



Ethno-Medico-Botanical Studies of Plant Resources of Beed District, Maharashtra, India: Retrospect and Prospects

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Abstract

The Beed district of Maharashtra, India, harbors a rich repository of ethnobotanical knowledge regarding medicinal plants. This review delves into the traditional wisdom of local communities, documenting the therapeutic applications of 191 plant species belonging to 61 families. The study reveals a diverse array of medicinal remedies derived from various plant parts, with leaves being the most commonly utilized. Skin diseases, gastrointestinal disorders, respiratory infections, and fever emerged as the primary ailments treated with these plant-based remedies. This comprehensive review underscores the urgent need for further ethnobotanical exploration within the district to meticulously document the traditional knowledge associated with medicinal plants and rigorously validate their efficacy through scientific investigation. Delving into the secrets of these medicinal plants might unveil a wealth of novel herbal remedies, all while protecting these invaluable natural treasures.

Keywords: Beed District, Ethnobotany, Medicinal Plants, Traditional Healing Practices, Therapeutic Potential

1. Introduction

The Beed District in Maharashtra, India, is a region of immense ecological and cultural diversity, where the ancient and the contemporary coexist harmoniously. This unique blend of tradition and modernity is reflected in the district's vast and varied plant resources, which have been integral to the local way of life for generations. Beed District is not only renowned for its scenic beauty and historical significance but is also a treasure trove of plant species that have played a pivotal role in the traditional healthcare practices of its inhabitants. Ethno-medico-botanical studies, a multidisciplinary field of research, have emerged as a vital bridge between indigenous knowledge, botanical science, and modern medicine¹.

These studies focus on the documentation and analysis of the traditional uses of plants, revealing a wealth of invaluable information regarding their medicinal, nutritional, and cultural significance².

Such studies serve not only to preserve traditional knowledge but also to uncover new leads for drug discovery and conservation efforts³. Many dedicated researchers have studied the ethno-medicine and botany of various regions in Maharashtra, all driven by a shared goal: to bridge the gaps in our understanding of the rich biocultural diversity. This knowledge is not only academically fascinating, but it also has a direct impact on the well-being of the indigenous tribal communities living in remote and challenging areas of Maharashtra⁴⁻¹⁰. Surprisingly, the Beed region has seen relatively little in-depth exploration and documentation, apart from a few scattered efforts.

Therefore, we have undertaken a serious endeavor to gather and record the rapidly disappearing knowledge about the medicinal properties of plants, as used by the diverse tribes living in the Beed District. These traditional practices, passed down through generations, serve as remedies for various human and livestock ailments. An attempt has been made is

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to create a valuable database that can be used for the sustainable and commercial use of these bioresources.

2. Materials and Methods

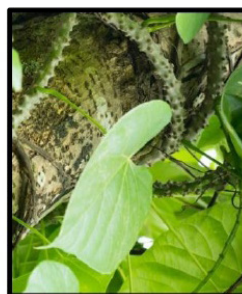
The primary goal of the investigation is to investigate plant resources used by tribes and their utilization in retrospect and as prospects for better human health. This is a valuable area of research, as tribal communities have a deep knowledge of the medicinal plants in their local environments. By documenting and studying this traditional knowledge, we can potentially develop new herbal drugs and improve human health.

2.1 Geography of Beed District, Maharashtra, India

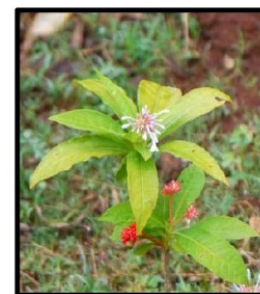
Geographically situated between 18.26° and 19.26° North latitude and 74.54° and 76.57° East longitude, Beed district in Maharashtra, India, sprawls across 10,615 square kilometers. This semi-arid region experiences an average annual rainfall of 670 millimeters, primarily concentrated during the monsoon months. Average temperatures fluctuate between 33.1°C maximum and 18.5°C minimum, reflecting the distinct seasonal variation. Beed's topography comprises two distinct zones: the northern alluvial plain, cradled by the Godavari and Ganga rivers, and the southern Deccan Plateau. This elevated region features characteristic black basalt hills, known as the Balaghats, adding a unique geological element to the landscape¹¹.

2.2 Study Area

This research was carried out across various locations in the Beed District region of India (refer to Figure 1). Specifically, the study covered areas such as Ambejogai, Kej, Parali, Wadwani, Dharur Tahsil, Godavari, Bindusara, Manjra, and Sindhphana river belts. Numerous villages, including Digholamba, Yelda, Bansarola, Lokhandi Savargaon, Yusuf Wadgaon, Chichkhandi, Borisavargaon, and Dhanora, were included in the survey. The geographical coordinates of the study area fall approximately between 18°98.021' and 19°28.006' latitude and 70°76.645' and 75°73.513' longitude. Elevations range from 1,200 to 1,500 feet above sea level in the plains and 2,000 to 2,200 feet in elevated areas. The region experiences an average annual rainfall of about 66.6 cm and encompasses an



Tinospora cordifolia
(Willd.)



Rauvolfia serpentina (L.)
Benth. ex Kurz



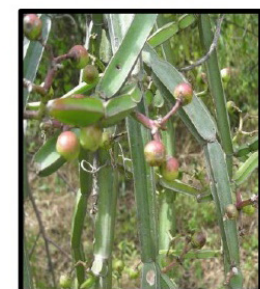
Ocimum americanum (L.)



Madhuca longifolia (L.)
Macbride



Aegle marmelos (L.)



Cissus quadrangularis
(L.)

Figure 1. Map - Beed district location map.

area of 10,615.3 square kilometers^{12,13}. Some important medicinal plants are shown in Figure 2.

2.3 Soil and Vegetation

The soil in Beed district varies, with black cotton soil, red soil, and arid soil in some areas. The vegetation is mostly dry deciduous forest in both the plains and the higher altitudes, making the study area very diverse and home to Rare, Endemic, Endangered, and Threatened (RET) plant species¹⁴⁻¹⁶.

2.4 Field Work and Collection of Data

The data provided in this study was primarily collected through direct personal interviews with traditional healers, hakims, and knowledgeable informants in

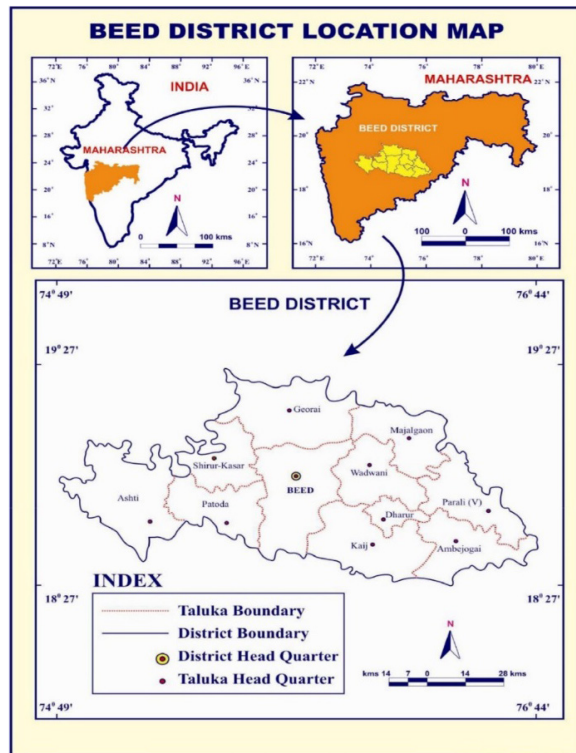


Figure 2. Photographs of some important medicinal plants.

both formal and informal settings, conducted at their residences and workplaces. These interviews were conducted over a period spanning from January to December 2022. Additionally, the research incorporates supplementary data obtained through a comprehensive review of the literature published in scientific journals.

2.5 Enumeration

The plant species under investigation have been categorized and discussed in a tabular format (Table 1) based on their growth forms, including trees, shrubs/under shrubs, herbs, climbers, and lianas. This enumeration facilitates an organized presentation and discussion of the botanical diversity within the study area, as follows:

3. Results and Discussion

An ethno-medico-botanical investigation of plant resources in Beed district, Maharashtra, India unveiled a substantial and diverse reservoir of indigenous knowledge regarding medicinal flora among the local populace. A comprehensive inventory encompassing

191 plant species distributed across 61 distinct botanical families was meticulously assembled to elucidate their therapeutic applications. Predominantly, these plants are characterized as herbs (comprising 74 species), with a following contingent of shrubs (59 species), trees (40 species), climbers (15 species), and lianas (2 species). Noteworthy plant families employed include Fabaceae (encompassing 20 species), Apocynaceae (embracing 9 species), Malvaceae (8 species), Asteraceae (comprising 08 species), and Liliaceae (accounting for 05 species). In terms of plant components, leaves are the most frequently harnessed (82 species), followed by barks (34 species), roots (31 species), stems (25 species), fruits (17 species), seeds (19 species), entire plants (18 species), flowers (8 species), and tubers (4 species). The medicinal utility of these plants primarily addresses afflictions such as respiratory disorders (69 species), skin disorders (27 species), fever (11 species), and gastrointestinal maladies (10 species). Furthermore, the plant inventory encompasses remedies for other conditions, including Piles, snakebites, malaria, etc.

The Beed District of Maharashtra, India, has a well-developed ethnomedicinal system. Local people have a deep understanding of the medicinal plants in their environment. Nevertheless, the excessive use of these plants for fuel, fodder, medicinal purposes, wild edibles, and construction jeopardizes their continued existence. Conserving and cultivating these plant species is essential for maintaining ecological balance, preserving traditional knowledge, and protecting the livelihoods of local people¹⁷. The insights obtained from the tribes in the Beed District serve as a valuable repository for researchers exploring ethnobotany, taxonomy, and pharmacology. Additionally, this information holds potential utility for professionals in various fields, including industry, pharmacology, medicine, phytochemistry, and botany, who are interested in the development of innovative therapies¹⁸. In the case of less-known plant species, this data becomes particularly crucial in the quest for novel treatments and therapeutic discoveries¹⁹.

Ethnomedical botanical research in the Beed district highlights the importance of traditional knowledge in the conservation and sustainable use of medicinal plants. The local people have a deep knowledge of the medicinal properties of the plants in their environment and have developed many medicines for the treatment

Table 1. Ethnobotanical uses of plants of Beed district, Maharashtra, India

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
1	<i>Asparagus racemosus</i> Willd.	Shatavari	Liliaceae	Root	Lactation	50g of powdered root tubers given orally once a day with milk for Seven Days
2	<i>Abrus precatorius</i> (L.) Linn.	Gunja	Fabaceae	Root, Leaves, Seeds	Asthma, Cough, Pneumonia, Bronchitis	In the case of cough and bronchitis, a few fresh leaves are consumed twice daily for three days.
3	<i>Abutilon hirtum</i> (Lam.) Sweet	Indian Mallow	Malvaceae	Root	Fever	To treat fever, a half-cup of root decoction is taken twice daily for two days.
4	<i>Abutilon indicum</i> (L.) Sweet.	Country Mallow	Malvaceae	Leaves	Urinary Bladder Stone	For 15 days, 30–40 milliliters of leaf extract were administered in the morning on an empty stomach to dissolve kidney stones.
5	<i>Acacia chundra</i> (Roxb. ex Rottler) Willd.	Kikar	Mimosaceae	Bark	Loose Motions	Taken twice a day, 15–20 ml of inner bark extract.
6	<i>Acacia leucophloea</i> (Roxb.) Willd.	Safed Babul	Mimosaceae	Stem Bark	Rheumatism	For seven to eight days, take 30 to 40 milliliters of stem bark extract twice a day along with a pinch of salt.
7	<i>Acacia nilotica</i> (L.) Willd.	Babul, Gum Arabic Tree	Mimosaceae	Stem Bark	1.Skin Burns 2.Excessive Bleeding During Menstruation	Burnt paste made from stem bark is applied. For five days during menstruation, 20–30 milliliters of inner bark extract were administered once day.
8	<i>Acalypha indica</i> (L.)	Khokali	Euphorbiaceae	Whole Plant	Acute and Chronic Bronchitis	A ten to fifteen-milliliter decoction of the whole plant is taken twice a day for both acute and chronic bronchitis.
9	<i>Acanthospermum hispidum</i> DC.	Bristly Starbur	Asteraceae	Whole Plant	Itch and Scabies	To treat scabies and itching, an external paste made from the entire plant is applied.
10	<i>Achyranthes aspera</i> (L.).	Aghada	Amaranthaceae	Leaves	Cough, Asthma	For asthma sufferers, a 5–10 ml infusion and 10–15 ml decoction of leaves and roots should be given two to three times per day.
11	<i>Adiantum philippense</i> (L.)	Hansraj	Adiantaceae	Leaves	Asthma	For respiratory conditions like asthma, an infusion of leaves (10–15 ml) is administered three–four times a day.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
12	<i>Andrographis paniculata</i> (Burm. f.) Wall. ex Nees	Kalmegh	Acanthaceae	Leaves	Fever, malaria, respiratory infections	Drink the infusion after boiling the leaves in water.
13	<i>Aegle marmelos</i> (L.)	Bael, Bengal Quince	Rutaceae	Root, Stem, Leaves, Bark	1. Snake Bite, 2. Bone Fracture 3. Itch And Skin Rashes	1. To cure snake bite, 30–40 milliliters of root extract are administered. 2. 20–25 milliliters of bark extract, twice day, till healing. 3. The afflicted area is covered with leaf juice.
14	<i>Ageratum conyzoides</i> (L.)	Billy Goat Weed	Asteraceae (Compositae)	Leaves	1. Itch and Scabies, 2. Intermittent Fever	1. Apply fresh leaf paste till it heals. 2. Leaf juice (4-5 ml) is administered twice daily for approximately 5-7 days together with honey.
15	<i>Aloe vera</i> (L.) Burm. f.	Korphad	Liliaceae	Leaves	Skin Disorders	Crushed leaves are applied externally until they heal.
16	<i>Ailanthus excelsa</i> Roxb.	Indian Tree of Heaven	Simaroubaceae	Bark	Piles	A single serving of juice is created using a handful of inner stem bark and a pinch of black pepper powder. It is recommended to consume this mixture orally once daily for a period of three days.
17	<i>Albizia lebbbeck</i> (L.)	Siris	Mimosaceae	Leaves	Snake Bite	A dosage of 40-50ml extract derived from the stem bark is administered.
18	<i>Allium cepa</i> (L.)	Kanda	Liliaceae	Bulb	Cough	In the morning, a mixture of 10-15ml of onion bulb extract with honey is administered daily for a duration of 21 days to alleviate symptoms of asthma and cough.
19	<i>Allium sativum</i> (L.)	Lasun	Liliaceae	Bulb	Asthma, Cough	A garlic tea made from 5-6 bulblets is recommended for asthma. Additionally, consuming 2-3 raw garlic bulblets with salt at night for a period of three days is suggested for the treatment of cough.
20	<i>Alstonia scholaris</i> (L.) R. Br.	Devil's Tree	Apocynaceae	Leaves	Intestinal Worms	A dosage of 20-30 ml of leaf extract is recommended to be taken at bedtime for a duration of three days.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
21	<i>Alysicarpus bupleurifolius</i> (L.) Desv.	Sweet Alice Clover	Fabaceae	Whole Plant	Cough And Cold	30-40 ml plant extract taken twice a day for 2- 3 days
22	<i>Amaranthus spinosus</i> (L.)	Kate-math	Amaranthaceae	Whole Plant	Allergic Bronchitis, Asthma	Whole plant decoction (15–20 ml) is used three times a day for asthma and allergic bronchitis.
23	<i>Annona reticulata</i> (L.)	Custard Apple	Annonaceae	Leaves	Acidity And Stomach Disorders	For seven days, drink one teacup of leaf extract orally twice a day.
24	<i>Annona squamosa</i> (L.)	Custard Apple	Annonaceae	Leaves	1. Skin Disease 2. Tooth Ache	1. Leaf paste used to cure ringworm and itching. 2. Crushed leaves retained on the teeth
25	<i>Anogeissus latifolia</i> (Roxb. ex DC.) Wall.	Dhawa Tree	Combretaceae	Bark	Vomiting	Inner bark was scraped from the plant from bottom to top, crushed to make an extract, and 20-30ml was taken twice.
26	<i>Argemone Mexicana</i> (L.)	Pivala dhotra, Bilatyat	Papaveraceae	Seeds	Asthma	Infusion of seeds (10g per litre of water) used twice day as a dosage of one teaspoonful for one cup of boiling water to treat asthma.
27	<i>Argyreia nervosa</i> (Burm. f.) Bojer	Adhoguda	Convolvulaceae	Leaves	Wounds	Leaf paste is applied externally for healing wounds.
28	<i>Artocarpus heterophyllus</i> Lam.	Phanus	Moraceae	Root Bark	Rhinitis, Asthma	In rhinitis and asthma, a root bark decoction (10-15 mL) is taken twice day.
29	<i>Asclepias curassavica</i> (L.)	Pivla Chittrak	Asclepiadaceae	Root	Cough	Root extract 20-30 ml taken to treat cough for 2-3 days
30	<i>Azadirachta indica</i> A. Juss	Neem	Meliaceae	Leaves	1. Fever	Handful of leaves cooked in water till reduced to half, 20- 40 ml of this water taken twice a day for three days. 2. A toothache Tender twig paste is applied, and twigs are also used as toothbrushes.
31	<i>Barleria prionitis</i> (L.)	Kate - koranti	Acanthaceae	Leaves	Mouth ulcer	Chewing leaves until the condition is cured is advised.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
32	<i>Balanites aegyptiaca</i> (L.) Del.	Hinganbet	Balanitaceae	Root	To Avoid Pregnancy	Root powder with 'hing' powder eaten in 21 proportion, with 5-8 black pepper mashed together and put into 1gm tablets, taken once a day for 9 days, immediately after the fifth day of menstruation.
33	<i>Baliospermum montanum</i> (Willd.) Müll.Arg.	Danti	Euphorbiaceae	Leaves	Asthma	In asthma, a decoction of the leaves (10-15 mL) is administered twice day.
34	<i>Bauhinia purpurea</i> (L.)	Rakta kanchan, Aapta	Caesalpiniaceae	Stem Bark	Asthma	As an anti-inflammatory medication, a decoction (10-15 mL) of stem bark taken orally twice a day is particularly useful in curing asthma and other respiratory illnesses.
35	<i>Bauhinia racemosa</i> Lam.	Apta	Caesalpiniaceae	Stem Bark	Boils	Take 20-30 ml of stem bark extract twice day for 2-3 days.
36	<i>Bidens biternata</i> (Lour.) Merr. and Sherff	Spanish Needles	Asteraceae	Root	Jaundice	For treating jaundice, use 30-40 ml of root extract twice a day for 5-6 days.
37	<i>Bixa orellana</i> (L.)	Sendri	Bixaceae	Leaves	Dysentery	Twice a day, take 30-40 milliliters of leaf extract with a pinch of salt.
38	<i>Blumea eriantha</i> DC.	Nimardi	Asteraceae (Compositae)	Leaves	Cut and Injuries	Applying a paste made from the leaves serves as an antiseptic.
39	<i>Boerhavia diffusa</i> (L.)	Punarnava	Nyctaginaceae	Whole Plant	Asthma, Bronchitis	For bronchitis and asthma, a whole plant decoction (15-20 ml) is used twice day.
40	<i>Bombax ceiba</i> (L.)	Saura	Bombacaceae	Stem Bark	Leucorrhoea	Take one half-tea cup of stem bark extract once daily for seven to eight days, diluted with equal parts rice-washed water.
41	<i>Boswellia serrata</i> Roxb. ex Sm.	Dhupali	Burseraceae	Gum	Cough	Chewing gum helps soothe sore throats and relieve coughs. It should be maintained in the mouth.
42	<i>Brassica juncea</i> (L.) Czern. and Cosson	Mohari	Brassicaceae (Cruciferae)	Seed	Dandruff	For a month, apply a little bit of heated seed oil to your entire body once or twice a week.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
43	<i>Butea monosperma</i> (Lam.) Poir.	Palash	Fabaceae (Papilionaceae)	Bark	Intestinal Worms	Children aged 4 to 12 are given 20 to 30 milliliters of bark extract once a day for three days.
44	<i>Cadaba fruticosa</i> (L.) Forssk	Kali takali	Capparaceae	Stem	Rheumatism	A little amount of crushed stem pieces were cooked in coconut oil for 30 minutes, and the joints were massaged with oil.
45	<i>Calotropis procera</i> (Aiton) Ait.f.	Rui, Ruchaki	Apocynaceae	Leaves, Flower, Root Bark	Asthma, Whooping Cough	One flower and one betel leaf are used twice a day to treat whooping cough and asthma. Flower ash is also consumed with honey for the same reason. For all kinds of coughs, 4-6 g of root bark powder combined with honey is used twice a day for a period of 3-6 days.
46	<i>Coccinia grandis</i> (L.) Voigt	Thonduli	Cucurbitaceae	Roots	Cooling effect	One glass of juice should be prepared using a handful of <i>Phyllanthus amarus</i> root once a day for four days.
47	<i>Capparis decidua</i> (Forssk.)	Nepati	Capparaceae	Leaves	Boils	A paste is prepared from the leaves and applied to boils for therapeutic purposes.
48	<i>Cuscuta reflexa</i> Roxb.	Amarvel	Cuscutaceae	Whole Plant	Emesis	A 15-20 ml decoction is recommended to be taken twice a day for a period of three days.
49	<i>Capparis zeylanica</i> (L.)	Kaduvaghanti	Capparaceae	Leaves	Wounds	Applying a paste made from the leaves is suggested for promoting the healing of wounds.
50	<i>Cardiospermum halicacabum</i> (L.)	Kanfuti	Sapindaceae	Leaves	Ear Ache	For three days, a few drops of leaf juice are applied to each ear twice a day.
51	<i>Carthamus tinctorius</i> (L.)	Karadai	Asteraceae (Compositae)	Leaves	Cold And Cough	The leaves are consumed as a salad during meals.
52	<i>Cassia auriculata</i> (L.)	Chambharawali	Caesalpinaceae	Leaves, Fruit, Flowers	Asthma	A daily consumption of one spoonful of fruit powder is recommended.
53	<i>Cassia auriculata</i> (L.)	Tarwar	Caesalpinaceae	Root Bark	Cough	Take 1gm of root bark powder and honey three times a day for two to three days.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
54	<i>Cassia obtusifolia</i> (L.)	Takla	Caesalpiniaceae	Seed	Ring Worm	The paste made from the seeds is applied until the condition is cured.
55	<i>Cassia occidentalis</i> (L.)	Kasoda	Caesalpiniaceae	Seed	Asthma	The powder obtained from the seeds is utilized for the treatment of asthma.
56	<i>Cassia pumila</i> (L.)	Harankhuri	Caesalpiniaceae	Leaves	Whooping Cough	The decoction made from the leaves is employed in the treatment of whooping cough.
57	<i>Cassia tora</i> (Mill.) H.S. Irwin and Barneby	Tarota	Caesalpiniaceae	Leaves	1. Itch, Scabies and Ring Worm 2. Eye Pain	Fresh leaf juice is applied for treating skin diseases, and the leaf juice is used in the eyes for a specific purpose.
58	<i>Catharanthus roseus</i> (L.) G. Don.	Sadafuli	Apocynaceae	Root	Depression, Epilepsy	A root decoction of 5ml is administered 3-4 times daily as recommended.
59	<i>Ceiba pentandra</i> (L.)	Safeta Savara	Bombacaceae	Leaves	Fever	A dosage of 20-30 ml leaf extract is taken twice a day for a period of 2-3 days.
60	<i>Celastrus paniculatus</i> Willd.	Kanguni	Celastraceae	Leaves	Excessive Menstrual Bleeding	1-2 grams of dry leaf powder, once day, consumed with water throughout the menstrual cycle.
61	<i>Centratherum anthelminticum</i> (L.)	Kadu jire	Asteraceae	Seeds	Common Cold, Rhinitis, Bronchitis	For the treatment of asthma, a 10–15 ml infusion of seeds is administered twice daily; for the treatment of common cold, rhinitis, and bronchitis, a 1 g dose of seed powder mixed with jaggery is used once daily for a week.
62	<i>Cestrum nocturnum</i> (L.)	Raatrani	Solanaceae	Leaves	Scabies	Applying leaf juice to the affected area three times a day can heal it.
63	<i>Chrozophora plicata</i> (L.)	Suryavarta	Euphorbiaceae	Roots	Asthma	For asthmatics, a daily early-morning dose of 1.5-2 g of root ash mixed with lukewarm cow's milk is administered.
64	<i>Chrysanthemum indicum</i> (L.)	Shevanti	Asteraceae	Whole Plant	Asthma, Cold, Cough	For cough, cold, and asthma, a whole plant decoction (5–10 ml) is used two–three times a day.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
65	<i>Cissampelos pareira</i> L. var. <i>hirsute</i> (Buch.-Ham. Ex DC.)	Bhatvel Pahaad Paha	Menispermaceae	Leaves	Itch and Scabies	A paste made from the leaves is applied externally twice a day for a duration of 5 days.
66	<i>Cissus quadrangularis</i> (L.)	Kandvel	Vitaceae	Stem	Chronic Bronchitis	In the treatment of chronic bronchitis, a stem decoction of 10–15 ml is used twice daily.
67	<i>Cyperus rotundus</i> (L.)	Nagar motha	Cyperaceae	Rhizome	Fever	A fresh extract of 10-15 ml is administered twice a day as part of the treatment for fever.
68	<i>Citrus aurantifolia</i> (Christm. and Panz.) Swing	Limbu	Rutaceae	Leaves	To Avoid Pregnancy, Warts	Use a teacup decoction of leaves once a day for five days throughout your menstrual cycle to avoid getting pregnant unintentionally.
69	<i>Citrus medica</i> (L.)	Mahalungi	Rutaceae	Fruit (Nut), Seeds	Urinary Bladder Stone	Fruit juice can dissolve bladder stones by adding sugar and a pinch of salt, if consumed on a daily basis for around one month.
70	<i>Clematis gouriana</i> (L.)	Gometi	Ranunculaceae	Leaves, Fruit, Flowers	Eczema Fever	A plant decoction of 20-25 ml is recommended to be taken twice a day for a period of 2-3 days.
71	<i>Clematis heynei</i> Wall. ex W. T. Aiton	Nirgundi	Ranunculaceae	Leaves, bark	Rheumatis, arthritis, fever	Prepare a decoction by boiling the leaves and bark in water, and then consume the resulting liquid.
72	<i>Cleome gynandra</i> (L.)	Pivala tilavan	Capparaceae	Seeds	Head Ache	20 grams of root combined with a little amount of boiling black pepper seeds in cooking oil, applied to the forehead.
73	<i>Cleome viscosa</i> (L.)	Hulhul	Cleomaceae	Leaves, seeds	Stomach problems, skin diseases	Chew the leaves or consume a powder made from the seeds.
74	<i>Clerodendrum serratum</i> (L.) Moon	Bharangi	Lamiaceae	Root	Asthma	In asthma, the root decoction (5 ml) is used three to four times a day.
75	<i>Clitoria ternatea</i> (L.)	Gokarna.	Fabaceae (Papilionaceae)	Root	Dyspepsia	A dosage of 20-30 ml of root extract is recommended to be taken after meals for a duration of three days.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
76	<i>Cocculus hirsutus</i> (L.) W.J. de Wilde and Duyfjes	Vasanvel	Menispermaceae	Leaves	Ring Worm	Apply the paste made from the leaves until the condition is cured.
77	<i>Coleus amboinicus</i> (L.)	Panonwa	Lamiaceae	Leaves	Asthma, Pharyngitis	Leaf juice (10–15 ml) is used twice a day for pharyngitis and asthma.
78	<i>Corchorus trilocularis</i> (L.)	Kadu-chunchu	Tiliaceae	Seeds	Snakebite	Thirty to forty milliliters of seed extract administered three times at a 20-minute interval induces vomiting.
79	<i>Coriandrum sativum</i> (L.)	Dhaniya, Kothimbir	Apiaceae	Whole Plant	Asthma	In the event of asthma, 50 milliliters of whole plant filtrate is taken twice a week for three weeks.
80	<i>Cucumis callosus</i> (Rottl.) Cogn.	--	Cucurbitaceae	Leaves	Cough and Cold	The juice extracted from the leaves is administered to treat cough.
81	<i>Curcuma longa</i> (L.)	Halad	Zingiberaceae	Rhizome	Asthma, Cough	For three to five days at night, take one spoonful of turmeric powder mixed with a small amount of black pepper powder, honey, and milk if you have a cold or cough.
82	<i>Cyamopsis tetragonolobus</i> (L.)	Bavachi,	Fabaceae (Papilionaceae)	Leaves	Itch	Applying a paste made from the leaves is recommended for treating itch.
83	<i>Cynodon dactylon</i> (L.)	Durva	Poaceae	Leaves	Asthma	50-100ml of plant juice is given twice a day for 3-5 days to cure asthma.
84	<i>Dalbergialanceolaria</i> (L.)	Dondus.	Fabaceae (Papilionaceae)	Stem Bark	Diarrhea In Children	20 ml juice of stem bark given orally thrice for three days and used in children's loose motions
85	<i>Dalbergia sisoo</i> Roxb.	Sisam	Fabaceae	Root, Leaves	Asthma, Cough	To treat asthma, the juice obtained by crushing the roots and gum in the water is consumed at night
86	<i>Datura metel</i> (L.)	Kala-dhatura	Solanaceae	Leaves	Asthma	Leaves are smoked through pipes in asthma attacks.
87	<i>Daucus carota</i> (L.)	Gajar	Apiaceae	Stem, Roots	Asthma, Cough	Raw roots are eaten in asthma and its juice is given in cough.
88	<i>Desmodium gangeticum</i> (L.) DC.	Ranganjya	Fabaceae (Papilionaceae)	Roots	Sunstroke	10-20 ml root bark extract taken twice a day for 2 days.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
89	<i>Diplocyclos palmatus</i> (L.)	Shivalingi	Cucurbitaceae	Seeds	Fertility	1-2 gm of seed powder with the same amount of jaggery eaten once a day for 10-15 days to facilitate conception.
90	<i>Echinops echinatus</i> Roxb.	Kate-chendu	Asteraceae (Compositae)	Roots	Seminal Weakness	30-40 ml of root bark extract taken with milk, once a day for 8-10 days.
91	<i>Eclipta alba</i> (L.)	Bhringaraj	Asteraceae	Whole Plant	Asthma	Decoction (10-15 ml) of whole plant is recommended 2-3 times daily for the cure of asthma.
92	<i>Eucalyptus globulus</i> Labill.	Nilgiri	Myrtaceae	Leaves	Weakness	30-40 ml extract of fresh leaves, with a pinch of salt taken once a day for 7-8 days
93	<i>Euphorbia hirta</i> (L.)	Bara dudhi, Dudhi	Euphorbiaceae	Whole Plant	Asthma, Bronchitis	About 20 ml of whole plant extract having a pinch of salt is given with goat milk twice a day for one week to treat asthma.
94	<i>Evolvulus alsinoides</i> (L.)	Vishnu- kranta	Convolvulaceae	Leaves	Chronic Bronchitis, Bronchiectasi, Asthma	Leaves are made into cigarettes and smoked for chronic bronchitis, bronchiectasis, and asthma.
95	<i>Fagonia cretica</i> (L.) Fenzl	Dhamsa	Zygophyllaceae	Whole Plant	Asthma	The whole plant decoction (10-15 ml) is administered twice a day to cure asthma.
96	<i>Ficus racemosa</i> Willd.	Goolar, Audumbar	Moraceae	Leaves, Fruit, Bark, Gum	Antiasthmatic, Bronchitis, Cough	2-3 fresh fruits are eaten 2-3 times a day for 7 days in case of cough.
97	<i>Ficus religiosa</i> (L.)	Peepal, Pimpal	Moraceae	Bark	Asthma	Powder of bark is used to cure asthma.
98	<i>Garuga pinnata</i> (L.)	Kharpat, Kakad	Burseraceae	Leaves	Asthma, Cough	Juice of leaves is mixed with <i>Adhatoda vasica</i> and <i>Vitex negundo</i> leaves' juice (5 ml 111) and honey, and is given once at bedtime in asthma as bronchodilator and expectorant.
99	<i>Gloriosa superba</i> Roxb.	Agnishikha/ Kal-lavi	Liliaceae	Leaves, Tuber	Asthma, Sinusitis	Decoction (5-10 ml) of tubers is given twice daily in asthma. Paste of tuber is heated and applied on the forehead and nose to get relieve from sinusitis.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
100	<i>Gmelina arborea</i> (L.)	Gambhari	Verbenaceae	Leaves, fruits	Skin diseases, respiratory infections	Apply a paste of the leaves to the affected area or make a decoction and drink it.
101	<i>Grewia hirsuta</i> Vahl.	Govli	Tiliaceae	Stem Bark	Loose Motions	20-60 ml extract of stem bark taken twice a day
102	<i>Helicteres isora</i> (L.)	Muradsheng	Sterculiaceae	Fruit	Stomach Ache	1gm of fruit powder taken with water twice a day
103	<i>Hemidesmus indicus</i> (L.)	Anantavel	Loganiaceae	Stem Bark	Snakebite	. 30-40 ml extract of stem bark taken and the next dose repeated after 30 minutes and total 3 doses given
104	<i>Heteropogon contortus</i> (L.)	Kusali gavat	Poaceae	Inflorescence	Asthma	Decoction (5-10 ml) of the inflorescence is given thrice a day as a bronchodilator.
105	<i>Hibiscus sabdariffa</i> (L.)	Tambdi-ambadi	Malvaceae	Leaves	Ringworm	Paste of leaves applied externally twice a day until cure.
106	<i>Holarrhena pubescens</i> (L.)	Kadva indrajav, Kuda	Apocynaceae	Seeds	Asthma	Decoction (about 5 ml) of seeds is given twice daily in asthma.
107	<i>Indigofera cassioides</i> Rottl.	Chimnati	Fabaceae (Papilionaceae)	Roots	Cough	20-30 ml root extract with pinch of ginger powder taken twice a day for 2-3 days
108	<i>Indigofera tinctoria</i> (L.)	Neel	Fabaceae (Papilionaceae)	Leaves	Dog Bite	20-15 ml leaf extract with a pinch of turmeric powder taken twice a day for 2 days
109	<i>Ixora brachiata</i> Roxb.	Gorbale	Rubiaceae	Fruit	Cough	20-25 ripe fruits eaten twice a day.
110	<i>Justicia adhatoda</i> (L.)	Adulsa	Acanthaceae	Leaves	Cough	Powder of leaves is consumed to get rid of cough.
111	<i>Lablab purpureus</i> (L.)	Ghevada	Fabaceae (Papilionaceae)	Roots	Intestinal Worms	20-25 ml of root extract is given once a day for 2 days to the children.
112	<i>Lagenaria siceraria</i> (Mol.)	Dudhi	Cucurbitaceae	Fruits	Tonic	Fruits are sliced, fried in ghee, and eaten once a day for 7-10 days as a tonic.
113	<i>Lagerstroemia parviflora</i> Roxb.	Dhawda	Lythraceae	Stem	Fever	20-30 ml decoction of fresh stem bark is given twice a day for 3 days.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
114	<i>Lawsonia inermis</i> (L.)	Mehendi, Mendi	Lythraceae	Leaves Seeds, Bark, Flowers	Dysentery 2. Eczema	1gm of seed powder taken with water twice a day. Leaf paste was applied over the affected parts till cure.
115	<i>Leptadenia reticulata</i> (Retz.) W. T. Aiton	Dori, Bhuidodi	Apocynaceae	Root, Leaves	Asthma, Cough, Tuberculosis	Decoction of roots and leaves is given in asthma, cough, and tuberculosis. Few fresh leaves are eaten with 1-2 garlic cloves daily morning for 5 days to cure cough and cold.
116	<i>Leucas aspera</i> (Willd.) Spreng.	Gophaa, Tamba	Lamiaceae	Whole Plant	Asthma, Common Cold	Decoction of the whole plant (10-15 ml) is given twice daily in asthma and common cold.
117	<i>Linum usitatissimum</i> (L.)	Jawas	Linaceae	Whole Plant	Fever	Handful of plant crushed and mixed with jaggery, 2gm taken twice a day for 3 days
118	<i>Macrotyloma uniflorum</i> (Lamk.) Verdc.	kulithi	Fabaceae (Papilionaceae)	Leaves	Tooth Ache	Leaf paste applied on the gums of an aching tooth
119	<i>Madhuca longifolia</i> (L.) Macbride	Mahua	Sapotaceae	Flower, Bark, Gum	Asthma, Cough, Pneumonia, Tonsillitis	Decoction/infusion of flowers (5-10 ml) is given 2-3 times a day in asthma and as an expectorant to check cough.
120	<i>Maytenus senegalensis</i> (Lam.)	Henkal	Celastraceae	Leaves	Indigestion	Half a liter of leaf extract is given twice a day for two days.
121	<i>Malvastrum coromandelianum</i> (L.) Garcke	Kutri	Malvaceae	Leaves, flowers	Skin diseases, respiratory infections	Apply a paste of the leaves and flowers to the affected area or make a decoction and drink it.
122	<i>Melia azedarach</i> (L.).	Bakan-nimb	Meliaceae	Leaves	Boils	Leaf paste is applied on boils daily thrice until cure.
123	<i>Michelia champaca</i> (L.)	Champa	Magnoliaceae	Flowers	Headache	Flowers crushed in coconut oil and paste applied over the forehead twice or thrice a day.
124	<i>Mimosa pudica</i> (L.)	Lajalu	Mimosaceae	Leaves	Wounds And Cuts	Leaf paste is applied. 2. Joint pain Handful leaves crushed and a lukewarm paste is applied.
125	<i>Mimusops elengi</i> (L.)	Maulsari, Bakul	Sapotaceae	Flower	Chronic Bronchitis	The smoke of flower is inhaled to treat chronic bronchitis.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
126	<i>Moringa oleifera</i> (L.)	Senjana, Shevga	Moringaceae	Stem Bark	Asthma, Other Respiratory Ailments	The decoction of stem bark (5-10 ml) is given thrice daily for a week in asthma and other respiratory ailments.
127	<i>Mucuna pruriens</i> (L.)	Khajrikuili	Fabaceae	Stem	Respiratory Diseases	20-30 ml of stem extract taken twice a day for 3-4 days
128	<i>Murraya koenigii</i> (L.)	Kari patta, God nimb	Rutaceae	Leaves	Asthma, Cough, Cold	About 100 ml of decoction prepared by boiling cumin seeds, jaggery and ginger is given 2 times a day for 3 days in cough and cold.
129	<i>Nyctanthes arbor-tristis</i> (L.)	Parijat	Oleaceae	Stem Bark	To Promote the Expectoration Of Thick Phlegm	The decoction of stem bark (5-10 ml) is given 3-4 times daily to expectorate thick phlegm.
130	<i>Ocimum americanum</i> (L.)	Kali tulsi, Ran-tulshi	Lamiaceae	Leaves	Short Breath, Rhinitis	50 ml of leaf decoction is given twice a day for 3 days to cure all types of cough.
131	<i>Ocimum basilicum</i> (L.)	Subja	Lamiaceae	Leaves	Cough And Cold, Whooping Cough.	10-15 ml of leaf decoction is given twice a day for 3 days in case of whooping cough.
132	<i>Ocimum sanctum</i> (L.)	Tulsi, Tulshi	Lamiaceae	Leaves	Asthma, Common Cough	Fresh leaves of this plant, leaves of <i>Leuca aspera</i> , <i>Momordica charantia</i> and dried fruits of <i>Piper longum</i> are crushed together; prepared into pills and two pills twice a day are given to treat asthma and common cough.
133	<i>Ocimum tenuiflorum</i> (L.)	Ran tulas	Lamiaceae	Leaves	Cold	Juice of leaves is consumed to get rid of cold.
134	<i>Opuntia elatior</i> (L.)	Nad phani, Phadya nivdunga	Cactaceae	Fruit, Stem	Asthma	Baked fruit is administered internally once in a day for a week in asthma. Mucilaginous juice (10-15 ml) obtained from chopped stem is given with honey in asthma.
135	<i>Oroxylum indicum</i> (L.)	Bhut vriksha, Tetu	Bignoniaceae	Roots, Bark	Asthma	The decoction (10-15 ml) of root bark is given twice daily in asthma as a bronchodilator

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
136	<i>Oxalis corniculata</i> (L.)	Ambusi	Zygophyllaceae	Whole Plant	Tooth Ache	Lukewarm decoction of plant is used for gargling thrice a day it reduces tooth pain.
137	<i>Pergularia daemia</i> (Forssk.) Choiv.	Utaran	Apocynaceae	Leaves	Asthma, Bronchitis	The fresh leaf juice (5ml) is given 2-3 times a day in asthma. Also fresh leaves are crushed with young buds of <i>Euphorbia tirucalli</i> and garlic cloves; prepared into pills and 2 pills twice a day are given for 3 days in case of bronchitis.
138	<i>Pergularia tomentosa</i> (Lam.) Decne.	Anantmul	Asclepiadaceae	Roots	Liver problems, kidney problems	Grind the root into a powder and take it with milk.
139	<i>Petunia integrifolia</i> Ruiz and Pav	Petunia	Solanaceae	Leaves, flowers	Pain, inflammation	Apply a paste of the leaves and flowers to the affected area.
140	<i>Phyla nodiflora</i> (L.) Greene	Jalpimpli	Verbenaceae	Whole Plant	Asthma, Nasal Congestion	The decoction (5-10 ml) of the whole plant is given 2-3 times a day in asthma. Steam of the same is also inhaled to clear nasal congestion.
141	<i>Phyllanthus acidus</i> (L.) Skeels	Rai- awla	Phyllanthaceae	Seeds	Asthma, Bronchitis	The decoction (10-15 ml) of seeds is administered twice daily in asthma and bronchitis.
142	<i>Phyllanthus emblica</i> (L.)	Amla	Phyllanthaceae	Seeds	Asthma, Obstructive Bronchitis	Decoction (10-15 ml) of seeds is used twice daily to treat asthma and obstructive bronchitis.
143	<i>Plumeria rubra</i> (L.)	Champa, Chafa	Apocynaceae	Stem Bark	Asthma	The decoction (5-10 ml) of stem bark is given once at bedtime in asthma.
144	<i>Polyalthia longifolia</i> (Sonn.) Pers.	Ashok	Annonaceae	Stem, Bark	Loose Motions	One teaspoon powder of stem bark with buttermilk was taken orally twice a day for two days.
145	<i>Pongamia pinnata</i> (L.) Pierre	Karanj	Fabaceae	Seed, Leaves	Whooping Cough	Seed oil and 10 ml juice of fresh leaves with black pepper powder is given twice a day for 3 days in case of whooping cough.
146	<i>Prosopis juliflora</i> (Swartz)	Vilayati Shami	Mimosaceae	Leaves	Cooling	Sharbat is prepared by leaf extract with sugar and a pinch of salt, taken twice a day for three days as a cooling

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
147	<i>Pterocarpus marsupium</i> Roxb.	Bibala, Bija	Fabaceae	Gum	Asthma	Lukewarm aqueous suspension of 2 g gum with jaggery is given early in the morning for a week to treat asthma.
148	<i>Punica granatum</i> (L.)	Anar, Dalimb	Lythraceae	Fruit, Leaves, Flower	Cough	About 5 gm of burnt ash of leaves or flower powder with honey is given thrice a day for 3-5 days to cure the cough.
149	<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz	Nakuli	Apocynaceae	Leaves	Hyper Acidity	20ml ml fresh leaf extract taken before meals
150	<i>Rumex vesicarius</i> (L.)	Chukra, Aambat chuka	Polygonaceae	Entire Herb	Chronic Bronchitis	The herb decoction (10-15 ml) is given twice daily as an expectorant and in chronic bronchitis.
151	<i>Ruta chalepensis</i> (L.)	Pismaram, Satap	Rutaceae	Leaves	Asthma, Cough	Leaves are used for fumigation to get relief from asthma and help in the expectoration of cough.
152	<i>Sapindus emarginatus</i> Vahl	Aritha	Sapindaceae	Fruits	Hair Tonic	Unripe fruits are crushed and used as shampoo for hair wash it act as hair tonic.
153	<i>Saraca asoca</i> (Roxb.)	Jasundi	Caesalpiniaceae	Leaves	Burning Sensation In Chest	1-2 gm. stem bark powder taken with honey early in the morning till cure.
154	<i>Sauromatum venosum</i> (L.)	Telia qand, Bhuisitaphal	Araceae	Corm	Tuberculosis	Corm powder is administered internally to treat tuberculosis.
155	<i>Schleichera oleosa</i> (Lour.)	Koshimb	Sapindaceae	Stem Bark	Rheumatism	For five or six days, take 30-40 milliliters of inner stem bark extract three times a day.
156	<i>Senna alexandrina</i> Mill.	Senna	Fabaceae	Leaves	Constipation	Soak the leaves in water overnight and consume the infusion the next morning.
157	<i>Semecarpus anacardium</i> (L.)	Bhilawan, Bibba	Anacardiaceae	Fruit (Nut), Seeds	Asthma, Throat Infection, Cold, Cough	The nut steeped in buttermilk is ingested internally as a remedy for asthma.
158	<i>Sesamum indicum</i> (L.)	Til	Pedaliaceae	Seeds	Dry Cough, Asthma, Disease Of Lungs, Common Cold	A combination of sesame and <i>Trachyspermum ammi</i> seeds smoked in a regular tobacco pipe helps treat common colds, asthma, and dry cough.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
159	<i>Sesbania grandiflora</i> (L.)	Hadga	Fabaceae (Papilionaceae)	Flowers	Conjunctivitis	Two drops of floral juice are applied twice daily for two to three days.
160	<i>Sesbania sesban</i> (L.)	Shewarie	Fabaceae (Papilionaceae)	Leaves	Ring Worm and Itch	1. Applying leaf paste allows it to cure. 2. Apply boiling leaf juice till healed.
161	<i>Sida acuta</i> Burm	Chikana	Malvaceae	Roots	Weakness	A dosage of 30-40 ml of root extract is recommended once a day for a period of 8-10 days as a genital tonic.
162	<i>Sida cordata</i> (Burm. f.)	Karaiti	Malvaceae	Whole Plant	Blood Purifier	15 days of taking a half-tea-cup extract of the whole plant once daily
163	<i>Sida rhombifolia</i> (L.)	Atibala, Sahadebi	Malvaceae	Roots	Lower Respiratory Tract Disease	For lower respiratory tract conditions, root decoction (5 ml) is used two to three times a day.
164	<i>Solanum anguivi</i> Lam.	Amb-keli	Solanaceae	Roots	Stomach Pains;	Twice daily, 15-25 milliliters of root extract, 2. Earache Root juice is applied to the ear in three to four drops.
165	<i>Solanum xanthocarpum</i> (L.)	Kantaki	Solanaceae	Fruits	Stomach problems, skin diseases	Consume the fruits directly or prepare a decoction and drink it.
166	<i>Solanum virginianum</i> (L.)	Kateringani	Solanaceae	Roots, Dried Fruit	Cough, Asthma, Bronchitis	Cough is treated with root decoction. In cases of bronchitis and asthma, inhaling the smoke of dried fruits provides comfort.
167	<i>Soymida febrifuga</i> (Roxb.)	Rohini	Meliaceae	Bark	Fever	Oral administration of one tea cup extract of handful stem bark twice a day for three days.
168	<i>Syzygium cumini</i> (L.)	Jamun, Jambhul	Myrtaceae	Bark	Bronchitis, Asthma	To dissolve stones, take one tablespoon of fruit powder with water twice a day for fifteen days.
169	<i>Tamarindus indica</i> (L.)	Manila tamarind	Caesalpiniaceae	Leaves	Diarrhoea	For two to three days, take 30 to 40 milliliters of leaf juice twice a day with honey.
170	<i>Tephrosia purpurea</i> (L.)	Sharpunkha	Fabaceae (Papilionaceae)	Whole Plant	Jaundice	For seven to eight days, consume one gramme of whole plant powder with one glass of buttermilk each day.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
171	<i>Terminalia arjuna</i> (L.)	Arjun	Combretaceae	Stem Bark	Asthma	In cases of asthma, the 5–10 ml stem bark decoction is administered twice day.
172	<i>Terminalia bellirica</i> (L.)	Behada	Combretaceae	Stem Bark	Asthma, Cough, Bronchitis	In cases of asthma, a fruit/stem decoction (10–15 ml) is used once day.
173	<i>Terminalia chebula</i> Retz	Hirada	Combretaceae	Fruits	Cough	1-2 grams of fruit paste given twice a day with water till it heals
174	<i>Thespesia populnea</i> (L.)	Parosa-pimpal	Malvaceae	Bark	Wound	Applying a paste made from the inner bark externally is recommended for promoting the healing of wounds.
175	<i>Tinospora cordifolia</i> (Willd.)	Giloya, Gulvel	Menispermaceae	Leaves Stem	Jaundice	A dosage of 15-20 ml leaf extract is taken twice a day for a period of 15 days.
176	<i>Tribulus terrestris</i> (L.)	Gokhuru, Gokharu	Zygophyllaceae	Roots, Fruit	Asthma And Other Respiratory Diseases	Give the fruit decoction (5–10 ml) twice a day if you have asthma or other respiratory conditions.
177	<i>Tridax procumbens</i> (L.)	Kambarmodi	Asteraceae (Compositae)	Leaves	Wounds	Applying a paste made from the leaves is recommended for treating injuries and promoting the healing of wounds.
178	<i>Triumfetta pentandra</i> (L.)	Nichardi	Tiliaceae	Leaves	Swelling	The injured area is covered with lukewarm leaf paste till it heals.
179	<i>Triumfetta rhomboidea</i> Jacq.	Jhinjhardi	Tiliaceae	Whole Plant	Loose Motions	A dosage of 100 ml of whole plant juice, taken with black salt, is recommended twice a day for a period of 2-3 days.
180	<i>Tylophora dalzellii</i> (L.)	Lahan pitmari	Apocynaceae	Leaves And Stem	Asthma	The powder made from the leaves and stems is administered to treat asthma.
181	<i>Tylophora indica</i> (L.)	Ashtamabuti, Antamul	Apocynaceae	Leaves	Asthma	In the case of asthma, a dosage of 5-10 ml of root extract is given twice a day for a period of 5 days..
182	<i>Uria lagopoides</i> (L.)	Prishniparni	Fabaceae	Leaves, flowers	Skin diseases, respiratory infections	To address the issue, apply a paste made from the leaves and flowers to the affected area or prepare a decoction and consume it.

Table 1. Continued...

Sr. No.	Botanical name	Common Name	Family	Parts used	Used For	Mode of administration and dosage
183	<i>Ventilago maderaspatana</i> (L.)	Khandvel	Rhamnaceae	Leaves	Eczema	Scabies are treated with leaf paste twice a day till it heals.
184	<i>Vernonia cinerea</i> (L.)	Sahadevi, Sadodi	Asteraceae	Whole Herb	Asthma, Congestion	For asthma sufferers, a 5–10 ml decoction of the whole plant is administered twice a day, and the steam is breathed to relieve congestion.
185	<i>Vitex negundo</i> (L.)	Nirgundi	Lamiaceae	Leaves, Bark, Seeds	Asthma, Bronchitis, Cough	To treat a cough, three to five raw leaves are consumed twice a day together with a sprinkle of salt.
186	<i>Withania somnifera</i> (L.)	Ashwagandha	Solanaceae	Roots	Asthma, Bronchitis	Twice daily, a 5–10 ml infusion of the roots is used to treat bronchitis and asthma.
187	<i>Xanthium indicum</i> Koenig.	Shankeshrvar	Asteraceae (Compositae)	Roots	Mouth Ulcer	Chew root pieces twice a day for a duration of 2-3 days.
188	<i>Zaleya decandra</i> (L.)	Khari-buti	Aizoaceae	Roots	Asthma	To cure asthma, 50 cc of root decoction is used twice a day.
189	<i>Zingiber officinale</i> (L.)	Adrak, Aale	Zingiberaceae	Rhizome	Asthma, Cough	For three days, a 20 ml mixture of ginger and betel leaf juice is administered with honey three times a day to treat cold, cough, and asthma.
190	<i>Ziziphus oenoplia</i> (L.) Mill	Ber	Rhamnaceae	Stem Bark	Wound healing	Aqueous extracts were found to possess significant wound-healing activity.
191	<i>Ziziphus rugosa</i> Lam.	Toran	Rhamnaceae	Fruits	Dyspepsia	Certain fruits are consumed twice a day for a period of 2-3 days.

of various ailments. The study also provides a valuable resource for future research on the medicinal properties of plants from the Beed district. Many of the plants documented in the study have not been extensively studied for their medicinal properties, and there is potential for discovering new and effective drugs from these plants.

4. Conclusion

An ethnobotanical study conducted in the Beed district of Maharashtra, India, has revealed the rich and diverse

knowledge of medicinal plants of the local people. This study documented the medicinal uses of 191 plant species from 61 families. Plants are mostly used for their leaves and roots, but other parts such as stems, fruits, and even flowers also have some uses. Diseases frequently treated with medicinal plants include fever, skin diseases, stomach diseases, respiratory diseases, and arthritis. This study highlights the importance of traditional knowledge in the conservation and sustainable use of medicinal plants. It also provides valuable resources for future research on the medicinal properties of plants in the Beed region.

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Finally, the authors dedicate this study to the preservation of traditional knowledge of medicinal plants in Beed District, Maharashtra.

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