnosperms, 534 pteridophytes, 1,1150 bryophytes, 465 lichens, 1822 fungi and 1001 species of algae (MoFSC, 2014). Nepal's forest is the home of manyWEPs growing in different types of ecosystems from

tropical to alpine regions. People of rural areas consume the wild edible plants in a variety of ways such as vegetables, fruits, pickle, juice, jam, alcohol, beverages etc. Among the WEPs, the commonly used foodstuffs are wild fruits. Many of which are eaten raw when ripe (Rabhandary, 2020). In Nepal, edible wild fruits also play a significant role in the nutrition of local people, especially in the hilly areas where wild fruits could be the only sources of edible fruits due to the reason of lacking good transportation facilities and poor economic condition (Bajracharya, 1980). Many wild plants even today, serve as food and drink for different ethnic communities in Nepal. It was estimated that at least 651 plant species of wild plants are commonly used as food and fruits in Nepal (Manandhar, 2002).Some of the wild edible plants such as *Rhododendron arboreum, Berberis aristrata* etc. are endemic to the country (Karki *et al., 2017)*. In Nepal, about 200 plant species are used as vegetables (Shrestha, 2013). Harvesting of wild fruits can boost rural employment and generate income through processing and value addition as well. Value addition in the form of pickle, chutney, jam, jelly etc. can increase fruit shelf- life and bring profit to local communities (Mohapatra & Panda, 2009). Quite a number of researches have been carried out in the WEPs of Nepal (Shrestha & Dhillon, 2006; Bhattarai *et al*., 2009; Acharya & Acharya, 2010; Ghimeray *et al*., 2010; Limbu & Thapa, 2011; Upreti *et al*., 2012; Joshi & Siwakoti, 2012; Joshi *et al*., 2013; Shrestha, 2013; Mahato, 2014; Thapa *et al.*, 2014; Dangol *et al*., 2017; Karki *et al.,* 2017; Aryal *et al.,* 2018; Bhattarai, 2018; Shrestha, 2021), however those researches are focused in the particular area or region only and the collective information about the WEPs of Nepal are lacking. Hence in this paper, the effort was made to document theWEPs of Nepal based on various research papers.

MATERIALS AND METHODS

The review of the WEPs was based on various research papers from national and international journals published in Google scholars, PubMed, Proquestand Scopus.The available data from those sources from 2006 onwards were acquired so far possible (Shrestha & Dhillon, 2006; Bhattarai *et al*., 2009; Acharya & Acharya, 2010; Ghimeray *et al*., 2010; Limbu & Thapa, 2011; Upreti *et al*., 2012; Joshi & Siwakoti, 2012; Joshi *et al*., 2013; Shrestha, 2013; Mahato, 2014; Thapa *et al.*, 2014; Dangol *et al*., 2017; Karki *et al.,* 2017; Aryal *et al.,* 2018; Bhattarai, 2018; Shrestha, 2021). The list of WEPs from all these available research papers were compiled in the list. The valid name of the WEPs were checked and conformed on the basis of www.theplantlist.

org,www.gbif.organd www.ipni.org. After the correction of valid names and families, total 436 wild edible plant species of 277 genus and 110 families were tabulated. Based on this list, the status of WEPs in Nepal's forest was analysed and presented in the tables and graphs.Only the vascular WEPs were considered in this work. Life form categories, family wise distribution of species, use categories and parts used as food were also analyzed.

RESULTS AND DISCUSSIONS

Life forms of WEPs

Altogether 436 wild edible plant species from 110 families and 277 genera were documented from Nepal (table 1). The largest numbers of WEPs were found to be herbs, followed by trees, shrubs and climbers. Regarding the life forms, out of the 436species, 208 species (48%) were herbs, 120 species (27%) were trees,68 species (16%) wereshrubs and 40 species (9 %) were climbers, (Fig. 1).Total 413 plant species (95 %) of Angiosperm, one species ofGymnosperm and 22 species (5 %) of Pteridophytes were found to be edible in this study (Fig. 2).

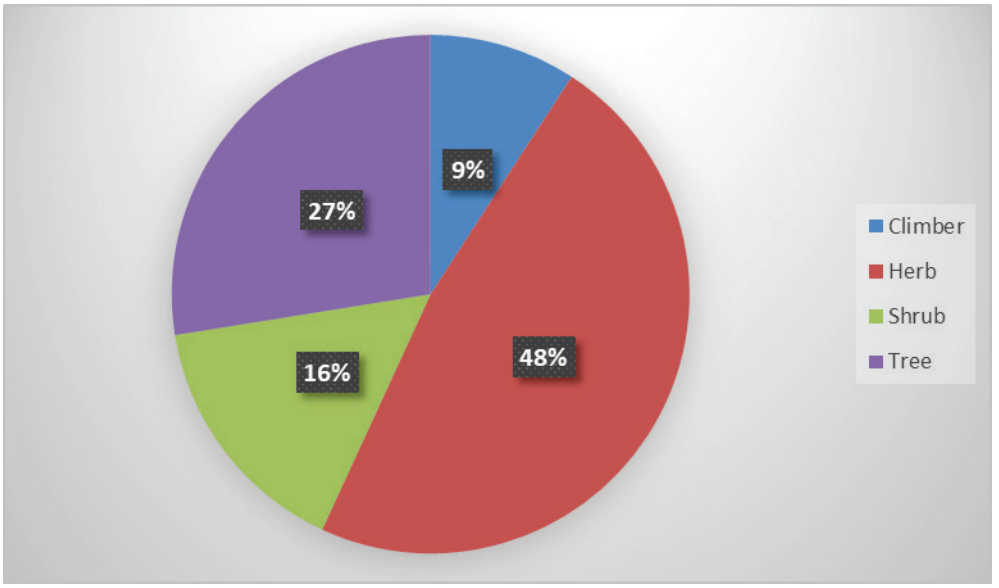

Fig. 1. Life forms of wild edible plants.

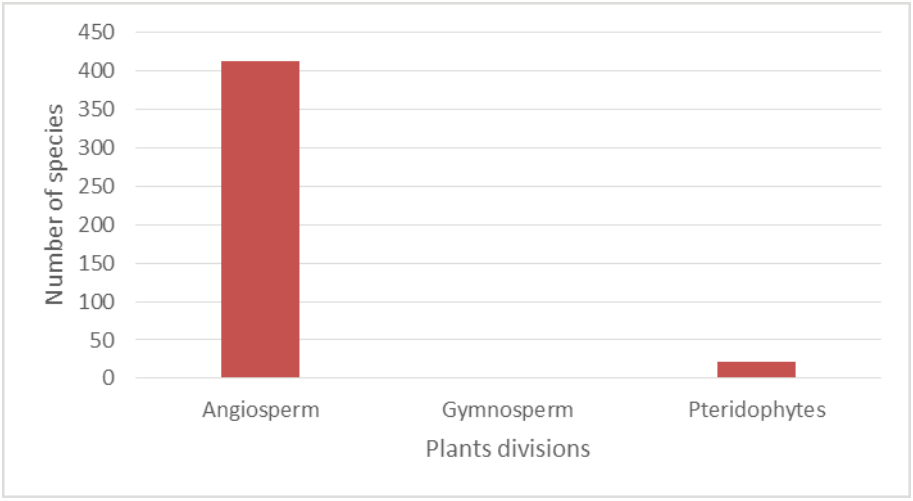

Fig. 2. Division of wild edible plants.

Family wise distribution of WEPs

Among the total 110 families, 15 families having ten or more than ten wild edible plant species were documented.Among them Fabaceae wasthe largest family having 27 wild edible plant species followed by Rosaceae (24 species), Moraceae (24 species), Polygonaceae (19 species), Asteraceae (19 species), Cucurbitaceae (13 species), Malvaceae (10 species), Araceae (11 species), Lamiaceae (11 species), Poaceae (11 species), Amaranthaceae (10 species), Anacardiaceae (10 species), Apiaceae (10 species), Solanaceae (10 species) and Urticaceae (10 species) (Fig. 3, Table 3). Similarly, 48 families such as Acanthaceae, Asparagaceae, Berberidaceae, Chenopodiaceae, Ericaceae, Zingiberaceae, Solanaceae, Dioscoreaceae etc have two to nine speciesand 47 families having only one species were documented (Fig. 3).

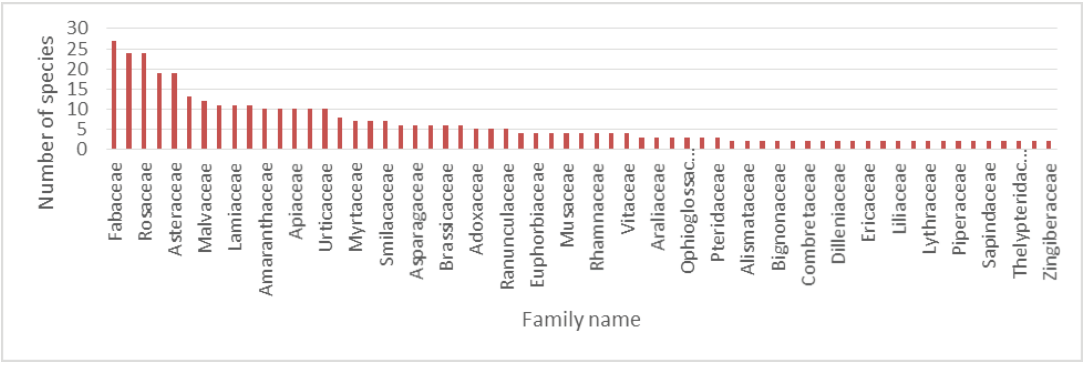

Fig. 3. Family wise number of species.

Use categories of WEPs

In general, five use categories viz. vegetables, fresh fruits, pickles, spices, others (alcohol, jam, jelly, oil, soup, marcha, nectar) were recorded for the WEPs. Some documented plant species were observed to be used in more than one use category. Among the total documented plant species,raw fruits of 114 plants species were used, 208 plant species as vegetables, 17 species as pickles, 6 species as spices,30 species as vegetables and pickles both, 9 species as fruits and pickles both, 21 species were used as fruit and vegetables both.(Fig. 6).

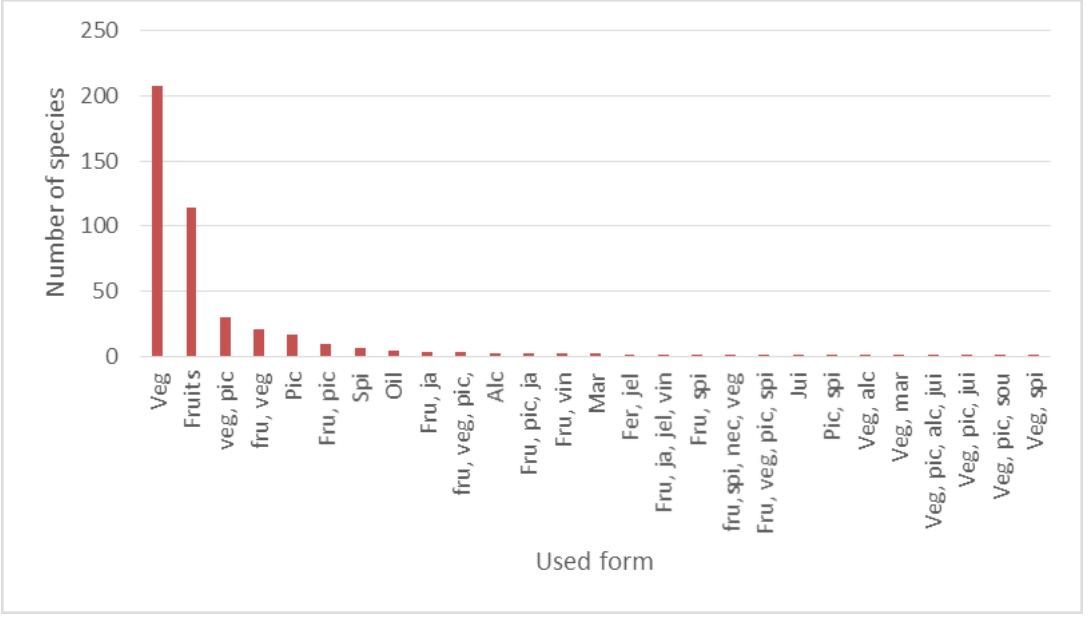

Fig. 4. Use categories of WEPs.

PARTS USED OF WEPS

Various parts viz. leaves, fruits, flowers, shoots, roots etc. of WEPs were consumed as food in varied forms, cooked or uncooked. The leaves of 93 plant species, fruits of 168plant species, shoots of 52 plant species, flowers of 19plant species, seeds of 13plant species, and whole plant of 14 specieswereused for consumption. More over, in some species more than one part was consumed as food. (Fig. 5).

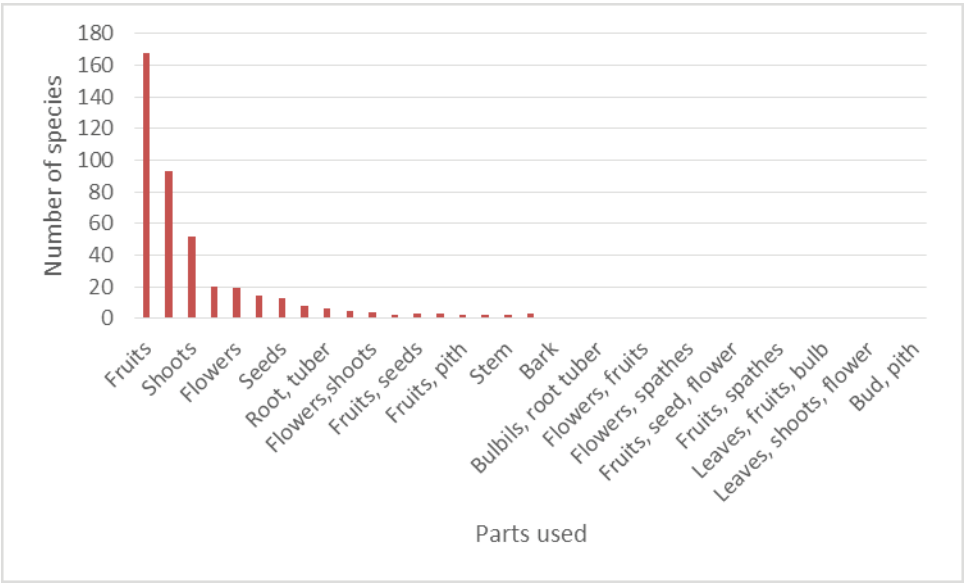

Fig. 5. Parts used of WEPs.

Nepal is abundant in WEPs, which are primarily used as vegetables, fruits, pickles, spices, and condiments.WEPs are also important in the production of juice, alcoholic beverages, and tea. (Dangol *et al*., 2017). The use of all parts of plants (fruits, flowers, shoots, underground parts) is documented. The pattern of use of wild food is strongly affected by culture (Turner *et al.,* 2011). Majority of WEPs identified were trees (Acharya & Acharya, 2010; Mahato, 20104; Upreti *et al* ., 2012; Thapa *et al*., 2014). In contrary to this, Shrestha & Dhillon, (2006) found herbs were highest used life forms. Some wild fruits and vegetables viz. *Phyllanthus emblica*, *Choerospondias axillaris*, *Tamarindus indica*, *Syzygium cumini, Bauhinia variegata, Dendrocalamus hamiltonii, Zanthoxylum armatum* etc. are commercilaly sold at local markets to benefit their economic status (Acharya & Acharya, 2010; Mahato, 2014). It has been

suggested that wild vegetables are morenutritious than some of the cultivated vegetables (Burlingame, 2000).Young people are more knowledgeable about wild fruits, whereas older female members of households are more knowledgeable about vegetable plants (Upreti *et al*., 2012;Shrestha, 2021; Shrestha & Dhillon, 2006). Women may have more knowledge because they are more involved in household work. Local knowledge for the use of WEPs is now threatened by deforestation, urbanization, habitat destruction, and changes in feeding habits and lifestyles (Thapa *et al*., 2014). Therefore the emphasis should be given for documentation of traditional knowledgeand further research should be conducted on nutritional value of such plants.

Role of WEPs in food security

Food and nutrition security is a major challenge that our world is facing today. The scarcity of food, high cost and unreliable supply of healthy food in developing countries have resulted in the search for cheap and alternative sources of healthy and nutritious food. WEPs have major contribution to the dietary intake either in seasonal food shortage or during famine (Duguma, 2020).The consumption of WEPs provides important micronutrients to people during food shortage. WEPs has vital role when the food crop is scarce, when the budget is not enough to buy enough food and access to market is challenging (Borelli *et al*., 2020).WEPs play an important role in poverty eradication, income generation, food security and alleviating malnutrition (Bhatia *et al*., 2018; Upreti *et al*., 2012). WEPs are genetically strong, less susceptible to diseases and can be grown easily without application of pesticides (Niveditha, 2017).

Threats to WEPS

WEPs are threatened with various human and natural factors like land use change, developmental activities, habitat destruction (deforestation, forest degradation, fragmentation, forest fire), overharvesting, overgrazing, drought, climate change etc. (Duguma, 2020; Berihun & Molla, 2017; Borelli *et al*., 2020; Badmio *et al*., 2015; Upreti *et al*., 2012). Invasive species is also the main threat for WEPs (Upreti *et al*., 2012) Some endangered WEPs of Nepal are *Juglans regia*, *Diocorea deltoidea*, *Terminalia chebula*, *Terminalia belerica*, *Crateva unilocularis*, *Choreospondias axillaris* etc.

The WEPs are not only consumed locally but also sold in the local market for income generation by many poor people. WEPs thus on one hand plays an important role in

diets and nutrition and generates income on the other, especially in the rural communities. More over, the WEPs are the potential and alternative source of nutrition and food supplement during the hardshipson food crop production caused by different factors such as intermittent rainfallpatterns, crop damage from pest and pathogensand thus help in food security. However, the traditional knowledge on use of wild plants as food is limited to elderly people and this knowledge and consumption of WEPs is gradually eroding because of lack of interest among young generation, developmental activities, environmental changes, replacement by tasty fast foods etc. Besides, the present works on WEPs are limited mostly as the documentation and as ethnobotanical studies and researches on the nutrient contents and as potential future foods on WEPs are scarce. Hence the proper conservation of the indigenous knowledge on WEPs and their sustainable use and researches on the nutrient contents on them is necessary to safeguard the potential future food and mitigate the food insecurity.

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Table 1. List of wild edible plants used in Nepal since 2006 onwards.

S.N.	Family	Scientific name	Nepali name	Parts used	Habit	Used form	References
1.	Acanthaceae	*Justicia adhatoda* L.	Asuro	Fru., Le., Fl.	S	veg., pic., ju.	Shrestha, 2021, Shrestha, 2013; Thapa *et al*., 2014; Dangol *et al*., 2017
2.	Acanthaceae	*Phlogacanthus thyrsiformis* (Roxb. ex Hardw.) Mabb.	Chuwa	Le., Fl.	H	Veg, pic	Shrestha, 2013; Dangol *et al*., 2017
3.	Achariaceae	*Gynocardia odorata* R.Br.	Gante	Se.	T	Oil	Ghimeray *et al*., 2010; Dangol *et al*., 2017
4.	Actinidaceae	*Actinidia callosa* Lindl.	Thekiphal	Fru.	T	Fru.	Karki *et al*., 2017; Dangol *et al*., 2017
5.	Adoxaceae	*Sambucus adnata* Wall. ex DC.		Sh.	S	Veg.	Shrestha, 2013; Dangol *et al.,* 2017
6.	Adoxaceae	*Viburnum cotinifolium* D.Don		Fru.	T	Fru.	Bhattarai *et al*.,2009
7.	Adoxaceae	*Viburnum cylindricum* Buch.-Ham.ex.D.Don	Masino kanike	Fru.	T	Fru.	Dangol *et al*., 2017; Shrestha & Dhillon, 2006
8.	Adoxaceae	*Viburnum erubescens* Wall.	Asarey	Fru.	T	Fru	Shrestha, 2021; Ghimeray *et al*., 2010; Aryal *et al*., 2018; Dangol *et al*., 2017
9.	Adoxaceae	*Viburnum mullaha* Buch.-Ham.ex D.Don	Malo	Fru.	T	Fru.	Aryal *et al*., 2018; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
10.	Aizoaceae	*Trianthema portulacastrum* L.		Sh.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
11.	Alismataceae	*Sagittaria aginashii Makino*		Wp.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
12.	Alismataceae	*Sagittaria sagittifolia L.*	Sigan godai	Le., Rh.	H	Veg.	Dangol *et al*., 2017
13.	Alliaceae	*Allium stracheyi* Baker.	Januarygali	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
14.	Amaranthaceae	*Alternanthera sessilis* (L.) R.Br. ex DC.	Saranchi sag	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012

15.	Amaranthaceae	*Amaranthus blitum* L.	Lude sag	Le.	H	veg.	Aryal *et al*., 2018; Dangol *et al*., 2017
16.	Amaranthaceae	*Amaranthus caudatus* L.	Lattesag	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
17.	Amaranthaceae	*Amaranthus spinosus* L.	Ban lunde	Le., Sh.	H	veg.	Shrestha, 2013; Aryal *et al*., 2018; Thapa *et al*., 2014; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
18.	Amaranthaceae	*Amaranthus viridis* L.	Lude sag	Le., Sh.	H	veg.	Shrestha, 2013; Aryal *et al*., 2018; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
19.	Amaranthaceae	*Bassia eriophora* (Schrad.) Asch.	Mahuwa	Fl.	T	veg.	Dangol *et al*., 2017
20.	Amaranthaceae	*Chenopodium album* L.	Bethe	Le., Sh.	H	veg.	Shrestha, 2021, ; Joshi & Shiwakoti, 2012; Shrestha, 2013, Dangol *et al*., 2017; Thapa *et al*., 2014; Ghimeray *et al*., 2010; Bhattarai *et al*.,2009; Aryal *et al*., 2018
21.	Amaranthaceae	*Chenopodium ambrosioides* L.	Rato latte	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
22.	Amaranthaceae	*Chenopodium murale* L.	Kalo bethe	Le., Sh.	H	veg., pic.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017
23.	Amaranthaceae	*Deeringia amaranthaoides* (Lam.) Merr.		Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
24.	Amaryllidaceae	*Allium carolinianum* DC.		Le., Sh.	H	veg., pic.	Bhattarai *et al*., 2009
25.	Amaryllidaceae	*Allium fasciculatum*Rendle.		Wp.	H	veg.	Bhattarai *et al*.,2009
26.	Amaryllidaceae	*Allium oreoprasum* Schrenk		Le., Sh.	H	veg., pic.	Bhattarai *et al*., 2009
27.	Amaryllidaceae	*Allium prattii* C. H. Wright		Sh.	H	veg., pic.	Bhattarai *et al*.,2009

28.	Amaryllidaceae	*Allium wallichii* Kunth	Dundu	Le., Sh.	H	veg.	Shrestha, 2013; Aryal *et al*., 2018; Dangol *et al*., 2017; Shrestha & Dhillon, 2006; Joshi & Shiwakoti, 2012
29.	Anacardiaceae	*Buchanania cochinchinensis* (Lour.) M.R.Almeida	Piyari	Fru.	T	Fru.	Upreti *et al*., 2012; Dangol *et al*., 2017; Acharya & Acharya, 2010
30.	Anacardiaceae	*Choerospondias axillaris* (Roxb.) B.L.Burtt & A.W.Hill	Lapsi	Fru.	T	Fru., pic., ja.	Shrestha, 2021, Ghimeray *et al*., 2010; Mahato, 2014; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
31.	Anacardiaceae	*Lannea coromandelica* (Houtt.) Merr.	Dabdabe	Fru.	T	Fru.	Shrestha, 2021; Upreti *et al*., 2012; Dangol *et al*., 2017
32.	Anacardiaceae	*Magni*Mar.*a indica* L.	Aanp	Fru.	T	Fru., pic.	Shrestha, 2021; Limbu & Thapa, 2011; Upreti *et al*., 2012; Dangol *et al*., 2017; Acharya & Acharya, 2010
33.	Anacardiaceae	*Magni*Mar.*a sylvatica* Roxb.	Chucheaanp	Fru.	T	Fru., pic.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
34.	Anacardiaceae	*Rhus chinensis* Mill.	Bhakamilo	Se.	T	Fru., Vin.	Shrestha, 2021; Mahato, 2014; Dangol *et al*., 2017
35.	Anacardiaceae	*Rhus parviflora* Roxb.	Sati bayer	Fru.	S	Fru.	Ghimeray *et al*., 2010; Karki *et al*., 2017; Karki *et al*., 2017; Upreti *et al*., 2012; Dangol *et al*., 2017
36.	Anacardiaceae	*Semecarpus anacardium* L.f.	Bhalayo	Fru.	T	Fru., veg.	Shrestha, 2021; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017; Acharya & Acharya, 2010

37.	Anacardiaceae	*Spondias pinnata* (L. f.) Kurz	Amora	Fru., Fl.	T	Fru., veg., pic., spi.	Karki *et al*., 2017; Upreti *et al*., 2012; Dangol *et al*., 2017
38.	Anacardiaceae	*Toxicodendron wallichii* (Hook.f.) Kuntze	Kag bhalayo	Fru.	T	Fru.	Dangol *et al*., 2017
39.	Apiaceae	*Angelica archangelica* L.		Se.	S	spi.	Aryal *et al*., 2018
40.	Apiaceae	*Centella asiatica* L.	Ghodtapre	Le.	H	veg.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017; Shrestha & Dhillon, 2006; Bhattarai, 2018
41.	Apiaceae	*Cortia depressa* (D.Don) C.Norman		Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
42.	Apiaceae	*Eryngium foetidum* L.	Barmeli dhaniya	Le.	H	veg.	Shrestha, 2013
43.	Apiaceae	*Oenanthe javanica* (Blume) DC.		Le.	H	Veg.	Shrestha, 2013; Joshi & Shiwakoti, 2012
44.	Apiaceae	*Oenanthe linearis* Wall. ex DC.		Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
45.	Apiaceae	*Oenanthe stoloni*Mar.*a* (Roxb.) DC	Nakuri	Wp.	H	Veg.	Dangol *et al*., 2017
46.	Apiaceae	*Pleurospermum angelicoides* (Wall. ex DC.) Benth. ex C.B.Clarke		Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
47.	Apiaceae	*Pleurospermum apiolens* C.B. Clarke		Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
48.	Apiaceae	*Tetrataenium wallichii* (DC). Manden.	Chimphing	Fl., Se.	H	pic.	Dangol *et al*., 2017
49.	Apocyanaceae	*Carissa carandas* L.	Karaundra	Fru.	S	Fru.	Upreti *et al*., 2012
50.	Apocyanaceae	*Ceropegia pubescens* Wall.	Bansimi	Fru.	C	veg.	Dangol *et al*., 2017; Acharya & Acharya, 2010
51.	Apocynaceae	*Holarrhena pubescens* Wall.& G.Don	Indraju	Le.	S	veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
52.	Aquifoliaceae	*Ilex hookeri* King	Lise	Fru.	T	Fru.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
53.	Araceae	*Arisaema consanguineum* Schott	Raksya banko	Sh.	H	veg.	Dangol *et al*., 2017

54.	Araceae	*Arisaema erubescens* (Wall.) Schott	Charibanko	Wp.	H	veg.	Ghimeray *et al*., 2010; Thapa *et al*., 2014; Dangol *et al*., 2017
55.	Araceae	*Arisaema flavum* (Forssk.) Schott	Banko	Sh.	H	veg.	Bhattarai *et al*., 2009; Aryal *et al*., 2018; Dangol *et al*., 2017
56.	Araceae	*Arisaema jacquemontii* Blume	Sarpako makai	R., tu.	H	veg.	Shrestha, 2021, Shrestha, 2013; Bhattarai *et al*.,2009; Dangol *et al*., 2017
57.	Araceae	*Arisaema tortuosum* (Wall.) Schott	Sarpako makai	R., tu.	H	veg.	Shrestha, 2021, Shrestha, 2013; Aryal *et al*., 2018; Upreti *et al*., 2012; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
58.	Araceae	*Arisaema utile* Hook.f. ex Engl.	Dhokaya	Sh.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
59.	Araceae	*Colocasia esculenta* (L.) Schott.	Pindalu, Karkalo	Wp.	H	veg., pic.	Shrestha, 2021, Dangol *et al*., 2017; Shrestha, 2013; Aryal *et al*., 2018; Limbu & Thapa, 2011; Thapa *et al*., 2014; Upreti *et al*., 2012
60.	Araceae	*Colocasia fallax* Schott	Gheuya	Wp.	H	veg.	Limbu & Thapa, 2011; Dangol *et al*., 2017; Acharya & Acharya, 2010
61.	Araceae	*Cyrtosperma merkusii* (Hassk.) Schott	Mane	Sh., Co.	H	veg.	Limbu & Thapa, 2011
62.	Araceae	*Remusatia pumila* (D.Don) H.Li & A.Hay		Le.	H	Veg.	Dangol *et al*., 2017; Bhattarai, 2018
63.	Araceae	*Remusatia vivipara* (Roxb.) Schott	Jaluko	Sh.	H	Veg.	Upreti *et al*., 2012; Dangol *et al*., 2017
64.	Araliaceae	*Aralia leschenaultii* (DC) Seem.	Chinde	Le.	T	Veg.	Shrestha, 2021; Dangol *et al*., 2017
65.	Araliaceae	*Aralia leschenaultii* (DC.) J.Wen		Le.	T	veg.	Shrestha, 2021

66.	Araliaceae	*Macropanax dispermus* (Blume) Kuntze	Chiniya	Sh.	T	Veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
67.	Arecaceae	*Caryota urens* L.	Rangbang	Tb., Ip.	T	veg.	Dangol *et al*., 2017
68.	Arecaceae	*Chamaerops humilis* L.	Thakal	Fru., Le.	S	fru., veg.	Shrestha, 2021; Dangol *et al*., 2017
69.	Arecaceae	*Phoenix acaulis Roxb.*	Thakal	Fru.	T	Fru	Shrestha, 2013; Ghimeray *et al*., 2010; Mahato, 2014; Thapa *et al*., 2014; Dangol *et al*., 2017
70.	Arecaceae	*Phoenix loureiroi* Kunth	Thakal	Fru., Pith	T	Fru., veg.	Aryal *et al*., 2018; Upreti *et al*., 2012; Dangol *et al*., 2017; Acharya & Acharya, 2010
71.	Arecaceae	*Phoenix sylvestris* (L.) Roxb.	Thakal	Fru.	T	Fru.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
72.	Arecaceae	*Wallichia disticha* T.Anderson	Thakal	Fru., pith	T	Fru., veg.	Dangol *et al*., 2017
73.	Asparagaceae	*Asparagus filicinus* Buch.-Ham. ex D.Don	Bankurilo	Sh.	H	veg., pic.	Shrestha, 2021, Shrestha, 2013; Bhattarai *et al*.,2009 ; Limbu & Thapa, 2011; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
74.	Asparagaceae	*Asparagus racemosus* Willd	Kurilo JhirJhire kada	Sh.	T	veg., pic., sou.	Shrestha, 2021; Shrestha & Dhillon, 2006; Acharya & Acharya, 2010; Dangol *et al*., 2017; Shrestha, 2013; Bhattarai *et al*.,2009; Aryal *et al*., 2018; Thapa *et al*., 2014; Upreti *et al*., 2012; Joshi & Shiwakoti, 2012
75.	Asparagaceae	*Chlorophytum nepalense* (Lindl.) Baker	Banpyaj	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012

76.	Asparagaceae	*Polygonatum cirrhifolium* (Wall.) Royle		Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
77.	Asparagaceae	*Polygonatum verticillatum* (L.) All.	Khinraula	Le.	H	Veg.	Shrestha, 2013; Aryal *et al*., 2018; Dangol *et al*., 2017
78.	Asparagaceae	*Polygonatum verticillatum* L. All.	Nigali sag	Le.	H	Veg.	Shrestha, 2013; Aryal *et al*., 2018; Dangol *et al*., 2017
79.	Asteraceae	*Acacia rugata* (Lam.) Fawc. & Rendle	Sikakai	Sh.	C	veg., pic.	Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017
80.	Asteraceae	*Acmella calva* (DC.) R.K.Jansen	Lato ghans	Fl.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
81.	Asteraceae	*Acmella ciliata* (Kunth) Cass.		Fl.	H	veg., pic.	Dangol *et al*., 2017
82.	Asteraceae	*Acmella uliginosa* (Sw.) Cass.		Fl.,Fru.	H	spi.	Dangol *et al*., 2017
83.	Asteraceae	*Bidens biternata* (Lour.) Merr. & Sherff	Kuro	Sh.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
84.	Asteraceae	*Bidens pilosa* L.	Kuro	Sh.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
85.	Asteraceae	*Blumea lacera* (Burm.f.) DC.	Khicha bhwatha	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
86.	Asteraceae	*Blumeopsis flava* (DC.) Gagnep.	Tori gande	Wp.	H	Ma.	Dangol *et al*., 2017
87.	Asteraceae	*Cirsium wallichii* DC.	Thakal	Sh.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
88.	Asteraceae	*Crepis elongata* Babc.		Sh.	H	veg.	Bhattarai *et al*.,2009
89.	Asteraceae	*Cyanthillium cinereum* (L.) H.Roxb.	Sahadeva	Wp.	H	Mar.	Dangol *et al*., 2017
90	Asteraceae	*Duhaldea cappa* (Buch.-Ham. ex D.Don) Pruski & Anderb.	Gaitihare	Wp.	S	Veg., mar.	Thapa *et al*., 2014; Dangol *et al*., 2017
91.	Asteraceae	*Eclipta prostrata* (L.) L.	Bhringraj	Le., Sh.	H	veg.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012

92.	Asteraceae	*Emilia sonchifolia* (L.) DC. ex DC.	Tori phool	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
93.	Asteraceae	*Guizotia abyssinica* Cass.	Jhuse til	Se.	H	veg.	Dangol *et al*., 2017
94.	Asteraceae	*Launaea aspleniifolia* (Willd.) Hook.f.	Dudhejhar	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
95.	Asteraceae	*Sonchus asper* (L.) Hill		Le.	H	Veg.	Dangol *et al*., 2017
96.	Asteraceae	*Sonchus oleraceus* (L.) L.	Dudhi kanda	Le.	H	Veg.	Shrestha, 2013; Thapa *et al*., 2014; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
97.	Asteraceae	*Sonchus wightianus* DC.	Tite sag	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
98.	Athyriaceae	*Deparia boryana (Willd.)* M. Kato	Kaloneuro	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
99.	Athyriaceae	*Diplazium esculentum* (Retz.) Sw.	Masinoneuro	Le.	H	veg.	Shrestha, 2013; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
100.	Balsaminaceae	*Impatiens bicornuta* Wall.		Sh.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
101.	Basellaceae	*Basella alba* L.	Poi sag	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
102.	Berberidaceae	*Berberis angulosa* Wall. ex Hook.f. & Thomson	Chutre Kada	Fru.	S	Fru.	Bhattarai *et al*.,2009
103.	Berberidaceae	*Berberis aristata* Roxb. ex DC.	Chutro	Fru.	S	Fru.	Shrestha, 2021; Bhattarai *et al*.,2009; Aryal *et al*., 2018; Thapa *et al*., 2014; Dangol *et al*., 2017

104.	Berberidaceae	*Berberis asiatica* Roxb. ex DC.	Chutro	Fru.	S	Fru.	Karki *et al*., 2017; Aryal *et al*., 2018; Mahato, 2014; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
105.	Berberidaceae	*Berberis ceratophylla* G.Don	Chutro	Fru.	S	Fru.	Bhattarai *et al*.,2009
106.	Berberidaceae	*Berberis lyceum* Royle	Chutro	Fru.	S	Fru.	Bhattarai *et al*.,2009
107.	Berberidaceae	*Mahonia nepaulensis DC*.	Jamanimandro	Fru.	S	Fru.	Shrestha, 2021; Mahato, 2014; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
108.	Bignonaceae	*Oroxylum indicum* (L.) Kurz	Tatelo	Fl.	T	Veg.	Shrestha, 2021, Shrestha, 2013; Ghimeray *et al*., 2010; Dangol *et al*., 2017
109.	Bignoniaceae	*Begonia longifolia* Blume	Magarkachy	Le., Sh.	H	pic.	Shrestha, 2021, Ghimeray *et al*., 2010; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
110.	Blechnaceae	*Woodwardia fimbriata* J.E.Sm.		St.	H	Veg.	Dangol *et al*., 2017
111.	Brassicaceae	*Capsella bursa-pastoris* (L.) Medik.	Torighans	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
112.	Brassicaceae	*Cardamine scutata* Thunb.	Chamsureghans	Le., Sh.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
113.	Brassicaceae	*Erysimum cuspidatum* (M.Bieb.) DC.		Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
114.	Brassicaceae	*Erysimum odoratum* Ehrh.		Le.	H	veg.	Dangol *et al*., 2017
115.	Brassicaceae	*Nasturtium officinale* R. Br.	Simsag	Wp.	H	Veg.	Shrestha, 2021; Ghimeray *et al*., 2010; Limbu & Thapa, 2011; Dangol *et al*., 2017; Bhattarai, 2018
116.	Brassicaceae	*Rorippa indica* (L.) Hiern	Pahelojhar	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012

117.	Buxaceae	*Sarcococca coriacea* (Hook.) Sweet	Preetbir	Fru.	S	Fru.	Dangol *et al*., 2017
118.	Cannabaceae	*Cannabis sativa* L.	Gaja, Bang	Fru., Se.	S	Fru., pic.	Shrestha, 2021; Shrestha & Dhillon, 2006; Bhattarai, 2018; Acharya & Acharya, 2010; Aryal *et al*., 2018; Mahato, 2014; Thapa *et al*., 2014; Dangol *et al*., 2017; Acharya & Acharya, 2010
119.	Capparaceae	*Capparis spinosa* L.	Bagh mukhwa	Fru., Sh.	S	Fru, veg., pic.	Shrestha, 2013; Upreti *et al*., 2012; Dangol *et al*., 2017
120.	Capparaceae	*Capparis zeylanica* L.		Fru.	S	Fru., veg.	Dangol *et al*., 2017; Acharya & Acharya, 2010
121.	Capparaceae	*Crateva religiosa* G. Forst.	Sipligaan	Le., Sh.	T	veg., pic.	Shrestha, 2013; Limbu & Thapa, 2011; Dangol *et al*., 2017
122.	Capparaceae	*Crateva unilocularis* Buch.-Ham.	Sipligan	Le., Sh., Fl.	T	veg.	Upreti *et al*., 2012; Dangol *et al*., 2017
123.	Caprifoliaceae	*Lonicera tomentella* Hook.f. & Thoms.		Fru.	S	Fru.	Bhattarai *et al*.,2009
124.	Caryophyllaceae	*Drymaria cordata* (L.) Willd. ex Shult	Abijalo	Le.	H	veg.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017; Bhattarai, 2018
125.	Caryophyllaceae	*Stellaria monosperma*Buch.-Ham. ex D.Don		Le.	H	Veg.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
126.	Cleomaceae	*Cleome viscosa* L.	Swibhama	Le.	H	veg.	Shrestha, 2013; Upreti *et al*., 2012; Dangol *et al*., 2017
127.	Colchicaceae	*Disporum cantoniense* (Lour.) Merr.	Sano kukurdaino	Fru., Le.	C	Fru., veg.	Dangol *et al*., 2017

128.	Combretaceae	*Terminalia bellirica (*Gaertn.) Roxb.	Barro	Fru.	T	Fru.	Shrestha, 2021; Joshi & Shiwakoti, 2012; Acharya & Acharya, 2010; Dangol *et al*., 2017; Karki *et al*., 2017; Aryal *et al*., 2018; Mahato, 2014; Thapa *et al*., 2014; Upreti *et al*., 2012
129.	Combretaceae	*Terminalia chebula* Retz.	Harro	Fru.	T	Fru., veg.	Shrestha, 2021; Joshi & Shiwakoti, 2012; Acharya & Acharya, 2010; Karki *et al*., 2017; Aryal *et al*., 2018; Mahato, 2014; Thapa *et al*., 2014; Dangol *et al*., 2017
130.	Commelinaceae	*Commelina benghalensis* L.	Kanejhar	Le., Sh.	H	veg.	Shrestha, 2013; Aryal *et al*., 2018; Thapa *et al*., 2014; Dangol *et al*., 2017; Acharya & Acharya, 2010; Joshi & Shiwakoti, 2012
131.	Commelinaceae	*Commelina paludosa* Blume	Kanesag	R., tu.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
132.	Commelinaceae	*Murdannia nudiflora* (L.) Brenan	Ryau ryau	Sh.	H	Veg.	Dangol *et al*., 2017
133.	Convolvulaceae	*Ipomoea alba* L.	Chandrakali	Fl.	H	Veg.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017
134.	Convolvulaceae	*Ipomoea aquatica* Forssk.	Kalmisag	Le., Sh.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
135.	Coriariaceae	*Coriaria nepalensis* Wall.	Machhaiino	Fru.	S	Fru.	Bhattarai *et al*.,2009
136.	Costacaceae	*Cheilocostus speciosus* (J. Konig) C.D. Specht	Betlauri	Sh.	H	veg.	Dangol *et al*., 2017; Acharya & Acharya, 2010

137.	Cucurbitaceae	*Benincasa hispida* (Thunb.) Cogn	Kubhindo	Fru.	C	veg., pic.	Shrestha, 2021; Upreti *et al*., 2012; Dangol *et al*., 2017
138.	Cucurbitaceae	*Coccinia grandis* (L.) Voigt.	Golkankri, Bankakro	Fru.	C	Fru.	Aryal *et al*., 2018; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
139.	Cucurbitaceae	*Cucumis melo* L.	Boromi	Fru.	H	Fru.	Dangol *et al*., 2017
140.	Cucurbitaceae	*Diplocyclos palmatus* (L.) C. Jeffrey		Fru.	C	veg.	Dangol *et al*., 2017; Acharya & Acharya, 2010
141.	Cucurbitaceae	*Edgaria darjeelingensis* C.B.Clarke		Fru.	C	veg.	Shrestha, 2013; Dangol *et al*., 2017
142.	Cucurbitaceae	*Momordica charantia* L.		Fru.	H	veg.	Upreti *et al*., 2012; Dangol *et al*., 2017
143.	Cucurbitaceae	*Momordica dioica* Roxb. ex Willd.	Bankarela	Fru.	C	Veg.	Shrestha, 2021; Aryal *et al*., 2018; Dangol *et al*., 2017
144.	Cucurbitaceae	*Solena amplexicaulis* (Lam.)Gandhi	Gorkhi	Fru.	H	Veg.	Dangol *et al*., 2017
145.	Cucurbitaceae	*Solena heterophylla* Lour.	Golkankari	Fru.	C	Fru., veg.	Shrestha, 2013; Dangol *et al*., 2017
146.	Cucurbitaceae	*Trichosanthes cucumerina* L.	Ban chichinda	Fru.	H	Fru., ven.	Shrestha, 2021; Dangol *et al*., 2017
147.	Cucurbitaceae	*Trichosanthes dioica Roxb.*	Chathail, parwar	Fru.	C	Fru., veg.	Dangol *et al*., 2017; Acharya & Acharya, 2010
148.	Cucurbitaceae	*Trichosanthes tricuspidata* LOUR.	Indreyni	Sh.	H	Veg.	Ghimeray *et al*., 2010
149.	Cucurbitaceae	*Zehneria japonica* (Thunb.) H.Y.Liu	Golkakri	Fru.	C	Fru.	Dangol *et al*., 2017; Acharya & Acharya, 2010
150.	Dennstaedtiaceae	*Pteridium aquilinum* (L.) Kuhn		Sh.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
151.	Dilleniaceae	*Dillenia indica L.*	Panchphal	Fru.	T	veg.	Shrestha, 2013; Upreti *et al*., 2012; Dangol *et al*., 2017
152.	Dilleniaceae	*Dillenia pentagyna* Roxb.	Tantari	Fru., Fl.	T	veg., pic.	Dangol *et al*., 2017

153.	Dioscoreaceae	*Dioscorea alata* L	Tarul	tu., Bu.	C	veg.	Shrestha, 2021, Shrestha, 2013; Limbu & Thapa, 2011; Thapa *et al*., 2014; Dangol *et al*., 2017
154.	Dioscoreaceae	*Dioscorea bulbi*Mar.*a* L.	Bantarul	Bu., R., tu.	C	veg.	Shrestha, 2021, Shrestha & Dhillon, 2006; Acharya & Acharya, 2010; Shrestha, 2013; Aryal *et al*., 2018; Dangol *et al*., 2017; Limbu & Thapa, 2011; Thapa *et al*., 2014; Upreti *et al*., 2012
155.	Dioscoreaceae	*Dioscorea deltoidea* Wall.	Vyakur	tu., Bu.	C	veg.	Shrestha, 2013; Aryal *et al*., 2018; Shrestha & Dhillon, 2006; Acharya & Acharya, 2010; Limbu & Thapa, 2011; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017
156.	Dioscoreaceae	*Dioscorea esculenta* (Lour.)	Tarul	R., tu.	C	Veg	Shrestha, 2013; Limbu & Thapa, 2011; Dangol *et al*., 2017
157.	Dioscoreaceae	*Dioscorea hispida* Dennst.	Bharlang	tu.s	C	veg., alc.	Ghimeray *et al*., 2010; Limbu & Thapa, 2011
158.	Dioscoreaceae	*Dioscorea kamoonensis* Kunth	Rani vyakur	Bu.	C	veg.	Aryal *et al*., 2018; Limbu & Thapa, 2011; Thapa *et al*., 2014; Dangol *et al*., 2017
159.	Dioscoreaceae	*Dioscorea oppositifolia* L.	Githa	tu.s	C	veg., spi.	Shrestha, 2013; Ghimeray *et al*., 2010; Dangol *et al*., 2017
160.	Dioscoreaceae	*Dioscorea pentaphylla* L.	Mithe tarul	R.s, tu.s	C	veg.	Shrestha, 2013; Dangol *et al*., 2017

161.	Dipterocarpaceae	*Shorea robusta* Garten.	Sal	Fru.	T	Fru.	Shrestha, 2021; Dangol *et al*., 2017; Acharya & Acharya, 2010
162.	Dryopteridaceae	*Dryopteris cochleata* (D. Don) C. Chr.	Neuro	Le.	H	veg., pic.	Shrestha, 2021, Shrestha, 2013; Aryal *et al*., 2018; Shrestha & Dhillon, 2006; Thapa *et al*., 2014; Dangol *et al*., 2017; Acharya & Acharya, 2010
163.	Dryopteridaceae	*Polystichum squarrosum* (D. Don) Fee	Phusre neuro	Sh.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
164.	Ebenaceae	*Diospyros malabarica* (Desr.) Kostel	Tendu	Fru.	T	Fru.	Shrestha, 2013; Mahato, 2014; Upreti *et al*., 2012; Dangol *et al*., 2017
165.	Elaeagnaceae	*Hippophae tibetana* Schltdl.	Tibetain sea buckthorn	Fru.	S	fru.	Bhattarai *et al*.,2009
166.	Elaegnaceae	*Hippophae salicifolia* D. Don	Sea buckthorn	Fru.	S	Fru., pic.	Bhattarai *et al*.,2009
167.	Elaeocarpaceae	*Elaeocarpus sikkimensis* Mast.	Rudrakshya	Fru.	T	Fru.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
168.	Ericaceae	*Gaultheria fragrantissima* Wall.	Dhasingare	Fru.	T	Fru.	Shrestha, 2021; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
169.	Ericaceae	*Rhododendron arboreum* Sm.	Laligurans	Fl.	T	Veg., pic., Alc., jui.	Shrestha, 2021, Shrestha, 2013; Shrestha & Dhillon, 2006; Ghimeray *et al*., 2010; Aryal *et al*., 2018; Thapa *et al*., 2014; Dangol *et al*., 2017
170.	Euphorbiaceae	*Euphorbia hirta* L. Hook.f.	Dudheghe jharhans	Le.	H	veg.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
171.	Euphorbiaceae	*Euphorbia royleana* Boiss.	Siudi	Fl.	S	veg.	Shrestha, 2021; Dangol *et al*., 2017

172.	Euphorbiaceae	*Manihot esculenta* Crantz	Simal aru	R., tu.	S	Veg.	Shrestha, 2013; Upreti *et al*., 2012; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
173.	Euphorbiaceae	*Ricinus communis* L.	Ader	Fl.	T	Veg., pic.	Shrestha, 2021; Upreti *et al*., 2012; Dangol *et al*., 2017
174.	Fabaceae	*Bauhinia malabarica* Roxb.	Amilo tanki	Fl.	T	veg.	Dangol *et al*., 2017
175.	Fabaceae	*Bauhinia purpurea* L.	Tanki	Fl., Sh.	T	veg., pic.	Shrestha, 2021, Shrestha, 2013, Ghimeray *et al*., 2010; Limbu & Thapa, 2011; Upreti *et al*., 2012; Dangol *et al*., 2017
176.	Fabaceae	*Bauhinia vahlii* Wight & Arn.	Bhorla	Fru., Se.	C	Fru., veg.	Shrestha, 2021, Acharya & Acharya, 2010; SShrestha, 2013, Dangol *et al*., 2017; Ghimeray *et al*., 2010; Mahato, 2014; Thapa *et al*., 2014; Upreti *et al*., 2012
177.	Fabaceae	*Bauhinia variegata* L.	Koiralo	Fl., Sh.	T	veg., pic.	Shrestha, 2021, Acharya & Acharya, 2010; Shrestha, 2013; Aryal *et al*., 2018; Limbu & Thapa, 2011; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017
178.	Fabaceae	*Butea buteiformis* (Voigt) Grievson	Bhujetro	Fru.	S	Fru.	Shrestha, 2021; Dangol *et al*., 2017; Acharya & Acharya, 2010
179.	Fabaceae	*Caesalpinia decapetala* (Roth) Alston	Karauji	Fru.	S	Fru.	Upreti *et al*., 2012; Dangol *et al*., 2017
180.	Fabaceae	*Caragana brevispina* Benth.		Fl.	S	veg.	Shrestha, 2013; Dangol *et al*., 2017

181.	Fabaceae	*Cassia fistula* L.	Rajbrikshya	Fru.	T	Fru., veg.	Shrestha, 2021, Shrestha, 2013; Thapa *et al*., 2014
182.	Fabaceae	*Crotalaria pallida* Aiton		Fl.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
183.	Fabaceae	*Crotalaria spectabillis* Roth.		Fl.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
184.	Fabaceae	*Crotalaria tetragona* Andrews		Fru., seed	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
185.	Fabaceae	*Desmodium oojeinense* (Roxb.) H. Ohashi	Sadhan	Fl.	T	pic.	Dangol *et al*., 2017; Acharya & Acharya, 2010
186.	Fabaceae	*Entada Phaseoloides* (L) Merr.	Pangra	Se.	C	veg.	Limbu & Thapa, 2011
187.	Fabaceae	*Indigo*Mar.*a atropurpurea* Hornem.	Sakhino	Fl.	S	veg., pic.	Shrestha, 2013; Dangol *et al*., 2017; Acharya & Acharya, 2010
188.	Fabaceae	*Indigo*Mar.*a cassioides* DC.	Sakhino	Fru., Fl.	S	veg., pic.	Dangol *et al*., 2017
189.	Fabaceae	*Indigo*Mar.*a hebepetala* Baker	Masino sakhino	Fru.	S	veg.	Shrestha, 2013; Dangol *et al*., 2017
190.	Fabaceae	*Lathyrus aphaca* L.		Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
191.	Fabaceae	*Medicago falcata* L.		Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
192.	Fabaceae	*Mucuna pruriens* (L.) DC.	Kauso	Fru.	C	Veg.	Shrestha, 2013; Dangol *et al*., 2017
193.	Fabaceae	*Piptanthus nepalensis* (Hook.) D. Don	Suga phool	Fl.	S	Veg.	Shrestha, 2013; Dangol *et al*., 2017
194.	Fabaceae	*Pithecellobium dulce (*Roxb.) Benth.	Jalebi, Imali	Fl.	S	Veg.	Shrestha, 2013; Dangol *et al*., 2017
195.	Fabaceae	*Senna tora* (L.) Roxb.		Le.	H	Veg.	Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
196.	Fabaceae	*Spatholobus parviflorus* (Roxb.) Kuntze	Bhemila	Se.	C	Oil.	Dangol *et al*., 2017; Acharya & Acharya, 2010

197.	Fabaceae	*Tamarindus indica* L.	Imili	Fru.	T	Pic.	Shrestha, 2021; Mahato, 2014; Dangol *et al*., 2017; Acharya & Acharya, 2010; Joshi & Shiwakoti, 2012
198.	Fabaceae	*Vicia hirsuta* (L.) Gray	Kutlikosa	Fru.	H	Veg.	Shrestha, 2013; Thapa *et al*., 2014; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
199.	Fabaceae	*Vicia sativa subsp. nigra* (L.) Ehrh.	Kutilkosa	Fru., Sh.	H	Fru., Veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
200.	Fabaceae	*Vigna mungo* (L.) Hepper	Ban mungi	Se.	H	Fru., pic.	Dangol *et al*., 2017
201.	Fagaceae	*Castanopsis hystrix* Hook.f. & Thomson ex A.DC.	Katush	Fru.	T	Fru.	Shrestha, 2021, Ghimeray *et al*., 2010; Karki *et al*., 2017; Aryal *et al*., 2018; Dangol *et al*., 2017
202.	Fagaceae	*Castanopsis indica* (Roxb. ex Lindl.) A.DC.	Dhalekatush	Fru., Sh.	T	Fru., veg.	Shrestha, 2021; Shrestha & Dhillon, 2006; Ghimeray *et al*., 2010; Limbu & Thapa, 2011; Joshi & Shiwakoti, 2012; Mahato, 2014; Upreti *et al*., 2012; Dangol *et al*., 2017
203.	Grossulariaceae	*Ribes orientale* Desf.		Fru.	S	Fru.	Bhattarai *et al*.,2009
204.	Juglandaceae	*Juglans regia* L.	Okhar	Fru.	T	Fru.	Shrestha, 2021; Ghimeray *et al*., 2010; Bhattarai *et al*.,2009; Aryal *et al*., 2018; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012

205.	Lamiaceae	*Callicarpa macrophylla* Vahl	Dahidhula	Fru.	S	Fru.	Aryal *et al*., 2018;Thapa *et al*., 2014; Dangol *et al*., 2017; Acharya & Acharya, 2010
206.	Lamiaceae	*Gmelina arborea* Roxb.	Kamari	Fl.	T	Veg.	Dangol *et al*., 2017
207.	Lamiaceae	*Leucas cephalotes* (Roth) Spreng.	Guma	Le.	H	Veg.	Joshi & Shiwakoti, 2012
208.	Lamiaceae	*Mentha longifolia* (L.) L.		Sh.	H	Pic.	Bhattarai *et al*.,2009
209.	Lamiaceae	*Mentha spicata* L.	Pudina	Le.	H	Pic.	Shrestha, 2021; Aryal *et al*., 2018; Dangol *et al*., 2017; Shrestha & Dhillon, 2006; Bhattarai, 2018
210.	Lamiaceae	*Ocimum gratissimum* L.	Bantulasi	Fru.	H	Fru.	Thapa *et al*., 2014; Upreti *et al*., 2012
211.	Lamiaceae	*Ocimum tenuiflorum* L.	Tulsi	Le.	H	Jui.	Shrestha, 2021
212.	Lamiaceae	*Perilla frutescens* (L.) Britton	Silam	Se.	H	Pic.	Shrestha, 2021; Aryal *et al*., 2018; Upreti *et al*., 2012; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
213.	Lamiaceae	*Platostoma hispidum (L.)*		Wp.	H	Veg.	Shrestha, 2013
214.	Lamiaceae	*Salvia campanulata* Wall. ex Benth		Le.	H	Veg.	Bhattarai *et al*.,2009
215.	Lamiaceae	*Thymus linearis* Benth.		Le.	H	Pic.	Bhattarai *et al*.,2009
216.	Lauraceae	*Cinnamomum bejolghota* (Buch.-Ham.) Sweet	Sinkauli	Wp.	T	spi.	Shrestha, 2021; Dangol *et al*., 2017
217.	Lauraceae	*Cinnamomum tamala* (Buch.- Ham.) T.Nees & Eberm.	Tejpat	Le.	T	spi.	Shrestha, 2021, Ghimeray *et al*., 2010; Aryal *et al*., 2018; Upreti *et al*., 2012; Dangol *et al*., 2017
218.	Lauraceae	*Lindera nacusua* (D. Don) Merr.	Jharikath	Fru.	T	Fru.	Dangol *et al*., 2017; Shrestha & Dhillon, 2006; Bhattarai, 2018

219.	Lauraceae	*Machilus edulis* King ex Hook.f.	Lapcephal	Fru.	T	Fru.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
220.	Lcacinaceae	*Natsiatum herpeticum* Buch.- Ham. ex Arn.	Kalilahara	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
221.	Liliaceae	*Clintonia udensis* Trautv. & C.A.Mey.		Le.	H	veg.	Joshi & Shiwakoti, 2012
222.	Liliaceae	*Lilium nepalense* D.Don	Banlasun	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
223.	Linaceae	*Reinwardtia indica* Dumort.	Pyauli	Le.	S	Veg.	Shrestha, 2021; Dangol *et al*., 2017; Acharya & Acharya, 2010
224.	Loranthaceae	*Scurrula elata* (Edgew.) Danser	Aainjeru	Fru.	S	Fru.	Shrestha, 2021; Dangol *et al*., 2017
225.	Lygodiaceae	*Lygodium flexuosum* (L.) Sw.	Parandi sag	Sh.	C	Veg.	Shrestha, 2021; Dangol *et al*., 2017
226.	Lygodiaceae	*Lygodium japonicum* (Thunb.) Sw.	Januaryai lahara	Le.	C	Veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
227.	Lythraceae	*Punica granatum* L.	jangali anar	Fru.	T	Fru.	Dangol *et al*., 2017
228.	Lythraceae	*Woodfordia fruticosa* (L.) Kurz.	Dhayero	Fl.	S	Nec.	Shrestha, 2021; Ghimeray *et al*., 2010; Thapa *et al*., 2014; Dangol *et al*., 2017; Acharya & Acharya, 2010
229.	Malvaceae	*Abelmoschus moschatus* Medik.	Lata kasture	Fru.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
230.	Malvaceae	*Bombax ceiba* L.	Simal	Fru., Fl.	S	veg.	Shrestha, 2021, Shrestha, 2013; Aryal *et al*., 2018; Thapa *et al*., 2014; Upreti *et al*., 2012; Acharya & Acharya, 2010
231.	Malvaceae	*Corchorus aestuans* L.	Nalu	Le.	S	veg.	Shrestha, 2013; Dangol *et al*., 2017

232.	Malvaceae	*Corchorus aestuans* L.	Nalu	Le., Sh.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
233.	Malvaceae	*Grewia optiva* J.R. Drumm. ex Burret	Phorsa	Fru.	T	Fru.	Upreti *et al*., 2012; Dangol *et al*., 2017
234.	Malvaceae	*Grewia sapida* Roxb. ex DC.	Farsa	Fru.	H	Fru.	Dangol *et al*., 2017
235.	Malvaceae	*Grewia sclerophylla* Roxb. ex G.Don	Dapher	Fru.	S	Fru.	Dangol *et al*., 2017
236.	Malvaceae	*Hibiscus sabdariffa* L.	Chhuka	Fru., Le.	S	veg.	Dangol *et al*., 2017
237.	Malvaceae	*Malva parviflora* L.		Le.	H	veg.	Dangol *et al*., 2017
238.	Malvaceae	*Malva verticillata* L.	Laphesag	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
239.	Malvaceae	*Sterculia villosa* Roxb.	Odal	Fru.	T	Fru.	Upreti *et al*., 2012; Dangol *et al*., 2017
240.	Martyniaceae	*Martynia annua* L.	Bag hnangr, Baghjunge	Fru.	H	Fru.	Thapa *et al*., 2014; Dangol *et al*., 2017
241.	Melanthiaceae	*Paris polyphylla* Sm.	Satuwa	Le.	H	Veg.	Mahato, 2014; Shrestha & Dhillon, 2006; Bhattarai, 2018
242.	Melastomataceae	*Melastoma malabathricum* L.	Angeri	Fru.	S	Fru.	Upreti *et al*., 2012; Dangol *et al*., 2017
243.	Melastomataceae	*Osbeckia nepalensis* Hook. f.	Kali chulesi, kaliangeri	Fru.	S	Fru.	Karki *et al*., 2017
244.	Moraceae	*Artocarpus heterophyllus* Lam.	Katahar	Fru.	T	Fru., veg.	Shrestha, 2013; Karki *et al*., 2017; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
245.	Moraceae	*Artocarpus integer* (Thunb.) Merr.	Katahar	Fru.	T	pic.	Mahato, 2014; Dangol *et al*., 2017
246.	Moraceae	*Artocarpus lacucha* Buch.-Ham.	Badahar	Fru.	T	fru., veg	Shrestha, 2021, Ghimeray *et al*., 2010; Mahato, 2014; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017

247.	Moraceae	*Ficus auriculata* Lour.	Timila	Fru.	T	fru., veg.	Shrestha, 2013; Shrestha & Dhillon, 2006; Karki *et al*., 2017; Aryal *et al*., 2018; Mahato, 2014; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017
248.	Moraceae	*Ficus benghalensis* L.	Bar	Fru., Sh.	T	fru., veg.	Shrestha, 2021; Acharya & Acharya, 2010; Ghimeray *et al*., 2010; Mahato, 2014; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017
249.	Moraceae	*Ficus carica* L.	Nibhro	Fru.	T	Fru.	Dangol *et al*., 2017
250.	Moraceae	*Ficus glaberrima* Blume	Pakhri	Fru.	T	Fru.	Mahato, 2014; Thapa *et al*., 2014; Dangol *et al*., 2017
251.	Moraceae	*Ficus hispida* L.f.	Khasreto	Fru.	T	Fru., veg., pic.	Shrestha, 2021, Shrestha, 2013; Aryal *et al*., 2018; Upreti *et al*., 2012
252.	Moraceae	*Ficus hookeriana* Corner	Nibhro	Fru.	T	Fru.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
253.	Moraceae	*Ficus lacor* Buch.-Ham.	Kabro	Le., Fru., buds	T	veg., pic.	Shrestha, 2021, Joshi & Shiwakoti, 2012; Acharya & Acharya, 2010; Shrestha, 2013; Dangol *et al*., 2017; Ghimeray *et al*., 2010; Aryal *et al*., 2018; Thapa *et al*., 2014; Upreti *et al*., 2012
254.	Moraceae	*Ficus neriifolia* Sm.	Dudhilo	Sh.	T	veg.	Aryal *et al*., 2018; Shrestha & Dhillon, 2006

255.	Moraceae	*Ficus palmata* Forssk.	Bedulo	Fru.	T	Fru.	Dangol *et al*., 2017; Acharya & Acharya, 2010
256.	Moraceae	*Ficus racemosa* L.	Dumri	Fru.	T	Fru.	Mahato, 2014; Thapa *et al*., 2014; Upreti *et al*., 2012; Acharya & Acharya, 2010
257.	Moraceae	*Ficus religiosa* L.	Pipal	Fru.	T	Fru.	Shrestha, 2021; Dangol *et al*., 2017; Acharya & Acharya, 2010
258.	Moraceae	*Ficus sarmentosa* Buch.-Ham. ex Sm.	Ban timilo	Fru.	T	Fru.	Upreti *et al*., 2012; Dangol *et al*., 2017
259.	Moraceae	*Ficus semicordata* Buch.-Ham. ex. Sm.	Khaniyo	Fru.	T	Fru.	Shrestha, 2021; Shrestha & Dhillon, 2006; Acharya & Acharya, 2010; Dangol *et al*., 2017; Ghimeray *et al*., 2010; Aryal *et al*., 2018; Mahato, 2014; Thapa *et al*., 2014; Upreti *et al*., 2012
260.	Moraceae	*Ficus subincisa* Buch.-Ham. ex. Sm.	Berulo	Fru.	T	Fru.	Aryal *et al*., 2018; Mahato, 2014; Dangol *et al*., 2017
261.	Moraceae	*Maclura cochinchinensis* (Lour.) Corner	Damaru	Fru.	S	Fru.	Shrestha, 2021; Dangol *et al*., 2017
262.	Moraceae	*Morus alba* L.	Kimbu	Fru.	T	Fru.	Shrestha, 2021; Dangol *et al*., 2017
263.	Moraceae	*Morus australis* Poir.	Kimbu	Fru.	T	Fru.	Thapa *et al*., 2014; Dangol *et al*., 2017
264.	Moraceae	*Morus indica* L.	kimbu	Fru.	T	Fru., ja.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
265.	Moraceae	*Morus nigra* L.	Kimbu	Fru.	T	Fru.	Upreti *et al*., 2012; Dangol *et al*., 2017
266.	Moraceae	*Morus rubra* L.	Kimbu	Fru.	T	Fru.	Dangol *et al*., 2017

267.	Moraceae	*Morus serrata* Roxb.	Kimbu	Fru.	T	Fru.	Aryal *et al*., 2018; Mahato, 2014; Dangol *et al*., 2017; Shrestha & Dhillon, 2006; Joshi & Shiwakoti, 2012
268.	Moringaceae	*Moringa olei*Mar.*a* Lam.	Sajana, Sajiwan	Fru., Fl.	T	veg.	Shrestha, 2013; Ghimeray *et al*., 2010; Upreti *et al*., 2012; Dangol *et al*., 2017
269.	Musaceae	*Ensete glaucum* (Roxb.) Cheesman	Ban kera	Fru.	H	Fru., veg.	Upreti *et al*., 2012; Dangol *et al*., 2017; Acharya & Acharya, 2010
270.	Musaceae	*Musa balbisiana* Colla	Bankera	Fru., Sp.	H	Veg., pic.	Ghimeray *et al*., 2010; Aryal *et al*., 2018; Dangol *et al*., 2017
271.	Musaceae	*Musa paradisiaca* L.	Bankera, malvokkera	Fru., sp.	H	veg.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
272.	Musaceae	*Musa sapientum*L.	Ban kera	Fru.	H	Veg., pic.	Ghimeray *et al*., 2010
273.	Myricaceae	*Myrica esculenta* Buch.-Ham. ex D.Don	Kafal	Fru.	T	Fru.	Shrestha, 2021; Joshi & Shiwakoti, 2012; Shrestha &Dhillon, 2006; Dangol *et al*., 2017; Ghimeray *et al*., 2010; Upreti *et al*., 2012; Thapa *et al*., 2014; Karki *et al*., 2017; Aryal *et al*., 2018; Mahato, 2014; Limbu & Thapa, 2011
274.	Myrsticaceae	*Horsfieldia kingii* (Hook.f.) Warb.	Ramuga	Fru., Le.	T	Fru., pic., ja.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
275.	Myrtaceae	*Cleistocalyx operculatus* (Roxb.) Merr. & L.M. Perry.	Kyamuna, Bhadrejamuno	Fru.	T	Fru.	Thapa *et al*., 2014; Acharya & Acharya, 2010; Joshi & Shiwakoti, 2012

276.	Myrtaceae	*Psidium guajava* L.	Belauti	Fru.	T	Fru.	Acharya & Acharya, 2010
277.	Myrtaceae	*Syzygium aromaticum* (L.) Merr. & L.M.Perry	Kusum	Fru.	T	Fru.	Dangol *et al*., 2017
278.	Myrtaceae	*Syzygium cumini (*L.) Skeels	Jamun	Fru.	T	Fru., ja., jel., vin.	Shrestha, 2021; Ghimeray *et al*., 2010; Joshi & Shiwakoti, 2012; Acharya & Acharya, 2010; Dangol *et al*., 2017; Karki *et al*., 2017 ; Upreti *et al*., 2012; Thapa *et al*., 2014; Mahato, 2014; Aryal *et al*., 2018
279.	Myrtaceae	*Syzygium jambos* (L.) Alston	Gulabjamun	Fru.	T	Fru.	Ghimeray *et al*., 2010
280.	Myrtaceae	*Syzygium kurzii* (Duthie) N.P.Balakr	Ambakay	Fru.	T	Fru.	Shrestha, 2021; Dangol *et al*., 2017
281.	Myrtaceae	*Syzygium nervosum* A.Cunn. Ex DC.	Khyamuna	Fru.	T	Fru.	Dangol *et al*., 2017
282.	Nephrolepidaceae	*Nephrolepis cordifolia* (L.) C. Prest	Paniamala	Fru.	H	Fru.	Shrestha, 2021; Aryal *et al*., 2018; Upreti *et al*., 2012; Dangol *et al*., 2017
283.	Nyctaginaceae	*Boerhavia diffusa* L.	Punarva	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
284.	Onocleaceae	*Matteuccia struthiopteris* L. Tod	Kalo neuro	Sh.	H	Veg.	Limbu & Thapa, 2011
285.	Ophioglossaceae	*Botrychium lanuginosum* Wall. Ex Hook. & Grev.	Jaluko	Sh.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
286.	Ophioglossaceae	*Ophioglossum nudicaule* L.f.	Jibre sag	Le.	H	Veg.	Shrestha, 2013; Upreti *et al*., 2012; Dangol *et al*., 2017
287.	Ophioglossaceae	*Ophioglossum reticulatum* L.	Jibre sag	Le.	H	Veg.	Shrestha, 2021, Shrestha, 2013; Upreti *et al*., 2012; Dangol *et al*., 2017; Shrestha & Dhillon, 2006

288.	Osmundaceae	*Claytosmunda claytoniana* (L.)		Le.	H	Veg.	Dangol *et al*., 2017
289.	Oxalidaceae	*Oxalis corniculata* L.	Charemalaiamilo	Le., Sh.	H	Veg., pic.	Shrestha, 2021; Ghimeray *et al*., 2010; Shrestha & Dhillon, 2006; Aryal *et al*., 2018; Acharya & Acharya, 2010; Thapa *et al*., 2014; Dangol *et al*., 2017
290.	Paeoniaceae	*Paeonia emodi* Royle	Hetto	Le., Sh.	H	veg.	Aryal *et al*., 2018
291.	Pandanaceae	*Pandanus furcatus* Roxb.	Tarika	Fru.	T	Pic.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
292.	Phyllanthaceae	*Antidesma acidum* Retz.	Archal	Fru.	T	Fru., pic.	Ghimeray *et al*., 2010; Upreti *et al*., 2012; Dangol *et al*., 2017
293.	Phyllanthaceae	*Antidesma montanum* Blume	Archal	Le.	S	pic.	Dangol *et al*., 2017
294.	Phyllanthaceae	*Aporosa octandra* (Buch.-Ham. ex D. Don) Vickery	Archal	Fru.	T	Fru.	Karki *et al*., 2017
295.	Phyllanthaceae	*Bridelia retusa* (L.) A.Juss.	Gayo	Fru.	T	Fru.	Thapa *et al*., 2014; Dangol *et al*., 2017; Acharya & Acharya, 2010
296.	Phyllanthaceae	*Flueggea virosa* (Roxb. ex Willd.) Royle	Nundhiki	Fru.	H	Ffru.	Dangol *et al*., 2017
297.	Phyllanthaceae	*Phyllanthus emblica* (L.)	Amala	Fru.	T	Fru., pic.	Shrestha, 2021; Joshi & Shiwakoti, 2012; Ghimeray *et al*., 2010; Acharya &Acharya, 2010; Dangol *et al*., 2017; Upreti *et al*., 2012; Thapa *et al*., 2014; Mahato, 2014; Karki *et al*., 2017; Aryal *et al*., 2018; Limbu & Thapa, 2011

298.	Phytolaccaceae	*Phytolacca acinosa* Roxb.	Jarko, Jaringo sag	Le., Sh.	H	Veg.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017; Shrestha & Dhillon, 2006; Joshi & Shiwakoti, 2012
299.	Pinaceae	*Pinus roxburghii* Sarg.	Sallo	Fru.	T	Fru.	Shrestha, 2021; Thapa *et al*., 2014; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
300.	Piperaceae	*Peperomia pellucida* (L.) Kunth	Lata pate	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
301.	Piperaceae	*Piper longum* L.	Pipla	Fru.	C	Fru., spi.	Upreti *et al*., 2012; Dangol *et al*., 2017; Acharya & Acharya, 2010
302.	Plantaginaceae	*Plantago erosa* Wall.	Isabgol	Le.	H	Veg.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
303.	Plantaginaceae	*Plantago lanceolata L.*		Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
304.	Poaceae	*Bambusa bambos* (L.) Voss.	Bans	Sh.	T	Veg	Shrestha, 2021; Upreti *et al*., 2012; Dangol *et al*., 2017
305.	Poaceae	*Bambusa nepalensis* Stapleton	Choya bans	Sh.	T	veg.	Shrestha, 2021; Upreti *et al*., 2012; Dangol *et al*., 2017
306.	Poaceae	*Dendrocalamus hamiltonii* Nees & Arn ex Munro	Tamabans	Sh.	H	veg., pic.	Shrestha, 2021, Shrestha, 2013; Joshi & Shiwakoti, 2012; Acharya & Acharya, 2010; Shrestha & Dhillon, 2006; Ghimeray *et al*., 2010; Aryal *et al*., 2018; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017

307.	Poaceae	*Dendrocalamus strictus* (Roxb.) Nees.	Tamabans	Sh.	H	veg., pic.	Shrestha, 2013; Dangol *et al*., 2017
308.	Poaceae	*Drepanostachyum falcatum* (Nees) Keng f.	Nigalo	Sh.	H	veg.	Shrestha, 2013; Aryal *et al*., 2018; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
309.	Poaceae	*Panicum miliaceum* L.	Junelo	Se.	H	Alco.	Limbu & Thapa, 2011
310.	Poaceae	*Phragmites australis* (Cav.) Trin. ex Steud.	Narkat	Sh.	S	Veg.	Dangol *et al*., 2017
311.	Poaceae	*Phyllostachys edulis (Carrière)* J.Houz.	Kattabans	Sh.	H	Veg., pic.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
312.	Poaceae	*Setaria italica* (L.)	Kaguno	Se.	H	Alc.	Limbu & Thapa, 2011
313.	Poaceae	*Thamnocalamus spathiflorus (Trin.) Munro*	Bannigalo	Sh.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
314.	Poaceae	*Yushania maling (*Gamble) R.B.Majumdar & Karthik.	Malingo	Sh.	H	veg., pic.	Shrestha, 2021; Dangol *et al*., 2017
315.	Polygonaceae	*Fagopyrum acutatum* (Lehm.) Mansf. ex K. Hammer.	Ban phapar	Le.	H	veg.	Shrestha, 2021; Dangol *et al*., 2017
316.	Polygonaceae	*Fagopyrum esculentum* Moench	Mithe phaper	Le.	H	veg.	Shrestha, 2021, Shrestha, 2013; Aryal *et al*., 2018; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
317.	Polygonaceae	*Fagopyrum tataricum* (L.) Gaertn.	Tite phaper	Le.	H	veg.	Shrestha, 2021, Shrestha, 2013; Aryal *et al*., 2018; Dangol *et al*., 2017
318.	Polygonaceae	*Oxyria digyna* (L.) Hill		Le.	H	Pic.	Aryal *et al*., 2018
319.	Polygonaceae	*Persicaria microcephala* (D.Don.) H.Gross	Ban pire	Le.	H	Veg.	Shrestha, 2013
320.	Polygonaceae	*Persicaria nepalensis* (Meisn.) Miyabe	Priya ghans	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
321.	Polygonaceae	*Persicaria perfoliatum* L. (H.) Gross.	Ghumauro kada	Le.	C	Veg.	Shrestha, 2013; Karki *et al*., 2017; Dangol *et al*., 2017

322.	Polygonaceae	*Persicaria runcinatum* Buch.-Ham. ex D. Don		Le.	H	Veg.	Shrestha, 2013; Ghimeray *et al*., 2010
323.	Polygonaceae	*Polygonum microcephalum* D. Don.	Banpirre	Le.	H	Veg	Dangol *et al*., 2017
324.	Polygonaceae	*Polygonum molle* D. Don	Thotne	Sh.	H	Veg., pic.	Shrestha, 2021, Shrestha, 2013; Ghimeray *et al*., 2010; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
325.	Polygonaceae	*Polygonum plebeium* R. Br.	Baluni sag	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
326.	Polygonaceae	*Polygonum runcinatum* Buch.- Ham.ex D.Don.	Ratnaulo	Wp.	H	Veg.	Dangol *et al*., 2017
327.	Polygonaceae	*Rheum australe* D. Don	Padam chal	Le.	H	Veg.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017
328.	Polygonaceae	*Rheum spiciforme* Royle		Sh.	H	Pic.	Bhattarai *et al*.,2009
329.	Polygonaceae	*Rumex acetosa* L.	Amileghas	Le.	H	veg.	Shrestha, 2021, Shrestha, 2013; Dangol *et al*., 2017
330.	Polygonaceae	*Rumex dentatus* L.		Le., Sh.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
331.	Polygonaceae	*Rumex hastatus* D. Don	Charemala	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
332.	Polygonaceae	*Rumex nepalensis* L.	Halhale	Sh.	H	Veg.	Shrestha, 2021, Shrestha, 2013; Ghimeray *et al*., 2010; Bhattarai *et al*.,2009; Dangol *et al*., 2017; Bhattarai, 2018; Joshi & Shiwakoti, 2012
333.	Polygonaceae	*Rumex vesicarius* L.	Botepalungo	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
334.	Polypodiaceae	*Tectaria coadunata* (Wall. ex Hook. & Grev.) C. Chr.	Kaloneuro	Le.	H	Veg.	Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
335.	Pontederiaceae	*Monochoria hastata* (L.) Solms.		Sh.	H	veg.	Dangol *et al*., 2017

336.	Portulacaceae	*Portulaca oleracea* L.		Sh.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
337.	Primulaceae	*Anagallis arvensis* L.	Armale	Le.	H	veg.	Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
338.	Primulaceae	*Ardisia macrocarpa* Wall.	Dammaral, Paniphal	Fru.	S	fru.	Thapa *et al*., 2014; Dangol *et al*., 2017; Acharya & Acharya, 2010
339.	Primulaceae	*Ardisia solanacea* Roxb.	Bakle	Fru.	S	Fru.	Dangol *et al*., 2017; Acharya & Acharya, 2010
340.	Primulaceae	*Primula muroi* Lindl.		Le.	H	Veg.	Bhattarai *et al*.,2009
341.	Pteridaceae	*Ceratopteris thalictroides* (L.) Brongn.	Pani dhaniya	Wp.	H	veg.	Dangol *et al*., 2017
342.	Pteridaceae	*Pteris biaurita* L.	Kuthruke	Le.	H	Veg.	Shrestha, 2021; Thapa *et al*., 2014; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
343.	Pteridaceae	*Pteris vittata* L.	Kuthruke	Sh.	H	Veg.	Dangol *et al*., 2017
344.	Ranunculaceae	*Caltha palustris* L.		Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
345.	Ranunculaceae	*Clematis acuminata* DC.	Junege lahara	Sh.	C	veg.	Shrestha, 2013; Dangol *et al*., 2017
346.	Ranunculaceae	*Clematis buchananiana* DC.	Junge laara	Sh.	C	veg.	Shrestha, 2013; Dangol *et al*., 2017
347.	Ranunculaceae	*Ranunculus diffusus* DC.	Nakore	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
348.	Ranunculaceae	*Ranunculus sceleratus* L.	Dhungre jhar	Le.	H	Veg., pic.	Shrestha, 2013; Dangol *et al*., 2017
349.	Rhamnaceae	*Ziziphus incurva* Roxb.	Hade bayer	Fru.	T	Fru.	Shrestha, 2021; Karki *et al*., 2017; Dangol *et al*., 2017

350.	Rhamnaceae	*Ziziphus mauritiana* Lam.	Bayer	Fru.	T	Fru., pic.	Shrestha, 2021; Mahato, 2014; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017; Acharya & Acharya, 2010; Joshi & Shiwakoti, 2012
351.	Rhamnaceae	*Ziziphus nummularia* (Burm. f.) Wight & Arn.	Jangali bayar	Fru.	S	Fru.	Shrestha, 2021; Dangol *et al*., 2017
352.	Rhamnaceae	*Ziziphus rugosa* Lam.	Rukhbayer	Fru.	T	Fru.	Karki *et al*., 2017; Limbu & Thapa, 2011; Upreti *et al*., 2012; Dangol *et al*., 2017;Joshi & Shiwakoti, 2012
353.	Rosaceae	*Cotoneaster bacillaris* Wall.ex Lindl.	Kausephul	Fru.	S	Fru.	Bhattarai *et al*.,2009
354.	Rosaceae	*Cotoneaster frigidus* Wall. ex Lindl.		Fru.	S	Fru.	Bhattarai *et al*.,2009
355.	Rosaceae	*Cotoneaster integrifolius* (Rox.) G. Klotz		Fru.	S	Fru.	Bhattarai *et al*.,2009
356.	Rosaceae	*Cotoneaster microphyllus* Wall ex Lindl.	Ghangaru	Fru.	S	Fru.	Bhattarai *et al*.,2009
357.	Rosaceae	*Docynia indica* (Wall.) Decne.	Mael	Fru.	T	Fru., pic.	Shrestha, 2021; Ghimeray *et al*., 2010; Dangol *et al*., 2017
358.	Rosaceae	*Duchesnea indica* (Jacks.) Focke	Bhui Kafal	Fru.	H	Fru.	Shrestha, 2021; Mahato, 2014; Thapa *et al*., 2014; Dangol *et al*., 2017
359.	Rosaceae	*Eriobotrya dubia* (Lindl.) Decne	Jure kaphal	Fru.	T	Fru.	Karki *et al*., 2017; Dangol *et al*., 2017
360.	Rosaceae	*Fragaria nubicola* Lindl. ex Lacaita	Bhui aiselu	Fru.	H	Fru.	Shrestha, 2021; Ghimeray *et al*., 2010; Shrestha & Dhillon, 2006; Bhattarai *et al*.,2009; Mahato, 2014; Aryal *et al*., 2018; Dangol *et al*., 2017

361.	Rosaceae	*Fragaria vesca* L.	Bhuikaphal	Fru.	H	Fru.	Karki *et al*., 2017
362.	Rosaceae	*Photinia nussia* (Buch.-Ham. ex D.Don) Kalkman	Jure mayal	Fru.	S	Fru.	Dangol *et al*., 2017
363.	Rosaceae	*Potentilla cuneate* Wall.		Sh.	H	Veg.	Bhattarai *et al*.,2009; Bhattarai, 2018
364.	Rosaceae	*Prinsepia utilis* Royle	Phekray	Se.	T	Oil.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
365.	Rosaceae	*Prunus cerasoides* Buch.-Ham. Ex D.Don	Painyu	Fru.	T	Fru.	Shrestha, 2021; Ghimeray *et al*., 2010; Karki *et al*., 2017; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
366.	Rosaceae	*Prunus davidiana* (Carri Sre) Franch.		Fru.	T	Fru.	Bhattarai *et al*.,2009
367.	Rosaceae	*Prunus napaulensis* (Ser.) Steud.	Khasi cherry	Fru.	T	Fru.	Joshi & Shiwakoti, 2012
368.	Rosaceae	*Pyracantha crenulata* (Roxb. ex D.Don) M.Roem.	Ghangaru	Fru.	S	Fru	Shrestha, 2021; Aryal *et al*., 2018; Mahato, 2014; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
369.	Rosaceae	*Pyrus pashia* Buch.-Ham. ex D.Don	Sano Mayal	Fru.	T	Fru.	Shrestha, 2021; Aryal *et al*., 2018; Mahato, 2014; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
370.	Rosaceae	*Rosa macrophylla* Lindl.	Bhaisi kanda	Fru.	S	Fru.	Bhattarai *et al*.,2009; Dangol *et al*., 2017
371.	Rosaceae	*Rosa sericea* Wall. Ex Lindl.	Bhaisi kanda	Fru.	C	Fru.	Bhattarai *et al*.,2009
372.	Rosaceae	*Rubus acuminatus* Sm.	Rato ainselu	Fru.	S	Fru.	Ghimeray *et al*., 2010; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
373.	Rosaceae	*Rubus barberi* H.E.Weber	Bhaise ainselu	Fru.	S	Fru.	Ghimeray *et al*., 2010; Dangol *et al*., 2017

374.	Rosaceae	*Rubus ellipticus* Sm.	Pahelo ainselu	Fru.	S	Fru., ja.	Shrestha, 2021; Shrestha & Dhillon, 2006; Joshi & Shiwakoti, 2012; Bhattarai, 2018; Ghimeray *et al*., 2010; Dangol *et al*., 2017; Mahato, 2014; Upreti *et al*., 2012; Thapa *et al*., 2014; Karki *et al*., 2017; Aryal *et al*., 2018; Limbu & Thapa, 2011
375.	Rosaceae	*Rubus niveus* Thunb.	Kalo ainselu	Fru.	S	Fru., ja.	Bhattarai *et al*.,2009; Aryal *et al*., 2018; Dangol *et al*., 2017
376.	Rosaceae	*Rubus paniculatus* Sm.	Kali ainselu	Fru.	S	Fru.	Aryal *et al*., 2018; Mahato, 2014; Dangol *et al*., 2017
377.	Rubiaceae	*Catunaregam spinosa* (Thunb.) Tirveng	mainphal	Fru., Fl.	S	pic.	Dangol *et al*., 2017
378.	Rubiaceae	*Ceriscoides campanulata* (Roxb.) Tirveng.	Pedar	Fl.	S	veg.	Dangol *et al*., 2017
379.	Rubiaceae	*Gardenia cambodiana* Pit.	Pedar	Fl.	H	veg.	Dangol *et al*., 2017
380.	Rubiaceae	*Neolamarckia cadamba* (Roxb.) Bosser	Kadam	Se.	T	Oil.	Shrestha, 2021; Dangol *et al*., 2017
381.	Rubiaceae	*Neonauclea purpurea* (Roxb.) Merr.	Kadam	Fru.	T	Fru.	Dangol *et al*., 2017; Acharya & Acharya, 2010
382.	Rubiaceae	*Spermadictyon suaveolens* Roxb.	Banchampa	Sh.	S	Veg.	Shrestha, 2013; Dangol *et al*., 2017; Dangol *et al*., 2017
383.	Rubiaceae	*Tamilnadia uliginosa* (Retz.) Tirveng	Mainphal	Fru., Fl.	S	Veg.	Upreti *et al*., 2012; Dangol *et al*., 2017

384.	Rutaceae	*Aegle marmelos* (L.) Corrêa	Bel	Fru.	T	Fru.	Acharya & Acharya, 2010; Shrestha, 2021; Aryal *et al*., 2018; Mahato, 2014; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
385.	Rutaceae	*Citrus decumana* L.	Sankhatra	Fru.	T	Pic.	Shrestha, 2021, Ghimeray *et al*., 2010; Karki *et al*., 2017; Dangol *et al*., 2017
386.	Rutaceae	*Murraya koenigii* (L.) Spreng.	Karipatta	Fru.	T	Fru.	Shrestha, 2021; Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017; Acharya & Acharya, 2010
387.	Rutaceae	*Zanthoxylum armatum* DC.	Timur	Fru.	T	Pic., spic.	Shrestha, 2021; Joshi & Shiwakoti, 2012; Bhattarai *et al*., 2009; Bhattarai, 2018; Aryal *et al*., 2018; Mahato, 2014; Thapa *et al*., 2014; Shrestha & Dhillon, 2006
388.	Sapindaceae	*Schleichera oleosa* (Lour.) Meer.	Kusum	Fru.	T	Fru.	Karki *et al*., 2017; Upreti *et al*., 2012; Dangol *et al*., 2017; Acharya & Acharya, 2010
389.	Sapindaceae	*Schleichera trijuga* Willd	Kusum	Fru.	T	Fru., pic.	Thapa *et al*., 2014; Dangol *et al*., 2017

390.	Sapotaceae	*Diploknema butyracea* (Roxb.) H.J.Lam	Chiuri	Fru., Se., Fl.	T	Fru., spi., Nec., veg.	Shrestha, 2021; Ghimeray *et al*., 2010; Joshi & Shiwakoti, 2012; Acharya & Acharya, 2010; Dangol *et al*., 2017; Upreti *et al*., 2012; Thapa *et al*., 2014; Karki *et al*., 2017; Aryal *et al*., 2018; Limbu & Thapa, 2011
391.	Sapotaceae	*Madhuca longifolia* (J.Konig ex L.) J.F. Macbr.	Mahuwa	Fru., Fl.	T	Veg.	Upreti *et al*., 2012; Dangol *et al*., 2017
392.	Saururaceae	*Houttuynia cordata* Thunb.	Gandhe	Sh.	H	Veg., pic.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
393.	Simaroubaceae	*Brucea javanica* (L.) Merr.	Bhakmilo	Fru.	T	Fru.	Dangol *et al*., 2017
394.	Smilacaceae	*Smilax aspera* L.	Kukurdaino	Fl., Sh.	C	Veg., pic.	Shrestha, 2013; Aryal *et al*., 2018; Upreti *et al*., 2012; Dangol *et al*., 2017
395.	Smilacaceae	*Smilax* Mar.*ox* Wall. ex Kunth	Kukurdaino	Sh.	C	Veg.	Shrestha, 2013; Dangol *et al*., 2017
396.	Smilacaceae	*Smilax lanceifolia* Roxb.	Kukurdaino	Sh.	C	Veg.	Shrestha, 2013; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
397.	Smilacaceae	*Smilax munita* S.C. Chen		Fru.	C	Veg	Dangol *et al*., 2017
398.	Smilacaceae	*Smilax ovalifolia* Roxb. ex D.Don	Kukurdaino	Fru., Sh., Le.	C	Fru., veg., pic.	Shrestha, 2013; Aryal *et al*., 2018; Thapa *et al*., 2014; Upreti *et al*., 2012; Acharya & Acharya, 2010; Joshi & Shiwakoti, 2012
399.	Smilacaceae	*Smilax perfoliata Lour.*	Kukurdaino	Fru.	C	Veg.	Shrestha, 2013; Dangol *et al*., 2017
400.	Smilacaceae	*Smilax zeylanica* L.	Kukurdaino	Le., Sh.	C	Veg.	Ghimeray *et al*., 2010; Dangol *et al*., 2017

401.	Solanaceae	*Capsicum annuum* L.		Fru.	H	spi.	Dangol *et al*., 2017
402.	Solanaceae	*Nicandra physalodes* (L.) Gaertn.	Isamgol	Fru.	H	Fru.	Thapa *et al*., 2014; Dangol *et al*., 2017
403.	Solanaceae	*Physalis divaricata* D. Don	Fotangi	Fru.	H	Fru.	Dangol *et al*., 2017
404.	Solanaceae	*Physalis minima* L.	Photangi	Fru.	H	Veg.	Dangol *et al*., 2017
405.	Solanaceae	*Solanum aculeatissimum* Jacq.	Kantakari	Fru.	H	Veg.	Dangol *et al*., 2017
406.	Solanaceae	*Solanum americanum* Mill.		Le.	H	Veg.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
407.	Solanaceae	*Solanum nigrum* L.	Kamain, Kaligedi	Fru.	H	Fru., veg.	Shrestha, 2021, Shrestha, 2013; Aryal *et al*., 2018; Mahato, 2014; Thapa *et al*., 2014; Acharya & Acharya, 2010; Joshi & Shiwakoti, 2012
408.	Solanaceae	*Solanum surattense* Burm. f.		Fru.	H	Veg.	Dangol *et al*., 2017
409.	Solanaceae	*Solanum torvum* Sw.	Thuli bihi	Fru.	S	Fru., veg.	Shrestha, 2013; Mahato, 2014; Dangol *et al*., 2017
410.	Solanaceae	*Solanum* violaceum Ortega.	Bihi	Fru.	S	Veg.	Mahato, 2014
411.	Symplocaceae	*Symplocos pyrifolia* Wall. ex. G. Don	Kale kath	Fru.	T	Fru.	Upreti *et al*., 2012; Dangol *et al*., 2017; Shrestha & Dhillon, 2006
412.	Tectariaceae	*Tectaria gemmi*Mar.*a* (Fée) Alston.	Kaloneuro	Le.	H	Veg.	Dangol *et al*., 2017
413.	Tectariaceae	*Tectaria macrodonta* C.Chr.	Kaloneuro	Sh.	H	Veg	Shrestha, 2013; Dangol *et al*., 2017
414.	Tectariaceae	*Tectaria zeylanica* (Houtt.) Sledge	Mayur kutea	Le.	H	Veg.	Thapa *et al*., 2014; Upreti *et al*., 2012; Dangol *et al*., 2017
415.	Thelypteridaceae	*Cyclosorus auriculata* (J. Sm.) C.M. Kuo		Sh.	H	veg.	Dangol *et al*., 2017
416.	Thelypteridaceae	*Thelypteris multilineata* (Wall. ex Hook.) C.V.Morton		Sh.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017

417.	Trapaceae	*Trapa bispinosa* Roxb.	Singada	Fru.	H	Fru.	Dangol *et al*., 2017
418.	Typhaceae	*Typha angustifolia* L.	Pat	Le.	H	Veg.	Dangol *et al*., 2017
419.	Typhaceae	*Typha latifolia* L.	Pat	Sh.	H	Veg.	Dangol *et al*., 2017
420.	Urticaceae	*Boehmeria rugulosa* Wedd.	Githi	Ba.	T	Mar.., je.	Aryal *et al*., 2018; Thapa *et al*., 2014; Dangol *et al*., 2017; Acharya & Acharya, 2010
421.	Urticaceae	*Elatostema platyphyllum* Wedd.	Sano gangleto	Le.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
422.	Urticaceae	*Elatostema sessile* J.R.Forst. & G.Forst.		St.	H	veg.	Shrestha, 2013; Dangol *et al*., 2017
423.	Urticaceae	*Girardinia diversifolia* (Link) Friis	Bhangray sisnu	Le., Fl.	H	veg.	Shrestha, 2013; Shrestha & Dhillon, 2006; Ghimeray *et al*., 2010; Aryal *et al*., 2018; Limbu & Thapa, 2011; Dangol *et al*., 2017; Joshi & Shiwakoti, 2012
424.	Urticaceae	*Lecanthus peduncularis* (Wall. ex Royle) Wedd.	Kholejhar	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
425.	Urticaceae	*Oreocnide frutescens* (Thunb.) Miq.		Se.	H	Veg	Shrestha, 2013; Dangol *et al*., 2017
426.	Urticaceae	*Pilea symmeria* Wedd.		Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017
427.	Urticaceae	*Pilea umbrosa* Blume	Nil danthe	Le.	H	Veg.	Shrestha, 2013; Dangol *et al*., 2017

428.	Urticaceae	*Urtica dioica* L.	Sisnu	Fl., Sh.	H	Veg.	Shrestha, 2021, Shrestha, 2013; Joshi & Shiwakoti, 2012; Shrestha & Dhillon, 2006; Upreti *et al*., 2012; Thapa *et al*., 2014; Ghimeray *et al*., 2010; Bhattarai *et al*.,2009; Limbu & Thapa, 2011; Aryal *et al*., 2018; Dangol *et al*., 2017
429.	Urticaceae	*Urtica parviflora* Roxb.	Sisnu	Le., Fl.	H	Veg.	Ghimeray *et al*., 2010; Dangol *et al*., 2017
430.	Verbenaceae	*Lantana camara* L.	Ban Phanda	Fru.	S	Fru.	Shrestha, 2021; Dangol *et al*., 2017
431.	Vitaceae	*Cissus javana* DC.	jogi lahara	Le.	C	Pic.	Upreti *et al*., 2012; Dangol *et al*., 2017
432.	Vitaceae	*Leea asiatica* (L.)	Goada	Fru.	H	Fru.	Dangol *et al*., 2017
433.	Vitaceae	*Leea macrophylla* Roxb. ex Hornem.	Galen	Fru.	S	Fru.	Dangol *et al*., 2017; Acharya & Acharya, 2010
434.	Vitaceae	*Tetrastigma serrulatum (Roxb.) Planch.*	Charchare lahara	Fru.	C	Fru.	Upreti *et al*., 2012; Dangol *et al*., 2017
435.	Zingiberaceae	*Cautleya spicata* (Sm.) Baker	Sano saro	Rh.	H	veg.	Dangol *et al*., 2017
436.	Zinziberaceae	*Curcuma aromatica* Salisb.	Ban haledo	Rh.	H	spi.	Shrestha, 2021; Dangol *et al*., 2017; Acharya & Acharya, 2010

Note:T= Tree, H= Herb, S= Shrub, C= Climber, Fru= Fruits, Veg= Vegetables, Pic= Pickles, Spi= Spices, Mar= Marcha, Vin= Vinegar, Ja= Jam, Jel= Jel, Alc= Alcohol, Jui= Juice, sou= Soup, Nec= Nectar

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