



## Ethno-Medicinal Uses of Wild Edible Fruits in Pokhara Valley, Nepal

Om Prasad Dwa

Department of Botany, Prithvi Narayan Campus, Pokhara, Nepal

**Article History:** Submitted 28 Jan. 2022; Reviewed 25 February 2022; Accepted 20 April 2022

**Corresponding Author:** Om Prasad Dwa, **Email:** [dwaompkr@gmail.com](mailto:dwaompkr@gmail.com)

**DOI:** <https://doi.org/10.3126/paj.v5i1.45038>

Copyright 2022 © The author(s). The publisher may reuse all published articles with prior permission of the concerned authors. This work is licensed under a [Creative Commons Attribution 4.0 International \(CC BY 4.0\) License](https://creativecommons.org/licenses/by/4.0/).



ScanToAccess eCopy

### ABSTRACT

The wild fruits are freely available as a source of food. The phytochemicals available in such fruits can be used to cure different health problems of human beings naturally. This study was carried out from July 2020 to August 2021 in different places, particularly in less populated areas like Ward No. 19, 21, 22, 23, 28, 29, 30, 31, 32 and 33 of Pokhara Metropolitan City in Kaski District, Nepal. The data were collected, using a verbal questionnaire in which the respondents were locals and traditional healers. The study was conducted almost in a rural condition, but there was still a good vegetation in its core town areas. People of these areas consume wild fruits mostly as a source of nutrition, vitamins and minerals, but they take them as raw food and know less about their medicinal values. Some wild fruits like *Berberis aristata* (Chutro), *Citrus limon* (Jyamir), *Cassia fistula* (Rajbrikshya), *Mangifera indica* (Anmp), *Punica granatum* (Anar), *Sapindus mukorossi* (Rittha), *Tamarindus indica* (Imili) and *Ziziphus jujuba* (Bayar) show their tremendous medicinal values to cure various health problems. Similarly, there are other well-known fruits like *Aegle marmelos* (Bel), *Emblica officinalis* (Amala), *Piper longum* (Pipla), *Solanum nigrum* (Jangali bihi), *Terminalia bellerica* (Barro) and *T. chebula* (Harro), which can be used for herbal medicines. The results revealed that 41 species of plants belonging to 24 families have been used as the wild fruits with ethno-medicinal values. Such families are Anacardiaceae, Berberidaceae, Bignoniaceae, Caesalpiniaceae, Combretaceae, Elaeagnaceae, Elaeocarpaceae, Euphorbiaceae, Juglandaceae, Lauraceae, Moraceae, Myricaceae, Myrsinaceae, Myrtaceae, Papilionaceae, Piperaceae, Punicaceae, Rhamnaceae, Rosaceae, Rutaceae, Sapindaceae, Solanaceae, Trapaceae and Vitaceae. This study is the first report to show the ethno-medicinal uses of wild edible fruits in Pokhara valley, Nepal.

**KEYWORDS:** Ethno-medicine, health problems, non-timber forest products, wild fruits

## INTRODUCTION

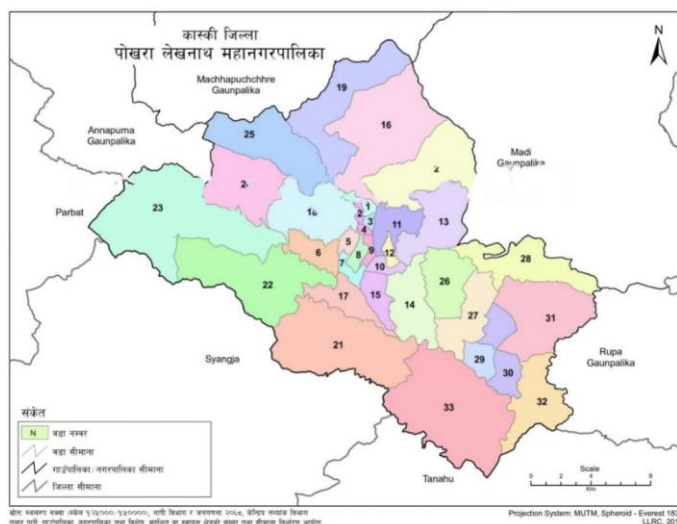
Plant species that are not in domestication practice and occur in a natural habitat are “wild plants.” Fruits produced by such plants are called “wild fruits.” In this sense, the wild plants which are growing in the waste land produce wild fruits. Some wild fruits are edible and some are not. The wild edible fruits are most important aspect of non-timber forest products (NTFPs). They are sources of food and herbal medicine since the beginning of human civilization. Now, they are the source of income nowadays. In many rural parts of Nepal, the people use wild plants to cure their health problems like root, stem, leaf and bark; the wild fruits also used for various other purposes. Such knowledge is deeply rooted in rural areas. The people like the native inhalers and traditional medicinal workers contribute a lot to conserve and explore such plants. In this regard, Katrahalli and Siddeshwari (2021) remark, “Wild edible fruits are among the most widely used non-timber forest products and play an important role in the nutrition, medicine and traditional life style of the local people.” Similarly, Mahato (2014) states, “The rural people have better knowledge of wild fruits as they visit the forest regularly and have constant association and dependence on these forests” Thus, in Nepal, wild fruits are very important plants that can be used for food as well as for medicinal purposes.

## MATERIALS AND METHODS

Pokhara Metropolitan city is geographically largest and serve as headquarter of Gandaki Province and Kaski district. Its elevation ranges from 505 m to 2650 m above sea level. It observes 7°C as lowest temperature during winter and up to 31 °C as maximum during summer. It receives about 3800 mm rainfall annually. The city is surrounded by Macchapucchre and Madi Rural Municipalities on north- east, Rupa Rural Municipality on the east, Annapurna Rural Municipality and Parbat district on north- west and Syangja and Tanahun districts on south. Due to diversity in physiography, altitudinal variation and high rain fall the valley show diversified plants with important wild fruits too.

**Figure 1**

*Map of Pokhara Metropolitan City*



Source: Google search

This paper is prepared by seasonal visits over thirteen months in the non-populated areas of Pokhara. A few questionnaires were set regarding the use and benefits of wild fruits during the field visits. A total of 30 (3 for each rural ward) traditional healers were selected as per their experience. Among them, 60% were men and 40% were women. The data were collected using a verbal questionnaire with the respondents such as local people and traditional healers. The verbal questions were asked to the respondents about wild edible fruits and their ethno-medical uses. The information collected during the field visits was documented, cross-examined, and confirmed with the help of related articles and research findings from different journals.

## RESULTS AND DISCUSSION

The findings of the study revealed that the local residents have a good concept of wild fruits and vegetation around them. They are more familiar with taste and nutrition values of wild fruits rather than medicinal uses. Hopefully, a discussion with them about ethno-medicinal uses gained their attention regarding another important aspect of wild fruits. In this sense, the paper aims to explore the medicinal values of wild fruits, which could be a good option for local residents. This study found 41 species belonging to 24 families that are used as ethno-medicinal fruits. Among these families, maximum species yielding such fruits are Rutaceae, Rosaceae, Anacardaceae, Moraceae and Myrtaceae respectively. The study also revealed that tree species contributed the highest (60.97%) ethno-medicinal fruits yielding followed by the shrubs (26.82%), herbs (7.31%) and climbers (4.87%).

The following are the details about the species and the families that they belong to. The list provides the scientific name, family, vernacular name, English name and its uses.

- 1) *Aegle marmelos* (L.) Correa.  
Family: Rutaceae  
Vernacular name: Bel  
English common name: Bel  
Uses: The fruit pulp is widely used for improving digestion in stomach due to its alterative, nutritive, digestive and tonic properties. The fruit is used for treatment of diarrhea, stomach problems, diabetes, dysentery, constipation, dyspepsia and abdominal disorder.
- 2) *Berberis aristata* DC.  
Family: Berberidaceae  
Vernacular name: Chutro  
English common name: Nepal's barbery  
Uses: Fresh fruits show laxative and cooling properties and are used to cure piles and sores. Ripe fruits are used to treat in jaundice and diarrhea.
- 3) *Cassia fistula* Linn.  
Family: Leguminosae  
Sub-family: caesalpinaceae  
Vernacular name: Rajbrikshya  
English common name: Cassia pod  
Uses: This fruit shows analgesic, laxative, antipyretic, cathartic, purgative and tonic. Hence, the fruit and its pulp is useful in constipation, stomach disorder, liver disorder, leprosy, diabetes, urinary problems, diarrhea, dysentery, indigestion and biliousness. It is also used to cure rheumatism.
- 4) *Citrus aurantifolia* Swingle.  
Family: Rutaceae

Vernacular name: kagati

English common name: Lemon

Uses: This fruit is of digestive, disinfectant, cooling and refrigerant properties. Therefore, the fruits are used in asthma, diarrhea, dysentery, cold, cough and urinary calculus.

- 5) *Citrus limon*(Linn.) Burm,F.

Family: Rutaceae

Vernacular name: Jyamir

English common name: Rough lemon

Uses: The fruit is of anthelmintic, stomachic and tonic properties. Therefore, it is taken to treat asthma, cough and cold, constipation, headache, scurvy, rheumatism and vomiting. Its juice is useful to remove pimples and dandruff.

- 6) *Citrus medica* Linn.

Family: Rutaceae

Vernacular name: Bimiro

English common name: citron

Uses: The fruit shows astringent, anthelmintic, carminative, cooling, stomachic and tonic properties. Hence, the fruit is useful to treat asthma, constipation, cough and cold, dyspepsia, fever, headache and sciatica.

- 7) *Elaeagnus latifolia* L. sensu FBI

Family: Elaeagnaceae

Vernacular name: Guyalo

English common name: Bastard Oleaster

Uses: This fruit is used to cure stomach problems.

- 8) *Elaeocarpus sphaericus*(Garten.) K. Schum.

Family: Elaeocarpaceae

Vernacular name: Rudrakshya

English common name: Utrasum Bead tree

Uses: The fruit is sour in taste and is useful to cure blood pressure problem, epileptic fits, headache and respiratory problems.

- 9) *Emblica officinalis* Gaertn.

Synonym: *Phyllanthus emblica* Linn.

Family: Euphorbiaceae

Vernacular name: Amala

English common name: Emblic Myrobalan

Uses: The fruit has cooling, acidic, laxative, stomachic, cardiac, diuretic, astringent, tonic and refrigerant properties. In this sense, it is widely used to cure jaundice, anemia, diarrhea, sore throat, dysentery, menorrhagia, dyspepsia, hemorrhage, cough, cold, inflammation of the eyes and heart problems.

- 10) *Eugenia jambolina* Linn.

Synonym: *Syzygium cumini* (L.) Skeels.

Family: Myrtaceae

Vernacular name: Jamuna

English common name: Black berry

Uses: The fruit is of astringent, diuretic, carminative, stomachic and febrifuge properties. It is useful to treat ulcers, asthma and bronchitis. Its decoction and seed is useful to cure diabetes.

- 11) *Eugenia operculata* Roxb.

Family: Myrtaceae

Vernacular name: Kyamuno

- English common name: NA  
Uses: The fruit is useful to cure rheumatism.
- 12) *Ficus cunea* Buch.-Ham.ex.Roxb.  
Synonym: *Ficus semicordata* Buch.-Ham.ex.Smith.  
Family: Moraceae  
Vernacular name: Khanayo  
English common name: Drooping Fig  
Uses: The ripe fruit is used to treat constipation, indigestion, headache, leprosy and apathy complaints.
- 13) *Ficus religiosa* Linn.  
Family: Moraceae  
Vernacular name: Peepal  
English common name: Peepal tree  
Uses: The fruit is of laxative property and is used in asthma and other respiratory problems.
- 14) *Juglans regia* L. var, kamaonica C. DC.  
Family: Juglandaceae  
Vernacular name: Okhhar  
English common name: Walnut  
Uses: The fruit and kernel are widely used to cure rheumatism and cotyledons for heart problems, colic and dysentery.
- 15) *Lindera neesiana* (Nees) Kurz.  
Family: Lauraceae  
Vernacular name: Siltimur  
English common name: Lindera Seeds  
Uses: The fruits are used to treat stomach problems.
- 16) *Maesa chisia* Buch.Ham.ex.D.Don  
Family: Sapotaceae  
Vernacular name: Bilaune  
English common name: Wild Berry  
Uses: The fruit is of anthelmintic property.
- 17) *Mahonia nepaulensis* DC.  
Family: Berberidaceae  
Vernacular name: Jamanemandro  
English common name: Mahonia  
Uses: The fruits are taken for diuretic and demulcent functions.
- 18) *Mallotus philippensis*(Lam.) Muell,-Arg.  
Family: Euphorbiaceae  
Vernacular name: Sindhure  
English common name: Kamal tree  
Uses: The dried fruits are taken for scabies and eliminating intestinal worms.
- 19) *Mangifera indica* linn.  
Family: Anacardiaceae  
Vernacular name: Anmp  
English common name: Mango  
Uses: The fruit shows astringent, cardiac, carminative, laxative, appetizer and aphrodisiac properties. The unripe fruit is used to cure ophthalmic problems, scabies and other skin problems. The ripe fruit, on other hand, is taken to treat bleeding piles, haemorrhage from intestine, uterus and lung.
- 20) *Morus alba* Linn.

Family: Moraceae

Vernacular name: Kyun kaphal

English common name: Mulberry

Uses: This fruit is of laxative, cooling, anthelmintic and acrid properties. Therefore, it is useful in different problems like stomach problem, smallpox, biliousness, diarrhea, dyspepsia, heart and spleen.

- 21) *Myrica esculenta* Buch,-Ham.ex.D.Don.

Family: Myricaceae

Vernacular name: kaphal

English common name: Box Myrtle

Uses: The fruits show carminative, alternative, stomachic, sedative and stimulant properties. Thus, it is useful to treat asthma, bronchitis, inflammation and cough.

- 22) *Oroxylum indicum* (L.) Vent.

Family: Bignoniaceae

Vernacular name: Tatelo

English common name: Indian Trumpet flower

Uses: The fruits are of stomachic and carminative nature and used to cure leucoderma, indigestion and stomach problems.

- 23) *Piper longum* Linn.

Family: Piperaceae

Vernacular name: Pipla

English common name: Long Pepper

Uses: The immature fruit decoction is useful to cure cough and chronic bronchitis. The ripe fruit, on the other hand, is useful to treat fever, abdominal problems, leucoderma, tumors, jaundice, piles and spleen complaints.

- 24) *Prunus cerasoides* D.Don.

Family: Rosaceae

Vernacular name: Painyu

English common name: Himalayan cherry.

Uses: The fruits show astringent property.

- 25) *Prunus domestica* Linn.

Family: Rosaceae

Vernacular name: Alubokhara

English common name: Plum tree

Uses: The fruits are of astringent, refrigerant and laxative nature and mostly used to cure leucorrhea and irregular menstruation.

- 26) *Prunus persica* Sieb. Et Zuce.

Family: Rosaceae

Vernacular name: Aru

English common name: Peach tree

Uses: The fruit is used as antiscorbutic, stomachic and demulcent.

- 27) *Psidium guajava* Linn.

Family: Myrtaceae

Vernacular name: Amba, Belauti

English common name: Guava tree

Uses: The fruit is taken as laxative, tonic and cooling for medicinal purposes.

- 28) *Punica granatum* Linn.

Family: Punicaceae

Vernacular name: Anar

English common name: Pomegranate

Uses: The unripe fruit is taken as appetizer and useful to control vomiting. The ripe fruit cures fever, sore throat, biliousness and heart problems. The rind of fruit is anthelmintic. Its powder and juice are useful to treat cough, fever, diarrhea, dysentery and bronchial trouble. The fruit pulp is stomachic and useful in cardiac problems.

29) *Rhus javanica* Linn.

Synonym: *Rhus semilata* Murray.

Family: Anacardiaceae

Vernacular name: Bhakimlo

English common name: Sumac

Uses: The fruit is used to treat diarrhea, colic and skin diseases. Its decoction is useful to cure stomach problems.

30) *Rhus parviflora* Roxb.

Family: Anacardiaceae

Vernacular name: Satibayer

English common name: NA

Uses: The fruit decoction is widely used to treat dysentery.

31) *Rubus ellipticus* J.E. Smith.

Family: Rosaceae

Vernacular name: Ainselu

English common name: Raspberry

Uses: The ripe fruit is taken to cure dysentery, general debility and indigestion. The fruit juice is taken to cure cough, fever and sore throat.

32) *Solanum nigrum* Linn.

Family: Solanaceae

Vernacular name: Kaligedi / Jangali bihi

English common name: Black night shade

Uses: The fruit is laxative and tonic in nature. It is widely used to treat asthma, constipation, urinary problems, insomnia, weak appetite and excessive thirst. The fruit juice is used to treat fever and headache. The unripe fruit paste is useful to cure a skin problem like a ringworm.

33) *Sapindus mukorossi* Gaertn.

Family: Sapindaceae

Vernacular name: Rittha

English common name: Soap nut tree

Uses: The fruit is anthelmintic, emetic, expectorant, detergent, and tonic in nature. It is therefore useful in the treatment of epilepsy, asthma, diarrhea, cholera, salvation and indigestion. The fruit is also useful to treat scorpion sting, snake bite and dandruff.

34) *Tamarindus indica* Linn.

Family: Leguminosae / sub-family: Caesalpinoidae

Vernacular name: Imili

English common name: Tamarind

Uses: The fruit is regarded as carminative, laxative, digestive and refrigerant. It is used to cure inflammatory swelling, mild cataract, constipation, bile problems and urinary problems such as indigestion and gonorrhoea.

35) *Terminalia bellirica* (Gaertn.) Roxb.

Family: Combretaceae

Vernacular name: Barro

English common name: Belleric Myrobalan

Uses: The fruit is of laxative, digestive, anthelmintic, antipyretic, astringent, aperient and tonic properties. It is widely taken to cure stomach disorders like indigestion, gastric problem, dropsy, dyspepsia, biliousness, headache and spleen problems. Its juice obtained after boiling the fruits is useful to cure bronchitis, asthma and other respiratory disorders.

36) *Terminalia chebula* Retz.

Family: Combretaceae

Vernacular name: Harro

English common name: Chebulic myrobalan

Uses: The unripe fruit is of astringent property and useful to treat diarrhea and dysentery. The ripe fruit, on the other hand, has carminative and purgative properties and is useful to cure diseases of eye, spleen, stomach problems, respiratory problems, ulcers, cough, cardiac problem, fever, skin problems and piles.

37) *Trapa bispinosa* Roxb.

Family: Trapaceae

Vernacular name: Simalkande

English common name: Water Chestnut

Uses: The spiny fruit contains white fleshy mass that is used in diarrhea, bronchitis, urinary problems and bilious affections.

38) *Vicia sativa* Linn.

Family: Leguminosae

Sub-family: Papilionaceae

Vernacular name: Kutilkosa

English common name: Common Spring vetch

Uses: The fruits as green pods are widely taken as alterative and useful to treat insomnia.

39) *Vitis venifera* Linn.

Family: Vitaceae

Vernacular name: Dakh/ Jangali angoor

English common name: wild grape

Uses: The fruit is diuretic, cooling, laxative, expectorant, antispasmodic and nerve tonic. It is used to cure cough, indigestion, dyspepsia, diarrhea, hoarseness and breathing problems.

40) *Zanthoxylum armatum* DC.

Synonym: *Zanthoxylum alatum* Roxb.

Family: Rutaceae

Vernacular name: timmur

English common name: Prickly ash bark

Uses: The fruit is of stomachic and carminative properties. Therefore, it is taken to treat toothache, cough and cold, gastritis, headache, piles, internal worms, diarrhea, stomach problems, fever and nervous debility. It improves appetite. The paste of immature fruit is useful to cure wound.

41) *Ziziphus jujuba* Lam.

Synonym: *Ziziphus mauritiana* Lam.

Family: Rhamnaceae

Vernacular name: Bayer

English common name: Indian Plum

Uses: The fruit is used to cure cough, blood problems, indigestion, constipation, stomach problems, asthma and biliousness.



People living in the study area habitually used seasonal wild fruits for different purposes. In the case of thirst feeling, they take ripe fruits of *Rubus ellipticus* and root tuber of *Nephrolepis cordifolia*. In the case of gastrointestinal problems, they use to take fruits of *Zanthoxylum armatum*. In the case of general disability, they use the fruits such as *Punica granatum*, *Musa paradisiaca* and *Vitis vinifera*. Similarly, in the case of urine inflammation and irregular urination, they take the fruits such as *Cassia fistula*. The consumption of such wild edible fruits helps the health condition of rural people as these are the sources of carbohydrates, vitamins, minerals, etc. There is a vast hidden or not explored knowledge about wild fruits and their nutritional health benefits in the study area. These wild fruits are taken orally. The present study was conducted to document and explore such fruits. Finally, the author strongly recommends initiating certain programs by the concerned local and central governmental authorities to help the people participate in such projects like the cultivation and commercialization of wild fruits.

### **CONCLUSION**

This study shows 41 wild edible fruits generally consumed by rural and other peoples of Pokhara mainly due to their food values and taste. Although the wild edible fruits are an important alternative source of raw food and income for local people. As an established fact, these fruits are also important as the herbal medicines to cure many diseases. The result shows that more than 50 diseases have been cured by using wild edible fruits in the study area. In this sense, the wild fruits are an important natural source for the wellbeing of the people and country, too. Therefore, the people and the government should pay attention to this aspect.

### **ACKNOWLEDGMENTS**

*I am thankful to those who are working in different rural wards of Pokhara Metropolitan City and traditional medicinal workers for providing the data for the study. I am also sincerely thankful to Mr. Ambar Bahadur Baidhya, a traditional medicinal worker for important information regarding the wild fruits and their uses. Similarly, thanks are due to Mr. Jeet Prasad Dwa, Mr. Navin Kumar Dewan and many other participants for their help and participation.*

### **REFERENCES**

- Malla, S.B., Shrestha, A.B., Rajbhandari, S.B., Shrestha, T.B., Adhikari, P.M. & Adhikari, S.R. (1976). *Catalogue of Nepalese vascular plants*. Department of Medicinal Plants, Kathmandu, Ministry of Forest & Soil Conservation, GON.
- Malla, S.B., Rajbhandari, S.B., Shrestha, T.B., Adhikari, P.M. & Adhikari, S.R. (1982). *Wild edible plants of Nepal*. Department of Medicinal Plants, Ministry of Forest & Soil Conservation, GON.
- Burlakoti, C. & Kunwar, R.M. (2008). Folk herbal medicines of Mahakali Watershed Area, Nepal. In P.K. Jha, S.B. Karmacharya, M.K. Chettri. C.B. Thapa, & B.B. Shrestha, *Medicinal plants in Nepal: An anthology of contemporary research* (pp. 188-194). Ecological Society (ECOS).
- Dangol, D.R. & Gurung, S.B. (1999). *Ethnobotanical study of Darai tribe in Chitwan District, Nepal*. Royal Nepal Academy of Science and Technology. In Proceeding of III National Conference on Science and Technology, Kathmandu, Proceedings, Vol. II, 1194-1213.
- Dhami, N. (2008). Ethnomedicinal uses of plants in western Terai of Nepal. A case study of Dekhatdhuli V.D.C., Kanchanpur. In P.K. Jha, S.B. Karmacharya, M.K. Chettri. C.B. Thapa, & B.B. Shrestha, *Medicinal plants in Nepal: An anthology*

- of contemporary research* (pp. 165-177). Ecological Society (ECOS).
- Dutta, I.C. (2007). *Non-timber forest products of Nepal: Identification, classification, ethnic uses and cultivation*. Hillside Press.
- Dwa, O.P. (1994). *The descriptive study on ethnobotanical plants of Shishuwa V.D.C.: A village Profile* submitted to T.U., Kirtipur.
- Dwa, O.P., Bastakoti, N.D. & Upadhyaya, H.R. (2003). *A case study on multiple uses of some wild plants of Begnas Rupa Lake area* (unpublished project report). Dean Office of Science & Technology, Tribhuvan University, Kirtipur.
- Dwa, O.P. (2013). Study of traditional uses of medicinal plants (herbs) of hilly areas of Lekhnath Municipality. *Janapriya Research and Consultancy Center*, 2(1), 56-63.
- Ghimire, S.K., Sapkota, I.B., Oli, B.R., & Parajuli, R.R. (2008). Non-timber forest products of Nepal Himalaya: Database of some important species found in the mountain protected areas and surrounding regions. WWF Nepal Program.
- Gurung, L.J. et al. (2008). Indigenous knowledge on medicinal plants in mid hills of Nepal: A case study of Sikles, Kaski, Nepal. In P.K. Jha, S.B. Karmacharya, M.K. Chettri. C.B. Thapa, & B.B. Shrestha, *Medicinal plants in Nepal: An anthology of contemporary research* (pp. 152-163). Ecological Society (ECOS).
- Joshi, K.K. & Joshi, S.D. (2001). *Genetic heritage of medicinal and aromatic plants of Nepal Himalaya*. Buddha Academic Publishers and Distributers
- Joshi, K.R. (2008). Ethnomedicinal uses of plants: A case study of Sharmoli V.D.C. Darchula. In P.K. Jha, S.B. Karmacharya, M.K. Chettri. C.B. Thapa, & B.B. Shrestha, *Medicinal plants in Nepal: An anthology of contemporary research* (pp. 178-187). Ecological Society (ECOS).
- Kutresha, K. & Siddeshwori, M. (2021). Wild edible fruits and their medicinal uses in Ballari District of Karnataka. *Research Gate*, 51(6), 1136-1143.
- Kayastha, R.S. (1983). Medicinal plants of Pokhara Valley (Unpublished project report). Dean Office of Science and Technology, Tribhuvan University.
- Kayastha, R.S. & Dwa, O.P. (1998). Additional works on medicinal plants of Pokhara valley ((Unpublished project report). Research Division, Rector Office, Tribhuvan University.
- Mahato, R.S. (2014). Wild edible plants of Palpa District, West Nepal. *Journal of Natural History Museum*, 28, 127-136.
- Prasai, D. and Shrestha, K.K. (2008). Ethnomedicinal knowledge of Tamang communities in Rasuwa District, Nepal. In P.K. Jha, S.B. Karmacharya, M.K. Chettri. C.B. Thapa, & B.B. Shrestha, *Medicinal plants in Nepal: An anthology of contemporary research* (pp. 147-152). Ecological Society (ECOS).
- Singh, A.G. & Hamal, J.P. (2013). Traditional phytotherapy of some medicinal plants used by Tharu and Magar communities of western Nepal, against dermatological disorder. *Scientific World*, II, 81-89.
- Thapa, C.B. (2012). Traditional use of medicinal plants in Ganeshpur Village, Shyangja District, Nepal. *Himalayan Scientific Journal*, 5, 33-36.
- Upadyaya, H. (2013). General survey of edible wild fruits from Kristi Nachne Chaur V.D.C. of Kaski District, Gandaki Zone, Nepal. *Himalayan Scientific Journal*, 6, 71-73.

**To cite this article [APA style, 7<sup>th</sup> edition]:**

Dwa, O. P. (2022). Ethno-medicinal uses of wild edible fruits in Pokhara valley, Nepal. *Prithvi Academic Journal*, 5, 28-37.