TIBETAN MEDICINAL PLANTS

An Illustrated Guide to Identification and Practical Use

Dr Tenzin Dakpa

Translated from Tibetan by Bhuchung D. Sonam
Dr Tenzin Dakpa was born in Lhatse Dzong, Central Tibet, in 1962. He hardly had an opportunity to go to school as his family was labeled as a 'black hat' by the Chinese. Dr Dakpa learned to read and write Tibetan while working in farms.

In 1981 he escaped into India, where he later joined Tibetan Medical and Astrological Institute (TMAI). After completing five years study of traditional Tibetan medicine in 1987, Dr Dakpa became as the resident doctor at the branch clinic in Zanskar, Ladakh.

In 1991, along with late Trogawa Rinpoche, Dr Dakpa established Chakpori Memorial College and became a lecturer there. He rejoined Tibetan Medical and Astrological Institute in 1995 where he was made the resident doctor at their branch clinic in Holland. He was a professor of Tibetan medicine at the College of Tibetan Medicine and Astrology in TMAI, Dharamshala, from 2002 to 2004. His previous title was Benefits of Tibetan Herbal Pills.

Dr Dakpa has now settled in Canada.
Foreword

Tibetan medicine, which follows the principle of service to others, is one of the ‘five major sciences’ of Tibet. It is this seminal branch of science that all human beings depend upon to fulfil their desire to maintain healthy life, to be free from diseases and to prolong their lives. This healing system is essential and beneficial in any society and is relevant at any time in history.

The Tibetan science of healing has four major methods to treat a disease that a physician recognizes. Amongst these the ingredients needed to compound medicines – including medicinal plants – are the most important. The principle texts and tantras of Tibetan medicine have codified these medicinal plants, their tastes, therapeutic values and methods to compound herbal pills from them.

It is important that the objective of any book on medicinal plants should be to recognize herbs and their curative values to the same standards as the traditional source texts. In keeping with such an ideal, Dr Tenzin Dakpa has brought out a new title called *Tibetan Medicinal Plants: An Illustrated Guide to Identification and Practical Use*, which I feel is an important work on this subject. It is without doubt that this book will be of immense value to those who have an interest in learning and carrying out research into Tibetan medicinal plants. I compliment Dr Tenzin Dakpa on this exemplary work and hope that in future he will continue to do more research in this field.

Dr Dawa
Director, Tibetan Medical and Astrological Institute
Dharamshala, September 2006
modern medical science, using its intensive modes of research and development. In order to do so it is important that each science understands the other. To facilitate this understanding I have given the botanical name of each plant in Latin. I hope this will help researchers to easily identify the corresponding names of plants for reference and for further research works.

4. Location: The natural habitats and the locations where plants are found are dealt with in detail. As mentioned in The Last Tantra⁴.

Where land is clean and Buddha had set his feet
Where there is harmony of elements and fertility
Where the sun and moon shine in natural force
There grow the medicinal plants with full potency

Ideally medicinal plants grow at places with the characteristics mentioned above. The plants should neither be blighted nor ridden with insects and spoiled by their activities. Moreover, medicinal plants with cool potency (Tib. bsil.sman) generally grow on shady hillsides, snowy mountains, rocky cliffs and meadows facing north. The medicinal herbs with warm potency (Tib. drod.sman), on the other hand, grow at lower altitude in hotter regions facing south, where the sunlight is maximum. Natural habitats and locations of each plant are mentioned with approximate altitudes in meters from the sea level. In accordance with the ancient texts I have also mentioned temperature, humidity and other climatic factors of the locations where the herbs grow. In certain cases I have given specific examples to further clarify the contradicting growth phenomenon of some plants.

5. Parts of Plant Used: In most cases, the entire plant is not used for medicinal purposes. Specific parts of a plant like seeds, stems, flowers and leaves are used in pharmacy either separately or together. Since the medicinal value of each component of a plant is slightly different, it is important to identify their potency when used alone and in conjunction with other parts. This section describes the specific parts of the plant used for medicinal purposes.

6. Collection Time, Treatment and After-Care: The Last Tantra mentions that each part of the plant has its peculiar potency while being compounded into medicines, and hence each has its specific season for collection. It is of prime importance to respect their specific collecting times so that the therapeutic potency in treating diseases is maximized.
Since the roots, branches and stems fall into the category of “stem”, it is advised that these elements of the medicinal plants be collected in the late phase of autumn. The roots abate bone ailments; the branches treat diseases of blood vessels and nerves, whereas the stems remedy disorders of muscles. The parts of medicinal plants such as leaves, latex and sap are ideally collected during the later phase of summer when rain falls. They have medicinal properties to cure ailments of the six hollow organs, marrow and cartilage. The medicinal plants like flower, fruits and tip of shoots have the power to remedy ailments of the five sense organs, five vital organs and cranial injuries respectively. They are collected in the mid-phase of autumn when fruits are ripe. The parts of medicinal plants such as the resin, bark and cortex are collected in the late phase of spring. They have specific therapeutic power to heal skin, tendon and limb maladies. All the purgative and laxative medicinal plants have to be collected during the autumn season when the elemental energy of earth and water moves downward, whereas the emetic medicinal plants are to be collected during the spring season when the elemental energy of fire and air tends to spiral upward. Besides these general observations I have mentioned specific collection times for each part of every medicinal plant.

Since the Tibetan medical system is highly inter-linked with astrology and Buddhist philosophy, a medical practitioner needs to consider the positive aspects of these fields to provide a holistic treatment to his or her patients. For example, while collecting the medicinal plants certain prerequisites need to be fulfilled. In old Tibet, traditionally herbs are to be picked during the waxing phase of the moon, when the constellations are in certain positions, by children under sixteen years of age, unspoiled by worldly yearnings and dressed, preferably, in new white attire while chanting the mantra of the Medicine Buddha.

 Om Namo Baga Vade  
Bekhanze Guru Benduya Ta Bha Rab Zah Ya  
 Tatha Gatha Ya  
Adha Te Samakya Sam Budha Ya  
Taya Tha – Om Bekhanze Bekhanze  
Maha Bekhanze Bekhanze  
Rah Zah Sa Munga Te So Ha

And the mantra of The Essence of the Dependent Origination.
Note:

1 The great Buddhist saint Shantideva was born a prince in India in the seventh century, was ordained as a monk in Nalanda and became a strong proponent of Madhyamaka Prasangika philosophy. He is most noted for two of his works: Bodhisattvacaryavatara (A Guide to the Bodhisattva Way of Life) and Siksasamuccaya.

2 hyang chub sems pa'i spyod pa la 'jugpa

3 lang kar gshegs pa rin po che'i mdo sangs rgyas thams cad kyi gsung gi snying po was translated from Chinese into Tibetan by Lotsawa Goe Choedrup

4 phyi ma'i rgyud – last of The Four Tantras which deals with practical aspects of Tibetan medicine in twenty seven chapters

5 rgyud bzhi – The Fours Tantras of Tibetan Medicine written by Yuthok Yonten Gonpo Sr. (708-833 A.D.)
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OM A THA

I prostrate before the incomparable Tenzin Gyatso, The Medicine Buddha and Yuthok Yonten Gonpo, Who compassionately guide all sentient beings and Remove their defilements since primordial times…

I prostrate before all the physicians and gurus Beginning from the great promulgator Chedbu Treshe To the present-day teachers who graced the world For the sake of all suffering human beings…

Gladly I present this book of medicinal plants, Gathered over years roaming hills and valleys, To all ordinary people who are like me With hope that it will benefit their lives…
Tibetan: Ka.ko.la

Botanical Name: *Amomum subulatum roxb.*

**Locations:** Found in Tibet, Nepal and Sikkim, West Bengal and South India. It grows at an altitude of 3000 meters and below along shady moist forests and canyons and on grassy areas. It is widely cultivated more than being found growing in the wild.

**Parts of the Plant Used:** Seeds.

**Collection and After Treatment:** Seeds are collected in autumn when they are fully ripe and are dried in the sun, avoiding fungus. Dark outer skin is removed before being used for pharmaceutical purposes. It is a spice used in culinary preparations and in some dishes the outer dark skin is also used. Seeds along with outer skin are also used in the preparation of Tibetan incense.

**Taste and Potency:** Acrid and sweet tastes with hot and light properties.

**Medicinal Value:** Treats poor digestion, bloating of stomach due to diminished heat of the spleen, vomiting and diarrhoea due to undigested food and heals lip lesions.
Tibetan: Kanda Ka.ri (Karpo)

Botanical Name: *Rubus sp.*

Locations: Found in Tibet, Bhutan and Sikkim, Himachal Pradesh in India at 3500 meters altitude and below. It grows abundantly in both sunny and shady areas near fields, roadsides, amongst bushes and in thick forest.

Parts of the Plant Used: Stems and thin branches.

Collection Time and After Treatment: Stems and thin branches are collected from August to October. After the bark and soft inner content is removed, they are cut into pieces and dried. Roots are gathered either in autumn or in spring, and are cut into pieces and dried after removing the bark. Seeds are collected in August, when they are ripe, and a concentrated decoction is prepared from the dried seeds for medicinal purposes. The middle skin between the bark and the soft inner flesh is collected in spring and is dried in shade while taking care to avoid fungus.

Taste and Potency: Seeds are sweet. Branches and stems are sweet and acrid. Roots are bitter. The plant as a whole has cool, heavy and oily properties.

Medicinal Value: Lowers fever associated with wind, disturbed/agitated fever and unripe fever. Treats cold and lung ailments and is also effective in restoring physical vitality.
Tibetan: Kanda Ka.ri (Muk.po)

Botanical Name: Rubus sp.

Locations: Found in Tibet, Bhutan and India at 3500 meters altitude and below. It grows in both sunny and shady areas near fields, in bushes and thick forest.

Parts of the Plant Used: Stems and thin branches.

Collection Time and After Treatment: Stems and thin branches are collected from August to October. They are cut into pieces and dried after the bark and soft inner contents are removed. Roots are gathered either in autumn or in spring. After removing the outer skin, roots are cut into pieces and dried. Seeds are collected either in August or when they are fully ripe and a concentrated decoction is prepared from the dried seeds for pharmaceutical purposes. Thin middle skin between the outer cover and the soft inner flesh is collected in spring and is dried in the shade while avoiding fungus.

Taste and Potency: Seeds are sweet. Branches and stems are sweet, bitter and acrid. Root is bitter. The plant as a whole has cool, heavy and oily properties.

Medicinal Value: Is used against fever associated with wind, disturbed/agitated fever and unripe fever. Also used to treat cold and lung ailments and is also effective in restoring physical energy.
Tibetan: Kan.da Ka.ri or Tak.tser

Botanical Name: Solanum indicum linn.

Locations: It is found all over India and in Himachal Pradesh at an altitude of 2500 meters and below. It grows freely along the roadsides and in forests with rich soil.

Parts of the Plant Used: Roots, leaves, stems, flowers and fruits.

Collection Time and After Treatment: Stems and leaves are collected from August to November. They are washed, roughly mashed and dried in a cool place. Care should be taken to avoid fungus while drying and storing. Roots are collected in autumn, when the medicinal potency moves downward, and are sliced into pieces and dried.

Taste and Potency: The plant has sweet and bitter tastes with hot potency.

Medicinal Value: Treats asthma and dry cough. It is effective in treating difficult childbirth, infectious cardiac fever, bloating of small and large intestines, scorpion bites, dysuria and oedema. Remedies eye infection, dries perspiration, restores vitality of the nervous system and it is also used as an expectorant. The decoction of leaves when used with ginger controls vomiting. The powder of leaves and fruit when applied as a paste on affected parts helps reduce itching.
Tibetan: *Ku.sha*

**Botanical Name:** *Thysanolaena maxima (roxb) O. ktze.*

**Locations:** Found in many places in India especially in Darjeeling, Kalimpong and Sikkim at an altitude of 2300 meters and below in temperate forests, by roadsides, along the fields and amongst grasses and in backyards.

**Parts of the Plant Used:** Topmost leaves, flowers or ears of seeds.

**Collection Time and After Treatment:** Flowers and ears of the seeds are collected from August to October. They are washed, cut into pieces and dried either in the sun or in the shade. Avoid fungus while drying and storing. Since the entire plant is used during Tibetan Buddhist initiations and in ritual fire-offerings, it should be cut from the base and dried in the sun.

**Taste and Potency:** Sweet and astringent taste with neutral potency.

**Medicinal Value:** Is said to prolong the lifespan and restore bodily constituents. Enhances the complexion and treats diseases caused by evil spirits and malignant demons.
Tibetan: *Ku.shu*

**Botanical Name:** *Malus pumila mill.*

**Locations:** Found in most of the countries in the world at an altitude of 3200 meters and below. It grows in forests, valleys and near human habitats. It is widely planted in many regions with temperate climate.

**Parts of the Plant Used:** Fruit.

**Collection Time and After Treatment:** Fruit is collected in September and October when it is ripe. It is washed, sliced into pieces and dried in the shade, and a concentrated decoction is prepared for medicinal purposes. Avoid fungus while drying and storing. It can be eaten raw.

**Taste and Potency:** Tastes sweet and slightly sour with cool and light potency.

**Medicinal Value:** Treats disturbed fever, disturbance in both large and small intestines, lowers fever of the hollow organs and relieves pain. Helps regain loss of appetite, rejuvenates blood constituents and treats constipation.
**Tibetan: Ko.ji.la**

**Botanical Name:** *Strychnos-nux-vomica linn.*

**Locations:** Found in India, Nepal, Burma and China at an altitude of 1500 meters and below in hot climates. It grows in wild hot forests, river beds and near human habitats. It is widely cultivated in these countries.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** Seeds are collected from November to February when they are ripe and dried while making sure that they do not rot. An alternative way of collecting is to take the seeds from the dry plant. The seeds are soaked in warm water until their skins easily removed. After husks are removed seeds are boiled in milk (one kg of the seed is boiled in four kg of milk till three-fourths of the milk is evaporated) to detoxify.

The seeds can also be fried in sand and the husks are removed with a knife before being detoxified in cow’s milk as shown above. For some disease the seeds are used with husk. In certain diseases more husks are added to enhance the therapeutic potency. The waste products from the detoxification processes are buried underground for safety.

**Taste and Potency:** It has a bitter taste with heavy and cool potency.

**Medicinal Value:** Is used against poison in general and to lower fever associated with poison in particular. Effectively treats spasm, hypertension and upper back-pain.
Tibetan: *Kon.pa Gab.kye*

**Botanical Name:** *Saussurea sp.*

**Locations:** Found in Tibet, Nepal, Himalayas and Kashmir in India at altitudes of 2000 to 5000 meters. It grows on meadows, rocky hills and amongst bushes and grasses.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected from July to August. It is washed, roughly mashed and dried in the shade. Care should be taken to avoid fungus while storing.

**Taste and Potency:** It has a bitter taste with cool potency.

**Medicinal Value:** Lowers fever associated with nerves and blood. Restores injured veins and arteries, stops bleeding, heals sores and treats poisoning.
Tibetan: Kyang.shok.pa

Botanical Name: *Pedicularis bicornuta klotzsch.*

Locations: Found in Tibet, Pakistan, Ladakh, Indian Kashmir and the Mari region of Himachal Pradesh at 2500 to 5000 meters in slightly damp and cool areas, high meadows, near fields and canals and amongst grasses and trees.

Parts of the Plant Used: Entire plant.

Collection Time and After Treatment: The entire plant is collected from August to September. It is washed, roughly mashed and dried in the shade avoiding fungus.

Taste and Potency: Tastes sweet and bitter with cool potency.

Medicinal Value: Cures vomiting due to phlegm disturbance (*bad-kan*), heals sores and remedies water retention.
Tibetan: Kyu.ru.ra

Botanical Name: *Emblea officinalis*.

Locations: Found in India, Nepal and China at an altitude of 1800 and lower in hot regions like forests, hillsides and near fields. It is widely cultivated in these countries rather than being found growing in the wild.

Parts of the Plant Used: Fruit.

Collection Time and After Treatment: Fruit is collected in autumn when ripe. After rotten parts are removed and dried in the shade after washing. The seed are taken out from the dried fruit before being used for compounding medicines. It is eaten or chewed raw.

Taste and Potency: Has sour, astringent and sweet tastes with cool, sharp and coarse potency.

Medicinal Value: Heals combined bile and phlegm diseases, cleanses impure blood, eases hypertension it is cures descending of bile into hollow organs and fresh liver ailments. Is effective against eye and lung infections, loss of hair, oedema associated with infection and throat problems.
Tibetan: *Kyer.pa Kar.po*

**Botanical Name:** *Berberis lycium royle.*

**Locations:** Found in Tibet, Nepal and India at altitudes from 800 to 3500 meters in damp hilly forests and plains, roadsides and near human habitats.

**Parts of the Plant Used:** Flower, fruit, middle skin and roots.

**Collection Time and After Treatment:** The flower is collected from May to June when it is in full bloom and dried in the shade while avoiding fungus. The middle yellowish skin between the outer bark and inner flesh is collected in spring and dried as above. Fruit is collected in autumn when ripe and is dried. The roots are collected either in autumn or in spring. Outer skin is removed and dried after slicing into pieces. A concentrated decoction is made from the dried roots for medicinal purposes.

**Taste and Potency:** Roots and middle skin taste bitter while flower has astringent and bitter tastes. Fruit is sour. The plant as a whole has cool and coarse potency.

**Medicinal Value:** Helps gather spreading poison in the body, remedies ailments arising from serous fluids, lowers old fever and cures conjunctivitis accompanied by pain and redness of the eyes. Treats irritation of the urinary tract due to dysentery, heals sores and skin infections.
Tibetan: *Kyer.pa Nag.po*

**Botanical Name:** *Berberis angulosa.*

**Locations:** Found in most places in Tibet, Nepal, Sikkim and Darjeeling in India at altitude of 2400 to 4500 meters. It grows on hills and plains with dry cold climate. It also grows in countries like Holland which is below sea level and has damp soil.

**Parts of the Plant Used:** Flower, fruit, middle yellowish skin and roots.

**Collection Time and After Treatment:** Flower is collected from May to June when in full bloom and is dried in the shade while avoiding fungus. The yellowish skin between the outer bark and the inner flesh is collected in spring and dried as above. Fruit is gathered in autumn when ripe and is dried in a cool place. Roots are collected either in autumn or in spring. They are washed, sliced into pieces and dried, and a concentrated decoction is prepared for medicinal purposes.

**Taste and Potency:** Roots and middle skin is bitter. Flower has astringent and bitter tastes. Fruit is sour. The plant as whole has cool and coarse potency.

**Medicinal Value:** Helps gather spreading poison in the body, remedies ailments arising from serous fluids, lowers old fever and cures conjunctivitis accompanied by pain and redness of the eyes. Treats irritation of urinary tract due to dysentery, heals sores and skin infections.
Tibetan: *Ta.zang*

**Botanical Name:** *Corydalis impatiens* (Pall.) fisch.

**Locations:** Found in Tibet, Pakistan, Nepal, and other Himalayan regions between 2400 to 4800 meters altitude. It grows abundantly on rocky hills, sandy soil and amongst bushes and grasses.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected in August. It is washed, roughly mashed and dried in the shade avoiding fungus.

**Taste and Potency:** Tastes bitter and has cool potency.

**Medicinal Value:** Lower fever associated with blood, liver and bile, and relieves pain due to blood disorder. Also checks bleeding and heals sores.
Tibetan: *Lu.due Dorje.chok*

**Botanical Name:** *Codonopsis clematidea (shrenk) C. B. Clarke.*

**Locations:** Found in Tibet, Nepal, Bhutan, Sikkim and Himachal Pradesh (Mari areas and Garsha) in India at altitudes of 3200 to 4500 meters. It grows on high meadows, along rocky cliffs, amongst bushes, grassy areas and near fields.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The leaves, stems, flower and fruit are gathered in July and August. They are washed, mashed roughly and dried either in the sun or in shade avoiding fungus. Roots are collected in autumn when the medicinal potency moves downward. They are washed, cut into slices and dried.

**Taste and Potency:** Leaves, stem, flower and fruit have bitter, acrid and astringent tastes with cool potency. Roots are sweet and acrid in taste with neutral potency.

**Medicinal Value:** Remedies fits and disorders caused by malignant *nag* or serpent spirits (Tib. *klu*). Cures disorders of ligaments, tendons and joints due to serous fluid, arthritis and leprosy. It eases swelling.
Tibetan: *Lu.due Dorje.Men.pa*

**Botanical Name:** *Codonopsis viridis wallich.*

**Locations:** Found in Nepal, Bhutan, Uttar Pradesh and Himachal Pradesh (Gulabba and Garsha) in India at 2500 to 3500 meters. It grows abundantly in damp areas amongst shrubs, bushes and grasses.

**Parts of the Plant Used:** Roots. But leaves, stems and flowers can also be used.

**Collection Time and After Treatment:** Leaves, stems, fruit and flowers are collected together in August. They are washed, roughly mashed and dried in the shade. The roots are collected in autumn when the elemental energy moves downwards. Roots are washed, sliced and dried as above. A concentrated decoction prepared from the dried roots has maximum therapeutic value.

**Taste and Potency:** The plant as a whole tastes sweet and slightly bitter and has cool potency.

**Medicinal Value:** Lowers fever of the lungs due to dehydration, reduces excessive cough and sputum, pain in the lungs and rejuvenates the body.
**Tibetan:** *Kham.bu*

**Botanical Name:** *Prunus persica (L) batsoh.*

**Locations:** Commonly found in most countries at altitudes of 3600 meters and above. It grows on hills and plains near fields, human habitats and forests. It can be easily cultivated in temperate climates.

**Parts of the Plant Used:** Fleshy part of the fruit, kernel and flower.

**Collection Time and After Treatment:** Flower is collected in April-May when in full bloom and dried in the shade. Fruit is collected in August-September when it is fully ripe. Fleshy part and seeds are separated and seeds are fried in an airtight container. Kernels inside seeds are taken out and dried avoiding fungus. Oil extracted from kernels is widely used. Fruit is eaten either fresh or dried.

**Taste and Potency:** Tastes sweet and bitter with neutral potency.

**Medicinal Value:** Oil extracted from the kernel is used to treat hair loss. Burnt ash of seeds and fruit when applied on the affected part heals sores and dries pus. Flowers help to balance internal and external fluids in the body and remedies constipation.
Tibetan: *Khu.juk.pa*

**Botanical Name:** *Cypripedium himalaicum rolfe.*

**Locations:** Found in Kham, Nang-dzong, Minling and Drigung in Tibet, Nepal, Himachal Pradesh (Manali) and Jammu and Kashmir in India. It grows scattered in damp and cool grassy areas and amid bushes at 2900 to 3900 meters.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected in July and August. It is dried after washing and rough mashing. Care should be taken to avoid fungus when storing. Flower is collected when in full bloom and dried either in the sun or in the shade.

**Taste and Potency:** Bitter taste with cool and coarse potency.

**Medicinal Value:** Remedies water retention, kidney and urethra calculi. Flower mixed with sugar, jaggery and honey has an excellent rejuvenating potency.
Tibetan: *Khu.juk Tsa.jang*

**Botanical Name:** *Equisetum arvense.*

**Locations:** Commonly found all over the world at an altitude of 3800 meters and below. It grows in damp shady areas, on sandy hills and plains, along fields and canals, near human habitats and roadsides.

**Parts of the Plant Used:** Leaves, stems, flower and fruit.

**Collection Time and After Treatment:** The entire plant is collected from July to September. It is roughly mashed and dried in the shade avoiding fungus.

**Taste and Potency:** Sweet, bitter and astringent with neutral potency.

**Medicinal Value:** Has therapeutic potency to treat most of the diseases associated with loss of blood like nose bleeding and vomiting of blood. Remedies chronic and new fever, epidemic diseases, fever of bile and spleen. Treats tumours and infection of the urinary tract.
Tibetan: *Khur.mang*

**Botanical Name:** *Taraxacum officinale weber. S. I.*

**Locations:** Commonly found all over the world in various terrains like meadows, along canals, on rocky areas, near human habitats and in damp sandy areas.

**Parts of the Plant Used:** Entire plant.

**Collection Time and After Treatment:** Flowers, leaves, stems, roots and fruits are collected from July to September. They are washed, roughly mashed and dried in the shade avoiding fungus. Leaves are used for culinary preparations like salad. They are also used to prepare herbal tea.

**Taste and Potency:** Tastes bitter and slightly sweet with cool potency.

**Medicinal Value:** Treats brown phlegm (a complex phlegm disorder), lowers fever that has penetrated the bones and fever associated with bile and poison. Act as an antidote to toxin caused by precious stones.
Tibetan: *Trag.trog.pa*

**Botanical Name:** *Lepidium apetalum* Wild.

**Locations:** Found commonly all over the world below 4600 meters altitude. It grows on roadsides, on walls, amongst grasses and in damp sandy areas.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Leaves and roots are collected around April when leaves sprout. They are washed, roughly mashed and dried in shade. Or the entire plant is collected when the seeds are ripe and dried as above.

**Taste and Potency:** Tastes bitter and astringent with cool and coarse potency.

**Medicinal Value:** Dries accumulation of serous fluid due to impure blood. It eases swelling of limbs because of serous fluids. Heals cranial fractures and strengthens cartilage bone. Is also effective against loss of blood.
Tibetan: *Khen.kar*

**Botanical Name:** *Artemisia sp.*

**Locations:** Found in Tibet, Bhutan, Ladakh, Spiti and Gharsha in Himachal Pradesh (India) at 2900 meters and higher altitudes. It grows on dry hills and plains and damp sandy hillsides, along roads and near fields.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected in August. It is washed, roughly mashed and dried in the shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool and coarse potency.

**Medicinal Value:** Stops loss of blood like nasal bleeding, relieves swelling and effective against sores and treats cancer. Drains out pus from the lungs and cures kidneys ailments.
Tibetan: Khen.nag

Botanical Name: Artemisia dubia wallich ex. besser

Location: Found in Tibet, Nepal, Bhutan, Japan and Himachal Pradesh in India from 1100 to 3500 meters high altitude. It grows on hillsides and plains. It is more abundantly found in forests, among grasses, along fields and near human habitats. It is also planted in many of these regions.

Parts used: Leaves, stems, seeds and flower.

Collection time, treatment and after care: The entire plant is collected from July to October. It is washed, roughly mashed and dried in a cool place avoiding fungus.

Taste and potency: Bitter taste with cool and coarse potency.

Medicinal Value: Controls bleeding, relieves swelling in the limps and cures common cold. Herbal bath or fumes from the burnt plant is highly effective against cold natured illnesses. Roughly mashed fresh plant when put inside the nose or applied over it controls nose bleeding. Applying the same on any part of the body in case of injury or sore prevents infection and stops bleeding.
Tibetan: *Khal.ma Zho.sha* (Marpo)

**Botanical Name:** *Phaseolus lunatus* L.

**Locations:** Commonly planted in China, Nepal, and India at altitudes of 2500 meters and below in hot climates.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** Seeds are collected in September and October when they are ripe and dried either in the sun or in shade. They are half-fried in sand before being used for medicinal purposes. Consumed by milling into flour.

**Taste and Potency:** Sweet taste with oily potency and neutral nature.

**Medicinal Value:** Lowers fever in kidneys and strengthens them. Restores weakened kidney heat and is effective against all hot and cold disorders of kidneys.
Tibetan: *Khal.zho (Karpo)*

**Botanical Name:** *Canavalia gladiata (Tacq) DC.*

**Locations:** Found in hot regions of China, Nepal and India at altitudes of 2500 meters and below.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** Seeds are collected in September and October when they are ripe and dried in shade. They are half-baked in sand till the raw smell disappears before being used for medicinal purposes. Consumed either cooked or in the form of flour.

**Taste and Potency:** Sweet taste with oily potency and neutral nature.

**Medicinal Value:** Lowers fever of the kidneys and rejuvenates their strength. Also restores diminished heat of the kidneys and treats both the cold and hot disorders associated with the kidneys.
Tibetan: *Ga.dur Chok or Kong.li*

**Botanical Name:** *Bergenia stracheyi (Hook. f. & Thomas)*

**Locations:** Found in Tibet, Nepal, Bhutan, Afghanistan and Sikkim, Darjeeling and Himachal Pradesh in India from 2400 to 4500 meters altitude. It grows in cold and damp areas like rocky hills, stony roadsides, on walls and bushes. It also grows in lower regions of some places in Europe.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in August and September, or when the elemental energy moves downward. Dark outer skin and minute white thread-like hair is removed and is dried in the shade after slicing the roots into pieces avoiding fungus.

**Taste and Potency:** Tastes acrid and astringent with cool and blunt potency.

**Medicinal Value:** Treats common colds, influenza, lowers fever of the lungs, liver and nerve fever, a kind of nerve disorder characterised by the presence of heat in the nerves resulting in fever and extreme pain. Relieves swelling of limbs and cures diarrhoea.
Tibetan: Ga.bur.shing

Botanical Name: Camphora sp.

Locations: Found in low altitude hot areas of China, Nepal and India. It is also widely planted in these countries.

Parts of the Plant Used: Resin or gum.

Collection Time and After Treatment: Sticky viscous secretion (gum) is collected either in spring or in autumn. Or roots, branches, leaves and stems are collected and finely chopped and boiled thoroughly in clean water, and the vapour is collected which finally forms a melted substance. The melted substance is further boiled until it becomes a clear white essence. The plants older than fifty years give more gum or pectin and the young ones give less.

Taste and Potency: Tastes acrid, bitter and astringent with cool and coarse potency.

Medicinal Value: Instantly reduces high fever. Is effective against chronic fever which has entered the bones and relieves severe pain arising from high fever.
Tibetan: Gu.gul

Botanical Name: Commiphora mukul.

Locations: Abundantly found in hot, low altitude regions of China, Nepal, Bangladesh, India and other countries.

Parts of the Plant Used: Resin or gum.

Collection Time and After Treatment: Resin/gum is collected either in April or in September avoiding dust and other grime. Half the container is filled with resin/gum and the other half with water and is boiled while stirring till the gum liquefies. The melted liquid is sieved into another container twice or thrice checking its clarity. The clean, concentrated liquid has maximum therapeutic potency.

Taste and Potency: Bitter and astringent tastes with cool and heavy potency.

Medicinal Value: Treats diseases caused by earth-dwelling malignant spirits and severe throat disorders, relieves pain due to infection, remedies fits and paralysis and epidemic diseases. Also cures leprosy and chronic and fresh ailments of the liver. Fumes from the burnt gum relieve angina, the painful and painless disorders caused by possession of evil spirits.
Tibetan: *Ga.dra*

**Botanical Name:** *Rubus ellipticus.*

**Locations:** Commonly found all over the world at 2300 meters altitude and below has many different species.

**Parts of the Plant Used:** Stems, leaves and fruit.

**Collection Time and After Treatment:** The entire plant is collected from August to October. Bark and inner soft substance is removed with a knife and dried in a cool place after cutting them into pieces. Leaves are collected in the summer and boiled in water for half an hour and then dried in shade. The dried leaves are softly beaten with a stick removing the rough veins and used for medicinal purpose. Fruit is picked when fully ripe and can be eaten raw. Therapeutic potency is the maximum when a concentrated decoction is prepared.

**Taste and Potency:** Leaves and stems are sweet, bitter and acrid with oily, cool and heavy potency. Fruit is sweet, sour and slightly astringent.

**Medicinal Value:** Lowers fever associated with wind, disturbed fever and ripens/matures epidemic fever. Cures ailments of lungs and flu. The concentrated decoction of the fruit is especially effective for lung diseases. Is also a health tonic.
Tibetan: *Ghan.da Bha.ta*

**Botanical Name:** *Tanacetum sp.*

**Locations:** Commonly found in most countries on both hills and plains. It grows on hillside meadows, near fields, roadsides and human habitats with different climatic conditions.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected in July and August. It is washed, roughly mashed and dried either in shade or in the sun avoiding fungus.

**Taste and Potency:** Sweet and acrid tastes with coarse and warm potency.

**Medicinal Value:** Has therapeutic potency to treat tumours, whitish-brown phlegm (*Tib. bad.kan skya.smug*), common colds, gout and acts as an antidote to poisons.
Tibetan: *Gur.tik*

**Botanical Name:** *Leonurus sp.*

**Locations:** Found in most places in Tibet, Nepal, Bhutan, Sikkim, Himachal and Jammu and Kashmir in India at 1500 to 3800 meters altitude. It grows in cool shady and damp wild areas among bushes and rivers beds.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected from July to August. It is washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Tastes bitter and acrid with cool potency.

**Medicinal Value:** Reduces febrile fever in the veins and treats diseases associated with blood and bile. Heals infected and inflamed sores.
Tibetan: Go.nyod

Botanical Name: *Carum carvi linn.*

Locations: Found in most places in Tibet and the hills of Manali, Garsha and Spiti in Himachal Pradesh, India, at 1800 to 4300 meters. It grow abundantly on meadows, rivers beds, roadsides and near human habitats.

Parts of the Plant Used: Seeds.

Collection Time and After Treatment: The entire plant is collected in August and September when the seeds are ripe and dried. The seeds are separated from the dried plant. Leaves are collected fresh and used for culinary preparations. Seeds are used as spice for taste.

Taste and Potency: Tastes sweet, acrid and astringent with warm and oily potency.

Medicinal Value: Treats ailments accompanied by wind and fever, poisoning, eye infections, hypertension, phlegm disorders, restores diminished digestive heat and owes fever associated with the heart. A spoonful of powdered coriander seeds wrapped in cloth and heated in sesame oil when applied on different rlung points instantly relieves disorders associated with wind (Tib. rlung).
Tibetan: Dro

Botanical Name: *Triticum aestivum* L.

Locations: Wheat is one of the most commonly grown crops and hence can be found all over the world.

Parts of the Plant Used: Seeds and joints of the stems.

Collection Time and After Treatment: The entire plant is harvested in September and October when the seeds are ripe and dried in the sun. When the plant is dried wheat is separated either by machine or by using oxen. Tibetan traditional beer is also made from wheat. It is boiled in a vessel one-third filled with wheat and two-thirds with water till it is cooked properly. The cooked wheat is spread on a cloth for while and a fermenting agent is added. Lukewarm wheat mixed with the fermenting substance is put in a container (lid tightly closed) and kept in a warm place for two to three days. The speed of fermentation depends on the weather. Water is added to the fermented wheat, left standing for about two hours and distilled. The clear, sometimes yellow, distilled liquid is the Tibetan beer popularly called chang.

Joints of the stems are the nodes on them. They are collected by cutting the stems about one finger (Tib. *sor.gcig*) from each side of the node.

Taste and Potency: Tastes sweet with oily, cool and heavy potency.

Medicinal Value: Restores impotency and treats disorders of wind and bile. Gathers poison spreading in the joints and eases hardened muscles and heals fractured bones. However, since it has purgative potency it can be harmful to diseases caused by worms like dysentery and cold phlegm (Tib. *bad.kan grang.ba can*). Chang heals the lung diseases and joints of the plant remedy blockage of throat. Paste prepared from wheat flour when applied eases swelling.
Tibetan: *Dru.gu Re.na*

**Botanical Name:** *Cassiope fastigiata (wallch) D. Don.*

**Locations:** Found in Tibet, Nepal, Pakistan, and Sikkim and Himachal Pradesh in India at 2500 to 4500 meters altitude. It commonly grows on meadows, in forests and their margins, and amongst grasses and shrubs.

**Parts of the Plant Used:** The entire plant except the roots.

**Collection Time and After Treatment:** The whole plant is collected from July to September and dried in shade after roughly mashing it. Avoid fungus when drying and storing.

**Taste and Potency:** Tastes bitter with cool potency.

**Medicinal Value:** Decoction prepared from it is an antipyretic and is especially effective against inferno-like epidemic fever.
Tibetan: *Gyatik* or *Tikta*

**Botanical Name:** *Swertia chirata*

**Location:** Found in Kyirong Dzong in Tibet, Nepal, Bhutan and Sikkim in India between 1000 to 4300 meters high altitude. It grows abundantly on grassy meadows and among bushes.

**Parts used:** Leaves, stems, flower and seeds.

**Collection time, treatment and after care:** The entire plant, including roots, is collected from July to August. It is cleaned, slightly mashed and dried in shade avoiding fungus.

**Taste and potency:** Tastes extremely bitter with cool, rough, sharp and blunt potency.

**Medicinal Value:** Lowers fever associated with blood and bile disorders, liver fever and fever of gallbladder. Relieves nausea and headache associated with pregnancy.
Tibetan: *Gya.poe Ser.po*

**Botanical Name:** *Melilotus officinalis* (L) Pall.

**Locations:** Found in most places in Tibet and Ladakh, Garsha and Spiti in Himachal Pradesh in India at 3000 to 4800 meters altitude. It grows in fields, gardens, roadsides and among grasses. It is also found in a few places in Holland which is below sea level and has a cool damp climate.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected from July to September. It is washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Reduces chronic fever, fever arising from poisoning, treats epidemic diseases and eases swelling. Remedies ailments of spleen, abdominal spasm and diphtheria. Also cures collection of pus in the joints of hands and feet.
Tibetan: *Gya.men*

**Botanical Name:** *Papaver rhoeas L.*

**Locations:** Abundantly found in most of the countries at 3800 meters from the sea. It is widely planted in gardens.

**Parts of the Plant Used:** Flower.

**Collection Time and After Treatment:** Flower is collected in May and July when in full bloom. It is dried in shade avoiding fungus.

**Taste and Potency:** Tastes bitter and sweet with cool potency.

**Medicinal Value:** Lowers disturbed fever and fever of the blood. Relieves severe pain in upper back.
Tibetan: *Gya.men* (*Rig.zhen*)

**Botanical Name:** *Papaver somniferum* *L.*

**Locations:** Grows easily in various terrains and altitudes.

**Parts of the Plant Used:** Flower.

**Collection Time and After Treatment:** Flower is collected when in full bloom and dried in shade avoiding fungus.

**Taste and Potency:** Sweet and bitter tastes with cool and heavy potency.

**Medicinal Value:** Cures disorders due to disturbances of the blood and relieves severe pain in upper back and other parts. A small incision is made to collect the white milky substance/gum from the bluish seed pods when flower petals fall. Is used to prepare opium and other refined drugs. Has therapeutic potency to relieve severe pain. However, its propagation is restricted by law.
Tibetan: *Gya.sho*

**Botanical Name:** *Amaranthus caudatus L.*

**Locations:** Found in Tibet, Nepal and India at about 2500 meters altitude. It grows in both hot and cold areas in gardens, near houses, along roadsides and other places with rich soil.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected in July and August. It is washed, roughly mashed and thoroughly dried in shade avoiding fungus.

**Taste and Potency:** Sweet and acrid tastes with neutral potency.

**Medicinal Value:** Lowers fever associated with wind, induces perspiration, and heals sores and fractured bones.
Tibetan: *Gyu.ti Ser.po*

**Botanical Name:** *Potentilla venusta.*

**Locations:** Found in most regions in Tibet, hills of Mari and Dharamshala in Himachal Pradesh, India at 2500 to 4000 meters altitude. It grows on both the sunny and shady hillsides, cool sandy hills and among grasses and bushes.

**Parts of the Plant Used:** Leaves, stems and flower.

**Collection Time and After Treatment:** The entire plant is collected in July. It is washed, roughly mashed and dried in shade. Or the entire plant is collected when it is about four fingers high and dried as above while avoiding fungus.

**Taste and Potency:** Sweet and bitter tastes with cool and coarse potency.

**Medicinal Value:** Cures dysentery due to worms, flu, epidemic disease and disorders arising from poisoning.
Tibetan: Ga.kya

Botanical Name: Hedycium spicatum Smith.

Locations: Found in most of the lower altitude regions of Tibet, Nepal, Arunachal Pradesh and Himachal Pradesh, India, at 1000 to 2800 meters altitude. It grows abundantly in moist and mild climates in forests, canyons, cliffs and grassy areas.

Parts of the Plant Used: Roots.

Collection Time and After Treatment: Roots are collected in autumn when the elemental energy moves downward. Minute white rootlets are cleaned with a knife and dried after slicing into pieces. Avoid fungus while drying and storing.

Taste and Potency: Tastes acrid and astringent with sharp and hot potency.

Medicinal Value: Relieves disorders due to wind and bile (Tib. bad-rLung), helps dissolve thrombosis, generates digestive heat and controls phlegm.
Tibetan: *Ga.tik Muk.po*

**Botanical Name:** *Androsace sarmentosa* Wallich.

**Locations:** Found in Tibet, Nepal, Bhutan, and Ladakh, Kashmir and Himachal in India at 2300 to 4100 meters. It grows on meadows, rocky areas and their margins facing the sun.

**Parts of the Plant Used:** Leaves, stem, flower and fruit.

**Collection Time and After Treatment:** The entire plant is collected in July-August and dried in the shade after roughly mashing. The therapeutic potency is maximum when concentrated decoction is prepared. Care is to be taken to avoid fungus while drying and storing.

**Taste and Potency:** Tastes bitter and slightly hot. Cool potency.

**Medicinal Value:** Treats dropsy of the internal organs and dries pus. Is effective against fever and drains out urine indicating hot disorders.
**Tibetan: Ga.tik Tra.po**

**Botanical Name:** *Androsace sempervivoides Jacqum. ex Duby.*

**Locations:** Found in Tibet, Pakistan, and Kashmir. Rothang pass and Mari hills in Himachal Pradesh in India at 3000 to 4000 meters. It grows on meadows and margins of rocky hills and meadows.

**Parts of the Plant Used:** Leaves, stems, flowers and fruit.

**Collection Time and After Treatment:** The entire plant is collected in July and August it is washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Bitter and slightly acrid tastes with cool potency.

**Medicinal Value:** Treats dropsy of the internal organs and dries serous fluid. Is effective against fever and is an excellent diuretic of hot nature.

* Although there are many species of Androsace, the Tibetan Medical and Astrological Institute in Dharamshala, India, recognises Androsace sempervivoides Jacquem ex Duby alone for medicinal use.
Tibetan: *G.a.muk*

**Botanical Name:** *Zingiber officinale* Rosc.

**Locations:** Found in Nepal, China, India and other countries at altitudes of 1700 meters and lower regions. It grows wild in forests and grassy areas and is also cultivated in hot regions.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in September or in autumn when the elemental energy moves down. Small rootlets are removed with a knife, sliced into pieces and dried avoiding fungus. It is used as a spice in culinary preparations.

**Taste and Potency:** Tastes acrid, bitter and astringent with warm potency.

**Medicinal Value:** Improves appetite and generates digestive heat. Treats phlegm and wind disorder (Tib. *bad.rlung*) and diseases caused by worms.
Tibetan: Ga.ser

Botanical Name: Curcuma aromatic Salisb.

Locations: Found in Tibet, Nepal, Bhutan, China, India and other countries between 150 to 1800 meters. It grows on hills and plains amongst the bushes and grasses. It is also widely planted in above regions.

Parts of the Plant Used: Roots.

Collection Time and After Treatment: Roots are collected either from September to October, or in autumn when the elemental energy moves down. Small rootlets are removed, cut into pieces and dried avoiding fungus.

Taste and Potency: Bitter and acrid tastes with cool potency.

Medicinal Value: Cures illnesses caused by poison and heals old infected sores. Lowers pestilential fever, treats piles and diabetes mellitus, and heals sores.
Tibetan: Gudue Serpo Chok

**Botanical Name:** *Swertia hookeri* / *Swertia sp.*

**Location:** Found in Tibet, Nepal and Sikkim and Arunachal Pradesh in India from 3200 to 4600 meters high altitude. It grows on meadows, among grasses and bushes on edges of forests.

**Parts used:** Roots.

**Collection time, treatment and after care:** Roots are collected in August and September when the elemental energy moves down. After removing the small rootlets, roots are cut into pieces and dried in shade avoiding fungus. Medicinal value is maximum if a concentrated decoction is prepared from the dried roots.

**Taste and potency:** Tastes bitter with cool and coarse potency.

**Medicinal Value:** Treats damaged veins and relieves lower-bowel spasm due to colitis. Lowers fever in the vessel organs, treats diseases arising from poisoning and skin infections. Powdered roots mixed with melted butter when applied externally, is effective in healing chronic and fresh sores and enhances growth of fresh skin.
Tibetan: Gog. kya

Botanical Name: Allium sativum L.

Location: Found all over the world in fields and in vegetable gardens. It can be easily planted and grows abundantly in places with slightly hot climate.

Parts used: Roots.

Collection time, treatment and after care: The roots are collected in autumn when leaves and stems dry. After outer skin is removed, roots cut into pieces and is dried in shade avoiding fungus. In compounding of pills for wind disorders, the roots are burnt to increase its medicinal value. Leaves and stems are used for culinary preparations to enhance tastes.

Taste and potency: Tastes acrid with warm, sharp, heavy and oily potency.

Medicinal Value: Is effective for most wind disorders (Tib. rlung.nad), lowers fever associated with wind, treats sleeplessness, bacterial diseases, haemorrhoids, leprosy, serous fluid, skin infection, loss of hair, diminished digestive warmth, loss of appetite, asthma, cancer, intestinal spasm, dysentery due to hot and cold elements, poor blood circulation and is an antidote to poisonings. Is also an excellent tonic. Leaves and stems also have medicinal value to cure wind disorders.
Tibetan: Gok.pa Ruk.pa

Botanical Name: Allium prattii C. H. Wright.

Locations: Found in Tibet, Nepal, China, and Sikkim, Ladakh and Himachal Pradesh in India. It grows between 2300 and 4400 meters altitude on meadows, mild rocky hills and amongst sunny and shady bushes. It has many species and can easily be planted.

Parts of the Plant Used: The entire plant.

Collection Time and After Treatment: Flowers, leaves, roots and fruit are collected from May to August. Rotten roots are discarded. It is cut into pieces and dried either in shade or in the sun. It is used for culinary preparations.

Taste and Potency: Tastes sweet and acrid with warm and heavy potency.

Medicinal Value: Treats jaundice, diarrhoea due to cold and regenerates diminished digestive heat. Treats wind disorders (Tib. rLung), phlegm (bad.kan) and illnesses due to collision of hot and cold elements.
Tibetan: Dokar Shing or Dowa Shing

**Botanical Name:** Buddleia crispa Benth.

**Location:** Found in Tibet, Nepal, Bhutan and Himachal Pradesh in India at altitude of 3800 meters and lower regions among bushes in on hills and plains.

**Parts used:** Branches

**Collection time, treatment and after care:** Branches are gathered either in April or in September. They are washed, cut into pieces and dried in shade avoiding fungus.

**Taste and potency:** Tastes bitter with cool and dry potency.

**Medicinal Value:** Lowers chronic fever of bodily constituents and relieves swellings due to sores.
Tibetan: Gog.tse Phowari

Botanical Name: Mentha spicata linn.

Location: Found in Tibet, Nepal, India and other countries at altitude of 3500 meters and lower regions on both the sunny and shady areas. It grows in the wild on damp roadsides, along canals, near fields and human habitats. It is also planted in these regions.

Parts used: Leaves, stems, flower and seeds.

Collection time, treatment and after care: Leaves, stems, flower and seeds are collected in July and in August. They are washed thoroughly, mashed roughly and dried in the sun avoiding fungus. Fresh leaves and stems are used in culinary preparations.

Taste and potency: Tastes bitter and slightly acrid with warm potency.

Medicinal Value: Restores diminished digestive warmth, relieves stomach pain due to over eating, cures halitosis and protects from worms and bacteria. Is highly effective against stomach distension and accumulation of wind in lower part of the body (Tib. 'og.rlung 'khyil ba).
Tibetan: *Don.shing*

**Botanical Name:** *Pinus roxburghii.*

**Locations:** Found in Nyingtri, Poyul and Dzayul in Tibet, Nepal and many regions in India including hills around Dharamshala at 3500 meters and lower regions. It grows abundantly wild into forests. Can also be cultivated.

**Parts of the Plant Used:** Stems.

**Collection Time and After Treatment:** Stems are collected from September to October. After discarding the bark stems are cut into small pieces and dried in the sun avoiding fungus.

**Taste and Potency:** Sweet and astringent tastes with potency.

**Medicinal Value:** Treats diseases accompanied by phlegm and wind and dries accumulation of serous fluids in the limbs and joints. Remedies oedema, dropsy and skin diseases.
Tibetan: *La.gang Men.pa*

**Botanical Name:** *Bistorta affinis* (D. Don)

**Locations:** Found in Tibet, Nepal, Afghanistan, Bhutan and Himachal Pradesh in India at 3000 to 4700 meters. It abundantly grows on sunny and shady rocky hills, stony areas and amongst bushed and grasses.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in August to September when the elemental energy moves downward. Rotten roots and hairy white rootlets are removed. Roots are cut into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Acrid and astringent tastes with cool potency.

**Medicinal Value:** Cures hoarseness of voice, and diseases associated with the lungs and intestines. Treats hot-natured dysentery and phlegm disorders.
Tibetan: *La.wa Sad.ma*

Botanical Name: *Thermopsis barbata royle*.

Locations: Found in Lhasa, Lhatse and Chamdo regions in Tibet and Sikkim, Uttar Pradesh and Himachal Pradesh in India at 2900 to 4600 meters from the sea. It grows on sunny hillsides, high meadows, near fields and canals, and amongst thorny bushes and grasses.

Parts of the Plant Used: The entire plant.

Collection Time and After Treatment: Flower is collected in spring when they are in full bloom. Stems, leaves and fruit are collected together and dried in shade after roughly mashing them. Roots are collected in autumn when the elemental energy moves down. They are sliced into pieces and dried in shade.

Taste and Potency: Bitter and sweet tastes with cool and coarse potency.

Medicinal Value: Reduces fever of the bile, epidemic diseases and diseases caused by worms. Eases swelling due to certain serious diseases and relieves acute and severe pain. Roots are excellent against hypertension. Flowers and leaves treat rabies.
Tibetan: *Ngo.ga Sha.la Yu.ring*

**Botanical Name:** *Crementhodium sp.*

**Locations:** Found in Kyirong, Nyingtri, Dzayul and Poyul regions of Tibet, western and southern Sikkim and Sadaphuk hills of Darjeeling, India, at altitudes of 3600 to 4500 meters. It grows in meadows, marshes, river banks and grassy areas.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected in around August. The parts are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet, acrid and bitter with cool and coarse potency.

**Medicinal Value:** Lowers pestilential fever and heals fractured bones and sores.
Tibetan: Ngo.ga Chung.wa

Botanical Name: *Cremenothodium nepalense kitam*

Location: Found in Tibet, Nepal, and Sikkim in India at altitude of 2700 to 4500 meters. It grows on cool rocky hills and edges of meadows and rocky hills.

Parts used: Roots. But leaves, stems, flower and seeds are also used.

Collection time, treatment and after care: The entire plant is collected in July and August. It is cleaned, roughly mashed and dried in shade avoiding fungus.

Taste and potency: Tastes bitter and astringent with cool and rough potency.

Medicinal Value: Lowers fever associated with bile and relieves headaches. Is especially effective against fever arising from poisoning, meat poisoning and fever entering gallbladder.
Tibetan:

**Ngo.do.shang.tse**


Locations: Found in most of the Tibetan plateau, Europe, Pakistan, Nepal, Bhutan, and Sikkim and Garsha in Himachal, India, at altitudes of 1500 to 3500 meters. It grows on sandy, stony areas amongst bushes and grasses.

Parts of the Plant Used: Roots, stems, and flower.

Collection Time and After Treatment: The entire plant is collected between July and September. It is washed, roughly mashed and dried in the sun avoiding fungus.

Taste and Potency: Sweet taste with mild potency.

Medicinal Value: Controls bleeding, heals old sores and burns. It treats impotency and eases back pain. Also regenerates diminished strength of bones and ligaments.
**Tibetan: Ngo.ta.pak (Karpo)**

**Botanical Name:** *Oreosolen wattii Hook. f.*

**Locations:** Found in Nyelam, Lhasa and Kyirong regions of Tibet and Sikkim in India at 4000 meters altitude on meadows and shady margins of rocky hills.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected either in July or August. Parts are washed, roughly mashed and dried either in sun or in shade avoiding fungus.

**Taste and Potency:** Tastes bitter and sweet with cool, heavy and smooth potency.

**Medicinal Value:** Treats diseases caused by worms and parasites and wind disorders. Regenerates weak bone cartilage, heals fractured bones and is also used against excess serous fluid.
Tibetan: Ngo.ta.mik

Botanical Name: Viola biflora L.

Locations: Found in most areas of Tibet and Sikkim and the Mari hills of Manali in Himachal Pradesh, India, from 3000 to 4500 meters altitude. It grows in shady, moist and rocky areas, bases of big boulders, and in and around water bodies.

Parts of the Plant Used: Leaves, stems, flower and seeds.

Collection Time and After Treatment: The entire plant is collected in July and August. It is washed, roughly mashed and is dried in shade while avoiding fungus.

Taste and Potency: Bitter and astringent tastes with cool potency.

Medicinal Value: Heals sores and joins fractured bones. Controls haemorrhage and relieves headaches.
Tibetan: *Ngo.ta.mik. (Rig.zhen)*

**Botanical Name:** *Caltha sp.*

**Locations:** Found in Tibet, Nepal, Bhutan and Sikkim from 3500 to 4700 meters. It grows near water bodies, on meadows and other damp places.

**Parts of the Plant Used:** Leaves, stems, flower and seeds.

**Collection Time and After Treatment:** The entire plant is collected in July and August. It is washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Bitter and astringent tastes with cool potency.

**Medicinal Value:** Heals sores and joins fractured bones. It controls haemorrhage and relieves headaches.
Tibetan: *Ngo.duk Mo.nyung*

**Botanical Name:** *Vincetoxicum canescens* (Willd.) Decne.

**Locations:** Found in Dromo, Nyingtri, Lhasa, Poyul and Lhoka regions of Tibet, and in the hills around Dharamshala and Manali in Himachal Pradesh, India, from 2000 to 3600 meters altitude. It grows in stony places, along the roadsides and amongst bushes and grasses.

**Parts of the Plant Used:** Seeds. Leaves and seeds can also be used together.

**Collection Time and After Treatment:** Seeds are collected from August to September when fully ripe. Seeds are gathered from the dried plant and used for medicinal purposes. Or the leaves, stems and seeds are collected together and dried in shade after roughly mashing them. Avoid fungus while drying and storing.

**Taste and Potency:** Bitter and acrid tastes with cool potency.

**Medicinal Value:** Lowers fever of bile and lung fever and is particularly effective for fever of gallbladder. Treats dysentery, eases swelling of the throat and eliminates intestinal worms.
Tibetan: *Ngo.tin Lo.ma Che.wa*

**Botanical Name:** *Thalictrum cultratum* Wallich.

**Locations:** Found in most of the hills in Tibet, Nepal, Bhutan, Myanmar and Himachal Pradesh (India) from 1200 to 4200 meters. It grows abundantly in wild damp places like forests, rocky hills and grassy pasture.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Roots, stems, leaves and seeds are collected from July to September. They are washed and dried in the shade after roughly mashed. Avoid fungus while drying and storing.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Treats infectious diseases, diphtheria and matures unripe fever and gathers scattered fever. Heals sores, dries serous fluids and is effective against intestinal fever.
Tibetan: *Ngo.tin Lo.ma Chung.wa*

**Botanical Name:** *Thalictrum reniforme Wallich.*

**Locations:** Found in most of the hills in Tibet, Nepal, Bhutan, Myanmar and Himachal Pradesh, India, from 1200 to 4200 meters altitude. It grows abundantly in wild, moist places like forests, rocky hills and grassy areas.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Roots, stems, leaves and seeds are collected from July to September. They are washed and dried in the shade after roughly mashed. Avoid fungus while drying and storing.

**Taste and Potency:** Bitter taste and cool potency.

**Medicinal Value:** Treats infectious diseases, diphtheria and matures unripe fever and gathers scattered fever. Heals sores, dries serous fluids and is effective against intestinal fever.
Тibetan: Ngon.бу Chok

Botanical Name: *Cyananthus lobatus Wallich ex. Benth.*

**Locations:** Found on most hills in Tibet, Bhutan, and Sikkim and hills of Himachal Pradesh, India, from 2800 to 4500 meters altitude. It grows on meadows, cliffs and amongst bushes.

**Parts of the Plant Used:** Roots. But leaves, stems and flowers can also be used.

**Collection Time and After Treatment:** Leaves, stems and flowers are collected from August to October. They are washed, roughly mashed and dried in a moderate temperature avoiding fungus.

**Taste and Potency:** Sweet and acrid tastes with light, warm, coarse and mobile potency.

**Medicinal Value:** Treats ailments arising from serous fluid and disorders of bile through purgation.
Tibetan: *Ngul.tik*

**Botanical Name:** *Parnassia nubicola.*

**Locations:** Found in Tibet, Nepal, Pakistan, Sikkim, Kashmir and Dharamshala in Himachal Pradesh, India. It grows from 2000 to 4300 meters altitude on damp meadows, grassy and rich soiled areas.

**Parts of the Plant Used:** Leaves, stems and flower.

**Collection Time and After Treatment:** The entire plant is collected from July to September. It is washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with coarse potency.

**Medicinal Value:** Lowers fever of liver and bile. Also treats the growth of tumours and relieves severe pain.
Tibetan: *Cha.wa*

**Botanical Name:** *Angelica glauca*.

**Locations:** Abundantly found in most places in Tibet, Nepal, Sikkim and Himachal Pradesh in India at altitudes of 2500 to 4000 meters. It commonly grows in gardens, stony areas and in fields.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in September when the elemental energy moves down. They are washed, sliced into pieces and dried in the sun avoiding fungus. There is also a practice of steaming the roots and drying them before being used for medicinal purposes.

**Taste and Potency:** Sweet and acrid tastes with warm potency.

**Medicinal Value:** Relieves accumulation of serous fluids in the joints, treat *grang.rlung*, a disorder caused by a combination of loss of digestive heat and wind characterised by indigestion, bloating of stomach and pain in the hip and waist, and kidney diseases. Restores diminished physical strength, remedies oedema and stomach disorders.
Tibetan: *Chak.tik Kar.po*

**Botanical Name:** *Swertia petiolata D. Don.*

**Locations:** Found on the Tibetan plateau, Afghanistan, Nepal, and Himachal Pradesh and Jammu and Kashmir in India at altitudes of 3300 to 4500 meters. It grows on damp meadows, margins of rocky hills and meadows and amongst grasses and bushes.

**Parts of the Plant Used:** Leaves, stems and flower.

**Collection Time and After Treatment:** The entire plant is collected in July and August. It is washed and dried after roughly mashed. Avoid fungus while drying and storing.

**Taste and Potency:** Bitter taste with cool and coarse potency.

**Medicinal Value:** Lowers fever due to sores, fever of the bile and pestilential fever.
Tibetan: Chak.tik Ra.go.ma

Botanical Name: Halenia elliptica D. Don.

Locations: Found in most of the regions of Tibet, Nepal, Sikkim, Darjeeling and Manali in Himachal Pradesh, India, from 2200 to 4500 meters. It grows abundantly near rivers, damp meadows and amongst bushes.

Parts of the Plant Used: The entire plant.

Collection Time and After Treatment: The entire plant is collected from July to September. It is washed, roughly mashed and dried in the sun avoiding fungus.

Taste and Potency: Bitter taste with cool potency.

Medicinal Value: Lowers fever due to sores, pestilential fever, and fever of bile and liver. Treats the common cold and is especially effective in relieving severe headaches due to disturbed blood and bile.
Tibetan: Che.tsa

Botanical Name: Ranunculus sp.

Locations: Commonly found in most of the countries below 4600 meters altitude. It grows on damp meadows, along canals and marshes and near animal shelters.

Parts of the Plant Used: Flower. But leaves, stems and seeds can also be used.

Collection Time and After Treatment: The entire plant is collected around July and August. It is washed, roughly mashed and dried in the sun avoiding fungus.

Taste and Potency: Tastes acrid with hot and sharp potency.

Medicinal Value: Generates digestive heat, heals old infected sores and treats dropsy and drains out serous fluids. Remedies growth of tumours due to cold and swelling in the throat.
Tibetan: *Chhu.ma.tsi* or *Chum.kar*

**Botanical Name:** *Rheum nobile Hook et Thomas.*

**Locations:** Found in Nyelam, Dromo, Nyingtri and Kyirong regions of Tibet, Nepal. Bhutan and Sikkim from 3600 to 4500 meters altitude. It grows on hills and plains and especially on damp meadows, fields and marshes.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in September and October when the elemental energy moves down. After dark outer skin is removed, roots are washed, cut into pieces and dried avoiding fungus. Medicinal value is maximum if concentrated decoction is prepared. Stems of the young plant can be eaten raw by removing the outer skin.

**Taste and Potency:** Sour and bitter tastes with neutral potency.

**Medicinal Value:** Treats dropsy of the internal organs, lowers fever of bile and cures diseases arising from cold phlegm.
Tibetan: *Chhu.ma.tsi* (*Rig.zhen*)

**Botanical Name:** *Rheum sp.*

**Locations:** Found in Tibet, Nepal and Holland and Mari hills of Manali in Himachal Pradesh, India. It grows especially abundant on cold damp meadows, and fields and marshes.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected from September to October. They are washed, sliced into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Bitter and astringent tastes with cool potency.

**Medicinal Value:** Treats dropsy of the internal organs and other illnesses due to serous fluid. Also quenches excessive thirst.
Tibetan: *Chhu.tsa*

**Botanical Name:** *Rheum sp.*

**Locations:** Found in most regions of Tibet, Nepal, Bhutan, and Sikkim and Himachal Pradesh in India from 3600 to 4200 meters high altitude. It grows on rocky cliffs, meadows, canyons and other wild areas. It is also found in Holland which is below the sea level. Young stems can be eaten raw by removing the outer skin.

**Parts of the Plant Used:** Roots. Sometimes leaves, stems and shoots are also used.

**Collection Time and After Treatment:** The roots are collected either in September and October or in autumn. After thin outer skin is removed, roots are sliced into pieces and dried either in the sun or in shade avoiding fungus. Or the entire plant is collected in August and September and dried after roughly mashing it.

**Taste and Potency:** Sour and bitter tastes with neutral potency.

**Medicinal Value:** Lowers pestilential fever of tendons and ligaments and heals broken ligaments. Relieves severe pain in the joints of the bones due to rheumatoid arthritis and water retention in the feet.
Tibetan: *Chu.rug Bal.lak*

**Botanical Name:** *Ranunculus tricuspis maxim*

**Location:** Found in Tibet, and Sikkim, Ladakh and other regions in India at altitude of 3000 meters on marshes and in ponds, stagnant water and canals.

**Parts used:** Leaves, stems, flower and seeds.

**Collection time, treatment and after care:** The entire plant is collected from July to September. It is roughly mashed and dried either in the sun or in shade avoiding fungus.

**Taste and potency:** Tastes sweet with neutral potency.

**Medicinal Value:** Lowers spreading of infectious fever in tendons and ligament, heals damaged ligaments, retention of fluid and relieves severe pain in joints of bones due to rheumatoid arthritis.
Tibetan: *Ja.shang Wang.chuk*

**Botanical Name:** *Hypericum perforatum.*

**Locations:** Found in Tibet, Europe, Myanmar, Nepal, Pakistan and Manali and Dharamshala in Himachal Pradesh, India, at altitudes of 3600 meters and below. It grows in forests, over cliffs, amongst grasses, roadsides and along canals.

**Parts of the Plant Used:** Flower and fruit.

**Collection Time and After Treatment:** Flowers are collected in June and July when they are in full bloom. Seeds are collected when they are ripe and are dried in shade avoiding fungus.

**Taste and Potency:** Bitter and astringent tastes with cool, coarse and light potency.

**Medicinal Value:** Lowers fever due to common cold, fever of liver and treats dysentery. Heals mouth infections and skin diseases and relieves skin irritation.
Tibetan: Ja.shing

Botanical Name: *Camellia sinensis* (Linn.)

Locations: Found in Dzayul, Poyul and Markham regions of Tibet and Sikkim, Darjeeling and Assam in India below 3800 meters altitude. It is abundantly planted in these regions.

Parts of the Plant Used: Leaves and fruit.

Collection Time and After Treatment: New leaves that sprout in spring are the best as therapeutic potency lessens as leaves age. Leaves are gathered in summer when they are abundant. They are washed and dried in shade avoiding fungus. Seeds are collected in October and November when they are ripe and dried as above.

Taste and Potency: Bitter, astringent and sweet tastes with cool and coarse potency.

Medicinal Value: Lowers fever of liver and spleen and cures poisoning of the liver. Cures nervous disorders, lung diseases and restores weakened tendons and bones.
Tibetan: *Jib.tsi Kar.po*

**Botanical Name:** *Salvia nubicola*.

**Locations:** Found in Tibet, Bhutan, Afghanistan and Sikkim and on the Mari hills of Himachal Pradesh, India, from 2200 to 4400 meters altitude. It grows wild in the forests, roadsides and amongst grasses. In Holland it is planted in gardens.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected around August. It is washed, mashed roughly and dried in shade avoiding fungus.

**Taste and Potency:** Sweet and bitter tastes with cool potency.

**Medicinal Value:** Heals toothache, oral diseases and lowers fever of liver.
Tibetan: *Jib.tsi Chen.po*

**Botanical Name:** *Salvia hians*.

**Locations:** It is abundantly found on the Rothang pass above Manali in Himachal Pradesh, India, from 2500 to 4800 meters altitude. It grows on cool damp meadows, margins of meadows and rocky hills, over cliffs and amongst bushes.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Leaves, stems, flower and seeds are collected around August. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Sweet and bitter tastes with cool potency.

**Medicinal Value:** Treats toothaches, diseases of the mouth and increased fever of liver.
Tibetan: Nyi.ma Me.tok

**Botanical Name:** Helianthus annuus Linn.

**Locations:** It is abundantly grown and planted in gardens and farms all over the world.

**Parts of the Plant Used:** Sepals, husk of seeds and inner content of stems.

**Collection Time and After Treatment:** Sepals are collected from July to October when flowers wither. Husks are collected by removing the seeds. Inner content of stems are collected and dried in the sun. The sunflower oil is used for cooking and massaging. Seeds are roasted and eaten.

**Taste and Potency:** Sweet taste with warm and oily potency.

**Medicinal Value:** Restores weakened physical and kidney strength. Relieves dizziness, tinnitus and swelling during pregnancy. Sepals are especially effective against excessive bleeding from uterus. Husk treats blood pressure, lowers intestinal fever, diabetes and infection in urinary tract. Inner content of stems remedies gastrointestinal tumours.
Tibetan: Nyung.ma

Botanical Name: Brassica rapa.

Locations: It is grown by farmers in Tibet and other neighbouring countries.

Parts of the Plant Used: Roots.

Collection Time and After Treatment: Roots are collected in August and September when the elemental energy moves down. They are washed, sliced into pieces and dried avoiding fungus. A concentrated decoction is prepared from the roots for medicinal purposes. Concentrated decoction stored for over nine years, prepared from roots grown in fields fed by rain water, has maximum therapeutic potency. Leaves are eaten as vegetables and salads and other dishes are prepared from the roots.

Taste and Potency: Sweet and slightly acrid tastes with hot, oily and warm potency.

Medicinal Value: Prevents poisoning and gathers spreading poison in the body. Treats disorders arising from wind like stress and tension (rlung.nad) and is a health tonic. However, due to its oily potency it may give rise to bile (mkhris.pa) and phlegm (bad.kan).
Tibetan: *Nye.shing*

**Botanical Name:** *Asparagus adscendens.*

**Locations:** Found in most regions of Tibet, Nepal, Bhutan, Europe and Himachal Pradesh, India, below 3500 meters altitude. It grows in canyons, forests, roadsides, near fields and amongst grasses. It is also cultivated in these regions.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** The roots are collected either in September and October when the elemental energy moves down. Hairy rootlets are cleaned and outer skin is removed. Medicinal value is maximum when concentrated decoction is prepared from the roots. Or after small rootlets and outer skin is removed, roots are sliced and dried in the sun avoiding fungus.

**Taste and Potency:** Sweet, bitter and astringent tastes with warm potency.

**Medicinal Value:** It is said to prolong the lifespan and dries serous fluids. Restores weakened kidney heat and relieves itching and skin irritation. Lowers chronic hidden fever, treats wind and cold disorders and diabetes. Concentrated decoction mixed with one’s first early morning urine when applied externally can instantly relieve itching.
Tibetan: *Nya.lo*

**Botanical Name:** *Aconogonum alpinum.*

**Locations:** Found in most places in Tibet and Dharamshala and Manali in Himachal Pradesh, India, from 2500 to 4500 meters altitudes. It grows amongst bushes, stones, sandy areas and along the roadsides.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** The roots are collected around August and October when the elemental energy moves down. They are washed, cut into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sour and astringent with cool potency.

**Medicinal Value:** Lowers fever entering into hollow organs like the large intestine and treats severe dysentery.
Tibetan: *Nyan.thub.pa*

**Botanical Name:** *Cortiella hookeri.*

**Locations:** Found in Tibet, Nepal, and Sikkim from 4300 to 4600 meters altitudes. It grows on margins of the snowline and meadows, high meadows and stony areas.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Roots, leaves and flowers are collected in August and September. They are washed, cut into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool and coarse potency.

**Medicinal Value:** Is effective against general skin diseases and is especially effective in removing warts. Treats infectious diseases and relieves abdominal spasms.
**Tibetan:** *Tang.kun Nag.po*

**Botanical Name:** *Selinium wallchinum*.

**Locations:** Found in Tibet, Nepal, Bhutan and hills of Himachal Pradesh, India, from 3200 to 4500 meters high altitudes. It grows on cool high rocky hills, amongst bushes and on small islets in rivers.

**Parts of the Plant Used:** Roots. Leaves, stems and flower are also used.

**Collection Time and After Treatment:** Roots are collected in August and September when the elemental energy moves down to the root. Roots are washed, sliced into pieces and dried in the shade. Leaves, stems and flowers are collected in July and August. They are washed, cut into pieces and dried while avoiding fungus.

**Taste and Potency:** Acrid taste with cool potency.

**Medicinal Value:** Lowers fever of heart and gathers spreading fever due to poisoning. Cures wind-phlegm disorders (Tib. *bad.rlung*) like vertigo, a condition in which the body feels a sensation of whirling or tilting that causes a loss of balance.
Tibetan: **Tak.ngu (Chen.zig Tak.ngu)**

**Botanical Name:** *Saxifraga sp.*

**Locations:** Found in Tibet, Nepal, Bhutan and hills of Dharamshala and Manali in Himachal Pradesh, India, between 3000 to 4500 meters altitude. It grows on meadows and the margin of rocky hills and meadows.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected in July and August and dried at a moderate temperature after washing and cutting into pieces. Avoid fungus while drying and storing.

**Taste and Potency:** Sweet taste with mild potency.

**Medicinal Value:** Rejuvenates physical strength and clears the sense organs.
Tibetan: *Tak.ngu* (*Jam.yang Tak.ngu*)

**Botanical Name:** *Saxifraga sp.*

**Locations:** Found in Tibet, Nepal, Bhutan and hills of Dharamshala and Manali of Himachal Pradesh, India, between 3000 to 4500 meters altitude. It grows on meadows and the margin of rocky hills and meadows.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected in July and August. The plant has to be washed, cut into pieces and then dried at a moderate temperature. Avoid fungus while drying and storing.

**Taste and Potency:** Sweet taste with mild potency.

**Medicinal Value:** Rejuvenates bodily strength and clears sense organs like eyes and ears.
Tibetan: *Tak.mai Me tok Mar.po*

**Botanical Name:** *Rhododendron fulgens.*

**Locations:** Found in Tibet, Nepal, and Sikkim, Darjeeling, Dharamshala and Manali in Himachal Pradesh in India from 1500 to 4400 meters altitude. It grows wild on hills in these regions. Many species of this planted in Kew Garden in London. It also grows wild and domesticated in Holland where it is short and thin.

**Parts of the Plant Used:** Flower.

**Collection Time and After Treatment:** Flower is collected from March to June when it is in full bloom and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Dries accumulation of blood and serous fluids in upper and lower chest, controls infection and cures dysentery.
Tibetan: *Tak.zik Me.tok*

**Botanical Name:** *Lilium lancifolium.*

**Locations:** It abundantly grows on hillsides, stony areas and roadsides in most of the countries. It is also planted in gardens.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in September when the elemental energy moves downward. Tangled roots are separated and cleaned, and dried in a cool place avoiding fungus.

**Taste and Potency:** Sweet and bitter tastes with cool potency.

**Medicinal Value:** Is effective against tuberculosis, chronic coughing with blood and lowers slow-spreading fever in the lungs and treats bronchitis. Also lowers fever in general.
Tibetan: *Tar.ka*

Botanical Name: *Juglans regia L.*

Locations: Found in places with a temperate climate in Tibet, Europe and Shimla, Kashmir and Dharamshala in India. It is also widely cultivated.

Parts of the Plant Used: Outer greenish skin of the fruit and the kernel.

Collection Time and After Treatment: The fruits are collected around October or when the nut is ripe. Outer greenish skin is taken and dried. The nut is dried thoroughly and stored. Only when it has to be used for medicinal purposes, the kernel is taken out. The kernel of the nut can be eaten directly and oil is also extracted from it.

Taste and Potency: Sweet and astringent tastes with mild and oily potency.

Medicinal Value: Treats wind disorders (*rlung*), rejuvenates bodily constituents, increases lactation and treats constipation. Massaging with its oil relieves deformation of body caused by wind disorders, eases rigid and stiff nerves and swellings, and promotes hair growth. The shell is used as an ingredient to compound medicine for hair growth and enhance hair colour.
Tibetan: *Tar.bu*

**Botanical Name:** *Hippophae rhamnoides* Linn.

**Locations:** Found in Tibet, Bhutan, Afghanistan, China, Nepal, and Ladakh, Garsha and Spiti, India, from 3000 to 4500 meters altitude in regions like valleys, near water bodies, sandy areas and islands.

**Parts of the Plant Used:** Fruit.

**Collection Time and After Treatment:** Fruits are collected around August and September or when they are fully ripe. The seeds are then dried in the sun. The potency is at the maximum if a concentrated decoction is prepared from the fruit. Care must be given to avoid fungus while drying and storing.

**Taste and Potency:** Sour and astringent tastes with cool, sharp, light, and coarse potency.

**Medicinal Value:** It acts as an expectorant and dilutes the blood thus promoting blood circulation to avoid blood pressure. Also eliminates and checks the formation of mucus and phlegm in the body. Prevents blood clotting.
Tibetan: *Tong.zil*

**Botanical Name:** *Corydalis meifolia.*

**Locations:** Found in Tibet, Nepal, Bhutan, Pakistan, and on the Rothang pass in Himachal Pradesh, India, from 3400 to 5000 meters altitude. It grows near rivers formed from melting snow, along brooks running through rocky hills and in canyons.

**Parts of the Plant Used:** The entire plant except roots.

**Collection Time and After Treatment:** The entire plant is collected in July and August. It is washed, roughly mashed and dried in shade. Avoid fungus while drying and storing.

**Taste and Potency:** Tastes bitter with cool potency.

**Medicinal Value:** Controls epidemics and fever. Cowers fever of bile, hidden fever, and fever arising from excessive thirst and treats burns and swellings.
Tibetan: *Tha.ram*

**Botanical Name:** *Plantago major.*

**Locations:** It grows abundantly in most countries both on hills and plains like fields, roadsides and canals below 4500 meters altitude.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Leaves, flower and seeds are collected from June to August. Parts are washed, roughly mashed and dried in the shade. Avoid fungus while drying and storing.

**Taste and Potency:** Sweet and astringent tastes with cool potency.

**Medicinal Value:** Treats dysentery, controls bleeding and heals chronic sores.
Tibetan: *Tha.tin*

**Botanical Name:** *Pedicularis rhinanthoides.*

**Locations:** Found along the border regions between Nepal and Tibet, Pakistan, China and on the Rothang pass in Himachal Pradesh, India. from 3300 to 4900 meters altitude. It grows on high meadows, wet grassy lands and near water bodies.

**Parts of the Plant Used:** Flowers.

**Collection Time and After Treatment:** Flowers are collected in July and August when it is in full bloom. The petals are dried in shade avoiding fungus.

**Taste and Potency:** Sweet and astringent tastes with cool potency.

**Medicinal Value:** Cures water retention, stomach disorders and heals chronic and new sores.
Tibetan: *Thang.trom Nag.po*

**Botanical Name:** *Anisodus tanguticus (Maxim) Pascher.*

**Locations:** Found in Tibet, Nepal and Sikkim at 2500 to 4600 meters in ruins of buildings, near animal shelters, walls of huts and around fields. It is also cultivated in these regions.

**Parts of the Plant Used:** Seeds and roots.

**Collection Time and After Treatment:** Seeds are collected from September to November when they are fully ripe. They are beaten with a stick after drying in shade to separate from the husk for medicinal purpose. Roots are collected when the elemental energy moves downward. They are washed, sliced into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Bitter and sweet tastes with cool potency. It is slightly poisonous.

**Medicinal Value:** Is effective against infectious diseases, treats diphtheria and disorders of serous fluid. Relieves pain, treats sinusitis and eliminates worms in stomach and intestines.
Tibetan: *Thang.trom Lang.thang.tse*

**Botanical Name:** *Hyoscyamus niger.*

**Locations:** Found in Tibet, China, Pakistan, North Africa, Ladakh, Garsha and Spiti in Himachal Pradesh, India, from 2100 to 3800 meters altitude. It grows near human habitats, roadsides and on garbage heaps. It is also cultivated.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** The plant is harvested in autumn when seeds are fully ripe and dried. Dried plant is beaten with a stick to separate the seeds. Seeds are further dried in cool place avoiding fungus.

**Taste and Potency:** Tastes bitter and acrid with cool potency. It is poisonous.

**Medicinal Value:** Treats diseases caused by worms and parasites in general and is particularly effective in relieving severe pain caused by worms inside the body. Kills oral germs and treats sinusitis. Lowers fever of the throat, heals cancerous sores, dries accumulation of serous fluid in the limbs and treats diarrhoea.
Tibetan: *Thal.ka Dor.je*

**Botanical Name:** *Cassia tora.*

**Locations:** Found in Tibet, Nepal, Bhutan, South America and most places in India below 1500 meters altitude. It grows on warm plains, roadsides and near water bodies.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** The plant is collected in September and October and dried. Seeds are gathered from the dried plants and dried again before use.

**Taste and Potency:** Bitter and astringent with cool and coarse potencies.

**Medicinal Value:** Is effective against all types of skin diseases and ailments arising from serous fluid. Treats epilepsy/fits, leprosy and cancer. Also helps to absorb nutritional essence and acts as an aphrodisiac.
Tibetan: *Thar.nu*

**Botanical Name:** *Euphorbia wallichii Hook.* / *Euphorbia aff. sikkimensis.*

**Locations:** Found in Tibet, Nepal, Bhutan and India between 1500 to 3500 meters altitude. It grows in low sandy areas, steep canyons and other sandy terrains.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in September and October. The hair-like rootlets are cleaned and washed. Roots are sliced into pieces and dried while avoiding fungus. Detoxification is done carefully as per the traditional methods and instructions given in the medical texts. Failure to observe such instructions could be dangerous. The roots should be collected without injury. After the outer skin is removed, it is boiled for about half an hour in cow's urine with a piece of mutton. The final concentrated decoction of the outer skin, after removing the inner flesh, is used for medicinal purposes.

**Taste and Potency:** Tastes sweet and acrid with cool, heavy and coarse potencies. It is poisonous.

**Medicinal Value:** Subsides hot and cold disorders through purgation. Removes water retention and pestilential fever. Is effective in treating skin diseases like fungus and rashes. Powder of the roots controls vomiting.
Tibetan: Dhatik

Botanical Name: Schisandra sphaerandra F. pallida smith.

Location: Found in Dzyul, Poyul, Kyirong, Tsona and Domo in Tibet, and Sikkim and Darjeeling in India from 3000 to 3500 meters high altitude. It grows on warm climate areas with thick vegetation.

Parts used: Seeds.

Collection time, treatment and after care: Seeds are collected in August to October when ripe. They are washed and dried either in the sun or in shade avoiding fungus.

Taste and potency: Tastes sour and sweet with neutral potency.

Medicinal Value: Controls vomiting, promotes appetite and cures diarrhoea, diseases associated with the lungs like excessive mucus and dyspnoea. Also restores loss of reproductive fluids, enhances activities of nervous system and controls excessive perspiration.
Tibetan: *Dha.wa*  

Botanical Name: *Arisaema sp.*  

Locations: Found in most areas of Tibet, Sikkim, the hills of Dharamshala and Mari hills of Manali in Himachal Pradesh, India, at 1500 to 4500 meters. It grows abundantly on meadows, forests, near boulders, amongst grasses, roadsides, fields and gardens.

Parts of the Plant Used: Roots. Flowers and seeds are also used.

Collection Time and After Treatment: The roots are collected in September and October when the elemental energy moves downward. They are dried in the sun after washing and slicing into pieces. Flowers are collected in June and seeds in August and dried as above avoiding fungus.

Taste and Potency: Acrid taste with light, coarse, sharp and hot potency.

Medicinal Value: Eliminates worms and parasites and controls the growth of warts. Cures swelling, cancer and heals gangrene. Seeds clear the blockage of veins due to poisoning and the flowers treat disorders of the womb and enhances fertility.
Tibetan: *Dha.wa*

**Botanical Name:** *Colacasia esculente.*

**Location:** Found in Malaysia, Nepal and most places in India at altitude of 3000 meters and lower regions. It grows in forests, among grasses and near water bodies. It is widely planted in vegetable gardens and in fields.

**Parts used:** Roots, leaves and marrows in the stems.

**Collection time, treatment and after care:** Leaves and stems are collected in from June to September. They are washed, roughly mashed and dried in the sun avoiding fungus. Roots are collected from September to November. After small rootlets and mud are cleaned, roots are cut into pieces and dried as above.

**Taste and potency:** Tastes sweet, bitter and astringent with oily and warm potency. It is slightly poisonous.

**Medicinal Value:** Treats disorders associated with wind and dries pus in sores. It may however be counterproductive to disorders of bile and phlegm. Roots and leaves are used for culinary preparation. Roots are cooked like potatoes and eaten.
Tibetan: *Dha.li*

Botanical Name: *Rhododendron anthropogon var hypananthum*.

**Locations:** Found in Tibet, Nepal, Bhutan and India between 2300 to 4500 meters altitude. It grows on high meadows, amongst bushes, near rivers and at the base of rocky hills and large boulders.

**Parts of the Plant Used:** Leaves and flower.

**Collection Time and After Treatment:** Flowers are collected in spring when they are in full bloom and dried in the sun. Leaves are picked in July and August when in full foliage and dried avoiding fungus.

**Taste and Potency:** Flower is bitter, sweet and astringent with light and warm potency. Leaves taste bitter and astringent with warm and sharp potency.

**Medicinal Value:** Flowers are said to the prolong lifespan. Treat diseases of cold phlegm and rejuvenate diminished body strength and low digestive heat, and promote loss of appetite. They also remedy oedema, disorders arising from unsuitable climate, lung disorders, bronchitis and hoarseness of voice. Leaves remedy loss of appetite due to diminished digestive heat, stomach disorders due to disturbance of hot and cold elements, skin diseases and stiffness of the limbs. Leaves are also used to prepare herbal bath and extensively used in preparation of incense.
Tibetan: *Dha.li Nak.po*

**Botanical Name:** *Rhododendron sp.*

**Locations:** Found in Tibet, Nepal, Bhutan, and Sikkim and Himachal Pradesh in India between 2300 to 4500 meters altitude. It grows on high meadows, amongst bushes, near rivers and at the base of rocky hills and large boulders.

**Parts of the Plant Used:** Leaves and flower.

**Collection Time and After Treatment:** Flowers are collected in spring when they are in full bloom and dried in the sun. Leaves are picked in July and August when in full foliage and dried avoiding fungus.

**Taste and Potency:** Acrid and bitter tastes with warm and coarse potency.

**Medicinal Value:** Flower remedies cold disorders and diseases caused by serous fluid. Baths with an infusion of leaves treats diphtheria.
Tibetan: *Dhan-tra*

**Botanical Name:** *Ricinus communis L.*

**Locations:** Found in most countries including Tibet, India and Nepal at 1900 meters and lower altitude regions. It grows in hot forests, valleys, near human habits and water bodies. It is also cultivated in many regions.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** Seeds are collected around September when they are fully ripe. The outer skin is removed from the dried seeds and used for medicinal purposes. Seeds are stored in *tsampa* (barley flour), which is the staple Tibetan food.

**Taste and Potency:** Sweet, bitter and acrid tastes with heavy, cool and sharp potency.

**Medicinal Value:** Treats indigestion caused by humoral factors through purgation and emesis. Effective against diseases caused by poison and remedies constipation.
Tibetan: Dhuk.mo Nyung (Shing Dhuk.mo Nyung)

Botanical Name: Holarrhena antidysenterica Wall.

Locations: Found in Nepal, China and at Vultures’ Peak in Bihar, India, below 1200 meters altitude. It grows in hot forests, canyons and near water bodies. It is also planted in hot, low altitude regions.

Parts of the Plant Used: Seeds.

Collection Time and After Treatment: Seeds are collected between September and October, or in autumn season, and dried. Hairless seeds inside the shells are taken out for medicinal use.

Taste and Potency: Tastes bitter with cool potency.

Medicinal Value: Treats bile disorders in general and is particularly effective against disorders associated with the gallbladder. It cures dysentery accompanied by mucus and blood. Also effective against internal worms and parasites.
Tibetan: Dhukzer

Botanical Name: Pedicularis oederi Vahl

Locations: Found in Tibet, Pakistan, China, Europe and on Rothang pass and the Mari hills of Himachal Pradesh, India, between 3500 to 4800 meters altitude. It grows on slightly cold hillside meadows, amongst grasses and margins of rocky hills and meadows.

Parts of the Plant Used: Stems, leaves, flower and seeds.

Collection Time and After Treatment: Leaves, stems, flower and seeds are collected in July and August. They are washed, roughly mashed and dried either in sun or in shade avoiding fungus.

Taste and Potency: Sweet and astringent tastes with warm potency.

Medicinal Value: Heals water retention, constipation and dysuria and breathlessness. Good for malnutrition, infection of the bone and marrow, heals sores and relives severe pain due to serous fluids.
Tibetan: Dhong.ga

Botanical Name: Cassia fistula L.

Locations: Found in China, Nepal, Burma and India in Bodhgaya, Delhi, Dehra Dun, Dharamsala and other areas at 1400 meters and lower altitude regions like forests, roadsides and near human habitats. It is also planted in gardens in these places.

Parts of the Plant Used: Seeds and shells.

Collection Time and After Treatment: Seeds inside the shells are collected in December and January when they are ripe. Seeds can be used directly for medicinal purpose or can be dried and then used. Shells can either be collected when they naturally fall on the ground or when they are ripe. A decoction prepared from the brownish shell can also be used for medicinal purposes.

Taste and Potency: Sweet and acrid tastes with heavy, cool and oily potency.

Medicinal Value: Cures diseases of liver, bile and gastritis, acts as an antidote and relieves swollen limbs.
Tibetan: *Dha.du.ra*

**Botanical Name:** *Datura stramonium* Linn.

**Locations:** Found in Tibet, Nepal, Bhutan, China, India, Europe, the USA and many other countries at an altitude of 2300 meters and lower regions. It grows in warm areas with rich soil, near human habitats and along the roadsides. It is also cultivated in these regions.

**Parts of the Plant Used:** Flower and seeds.

**Collection Time and After Treatment:** Flowers are collected around August when they are in full bloom. They are dried in the shade and used for medicinal purposes. Seeds are collected in autumn (or from September to October). Seeds are gathered by beating the husk with a stick. They are further dried and used. Seeds can be ground into powder and stored in air-tight containers for future use.

**Taste and Potency:** Tastes bitter, acrid and slightly sweet with cool, coarse and sharp potency. It is poisonous.

**Medicinal Value:** The powder of seeds treats and prevents toothache. Flower has anaesthetic value and hence in allopathic medicine it is used during operations. Has the same medicinal value as that of *Anisodus tanguticus* (Maxim) Pascher.
Tibetan: *Dum.bu Re.ral*

**Botanical Name:** *Polystichum sp./Dryopteris sp.*

**Locations:** Found in Tibet, Nepal, Europe, and India in Uttar Pradesh, Sikkim, Darjeeling and Kalimpong at 3800 meters and lower regions. It grows on cold damp areas like the base of large boulders, forests, near rivers and amongst grasses.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in July and August when the elemental energy moves down. After hair-like rootlets and dirt are cleaned roots are sliced into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet and astringent with cool, coarse and light potency. It is slightly poisonous.

**Medicinal Value:** Treats meat poisoning, compounded poison and lowers fever arising from poisoning. Also cures dysentery and prevents the common cold.
Tibetan: Dre.ma (Pho.dre)

Botanical Name: *Iris kemaonensis* D. Don ex. Royle.

Locations: Found in most places in Tibet, Pakistan and Arunachal Pradesh and Himachal Pradesh, India, between 3700 to 4500 meters altitude. It grows on hillsides, fields, roadsides and near canals.

Parts of the Plant Used: The entire plant.

Collection Time and After Treatment: Leaves, flowers and stems are collected together in June and July. They are washed, cut into pieces and dried in shade. Shells containing seeds are collected in September and October. Seeds are taken out and dried in the sun or in shade avoiding fungus. Roots are gathered in October and November. Rotten parts are discarded before drying in the sun after washing. Juice of fresh beaten roots can be effectively applied on sores.

Taste and Potency: Sweet, bitter and acrid tastes with cool and coarse potency.

Medicinal Value: Treats ailments arising from worms and parasites. The powder of seeds heals old sores and enhances growth of new skin. The powder mixed with mutton fats heals burns. Juice prepared from fresh roots drains pus and controls infection. Is especially effective against scalds and burns. Application of ash from burned roots mixed with pork fats prevents premature greying of hair.
Tibetan: *Dam.bu Ka.ra*

**Botanical Name:** *Hippuris vulgaris.*

**Locations:** Found in most countries between 1900 to 4800 meters altitude. It grows in lakes, muddy ponds, stagnant waters, canals and dams.

**Parts of the Plant Used:** Stems, leaves and roots.

**Collection Time and After Treatment:** Leaves, stems and roots are collected in July and August. They are mashed and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet and bitter with cool potency.

**Medicinal Value:** Lowers fever of the lungs, liver, nerves and bones. Treats ulcers and wounds to the lungs caused by weapons.
Tibetan: *Dog.den or Pho.cham Ha.lo Kar.po*

**Botanical Name:** *Alcea rosea L.*

**Locations:** It grows abundantly when planted under any climatic conditions on both hills and plains.

**Parts of the Plant Used:** Flowers and roots.

**Collection Time and After Treatment:** Flowers are collected when in full bloom and are dried in the shade. Roots are collected around October-November, when the elemental energy moves down. They are washed and dried after cutting into pieces. Avoid fungus while drying and storing.

**Taste and Potency:** Tastes sweet with sharp with cool potency.

**Medicinal Value:** Flowers prevents loss of reproductive fluids and reduce infections of the urinary tract. Cures leukorrhea due to cold disorders. Roots restore emaciation and degeneration of the body due to illness like tuberculosis and loss of appetite.
Tibetan: *Nad.ma.noon.ma*

**Botanical Name:** *Hackelia uncinatum.*

**Locations:** Found in Tibet, Pakistan, China and Himachal Pradesh, India, from 2500 to 4100 meters altitude. It grows amongst grasses, stones and along the roadsides.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Flowers, stems, leaves and seeds are collected around July-August. They are washed, mashed roughly and dried in the shade while avoiding fungus. Roots are collected in September or in October. After washing, they are sliced into pieces and dried as above.

**Taste and Potency:** Tastes sweet and bitter with cool potency.

**Medicinal Value:** Heals sores and dries serous fluid in the chest, stores broken ligaments and tendons. Also helps fractured bones, regenerates and strengthens the cartilage bone.
Tibetan: *Nad.ma Jar.ma*

**Botanical Name:** *Cynoglossum lanceolatum.*

**Locations:** Commonly found in most countries at 4600 meters or lower altitude terrains like grassy plains, fields, near human habitation and along the roadsides.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Flowers, stems, leaves and seeds are collected around July-August. They are washed, mashed roughly and dried in the shade while avoiding fungus. Roots are collected in September or in October. After washing, they are sliced into pieces and dried as above.

**Taste and Potency:** Bitter and sweet tastes with cool and coarse potency.

**Medicinal Value:** Heals sores, wounds, joins cracked and fractured bones and relieves swollen limbs and treats accumulation of serous fluids in the joints. Also lowers fever, subdued coughs, difficulty in passing urine due to water retention and regulates proper flow of menstruation cycle.
Tibetan: *Ne.ma Yulo*

**Botanical Name:** *Lindefolia anchusordes*

**Location:** Found in Ladakh and Spiti and Garsha in Himachal Pradesh in India from 2500 to 4500 meters high altitude. It grows on dry sandy areas, among grasses and near fields and roadsides.

**Parts used:** Roots, stems, leaves, flower and seeds.

**Collection time, treatment and after care:** The entire plant is collected in July and August. It is washed, roughly mashed and dried in shade avoiding fungus. Roots are gathered in autumn when the elemental energy moves down. Roots are washed, cut into pieces and dried as above.

**Taste and potency:** Tastes bitter and sweet with cool potency.

**Medicinal Value:** Heals sores in the chest and dries serous fluid. Roots are effective against toothache due to bacteria.
Tibetan: Ney

Botanical Name: *Hordeum vulgare* L.

Locations: Found in all the farming regions of Tibet and Ladakh, Spiti and Garsha in India and other regions at 3800 meters and lower altitudes. *Tsampa*, the stable diet of Tibetans is prepared from it.

Parts of the Plant Used: Seeds, joints on stems and spikes on the ears of barley.

Collection Time and After Treatment: The entire plant is harvested around September and October when seeds are ripe. It is dried and seeds are separated by either threshing machines or animals like oxen and yaks trampling over the dried plant. Joints are gathered by cutting the stems at about a finger’s width from each side of the node and dried either in the sun or in shade avoiding fungus. Spikes on the ears of barley are gathered and dried as above.

Taste and Potency: Tastes sweet with cool, heavy and coarse potency. *Chang* made from barley is sweet, sour and bitter with sharp, warm, coarse and thin potency.

Medicinal Value: Regenerates bodily constituents and acts as an aphrodisiac. Barley heals diseases of the urine (prob. Spermatorrhoea), obesity, high blood cholesterol, bile and phlegm disorders, common cold, excessive mucus, breathlessness, hunch back and diphtheria. However, it may cause slight diarrhoea and may lead to an increase of wind in the bowels. *Chang* made from the joints/ nodes prevents indigestion. Spikes on ears of barley heal pain in the bones. Appropriate amounts of barley *chang* is effective for those who have low digestive heat and may boost moral strength. Also treats sleeplessness, bile-wind disorders (Tib. *bad.rlung*) and regenerates bodily constituents. May prove to be a little purgative.
Tibetan: *Nim.pa*

**Botanical Name:** Azadirachta indica A. Juss.

**Locations:** Found in China, India, Nepal and other countries at 1000 meters or lower regions like hot forests, roadsides and in fields.

**Parts of the Plant Used:** Thin branches. (But leaves and stems are also used.)

**Collection Time and After Treatment:** Thin branches and stems are collected in autumn when the leaves fall. They are cut into pieces and dried in a cool place. Leaves are collected in summer, when they are in full foliage. They are roughly mashed and dried in the shade while avoiding fungus.

**Taste and Potency:** Bitter taste with cool, light, blunt and supple potency.

**Medicinal Value:** Treats diseases of a hot nature, ailments caused by evil spirits and quenches thirst. Corrects loss of appetite and heals skin diseases in general and particularly ringworm. Heals sores, cures blood-bile disorders (Tib. *khrag.mkhris*), dries serous fluids and lowers fever of the bone.
**Tibetan: Neu**

**Botanical Name:** *Chenopodium album* L.

**Location:** Found in most countries below 4400 meters altitude. It abundantly grows near roadsides, canals and in fields.

**Parts used:** Leaves, stems, seeds and flower.

**Collection time, treatment and after care:** The entire plant is collected in July and August. It is washed, roughly mashed and dried in a cool place avoiding fungus. Leaves can be used for culinary preparations, in which case leaves are may be boiled and rinsed.

**Taste and potency:** Tastes sweet and acrid with oily, warm and heavy potency.

**Medicinal Value:** Induces perspiration in case of high fever and lowers wind fever (Tib. *rlung.tshad*). Also heals sores, heals fractured bones. Culinary preparations from leaves are effective against constipation. However leaves may be slightly harmful for eyes.
Tibetan: *Pa.yak Tsa.wa*

**Botanical Name:** *Lancea tibetica*.

**Locations:** Found in most regions in Tibet, Pakistan, China and Muguthang and Thanku in Sikkim, Zanskar and Kargil in Ladakh, India, at altitude of 3000 to 4700 meters. It grows on meadows, near fields, canals and among grasses.

**Parts of the Plant Used:** Roots, leaves, flower and seeds.

**Collection Time and After Treatment:** Flower and leaves are collected from May to July. They are washed, roughly mashed and dried in shade avoiding fungus. Roots and seeds are collected in September and October and dried as above. Or the entire plant, including the roots, is collected in July and August and treated as above avoiding fungus.

**Taste and Potency:** Tastes sweet and slightly bitter with cool potency.

**Medicinal Value:** Roots rejuvenate weak lungs, dry accumulation of serous fluids in the lungs and drain mucus. Leaves cure sores, join broken veins, relieve swelling of muscles and dry serous fluid. Seeds treat heart diseases, blood tumour, and intestinal spasm and remedy irregular menstruation cycle.
Tibetan: *Pe.ma Ge.sar*

**Botanical Name:** *Bombax ceiba L.*

**Locations:** Found in India, China, Nepal, Myanmar, Vietnam and other countries at an altitude of 1500 meters and lower regions like forests on low hills, and along rivers and roadsides.

**Parts of the Plant Used:** Flowers.

**Collection Time and After Treatment:** Flowers are collected in spring around March to May when in full bloom. They are cut into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Tastes astringent with cool and coarse potency.

**Medicinal Value:** Lowers fever of the lungs, liver, heart, and treats diseases associated with bile and diarrhoea.
Tibetan: *Pe.ma*

**Botanical Name:** *Nymphoides sp.*

**Locations:** Found in Nepal, China, India and other countries at about 1300 meters or lower altitude locations like lakes, ponds and other water bodies. It is also cultivated in these regions. Many species of *Nymphoides sp.* are planted in Kew Gardens in London, England.

**Parts of the Plant Used:** Roots and leaves.

**Collection Time and After Treatment:** Roots are collected from August to October, or when the elemental energy moves down. They are sliced into pieces and dried in the shade. Leaves are collected in the summer and dried in the shade while avoiding fungus. Roots are used for culinary preparations.

**Taste and Potency:** Sweet and astringent with mild potency.

**Medicinal Value:** Gives a glowing complexion, heals ringworm and subdues infections. Regenerates bodily constituents, controls blood fever and prevents loss of blood.
Tibetan: *Par.pa.ta*

**Botanical Name:** *Hypecoum leptocarpum.*

**Locations:** Found in Tibet, Nepal, Sikkim and Ladakh in India between 2000 to 4500 meters altitude. It grows near animal shelters, high and wild fields, along the roadsides and near human habitation. It can also be planted at homes.

**Parts of the Plant Used:** Roots, flower and seeds.

**Collection Time and After Treatment:** The entire plant, including the roots, is collected in July and August. They are washed, roughly mashed and dried in the shade while avoiding fungus.

**Taste and Potency:** Tastes bitter with cool potency.

**Medicinal Value:** Treats epidemics, fever caused by poison, fever of blood and liver, unripe fever and skin diseases.
Tibetan: *Pi.pi.ling*

**Botanical Name:** *Piper longum*.

**Locations:** Found in India, Nepal, Myanmar, Indonesia and China at 1200 meters or lower altitudes. It grows in hot low altitude forests, among bamboo trees and near human habitation. It is also abundantly planted.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** Seeds are collected from October to December when they are ripe. They are dried either in the sun or over a fire while avoiding fungus.

**Taste and Potency:** Tastes hot and sweet with warm, coarse and sharp potency.

**Medicinal Value:** Treats all cold disorders, especially wind-phlegm disorders (Tib. *bad.rlung*), breathlessness due to formation of mucus, indigestion and bloating of stomach and colon. Restores diminished kidney heat and loss of virility. The decoction of the seeds purifies the blood.
Tibetan: *Pu.shel.tse*

**Botanical Name:** *Dendrobium sp.*

**Locations:** Found in Tibet, Nepal and Sikkim, Kalimpong and Darjeeling in India between 600 to 2400 meters altitude regions. It grows on damp tree tops, over large boulders and on roadsides.

**Parts of the Plant Used:** Stems.

**Collection Time and After Treatment:** The stems are collected in September and October. After the moustache-like growth is cleaned, stems are cut into pieces and dried in shade while avoiding fungus.

**Taste and Potency:** Sweet taste with cool and light potencies.

**Medicinal Value:** Cures vomiting and quenches thirst. Lowers fever of phlegm. Rejuvenates degenerated power of the digestive system due to lack of digestive fluids and loss of appetite.
Tibetan: *Pa.tum*

**Botanical Name:** *Sabina squamata (Buch-Ham) Ant.*

**Locations:** Found in Tibet, Nepal, Bhutan and Sikkim and Ladakh in India at 3600 meters or higher regions. It grows on cool high meadows, nooks of rocky hills and margins of meadow and rocky cliffs. In low regions it is planted in gardens as decorative plant.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** Seeds are collected in September and October, when fully ripe and then dried. The medicinal potency is the maximum if a concentrated decoction is prepared from the seeds. Or the seeds can be directly used for medicinal purpose after drying.

**Taste and Potency:** Tastes bitter with cool potency.

**Medicinal Value:** Cures spreading bile (Tib. *mkhris.pa gram.pa*) and treats piles or haemorrhoids.
Tibetan: *Pang.gyen Kar.po*

**Botanical Name:** Gentiana algida Pall.

**Locations:** Found in Tibet, Nepal, Bhutan and the hills of Sikkim and Himachal Pradesh in India at 3600 to 5000 meters altitude. It generally grows on meadows and margins of sandy areas and meadows. But in Holland, where I have seen it displayed at autumn flower market, it is cultivated. Since fertilizers are used to grow it in such areas they may affect its therapeutic value. However, if it is grown naturally, without using chemical fertilizers, it can be as effective as ones grown in the wild.

**Parts of the Plant Used:** Flowers. But leaves and stems can be used also.

**Collection Time and After Treatment:** Flowers are gathered in September and October when in they are in full bloom. Flowers are dried and used for medicinal purposes. Or flowers and stems are collected together and mashed roughly and dried in shade avoiding fungus.

**Taste and Potency:** Bitter and slightly astringent tastes with cool potency.

**Medicinal Value:** Lowers infectious fever and fever arising from poisoning. Also treats infections in the lungs and throat, hoarseness of voice, coughing and excessive mucus formation.
Tibetan: *Pang.gyen Ngon.po*

**Botanical Name:** *Gentiana sp.*

**Locations:** Found in Tibet, Nepal, Bhutan and Sikkim in India from 4500 to 5000 meters altitude. It grows on high meadows and grassy plains. It is grown in Holland and sold in flower markets.

**Parts of the Plant Used:** Flowers. But leaves and stems can also be used.

**Collection Time and After Treatment:** Flowers are gathered in September and October when it is in full bloom. It is dried in shade and used for medicines. Or flowers and stems are collected together. They are mashed and dried in shade avoiding fungus.

**Taste and Potency:** Tastes bitter and slightly astringent with cool potency.

**Medicinal Value:** Reduces infectious fever, infections in the lungs and throat. Also treats hoarseness of voice, coughing and excessive mucus formation.
Tibetan: *Pang.tsi Do.po*

**Botanical Name:** *Pterocephalus hookeri.*

**Locations:** Found in Tibet and Sikkim and Ladakh in India from 2900 to 4800 meters altitude. It grows on cool meadows, amongst grasses and near fields.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant including the roots is collected in August and September. It is washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Sweet and bitter tastes with cool potency.

**Medicinal Value:** Treats diseases of lungs in general and is particularly effective against suppuration of lungs. Lowers fever of lungs, heals infected sores and broken veins, and cures swelling in the glands.
Tibetan: *Pang.tsen Pu.ru*

**Botanical Name:** *Eriopyton wallichii.*

**Locations:** Found in Tibet, Nepal and Sikkim in India between 4200 to 5500 meters altitude. It grows on rocky hillsides facing north, stony places and margins of meadows and rocky hills.

**Parts of the Plant Used:** Leaves, flower and roots.

**Collection Time and After Treatment:** Leaves, flower and roots are collected in July and August. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Sweet and bitter tastes with cool potency.

**Medicinal Value:** Treats diseases of lungs in general and is particularly effective against suppuration of lungs. Lowers fever of lungs, heals infected sores and broken veins, and cures swelling in the glands.
Tibetan: Pang.ram or Ram.bu

Botanical Name: Plantago sp.

Locations: Found in Tibet, Nepal, Bhutan and Sikkim in India between 2000 to 5000 meters altitude. It grows on cool high meadows and amongst grasses.

Parts of the Plant Used: The entire plant.

Collection Time and After Treatment: Leaves, roots and flowers are collected from August to September. They are washed, mashed and dried in a cool place avoiding fungus.

Taste and Potency: Tastes sweet and astringent with warm potency.

Medicinal Value: Cures diarrhoea, relieves severe intestinal pain due to cold and enhances generation of blood cells.
Tibetan: *Pen.ma Kar.po*

**Botanical Name:** *Potentilla sp.*

**Locations:** Although mostly found wild in Tibet between 3400 to 4800 meters altitude in terrain like hillsides, meadows, near rivers and amongst shrubs, it is also planted in many gardens in Europe as a decorative plant.

**Parts of the Plant Used:** Flower, leaves and branches.

**Collection Time and Treatment:** Flowers are collected around June when in full bloom and dried in shade avoiding fungus. Leaves and branches are collected in July and August. They are cut into pieces and dried as above and burnt in an airtight vessel (Tib. *sbubs.bsregs btang.ba*) before being used for medicinal purposes.

**Taste and Potency:** Flowers taste sweet and astringent. Branches taste bitter. It has cool potency as whole.

**Medicinal Value:** Gives strength to teeth when used as toothpaste. Treats indigestion, lung diseases and dries serous fluid.
Tibetan: *Pen.ma Nag.po*

**Botanical Name:** *Potentilla sp.*

**Locations:** Found in Tibet, Nepal, Bhutan and Ladakh in India between 3000 to 4800 meters altitude. It grows on high damp meadows, margins of rocky hills and meadows, sandy areas and river banks. In Europe it is planted in gardens as a decorative plant.

**Parts of the Plant Used:** Flowers, leaves and branches.

**Collection Time and Treatment:** Flowers are collected around June when in full bloom and dried in shade avoiding fungus. Leaves and branches are collected in July and August. They are cut into pieces and dried as above. They are burnt in an air-tight vessel over fire (Tib. *sbubs bsregs btang ba*) before being used for medicinal purposes.

**Taste and Potency:** Flower tastes sweet. Leaves and branches are bitter. It has cool and blunt potency as a whole.

**Medicinal Value:** Relieves swelling of breasts and treats blockage of veins due to dropsy. The powder/ash from the burnt plant dries serous fluid.
Tibetan: *Chang.tser Kar.po*

Botanical Name: *Morina longifolia Wallich ex DC.*

Locations: Found in Tibet, Bhutan and Himachal Pradesh and Uttar Pradesh in India between 3000 to 4000 meters high altitude. It grows on meadows and along roadsides.

Parts of the Plant Used: Shoots and roots.

Collection Time and After Treatment: Shoots and roots are collected in spring, when elemental energy tends to move upward. They are washed thoroughly, cut into pieces and dried in the sun. Avoid fungus while drying and storing.

Taste and Potency: Bitter and sweet tastes with mild potency.

Medicinal Value: Is effective against indigestion and induces expectoration of phlegm.
Tibetan: Chang.tser Nag.po

Botanical Name: Carduus sp.

Locations: Found in Tibet, Nepal, Afghanistan, Ladakh and Garsha in Himachal Pradesh, India, from 2900 to 4200 meters altitude. It grows near animal shelters, over cliffs, near canals and in fields.

Parts of the Plant Used: New shoots and roots.

Collection Time and After Treatment: Leaves are collected in April and May or in spring when they are about four fingers’ high and the elemental energy has moved upward. Leaves are washed, cut into pieces and dried avoiding fungus.

Taste and Potency: Sweet and slightly bitter tastes with warm potency.

Medicinal Value: Treats indigestion and induces expectoration of phlegm. Alleviates cancer and relieves swelling.
Tibetan: *Ta.god*

**Botanical Name:** *Anaphalis triplinervis*.

**Locations:** Found in Pakistan, North America, China, Japan and Himachal Pradesh in India from 1800 to 4000 meters altitude. It grows on cool damp hillside meadows, margins of sandy and stony areas, roadsides and amongst grasses.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Leaves, stems, flower and seeds are collected in July and August. They are washed, roughly mashed and dried in a cool place avoiding fungus.

**Taste and Potency:** Tastes astringent with mild potency.

**Medicinal Value:** Treats epidemics, illnesses caused by compounded poison, loss of blood and relieves swelling. Is particularly effective against swelling in glands when applied as a fomentation.
Tibetan: Ta.yung

Botanical Name: Anaphalis busua.

Locations: Found in Afghanistan, China and Himachal Pradesh and Kashmir, India, between 1800 to 4000 meters altitude. It grows on damp hilly meadows, margins of stony and sandy areas, roadsides and amongst grasses.

Parts of the Plant Used: The entire plant.

Collection Time and After Treatment: Leaves, stems, seeds and flowers are collected in July and August. They are washed, roughly mashed and dried in a cool place avoiding fungus.

Taste and Potency: Tastes astringent with cool potency.

Medicinal Value: Treats epidemics, illnesses caused by compounded poison, controls loss of blood and relieves swelling.
Tibetan: *Tu.kar*

**Botanical Name:** *Heracleum candidans* Wall ex DC.

**Locations:** Found in Tibet, Nepal, Bhutan, Sikkim and Himachal Pradesh, India, between 2200 to 3800 meters altitude. It grows on hillsides, stony areas, canyons, in fields and amongst grasses and bushes.

**Parts of the Plant Used:** Roots. But leaves, stems, seeds and flower are also used.

**Collection Time and After Treatment:** Roots are collected from July to September or in autumn when the elemental energy moves downward. Roots are cleaned, cut into pieces and dried in a cool place avoiding fungus. Seeds are collected when fully ripe and dried as above. Or the entire plant is collected together. It is washed, mashed roughly and dried in a cool place.

**Taste and Potency:** Tastes bitter and acrid with mild potency.

**Medicinal Value:** Relieves pain and burning sensation due to inflammation and severe pain in gastrointestinal region caused by worms. Treats cancer, leprosy and loss of blood.
Tibetan: *Tu.nag*

**Botanical Name:** *Aralia sp.*

**Locations:** Found in Tibet, Nepal, Bhutan and Himachal Pradesh, India, between 1500 to 2700 meters altitude. It grows on hillsides, amongst bushes and tall grasses and at the base of rocky hills.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** The roots are gathered in August and September when the elemental energy moves downward. They are washed, sliced into pieces and dried in a cool place avoiding fungus.

**Taste and Potency:** Tastes bitter and acrid with mild potency.

**Medicinal Value:** Treats diphtheria and other infectious diseases. Remedies toothache, sinusitis, kills worms in the intestines, treats leprosy and severe headaches. Also cures rheumatoid arthritis, loss of blood, constipation and dysuria.
Tibetan: *Pa.wo Kar.po*

**Botanical Name:** *Phytolacca acinosa / P. eaculenta.*

**Locations:** Found in Europe, Tibet, Nepal and Sikkim, Kashmir and Himachal Pradesh, India, at 3400 meters and lower regions. It grows on soft moist hillsides, forests, canyons and near human habitats. It is also cultivated in these regions.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in autumn around September and October when the elemental energy moves downward. Minute hair-like rootlets and the outer skin are removed. Roots are sliced into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency. It is slightly poisonous.

**Medicinal Value:** Remedies poisoning and lowers fever due to poisoning. Treats ascites due to cirrhosis of liver and pestilential fever of the kidneys.
**Tibetan:** *Phur.nag*

**Botanical Name:** *Artemisia santolinifolia.***

**Locations:** Found in most places in Tibet, and Garsha and Khoksar in Himachal Pradesh, India, from 2700 to 4000 meters altitude. It grows on hillsides, canyons, at the base of mountains, on roadsides and near fields.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Leaves, stem, flower and seeds are collected in July and August. They are washed, roughly mashed and dried in shade. The plant is burnt in an air-tight container (Tib. *ssubs.bsregs btang.ba*) and the ash is compounded into medicine for infectious diseases. For some medicines a concentrated decoction is prepared from the plant.

**Taste and Potency:** Tastes acrid and bitter with cool potency.

**Medicinal Value:** Eliminates worms in intestines, treats diphtheria and other epidemic diseases. Is used to relieve abdominal spasm and to treat ailments caused by evil spirits. Dries collection of pus in sores. Remedies skin diseases like rashes, swelling due to infection and lowers fever due to physical weakness.
Tibetan: Phang.ma

Botanical Name: *Lonicera sp.*

Locations: Found in most regions of Tibet, and Garsha and Spiti in Himachal Pradesh, India, from 1400 to 3800 meters altitude. It grows on hillsides, canyons, amongst bushes, in semi-nomadic areas and near terraced fields.

Parts of the Plant Used: Seeds.

Collection Time and After Treatment: Seeds are collected in autumn when they are ripe and dried in shade avoiding fungus.

Taste and Potency: Tastes sweet with cool potency.

Medicinal Value: Lowers fever of the heart, remedies irregular menstruation and treats menorrhagia and blood tumour.
**Tibetan: Balang Chawa**

Botanical Name: *Selinum tenufolium*

**Location:** Found in Tibet, Bhutan and Kashmir and Himachal Pradesh in India from 2500 to 4000 meters and lower altitude regions. It grows both on sunny and shady rocky hillsides, stony places and among grasses.

**Parts used:** Roots.

**Collection time, treatment and after care:** Roots are gathered in September when stems and leaves begin to wither. Roots are properly cleaned, cut into pieces and dried in the sun avoiding fungus.

**Taste and potency:** Tastes sweet, acrid and bitter with light and warm potency.

**Medicinal Value:** Restores diminished warmth of the kidneys and waist region, cures rheumatism accompanied by accumulation of serous fluid and general cold diseases. Is especially effective against swelling due to oedema when applied as fomentation.
Tibetan: *Ba.tu*

**Botanical Name:** *Withania somnifera Dunal.*

**Locations:** Found in Tibet, Nepal and India at 3500 meters and lower altitude regions like marshland, near fields, margins of sand, stony areas and near human habitats. It is also cultivated in these regions.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in September and October or when the elemental energy moves downward. Roots are washed, sliced into pieces and dried in the sun. Avoid fungus while drying and storing.

**Taste and Potency:** Sweet and acrid with warm potency.

**Medicinal Value:** Treats cold diseases in the lower parts of the body, collection of serous fluid in the joints of bones and rejuvenates diminished heat of the back and the kidneys. Also restores loss of physical and seminal vesicles vitalities and cures oedema.
Tibetan: *Ba.ru.ra*

**Botanical Name:** *Terminalia bellerica.*

**Locations:** Found in Nepal, China and India between 400 to 1300 meters altitude. It naturally grows in the forests and near human habitations. It is also planted in the gardens and near houses.

**Parts of the Plant Used:** Fruit.

**Collection Time and After Treatment:** Fruit is collected when fully ripe and is dried. The fleshy part of the fruit is used for compounding of medicines. Both the flesh and inner kernel can be used in medicinal baths.

**Taste and Potency:** Tastes astringent and slightly sour with mild potency.

**Medicinal Value:** Treats bile-phlegm disorders, diseases caused by serous fluid, wind disorders and eye infections. Lowers fever, stops diarrhoea and hair loss. Is especially effective in treating infectious serous fluid.
Tibetan: **Ba.sha.ka**

**Botanical Name:** *Justicia adhatoda L.*

**Locations:** Found in India, Nepal, Bhutan and Pakistan from 400 to 1500 meters altitude. It grows on low hills, amongst bushes, canyons, roadsides and margins of sand and stony areas. It is abundantly found on the roadsides from Dharamshala in Himachal Pradesh to Pathankot in Punjab, India.

**Parts of the Plant Used:** Leaves, thin branches, flowers and seeds.

**Collection Time and After Treatment:** Leaves, thin branches and flowers are collected in spring when the flowers are in full bloom. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool, light and blunt potency.

**Medicinal Value:** Lowers fever of blood, bile and liver fever. Heals infectious sores and relieves pain caused by blood disorder (Tib. *khrag.gzer*). Also treats other illnesses arising from fever.
Tibetan: *Bil.wa*

**Botanical Name:** *Aegle marmelos* Linn.

**Locations:** Found in Nepal and in India at Bodh Gaya, Varanasi, Dehra Dun, Shilliguri and Dharamshala at an altitude of 1300 meters. It grows in hot forests with rich soil, on roadsides and near human habitations. In hot regions it is also cultivated.

**Parts of the Plant Used:** Fruit.

**Collection Time and After Treatment:** Fruit is collected from March to May when fully ripe. It is washed, cut into pieces and dried either in shade or in a cool area avoiding fungus.

**Taste and Potency:** Tastes sour, bitter and astringent with cool potency.

**Medicinal Value:** Remedies diarrhoea and acts as a purgative. Heals sores and cures lung diseases. If the egg yolk-like yellow content of the fruit is taken with curd it treats disturbance of the colon and intestine. The fruit is also one of the auspicious items used in Tibetan in religious offerings.
Tibetan: *Be.jang Re.ral*

**Botanical Name:** *Drynaria sp.*

**Locations:** Found in Tibet and Sikkim, Darjeeling and Dharamshala of Himachal Pradesh, India, at 3500 meters and lower altitudes. It grows on slightly moist oak trees, boulders and stones.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in September and October. Minute rootlets are cleaned and rotten parts are discarded. Roots are washed and dried in a cool place avoiding fungus.

**Taste and Potency:** Tastes sweet and astringent. Cool potency.

**Medicinal Value:** Is an excellent antidote to meat poisoning, compounded poison, stone poison and subside fever arising from poisoning.
Tibetan: *Bong.kar*

**Botanical Name:** *Aconitum heterophyllum.*

**Locations:** Found in Tibet, Nepal and Ladakh, the Mari hills, Garsha, Spiti and Khoksar in Himachal Pradesh, India, between 2300 to 3700 meters altitude. It grows on shady side of the rocky hills, bushes, amongst grasses and high altitude fields.

**Parts of the Plant Used:** Roots. But leaves, stems, seeds and flowers are also used.

**Collection Time and After Treatment:** Leaves, stems, flowers and seeds are collected in August. They are washed, roughly mashed and dried in shade avoiding fungus. Roots are collected in autumn when the elemental energy moves down. Minute hair-like roots are cleaned, sliced into pieces and dried.

**Taste and Potency:** Bitter taste with cool and light potency.

**Medicinal Value:** Lowers pestilential fever, fever of bile, intestinal fever and is an antidote to poisoning. Is especially effective against poisoning from snakes and scorpion bites. In such cases the affected part is washed with a decoction prepared from the plant or the decoction is taken orally.
Tibetan: *Bong.kar* or *Zur.lug Bong.kar*

**Botanical Name:** *Aconitum sp.*

**Locations:** Found in Tibet, Uttar Pradesh and Rothang Pass, Rivalsar and Garsha in Himachal Pradesh, India, at 3500 meters altitude. It grows mostly on the north face of snowy hills, grassy margins of meadows and rocky slopes and on edges of meadows and rocky areas.

**Parts of the Plant Used:** Roots. But leaves, stems, seeds and flowers are also used.

**Collection Time and After Treatment:** Leaves, flower, stem and seeds are collected in August. They are washed, roughly mashed and dried in shade avoiding fungus. Roots are collected in autumn when the elemental energy moves down. Minute hair-like roots are cleaned, sliced into pieces and dried.

**Taste and Potency:** Bitter taste with cool and light potency.

**Medicinal Value:** Lowers pestilential fever, fever of bile, intestinal fever and is an antidote to poisoning. Is especially effective against poisoning from snakes and scorpion bites. In such cases the affected part is washed with a decoction prepared from the plant or the decoction is taken orally.
Tibetan: **Bong.nga Nag.po or Tsan.dug**

**Botanical Name:** *Aconitum balfourii.*

**Locations:** Found in Tibet, Nepal, Bhutan and Sikkim from 3100 to 4800 meters altitude. It grows amongst bushes and grasses, edges of forests and meadows and near animal shelters and human habitats.

**Parts of the Plant Used:** Roots and leaves.

**Collection Time and After Treatment:** The roots are collected from August to October when elemental energy moves downward. After rotten parts and rootlets are removed the roots are sliced into pieces and dried in shade avoiding fungus. Leaves are collected in spring when they are in full foliage. They are washed, roughly mashed and dried as above. Since the plant is highly poisonous, the roots have to be boiled either in *chang* or cow’s urine before being used for medicinal purposes. Or detoxification process is used as desired in *Drops of Nectar Practice* (Tib. *lag.len bdud.rtsi’i zegs.ma*). In some cases it is also used without detoxifying.

**Taste and Potency:** Sweet and slightly bitter tastes with cool potency. Is highly poisonous.

**Medicinal Value:** Relieves pain and swelling of joints due to gout and rheumatoid arthritis. It relieves severe pain due to inflammation from infection and heals stomach diseases caused by worms. Remedies heart diseases and diseases from infectious serous fluid. Also cures paralysis due to brain haemorrhage. If water- based paste of *Aconitum balfourii*, before detoxification, is applied on a fresh abscess it can prove extremely effective.
Tibetan: *Ja.kang*

**Botanical Name:** *Delphinium sp.*  
**Locations:** Found in Tibet, Nepal, Bhutan and the Mari hills, Garsha and Dharamshala in Himachal Pradesh, India, from 2100 to 4500 meters altitude. It grows on hills and meadows with rich soil, rocky hills, amongst grasses and near fields.  
**Parts of the Plant Used:** Leaves, stems, flower and seeds.  
**Collection Time and After Treatment:** Leaves, stem, flowers and seeds are collected in July and August. They are washed, roughly mashed and dried in shade avoiding fungus.  
**Taste and Potency:** Bitter taste with cool potency.  
**Medicinal Value:** Cures dysentery. Its powder mixed with butter applied on sores dries pus and heals them. Cures illnesses caused by malignant spirits and eliminates diseases caused by lice and bed bugs.
Tibetan: *Ja.god.poe*

**Botanical Name:** *Delphinium sp.*

**Locations:** Found in Tibet, Nepal, Pakistan and Ladakh in India from 4200 to 5500 meters altitude. It grows on high, slightly dry rocky hills and margins of sandy and stony areas.

**Parts of the Plant Used:** Leaves, stems, flowers and seeds.

**Collection Time and After Treatment:** Leaves, flowers, stems and roots are collected in July and August. They are washed clean, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Bitter and astringent tastes with cool potency.

**Medicinal Value:** Remedies illnesses caused by malignant spirits, lowers fever arising from poisons and pestilential fever. Treats skin diseases like itchiness and eczema. Also lowers fever of bile and blood, and remedies infectious common colds and snake bites.
Tibetan: *Ja.god Sug.pa*

**Botanical Name:** *Saussurea sp.*

**Locations:** Found in Tibet, Nepal, and Sikkim, Kashmir and Himachal Pradesh, India, at 4000 meters and higher altitude regions like rocky hills, bases of large boulders, stony areas and margins of meadows and rocky hills.

**Parts of the Plant Used:** Leaves, stems, flower and seeds.

**Collection Time and After Treatment:** Leaves, flowers, stems and seeds are collected in July and August and washed clean. It is lightly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Heals sores on the head and other parts of the body, treats diphtheria, rheumatoid arthritis, and dries serous fluid and relieves severe pain arising from fever. Treats epilepsy, relieves swelling due to infection and corrects irregular menstruation cycle, and rejuvenates diminished bodily constituents. In the case of diphtheria, a decoction from the plant is recommended and for swellings due to infection the decoction can be externally applied.
Tibetan: Jar.pen Chu.tsi or Dug.nyung Mar.po

Botanical Name: *Epilobium latifolium*.

Locations: Found in Tibet, Nepal, Afghanistan, South America, Ladakh and the hills of Himachal Pradesh, India, at of 4000 meters altitude and lower regions. It grows in damp places along canals, forests, roadsides and amongst grasses and on stony hills. It is also widely cultivated in gardens.

Parts of the Plant Used: The entire plant except roots.

Collection Time and After Treatment: Leaves, flower, stems and seeds are collected in July and August. They are washed, roughly mashed and dried in a cool place avoiding fungus.

Taste and Potency: Bitter and slightly sour taste with cool potency.

Medicinal Value: Remedies water retention in the body and dysuria, lowers fever arising from rheumatoid arthritis. Is also effective against painful acne.
Tibetan: Ja.rok Nyung.ma

Botanical Name: Jurinea dolomiaeia Boiss.

Locations: Found in most places in Tibet, Nepal, Pakistan, Kashmir and the upper hills of Dharamshala in Himachal Pradesh, India, from 3000 to 5400 meters altitude. It grows on cool, slightly sandy hillsides, edges of rocky hills and meadows and amongst grasses.

Parts of the Plant Used: Roots, flowers and seeds.

Collection Time and After Treatment: Roots, flowers and seeds are collected in July and August. Mud and other dirt are washed, roughly mashed and dried in a cool place. Avoid fungus while drying and storing. Roots can be eaten after removing the outer skin.

Taste and Potency: Tastes bitter, sweet and astringent with cool, sharp and coarse potency.

Medicinal Value: Heals sores on all parts of body, cancer and rejuvenates diminished bodily strength. Roots are especially effective in regenerating bodily constituents and help absorb the essence of nutriments.
Tibetan: Ji.na.sa

Botanical Name: *Polygonum ariculare* Linn.

**Locations:** Found in Tibet, Europe, Nepal, Bhutan, Sikkim, Ladakh, the Mari hills and Garsha in Himachal Pradesh, India, at altitudes of 4000 meters and lower regions. It grows on damp hills, near canals, roadsides, in and near fields, gardens and amongst grasses.

**Parts of the Plant Used:** Leaves, stems, flower and seeds.

**Collection Time and After Treatment:** Leaves, stems, flowers and seeds are collected in July and August. They are washed, roughly mashed and dried in a cool place avoiding fungus.

**Taste and Potency:** Sour and bitter tastes with mild potency.

**Medicinal Value:** Treats water retention and burning sensations while urinating. Cures disorders of cold bile, skin diseases and itching.
Tibetan: Ji.tser

Botanical Name: *Xanthium strumarium* L.

Locations: Found in Nyingtri, Minling and Nang-shan regions of Tibet and in Jammu, Dharamshala and Manali in Himachal Pradesh, India. at 3700 meters and lower altitudes. It grows on slightly warm hills and plains. It grows abundantly near human habitats, in fields, on roadsides, base of hills, canals and sandy areas.

Parts of the Plant Used: Leaves, flowers and fruit.

Collection Time and After Treatment: Leaves, flowers and seeds are collected from July to September. They are washed, roughly mashed and dried in the shade avoiding fungus.

Taste and Potency: Bitter taste with cool potency. It is slightly poisonous.

Medicinal Value: Remedies common cold, pestilential fever, fever arising from poisoning and fever of the kidneys. Decoction prepared from the plant relieves heaviness of head and dullness due to fever.
Tibetan: Ji.sung

Botanical Name: Arctium lappa Linn.

Locations: Found in Nyingtri, Minling, Tsona, Dromo, Kyirong, Lhasa and Nyelam regions of Tibet, Pakistan, Nepal and Manali, Garsha and Dharamshala in Himachal Pradesh, India, at 3500 meters and lower altitudes. It grows on rich soil and moist areas like canyons, forests, fields, gardens, canals, near human habitats and roadsides. It is also cultivated.

Parts of the Plant Used: Seeds, and roots.

Collection Time and After Treatment: Thorny seeds are collected from August to September or in autumn and dried in the sun for about two weeks. The dried thorny seeds are beaten gently on a chopping board. Or the dried seeds are put in a bag and beaten with a stick to separate the seeds from thorns and husks. The seed alone is gathered and further dried for medicinal use.

Taste and Potency: Tastes bitter and sweet with warm potency.

Medicinal Value: Treats the kidney and urinary bladder calculus and tumours of the uterus. Lowers unripe pestilential fever and remedies nervous disorders.
Tibetan: Ji.ruk (Nag.po)

Botanical Name: *Elsholtzia eriostachya*.

Locations: Found in most places in Tibet, Nepal, and Sikkim and Himachal Pradesh in India at 3800 meters and lower altitudes. It grows on slightly moist areas like grassy land, roadsides, animal pens, in and near fields, near canals, on walls and in gardens.

Parts of the Plant Used: Leaves, flowers and seeds.

Collection Time and After Treatment: Leaves, flowers, and seeds are gathered in July and August. They are washed, roughly mashed and dried in the sun avoiding fungus.

Taste and Potency: Tastes bitter, acrid and astringent with coarse, warm and light potency.

Medicinal Value: Treats illnesses caused by worms and parasites like skin worms, worms in alimentary canals and rashes. Is excellent in healing and preventing infection if applied on sores in summer. Also remedies phlegm, abscess and ringworm.
Tibetan: Ji.ruk (Ser.po)

Botanical Name: Elsholtzia eriostachya Benth.

Locations: Found in most places in Tibet and more abundantly in the base hills around Lhasa’s Ganden Monastery, Nepal, and Sikkim and Ladakh in India from 3000 to 4600 meters altitude. It grows on damp hilly meadows, near ponds, roads and canals, in and around fields.

Parts of the Plant Used: Leaves, flowers and seeds.

Collection Time and After Treatment: Leaves, flowers and seeds are collected in August and September. They are washed, roughly mashed and dried in a cool place avoiding fungus. Therapeutic potency is maximum if a concentrated decoction is prepared for medicinal purposes.

Taste and Potency: Tastes bitter, astringent and acrid with coarse, light and warm potency.

Medicinal Value: Treats illnesses caused by worms and parasites like skin worms, worms in alimentary canals and rashes. Is excellent in healing and preventing infection if applied on sores in summer. Also remedies phlegm, abscess and ringworm.
Tibetan: *Jiu.tar.ka.chok*

**Botanical Name:** *Impatiens sp.*

**Locations:** Found in Tibet, Bhutan, Nepal, Europe and most places in India especially on hills around Manali in Himachal Pradesh at 3800 meters and lower altitudes. It grows on damp cool hillsides, in forests, near animal shelters and roadsides.

**Parts of the Plant Used:** The entire plant except roots.

**Collection Time and After Treatment:** Leaves, stems, flowers and seeds are gathered in July and August. Parts are washed, roughly mashed and dried in a moderate temperature avoiding fungus.

**Taste and Potency:** Tastes sweet with cool potency.

**Medicinal Value:** Cures constipation, dysuria and corrects irregular menstruation.
Tibetan: *Dra.wo* (*Kar.po*)

**Botanical Name:** *Fagopyrum sp.*

**Locations:** It is grown by farmers in Tibet, Bhutan and Garsha in Himachal Pradesh, India, at 3200 meters and lower altitudes on warm locations.

**Parts of the Plant Used:** Seeds. (Stalks, straw and joints are also used.)

**Collection Time and After Treatment:** The seeds are gathered in autumn when ripe. They are separated from other parts and further dried avoiding fungus. Stalks, straw and joints are collected separately and dried as before.

**Taste and Potency:** Tastes sweet and bitter with cool and light potency.

**Medicinal Value:** Heals sores, brown phlegm, can and blood tumour. Decoction prepared from joints can remedy hangover caused by *chang* (Tibetan traditional beer). *Chang* made separately from stalks, joints and straw cures indigestion.
Tibetan: *Dra.wo Nag.po* or *Ma.tab Dra.wo*

**Botanical Name:** *Fagopyrum sp.*

**Locations:** It grows abundantly at 2400 meters and lowers regions. It grows on cool damp semi-nomadic areas, amongst shrubs, in and near the fields and along canals in Tibet, Nepal, Bhutan, India and other countries.

**Parts of the Plant Used:** Leaves, flowers and seeds.

**Collection Time and After Treatment:** Leaves, flowers and seeds are collected in August and September or when the seeds are fully ripe. They are washed, mashed roughly and dried at a moderate temperature while avoiding fungus.

**Taste and Potency:** Bitter and sweet tastes with cool and light potency.

**Medicinal Value:** Heals sores, brown phlegm, tumours of blood and treats cancer. The decoction of the joints can remedy hangout caused by *Chang* (Tibetan traditional beer). *Chang* made separately from stalks, joints and straw cures indigestion.
Tibetan: *Dra.ma*

**Botanical Name:** *Caragana sukiensis*.

**Locations:** Found in Tibet, Bhutan and Uttar Pradesh and Dharamshala in Himachal Pradesh, India, from 2400 and 3600 meters altitude. It grows on slightly dry hill sides, in forests, canyons, near fields and on sandy areas.

**Parts of the Plant Used:** Roots and the greenish substance between the bark of branches.

**Collection Time and After Treatment:** Roots are collected in September and October. Outer skin is removed and roots are cut into pieces and dried in shade avoiding fungus. The greenish substance between the bark of branches and inner soft content is gathered in April and dried as above before being used for medicinal purposes.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Lowers fever of tissues and nerves and pestilential fever. Treats nervous disorders and relieves muscular diseases. Treats cancer and fever associated with wind (Tib. *rlung tshad*).
Tibetan: Dak.poe

Botanical Name: Platygyra sp.

Locations: Found in Tibet, Nepal, Bhutan, and Sikkim, Darjeeling and the hills of Dharamshala in India at 400 to 4000 meters altitude. It grows on damp, shady, rocky cliffs, between large boulders, amongst stones and on trees.

Parts of the Plant Used: Leaves and roots.

Collection Time and After Treatment: Leaves are gathered in July and August. They are washed and dried in shade avoiding fungus. Roots are collected in September and October when the elemental energy moves down. They are cut into pieces after minute rootlets are removed and dried either in the sun or in shade. Or both the leaves and roots are collected together and dried as above.

Taste and Potency: Tastes bitter and astringent with cool potency.

Medicinal Value: Heals sores in general and is particularly effective in treating burns. Dries serous fluid, heals fractured bones and strengthens weak bone cartilage. Lowers fever arising from poisoning and fever of the kidneys. Is also an ingredient in preparation of incense.
Tibetan: *Dak.poe* (*Rig.zhen*)

**Botanical Name:** *Platygyra sp.*

**Locations:** Found in Tibet, Nepal, Bhutan and Sikkim, Darjeeling and the hills of Dharamshala in India from 400 to 4000 meters altitude. It grows on damp, shady, rocky cliffs, between large boulders, amongst stones and on trees.

**Parts of the Plant Used:** Leaves and roots.

**Collection Time and After Treatment:** Leaves are gathered in July and August. They are washed and dried in shade avoiding fungus. Roots are collected in September and October when the elemental energy moves down. They are cut into pieces after minute rootlets are removed and dried either in the sun or in shade. Or both the leaves and roots are collected together and dried as above.

**Taste and Potency:** Tastes bitter and astringent with cool potency.

**Medicinal Value:** Heals sores in general and is particularly effective in treating burns. Dries serous fluid, heals fractured bones and strengthens weak bone cartilage. Lowers fever arising from poisoning and fever of the kidneys. Is also an ingredient in preparation of incense.
Tibetan: *Dre.ga*

**Botanical Name:** *Thlaspi arvense.*

**Locations:** Found in most countries at 4300 meters and lower altitudes. It grows in temperate semi-nomadic areas, fields, gardens, roadsides and near human habitats with rich, soft soil.

**Parts of the Plant Used:** Seeds. Leaves and stems are also used.

**Collection Time and After Treatment:** The entire plant is harvested in autumn when seeds are ripe and dried. The dried plant is put in a bag and beaten with a stick to separate the seeds. Seeds are further dried and used. Or leaves, stems and seeds are gathered together and dried at a moderate temperature after washing and roughly mashing them. Avoid fungus while drying and storing.

**Taste and Potency:** Bitter and acrid tastes with oily, warm and dry potency.

**Medicinal Value:** It treats lung diseases, kidney disorders and leucorrhoea. It is effective against loss of appetite and collection of serous fluid in the joints of limbs.
Tibetan: Wang.lak (Mar.po)  

Botanical Name: Gymnadenia latifolia L.  

Wang.lak (Kar.po)  

Botanical Name: Gymnadenia orchidis Lindl.

Locations: Found in Tibet, Europe and Sikkim and Himachal Pradesh on Mari hills and Khoksr in Manali in India from 2800 to 4400 meters altitude. It grows on damp shady meadows, terraced field on high hills, forests and amongst grasses.

Parts of the Plant Used: Roots.

Collection Time and After Treatment: Roots are collected in August and September when the elemental energy moves down. Small white rootlets are removed. To detoxify, roots are washed thoroughly in water from the same location. One kilogram of the roots is boiled in two litres of water until the water evaporates to increase its warm potency. It is further boiled in one litre of goat milk till the milk dries. This process maximises its therapeutic potency. However, if these procedures cannot be carried out, small white rootlets are removed from the roots and thoroughly washed in clean water of that region and dried in the sun avoiding fungus.

Taste and Potency: Sweet taste with heavy, warm and oily potency.

Medicinal Value: Rejuvenates bodily strength, increases sperm count and restores diminished kidney heat. Is taken as a food supplement to gain strength and enhance complexion. Also said to prolong ones lifespan.
Tibetan: Bu.su.hang

Botanical Name: *Trigonella emodi.*

Locations: Found in Tibet, Afghanistan, Bhutan and India around the hills of Mari and Rothang in Himachal Pradesh from 2100 to 4500 meters altitude. It grows on stony areas, along sandy canals, roadsides and in fields.

Parts of the Plant Used: Leaves, stems, flowers and seeds.

Collection Time and After Treatment: Leaves, stems, flowers and seeds are collected in August and September. They are washed, roughly mashed and dried in shade avoiding fungus. Medicinal value is maximum if concentrated decoction (Tibet. *khan.da*) is prepared.

Taste and Potency: Tastes bitter, sweet and astringent with cool and light potency.

Medicinal Value: Heals sores, lowers fever of lungs and fever arising from sores. Remedies illnesses due to poisoning and kidney diseases.
Tibetan: Yi.mong Kar.po

Botanical Name: Clematis sp.

Locations: Found in Tibet, Pakistan, Bhutan and Sikkim. Ladakh and Himachal Pradesh in India at 4000 meters and lower regions. It grows amongst bushes, near fields, canals and on trees.

Parts of the Plant Used: Thin branches. Leaves, flowers and seeds are also used.

Collection Time and After Treatment: Thin branches are collected in July and August. They are cut into pieces and dried in the sun avoiding fungus. The ash of the burnt thin branches is necessary to compound medicines for many illnesses.

Taste and Potency: Acrid and slightly sweet tastes with light, warm, sharp and coarse potency.

Medicinal Value: Restores digestive heat and helps digestion. Disintegrates tumour growths due to cold in the colon and pushes phlegm upward. Remedies diarrhoea due to indigestion, dries serous fluid and cures infectious diseases.
Tibetan: Yi.mong Tra.wo

Botanical Name: *Clematis alternata*.

Locations: Found in Myanmar, Pakistan, China and India (Dharamshala in Himachal Pradesh) from 1200 to 3000 meters altitude. It grows in hilly forests, amongst grasses and grows entwined trees.

Parts of the Plant Used: Thin branches. But leaves, flowers and seeds can be used.

Collection Time and After Treatment: Thin branches are collected in July and August. They are cut into pieces and dried in the sun avoiding fungus. The ash of the burnt thin branches is necessary to compound medicines for many illnesses.

Taste and Potency: Acrid and slightly sweet tastes with light, warm, sharp and coarse potency.

Medicinal Value: Restores digestive heat and helps digestion. Disintegrates tumour growth due to cold in the colon and pushes phlegm upward. Remedies diarrhoea due to indigestion, dries serous fluid and cures infectious diseases.
Tibetan: *Di.ta Sa.dzin Chok*

**Botanical Name:** *Fragaria nubicola.*

**Locations:** Found in Tibet, Nepal, Bhutan, Europe, and Sikkim, Dharamshala, and the Mari hills in Himachal Pradesh, India, at 4000 meters and lower altitudes regions like moist forests, among grasses, roadsides, meadows, stony areas and on walls of houses. It is also planted in these areas.

**Parts of the Plant Used:** Leaves, flowers, fruit and long red stems that grow on the ground.

**Collection Time and After Treatment:** The entire plant, except roots, is collected around July to September. It is washed, mashed roughly and dried in a cool place avoiding fungus. Red fruit can be eaten after washing.

**Taste and Potency:** Sweet and bitter tastes with cool and dull potency.

**Medicinal Value:** Remedies collection of serous fluid and blood in the chest, drains mucus from the lungs and lowers fever entering the veins.
Tibetan: *Di.ta Sa.dzin Men.pa*

**Botanical Name:** *Saxifraga mucronulata Royle.*

**Locations:** Found in Tibet, Nepal, and Uttar Pradesh and Himachal Pradesh (Mauri hills and Rothang Pass) in India from 3600 to 5000 meters altitude. It grows on cool high meadows and margins of high hills and meadows.

**Parts of the Plant Used:** Roots, flower, leaves and fruit.

**Collection Time and After Treatment:** The entire plant, including the roots, is collected in July and August. Parts are washed and dried in shade after roughly mashing them. Avoid fungus while drying and storing.

**Taste and Potency:** Sweet and bitter tastes with cool and dull/blunt potencies.

**Medicinal Value:** Remedies collection of serous fluids and blood in the chest. It also drains mucus from the lungs and lowers fever entering the veins.
Tibetan: *Di.mog*

**Botanical Name:** *Onsma hookeri.*

**Locations:** Found at Lhatse Dzong, Powo and other regions of Tibet, Nepal, Pakistan, and Zanskar (Ladakh) and Sikkim in India from 2500 to 4700 meters altitude. It grows on sunny and sandy grassy land. *Onsma hookeri* which is found in sandy and stony area in Zanskar, Ladakh, with thin roots but thick skin has maximum medicinal value.

**Parts of the Plant Used:** Roots and their outer reddish-brown skins.

**Collection Time and After Treatment:** Roots are gathered in September and October, when the elemental energy moves downward. Rotten skin and parts are discarded before drying in the sun or in shade. However, the outer reddish-brown skin is not to be discarded. Avoid fungus while drying and storing. The reddish-brown skin is an important item in Tibetan religious rituals.

**Taste and Potency:** Sweet and bitter tastes with cool and light potency.

**Medicinal Value:** Lowers fever of the lungs and treats vomiting of blood and bloody sputum due to perforated lungs. Remedies nose bleeding, checks impure blood and loss of hair.
Tibetan: *Jar.pa* or *Yar.pa*

**Botanical Name:** *Salix sp.*

**Locations:** Found growing wild in most countries at 3700 meters and lower altitude regions like forests, canyons and near water bodies. It is also planted along roadsides and near houses.

**Parts of the Plant Used:** Bark.

**Collection Time and After Treatment:** The branches are cut off in March and April. It is cut into pieces after dirt is cleaned and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Controls spreading of diseases due to poisoning and remedies gout and rheumatism.
Tibetan: *Drul.shag*

**Botanical Name:** *Cuscuta europaea var. indica.*

**Locations:** Found in Kongpo, Powo and Mingling regions of Tibet, in Pakistan, Nepal, Bhutan and Dharamshala and Manali in Himachal Pradesh, India, at 3900 meters and lower altitudes. It grows on bushes and on other plants near roadsides.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** The entire plant is collected in August and dried. Seeds are gathered from the dried plant and further dried in shade avoiding fungus.

**Taste and Potency:** Bitter, sweet and acrid tastes with cool and oily potency.

**Medicinal Value:** Restores diminished strength of liver and kidneys. Prevents involuntary loss of reproductive fluids and acts as an aphrodisiac. Strengthens bones, ligaments and tendons.
Tibetan: *Mo.cham* (*Mo.cham Ha.lo Mar.po*)

**Botanical Name:** *Malva sp.*

**Locations:** It grows almost all the countries irrespective of climatic conditions.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** Seeds are collected in autumn when fully ripe and dried in the sun avoiding fungus. Husks are discarded and seeds are used for medicinal purposes.

**Taste and Potency:** Sweet and bitter tastes with cool and sharp potency.

**Medicinal Value:** It restores diminished kidney strength, treats dysuria and constipation and dries pus in sores.
Tibetan: *Ma.ning Cham.pa* or *Bod.cham*

**Botanical Name:** *Malva sp.*

**Locations:** Found in Tibet, Europe, Afghanistan, Ladakh and Himachal Pradesh in India at 4100 meters and lower altitudes. It grows on sunny fields with rich soil, near human habitats, gardens, along canals and animal shelters.

**Parts of the Plant Used:** Seeds. Leaves and roots are also used.

**Collection Time and After Treatment:** Seeds are collected in August and September when they are ripe and dried in the sun. Seeds are separated from husks and are stored for medicinal purposes. Roots are gathered in September. They are washed and dried thoroughly. Leaves are gathered during summer and can be used in culinary preparations.

**Taste and Potency:** Sweet and astringent with cool, oily and heavy potency.

**Medicinal Value:** Treats dysuria and constipation, dries serous fluids in sores and restores kidney strength. Quenches thirst and remedies diarrhoea. Roots cure tuberculosis and loss of appetite. Dishes prepared from leaves remedy oedema and other forms of dropsy.
Tibetan: *Ma.nu* or *Ma.nu.pa.ta*

**Botanical Name:** *Inula racemosa.*

**Locations:** It is generally found in most countries at 3900 meters and lower altitude regions. It particularly grows in the fields at Garsha and Spiti in Himachal Pradesh, India. However, cultivation of peas has now almost replaced this plant in Garsha and Spiti.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in October and November when stems are dry and elemental energy simmers down. Mud and rotten parts are removed and roots are dried in a cool place after cutting into pieces. It can also be dried uncut in which case they are cleaned thoroughly before being used for medicinal purposes. Therapeutic potency is at the maximum if a concentrated decoction is prepared from it.

**Taste and Potency:** Sweet, bitter and acrid tastes with mild potency.

**Medicinal Value:** Remedies disorders arising due to blood and wind (Tib *rlung.khrag ‘thab.pa’i nad*), increase of bile-phlegm (Tib. *bad.mkhris rgyas.pa*) and chronic gastritis. Treats indigestion due to loss of digestive heat, disorder in the area of cardiac sphincter, loss of appetite and lowers fresh pestilential fever.
**Tibetan:** *Ma.mo.pai.lo.tok*

**Botanical Name:** *Zea mays L.*

**Locations:** It is cultivated in the low altitude plains of India and other countries.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** It is harvested from September to October when the seeds are fully ripe and dried avoiding fungus. It is an important food grain, which is consumed in many forms like porridge, roasted, boiled and as flour.

**Taste and Potency:** Sweet taste with cool and light potency.

**Medicinal Value:** Treats swelling of body due to water retention (Tib. *chu.bsags.pa*), dysuria and formation of calculus in the urinary tracts.
Tibetan: *Ming.chen Nag.po*

**Botanical Name:** *Cremanthodium sp.*

**Locations:** Found in Tibet, and Ladakh, Kashmir and Himachal Pradesh in India from 3600 to 4800 meters altitude. It grows in cool, high, semi-rocky hills, along canals and margins of meadows and rocky hills.

**Parts of the Plant Used:** The entire plant except roots.

**Collection Time and After Treatment:** Leaves, stems, flowers and seeds are collected in July and August. They are washed, roughly mashed and dried in a cool place avoiding fungus.

**Taste and Potency:** Bitter taste with cool and coarse potency.

**Medicinal Value:** Remedies infectious diseases, diphtheria and diseases caused by evil spirits. Also relieves severe pain and swelling due to infection.
Tibetan: *Ming.chen Ser.po*

**Botanical Name:** *Doronicum falconeri.*

**Locations:** Found in most regions of Tibet, and the Mari hills in Himachal Pradesh, India, from 2800 to 4900 meters altitude. It grows on high cool hillsides, margins of meadows and rocky hills, amongst grasses, on meadows and wild places.

**Parts of the Plant Used:** Flowers. Leaves, stems and seeds are also used.

**Collection Time and After Treatment:** The entire plant, except the roots, is collected in August and September. It is washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Remedies diphtheria, quinsy and common colds. Lowers pestilential fever and relieves severe pain in the back due to hypertension (Tib. *rlung.khrag*) and relieves swelling.
Tibetan: *Me.tok Lang.na*

**Botanical Name:** *Pedicularis pectinata.*

**Locations:** Found in Tibet, and Sikkim and the Mari hills of Himachal Pradesh in India from 2500 to 4500 meters altitude. It grows on cool hilly meadows facing north, edges of rocky hills and meadows amongst grasses and bushes.

**Parts of the Plant Used:** Flowers. I have seen leaves and stems also used.

**Collection Time and After Treatment:** Flowers are gathered in July and August and dried in shade. Or stems, leaves and flowers are collected together, roughly mashed and dried as above avoiding fungus.

**Taste and Potency:** Sweet and bitter tastes with warm, smooth and supple potency.

**Medicinal Value:** Heals sores, water retention, dysuria and constipation. Dries accumulation of serous fluid in the joints, eases dyspnoea and rejuvenates body strength due to its high nutrient content.
Tibetan: *Me.tok Look.mik*

**Botanical Name:** *Aster thomsonii*.

**Locations:** Found in Tibet, Nepal, Bhutan and Sikkim and Mari hills in Himachal Pradesh, India, from 3200 to 4900 meters altitude. It grows in slightly moist areas like meadows, near rivers, grassland and in bushes.

**Parts of the Plant Used:** Flowers.

**Collection Time and After Treatment:** Flowers are gathered in July and August when in full bloom and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Treats rashes and other diseases due to poisoning, infectious common cold, stiffness, controls pestilential fever and eases stiffness and contraction of limbs and dries pus in sores. When externally applied it cures rashes, blister and stiffness and contraction of limbs.
Tibetan: *Me.tok Look.chung*

**Botanical Name:** *Aster diplostephioides.*

**Locations:** Found in Tibet, Nepal, Bhutan, and Sikkim and Mari hills of Himachal Pradesh in India between 3200 to 4900 meters high altitude. It grows on slightly moist areas like meadows, near rivers, grassland and in bushes.

**Parts of the Plant Used:** Flowers.

**Collection Time and After Treatment:** Flowers are gathered in July and August when in full bloom and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Lowers pestilential fever and fever of nerves. Treats illnesses due to poisoning, chronic gastritis, diseases caused by malignant spirits and heals wounds.
Tibetan: *Mon.cha.ra*

**Botanical Name:** *Galls on quercus infectoria.*

**Locations:** Found in Nyingtri, Poyul and Mingling regions in Tibet, in Bhutan, Nepal, and the hills of Manali and Dharamshala in Himachal Pradesh, India, at an altitude of 3800 and lower regions like warm forests and canyons.

**Parts of the Plant Used:** Seeds and resin.

**Collection Time and After Treatment:** Seeds are gathered from September to November when they fall on the ground and are dried either in the sun or in shade avoiding fungus. Resin is collected either in autumn or in spring from adult trees and dried as above.

**Taste and Potency:** Bitter and astringent tastes with mild potency.

**Medicinal Value:** Is highly effective in treating diarrhoea of both hot and cold nature.
**Tibetan: Mon.ne Marpo**

**Botanical Name:** *Mon chenopodium*

**Location:** Found in Tibet, Nepal, Bhutan, and Ladakh, Garsha and Spiti in Himachal Pradesh in India from 2500 to 4500 meters high altitude on dry fields, gardens and roadsides.

**Parts used:** Leaves, stems, seeds and flower.

**Collection time, treatment and after care:** The entire plant is collected from July to August. It is washed, roughly mashed and dried either in sun or in shade avoiding fungus. Leaves can be used for culinary preparations.

**Taste and potency:** Tastes sweet, acrid and astringent with neutral potency.

**Medicinal Value:** Cures disorders of all three humors of wind, bile and phlegm, leprosy and dysentery. Is a good tonic and restores sexual virility. Culinary preparations have similar medicinal value.
Tibetan: Nyak.she Che.pai Mar.shey

Botanical Name: Spiraea sp.

Locations: Found in Tibet, Nepal, Bhutan, and Sikkim and Manali in Himachal Pradesh, India, between 1800 to 4300 meters from the sea. It grows on dry sunny hillsides, rocky hills, cliffs, amongst bushes and in forests.

Parts of the Plant Used: Leaves and flowers.

Collection Time and After Treatment: Flowers and leaves are gathered in June and July when the plant is in bloom. They are mashed roughly and dried either in the sun or in shade avoiding fungus.

Taste and Potency: Tastes sweet and astringent with mild potency.

Medicinal Value: Heals sores, drains serous fluid from the joints and relieves pain in limb joints. Lowers fever of bones and relieves itching of the skin.
Tibetan: Nyu.ngon Tsi.wa

Botanical Name: Phyllostachys nigra (Lodd).

Locations: Found in Poyul, Kyirong and Dromo regions of Tibet, Nepal and Sikkim, Darjeeling and Dharamshala in Himachal Pradesh, India, at 2800 meters and lower altitudes. It grows in all kinds of terrain. It is also cultivated in these regions.

Parts of the Plant Used: Resin. (Sticky viscous substance extracted from bamboo shoots.)

Collection Time and After Treatment: Bamboo is gathered at any time of the year. The bark of new shoots is removed and a concentrated decoction is prepared for medicinal purpose. Or the shoots and new shoots whose leaves are not opened yet are collected, cleansed and dried. Another method of gathering the resin is to cut stems into one foot long pieces, discarding the joints. Pieces are vertically cut into two equal halves and burnt gently on fire and the resin that comes out from each end is collected.

Taste and Potency: Sweet taste with cool potency.

Medicinal Value: Lowers fever due to sores in the limbs, upper and lower abdomen. Also lowers chronic fever, fever due to gynaecological problems and rejuvenates diminished strength of kidney and uterus.
Tibetan Name: *Tsam.pā.kā*

**Botanical Name:** *Oroxylum indicum* (Linn.)

**Locations:** Found in China, Nepal and most places in India at the height of 1500 meters and lower regions at the base of hills, forests and wild canyons.

**Parts of the Plant Used:** Seeds.

**Collection Time and After Treatment:** Seeds are collected from November to January and are thoroughly dried in the sun and stored. The sheath/pod is cut across and seeds taken out and used for medicinal to purposes.

**Taste and Potency:** Bitter and astringent tastes with cool potency.

**Medicinal Value:** Treats illnesses arising from fever and is an item of offering in Tibetan religious rituals.
Tibetan: Tsong

Botanical Name: Allium fistulosum L.

Location: Found in most parts of the world at altitude of 4000 meters and lower in fields and vegetable gardens. It can be easily planted in gardens and is used both for medical and culinary purposes.

Parts used: Roots, stems, flowers and seeds.

Collection time, treatment and after care: The entire plant is collected from August to October. It is washed, roughly mashed and dried in shade avoiding fungus.

Taste and potency: Tastes acrid with warm and heavy potency.

Medicinal Value: Cures sleeplessness, indigestion due to diminished digestive warmth, loss of appetite, phlegm-wind disorders (Tib. bad.rlung) like vertigo and giddiness, elephantiasis and seizures caused by possession of evil spirits. Is widely used in culinary preparations to enhance tastes.
Tibetan: Tsa.tre Chok

Botanical Name: Lactuca lessertiana.

Locations: Found in Bhutan, Pakistan and the Mari hills in Himachal Pradesh, India, from 1700 to 4200 meters altitude. It grows at the base of large boulders, over cliffs, margins of rocky hills and meadows and other shady areas.

Parts of the Plant Used: Flowers. Leaves and stems are also used.

Collection Time and After Treatment: Flowers, leaves and stems are collected in July and August. They are washed, roughly mashed and dried in shade avoiding fungus.

Taste and Potency: Bitter taste with cool potency.

Medicinal Value: Lowers fever arising from bile, cures jaundice and relieves headache accompanied by nausea.
Tibetan: *Tsa.du*

**Botanical Name:** *Ophiopogon nitermedius.*

**Locations:** Found in Nyingtri, Poyul, Mingling, Tsona and Kyirong regions of Tibet, in Bhutan and Dharamshala in Himachal Pradesh, India, at 3500 meters and lower altitudes. It grows in damp grassy areas of forests, mouths of canyons and near water bodies.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are gathered in August and September. Thin rootlets and mud are cleaned and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet and slightly bitter with cool, heavy and blunt potency.

**Medicinal Value:** Treats lung diseases, excessive phlegm, and dyspnœa and eases mental stress. Remedies illnesses arising from imbalance of wind (Tib. *rlung.nad*) and depletion of serous fluid from skin and is good for stomach diseases.
Tibetan: *Tsa Ma.dong*

**Botanical Name:** *Pteris cretica L.*

**Locations:** Found in Tibet, Nepal, Bhutan and Manali and Dharamshala in Himachal Pradesh, India, at 3800 meters and lower altitudes. It grows in damp shady area like forest, bushes, rocky hills, cliffs and stony areas.

**Parts of the Plant Used:** Leaves and stems.

**Collection Time and After Treatment:** The entire plant, except the roots, is collected in July and August. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Sweet taste with mild potency.

**Medicinal Value:** Treats leucorrhoea, illnesses arising from fever, poisoning and accumulation of serous fluid in the joints. Also remedies loss of blood, rejuvenates muscular strength and heals burns.
Tibetan: *Tsa Ma.dong* (*Rig.zhen*)

**Botanical Name:** *Adiantum caudatum* *L.*

**Locations:** Found in most countries at 3400 meters and lower altitude regions. It grows under trees in forests, amongst grasses and from cracks on walls.

**Parts of the Plant Used:** Leaves and stems.

**Collection Time and After Treatment:** The entire plant, except the roots, is collected in July and August. They are washed, roughly mashed and dried in shade avoiding fungus.

**Note:** Although recognized as a medicinal plant, I have never seen it being used in compounding of herbal pills. However, it is one of the items used to place inside a stupa and as a powdered medicine.
Tibetan: *Tsa.rampa*

**Botanical Name:** Cynodon dactylon

**Location:** Found in Tibet below 4500 meters high altitude regions near fields, canals and vegetable gardens. It is also found in Dharamshala in Himachal Pradesh, India, among grasses, near human habitats, on walls and along drainage system.

**Parts used:** Roots.

**Collection time, treatment and after care:** In Tibet roots are collected either in autumn or in spring. Thread-like roots are removed and roots are sliced into pieces and dried in shade avoiding fungus. In India the roots are collected from July to October and dried as above.

**Taste and potency:** Tastes sweet and astringent with cool, blunt and smooth potency.

**Medicinal Value:** Cures poisoning in general and is especially effective against scorpion and other poisonous insects’ bites. Also cures sulphur poisoning and is said to prolong lifespan. Controls loss of blood.
Tibetan: *Tsa A.wa*

**Botanical Name:** *Lloydia serotina.*

**Locations:** Found in Tibet, and Ladakh and the Mari hills above Manali in Himachal Pradesh, India, from 3200 to 4500 meter altitude. It grows on shady hillsides facing north, steep cliffs, on margins of rocky hills and meadows and amongst grasses.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The plant is collected in August and September without the roots. It is mashed and dried in shade avoiding fungus.

**Taste and Potency:** Tastes slightly bitter with cool potency.

**Medicinal Value:** Heals sores on upper and lower parts of the abdomen and treats poor eyesight and weak eye muscles. Dries accumulation of serous fluid and eases rigid limbs.
Tibetan: *Tsa.a.tong*

**Botanical Name:** *Arenaria festucoides*.

**Locations:** Found in Tibet, Nepal and hills of Dharamshala, Mari hills and Rothang Pass in Manali in Himachal Pradesh, India, at 3500 meters and higher altitude rocky hills, margins of rocky hills and meadows and in cracks of large boulders.

**Parts of the Plant Used:** Leaves, flowers and seeds.

**Collection Time and After Treatment:** Leaves, flowers and seeds are gathered in July and August. They are washed, slightly mashed and dried in shade avoid fungus.

**Taste and Potency:** Tastes astringent and sweet with cool and blunt potency.

**Medicinal Value:** Lowers fever of the lungs. It is a very good expectorant and is effective in treating excessive coughing and mucus formation.
Tibetan: *Tshan.au.tsi*

**Botanical Name:** *Sedum sp.*

**Locations:** Found in Tibet, and eth hills of Mari and Dharamshala in Himachal Pradesh, India, from 3000 to 4500 meters altitude like rocky hills, meadows, amongst grasses and at the base of large boulders.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Roots, stems, leaves and seeds are collected in August. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Treats poisoning, snake and scorpion bites, heals burns, relieves swelling due to infection and lowers infectious fever.
Tibetan: Tshan.mar (So.lo Marpo)

Botanical Name: Rhodiola sp.

Location: Found in Tibet, Bhutan and Sikkim and Himachal Pradesh in India from 3800 to 5600 meters high altitude. It grows on shady side of rocky hills, margins of meadows and river banks.

Parts used: Roots.

Collection time, treatment and after care: Roots are collected from August to October. After dirt and rotten parts are removed, roots are cut into pieces and dried in sun avoiding fungus.

Taste and potency: Tastes astringent, bitter and slightly sweet with cool and smooth potency.

Medicinal Value: Rejuvenates weak lungs, lowers lung fever and descending fever of common cold into the lungs and remedies dyspnoea. Treats halitosis, bad odour from armpits and cardiac ailments. Bathing in decoction prepared from the roots is effective against skin diseases.
Tibetan: *Tse.goel*

**Botanical Name:** *Pleurosporum sp.*

**Locations:** Found in Tibet, Bhutan, Pakistan and Uttar Pradesh and Himachal Pradesh in India between 3600 to 4200 meters altitude. It grows on high meadows, rocky hills and edge of cliffs.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Roots, stems, leaves, flowers and seeds are gathered in July and August. They are washed, roughly mashed and dried in shade avoiding fungus. Roots are collected in autumn when the elemental energy moves down. Roots are washed, sliced into pieces and dried as above. Medicinal value is maximum if a concentrated decoction is made from the parts.

**Taste and Potency:** Bitter taste with cool and coarse potency.

**Medicinal Value:** Treats poisoning from plants, meat, metal and poisons compounded from precious stones as well as venereal diseases. Lowers fever and rectifies imbalanced bodily constituents, clears blockage of veins, irregular menstruation cycle and relieves pain.
Tibetan: *Tsod*

**Botanical Name:** *Rubia cordifolia*.

**Locations:** Found in Tibet, and Sikkim, Himachal Pradesh, Kalimpong and Darjeeling in India. Superior quality plants are found in Bhutan along the path from Pado to Pado Taktsang. It grows at 3500 meters and lower altitude regions like cool hillsides, forests, roadsides and over other bushes.

**Parts of the Plant Used:** Thin stems. But roots are widely used.

**Collection Time and After Treatment:** Roots are gathered in September and October. They are washed, sliced into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Tastes acrid and bitter with cool potency.

**Medicinal Value:** Treats diseases associated with blood. Is especially effective in subsiding fever of blood, dispersed fever and fever of the lungs, the kidneys and intestines. Also cures vomiting of blood from the stomach (Tib. *pho.ba nas khrag.skyugs.pa*), bleeding from nose and uterus, passing of blood with urine, wounds from accidents, chronic infected sores and relieves swelling.
Tibetan: *Tshan.au.tsi*

**Botanical Name:** *Sedum sp.*

**Locations:** Found in Tibet, and eth hills of Mari and Dharamshala in Himachal Pradesh, India, from 3000 to 4500 meters altitude like rocky hills, meadows, amongst grasses and at the base of large boulders.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** Roots, stems, leaves and seeds are collected in August. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Treats poisoning, snake and scorpion bites, heals burns, relieves swelling due to infection and lowers infectious fever.
Tibetan: *Tshan.mar* (*So.lo* Marpo)

**Botanical Name:** *Rhodiola sp.*

**Location:** Found in Tibet, Bhutan and Sikkim and Himachal Pradesh in India from 3800 to 5600 meters high altitude. It grows on shady side of rocky hills, margins of meadows and river banks.

**Parts used:** Roots.

**Collection time, treatment and after care:** Roots are collected from August to October. After dirt and rotten parts are removed, roots are cut into pieces and dried in sun avoiding fungus.

**Taste and potency:** Tastes astringent, bitter and slightly sweet with cool and smooth potency.

**Medicinal Value:** Rejuvenates weak lungs, lowers lung fever and descending fever of common cold into the lungs and remedies dyspnoea. Treats halitosis, bad odour from armpits and cardiac ailments. Bathing in decoction prepared from the roots is effective against skin diseases.
Tibetan: *Tshar.bong*

**Botanical Name:** *Artemisia dracunculus*.

**Locations:** Found in Tibet, Bhutan and Spiti, Garsha and Khoksar in Himachal Pradesh, India at 4100 meters and lower regions on dry, sunny and sandy canyons, near fields, roadsides and human habitats.

**Parts of the Plant Used:** Leaves, stems and flowers. But roots are more widely used.

**Collection Time and After Treatment:** Leaves, stems and flower are collected in July and August. Parts are washed, roughly mashed and dried in shade avoiding fungus. Roots are picked in autumn and dried as above after washing and slicing into pieces.

**Taste and Potency:** Bitter and acrid tastes with cool and coarse potency.

**Medicinal Value:** Lowers throat fever and cures lung diseases and relieves swelling due to fever.
Tibetan: Tser nga

Botanical Name: *Meconopsis aculeata*.

Locations: Found in Tibet, Nepal, and Sikkim, Ladakh and the Mari hills in Manali in Himachal Pradesh, India, from 3000 to 5300 meters altitude. It grows on damp rocky hills, the base of boulders, canyons and margins of meadows and rocky hills.

Parts of the Plant Used: The entire plant.

Collection Time and After Treatment: The entire plant, except the roots, is gathered in July and August. It is washed, roughly mashed and dried in shade avoiding fungus. However, if roots are also collected the plant is washed in water and dried completely as above.

Taste and Potency: Bitter taste with cool and sharp potency.

Medicinal Value: Heals fractured bones and lowers bone fever. It is especially effective in treating cranial injury and sores. Enhances the strength of bones and cartilages, treats swelling due to haemorrhage and relieves pain in the upper part of body and ribs.
Tibetan: Tshar. leb

Botanical Name: Cotoneaster microphyllus agg.

Locations: Found in Tibet, China and Himachal Pradesh in India from 1800 to 4000 meters altitude. It grows over boulders and dry, sunny, rocky hills. It also grows in countries like Holland which is below sea level and has a wet climate.

Parts of the Plant Used: Seeds and thin newly-grown branches and leaves.

Collection Time and After Treatment: Young branches and leaves are gathered in June and a concentrated decoction is prepared. Seeds are collected in September and dried in the sun avoiding fungus.

Taste and Potency: Tastes sweet, sour and astringent with mild potency.

Medicinal Value: Seeds help to gather dispersed serous fluids in the joints of limbs and are especially effective in controlling excessive flow of menstruation. Leaves and thin branches prevent bleeding and remedy gynaecological diseases.
Tibetan: *Tshe.dum*

**Botanical Name:** *Ephedra sp.*

**Locations:** Found in most places in Tibet, Afghanistan, Bhutan and Sikkim and especially in Zanskar in India from 2500 to 5000 meters altitude in dry, sunny river beds, sandy and stony places and on low cliffs.

**Parts of the Plant Used:** Leaves, stem, flowers and seeds.

**Collection Time and After Treatment:** Leaves, stem, flowers and seeds are collected in August and September. They are washed, mashed roughly and dried in shade avoiding fungus.

**Taste and Potency:** Acrid, bitter and astringent tastes with cool, light and coarse potency.

**Medicinal Value:** Stops bleeding from the veins, lowers fever of spleen and bile, dispersed fever, disturbed fever and chronic and fresh fever. Also heals sores, tumours, dyspnoea and water retention, relieves swelling, controls coughing and checks excessive perspiration and eases physical weariness.
Tibetan: Dza.ti.ka

Botanical Name: *Campanula sp.*

Locations: Found in Tibet, Nepal, Bhutan and Darjeeling and Himachal Pradesh in India from 1800 to 3000 meters and lower regions. It grows along roadsides, near water bodies and canals and amongst grasses.

Parts of the Plant Used: Stems, leaves, flowers and seeds.

Collection Time and After Treatment: Stems, leaves, flowers and seeds are collected in July and August. They are washed, lightly mashed and dried either in the sun or in shade avoiding fungus.

Taste and Potency: Tastes bitter and astringent with mild potency.

Medicinal Value: Remedies diseases arising from imbalance of wind (Tib. *rlung.nad*) and loss of reproductive fluids.
Tibetan: Zimbu

Botanical Name: *Allium przewalskianum regel.*

**Location:** Found in Tibet, Ladakh and other regions at altitude of 4000 meters and lower. It grows on dry rocky hills, meadows and sandy and stony areas.

**Parts used:** Roots, leaves, stems, flower and seeds.

**Collection time, treatment and after care:** The entire plant, including the roots, is collected from June to August. It is washed, slightly mashed and dried in shade avoiding fungus.

**Taste and potency:** Tastes sweet and acrid with warm and heavy.

**Medicinal Value:** Cures headaches, wind disorders and promotes appetite. Is used to enhance taste in culinary preparations.
Tibetan: Zhim.thik Kar.po

Botanical Name: Salvia roporowskii.

Locations: Found in Tibet, Bhutan and Himachal Pradesh in India from 2500 to 3700 meters altitude. It grows on grassy hillsides with soft soil, near large boulders and amongst bushes.

Parts of the Plant Used: Leaves, stems, flowers and seeds.

Collection Time and After Treatment: Leaves, stems, flowers and seeds are collected in July and August. They are washed, slightly mashed and dried in shade avoiding fungus.

Taste and Potency: Bitter taste with cool potency.

Medicinal Value: Remedies diseases associated with the eyes and is excellent in treating cataracts.
Tibetan: Zhim.thik Nag.po

Botanical Name: *Rabdosia rugosa*.

Locations: Found in Afghanistan, China, and Uttar Pradesh and Himachal Pradesh in India from 1000 to 2600 meters altitude. It grows on slightly dry hillsides, canyons and forests, roadsides and near fields.

Parts of the Plant Used: Leaves, flowers and seeds.

Collection Time and After Treatment: Leaves and seeds are collected in July and August. They are washed and dried in shade avoiding fungus. Therapeutic value is maximum if a concentrated decoction is prepared.

Taste and Potency: Bitter taste with cool, sharp and coarse potency.

Medicinal Value: It heals diseases associated with eyes. It is particularly effective in treating cataracts due to pestilential eye fever. It kills worms inside the body and relieves abdominal spasms or paroxysmal pain in the abdomen. I have noticed it being used in place of *Aremesia santolinifolia*, so their therapeutic potency could be similar.
Tibetan: Zhim.thik Sang.gye Chu.jib

Botanical Name: *Euphraia oakesii*.

Locations: Found in Tibet, Nepal, Bhutan, and Ladakh and Himachal Pradesh (Garsha and Spiti) in India from 3100 to 3800 meters altitude. It grows on the cool topsoil of grassy hillside and plains, near canals and fields and under other plants.

Parts of the Plant Used: Leaves, flowers and seeds.

Collection Time and After Treatment: Leaves, flowers and seeds are collected in July and August. They are washed, slightly mashed and dried in shade avoiding fungus.

Taste and Potency: Bitter taste with cool potency.

Medicinal Value: It treats eye infection, dysuria, and thirst due to fever and relieves headaches.
Tibetan: *Zhu.khen*

**Botanical Name:** *Symlocos paniculata*.

**Locations:** Found in Tibet and Dharamshala and Manali in Himachal Pradesh, India, from 1300 to 3000 meters altitude in forests.

**Parts of the Plant Used:** Leaves.

**Collection Time and After Treatment:** Leaves are collected in July to September. They are washed, lightly mashed and dried in shade. Avoid fungus while drying and storing.

**Taste and Potency:** Bitter and astringent tastes with mild potency.

**Medicinal Value:** Lowers lung and kidney fever, and dispersed and disturbed fever. Also treats diseases associated with the mouth and halitosis.
Tibetan: Z.a.trum

Botanical Name: Urtica sp.

Locations: Found in most countries including Tibet at 4500 meters altitude and lower areas near animal shelters, roadsides, forests, canyons and among grasses.

Parts of the Plant Used: Seeds and leaves.

Collection Time and After Treatment: Leaves are collected in June and July. Seeds are gathered in August and dried in the sun after washing them. Avoid fungus while drying and storing.

Taste and Potency: Tastes sweet and acrid with warm and mild potency.

Medicinal Value: Regenerates diminished digestive and body heat and lowers chronic fever accompanied by wind (Tib. rlung.idan tshad.snying). Rejuvenates bodily constituents and is an excellent treatment against undigested green vegetables and effectively treats cold disorders. Leaves and seeds can be used for culinary preparations and give equal medicinal value.
Tibetan: *Zang.tik*

**Botanical Name:** *Gentianella sp.*

**Locations:** Found in Tibet, Nepal, Pakistan, and Ladakh and Himachal Pradesh (Garsha and Spiti) in India from 2700 to 4800 meters altitude. It grows on slightly damp areas like grassy hillside and plains, near canals and edges of meadows.

**Parts of the Plant Used:** Leaves, stems and flowers.

**Collection Time and After Treatment:** Leaves, stems and flowers are collected in July and August. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Tastes bitter and slightly sweet with smooth and mild potency.

**Medicinal Value:** Treats diseases accompanied by fever and wind and lowers bone fever.
Tibetan: *Zang.tik Da.wai Chag.tik*

**Botanical Name:** *Gentiana sp.*

**Locations:** Found in Tibet, Nepal, and Sikkim and other countries at 4000 meters and higher altitude regions like high meadows and grassy hills.

**Parts of the Plant Used:** Leaves, stems, flowers and seeds.

**Collection Time and After Treatment:** The entire plant, except the roots, is collected in July and August. It is washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet and bitter with cool potency.

**Medicinal Value:** Lowers infectious fever, fever arising from sores and fever accompanied by wind.
**Tibetan:** Zang.tsi Kar.po

**Botanical Name:** *Galium aparine L.*

**Locations:** Found in Tibet, Nepal, Bhutan, India and Europe at 4000 meters and lower altitude regions. It grows in all types of climate and terrain clinging on bushes, amongst grasses, in marshes and on walls of ruins. It also grows in Holland.

**Parts of the Plant Used:** Stems, leaves, flowers and seeds.

**Collection Time and After Treatment:** Stems, leaves, flowers and seeds are collected in July and August. They are washed, mashed slightly and dried in shade avoiding fungus.

**Taste and Potency:** Tastes acrid and slightly bitter with cool and coarse potency.

**Medicinal Value:** Treats yellowing of eyes due to bile disorders, accumulation of pus in the sore, disorders of bones, vascular diseases and loss of reproductive fluid. Treats dysuria, nervous disorders and checks bleeding. When mashed leaves are applied on the affected part it relieves swelling and pain due to twisted tendons and ligaments.
Tibetan: Zur.lug Nyi.za

Botanical Name: Codonopsis sp.

Locations: Found in Tibet, and Ladakh, Garsha and Spiti in Himachal Pradesh in India at 3500 and lower altitude regions. It grows on and amidst bushes, stony area and near fields.

Parts of the Plant Used: Roots.

Collection Time and After Treatment: Roots are collected in August and September when the elemental energy moves down. Roots are cleaned, sliced into pieces and dried. Avoid fungus while drying and storing.

Taste and Potency: Tastes sweet and astringent with mild potency.

Medicinal Value: Treats diseases of the spleen, oedema, and dyspnoea due to high altitude and rejuvenates diminished bodily constituents. Also treats loss of appetite, tiredness and quenches thirst.
Tibetan: Zur.lug Chab.dren

Botanical Name: Astragalus chlorostachys lindley.

Locations: Found around Lhasa, Toelung, Dagpo and Kongpo regions of Tibet and the Mari hills of Himachal Pradesh in India from 2500 to 4000 meters altitude. It grows in shady grassland, amidst rocky hills and on meadows.

Parts of the Plant Used: The entire plant.

Collection Time and After Treatment: Roots, stems, leaves and flowers are collected in July and August. They are washed, roughly mashed and dried avoid fungus. Medicinal value is maximum if a concentrated decoction is prepared.

Taste and Potency: Tastes sweet and slightly bitter with cool and dry potency.

Medicinal Value: Drains out the diseases arising from water retention in the body.
**Tibetan: **Za.due Gogu

**Botanical Name:** Saussurea obvallat (DC) edgew.

**Location:** Found in Tibet, Bhutan, Nepal and Pakistan from 3600 to 5500 meters high altitude. It grows on slightly cool rocky cliffs, edges of meadows and rocky hills and river banks.

**Parts used:** Leaves, stems, flower and seeds.

**Collection time, treatment and after care:** The entire plant is collected from July to September. It is washed, roughly mashed and dried in a cool place avoiding fungus.

**Taste and potency:** Bitter taste with cool, coarse and light potency.

**Medicinal Value:** Cures epilepsy, heals sores and relieves severe pain.
Tibetan: *Wusu*

**Botanical Name:** *Coriandrum sativum* *L.*

**Location:** Found in most regions with mild climate and abundantly grows in low hot climate regions in fields and vegetable gardens.

**Parts used:** Seeds. But leaves and stems are also used.

**Collection time, treatment and after care:** Seeds are collected from August to November and dried in the sun. Stems and leaves are collected before flower opens. They are cleaned, roughly mashed and dried thoroughly in the sun avoiding fungus. Fresh leaves and stems are used in culinary preparations.

**Taste and potency:** Tastes sweet, acrid and slightly bitter with warm, oily and light potency.

**Medicinal Value:** Restores diminished digestive warmth, promotes appetite and cures phlegm disorders, brown phlegm and thirst, and relieves abdominal spasm. Leaves control increase of bile and are diuretic.
Tibetan: *Wom.bu*

**Botanical Name:** *Myricaria squamosa Desv.*

**Locations:** Found in most places in Tibet, Nepal, Bhutan and Sikkim, Ladakh, and Garsha in Himachal Pradesh, India, from 2400 to 4000 meters altitude. It grows in damp areas like river beds, near canals and small sandy islets in rivers.

**Parts of the Plant Used:** Leaves. Thin branches and flower are also used.

**Collection Time and After Treatment:** Leaves, thin branches and flowers are collected from May to July. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Tastes astringent and bitter with cool, blunt and heavy potency.

**Medicinal Value:** Integrates and subdues chronic and dispersed fever in the body due to poisoning. Lowers fever of the lungs and blood. Cures diarrhoea, rheumatoid arthritis and relieves cough. Is especially effective in treating aconite poison, meat poison and compounded poisons.
Tibetan: *Wom.bu Chung.wa*

**Botanical Name:** *Myricaria rosea.*

**Locations:** Found in Tibet, Nepal and Sikkim from 3000 to 4400 meters altitude. It grows on a slant near water bodies, marshes, sandy and stony areas.

**Parts of the Plant Used:** Leaves. Thin branches and flowers are also used.

**Collection Time and After Treatment:** Leaves, new shoots and flowers are collected from May to July. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Tastes astringent and bitter with cool, blunt and heavy potency.

**Medicinal Value:** Lowers fever arising from poisoning, integrates and eliminates chronic and dispersed fever in the body due to poison. Controls fever of lungs and blood. Cures diarrhoea, rheumatoid arthritis and relieves cough. Is especially effective in treating aconite poison, meat poison and compounded poisons.
seeds. In practice seeds are more widely used.

Collection Time and After Treatment: Flower, leaves, flowers and seeds are collected from May to July. They are washed, roughly mashed and dried in shade. Seeds are gathered in August when they are ripe and dried as above. Roots are gathered from August to October. They are washed, sliced into pieces and dried. Medicinal value is maximum if a concentrated decoction is prepared. Avoid fungus while drying and storing.

Taste and Potency: Roots are acrid and astringent. Leaves and stems are bitter and astringent. Seeds are sweet. The plant as a whole has mild potency. It is said to be slightly poisonous.

Medicinal Value: Treats diseases of the veins and artery, corrects irregular menstruation, difficult childbirth and other gynaecological diseases. Remedies kidney and spleen diseases, piles and dries pus and heals sores. Also treats skin diseases, poisoning, cancer and relieves swellings and checks bleeding.
Tibetan: Yu.gu.shing Nag.po

Botanical Name: *Sambucus adnata*.

Locations: Found in Tibet, Nepal, Bhutan and Sikkim and Jammu and Kashmir in India at 3000 meters and lower altitude. It grows in shady as well as sunny forests, among bushes, canyons, roadsides, near animal shelters and human habitats.

Parts of the Plant Used: Thin stems, leaves, flowers and seeds.

Collection Time and After Treatment: Thin stems, leaves, flowers and seeds are collected in July and August. They are washed, slightly mashed and dried in shade. Medicinal potency is maximum if a concentrated decoction is prepared either from fresh or dried plant. Avoid fungus while drying and storing.

Taste and Potency: Bitter and slightly sweet tastes with mild potency.

Medicinal Value: Heals wounds and sores, lowers fever arising from poisoning, relieves swelling and clears blockage of veins. Also cures skin diseases.
Tibetan: *Yu.gu.shing Nag.po* (Rig.zhen)

**Botanical Name:** *Aster sikkimensis*

**Location:** Found in Nepal, Sikkim and other regions at the height of 2200 to 3500 meters from the sea. It grows abundantly on both the sunny and shady areas of the forest, rocky hills, along roadsides and on cliffs.

**Parts used:** Leaves, stems, flower and the seeds.

**Collection time, treatment and after care:** Leaves, flower, and seeds are gathered in July and August. They are cleaned, roughly mashed and dried in shade. Stems are gathered when leaves and flowers begin to wither. They are cut into pieces and dried as above.

**Taste and potency:** Tastes bitter with cool potency.

**Medicinal Value:** Heals sores, fractured bones and lowers fever arising from poisoning. Concentrated decoction prepared from the plant when applied as fomentation is extremely beneficial for skin infection and rashes.
Tibetan: *Yu.mo Diwu.jin*

**Botanical Name:** *Paraquilegia microphylla* (Royle).

**Locations:** Found in high hills of Tibet, Pakistan, China, and Kashmir and Himachal Pradesh in India from 3200 to 4900 meters altitude. It grows in cracks of shady rocky hills, margins of rocky hills and meadows.

**Parts of the Plant Used:** The entire plant.

**Collection Time and After Treatment:** The entire plant is collected in July and August. It is washed, roughly mashed and dried avoiding fungus.

**Taste and Potency:** Bitter taste with cool, coarse, light and sharp potency.

**Medicinal Value:** Helps in delivery of dead foetuses, relieves pain arising from gun wounds (i.e. pain due to a bullet lodged inside the body), corrects obstructed menstruation flow, lowers fever due to sores and dries serous fluid.
Tibetan: Yo.bok

Botanical Name: *Ulmus pumila L.*

Locations: Found around Lhasa, Lhoka, Toelung and other regions of Tibet at an altitude of 3700 meters and lower areas. It is planted in Europe along sandy canals, roadsides and on road dividers.

Parts of the Plant Used: Bark. Leaves, thin branches and seeds are also used.

Collection Time and After Treatment: Bark is collected in March and April. After dirt is removed the bark is cut into pieces and dried in shade. Thin branches are gathered either in spring or in autumn and dried as above. Seeds are collected in May and June when fully ripe. Leaves are picked from April to June. They are mashed roughly and dried in shade. Avoid fungus while drying and storing. Leaves are used as a cleaning agent to wash woollen carpets and as ingredient in preparation of aromatic incense.

Taste and Potency: Tastes astringent and slightly bitter with cool and coarse potency.

Medicinal Value: Treats diseases arising from fever, lowers fever due to sores, pain in the joints of bones, and treats rashes, pimples and other skin diseases. Stimulates the nervous system, remedies insomnia, relieves swelling and treats oedema and checks bleeding from sores.
Tibetan: *Yer.shing.pa*

**Botanical Name:** *Scrophularia decomposita.*

**Locations:** Found in Tibet, Pakistan, Nepal and Sikkim and Himachal Pradesh in India from 1500 to 4000 meters altitude regions. It grows on slightly dry cool hills, roadsides, sandy areas, near fields and amongst grasses and thick bushes.

**Parts of the Plant Used:** Stems, leaves, flower and seeds.

**Collection Time and After Treatment:** The entire plant, except the roots, is collected in July and August. It is washed, mashed roughly and dried in shade avoiding fungus. Medicinal value is maximum if a concentrated decoction is prepared either from fresh or dried plant.

**Taste and Potency:** Acrid, astringent and bitter tastes with cool and coarse potency.

**Medicinal Value:** Lowers fever due to pustules and abscesses, fever arising from poisoning and pestilential fever.
Tibetan: *Ranyle*

**Botanical Name:** *Aconogonon ruminicifolium.*

**Locations:** Found in most places in Tibet, and Sikkim and Himachal Pradesh in India, from 1500 to 3800 meters altitude. It grows in damp shady forests, amongst bushes and grass, stony areas and near fields. I have seen it planted at Kew Gardens in London, England.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are gathered in autumn around September and October when the elemental energy moves down. After minute rootlets are removed roots are washed, cut into pieces and dried in shade avoiding fungus. Since it has cool potency it can be directly used against fever. Warm potency is enhanced when using against cold diseases by boiling one kilogram of roots in two litres of water until water evaporates. It is then dried in the sun and used. When it is to be used for rejuvenation, one kilogram of the plant is boiled in four litres of cow’s milk till the milk has evaporated. The plant is then dried as above.

**Taste and Potency:** Tastes sweet, astringent and bitter with warm potency.

**Medicinal Value:** Increases lifespan and the essence prevents aging. Treats collection of pus and serous fluid in the joints, restores digestive heat, eliminates loss of appetite and heals cold diseases in the lower part of body and oedema. Also acts as an aphrodisiac, strengthens weak spleen, coughing due to tuberculosis and is good for weak bones, tendons and ligaments.
Tibetan: Ri.sho

Botanical Name: *Ligularia amplexicaulis*.

Locations: Found in most places in Tibet, Nepal, Bhutan and Kashmir and the Mari hills and nearby areas in Himachal Pradesh, India, from 3000 to 4500 meters altitude. It grows in shady and stony areas and among bushes and grasses.

Parts of the Plant Used: Shoots, leaves and roots.

Collection Time and After Treatment: Young shoots are collected in May and June when they are about four fingers tall and leaves are about to open. They are washed, roughly mashed and dried in shade avoiding fungus. Roots are gathered when new shoots grow. After removing mud, roots are washed, sliced into pieces and dried as above.

Taste and Potency: Tastes sweet and bitter with cool potency. Some physicians claim it has warm potency.

Medicinal Value: Is used as an emetic in case of bile and phlegm diseases. Heals sores, dries serous fluid, and cures old epidemic diseases and disorders arising from poisoning and wind disorders (Tib. *rlung* *nad*).
Tibetan: *Ru.ta*

**Botanical Name:** *Saussurea costus.*

**Locations:** Found in China, Nepal and Garsha and Spiti in Himachal Pradesh, India, at an altitude of 3700 and lower regions on sandy areas with changeable climate and humidity. It is also planted in some of these areas.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are gathered in September and October when the elemental energy moves down. They are dried either in the sun or in shade avoiding fungus. Outer skin of the dried roots is removed with a knife before being used for medicinal purposes. Roots have to be three years old before collecting.

**Taste and Potency:** Tastes acrid and bitter with oily, warm and sharp potency.

**Medicinal Value:** Treats disorders of wind and blood (Tib. *rlung.khrag 'thab.pa*), remedies gastric and abdominal distension due to diminished digestive heat, lung diseases and diphtheria, heals chronic sores. Treats concentrated bile and tumours, lowers disturbed fever, infectious diseases and pacifies life-sustaining wind (Tib. *srog.rlung 'joms.pa*).
Tibetan: *Ladakh Kas.tu.ri.kam*

**Botanical Name:** *Abelmoschus moschatus.*

**Locations:** Found in China, Myanmar, Nepal and Uttar Pradesh and West Bengal in India from 300 to 2000 meters altitude. It grows scantily amongst grasses and in and near fields in hot areas. However, it grows abundantly when cultivated.

**Parts of the Plant Used:** Seeds, leaves and roots.

**Collection Time and After Treatment:** Plant is collected in September to November when the seeds are ripe and dried. Seeds are separated from the dried plant by gently beating it and are further dried avoiding fungus. Or leaves are gathered in summer and roots in autumn season. Resin is extracted from leaves an roots for medicinal purposes.

**Taste and Potency:** Tastes bitter, sweet and astringent with cool potency.

**Medicinal Value:** Seeds stimulate the functioning of the nervous system, cure nervous disorders, mental depression, indigestion and general body debilitation. Powdered seed mixed with milk relieves itching when externally applied on the affected parts. Resin from roots and leaves remedies loss of reproductive fluids and venereal diseases.
Tibetan: *La La.phue*

**Botanical Name:** *Foeniculum vulgare mill.*

**Location:** Found in India, China, Europe and United States at altitude of 3000 meters and lower regions. It grows in the wild on both damp and dry places. It is more abundantly planted than being found in the wild.

**Parts used:** Seeds.

**Collection time, treatment and after care:** Planted is collected in October and November when seeds are ripe and thoroughly dried. The dried plant is put in a bag and beaten to separate the seeds. Fresh shoots, stems and roots can be cooked and consumed.

**Taste and potency:** Tastes sweet and acrid with warm potency.

**Medicinal Value:** Cures diseases associated with stomach, restores diminished digestive warmth, relieves pain, and cures intestinal disorders caused by worms and bacteria and loss of appetite. Roots are effective against pellicles on the eyes and leaves and stems are good for weak eye sight.
Tibetan: *La.phug*

**Botanical Name:** *Raphanus sativa* L.

**Location:** Generally found in most countries with at altitude of 4300 meters and lower regions. Easily grows in fields, vegetable gardens and other places.

**Parts used:** Root and seeds.

**Collection time, treatment and after care:** Leaves can be picked in summer and used for culinary preparations. Roots and seeds are gathered in autumn when the elemental energy moves down. They are either sliced into pieces or grated and dried in sun avoiding fungus. Seeds are gathered when ripe dried in the sun. In most cases roots are the roots are burnt which increase its medicinal value. Roots grown in Tibet have maximum medicinal value.

**Taste and potency:** Tastes sweet, acrid & slightly bitter with light & warm potency.

**Medicinal Value:** Restores diminished digestive warmth, cures tumour due to cold, chronic ailments and excessive sputum. Remedies dyspnoea, sores, eye infections, constipation, common cold and diseases caused by bacteria. Culinary preparations from fresh roots and leaves before the appearance of Canopus star in the sky, is extremely beneficial for low digestive warmth and imbalance of all three humors. Decoction prepared from the roots after the bubble treatment is highly effective for rheumatism and ear infection. Seeds taken with buttermilk help cure dropsy.
Tibetan: *Lug.ngal Karpo*

**Botanical Name:** *Pedicularis ingens makim.*

**Location:** Found in Tibet, Nepal, Bhutan and Sikkim in India from 2200 to 4500 meters high altitude. It grows in shady hillside forest, among grasses and along canals.

**Parts used:** Leaves, stems, flower and seeds.

**Collection time, treatment and after care:** The entire parts like leaves, stems and flower are collected from July to September. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and potency:** Tastes sweet with cool potency.

**Medicinal Value:** Is an antidote to poisoning and relieves swelling in the limps. Is effective in relieving severe pain due to wind disorders.
**Tibetan: Lug.ngal Serpo**

**Botanical Name:** *Corydalis denticulato-bracteata c. y. wu*

**Location:** Generally found in Tibet and other Himalayan mountains from 2800 to 4500 meters high altitude. It grows on hills and in valleys. It abundantly grows along fields in most parts of Tibet.

**Parts used:** Leaves, stems, flower and seeds.

**Collection time, treatment and after care:** The entire plant is collected from July to August. It is slightly mashed and dried completely in shade avoiding fungus.

**Taste and potency:** Tastes bitter with cool, blunt and rough potency.

**Medicinal Value:** Is an antidote to poisoning and relieves swelling in the limbs. Is excellent in relieving severe pain due to wind disorders and intestinal pain caused by worms and bacteria.
Tibetan: *Lug.ru Mar.po*

**Botanical Name:** *Pedicularis punctata.*

**Locations:** Found in Tibet, Nepal, Bhutan and Himachal Pradesh, Uttar Pradesh and Sikkim in India from 2800 to 4500 meters altitude on high, damp meadows and grassy areas and near water bodies.

**Parts of the Plant Used:** Flowers. Other parts except roots are also used.

**Collection Time and After Treatment:** The entire plant, except the roots, is collected in July and August. It is washed, mashed roughly and dried in shade avoiding fungus.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Concentrates and then lowers dispersed fever due to poisoning and treats meat poisoning. Remedies chronic gastro-intestinal diseases, nervous disorders and cancerous tumours.
Tibetan: *Lug.ru Ser.po*

**Botanical Name:** *Pedicularis longiflora.*

**Locations:** Found in Tibet, Pakistan, Nepal, Bhutan and Ladakh and Sikkim in India from 2700 to 44700 meters altitude. It grows on damp meadows near rivers, marshes, around springs and damp grassy areas.

**Parts of the Plant Used:** Flowers. Leaves, stems and seeds are also used.

**Collection Time and After Treatment:** Flowers are collected in July and August when in full bloom and dried in shade avoiding fungus. Or the entire plant, except the roots, is collected and dried after washing and mashing lightly.

**Taste and Potency:** Tastes sweet, bitter and astringent with cool and blunt potency.

**Medicinal Value:** Concentrates dispersed poison in the body and lowers fever arising from the sores. It dries serous fluid, cures water retention and helps increase sperm count.
Tibetan: *Lug.sho*

**Botanical Name:** *Oxyria digyna.*

**Locations:** Found in Tibet, Pakistan, China, Nepal and Sikkim, Ladakh and Himachal Pradesh in, India from 2300 to 5000 meters altitude. It grows on damp high meadows, marshes and small sandy islets in the rivers.

**Parts of the Plant Used:** The entire plant except roots.

**Collection Time and After Treatment:** Roots, leaves, flowers and seeds are collected in July and August. They are washed, mashed roughly and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet and sour with cool and coarse potency.

**Medicinal Value:** Lowers fever arising from sores and draws out dormant smallpox.
Tibetan: Lungtong

Botanical Name: *Sapindus mukorossii Gaertn.*

**Locations:** Found in Tibet, Nepal, China and India at an altitude of 2500 meters and lower regions. It grows on hot hillside, in forests, valleys and near human habitats. It is also cultivated in these regions.

**Parts of the Plant Used:** Fruit.

**Collection Time and After Treatment:** Seeds are collected from September to December, when fully ripe. They are dried at a moderate temperature. Avoid fungus while drying and storing.

**Taste and Potency:** Tastes astringent with mild potency.

**Medicinal Value:** Treats infectious diseases of horses, blockage of throat, diseases associated with seminal vesicle and defective reproductive fluid. Remedies incontinence and has contraceptive potency as well.
Tibetan: *Li.ga.dur*

**Botanical Name:** *Geranium pratense*.

**Locations:** Found in Tibet, Afghanistan, Nepal, Bhutan, Myanmar and Sikkim and Himachal Pradesh in India, from 2000 to 3700 meters altitude. It grows in topsoil in forests, bushes, amongst tall grasses.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in August and September when the elemental energy moves down. After minute rootlets and outer skin are removed roots are sliced into pieces and dried in shade. Avoid fungus while drying and storing.

**Taste and Potency:** Tastes astringent, sweet and acrid with cool potency.

**Medicinal Value:** Remedies epidemic diseases and lowers lung fever, and cures liver and nervous disorders. Is an antidote to poison and relieves swelling of limbs.
Tibetan: *Li.shi*

**Botanical Name:** *Syzygium aromaticum/Eugenia aromaticum baill.*

**Location:** Found in Sri Lanka, Malaysia, India, China and other countries on hot low altitude hills and plains. It grows in the wild among bushes and is also planted in these regions.

**Parts used:** Seeds.

**Collection time, treatment and after care:** Seeds are gathered when fully ripe and are dried in the sun avoiding fungus.

**Taste and potency:** Tastes acrid with oily and warm potency.

**Medicinal Value:** Treats diseases associated with life channel, wind disorders, indigestion, loss of appetite, asthma and excessive hiccups. Restores diminished warmth of liver and stomach, treats nausea, vomiting, rheumatism and dysentery due to cold.
Tibetan: Shang.dril Ser.po

Botanical Name: *Primula sikkimensis*.

Locations: Found in Tibet, Nepal, Bhutan, China and Sikkim in India from 3000 to 4500 meters altitude. It grows on high meadows, near rivers and amongst grasses and bushes.

Parts of the Plant Used: Flowers.

Collection Time and After Treatment: Flowers are gathered in July and August when in full bloom. After whitish powder on petals is washed, flowers are slightly mashed and dried in shade avoiding fungus.

Taste and Potency: Sweet and bitter tastes with cool potency.

Medicinal Value: Treats vascular diseases and controls blood fever. Is particularly effective against fever and diarrhoea in children.
Tibetan: *Shing.tsha*

**Botanical Name:** *Cinnamomum cassia presl.*

**Location:** Found in Dzayul, Poyul and Nyanang regions of Tibet, India, China, Myanmar and Bhutan at altitude of 2500 meters lower regions in forests. It is also planted in regions with warm climate.

**Parts used:** Bark.

**Collection time, treatment and after care:** The bough is collected either in spring or in autumn. Dirt is cleaned and the bark is dried in the sun avoiding fungus.

**Taste and potency:** Tastes acrid, sweet and astringent with oily, warm and light potency.

**Medicinal Value:** Cures cold disorders and wind disorders of liver and stomach, helps generate digestive heat and enhances digestion. Promotes appetite, remedies dysentery due to cold, wind disorders and drains serous fluid from the lungs. Also relieves pain in the joints and pain associated with menstruation, cures rheumatism and relieves shivering due to extreme cold and high fever.
Tibetan: *Shu.dak Nag.po*

**Botanical Name:** *Acorus calamus* L.

**Locations:** Found around Lhasa, Mingling, Nyingtri, Dzayul and Markham regions of Tibet, Pado in Bhutan and Sikkim and Himachal Pradesh in India at altitude of 3500 meters and lower. It grows abundantly in stagnant water, marshes and near springs and rivers.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in September and October when the elemental energy moves down. After small rootlets and mud are cleaned, roots are sliced into pieces and dried in the sun. Avoid fungus while drying and storing.

**Taste and Potency:** Bitter and acrid tastes with warm and sharp potency.

**Medicinal Value:** Treats indigestion due to lack of digestive heat, low bodily heat and imbalanced bodily constituents. It remedies diphtheria, quinsy, common cold, gangrene and the accumulation of serous fluid in joints. Heals amnesia, wind diseases (*Tib. rlung.nad*) and rheumatism. Roots also cure diseases due to poisoning, and diarrhoea and are particularly effective in cases of pestilential fever.
Tibetan: *Shu.mo.sa*

**Botanical Name:** *Trigonella foenum.*

**Locations:** Commonly found in most countries at 3800 meters and lower altitude regions. It can also be easily propagated in the fields and gardens.

**Parts of the Plant Used:** Seeds. Leaves. flowers and stems can also be used.

**Collection Time and After Treatment:** The plant is collected from September to November when seeds are ripe and dried in the sun. Seeds are separated from the dried plant and used for medicinal purposes. Or the entire plant can be collected in July and August when flowers and leaves are in full foliage. It is mashed slightly and dried either in the sun or in shade avoiding fungus. Leaves can be used for culinary preparations and seeds are used as spice.

**Taste and Potency:** Bitter and acrid tastes with warm, heavy and oily potency.

**Medicinal Value:** Cures suppuration in lungs, diarrhoea of a cold nature, wind (Tib. *rlung.nad*) and phlegm disorders. Restores diminished kidney heat and treats diabetes and loss of appetite.
Tibetan: *Shug.pa Tser.chen*

**Botanical Name:** *Juniperus squamata*.

**Locations:** Found in Tibet, Nepal, Sikkim and Garsha and other places in Himachal Pradesh, India, from 2800 to 4000 meters altitude. It grows on high rocky hillsides and amongst bushes. It is also planted in countries like Holland in the gardens.

**Parts of the Plant Used:** Seeds and leaves.

**Collection Time and After Treatment:** Leaves are gathered in June and August. They are washed, roughly mashed and dried in shade avoiding fungus. Medicinal value is maximum if a concentrated decoction is prepared from the roots. Seeds are collected when ripe and dried as above.

**Taste and Potency:** Bitter and astringent with cool potency.

**Medicinal Value:** Reduces fever in lower parts of the body like kidneys and remedies quinsy, common cold and diphtheria. Seeds are an excellent health tonic.
Tibetan: Sho.mang

Botanical Name: Rumex sp.

Locations: Found in almost all countries at an altitude of 4300 meters and lower regions. It grows near water bodies, fields, roadsides, amongst grasses and marshy areas.

Parts of the Plant Used: Roots.

Collection Time and After Treatment: Roots are gathered in September and October when the elemental energy moves down. They are washed, sliced into pieces and dried avoiding fungus.

Taste and Potency: Tastes sweet and bitter with cool potency.

Medicinal Value: Subside fever arising from the sores, relieves swelling and diphtheria. Kills worms, treats diseases arising from poisoning, purifies blood and remedies constipation.
Tibetan Name: *Salu Jang.pa* or *Tsa.wa Shu.da Kar.po*

**Botanical Name:** *Iris laevesgate.*

**Location:** Found in hills around Manali in Himachal Pradesh in India at altitude of 2500 meters and lower regions on hillsides, canyons and among bushes. It is also planted in gardens in these areas.

**Parts used:** Roots.

**Collection time, treatment and after care:** Roots are collected from August to October when the elemental energy moves down. After mud and small rootlets are removed, roots are cut into pieces and dried either in the sun or shade avoiding fungus.

**Taste and potency:** Tastes acrid and bitter with coarse and warm potency.

**Medicinal Value:** Cures disease caused by worms and relieves abdominal spasm. When applied on sores it heals them and enhances growth of new skin. Paste prepared from powdered roots with mutton fat when applied on the burns is highly effective. Since Tibetan Medical Institute in Dharamshala uses it in place of Acorus calamus L. Is also a good tonic, sharpens mental faculties and acts as antidote to poison. Used as an item in religious rituals.
Tibetan: *Sug.pa Lug.sug*

**Botanical Name:** *Silene sp.*

**Locations:** Found in most countries from 1800 to 3500 meters altitude. It grows on meadows, amongst grasses and bushes, stony areas, roadsides and other wild areas. I have also seen it growing in Holland.

**Parts of the Plant Used:** Roots.

**Collection Time and After Treatment:** Roots are collected in August and September when the elemental energy moves down. Roots are washed, sliced into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Tastes acrid and bitter with cool and sharp potency.

**Medicinal Value:** Treats deafness, nasal blockage and gives instant results in cases of severe constipation when used as an enema. Is an excellent agent in washing woollen carpets and clothes.
Tibetan: Sugmel

Botanical Name: *Elettaria cardamomum*

**Location:** Found in Indonesia, Sri Lanka, Sikkim, Nepal, India and other countries at altitude of 2000 meters and lower regions. Although it grows in the wild, it is more widely planted in these regions.

**Parts used:** Seeds. Shells are also used.

**Collection time, treatment and after care:** It is collected in September and October when seeds are fully ripe. Seeds are dried in the sun avoiding fungus and used. It is one of the six superior medicinal plants (Tib. bzang po drug).

**Taste and potency:** Tastes sweet, acrid and slightly astringent with warm, sharp and neutral potency.

**Medicinal Value:** Cures cold diseases in general and is particularly effective against weak and diminished warmth of kidneys, dysuria, and poor digestive warmth and restores physical strength.
Tibetan: *Se.wa Dri.den*

**Botanical Name:** *Rosa sp.*

**Locations:** Found in most places in Tibet, Myanmar, Nepal, China and Darjeeling and Himachal Pradesh in India from 2500 to 4500 meters altitude. It grows on dry hillsides, canyons and between large boulders.

**Parts of the Plant Used:** Flowers. Sometimes fruits are also used.

**Collection Time and After Treatment:** Flowers (i.e. white petals with yellowish tinge) are collected in April when in full bloom. Petals are cleaned and dried in shade avoiding fungus. Ripe fruit is collected, cleaned, roughly mashed and dried as above.

**Taste and Potency:** Tastes sweet, sour and slightly astringent with cool, heavy and oily potency.

**Medicinal Value:** Relieves nausea and headache due to fever of bile and disorders due to increased wind like stress and tension (Tib. *rlung 'pha.ba*). Flowers remedy imbalance of phlegm-bile, coughing and vascular diseases. The fruit cures eye diseases and rejuvenates bodily strength.
Tibetan: *Se.wai Me.tok* (Rig-zhen)

**Botanical Name:** *Rosa brunonii.*

**Locations:** Found in China, Myanmar and Sikkim. Darjeeling, Himachal Pradesh and Kashmir in India from 800 to 2400 meter altitude. It grows in warm forests, amongst bushes, near human habitats and roadsides. It is also planted in herbal gardens in Europe.

**Parts of the Plant Used:** Flower petals.

**Collection Time and After Treatment:** White petals are collected in April and May when the flower is in bloom. They are cleaned and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet, sour and slightly astringent with cool, heavy and oily potency.

**Medicinal Value:** Relieves nausea and headache due to fever of bile and disorders due to increased wind like stress and tension (Tib. *tlung 'pha.ba*). Flowers remedy imbalance of phlegm-bile, coughing and vascular diseases.
Tibetan: *Sin.dru*

**Botanical Name:** *Punica granatum.*

**Locations:** Found in Dzo-gang, Markham and Tshawa-rong regions of Tibet, Nepal and Shimla in Himachal Pradesh, India, from 700 to 2700 meters altitude. It grows on hillsides, plains and especially near warm fields, human habitats and roadsides. It is also planted in regions with a warm climate.

**Parts of the Plant Used:** Seeds and fleshy fruit. Bark is also used.

**Collection Time and After Treatment:** Fruit is collected in September and October when fully ripe. Thin hard outer skin is removed and seeds and fleshy part are gathered. They are dried in the sun avoiding fungus. In case the outer cover is not removed, fruits have to be washed, cut into pieces and dried as above. It can be eaten raw.

**Taste and Potency:** Tastes sweet and sour with warm and oily potency.

**Medicinal Value:** Treats diseases associated with stomach, weak digestive heat, loss of appetite and poor metabolism. Is an excellent agent to remedy diarrhoea of a cold nature and cold phlegm disorders. The outer skin of the fruit kills worms, remedies diarrhoea, anal prolapse, excessive white discharge, loss of reproductive fluids and bleeding.
Tibetan: Se.goe

Botanical Name: *Rosa webbiana*.

Locations: Found in Tibet, Nepal, Pakistan and Himachal Pradesh in India from 1700 to 4000 meters altitudes. It grows on warm hillsides, forests, canyons, valleys and near river sides.

Parts of the Plant Used: Fruit and middle layer of skin.

Collection Time and After Treatment: The middle layer of skin (Tib. se.rgod kyi bar.shün) between the bark and inner flesh is gathered in April and May. It is dried in a cool place. Fruit is collected in September and October and dried as above after cleaning. Avoid fungus while drying and storing.

Taste and Potency: Middle layer of skin has bitter and astringent tastes. Fruit tastes sweet and astringent. Middle skin has cool and the fruit has mild potency.

Medicinal Value: The middle layer of skin treats diseases caused by dispersed poison in the body and diseases caused by serous fluid. Relieves swelling and pain in the limbs. The fruit lowers fever due to poisoning and treats food poisoning and is effective against infectious fever accompanied by wind (Tib. rim.tshad rlung.ldan). Also lowers fever of liver and bile.
Tibetan: **Se.goe (Rig.zhen)**

**Botanical Name:** *Ribes orientale.*

**Locations:** Found in Tibet, Nepal, Bhutan, Afghanistan, Greece and Ladakh and Himachal Pradesh in India from of 2000 to 4000 meters altitude. It grows on slightly dry rocky hills, stony areas and amongst bushes.

**Parts of the Plant Used:** Fruit and middle layer of skin.

**Collection Time and After Treatment:** The middle layer of skin (Tib. *se.rgod kyi bar.shun*) between bark and inner flesh is gathered in April and May. It is dried in a cool place avoiding fungus. Fruit is collected in September and October and dried as above after cleaning.

**Taste and Potency:** Middle layer of skin has bitter and astringent tastes. Fruit tastes sweet and astringent. Middle layer of skin has cool and the fruit has mild potency.

**Medicinal Value:** The middle layer of skin treats diseases caused by dispersed poison in the body and diseases caused by serous fluid. Relieves swelling and pain in the limbs. The fruit lowers fever due to poisoning and treats food poisoning and is effective against infectious fever accompanied by wind. Also lowers fever of liver and bile.
Tibetan Name: *Seng.deng* (*Sum.seng.deng*)

**Botanical Name:** *Acacia catechu (L.) willd.*

**Location:** Found in China, Nepal and most of the places in India at altitude of 1800 meters and lower regions on hot climate hills and plains.

**Parts used:** Stems and thin branches.

**Collection time, treatment and after care:** Stems are collected either in autumn or in spring. After removing the bark, stems are cut into pieces and dried either in the sun or in shade avoiding fungus. Or stems and thin branches are collected together and dried as above. A concentrated decoction is prepared from them.

**Taste and potency:** Tastes astringent and bitter with cool potency.

**Medicinal Value:** Controls proliferation of impure blood and dries serous fluid. It is especially effective against accumulation of serous fluid in joints of the limps, treats leprosy and relieves severe pain arising from blood disorders.
Tibetan: So.ma.ra.dza

Botanical Name: *Psoralea corylifolia*.

Locations: Found in Myanmar, Sri Lanka, Nepal, Pakistan, China and India at an altitude of 1500 meters and lower regions. It grows in wild hot grassy land and roadsides. It is also widely cultivated in hot fertile areas.

Parts of the Plant Used: Roots, leaves and seeds. Mainly seeds are used.

Collection Time and After Treatment: The entire plant is collected from September to December and dried. Seeds are gathered from the dried plant and are further dried avoiding fungus. Oil is extracted from seeds and is used for medicinal purposes. A paste of powdered seeds mixed with milk or one’s urine can be applied to white patches on the skin (?) three times a day with good results.

Taste and Potency: Tastes astringent, bitter and slightly acrid with hot potency.

Medicinal Value: Treats leucorrhoea, leprosy, skin disease caused by parasites, fungal infection of the skin and dries serious fluid. Acts as an aphrodisiac, controls excessive perspiration and cures diabetes. Paste of the powdered seeds when applied externally on discoloured skin can be extremely effective.
Tibetan: *Sog.ka.pa*

**Botanical Name:** *Capsella bursa-pastoris* Linn. *Medkus.*

**Locations:** Found in most countries at an altitude of 4300 meters and lower regions. It grows on roadsides, in and around fields, on walls and near canals.

**Parts of the Plant Used:** Seeds. Leaves, flowers and stems are also used.

**Collection Time and After Treatment:** Seeds are collected in August and September when fully ripe and dried. Or the entire plant is collected, washed cleanly, mashed slightly and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet and acrid with cool, heavy and oily potency.

**Medicinal Value:** Remedies vomiting, treats vascular diseases, cures water retention due to kidney fever and stops bleeding.
**Tibetan: Sad.ngon**

**Botanical Name:** *Oxytropis lapponica*

**Location:** Found in Tibet, Pakistan and Kashmir and Himachal Pradesh in India from 2300 to 4500 meters high altitude. It abundantly grows on cool rocky hills and edges of sandy and stony places.

**Parts used:** Roots, leaves, stems, flower and seeds.

**Collection time, treatment and after care:** The entire plant is collected in July and August. It is cleaned, roughly mashed and dried in shade avoid fungus.

**Taste and potency:** Tastes sweet and astringent with heavy and dry potency.

**Medicinal Value:** Cures oedema and dropsy of internal organs and is highly effective against sores.
Tibetan: Sin.shing Nyi.mai Dre.bu

Botanical Name: *Jasminum grandiflorum* Linn.

Locations: Found in China, Nepal, Europe, and Himachal Pradesh and Kashmir in India, at an altitude of 2500 meters and lower regions. It grows in forests and amongst grasses and bushes.

Parts of the Plant Used: Seeds.

Collection Time and After Treatment: Seeds are collected from July to September when fully ripe. They are washed and dried in the sun avoiding fungus.

Taste and Potency: Sweet and astringent with warm and mild potency.

Medicinal Value: Cures diseases caused by worms and sinusitis, dries serous fluid and restores weak digestive heat.
Tibetan: Sub.ka

Botanical Name: Anemone rivularis.

Locations: Found in Tibet, Nepal, Bhutan and Himachal Pradesh in India from 1700 to 4200 meters altitude. It grows on hillsides, valleys, forests, near canals, roadsides and along fields.

Parts of the Plant Used: Seeds.

Collection Time and After Treatment: Seeds are gathered in August and September when fully ripe. They are dried in the sun avoiding fungus.

Taste and Potency: Tastes astringent and very acrid with warm potency.

Medicinal Value: Cures gangrene, restores weak bodily heat and digestive heat and relieves severe pain. Treats poisonous snake bites, tumours of a cold nature and dries serous fluid.
**Tibetan: Le.tre**

**Botanical Name:** *Tinospora cordifolia.*

**Locations:** Found in Poyul, Metok Dzong in Tibet, Nepal and India (abundantly found in Delhi) at an altitude of 1200 meters and lower altitude. It grows in hot, slightly humid forests, and leaning against walls. It can easily be grown when planted in hot areas.

**Parts of the Plant Used:** Stems and branches.

**Collection Time and After Treatment:** Stems and branches are collected either in spring or in autumn. After the outer skin is removed, stems are cut into pieces and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet, bitter, astringent and acrid with cool and oily potency.

**Medicinal Value:** Remedies disorders of bile, wind and phlegm, and diseases accompanied by wind and fever and lowers unripe fever. Is extremely effective in treating gout and premature aging due to diminished bodily constituents.
Tibetan: So.ma Nag.po

Botanical Name: *Cannabis sativus Linn.*

**Locations:** Found mainly in eastern countries, especially in India, at an altitude of 3900 meters and lower regions. It grows along roadsides, near rivers, among bushes and stony areas. It is also found in Europe and the plant that grows in Holland has especially high medicinal value. The black substance obtained when the leaves are rubbed between the hands is smoked as a narcotic. However, such actions are habit forming and are also injurious to health.

**Parts of the Plant Used:** Seeds. Leaves and thin stems are also used.

**Collection Time and After Treatment:** Seeds are collected in August and September when fully ripe. Thin stems are collected in July and August. They are washed, roughly mashed and dried in a cool place avoiding fungus.

**Taste and Potency:** Sweet taste with mild potency.

**Medicinal Value:** Is a health tonic and rejuvenates bodily strength. Acts as an aphrodisiac and helps penile erection, improves eyesight, remedies wind disorders and constipation. Also treats insomnia, relieves severe pain and controls cancer.
Tibetan: *Solo Sug.dra*

**Botanical Name:** *Cheiranthus younghusbandii prin.*

**Location:** Found in Tibet and other Himalayan regions at altitude of 4500 meters and above. Grows on high dry rocky hills and on snow lines.

**Parts used:** Roots. But leaves, stems, flower and seeds are also used.

**Collection time, treatment and after care:** Roots are gathered in September when leaves and stems wither. They are washed, cut into pieces and dried in shade avoiding fungus. Or the entire plant is collected together. It is lightly mashed and dried as above.

**Taste and potency:** Tastes sweet, astringent and acrid with cool and oily potency.

**Medicinal Value:** Lowers lung fever, remedies excessive coughing, bleeding from the lungs due to rapture of veins and dries serous fluid in the limps. Also lowers fever in upper part of the body and disturbed fever.
Tibetan: *Ser.gyi Phud.bu*

**Botanical Name:** *Luffa cylindria L.*

**Location:** Found in Tibet, Nepal and most of the regions in India with low altitude and hot climate. It grows clinging to trees and bushes.

**Parts used:** Seeds.

**Collection time, treatment and after care:** Fruit is collected from September to January when it turns dark-brown. It is dried and the black seeds are taken out and further dried in shade avoiding fungus. When used as emetic seeds are powdered and boiled in a cup of water till water dries to one-third. It is taken empty stomach followed by two cups of boiled water or light black tea. It takes effect in about one hour.

**Taste and potency:** Tastes bitter with cool and rough potency.

**Medicinal Value:** Is an emetic and drains out diseases caused by poisoning and disorders of bile and phlegm. Cures diseases caused by serous fluid. headache due to bile and phlegm. nausea, halitosis. drowsiness and stomach distension accompanied by loss of appetite.
Tibetan: *Ser.gyi Me.tok*

**Botanical Name:** *Herpetospermum pedunculosum.*  
**Locations:** Found in Tibet, Nepal and Darjeeling, Kalimpong, Sikkim and Himachal Pradesh in India from 1700 to 3600 meters altitude. It grows supported by bushes and other plants. It can also be cultivated.

**Parts of the Plant Used:** Seeds and flower. Husks of the seeds are also used.

**Collection Time and After Treatment:** Seeds are collected from September to November when ripe but unopened. They are dried in shade avoiding fungus. Flowers are gathered in July and August and dried as above.

**Taste and Potency:** Bitter taste with cool, sharp and coarse potency.

**Medicinal Value:** Lowers fever due to spilling of bile into the large intestine and fever of the bile. Husks from the seeds remedy haemorrhoids.
Tibetan: Ser.tik

Botanical Name: Saxifraga parnassifolia.

Locations: Found in Bhutan, Nepal and Uttar Pradesh and Himachal Pradesh in India from 1700 to 4500 meters altitude. It grows scattered on slightly humid grassland, bushes and roadsides.

Parts of the Plant Used: Flowers, leaves and seeds.

Collection Time and After Treatment: Flowers, leaves and seeds are collected in July and August. They are washed, roughly mashed and dried in shade avoiding fungus.

Taste and Potency: Bitter taste with cool and coarse potency.

Medicinal Value: Treats disorders of bile and phlegm and reduces pestilential fever. The decoction cures fresh pestilential fever and relieves severe headache.
Tibetan: *Ser.je* *Yug.pa* or *Yug.pai* *Ser.je*

**Botanical Name:** *Verbascum thapsus* *L.*

**Locations:** Found in Tibet, Nepal, Afghanistan and most European countries at an altitude of 4000 meters and lower regions. It grows on stony roadsides and near fields. I noticed it growing in Holland as well. The one that is planted in Kew Gardens in London, England, is tall and leafy.

**Parts of the Plant Used:** Seeds. But the entire plant, except the roots, can be used.

**Collection Time and After Treatment:** The plant is collected in September, or when the seeds are ripe and dried. Seeds are gathered from the dried plant and are further dried in shade. Or the entire plant is collected in July and August. It is washed, roughly mashed and dried in the shade. Avoid fungus while drying and storing.

**Taste and Potency:** Tastes bitter and astringent with cool and coarse potency.

**Medicinal Value:** Remedies fever of the lungs, excessive bleeding from wounds, sprains, rashes and abscesses, water retention and lowers fever due to poisoning.
Tibetan: Hong.len.chok

Botanical Name: Picrorhiza kurrooa Royle ex Benth.

Locations: Found in Pakistan, Nepal, Bhutan and Sikkim and Uttar Pradesh in India from 3200 to 5000 meters altitude. It grows on slightly damp rocky hills and their base, amongst bushes on high hills and hillsides facing north.

Parts of the Plant Used: Roots. But leaves, flower and stems and seeds are also used.

Collection Time and After Treatment: Roots are collected in August and September when the elemental energy moves down. After minute rootlets and mud are removed, the roots are sliced into pieces and dried in shade avoiding fungus. Or the entire plant is gathered in August and dried as above.

Taste and Potency: Tastes bitter and astringent with cool and coarse potency.

Medicinal Value: Cleanses impure blood. remedies increased bile in blood and lowers fever of the five vital organs. Acts as an antidote to poisoning. relieves abdominal spasm and muscular spasm.
Tibetan: *Hong.len Men.pa*

**Botanical Name:** *Lagotis cashmeriana.*

**Locations:** Found in Tibet, Nepal and Ladakh, Sikkim and Himachal Pradesh in India from 3800 to 5500 meters altitude. It grows on high meadows, edges of rocky hills and sandy river sides.

**Parts of the Plant Used:** Roots. But leaves, flower, stems and seeds are also used.

**Collection Time and After Treatment:** Roots are collected in August and September when the elemental energy moves down. After minute rootlets and mud are removed, roots are sliced into pieces and dried in shade avoiding fungus. Or the entire plant is gathered in August and dried as above.

**Taste and Potency:** Tastes bitter and astringent with cool and coarse potency.

**Medicinal Value:** Cleanses impure blood, remedies increased bile in blood and lowers fever of the five vital organs. Acts as an antidote to poisoning, relieves abdominal spasm and muscular spasm.
Tibetan: *Lha.shug*

**Botanical Name:** *Cupressus torulosa D. Don.*

**Locations:** Found in Tibet, Nepal and Himachal Pradesh in India from 1000 to 3300 meters altitude. It grows on dry hillsides, forests and roadsides. It is also planted in gardens, parks and near houses as decorative a plant.

**Parts of the Plant Used:** Leaves and seeds.

**Collection Time and After Treatment:** Leaves are gathered in June and July. They are washed, roughly mashed and dried avoiding fungus. Seeds are gathered from July to September when ripe and dried as above.

**Taste and Potency:** Bitter taste with cool potency.

**Medicinal Value:** Leaves are used to prepare herbal baths and hence treat rigid and constricted limbs, soften the skin and draw serous fluid out of the body. Seeds remedy dysuria, constipation, illnesses associated with menstruation, lower fever of lungs, kidneys, liver, spleen and fever of hollow organs. They treat diseases associated with urinary bladder, frequent urination, dries serous fluids in the joints and help absorb nutritional essence. Seeds treat excessive perspiration, ease mental and physical tensions, and restores weak heart and spleen and the water element in the body.
Tibetan: Abhi.sha Men.pa

Botanical Name: *Fritillaria royeli*.

Locations: Found in Tibet and the Himalayan ranges, Nepal and Sikkim from 4000 to 5500 meters altitude. It grows on cool high meadows, amongst juniper tree, grasses and other bushes, and edges of rocky hills and meadows.

Parts of the Plant Used: Roots.

Collection Time and After Treatment: Roots are collected in August and September when the elemental energy moves down. After rootlets are removed, roots are washed and dried in a cool place avoiding fungus.

Taste and Potency: Tastes sweet and slightly bitter with cool potency.

Medicinal Value: Heals fractured bones, cranial bones, lowers fever arising from poisoning and prevents excessive flow of menstruation.
Tibetan: *Aru. ra*

**Botanical Name:** *Terminalia chebula.*

**Locations:** Found in India, Nepal, Myanmar and China from 500 to 1700 meters altitude in forests. It is also cultivated in these regions.

**Parts of the Plant Used:** Fleshy part of fruit. Kernel is used to prepare creams for external use.

**Collection Time and After Treatment:** The fruit is collected in November and December when fully ripe and dried either in the sun or in shade avoiding fungus. Fleshy part is used for medicinal purposes.

**Taste and Potency:** Tastes astringent, sweet and slightly sour with mild potency.

**Medicinal Value:** Although it treats most diseases, it is most effective against triple disorders due to imbalance in all three humors of wind (*rlung*), bile (*mkhris.pa*) and phlegm (*bad.kan*). Lowers fever of blood, reduces infection and heals sores.
Tibetan: *A.dree*

**Botanical Name:** *Mangifera indica.*

**Locations:** Found in most tropical countries of Asia, including India, from 300 to 1500 meters altitude. It grows in hot low plains, forests, roadsides and near human habitats. It is widely cultivated in these regions.

**Parts of the Plant Used:** Kernel.

**Collection Time and After Treatment:** Mangoes are collected from April to June when fully ripe. Fleshy part of fruit is consumed and the inner is dried in the sun. Kernel inside the bone is gathered. It is parched in the sand before being used for medicinal purposes. Or the kernel is taken out, cut into pieces and dried in the sun. Since it is very prone to fungus and insects, extra care needs to taken in drying and storing.

**Taste and Potency:** Tastes sweet, sour and slightly astringent with warm potency.

**Medicinal Value:** Restores loss of kidney heat and cures general debility of the kidneys.
Tibetan: *Upal Ngon.po*

**Botanical Name:** *Meconopsis sp.*

**Locations:** Found around Phagri, Lhasa, Kongpo and Derge regions of Tibet, Bhutan and Sikkim from 3700 to 5000 meters altitude. It grows on high hills facing north, edges of meadows and rocky hills, among bushes and grasses and near water bodies. It has many species growing in variety of natural habitats. I have seen it planted in Kew Gardens in London, England.

**Parts of the Plant Used:** Flower. However, due to its scarcity stems, seeds and leaves are also used.

**Collection Time and After Treatment:** Flowers are gathered in June and July when in full bloom and dried in shade avoiding fungus. Or flowers, leaves and stems are collected in July and August. They are washed, roughly mashed and dried in shade.

**Taste and Potency:** Sweet and bitter tastes with cool and heavy potency.

**Medicinal Value:** Lowers fever of the lungs, bile, and liver and treats almost all the diseases associated with fever. Also cures tonsillitis, ascites associated with infection and oedema.
Tibetan: *Upal Ser.po*

**Botanical Name:** *Meconopsis sp.*

**Locations:** Found in Tibet, Nepal, Bhutan, Sikkim and Darjeeling in India from 3000 to 4900 meters altitude. It grows on hillside meadows, rocky hills, amongst bushes, edges of meadows and rocky hills and near ruins of animal shelters.

**Parts of the Plant Used:** Flower. But leaves, seeds and stems are also used.

**Collection Time and After Treatment:** Flowers are gathered in July when in full bloom. Or leaves, stems and flowers are gathered together. They are washed, roughly mashed and dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet with cool potency.

**Medicinal Value:** Lowers fever of the lungs, bile, and liver and treats almost all the diseases associated with fever. Also cures tonsillitis, ascites associated with infection and oedema. Is particularly effective against vomiting of gastric mucus due to weak stomach (Tib. *pho.wai bad.kan*).
Tibetan: *Upal Mar.po*

**Botanical Name:** *Meconopsis sp.*

**Locations:** Found in the hills of Tso.nyon and Kham in Tibet, in Bhutan and Darjeeling in India from 3200 to 3800 meters altitude. It grows on shady meadows, margins of rocky hills and among bushes and grasses.

**Parts of the Plant Used:** Flowers.

**Collection Time and After Treatment:** Flowers are collected in June and July when in full bloom. They are dried in shade avoiding fungus.

**Taste and Potency:** Tastes sweet and astringent with cool potency.

**Medicinal Value:** Lowers fever of the lungs, bile, and liver and treats almost all the diseases associated with fever. Also cures tonsillitis, ascites associated with infection and oedema, and is particularly effective in treating blood disorders.
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This book, containing nearly three-hundred medicinal plants, was compiled based on a wealth of botanic and medical references, so that ordinary people can easily identify and use them in their daily lives. Avoiding technical complexities, each plant is identified and presented in seven sections.

Tibetan Name
Botanical Name
Locations
Parts of the Plant Used
Collection Time and After Treatment
Taste and Potency, and
Medicinal Value

"Dr. Tenzin Dakpa's new title *Tibetan Medicinal Plants: An Illustrated Guide to Identification and Practical Use* is an important work. It is without doubt that this book will be of immense value to those who have an interest to learn and do research in Tibetan medicinal plants."

Dr Dawa, Director, Tibetan Medical & Astro. Institute