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Checklist of Wild Edible Plants of Bihar, India

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Abstract
Bihar covers 94,163 km^2 area but lack floristic information and looking at the high rising value of food and food products, the necessity of nutritive quality and consumption of edible plants cultivated and their wild relatives exploration of different districts of Bihar have been conducted since 2008-2010. The plant species eaten may be whole plant, rhizome, tubers, stem, leaves, inflorescence, fruits, seeds, bark etc. Several times plant parts are used as staple food, while some are used at the time of scarcity like famine, drought etc. Besides, some are well known spices and condiments with good marketable value. Others are used as pickles, drinks, jams and jellies. These plants on large scale are basically identified by the tribal people and introduced in the local markets to earn economy.

***Key words*:** Bihar, edible plants, wild relatives, local market, famine

Introduction

Human being since pre-historic times consumed plants and their products as food. Several of these plants fulfill their basic needs of food, clothing, transport, shelter etc. Many of these spread on large scale and thus expanded their consumption. These plants are basically identified by the tribal people and introduced in the local markets to earn economy. In India approximately 7% of the population constitutes the tribal people and the Community Development Department of the Govt. of India has identified over 425 tribal Development Blocks (Singh and Arora, 1978).

Bihar, containing 9 Divisions and 39 Districts as shown in the map have 101 Subdivisions, 533 Blocks, and 130 Towns lies between 27°31'5" to 24°20'10"N latitudes and 88°17'40" to 83°19'50"E longitude, covers 94,163 km^2 area. It extends from the Kaimur range in the southwest to regions running parallel upto W.B. in the east and Nepal in the north, while to south lies Jharkhand. The phyto-geographical position of Bihar appears to be the element of Assam, Bengal, East Peninsular India and Sub-Himalayan areas (Srivastava, 1986) with an average precipitation of 1239.27 mm. As economy remains agricultural type due to the lack of industrialization and trades Bihar covers net 563.8 sq. km land under agriculture while 68.7 sq.km hectares under forest area.

Forest ranges from Sub tropical to tropical type, with terai soil with rich humus. The major portion of the soil is derived from the Ganga and its tributaries like the Gandak, the Son, the Kosi and the Ghagharia etc.

Materials and methods

The present study has been conducted within Bihar, looking at the high rising value of food and food products. Several local markets of different districts have been surveyed since 2008-2010 which has been divided into three different agro climatic zones on the basis of the heterogeneity of soil type, topography, cropping pattern and different variable atmospheric weather covering 53 districts. During the period of survey regular information has been collected from local as well as tribal people.

Figure 1 represents the map of Bihar showing the district surveyed.

Results and discussion

A perusal of literature reveals that a number of Botanists and explorers like Hooker (1848), Varma (1981), Paria and Chattopadhyay (2002) and many others worked on the floristic analysis of Bihar and its different districts but after being separated from Jharkhand; lacks floristic information, as no work have been compiled in recent years. Keeping this in mind and the necessity of nutritive quality and consumption of edible plants cultivated and their wild relatives exploration of different districts of divided Bihar have been conducted. Some plants were found which needs improvement for cultivation. These plant species may be eaten as whole plant, rhizome, tubers, stem, leaves, inflorescence, bark fruits, seeds, etc. In the provided account, broad pictures of the edible wild plants have been presented. The plant parts consumed and their vernacular names have been collected from local people are represented in table 1. While going through the wild edible plant species, about 253 species have been worked out covering 86 families. Families like Fabaceae, Rubiaceae, Amaranthaceae, and Poaceae are most commonly used through out the area surveyed. Several times plant parts are used as staple food, while some are used at the time of scarcity like famine, drought etc. The provided account gives a good scenario of the edible wild forms from which Bihar can rise its economy. Besides, some are well known spices and condiments with good marketable value, others used as pickles, drinks, jams and jellies like Kala musali, Safni, Hashucha, Gurmar, Seta podo, Simic, Kalmi-sug, Dhawi, etc. Most of these wild forms if cultivated on large scale may provide good economy and also fulfill the high rating price of food crops as for eg. Pandro not well known vegetable having medicinal value in India. But this little known wild fruits are extensively exploited by the local people of Bhagalpur district and the neighboring areas as well known vegetable. Other alternative is to increase their variety if modified will increase the commercial value and fulfill the demand by which general people can balance their budget by utilizing these wild wealths.

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Figure 1. Map of Bihar without scale (Stars represent the surveyed area).

Table 1. Shows plant part consumed and their vernacular names collected from local people

S.No	Name	Common name	Family	Parts used
1.	*Achyranthes aspera* L.	Chirchira	Amaranthaceae	Leaves and Seeds
2.	*Adenanthera pavonina* L.	Ranjan	Mimosaceae	Leaves
3.	*Aerva lanata* Juss.	Lapong arak	Amaranthaceae	Leaves
4.	*Aeschynomene aspera* L.	Shola	Fabaceae	Leaves
5.	*Alangiun salvifolium* (L.f.) Benth	Akola, Dheela	Cornaceae	Fruits
6.	*Albizia procera* Benth.	Safed siris	Mimosaceae	Pod
7.	*Allium ampeloporasum* L.	Leek	Liliaceae	Bulbil
8.	*A. ascalonicum* L.	Shallot	Liliaceae	Bulbil
9.	*A. schoenoprasum* L.	Garhi, Chives	Liliaceae	Bulbil
10.	*A. tuberosum* Rotter ex Spreng	Banga, Gandia	Liliaceae	Bulbil
11.	*Allophylus serratus* (Roxb.) Kurz	Kandakola	Sapindaceae	Fruit pulp
12.	*Alocasia indica* Schott	Mankandu	Araceae	Tubers, Stem
13.	*A. macrorrhiza* Schott	Kachhu, Gaint taro, Arvi	Araceae	Tubers, Leaves, Rhizome
14.	*Alpinia galanga* (L) Willd.	Kulinjan	Zingiberaceae	Rhizome, Seeds, Flowers
15.	*Alteranthera parycnoides* St. Hill	Sag	Amaranthaceae	Leaves
16.	*A. philoxeroides* (Mart.) Griseb	Sag	Amaranthaceae	Leaves

17.	*A. punges* Kunth	Gurii-bhaji, Ponagani	Amaranthaceae	Leaves
18.	*A. sessilis* R.Br.	Garundi arak	Amaranthaceae	Leaves
19.	*A. triandra* Lamk.	Sag	Amaranthaceae	Leaves
20.	*Amaranthus caudatus* L.	Gandari sag	Amaranthaceae	Leaves
21.	*A. polygamus* L.	Kataiya sag, kantelichurai	Amaranthaceae	Leaves
22.	*A. spinosus* L.	Januma	Amaranthaceae	Leaves
23.	*A. viridis* L.	Jangli-chaurai	Amaranthaceae	Leaves
24.	*Amorphophallus campanulatus* Auct. Non Blume ex Decne	Zimikhand, Ol, Suran	Araceae	Tubers
25.	*Ampelocissus latifolia* Planch.	Kopri Ic-ewer	Vitaceae	Leaves
26.	*Andrographis paniculata* (Burm f.) Wallich ex Nees.	Kalmegh, Chirata	Acanthaceae	Young Plant
27.	*Andropogon halepensis* (L.) Brot.	Wild Jaur	Poaceae	Grains
28.	*A. squarrosus* L. f.	Khas-khas	Poaceae	Dried nuts
29.	*Anogeissus latifolia* Haines	Dhaura	Combretaceae	Ripe fruit
30.	*Anthocephalus cadamba* A. Rich.	Kadamb	Rubiaceae	Ripe fruit- Pseudocarp
31.	*Antidesma diandrum* (Roxb.) Heyne ex. Roth.	Amti	Euphorbiaceae	Fruit, Leaves
32.	*A. ghaesembilla* Gaertn.	Kat-marmuri	Euphorbiaceae	Ripe fruit
33.	*Aponogeton natuns* (L.) Eng. & Kranse	Jechu	Aponogetonaceae	Root stock
34.	*A. monostachyon*, L.	Ghechu	Aponogetonaceae	Root stock
35.	*Ardisia humilis* Vahl.	Gara Boi	Myrsinaceae	Leaves
36.	*Argyreia speciosa* Sweet	Samander sok, Bistarak	Convolvolaceae	Leaves
37.	*Artocarpus integrifolia* auct. non L. f.	Kathal	Moraceae	Ripe fruits, Seeds
38.	*A. lakoocha* Roxb.	Dahu, Barhal	Moraceae	Ripe fruit
39.	*Asparagus racemosus* Willd	Satvar	Liliaceae	Rhizome
40.	*Asphodelus tenuifolius* Cav.	Piazi	Liliaceae	Rhizome
41.	*Atylosia scarabaeoides* (L.) Benth.	Birhorse	Fabaceae	Seeds
42.	*Averrhoa bilimbi* L.	Bilimbi	Averrhoaceae	Ripe fruit
43.	*A. carambola* L.	Kamaranga	Averrhoaceae	Leaves
44.	*Azadiracta indica* L.	Neem	Meliaceae	Ripe berries
45.	*Bambusa bambos* Roxb.	Bans	Poaceae	Leaves
46.	*B. tulda* Roxb.	Pekha	Poaceae	Young plant
47.	*Basella rubra* L.	Pui	Chenopodiaceae	Leaves, Flowers
48.	*Bassia latifolia* Roxb.	Mahua	Sapotaceae	Fruit
49.	*Bauhinia purpurea* L.	Lalkachnar	Ceasalpineaceae	Leaves, Seeds
50.	*B. racemosa* Lanik.	Gurial, Kachnar	Ceasalpiniaceae	Seeds
51.	*B. vahlii* Wight& Arnott	Mahul, Maljhan	Ceasalpiniaceae	Bark, Flower buds, Fruit
52.	*B. variegata* L.	Kachnar	Ceasalpiniaceae	Berries
53.	*Berberis asiatica*	Kilmoru	Berberidaceae	Leaves
54.	*Beta vulgaris* L.	Chakanda	Chenopodiaceae	Leaves
55.	*Boerhauvia diffusa* L. Sant	Punarva, Pindooa	Nyctanginaceae	Roots, Leaves
56.	*Bombax ceiba* L.	Simul	Bombacaceae	Flower buds, Flowers, Fruits, Kernel

57.	*Buchanania lanzan* Spr.	Chironji, Chivoli	Anacardiaceae	Roots
58.	*Butea monosperma* (Lamk.) Taub.	Dhak, Palas, flame of forest	Fabaceae	Ripe fruit, Seeds
59.	*Canavalia ensiformis* (L.) D.C	Makhansim, Tilon	Fabaceae	Pods
60.	*C. virosa* W. & A.	Kalasim	Fabaceae	Ripe fruit, Leaves
61.	*Canthium parviflorum* Roxb.	Kirni	Rubiaceae	Ripe fruit, Leaves
62.	*C. didynum* Gaertn.f.	Garbhagojha	Rubiaceae	Fruit
63.	*Capparis zeylanica* L.	Lephura, Niphura	Capparidaceae	Fruit
64.	*Carissa paucinervia* A.D.C	Jangli Karunda	Apocynaceae	Fruit
65.	*Carum roxburghainum* (DC.) Kurz	Ajmud	Apiaceae	Seeds
66.	*Casearia tomentosa* Roxb.	Churchu	Flacourtiaceae	Seeds
67.	*Cassia fistula* L.	Amaltas	Ceasalpiniaceae	Flowers
68.	*C. siamea* L.	Siris, Kasood	Ceasalpineaceae	Stem's sage
69.	*C. tora* L.	Pamaer	Ceasalpiniaceae	Young leaves, Pods
70.	*Catunaregam uliginosa* (Retz.) Siva	Pandro	Rubiaceae	Unripe Fruit
71.	*Celastrus paniculatus* Willd.	Konjri, Kunjri	Celastraceae	Fruit
72.	*Centella asiatica* (L.) Urb.	Brahmi	Hydrocharitaceae	Leaves
73.	*Ceratopteris thalictroides* Brong	Panikarela	Perkeriaceae	Young plant
74.	*Chlorophytum arundinaceum* Baker	Bis Kandri	Liliaceae	Flowers
75.	*C. tuberosum* Baker	Kulai, Safeed musli	Liliaceae	Rhizome
76.	*Cissus adnata* Roxb.	Bod-lar-nari, Nadena	Vitaceae	Leaves
77.	*C.* auriculata	Amarlata	Vitaceae	Fruits
78.	*C. quadranguluris* L.	Harjod	Vitaceae	Leaves
79.	*C. repens* Lamk.	Diboria	Vitaceae	Leaves
80.	*Cleome chelidonii* L. f	Jangliswas	Capparidaceae	Seeds
81.	*C. monophylla* L.	Hurhura	Capparidaceae	Leaves
82.	*Coccinia indica* Wight & Arn.	Kundri	Cucurbitaceae	Fruit
83.	*Colocasia esculenta* (L.) Schott	Kachhu	Araceae	Rhizome, Flowers, Leaves
84.	*Commelina benghalensis* L.	Kanchara	Commelinaceae	Entire plant
85.	*Corchorus olitorius* L.	Sampat	Tiliaceae	Young plant
86.	*Cordia myxa* auct. non L.	Lasura	Boraginaceae	Fruits
87.	*Costus speciosus* (J. Koeing) Sm.	Kenkumara	Zingiberaceae	Rootstock
88.	*Crateva religiosa* auct. non Forst.f.	Varuna, Barun	Capparidaceae	Fruits, Leaves
89.	*Crinum defixum* Ker-Gawl	Pindar	Amaryllidaceae	Rhizome
90.	*Croton tiglium* L.	Jamalgota	Euphorbiaceae	Oilseeds
91.	*Cusculigo orchioides* Gaertn.	Kala musali	Amaryllidaceae	Root
92.	*Curcuma amada* Roxb.	Aam haldi	Zingiberaceae	Rhizome
93.	*C. angustifolia* Roxb.	Tikhur	Zingiberaceae	Tuber-arrowroot
94.	*C. aromatica* Salisb.	Palo	Zingiberaceae	Tuber-arrowroot
95.	*C. leucorhiza* Roxb.	Tikar	Zingiberaceae	Tuber-arrowroot
96.	*C. reclinata* Roxb.	Bundu	Zingiberaceae	Tubers
97.	*Cyamopsis tetragonoloba* (L.) Taub.	Guar	Fabaceae	Young pods
98.	*Cycas pectinata* Griff.	Kunth	Cycadaceae	Pith and outer soft tissues

99.	*Cyperus rotundus* L.	Moth	Cyperaceae	Rhizome
100.	*Dendrocalamus hamiltonii* Nees & auct. non Munro	Bamboo, Kaghribans	Poaceae	Boiled young shoot
101.	*D. strictus* Nees.	Salia bans	Poaceae	Young shoot, Seeds
102.	*Digera alternifolia* Aschers	Kali genhari, Latmhuria	Amaranthaceae	Leaves, Tender shoots
103.	*Dillenia aurea* Sm.	Aghai, Rai	Dilleniaceae	Fruits
104.	*D. indica* L.	Chalta	Dilleniaceae	Unripe Fruit, Flowers
105.	*D. pentagyna* Roxb.	Karmal, Rai	Dilleniaceae	Fruits, Flowers
106.	*Dioscorea alata* L.	Safni	Dioscoreaceae	Rhizome
107.	*D. belophylla* (Prain) S.	Malara	Dioscoreaceae	Rhizome
108.	*D. bulbifera* L.	Ratalu	Dioscoreaceae	Tubers
109.	D. glabra Roxb.	Baiyang, Atosang	Dioscoreaceae	Sticky tubers
110.	*D. daemona* Roxb.	Karukandu	Dioscoreaceae	Tubers
111.	*D. oppositifolia L.*	Kanta alu	Dioscoreaceae	Tubers
112.	*D. pentaphylla* L.	Kanta alu, Bhura	Dioscoreaceae	Tubers, Staminate-flower
113.	*D. puber* Bl.	Kosa-alu	Dioscoreaceae	Tubers
114.	*D. wallichi* Hook. f.	Pita-alu	Dioscoreaceae	Acrid Tubers
115.	*Diospyros kaki* L.	Persimon, Halwa tendu	Ebenaceae	Fruits
116.	*D. melanoxyloin* Roxb.	Tendu	Ebenaceae	Fruits
117.	*D. peregrina* (Gaertn.) Gurke.	Gab	Ebenaceae	Fruits
118.	*Diplazium esculentum* Sw.	Kulti	Polypodiaceae	Young fronds
119.	*Dolichos triflorus* Murray	Marang	Fabaceae	Grains
120.	*Dregea volubilis (*L. f.) Benth. Ex Hook. f.	Sawan, Khir	Asclepiadaceae	Rind of unripe fruit
121.	*Echinochloa frumentacea* Link.	Chamror, Datranga	Poaceae	Grains
122.	*Ehretia laevis* Roxb.	Santu Bukuie	Boraginaceae	Fruits
123.	*Eleocharis dulcis* Trin.	Hashucha	Cyperaceae	Stolon
124.	*Eleusine aegyptia* (L.) Desf.	Kela	Poaceae	Seed flour
125.	*Enhydra fluctuans* Lour.	Sona, Nunga, Mahanga	Asteraceae	Leaves
126.	*Erioglossum rubiginosum* Roxb.	Kari	Sapindaceae	Fruits
127.	*Erthrina indica* Lamk.	Devataru	Fabaceae	Seeds
128.	*Erycibe paniculata* Roxb.	Sagarabatua	Convolvolaceae	Fruits
129.	*Euphorbia hirta*	Dudhilata	Euphorbiaceae	Leaves
130.	*Feronia limonia* (L.) Swingl	Kaith, Kutbel.	Rutaceae	Fruits
131.	*Ficus benghalensis* L.	Barghad	Moraceae	Fruit
132.	*F. cunia* Buch. ex Roxb.	Horpodo	Moraceae	Fruits
133.	*F. glomerata* Roxb.	Gulhar, Domoor	Moraceae	Fruits
134.	*F. hispida* L. f	Seta podo	Moraceae	Fruits
135.	*F. infectoria* Roxb.	Pakar	Moraceae	Fruits
136.	*F. lanceolata* Buch. Ham ex. Roxb.	Garaloa	Moraceae	Fruits
137.	*F. macrophylla* Roxb.	Kota	Moraceae	Fruits
138.	*F. religiosa* L.	Pipal	Moraceae	Fruits
139.	*F. rumphii* Bl.	Duranga-hesa	Moraceae	Fruits
140.	*Garcinia cowa* Roxb. ex DC.	Kowa	Guttiferaceae	Fruits
141.	*G. xanthochymus* Hook. f.	Tumul	Guttiferaceae	Fruits
142.	*Gardenia companulata* Ross	Bitmara	Rubiaceae	Fruits
143.	*G. gummifera* L. f.	Brururi, Dekamali	Rubiaceae	Fruits
144.	*G. latifolia* Alt.	Papra, Dambaru	Rubiaceae	Fruits
145.	*Garuga pinnata* Roxb.	Jiga, Kekar	Burseraceae	Fruits

146.	*Gloriosa superba* L.	Simic, Samonsom	Liliaceae	Roots
147.	*Graptophyllum pictum* Griff.	Caricature plant	Acanthaceae	Leaves
148.	*Grewia asiatica* L.	Phalsa	Tiliaceae	Fruits
149.	*G. damine* Gaertn.	Phalsa	Tiliaceae	Fruits
150.	*G. flavescens* Juss.	Phalsa	Tiliaceae	Fruits
151.	*G. hainesiana* Hole.	Phalsa	Tiliaceae	Fruits
152.	*G. rothii* DC.	Phalsa	Tiliaceae	Fruits
153.	*G. sapida* Roxb. Ex DC.	Phalsa	Tiliaceae	Fruits
154.	*G. sclerophylla* Roxb. Ex G. Don	Phalsa	Tiliaceae	Fruits
155.	*Gymnema sylvestris* R.Br	Gurmar	Asclepiadaceae	Leaves
156.	*Gynandropis pentaphylla* (L.)	Setakanta arak	Cappridaceae	Leaves
157.	*Hibiscus cancellatus* Roxb.	Birkaskom	Malvaceae	Root
158.	*H. sabdariffa* L.	Patwa	Malvaceae	Calyces (Jelly)
159.	*Impateins balsamia* L.	Garden balsam, Gul mehndi	Balsaminaceae	Leaves
160.	*Ipomoea aquatica* Forsk.	Kalmi-sug, polugsay, Water spinach	Convolvulaceae	Leaves
161.	*I. nil* (L.)Roth	Kaladana, Mirchai	Convolvulaceae	Seeds
162	*I. reptans* Poor	Karmi	Convolvolaceae	Tender shoots
163.	*Ixora parvifolia* Vahl.	Lohajangia	Rubiaceae	Fruit
164.	*Lagerastroemia parviflora*	Gond	Lythraceae	Gum
165.	*Leea. macrophylla* Roxb. Ex. Hor.	Dholsamudra, Hatkan	Leeaceae	Leaves
166.	*Leucas cephalotes* Spreng	Andia durap arak	Lamiaceae	Leaves
167.	*L. montana* (Roth) Spreng	Gitil arak	Lamiaceae	Leaves
168.	*Manihot utilissima Pohl.*	Rotialu	Euphorbiaceae	Tubers
169.	*Maninkara hexandra* Dub.	Khirni	Sapotaceae	Ripe fruit
170.	*Maranta arundinacea* L.	Arrowroot	Marantaceae	Tubers
171.	*Marsdenia hamiltoniana* Wight & Arnott.	Moron arak	Asclepiadaceae	Fruits
172.	*M. tenacissima* (Roxb.) Moon	Jiti, Siti,Chiti	Asclepiadaceae	Fruits
173.	*Melastoma malabathriucum* L.	Phutki	Melastomataceae	Placenta, Seeds
174.	*Melochia corchorifolia* L.	Thuiak	Sterculiaceae	Leaves
175.	*Memecylon edule* Roxb.	Niras	Melastomataceae	Berries
176.	*Michelia champaca* L.	Champak, Champa	Magnoliaceae	Flowers
177.	*Miliusa velutina* (Dunal.) Thom	Domsal, Kari	Anonaceae	Ripe Fruit
178.	*Morus indica* L.	Tut	Moraceae	Ripe fruit
179.	*Murraya koenigi* (L.) Spreng.	Barsanga, Mitha neem	Rutaceae	Leaves
180.	*Nelumbo nucifera* Gaertn.	Kamal, Padmini, Bisangr	Nelumbonaceae	Rhizome, Seeds
181.	*N. nauchali* Burm. F	Rakta, Chandava	Nelumbonaceae	Rhizome
182.	*Nigella sativa* auct. non L.	Mungrela, Kala jira	Ranunculaceae	Seeds
183.	*Nyctanthes arbor-tristis* L.	Harsinghar	Oleaceae	Root
184.	*Nymphaea alba* L.	Pondharen, kamal	Nymphaeaceae	Rhizome
185.	*N. stellata* Willd.	Nil kamal	Nymphaeaceae	Rhizome
186.	*Nymphoides hydrophylla* (Lour.) O. Kuntz	Kumudini	Gentiniaceae	Seeds, Flowers
187.	*N. indicum* (Roxb.) O. Kuntz	Bara chulai	Gentiniaceae	Rhizome
188.	*Opuntia dellini* (Fer. Gawl) Haw. Elatior Mill.	Nagphani	Cactaceae	Phylloclades
189.	*Oroxylon indicum* (L.) Ventem.	Sona	Bignoniaceae	Seeds Green fruits

190.	*Ottelia alismoides* Pers	Panikundri, Panikola	Hydrocharitaceae	Rhizome
191.	*Oxalis corniculata* L.	Khatti-butti, Campa methi, amrul sag, ambota	Oxalidaceae	Leaves, Seeds
192.	*O. corymbosa* DL.	Khatti-butti, Chatmori	Oxalidaceae	Leaves, Seeds
193.	*Pachyrhizus angulatus* L.C. Rich ex. DC.	Sankalu	Fabaceae	Leaves
194.	*Paedaria feotida* L.	Gandhali	Rubiaceae	Roots
195.	*Paspalum scrobiculatum* L.	Kodo, Junhi	Poaceae	Leaves
196.	*Pereskia belo* L.	Barbodoes, Gooseberry	Cactaceae	Grains
197.	*Pergularia extensa* (Jacq.) N.E Brown	Mosiphul	Cactaceae	Fruits
198.	*Peucedanum sowa* Kurz.	Sowa	Apiaceae	Fruits
199.	*Phaseolus aconitifolius* Jacq.	Moth.	Fabaceae	Seeds
200.	*P. calcaratus* Roxb.	Sutri	Fabaceae	Grains
201	*Plesmonium margaritiferum* (Roxb.) Schott.	Had, Spepsia	Araceae	Seeds
202.	*Polyalthia cerasioides* (Roxb.)Bed	Kudumi	Annonaceae	Fruits
203.	*Polygonum alatum* L.	Munia, Muni sag	Polygonaceae	Leaves
204.	*P. glabrum* Willd	Sauri arak	Polygonaceae	Leaves
205.	*P. plebejum* Hook. f.	Raniphul	Polygonaceae	Leaves
206.	*Portulaca oleracea* L.	Purslane, Kulfa, Bara laniya	Portulacaceae	Leaves
207.	*P. quadrifida* L.	Chota laniya	Portulacaceae	Leaves
208.	*Pterocarpus marsupium* Roxb.	Pitasara	Fabaceae	Leaves
209.	*Pueraria tuberosa* (Roxb. Ex Willd.) DC.	Ban kumra	Fabaceae	Seeds & Flowers
210.	*Randia uliginosa* (Retz.) Poor.	Pindalu	Rubiaceae	Tubers
211.	*R. dumentorum* Lamk.	Mainphul	Rubiaceae	Fruits
212.	*Rhus semialata* Murray.	Bakiamela	Anacardiaceae	Fruit
213.	*Rivea hypocrateriformis* (Desr.) Choisy	Kalmilata	Convolvolaceae	Drupes
214.	*Rubus ellipticus* Sm.	Kala hinsalu	Rosaceae	Leaves
215.	*Rumex vesicarius* L.	Palak	Polygonaceae	Ripe fruit
216.	*Sagittaria sagittifolia* L.	Chotakut	Alismataceae	Leaves
217.	*Santalum album* L.	Sandalwood, Chandan	Santalaceae	Aril, ripe fruits, kernel
218.	*Saponaria vaccaria* L.	Musna	Caryophyllacae	Seed oil
219.	*Schleichera oleosa* (Lour.)O.Willd	Kusum	Sapindaceae	Tubers
220.	*Scirpus grossus* L.	Kesari	Cyperaceae	Cup
221.	*Semecarpus anacardium* L.	Belwa	Anacardiaceae	Young leaves
222.	*Sesbania grandiflora* Pers.	Basna	Fabaceae	Seeds
223.	*Setaria italica* (L.) P. Beauv.	Kangni, Kangu	Poaceae	Seeds grains
224.	*Shorea robusta* Gaertn.f.	Sal	Dipterocarpaceae	Seeds & Seed oil
225.	*Sida veronicifolia* Lam.	Janka	Malvaceae	Leaves
226.	*Smilax zeylanica* L.	Ramdatun, jangli aushbah	Smilicaceae	Leaves, Rhizome
227.	*Solanum nigrum* L.	Makoi	Solanaceae	Ripe berries
228.	*S. torvum* Sw.	Barhanta	Solanaceae	Fruit
229.	*S. xanthocarpum* Schrad &	Ringni	Solanaceae	Fruit

	Wendl.			
230.	*Sterculia foetida* L.	Badam	Sterculiaceae	Seeds
231.	*S. urens* Roxb.	Gulu, Katira	Sterculiaceae	Seeds
232.	*Tacca leontopetaloides* Forst.	Diva	Taccaceae	Macerated tubers
233.	*Terminalia beterica* Roxb.	Behra, Bahera	Combretaceae	Poisonous tubers
234.	*Trema politoria* Planch.	Kharkas, Gartila	Cannabinaceae	Fruits kernel, Gum
235.	*Trianthema portulacastrum* L.	Lal subuni	Aizoaceae	Leaves, Seeds
236.	*Typha anguslata* Chaub.	Hugla, Gond pattar	Typhaceae	Flowers, Seeds, Rhizome, Young shoots
237.	*Vangueria pubescens* Kurz.	Mainphal	Rubiaceae	Fruits, Leaves
238.	*Ventilago madaraspatana* auct non Gaertn.	Rai-dhani, Pitta	Rhamnaceae	Seeds
239.	*Vernonia cinera* Less.	Jhurijhuri	Asteraceae	Leaves
240.	*Vigna catjang* (Burm. F) Walp.	Lobia, Ranso	Fabaceae	Pods
241.	*Woodfordia fruticosa* (L.) Kurz..	Dhawi	Lythraceae	Flowers
242.	*Zehneria umbellate* Thwaites	Chachinda	Aizoaceae	Rhizome
243.	*Zingiber zerumbet* (L.) Roscoe ex Sm.	Kachur	Zingiberaceae	Rhizome
244.	*Zizipus oenoptia* (L.) Mill.	Makoh	Rhamnaceae	Fruits
245.	*Z. rugosa* Lam.	Dhaura	Rhamnaceae	Fruits
246.	*Z. xylopyra* (Retz.) Willd.	Kat-ber	Rhamnaceae	Seeds

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