

<https://doi.org/10.46344/JBINO.2020.v09i06.26>

ETHNOMEDICINAL PLANTS USED AGAINST GASTROINTESTINAL DISORDERS IN NEPAL. A REVIEW

Ratna Silwal Gautam^{1*}, Sudha Joshi Shrestha², Ila Shrestha³

^{1,2,3} Department of Botany, Patan Multiple Campus, Tribhuvan University, Kathmandu Nepal

Email : silwalratna@gmail.com

ABSTRACT

The gastrointestinal disorders that occur in the gastrointestinal tract are of common prevalence in human beings. Traditionally used medicinal plants play vital role in curing the various disorders of the body. The present study was carried out to find the ethnomedicinal plants used for the treatment of gastrointestinal disorders in human beings. A total of 289 ethnomedicinal plant species belonging to 229 genera representing 101 families are documented from west Nepal to east Nepal. Local people in different districts of the country are using the ethnobotanical plants in the treatment of gastrointestinal problems such as cholera, diarrhoea, dysentery, gastritis, constipation, to kill worms and to increase appetite. On the basis of number of citation, *Zanthoxylum armatum*, *Aegle marmelos*, *Berginia ciliata*, *Cannabis sativa*, *Chenopodium album*, *Cinnamomum tamala*, *Cynodon dactylon*, *Cyperus rotundus*, *Drymaria cordata*, *Mangifera indica*, *Melia azadirchta*, *Oxalis corniculata*, *Plantago major*, *Rubus ellipticus*, *Syzygium cumini*, *Woodfordia fruticosa*, and *Zingiber officinalae* were found important ethnomedicinal plants used in the treatment of gastrointestinal disorders. As the knowledge about the usage of the ethnomedicinal plants are eroding, proper documentation and conservation of such plants and traditional ethnomedicinal knowledge of local people is needed.

Key words: Genera; Conservation; Constipation; Treatment; documentation.

INTRODUCTION

People residing in rural areas have a close association with the natural resources of their surrounding and possess hands-on knowledge about various uses of the plants and plant parts around them. The ethnic communities have significant knowledge on utilization of plants and plant parts and there is a long tradition of transferring this indigenous knowledge from generation to generation (Acharya and Acharya, 2009). Plants are the primary health care resource in many communities around the world (Bannerman *et al.*, 1983). Of the 75,000 plants used in different systems of medicine, more than 20,000 species of higher plants are used in the traditional treatment practices of indigenous cultures living around the world (Ved Prakash, 1998). In Nepal, about 80% of the rural communities depend upon herbal plants as medicine for their primary primary health care (Ghimire *et al.*, 1999). It is estimated that about 1700 species of the plants are utilized by different ethnic groups in Nepal to meet their primary healthcare needs (Rawal, 2004). Nepal is rich in both traditional knowledge as well as natural resources (Koirala *et al.*, 2009). Documentation of ethnomedicinal use of plants has been considered a high priority to support the discovery of new drugs to

benefit mankind (Ghimire and Bastakoti, 2009). Gastrointestinal disorders are the any condition or disease that occurs within the gastrointestinal tract of the body and have a high prevalence in human beings. The important gastrointestinal problems are diarrhea, dysentery, gastritis, constipation and parasites (Kasper *et al.*, 2005). Use of ethnomedicinal plants to cure gastrointestinal disorders is still common in many ethnic communities in developing country like Nepal. The present study aimed to document the ethnomedicinal plants used in the treatment of gastrointestinal disorders in human beings, their mode of use and frequency index of those plants.

Life forms of ethnomedicinal plants used in gastrointestinal disorders

Altogether 289 species of ethnomedicinal plant species from 101 families and 229 genera are documented from Nepal (Table 1). Regarding the life forms, out of the 289 species, 24 species (9%) are climbers, 148 species (51%) are herbs, 44 species (15%) are shrubs and 73 species (25%) are trees (Figure 1; Table 1). Among them, 96% (278 spp.) of the total recorded ethnomedicinal plants used to treat gastrointestinal disorders are angiosperms (240 spp. of dicots & 38 spp. of monocots), 2% are gymnosperms and remaining 2% are pteridophytes (Figure 2).

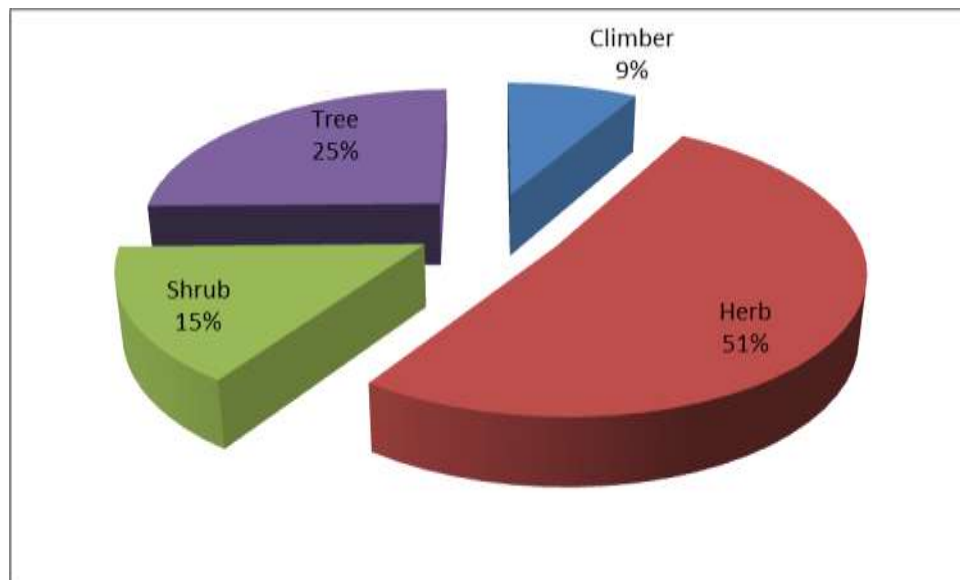


Figure 1. Life forms of ethnomedicinal plants

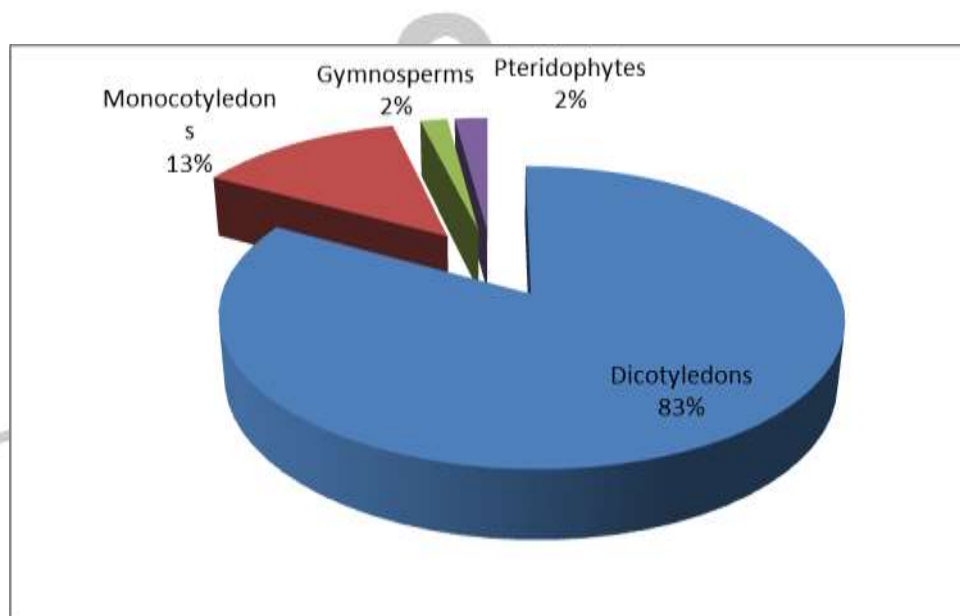


Figure 2. Types of ethnomedicinal plants

Families of ethnomedicinal plants used in gastrointestinal disorders

51 families are with more than one ethnomedicinal plants used to treat gastrointestinal disorders and remaining 49 families have single species of ethnomedicinal plant species. Fabaceae

was found to have the highest number of species i.e. 20 spp. followed by Asteraceae with 15 spp., Polygonaceae, Rosaceae, and Ranunculaceae having 11 spp. For each, Zingiberaceae 9 spp., Apiaceae, Rutaceae, and Lamiaceae having 8 spp. each and so on (Figure 3).

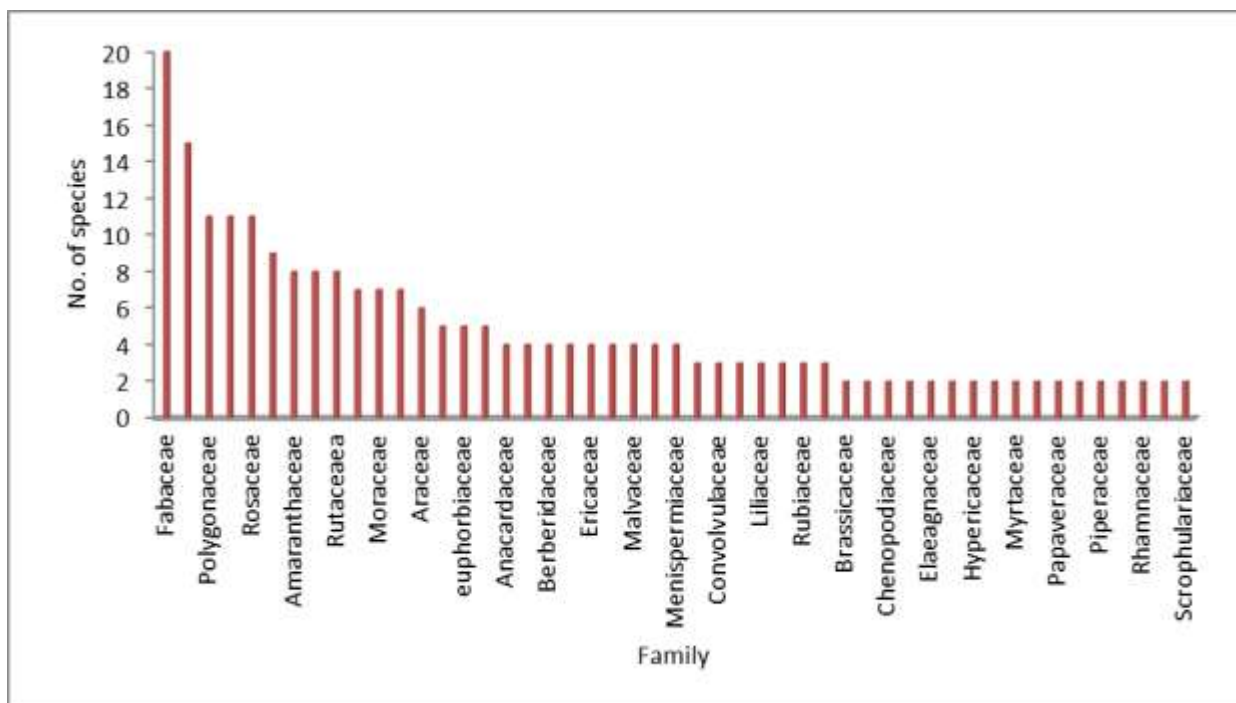


Figure 3. Families having more than one species

Use category

The study revealed that different ethnomedicinal plant parts were used in the treatment of gastrointestinal disorders. The plant parts such as fruit, leaves, shoots, bark, stem, spore, bulbils, flower, latex, resin, seed, and underground parts like root/rhizome/bulb / tuber and in some cases whole plant are used for the treatment. The most commonly used plant parts were underground parts (74 spp.), whole plant (47 spp.), fruits (43 spp.), leaves (29 spp), bark of 23 spp. and so on (Figure 4). In case of other plant species two or

more than two plant parts are used for the treatment.

Among the total of 289 ethnomedicinal plant species, the sixteen plant species were identified as important on the basis of highest citations. These are *Zanyhoxylum armatum*, *Woodfordia fruticosa*, *Rubus ellipticus*, *Plantago major*, *Oxalis corniculata*, *Drymaria cordata*, *Cyperus rotundus*, *Cinnamomum tamala*, *Aegle marmelos*, *Cannabis sativa*, *Chenopodium album*, *Cynodon dactylon*, *Mangifera indica*, *Melia azadirchta*, *Syzygium cumini* and *Zingiber officinale*.

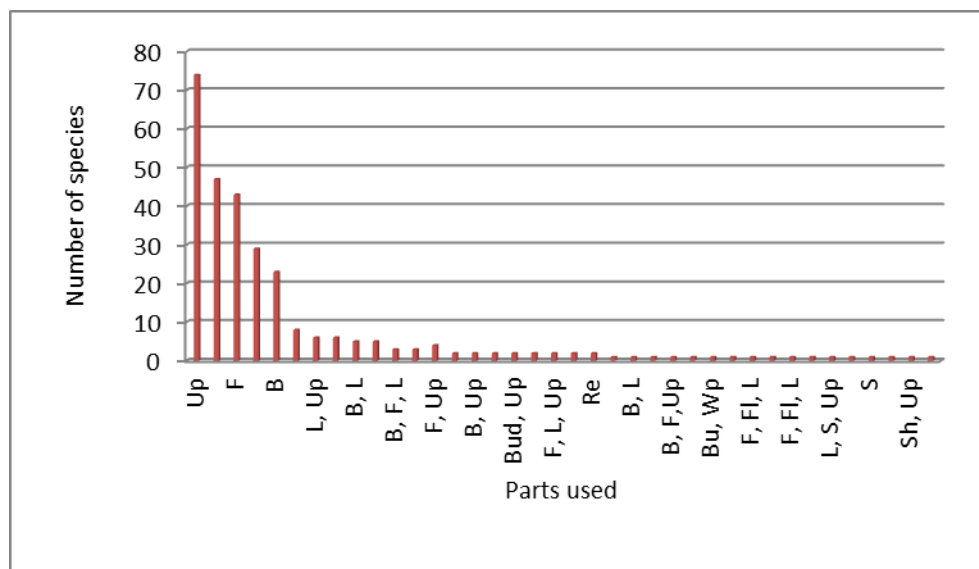


Figure 4. Parts used and number of species

Table 1. List of ethnomedicinal plant species used in the treatment of gastrointestinal disorders.

S.no	Scientific name	Nepali name	Family	Habit	Used parts	Uses	References	Citations
1.	<i>Acacia catechu</i> (L.f)Willd	Khayer	Fabaceae	T	B, S	Wood decoction and bark powder is given orally in intestinal pain, diarrhoea and dysentery.	Singh <i>et al.</i> , 2018; Dhami, 2008	2
2.	<i>Acacia nilotica</i> (L.) Willd. Ex Del.	Babool	Fabaceae	T	B, S	Stem and bark is boiled and juice is taken in diarrhoea and dysentery.	Singh <i>et al.</i> , 2018	1
3.	<i>Achyranthes asper</i> L.		Amaranthaceae	H	Up	Root juice or decoction is given in diarrhoea, dysentery and constipation.	Dhami, 2008; Bhattarai <i>et al.</i> , 2009	2
4.	<i>Acmella calva</i> (DC.) R.K. Jansen		Asteraceae	H	F	Fruit is used in gastritis and intestinal worms.	Adhikari <i>et al.</i> , 2019	1
5.	<i>Acmella paniculata</i> (Wall. Ex DC.) R.K.Jansen	Bhuitimur	Asteraceae	H	Fl	Flower juice is given in stomach pain.	Singh <i>et al.</i> , 2018	1
6.	<i>Aconogonon molle</i> (D.Don) Hara	Thotne	Polygonaceae	H	Sh	Shoot infusion is consumed to relieve intestinal pain.	Rokaya <i>et al.</i> , 2010	1
7.	<i>Aconitum bisma</i> (Buch.-Ham.) Rapaics	Bikh	Ranunculaceae	H	Wp	Powder of dry plant or fresh plant paste is used in diarrhoea and vomiting.	Rokaya <i>et al.</i> , 2010	1
8.	<i>Aconitum ferox</i> Wall. Ex Ser.	Seto bikhma	Ranunculaceae	H	Up	Dried root is taken with boiled water to treat diarrhoea and stomach disorders.	Singh <i>et al.</i> , 2016	1

9.	<i>Aconitum heterophyllum</i> Wall.ex Royle	Atish	Ranunculaceae	H	Up	Root powder is taken with hot water to cure diarrhoea and dysentery.	Rokaya <i>et al.</i> , 2010	1
10.	<i>Aconitum laciniatum</i> (Bruhl) Stapf	Kalo bikhma	Ranunculaceae	H	Up	Dried root is boiled and taken to treat diarrhoea.	Singh <i>et al.</i> , 2016	1
11.	<i>Acorus calamus</i> Linn.	Bojho	Araceae	H	Up	Rhizome is used to cure diarrhoea and dysentery. Rhizome powder is used in indigestion and to kill worms.	Rana <i>et al.</i> , 2015; Rokaya <i>et al.</i> , 2010; Shrestha & Dhillon, 2003	3
12.	<i>Aegle marmelos</i> (L.) Correa ex Roxb.	Bel	Rutaceae	T	B, F, L	Fruit and bark juice is given orally in diarrhoea and dysentery. Leaves juice is given for stomach disorders, dysentery and constipation.	Singh <i>et al.</i> , 2012; Acharya, 2012; Dhama, 2008; Acharya & Acharya, 2009; Ambu <i>et al.</i> , 2020; Bhattarai <i>et al.</i> , 2009	6
13.	<i>Ageratum conyzoides</i> L.	Gandheghas	Asteraceae	H	Wp	Plant decoction mixed with pepper paste is given to acute stomachache and diarrhoea.	Joshi <i>et al.</i> , 2011; Joshi <i>et al.</i> , 2018	2
14.	<i>Aleuritopteris bicolor</i> (Roxb.)Fraser-Jenk.		Pteridaceae	H	Wp	Plant juice is given in diarrhoea, dysentery and gastritis.	Adhikari <i>et al.</i> , 2019	1
15.	<i>Allium carolinianum</i> DC.	ban lasun	Amaryllidaceae	H	Bu	The paste of bulb is boiled and soup is used in indigestion and stomach disorders,	Rokaya <i>et al.</i> , 2010	1
16.	<i>Allium cepa</i> L.	Pyaj	Amaryllidaceae	H	Bu	The paste of bulb is boiled and soup is used for indigestion and stomach disorders.	Rokaya <i>et al.</i> , 2010	1
17.	<i>Allium fasciculatum</i> Rendle.		Amaryllidaceae	H	Wp	Whole plant is grinded and paste is boiled and used in stomachache and diarrhoea.	Rokaya <i>et al.</i> , 2010	1
18.	<i>Allium hypsistum</i> Stearn	Chyapi	Amaryllidaceae	H	Wp	The powder of whole plant is taken with hot water for killing worms in stomach.	Rokaya <i>et al.</i> , 2010	1
19.	<i>Allium sativum</i> L.	Lasun	Amaryllidaceae	H	Up	Bulb decoction is given in gastritis, diarrhoea and dysentery.	Adhikari <i>et al.</i> , 2019	1

20.	<i>Alnus nepalensis</i> D.Don	Utish	Betulaceae	T	B	Bark decoction is drunk to treat gastric problems.	Shrestha & Dhillon, 2003	1
21.	<i>Aloe vera</i> (L.) Burm.f.	Gheukumari	Asphodelaceae	H	L	Leaf pulp is given orally in stomach disorders, constipation and indigestion. It increases appetite.	Singh <i>et al.</i> , 2012; Acharya, 2012; Dhama, 2008; Ambu <i>et al.</i> , 2020	4
22.	<i>Alstonia scholaris</i> (L.) R.Br.		Apocynaceae	T	B	Bark juice is given in diarrhoea and dysentery.	Dhama, 2008	1
23.	<i>Alternanthera sessilis</i> (L.) R. Br. ex DC.		Amaranthaceae	H	Wp	Plant paste is used in bloody dysentery.	Dhama, 2008	1
24.	<i>Amaranthus caudatus</i> L.	Latte	Amaranthaceae	H	Sh, Up	Tender shoot is used as vegetable and used in diarrhoea and dysentery. Root juice is used as laxative and used in diarrhoea.	Rokaya <i>et al.</i> , 2010; Malla <i>et al.</i> , 2015	2
25.	<i>Amaranthus hybridus</i> L.		Amaranthaceae	H	Sh	Tender shoot is cooked as vegetables which improves digestion.	Rokaya <i>et al.</i> , 2010	1
26.	<i>Amaranthus lividus</i> L.	Latte	Amaranthaceae	H	Sh	Tender shoot is cooked as vegetables and useful in diarrhoea.	Rokaya <i>et al.</i> , 2010	1
27.	<i>Amaranthus spinosus</i> L.	Lunde	Amaranthaceae	H	Up	Root juice mixed with root juice of <i>Rubus ellipticus</i> is given to treat stomach disorders.	Manandhar <i>et al.</i> , 1990; Dhama, 2008	1
28.	<i>Ammorium subulatum</i> Roxb.	Alaichi	Zingiberaceae	H	F	Seeds are taken in stomachache and aromatic appetizer.	Rana <i>et al.</i> , 2015	1
29.	<i>Amorphophallus campanulatus</i> (Roxb.) Blume ex Decne		Araceae	H	Up	Cooked corm is given in dysentery.	Singh <i>et al.</i> , 2018	1
30.	<i>Ampelocissus divaricata</i> (Wall. ex M.A.Lawson) Planch		Vitaceae	C	F	Fruit juice is taken orally in indigestion.	Singh <i>et al.</i> , 2018	1
31.	<i>Anagallis arvensis</i> L.	Armale	Primulaceae	H	Wp	Whole plant is taken in diarrhoea, dysentery and stomachache.	Acharya, 2012	1
32.	<i>Ananas comosus</i> (L.) Merr.	Pineapple	Bromeliaceae	H	L	Leaf is orally given in constipation. Fresh leaves are chewed to expel intestinal worms.	Singh <i>et al.</i> , 2018	1

33.	<i>Anaphalis margaritacea</i> L.	Bukiphool	Asteraceae	H	Up	Root juice is used in diarrhoea and dysentery.	Malla <i>et al.</i> , 2015	1
34.	<i>Anemone obtusiloba</i> D.Don		Ranunculaceae	H	F	Seeds are chewed for indigestion.	Rokaya <i>et al.</i> , 2010	1
35.	<i>Anemone polyanthes</i> D.Don		Ranunculaceae	H	F	Seeds are chewed for indigestion.	Rokaya <i>et al.</i> , 2010	1
36.	<i>Anemone rivularis</i> Buch.-Ham. ex DC		Ranunculaceae	H	F	Seeds are chewed for indigestion.	Rokaya <i>et al.</i> , 2010	1
37.	<i>Anemone rupicola</i> Cambess.		Ranunculaceae	H	F	Seeds are chewed or powdered and used in indigestion and gastritis.	Rokaya <i>et al.</i> , 2010	1
38.	<i>Angelica archangelica</i> L.		Apiaceae	H	L	Leaf decoction is given to abdominal pain.	Malla <i>et al.</i> , 2015	1
39.	<i>Aralia cachemirica</i> Decne		Araliaceae	S	Up	Root paste is taken with hot water for stomachache and gastritis.	Singh <i>et al.</i> , 2016	1
40.	<i>Araucaria bidwillii</i> Hook.		Araucariaceae	T	B, L	tree bark and leaves are chewed directly to treat gastritis and stomachache.	Sing <i>et al.</i> , 2016	1
41.	<i>Arctium lappa</i> L.	Kuro	Asteraceae	H	F	seed powder mixed with water and infusion is taken orally in indigestion.	Rokaya <i>et al.</i> , 2010	1
42.	<i>Argemone Mexicana</i> L.		Papaveraceae	S	F	Seed juice is drunk in indigestion.	Shrestha & Dhillon, 2003	1
43.	<i>Arisaema jacquemontii</i> Blume.	Bako	Araceae	H	L, Up	leaves are cooked as vegetables to cure stomachache. Tuber paste is consumed during gastritis.	Rokaya <i>et al.</i> , 2010; Singh <i>et al.</i> , 2016	2
44.	<i>Arisaema nepenthoides</i> (Wall.) Mart.	Bako	Araceae	H	L	leaves are eaten as vegetables to cure stomachache and constipation.	Rokaya <i>et al.</i> , 2010	1
45.	<i>Arisaema tortuosum</i> (Wall.) Schott	Gaubako	Araceae	H	L, Up	Leaves and tubers are used as vegetables and is beneficial for stomachache.	Rokaya <i>et al.</i> , 2010	1
46.	<i>Artemisia vulgaris</i> L.	Titepati	Asteraceae	S	L	Leaf juice is used in gastritis.	Acharya, 2012; Joshi <i>et al.</i> , 2018	2
47.	<i>Artocarpus heterophyllus</i> Lam.	Katahar	Moraceae	T	B	Bark juice is used to treat bloody dysentery.	Dhami, 2008	1

48.	<i>Asparagus filicinus</i> Buch.-Ham. Ex D.Don		Asparagaceae	H	Up	root decoction or powder used as anthelmintic and to cure diarrhoea.	Rokaya <i>et al.</i> , 2010	1
49.	<i>Astilbe rivularis</i> Buch.-Ham. Ex D.Don	Thulo okhati	Saxifragaceae	H	Up	Root juice is used as appetizer and taken in diarrhoea and dysentery. Dry rootb is directly chewed during stomach pain	Acharya, 2012; Singh <i>et al.</i> , 2016	2
50.	<i>Azadirachta indica</i> A.Juss.	Neem	Meliaceae	T	B, L	Leaf and bark is used to treat diarrhoea and dysentery. Leaf decoction is antihelmintic.	Dhami, 2008; Bhattarai <i>et al.</i> , 2009	2
51.	<i>Basella alba</i> L.		Basellaceae	C	L	Leaves decoction is given in constipation.	Singh <i>et al.</i> , 2018	1
52.	<i>Bauhinia purpurea</i> L.	Tanki	Fabaceae	T	Fl	Mature flower and buds are taken to treat stomachache and diarrhoea.	Joshi <i>et al.</i> , 2011.	1
53.	<i>Bauhinia vahlii</i> Wight & Arn.	Bhorla	Fabaceae	S	B, F, Up	Bark juice is taken to cure diarrhoea and dysentery. Root juice is given in dysentery. Roasted or boiled seeds are good in indigestion and acidity.	Acharya, 2012; Dhami, 2008	2
54.	<i>Bauhinia Variegata</i> L.	Koiralo	Fabaceae	T	B, Fl	Bark decoction and flower juice are given in diarrhoea, dysentery and indigestion.	Singh <i>et al.</i> , 2012; Acharya, 2012; Dhami, 2008; Acharya & Acharya, 2009	4
55.	<i>Begonia picta</i> Sm.		Begoniaceae	H	Up	Root infusion is taken orally to cure constipation.	Rana <i>et al.</i> , 2015	1
56.	<i>Benincasa hispida</i> (Thunb.) Cogn.	Kubindo	Cucurbitaceae	C	L	Leaf juice is recommended for colic pain.	Malla <i>et al.</i> , 2015	1
57.	<i>Berberis aristata</i> DC.	Chutro	Berberidaceae	S	F, L, Up	Root juice is recommended for dysentery. Fruit and leaf juice is used to treat diarrhoea and dysentery.	Malla <i>et al.</i> , 2015; Kunwar & Adhikari, 2005.	2
58.	<i>Berberis lycium</i> Royle		Berberidaceae	S	B, F, L	Infusion of fruits, barks and leaves are used to cure diarrhoea.	Rokaya <i>et al.</i> , 2010	1
59.	<i>Berberis mucrifolia</i> Ahrendt		Berberidaceae	S	Wp	Infusion of whole plant is given orally to treat diarrhoea and dysentery.	Rokaya <i>et al.</i> , 2010	1

60.	<i>Berginia ciliata</i> (Haw.) Sternb.	Pakhambhed	Saxifragaceae	H	Up	Rhizome is powered and given to treat swollen stomach. Root powder is given in diarrhoea, dysentery and vomiting	Rana et al., 2015; Rokaya et al., 2010; Limbu & Rai, 2013; Kunwar & Adhikari, 2005; Ambu et al., 2020	6
61.	<i>Calotropis gigantea</i> (L.) Dryand.	Chyauphoor	Polygonaceae	H	Wp	The decoction of plant is given in diarrhoea and dysentery.	Malla et al., 2015	1
62.	<i>Boehmeria platyphylla</i> d.Don	Kamleghans	Urticaceae	H	L	Decoction of leaf is given in diarrhoea and dysentery.	Malla et al., 2015	1
63.	<i>Bombax ceiba</i> L.	Simal	Malvaceae	T	B	Bark powder is given in gastric disorder and gastric. Plant juice is used in indigestion, diarrhoea and dysentery.	Rana et al., 2015; Dhama, 2008; Bhattarai et al., 2009; Rai, 2004.	4
64.	<i>Bridelia retusa</i> (L.) A. Juss.	Gayo	Phyllanthaceae	T	B	Bark extract is used to treat diarrhoea.	Limbu & Rai, 2013	1
65.	<i>Bryophyllum pinnatum</i> (Lam.) Oken.	Ajambari	Crassulaceae	H	L	Leaf juice or decoction is given in dysentery and stomachache.	Malla et al., 2015; Joshi et al., 2018	2
66.	<i>Callicarpa arborea</i> Roxb.	Masgedi	Verbinaceae	T	B	Bark juice is given in indigestion.	Malla et al., 2015	1
67.	<i>Callicarpa macrophylla</i> Vahl.		Verbenaceae	S	Bud, Up	Root juice is given in indigestion. Young bud paste is drunk in stomachache.	Dhama, 2008; Manandhar, 1987	2
68.	<i>Calotropis gigantea</i> L. Dryand.		Asclepladaceae	T	B	Bark juice is used to treat diarrhoea and dysentery.	Dhama, 2008	1
69.	<i>Campanula pallida</i> Wall.	Ganubuti	Campanulaceae	C	Up	roots are used to treat diarrhoea and dysentery.	Manandhar, 1990; Malla et al., 2015	2
70.	<i>Cannabis sativa</i> L.	Ganja	Cannabaceae	H	F, Fl, L	Juice of flowers and fruits and seeds are taken orally for diarrhoea, dysentery and constipation. And also acts as appetizer. Leaf is chewed and swallowed in indigestion.	Rokaya et al., 2010. Joshi et al., 2011. Shrestha & Dhillon, 2003. Manandhar, 1987; Bhattarai et al., 2009	6
71.	<i>Capparis zeylanica</i> L.	Baghmukhe	Capparaceae	C	Up	Root bark paste is orally given in stomachache.	Singh et al., 2018	1
72.	<i>Careya arborea</i> Roxb.		Lecythidaceae	T	B, F	Bark and fruit juice is used as medicine in dysentery.	Acharya and Acharya, 2009	1

73.	<i>Carica papaya</i> L.	Mewa	Caricaceae	S	La	Milky latex is given in dysentery.	Singh <i>et al.</i> , 2012; Dhami, 2008	2
74.	<i>Carum carvi</i> L.	Bhotejeera	Apiaceae	H	F	Fruits are chewed to increase appetite and to cure stomach problems.	Rokaya <i>et al.</i> , 2010	1
75.	<i>Cassia agnes</i> (de Wit) Brenan		Fabaceae	S	Up	Root decoction with salt is taken for indigestion.	Singh <i>et al.</i> 2018	1
76.	<i>Cassia fistula</i> L.	Rajbrikshya	Fabaceae	T	F	Fruit pulp is used to treat indigestion. Seed is used to treat constipation, diarrhoea, dysentery and stomachache.	Dhmi, 2008; Limbu & Rai, 2013; Bhattarai <i>et al.</i> , 2009	3
77.	<i>Cassia tomentella</i> (Benth.)Domin		Fabaceae	T	F	Seed paste is used as anthelmintic.	Dhmi, 2008	1
78.	<i>Castanopsis indica</i> (Roxb.) Miq.	Katush	Fagaceae	T	L	Leaf or bud juice is taken for stomach disorders.	Manandhar, 1990	1
79.	<i>Catunaregam spinosa</i> (Thunb.) Tirveng.		Rubiaceae	T	B	Bark powder is used to treat gastritis and stomachache.	Bhattarai <i>et al.</i> , 2009	1
80.	<i>Cautleya spicata</i> (Sm.) Baker	Banbesar	Zingiberaceae	H	Up	Rhizome juice is given to treat stomach disorders and constipation.	Manandhar, 1990; Ambu <i>et al.</i> , 2020	2
81.	<i>Cedrus deodara</i> (Roxb. Ex D.Don) Hook.f.	Debdar	Pinaceae	T	B	Bark decoction is used to treat diarrhoea and dysentery.	kunwar & Adhikari, 2005	1
82.	<i>Celosia argentea</i> L.		Amaranthaceae	H	L	Leaf juice is used to treat diarrhoea and dysentery.	kunwar & Adhikari, 2005	1
83.	<i>Centella asiatica</i> (L.) Urb.	Ghodtapre	Apiaceae	H	Wp	Leaf juice is given orally in indigestion. Plant decoction is given in indigestion and dysentery.	Adhikari, <i>et al.</i> , 2019; Singh <i>et al.</i> , 2012; Malla <i>et al.</i> , 2015; Kunwar & Adhikari, 2005	4
84.	<i>Chamabainia cuspidata</i> Wight.		Urticaceae	Herb	Wp	Plant juice is given in stomach disorders.	Manandhar, 1990	1
85.	<i>Cheilanthes albomarginata</i> C..B.Clarke		Pteridaceae	Herb	Wp	Plant is crushed, filtered and taken to dysentery and stomach disorders.	Rana <i>et al.</i> , 2015; Joshi <i>et al.</i> , 2011.	2

86.	<i>Chenopodium album</i> L.	Bethe	Chenopodiaceae	H	F, Sh	Seed powder is used to make bread and taken in abdominal pain. Tender shoot & flower juice is given orally to kill worms, gastritis and remove constipation.	Adhikari, <i>et al.</i> , 2019; Rana <i>et al.</i> , 2015; Singh <i>et al.</i> , 2012; Rokaya <i>et al.</i> , 2010; Joshi <i>et al.</i> , 2011	6
87.	<i>Chenopodium murale</i> L.	Bhatebethe	Chenopodiaceae	H	L	Fresh leaf is used to treat diarrhoea and dysentery.	kunwar & Adhikari, 2005	1
88.	<i>Choerospondias axillaris</i> (Roxb.) Brutt & Hill	Lapsi	Anacardiaceae	T	B	Bark is usually taken for dysentery.	Rana <i>et al.</i> , 2015	1
89.	<i>Chonemorpha fragrans</i> (Moon.) Alston		Apocynaceae	H	Up	Root decoction is given in constipation.	Malla <i>et al.</i> , 2015	1
90.	<i>Cinnamomum tamala</i> (Buch.-Ham.) Nees.	Tejpat	Lauraceae	T	B, L	Leaf and bark is used to treat stomachache, dysentery, gastritis and to increase appetite.	Adhikari <i>et al.</i> , 2019; Acharya, 2012; Joshi <i>et al.</i> , 2018; Singh <i>et al.</i> , 2016; Kunwar & Adhikari, 2005; Rai, 2004.	6
91.	<i>Cissampelos pareira</i> L.	Batulopate	Menispermaceae	C	Up, Wp	Bulb is eaten to clear stools. Plant juice is given in indigestion and to kill intestinal worms, diarrhoea and dysentery.	Manandhar, 1990; Malla <i>et al.</i> , 2015; Acharya, 2012; Dharmi, 2008	4
92.	<i>Citrus lemon</i> (L.) Burm.f.		Rutaceae	S	L	Fresh leaves are chewed to expel intestinal worms.	Singh <i>et al.</i> , 2012	1
93.	<i>Citrus medica</i> L.	Bimiro	Rutaceae	T	F, Up	Root and fruit juice is used to kill intestinal worms.	Adhikari <i>et al.</i> , 2019	1
94.	<i>Clitoria ternatea</i> L.		Fabaceae	S	L, Up	Leaves and root is given for dysentery.	Singh <i>et al.</i> , 2018	1
95.	<i>Coix lacryma-Jobi</i> L.	Bhirkaunle	Poaceae	H	Up	Root is chewed to kill intestinal worms.	Joshi <i>et al.</i> , 2011.	1
96.	<i>Colocasia esculenta</i> (L.) Schott.	Karkalo	Araceae	H	Up	Boiled corm is used to cure constipation.	Adhikari <i>et al.</i> , 2019; Ambu <i>et al.</i> , 2020	2
97.	<i>Colebrookea oppositifolia</i> Sm.	Dhursel	Lamiaceae	S	L	Leaf juice is used as an anthelmintic.	Manandhar, 1990	1
98.	<i>Commelina maculata</i> Edgew.	Kane	Commelinaceae	H	L	Leaf juice is given for appetite and gastritis.	Malla <i>et al.</i> , 2015	1
99.	<i>Commelina paludosa</i> Blume	Kanejhar	Commelinaceae	H	Up	Root juice is given in indigestion.	Singh <i>et al.</i> , 2018	1

100.	<i>Coriandrum sativum</i> L.	Dhaniya	Apiaceae	H	L	Green leaves are used in the preparation of soft drink and given in stomachache.	Singh <i>et al.</i> , 2012	1
101.	<i>Coriaria nepalensis</i> Wall.	Machhaino	Coriariaceae	S	F	Ripe fruits and plant juice is taken to treat indigestion.	Ambu <i>et al.</i> , 2020	1
102.	<i>Crassocephalum crepidioides</i> (Benth.) S. Moore	Namlejhar	Asteraceae	H	Wp	Plant juice is given to cure diarrhoea.	Manandhar, 1990	1
103.	<i>Crateva unilocularis</i> Buch.-Ham.	Siplican	Capparaceae	T	Sh	Shoot is used to treat intestinal worms. Young shoots are boiled and eaten in stomach pain.	Acharya, 2012; Ambu <i>et al.</i> , 2020	2
104.	<i>Cucurbita maxima</i> D.Don	Pharsi	Cucurbitaceae	C	Sh	Tender shoots cure constipation	Rokaya <i>et al.</i> , 2010	1
105.	<i>Curculigo orchoides</i> Gaertn.		Hypoxidaceae	H	Up	Rhizome is chewed raw and swallowed in dysentery	Shrestha & Dhillon, 2003	1
106.	<i>Curcuma angustifolia</i> Roxb.	Haledo	Zingiberaceae	H	Up	Root paste is taken with hot water for stomachache.	Rokaya <i>et al.</i> , 2010	1
107.	<i>Curcuma caesia</i> Roxb.		Zingiberaceae	H	Up	It is used in constipation.	Ambu <i>et al.</i> , 2020	1
108.	<i>Curcuma longa</i> L.	Besar	Zingiberaceae	H	Up	Fresh rhizome juice is anthelmintic.	Singh <i>et al.</i> , 2012	1
109.	<i>Curcuma zedoaria</i> (Christm.) Roscoe		Zingiberaceae	H	Wp	Whole plant is used in stomach problem.	Acharya, 2012	1
110.	<i>Cuscuta reflexa</i> Roxb.	Aakashbeli	Convolvulaceae	C	Wp	Plant paste is applied externally to treat stomachache.	Singh <i>et al.</i> , 2012	1
111.	<i>Cyathula tomentosa</i> (Roth) Moq.		Amaranthaceae	H	Up	Root juice is used to treat constipation.	Rokaya <i>et al.</i> , 2010	1
112.	<i>Cymbopogon flexuosus</i> (Nees. Ex Steud.) W.Watson	Lemongrass	Poaceae	H	L	Leaf decoction is given in diarrhoea.	Malla <i>et al.</i> , 2015	1
113.	<i>Cynodon dactylon</i> (L.) Pers.	Dubo	Poaceae	H	Wp	Plant juice is taken for gastric disorders and to kill intestinal worms, root infusion with sugaris given orally in indigestion.	Adhikari <i>et al.</i> , 2019; Rana <i>et al.</i> , 2015; Singh <i>et al.</i> , 2012; Acharya, 2012; Bhattarai <i>et al.</i> , 2009	6

114.	<i>Cyperus rotundus</i> L.	Mothe	Cyperaceae	H	L, Up	Tuber infusion with sugar/salt is given orally in diarrhoea, dysentery, indigestion and stomach pain.	Singh <i>et al.</i> , 2012; Joshi <i>et al.</i> , 2011; Acharya, 2012; Dhama, 2008; Acharya and Acharya, 2009; Bhattarai <i>et al.</i> , 2009	6
115.	<i>Dactylicapnos scandens</i> (D.Don) Hutch.	Pahlephul	Papaveraceae	H	Up	Root decoction is used for dysentery.	Malla <i>et al.</i> , 2015	1
116.	<i>Dactylorhiza hatagirea</i> (D.Don) Soo	Panchaunle	Orchidaceae	H	Up	Dry or fresh root is consumed with hot water or milk to treat gastritis and intestinal ulcer.	Rokaya <i>et al.</i> , 2010; Kunwar & Adhikari, 2005	2
117.	<i>Dalbergia sissoo</i> Roxb. ex DC.	Sisoo	Fabaceae	T	B, L	bark and leaf juice are given orally in diarrhoea, dysentery and anthelmintic.	Singh <i>et al.</i> , 2012	1
118.	<i>Daphne bholua</i> Buch.-Ham. Ex D.Don	Lokhta	Thymelaeaceae	S	Up	Root powder with water or root juice is consumed during stomachache.	Singh <i>et al.</i> , 2016; Shrestha & Dhillon, 2003	2
119.	<i>Delphinium grandiflorum</i> L.		Ranunculaceae	H	F, Fl, L	Leaves, flowers and fruits are crushed and consumed to loss of appetite and stomach problem.	Rokaya <i>et al.</i> , 2010	1
120.	<i>Delphinium himalayae</i> Munz	Atish	Ranunculaceae	H	Wp	Powder or paste of whole plant is used to treat diarrhoea.	Rokaya <i>et al.</i> , 2010	1
121.	<i>Desmodium gangeticum</i> (L.) DC.	Kachaurijhar	Fabaceae	H	Up	Root juice is given in diarrhoea.	Singh <i>et al.</i> , 2018	1
122.	<i>Desmodium heterocarpon</i> (L.) DC.	Bangahat	Fabaceae	H	Up	Root juice is given in diarrhoea.	Malla <i>et al.</i> , 2015	1
123.	<i>Desmodium multiflorum</i> DC.	Bakhregans	Fabaceae	H	Up	Root powder mixed with boiled water and given in indigestion.	Malla <i>et al.</i> , 2015	1
124.	<i>Desmostachya bipinnata</i> (L.) Stapf.	Kush	Poaceae	H	Up	Root juice is given in indigestion and dysentery.	Malla <i>et al.</i> , 2015	1
125.	<i>Dioscorea bulbifera</i> L.	Gittha	Dioscoreaceae	C	Bul	Boiled bulbil is used to treat stomach pain, intestinal worms and gastritis.	Acharya, 2012	1
126.	<i>Dioscorea deltoidea</i> Wall. Ex Griseb	Githa	Dioscoreaceae	C	Bul	Boiled bulbil is used to treat stomach pain.	Acharya and Acharya, 2009	1

127.	<i>Dioscorea pentaphylla</i> L.	Bhyakur	Dioscoreaceae	C	Up	Boiled rhizome is given in abdominal pain.	Adhikari et al., 2019; Singh et al., 2012	2
128.	<i>Diplazium matthewii</i> (Copel.) C.Chr	Nieuro	Athyriaceae	H	Sh	Young shoots are cooked and taken in stomach problem	Rana et al., 2015	1
129.	<i>Drymaria cordata</i> (L.) Willd. Ex Schult	Abijalo	Caryophyllaceae	Herb	Wp	Plant juice is taken in stomach problem and indigestion. Plant is mixed with rice flour and fried in ghee making bread which is used to cure stomach pain.	Adhikari et al., 2019; Ambu et al., 2020; Rana et al., 2015; Joshi et al., 2011; Acharya, 2012; Joshi et al., 2018	6
130.	<i>Duchesnea indica</i> (Andrews) Focke	Bhui kafal	Rosaceae	H	F, Up	Root is used in stomach problem. Fruit is taken as laxative.	Rana et al., 2015; Kunwar & Adhikari, 2005	2
131.	<i>Elephantopus scaber</i> L.	Sahashrabuti	Asteraceae	H	Wp	plant extract is used in constipation.	Dhami, 2008	1
132.	<i>Ephedra gerardiana</i> Wall.	Ephedra	Ephedraceae	S	F	Ripe fruits are given to cure indigestion.	kunwar & Adhikari, 2005	1
133.	<i>Euodia fraxinifolia</i> (D.Don) Hook.f.		Rutaceae	T	F	Seed paste mixed with water and consumed during indigestion and stomach disorders.	Singh et al., 2016	1
134.	<i>Euphorbia hirta</i> L.	Dudhejhar	Euphorbiaceae	H	Wp	Leaf juice is given orally in diarrhoea. Plant extract is used to treat diarrhoea and dysentery.	Singh et al., 2012; Dhami, 2008	2
135.	<i>Euphorbia royleana</i> Boiss.	Sieudi	Euphorbiaceae	S	L, S	Stem is used for stomach disorders during indigestion and constipation. Leaf juice is used to treat diarrhoea, dysentery and constipation.	Manandhar, 1990; Bhattarai et al., 2009	2
136.	<i>Fagopyrum dibotrys</i> (D.Don) H.Hara		Polygonaceae	H	Up	Dry root powder is consumed to treat diarrhoea and dysentery.	Rokaya et al., 2010	1
137.	<i>Fagopyrum esculentum</i> (Moench)	Mithephapar	Polygonaceae	H	F	Seed flour is used to make cakes which is beneficial for indigestion and diarrhoea.	Rokaya et al., 2010	1

138.	<i>Fagopyrum tataricum</i> (L.) Gaertn.		Polygonaceae	H	F	Seed flour cakes are taken in indigestion and diarrhoea.	Rokaya <i>et al.</i> , 2010	1
139.	<i>Ficus religiosa</i> L.	Pipal	Moraceae	T	B	Bark juice is used to treat diarrhoea and dysentery.	Dhami, 2008; Joshi <i>et al.</i> , 2011	2
140.	<i>Ficus auriculata</i> Lour.	Timilo	Moraceae	T	F, Sh	Tender shoot and fruit ls used to treat diarrhoea and dysentery.	Dhami, 2008	1
141.	<i>Ficus benghalensis</i> L.	Bar	Moraceae	T	B, L	Tender leaves are used to cure cholera and dysentery. Bark infusion is used in diarrhoea and dysentery.	Acharya, 2012; Acharya and Acharya, 2009	2
142.	<i>Ficus semicordata</i> Buch.-Ham ex Sm.	Khanayo	Moraceae	T	B, F	Fig is eaten raw to treat constipation and indigestion. Bark extract is used to treat dysentery.	Manandhar, 1990; Dhami, 2008; Ambu <i>et al.</i> , 2020.	3
143.	<i>Garuga pinnata</i> Roxb.	Dabdabe	Burseraceae	T	B	Bark is used to treat stomach disorders.	Manandhar, 1990	1
144.	<i>Gaultheria fragrantissima</i> Wall.	Dhasingare	Ericaceae	T	F, L	Leaves and immature fruits are consumed to treat gastritis. Fruit paste is used to treat intestinal worms.	Joshi <i>et al.</i> , 2011; Acharya, 2012	2
145.	<i>Gentiana pedicellata</i> (D.Don) Griseb.	Tukephool	Gentianaceae	H	Wp	Plant juice is given as anthelmintic.	Manandhar, 1990	1
146.	<i>Girardinia diversifolia</i> (Link.) Friis.	Allo	Urticaceae	S	Up	Root juice is taken orally in gastric disorders and constipation.	Rana <i>et al.</i> , 2015; Malla <i>et al.</i> , 2015	2
147.	<i>Glycyrrhiza glabra</i> L.	Jethimadhu	Fabaceae	H	Up	Root juice is used in indigestion.	Malla <i>et al.</i> , 2015	1
148.	<i>Gonostegia hirta</i> (Bl.) Miq.	Maslahari	Urticaceae	H	Wp	Plant juice is mixed with juice of <i>Drymaria diandra</i> and <i>Centella asiatica</i> to treat diarrhoea	Manandhar, 1990	1
149.	<i>Grewia serrulata</i> DC.	Syalpuchhere	Malvaceae	T	B	Bark juice is given in stomach disorders.	Manandhar, 1990	1
150.	<i>Hedychium spicatum</i> Sm.	Camera	Zingiberaceae	H	Up	Rhizome decoction is used in indigestion.	Malla <i>et al.</i> , 2015	1
151.	<i>Hedyotis scandens</i> Roxb.	Bakhari lahara	Rubiaceae	C	B	Bark juice is given in stomach disorders.	Manandhar, 1990	1
152.	<i>Henckelia urticifolia</i> (Buch.-Ham. ex D.Don) A. Dietr	Aankhle jhar	Gesneriaceae	H	Wp	Plant decoction is given to stomachache.	Malla <i>et al.</i> , 2015	1
153.	<i>Heracleum nepalense</i> D.Don.		Apiaceae	S	F	Seed pickles is used to treat stomach disorders.	Singh <i>et al.</i> , 2016	1

154.	<i>Heracleum wallichii</i> DC.		Apiaceae	H	F, Up	Root powder is taken with hot water to treat stomachache. Fruit is used to treat stomachache.	Rokaya et al., 2010; Limbu & Rai, 2013	2
155.	<i>Heynea trijuga</i> Roxb. ex Sims.		Meliaceae	T	B, L	Bark and leaf decoction is taken orally in cholera.	Singh et al., 2018	1
156.	<i>Hippophae salicifolia</i> D.Don		Elaeagnaceae	T	F	Fruit decoction is used to kill stomach worms.	Rokaya et al., 2010	1
157.	<i>Hippophae tibetana</i> Schtdl.		Elaeagnaceae	T	F	Fruit juice or decoction is consumed as appetizer and anthelmintic.	Rokaya et al., 2010	1
158.	<i>Hypericum cordifolium</i> Choisy.		Hypericaceae	S	Up	Root juice is used to cure diarrhoea.	Manandhar, 1990	1
159.	<i>Hypericum japonicum</i> Thunb.	Kanikeghans	Hypericaceae	H	Wp	Plant juice is used in dysentery and indigestion.	Malla et al., 2015	1
160.	<i>Impatiens puberula</i> DC.	Bhendeghans	Balsaminaceae	H	Wp	Whole plant is recommended in indigestion.	Malla et al., 2015	1
161.	<i>Imperata cylindrica</i> (L.) Raeush.	Siru	Poaceae	H	Up	Rhizome is used to treat gastritis and dysentery and indigestion	Acharya, 2012; Dhami, 2008	2
162.	<i>Inula cappa</i> (Buch.-Ham. ex D.Don) DC	Gaitihare	Asteraceae	S	Up	Root juice is taken to treat gastritis and indigestion.	Joshi et al., 2011.	1
163.	<i>Ipomoea aquatica</i> Forssk.		Convolvulaceae	H	Sh	Tender shoot is used as vegetable in gastric trouble.	Singh et al., 2012	1
164.	<i>Ipomoea purpurea</i> (L.) Roth.		Convolvulaceae	C	L	Leaf decoction is used in diarrhoea.	Malla et al., 2015	1
165.	<i>Iris domestica</i> (L.) Goldblatt & Mabb.		Iridaceae	H	Up	Root juice is used to treat gastric problem.	Ambu et al., 2020	1
166.	<i>Juglans regia</i> L.	Okhar	Juglandaceae	T	B	Bark is used to treat intestinal worms.	kunwar & Adhikari, 2005; Acharya, 2012	2
167.	<i>Juniperus recurva</i> Buch.-Ham ex D.Don		Cupressaceae	S	F, L	Leaves and fruit powder is taken with hot water to treat diarrhoea.	Rokaya et al., 2010	1
168.	<i>Jurinea dolomiaea</i> Boiss		Asteraceae	H	Wp	Whole plant powder is taken with hot water to treat diarrhoea, dysentery and stomachache.	Rokaya et al., 2010; Kunwar & Adhikari, 2005	2
169.	<i>Lablab purpureus</i> (L.) Sweet	Tatesimi	Fabaceae	C	L	Leaf juice is used to treat constipation.	Ambu et al., 2020	1
170.	<i>Lagenaria siceraria</i> (Molina)Standl.	Lauka	Cucurbitaceae	C	F	Fruit juice is given in diarrhoea, dysentery.	Singh et al., 2012	1

171.	<i>Lagerstiremia parviflora</i> Roxb.		Lythraceae	T	Fl	Flower juice is used to treat diarrhoea and dysentery.	Bhattarai <i>et al.</i> , 2009	1
172.	<i>Lindera neesiana</i> (Wall. Ex Nees) Kurz.	Siltimur	Lauraceae	T	F	Seed decoction is taken to cure gastritis and diarrhoea.	Acharya, 2012	1
173.	<i>Litsea cubeba</i> (Lour.) Pers.	Siltimur	Lauraceae	S	F	Dry fruits with water is taken to treat stomach problem and gastritis.	Adhikari <i>et al.</i> , 2019; Ambu <i>et al.</i> , 2020	2
174.	<i>Litsea monopetala</i> (Roxb.) Pers.	Kutmero	Lauraceae	T	F	Seeds are used in stomachache.	Bhattarai <i>et al.</i> , 2009	1
175.	<i>Lycopodium clavatum</i> L.	Nagbeli	Lycopodiaceae	Cl	Sp	Spore is chewed in indigestion.	Singh <i>et al.</i> , 2018	1
176.	<i>Lyonia ovalifolia</i> (Wall.)Drude	Angeri	Ericaceae	T	B	Bark juice is taken as anthelmintic	Acharya, 2012	1
177.	<i>Maesa chisia</i> Buch.-Ham. Ex D.Don	Bilaune	Myrsinaceae	S	B	Bark juice is taken as anthelmintic	Acharya, 2012	1
178.	<i>Mahonia napaulensis</i> DC.	Jamanomandro	Berberidaceae	S	F	Ripe fruits are used to treat dysentery	Acharya, 2012; Paudel <i>et al.</i> , 2018	2
179.	<i>Mallotus nudiflorus</i> (L.) Kulju & Welzen	Raniphal	Euphorbiaceae	T	Up	Root juice is taken in diarrhoea and dysentery.	Malla <i>et al.</i> , 2015; Dhami, 2008	2
180.	<i>Mallotus philippensis</i> (Lam.)Muller.Arg	Sindure	Euphorbiaceae	S	B, Up	Root juice is used to cure gastritis. Bark decoction is used to cure diarrhoea, dysentery and indigestion.	Acharya, 2012; Dhami, 2008; Acharya and Acharya, 2008; Bhattarai <i>et al.</i> , 2009	4
181.	<i>Malva verticillata</i> L.		Malvaceae	H	Wp	Dry plant powder is taken with water to cure diarrhoea and dysentery.	Rokaya <i>et al.</i> , 2010	1
182.	<i>Mangifera indica</i> L.	Aanp	Anacardiaceae	T	L, B, F	Bark and leaf juice are used to cure dysentery, indigestion, stomachache and as anthelmintic. Fruit peel is boiled and eaten in gastritis.	Acharya, 2012; Dhami, 2008; Kunwar and Adhikari, 2005; Bhattarai <i>et al.</i> , 2009; Rai, 2004.	6
183.	<i>Mazus surculosus</i> D.Don		Mazaceae	H	Wp	Plant juice is given to treat gastritis.	Manandhar, 1990	1

184.	<i>Melia azadirchta</i> L.	Bakaino	Meliaceae	T	B, F	Bark juice and fruit is used as anthelmintic and used to treat diarrhoea and gastric infection.	Acharya, 2012; Dhama, 2008; Acharya and Acharya, 2009; Ambu <i>et al.</i> , 2020; Bhattarai <i>et al.</i> , 2009	6
185.	<i>Mentha arvensis</i> L.		Lamiaceae	H	L	Leaf juice is used to treat gastritis and stomachache.	Bhattarai <i>et al.</i> , 2009; Paudel <i>et al.</i> , 2018	2
186.	<i>Mentha spicata</i> L.	Babari	Lamiaceae	H	Wp	Whole plant juice is orally taken in diarrhoea and stomachache. Leaf is used in gastritis, diarrhoea and dysentery.	Adhikari <i>et al.</i> , 2019; Rokaya <i>et al.</i> , 2010; Acharya, 2012; Acharya and Acharya, 2009	4
187.	<i>Mesua ferrea</i> L.		Calophyllaceae	T	Fl	Flower paste is given in amoebic dysentery.	Manandhar, 1990	1
188.	<i>Michelia champaca</i> L.	Champ	Magnoliaceae	T	B	Bark juice is used to treat gastritis.	Acharya, 2012	1
189.	<i>Mimosa pudica</i> L.	Lajjabati jhar	Fabaceae	H	Wp	Plant decoction is given in diarrhoea and dysentery. Root juice is taken to treat stomachache.	Singh <i>et al.</i> , 2012; Joshi <i>et al.</i> , 2018; Manandhar, 1987	3
190.	<i>Mirabilis jalapa</i> L.	Lankajalapa	Nyctaginaceae	S	Up	Root paste is used to treat diarrhoea.	Manandhar, 1987	1
191.	<i>Morus indica</i> L.	Kimbu	Moraceae	T	F	Fruit is eaten raw in diarrhoea and dysentery.	Singh <i>et al.</i> , 2018	1
192.	<i>Morus serrata</i> Roxb.	Kimbu	Moraceae	T	F, Up	Fruit is beneficial in diarrhoea, indigestion and constipation. Root juice is used as antihelmintic. Root paste with water is used to treat diarrhoea.	Rokaya <i>et al.</i> , 2010; Dhama, 2008; Bhattarai <i>et al.</i> , 2009	3
193.	<i>Murraya koenigii</i> (L.) Spreng	Karripatta	Rutaceae	T	B, L	Bark and leaf juice is used to treat stomachache, diarrhoea and dysentery.	Dhama, 2008; Acharya and Acharya, 2009; Joshi <i>et al.</i> , 2018; Paudel <i>et al.</i> , 2018	4
194.	<i>Musa paradiisiaca</i> L.	Kera	Musaceae	S	F	Unripe fruits are given orally in diarrhoea and dysentery.	Singh <i>et al.</i> , 2012; Dhama, 2008	2

195.	<i>Myrica esculenta</i> Buch.-Ham. ex D.Don	Kaphal	Myricaceae	T	B	Bark juice is given to treat stomach disorders and diarrhoea.	Manandhar, 1990; Shrestha & Dhillon, 2003	2
196.	<i>Nardostachys grandiflora</i>	Jatamansi	Valerianaceae	H	Up	Rhizome infusion is taken in stomatal disorders and intestinal worms.	Rokaya et al., 2010	1
197.	<i>Neopicrorhiza scrophulariiflora</i> (Pennell) Hong	Kutki	Scrophulariaceae	H	Up	Rhizome powder is taken with hot water to cure stomachache.	Rokaya et al., 2010	1
198.	<i>Nephrolepis cordifolia</i> (L.) C. Presl.	Paniamala	Nephrolepidaceae	H	Up	tuber juice is used in indigestion.	Singh et al., 2018; Dhama, 2008	2
199.	<i>Ocimum tenuiflorum</i> L.	Tulsi	Lamiaceae	H	Wp	Leaf and plant juice is used to treat gastric problem, diarrhoea and dysentery.	Dhama, 2008; Ambu et al., 2020.	2
200.	<i>Origanum vulgare</i> L.	Ramtulsi	Lamiaceae	H	Wp	Dry or fresh plant is boiled with water and is given in diarrhoea, dysentery, constipation and stomachache.	Rokaya et al., 2010	1
201.	<i>Oroxylum indicum</i> (L.) Kurz	Totala	Bignoniaceae	T	F	Fruit extract is used to treat diarrhoea.	Limbu & Rai, 2013	1
202.	<i>Osbeckia nutans</i> Wall.	Sanoangeri	Melastomataceae	S	Up	Root juice is taken to treat stomach disorders.	Manandhar, 1990	1
203.	<i>Oxalis corniculata</i> L.	Chariamilo	Oxalidaceae	H	Wp	Plant juice is given to cure diarrhoea, dysentery and stomachache.	Adhikari et al., 2019; Rokaya et al., 2010; Joshi et al., 2011; Acharya, 2012; Dhama, 2008; Acharya & Acharya, 2009	6
204.	<i>Oxalis debilis</i> Kunth.	Chariamilo	Oxalidaceae	H	Wp	Plant juice is given in the treatment of acidity, diarrhoea and dysentery.	Malla et al., 2015	1
205.	<i>Paris polyphylla</i> Sm.	Satuwa	Liliaceae	H	Up	Rhizome juice is given in gastritis.	Malla et al., 2015	1
206.	<i>Parnassia wightiana</i> Wall. Ex Wight & Arn.	Sunakhari	Celastraceae	H	L	Leaf juice is given for constipation and ulcers.	Malla et al., 2015	1
207.	<i>Pedicularis gracilis</i> Wall. Ex Benth.		Scrophulariaceae	H	Up	Root extract is given in stomachache.	Malla et al., 2015	1
208.	<i>Persicaria capitata</i> (Buch.- Ham. Ex D.Don)H.Gross	Pirre	Polygonaceae	H	Wp	plant juice is given in stomachache.	Manandhar, 1987	1

209.	<i>Phyllanthus amarus</i> Schumach & Thonn	Bhuiamala	Phyllanthaceae	H	L	Leaves extract is given in diarrhoea.	Singh <i>et al.</i> , 2018	1
210.	<i>Phyllanthus emblica</i> L.	Amala	Phyllanthaceae	T	B, F, L	Bark and leaf juice is given in diarrhoea, dysentery and constipation. Fruit is useful in stomachache.	Singh <i>et al.</i> , 2012; Dhama, 2008; Manandhar, 1990; Joshi <i>et al.</i> , 2018	4
211.	<i>Phytolacca acinosa</i> Roxb.		Phytolaccaceae	H	Up	Root juice is used to treat constipation.	Shrestha & Dhillon, 2003	1
212.	<i>Pinus roxburghii</i> Sargent	Sallo	Pinaceae	T	Re	Resin is used in stomachache.	Acharya, 2012	1
213.	<i>Piper longum</i> L.	Pipla	Piperaceae	H	F, L, Up	Fruit powder is given in constipation and indigestion. Leaf powder infusion is used to treat stomachache. Root infusion is used to treat stomachache.	Malla <i>et al.</i> , 2015; Acharya, 2012; Joshi <i>et al.</i> , 2018	3
214.	<i>Piper retrofractum</i> Vahl.		Piperaceae	C	S	Stem is used to treat gastric disorders.	Ambu <i>et al.</i> , 2020	1
215.	<i>Pisidium guajava</i> L.	Amba	Myrtaceae	T	B, Bud	Young buds decoction and juice is used in the treatment of diarrhoea and dysentery. Bark extract is used to treat diarrhoea and relieve from blood in stool.	Dhama, 2008. Limbu & Rai, 2013. Ambu <i>et al.</i> , 2020. Bhattarai <i>et al.</i> , 2009	4
216.	<i>Plantago major</i> L.	Isabgol	Plantaginaceae	H	Wp	Seeds are used to cure indigestion, dysentery and diarrhoea. Dry plant powder is taken with water to cure diarrhoea and dysentery.	Adhikari <i>et al.</i> , 2019; Joshi <i>et al.</i> , 2011; Acharya, 2012; Acharya & Acharya, 2009; Kunwar & Adhikari, 2005; Rokaya <i>et al.</i> , 2010	6
217.	<i>Pleurospermum dentatum</i> (DC.) C.B Clarke		Apiaceae	H	Up	Root powder is taken orally for indigestion.	Rokaya <i>et al.</i> , 2010	1
218.	<i>Plumbago zeylanica</i> L.		Plumbaginaceae	H	Wp	Plant juice is used to treat gastric disorders.	Ambu <i>et al.</i> , 2020	1
219.	<i>Pogostemon glaber</i> Benth.	Rudilo	Lamiaceae	S	Up	Root juice is given in indigestion.	Malla <i>et al.</i> , 2015	1
220.	<i>Polygonatum cirrhifolium</i> (Wall.) Royle	Khiraulo	Liliaceae	H	Up	Root juice is orally given to treat diarrhoea.	Rokaya <i>et al.</i> , 2010	1

221.	<i>Polygonum plebeium</i> R.Br	Balaunisag	Polygonaceae	H	Wp	Plant boiled with some water and given in bloody dysentery	Manandhar, 1990	1
222.	<i>Potentilla microphylla</i> D.Don	Bajradanti	Rosaceae	H	L, Up	Root paste is taken in diarrhoea. Leaf juice is given in dysentery.	kunwar & Adhikari, 2005; Acharya, 2012	2
223.	<i>Prunus armeniaca</i> L.		Rosaceae	T	Re	Resin is taken orally to treat diarrhoea.	Rokaya <i>et al.</i> , 2010	1
224.	<i>Prunus cerasoides</i> D.Don	Paiyun	Rosaceae	T	B, F	Fruit is used to cure gastritis and bark juice is antihelmintic.	Acharya, 2012	1
225.	<i>Pteridium aquilinum</i> (L.) Kuhn.	Uneu	Dennstaedtiaceae	H	Up	Rhizome decoction is used in gastritis.	Joshi <i>et al.</i> , 2011.	1
226.	<i>Pterocarpus marsupium</i> Roxb.	Bijaya sal	Fabaceae	T	B, S	Bark and wood infusion is used in gastritis and stomachache.	Dhami, 2008	1
227.	<i>Punica granatum</i> L.	Darim	Punicaceae	S	B, F	Fruit pulp, seeds and bark extract are eaten to treat indigestion, dysentery and diarrhoea.	Rokaya <i>et al.</i> , 2010; Kunwar & Adhikari, 2005; Bhattarai <i>et al.</i> , 2009	3
228.	<i>Pyracantha crenulata</i> (D.Don)M. Roem	Ghangaru	Rosaceae	S	F	Fruit powder with yogurt is given in dysentery	Malla <i>et al.</i> , 2015	1
229.	<i>pyrus pashia</i> Buch.-Ham. Ex D.Don	Mayal	Rosaceae	T	F	Fruit juice is taken to cure dysentery and indigestion.	Joshi <i>et al.</i> , 2011; Acharya, 2012; Shrestha & Dhillon, 2003	3
230.	<i>Quercus lantana</i> Sm.	Banjh	Fagaceae	T	B	Bark juice is taken by the women to cure gastritis after delivery.	Joshi <i>et al.</i> , 2011.	1
231.	<i>Ranunculus laetus</i> Wall. Ex D. Don.		Ranunculaceae	H	L	Leaf decoction is given in indigestion.	Malla <i>et al.</i> , 2015	1
232.	<i>Rauvolfia serpentina</i> (L.) Benth. Ex Kurz.	Sarpagandha	Apocynaceae	H	F	Fruit is used to treat Dysentery.	Acharya and Acharya, 2009	1
233.	<i>Rhamnus virgatus</i> Roxb.	Bhalukada	Rhamnaceae	T	B, F	Fruit and bark powder is taken orally in diarrhoea and dysentery.	Rokaya <i>et al.</i> , 2010	1
234.	<i>Rheum acuminatum</i> Hook. f. and Thomson ex Hook	Padamchal	Polygonaceae	H	Up	Roots or rhizomes are crushed boiled and consumed for indigestion and gastritis. Petioles are also consumed in diarrhoea and constipation.	Rokaya <i>et al.</i> , 2010; Singh <i>et al.</i> , 2016; Shrestha & Dhillon, 2003	3

235.	<i>Rheum moorcroftianum</i> Royle		Polygonaceae	H	Up	Root juice is used to treat dysentery.	kunwar & Adhikari, 2005	1
236.	<i>Rhododendron arboreum</i> Sm.	Gurans	Ericaceae	T	Fl	Flower is used to cure diarrhoea, dysentery indigestion and stomachache.	Adhikari et al., 2019; Acharya, 2012; Shrestha & Dhillon, 2003	3
237.	<i>Rhododendron lepidotum</i> Wall. ex d.Don	Sunpate	Ericaceae	S	L	Dry lea powder is used in diarrhoea.	Rokaya et al., 2010	1
238.	<i>Rhus parviflora</i> Roxb.	Bhakamilo	Anacardiaceae	T	F	Ripe fruits are used to treat stomachache, dysentery and diarrhoea. Fruit powder is taken with curd to treat dysentery and diarrhoea.	kunwar & Adhikari, 2005; Acharya, 2012; Shrestha & Dhillon, 2003; Rokaya et al., 2010	4
239.	<i>Ricinus communis</i> L.	Ader	Euphorbiaceae	S	F, Up	Fruit juice is given in diarrhoea, dysentery. Seed oil is given in constipation.	Singh et al., 2012	1
240.	<i>Rorippa indica</i> (L.) Hiern.	Rugisag	Brassicaceae	H	Wp	whole plant is consumed raw in diarrhoea.	Rokaya et al., 2010	1
241.	<i>Rorippa nasturtium-aquaticum</i> (L.) Hayek	Simsag	Brassicaceae	H	Wp	Whole plant powder is given in diarrhoea.	Rokaya et al., 2010	1
242.	<i>Rubia manjith</i> Roxb. ex Fleming	Majitho	Rubiaceae	C	Wp	Root decoction is taken to get relief from stomach pain and dysentery. The whole plant is used as anthelmintic.	Joshi et al., 2011; Acharya, 2012; Kunwar & Adhikari, 2005	3
243.	<i>Rubus acuminatus</i> Smith	Ainselu	Rosaceae	S	Up	Root powder or juice is given in excessive thirst and diarrhoea.	Rokaya et al., 2010	1
244.	<i>Rubus ellipticus</i> Sm.	Aainselu	Rosaceae	S	Bud, Up	Root juice is taken orally to treat lower abdominal pain, diarrhoea and gastritis. Tender bud extract is used to treat diarrhoea.	Rana et al., 2015; Rokaya et al., 2010; Joshi et al., 2011; Limbu & Rai, 2013; Shrestha & Dhillon, 2003; Ambu et al., 2020	6
245.	<i>Rubus nepalensis</i> (Hook.f)Kuntze	Bhui kafal	Rosaceae	H	Up	Root decoction is given in gastric trouble.	Malla et al., 2015	1
246.	<i>Rubus niveus</i> Thunb.	Kaloainselu	Rosaceae	S	F	Fruits are given in diarrhoea.	Rokaya et al., 2010	1
247.	<i>Rubus reticulatus</i> Wall.		Rosaceae	S	Up	Root juice is used to treat stomach disorders.	Manandhar, 1987	1

248.	<i>Rumex hastatus</i> d.Don	Raktebuj	Polygonaceae	H	Up	Root powder or paste is given in diarrhoea and dysentery.	Rokaya <i>et al.</i> , 2010	1
249.	<i>Rumex nepalensis</i> spreng.	Halhale	Polygonaceae	H	Up	Root powder is given with hot water to treat constipation and diarrhoea.	Adhikari <i>et al.</i> , 2019; Rokaya <i>et al.</i> , 2010	2
250.	<i>Schima wallichii</i> Choisy.	Chilaune	Theaceae	T	B	Bark powder is taken with water for the treatment of gastritis.	Joshi <i>et al.</i> , 2011.	1
251.	<i>Selinum wallichianum</i> (DC.) Raizada & H.O. Saxena		Apiaceae	H	Wp	Root decoction is used to treat diarrhoea and dysentery. Plant infusion is given to cure stomachache and diarrhoea.	kunwar & Adhikari, 2005; Rokaya <i>et al.</i> , 2010.	1
252.	<i>Semecarpus anacardium</i> L.f.	Bhalayo	Anacardiaceae	T	F	Fruit is used to cure dysentery.	Acharya, 2012; Acharya and Acharya, 2009	2
253.	<i>Senecio scanden</i> Buch.-Ham. Ex D.Don	Bakhrekane	Asteraceae	C	L	Leaf juice is given for gastritis.	Malla <i>et al.</i> , 2015	1
254.	<i>Shorea robusta</i> C.F.Gaertn.	Sal	Dipterocarpaceae	T	B, Re, Up	Bark, root and resin powder decoction is given in diarrhoea and dysentery.	Singh <i>et al.</i> , 2012; Acharya, 2012; Dhama, 2008; Bhattarai <i>et al.</i> , 2009	4
255.	<i>Smilex asper</i> L.		Liliaceae	C	Up	Root juice is used to cure stomachache.	Acharya, 2012	1
256.	<i>Solanum nigrum</i> L.	Kaligedi	Solanaceae	H	F	Ripe fruits are used to treat constipation.	Dhama, 2008	1
257.	<i>Sonchus wightianus</i> DC.	Mulapate	Asteraceae	H	Up	Root is directly taken to treat gastritis.	Singh <i>et al.</i> 2016	1
258.	<i>Sphaeranthus senegalensis</i> DC.		Asteraceae	H	Wp	Plant juice is used to treat indigestion.	Manandhar, 1990	1
259.	<i>Stephania glandulifera</i> Miers.	Gundarigano	Menispermaceae		Up	Root juice is drunk to treat gastritis.	Ambu <i>et al.</i> , 2020	1
260.	<i>Stephania japonica</i> (Thunb.) Mier	Batulopate	Menispermaceae	C	Up	Root juice is used to treat stomachache.	Manandhar, 1987	1
261.	<i>Swertia chirayita</i> (Roxb. Ex Fleming) Karstern	Chiraita	Gentianaceae	H	L	Leaves are used to cure stomach disorders, indigestion and constipation.	Adhikari <i>et al.</i> , 2019; Joshi <i>et al.</i> , 2011; Joshi <i>et al.</i> , 2018; Shrestha & Dhillon, 2003	4

262.	<i>Syzygium cumini</i> (L.) Skeels	Jamun	Myrtaceae	T	B, F	Bark juice is used to treat diarrhoea and dysentery. Fruits are given to cure indigestion and constipation.	Acharya, 2012; Dhama, 2008; Limbu & Rai, 2013; Bhattarai et al., 2009; Rai, 2004	6
263.	<i>Tamarindus indica</i> L.	Imili	Fabaceae	T	F	Seed paste is used to treat stomachache.	Rai, 2004	1
264.	<i>Taraxacum officinale</i> Wigg.	Dudhejhar	Asteraceae	H	Up	Root juice is given to treat stomach disorders.	Manandhar, 1990	1
265.	<i>Tectaria coadunata</i> (Wall. Ex J. Sm.	Kaloneuro	Tectariaceae	H	Up	Rhizome juice decoction is taken to treat diarrhoea, dysentery, stomach pain and giardiasis.	Adhikari et al., 2019; Joshi et al., 2011; Manandhar, 1990; Limbu & Rai, 2013	4
266.	<i>Terminalia alata</i> Heyne ex Roth.	Asna	Combretaceae	T	B	Bark juice is used to cure diarrhoea and dysentery.	Acharya and Acharya, 2009; Bhattarai et al., 2009	2
267.	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Barro	Combretaceae	T	F	Fruits is used as antihelmintic, gastritis and in indigestion.	Dhama, 2008; Acharya and Acharya, 2009; Ambu et al., 2020	3
268.	<i>Terminalia chebula</i> Retz.	Harro	Combretaceae	T	F	Fruits are used in indigestion and stomach problem.	Dhama, 2008; Acharya and Acharya, 2009	2
269.	<i>Themeda triandra</i> Forssk.	Khar	Poaceae	H	L	Leaf juice is used to treat gastritis.	Acharya, 2012	1
270.	<i>Thymus linearis</i> Benth.		Lamiaceae	H	Wp	Aboveground part is boiled and given to treat stomachache, gastritis, diarrhoea and indigestion.	Rokaya et al., 2010	1
271.	<i>Thysanolaena latifolia</i> (Roxb.ex Hornem.) Honda		Poaceae	H	Up	Root juice is used to treat stomachache and gastritis	Acharya, 2012	1
272.	<i>Tinospora sinensis</i> (Lour.) Merr.	Gurjuko lahara	Menispermaceae	C	S, Up	Decoction of stem is used to cure stomach trouble. Root extract is consumed in gastritis and diarrhoea.	Joshi et al., 2011; Malla et al., 2015; Singh et al., 2016; Bhattarai et al., 2009	4
273.	<i>Toona ciliata</i> M.Roemer	Tooni	Meliaceae	T	B	Bark juice is used to treat diarrhoea and dysentery.	Dhama, 2008	1
274.	<i>Trichosanthes tricuspidata</i> Lour.	Lahareaanp	Cucurbitaceae	C	Up	Root is chewed to cure constipation.	Limbu & Rai, 2013	1

275.	<i>Trigonella foenum-graecum</i> L.	Methi	Fabaceae	H	F	Seeds are chewed raw or grinded powder is given with water in stomachache and indigestion.	Rokaya <i>et al.</i> , 2010	1
276.	<i>Urena lobata</i> L.	Nalukuro	Malvaceae	H	Wp	Plant juice is given to treat stomach disorders, dysentery and diarrhoea.	Manandhar, 1990; Malla <i>et al.</i> , 2015; Dhama, 2008	3
277.	<i>Urtica dioica</i> L.	Sisnoo	Urticaceae	S	L, S, Up	Root decoction is used to cure stomach disorders. Cooked leaf or stem is useful in gastritis.	Rana <i>et al.</i> , 2015; Rokaya <i>et al.</i> , 2010; Dhama, 2008	3
278.	<i>Valeriana hardwickii</i> Wall.	Nakalijatamansi	Valerianaceae	H	Up	Root powder or paste is given with hot water in indigestion, diarrhoea and dysentery.	Rokaya <i>et al.</i> , 2010; Ambu <i>et al.</i> , 2020	2
279.	<i>Valeriana jatamansi</i> Jones.	Sughandawala	Valerianaceae	H	L, Up	Fresh or dry root and leaf juice is used in stomachache, indigestion, diarrhoea and dysentery.	Rokaya <i>et al.</i> , 2010. Kunwar & Adhikari, 2005. Ambu <i>et al.</i> , 2020	3
280.	<i>Vitex negundo</i> L.		Vitaceae	S	L	Leaf juice is used to treat stomach problem	Dhama, 2008	1
281.	<i>Woodfordia fruticosa</i> (L.) Kurz.	Dhairo	Lythraceae	S	Wp	Flower juice is given to bloody dysentery. Leaf is used to treat gastritis and dysentery. Bark juice and root is used to treat stomach problem.	Manandhar, 1990; Achharya, 2012; Dhama, 2008; Ambu <i>et al.</i> , 2020; Bhattarai <i>et al.</i> , 2009; Adhikari <i>et al.</i> , 2019	6
282.	<i>Wrightia arborea</i> (Dnnst.) mabb.		Apocynaceae	T	F	Seeds are taken to treat intestinal pain having dark stool.	Ambu <i>et al.</i> , 2020	1
283.	<i>Youngia japonica</i> (L.) DC.		Asteraceae	H	L	Leaf juice is taken in indigestion.	Acharya, 2012	1
284.	<i>Zanthoxylum acanthopodium</i> DC.	Boketimur	Rutaceae	S	F	Fruit is boiled with water and consumed during gastritis, diarrhoea and dysentery	Singh <i>et al.</i> , 2016	1

285.	<i>Zanthoxylum armatum</i> DC.	Timur	Rutaceae	S	F	The fruit is crushed and taken with boiled water to treat abdominal pain, indigestion, for appetite and antihelmintic	Rana <i>et al.</i> , 2015; Joshi <i>et al.</i> , 2011; Manandhar, 1990; Singh <i>et al.</i> , 2016; Shrestha & Dhillon, 2003; Kunwar & Adhikari, 2005; Adhikari <i>et al.</i> , 2019	7
286.	<i>Zanthoxylum oxyphyllum</i> Edgew.	Bogyatimur	Rutaceae	S	F	Seed decoction is used to treat chronic gastritis.	Shrestha & Dhillon, 2003	1
287.	<i>Zingiber montanum</i> Roxb.		Zingiberaceae	H	Up	Rhizome is used to treat gastritis.	Acharya, 2012	1
288.	<i>Zingiber officinalae</i> Roscoe	Aduwa	Zingiberaceae	H	Up	Rhizome decoction or rhizome is boiled and liquid is taken to treat stomachache, constipation and indigestion.	Rokaya <i>et al.</i> , 2010; Dhama, 2008; Joshi <i>et al.</i> , 2018; Bhattarai <i>et al.</i> , 2009; Adhikari <i>et al.</i> , 2019	6
289.	<i>Ziziphus mauritiana</i> Lam.	Bayer	Rhamnaceae	T	B, F	Bark juice is given in diarrhoea and dysentery. Fruit is used to cure stomachache, indigestion and constipation.	Malla <i>et al.</i> , 2015; Acharya, 2012; Dhama, 2008	3

Note: Habit; C= Climbers, H= Herbs, S= Shrubs, T= Trees. Used parts; Up= underground parts, Wp= Whole plants, F= Fruits, L= Leaves, B= Bark, Fl= Flowers, S= Stem, La= Latex, Re= Resin, Sh= Shoot, Sp= Spores, Bu= Bulbil.

Discussion

Ethnomedicinal plants contain the different bioactive compounds that play the key role in treatment of the diseases. The known medicinal uses can thus become the vital source of pharmaceutical drugs for the treatment of many diseases. For developing country like Nepal, health status promotion is almost impossible without developing existing traditional medical systems and incorporating it into the national health care system (Koirala and Khaniya, 2009). Traditional medicinal knowledge is developed from the long process of trial and error and thus this could guide search for drug development

(Karunamoorthi *et al.*, 2012). Among the ethnomedicinal plants used for treatment in gastrointestinal disorders, the species viz. *Aconitum heterophyllum*, *Aconitum ferox*, *Acorus calamus*, *Azadirachta indica*, *Berginia ciliata*, *Cinnamomum tamala*, *Curculigo orchioides*, *Dactylorhiza hatagirea*, *Dioscorea deltoidea*, *Gaultheria fragrantissima*, *Juglans regia*, *Nardostachys grandiflora*, *Neopicrorhiza scrophulariiflora*, *Paris polyphylla*, *Phyllanthus emblica*, *Piper longum*, *Rauvolfia serpentina*, *Rubia manjith*, *Swertia chirayita*, *Tinospora sinensis*, *Valeriana jatamansi* and *Zanthoxylum armatum* are prioritized by Government of

Nepal for to raise the economic status of nation (DPR 2006; DPR 2016). Among them some are prioritized for agro-technology development.

Conclusion

This study contributes to the information on ethnomedicinal plant species used in the treatment of gastrointestinal disorders in human beings. In present study, 289 ethnomedicinal plants belonging to 278 angiosperms (240 dicots and 38 monocots), five species of gymnosperms and six species of pteridophytes are recorded from Nepal. The plant species, *Zanthoxylum armatum* is found as the most important ethnomedicinal plant species in the treatment of gastrointestinal disorders as it has highest citation. The indigenous traditional knowledge and practices on the usage of local resources including the ethnomedicinal plants are eroding because of many factors. Bioprospecting of those traditionally used ethnomedicinal plants used by the ethnic communities for long time for treatment of gastrointestinal disorder can be done by conducting the proper research work and to find the novel compounds within them. The ethnomedicinal plants thus need to be conserved and managed in a sustainable way. Moreover, the cultivation technology should be developed for ethnomedicinal plants to avoid the over harvesting of the species in wild.

References

- Acharya, R & Acharya, K. P. (2009). Ethnobotanical study of medicinal plants used by Tharu community of Parroha vdc, Rupandehi district, Nepal. *Scientific World*, **7**(7): 70-84
- Acharya, R. (2012). Ethnobotanical study of medicinal plants of Resunga hill used by magar community of Badagaun vdc, Gulmi district, Nepal. *Scientific World*, **10**(10): 54-65.
- Adhikari, M., Thapa, R., Kunwar, R. M., Devkota, H. P. & Poudel, P. (2019). Ethnomedicinal Uses of Plant Resources in the Machhapuchchhre Rural Municipality of Kaski District, Nepal. *Medicines*, **6**(69). doi:10.3390/medicines6020069
- Ambu, G., Chaudhary, R. P., Mariotti, M. & Cornara, L. (2020). Traditional uses of medicinal plants by ethnic people in the Kavrepalanchok District, Central Nepal. *Plants*, **9**(759). doi:10.3390/plants9060759.
- Bannerman, R., Burton, J., & Chen, W. (1983). *Traditional Medicine and Health Care Coverage: A Reader for Health Administrators and Practitioners*. Geneva: World Health Organization.
- Bhattarai, S., Chaudhary, R. P. & Taylor, R.S. I. (2009). Ethno-medicinal Plants Used by the People of Nawalparasi District, Central Nepal. *Our Nature*, **7**: 82-99.
- Dhami, N. (2008). Ethnomedicinal uses of plants in Western Terai of Nepal: A case study of Dekhatbhuli VDC of Kanchanpur District. Medicinal plants in Nepal: An Anthology of Contemporary Research. Pp 164-176. Eds . P.K. Jha, S.B. Karmacharya, M. R. Chettri, C.B. Thapa and B.B. Shrestha. Ecological Society, Kathmandu Nepal.
- DPR (2006). Plants of Nepal: Fact Sheet. Department of Plant Resources,

- Ministry of Forest and Soil Conservation, Thapathali, Kathmandu, Nepal.
- DPR (2016). News Letter (Banaspatti Shrota). Department of Plant Resources, Ministry of Forest and Soil Conservation, Thapathali, Kathmandu, Nepal. **19** (4).
- Ghimire, S. K., Sah, J. P., Shrestha, K. K. & Bajracharya, D. (1999). Ecological study of some high altitude medicinal and aromatic plants in the Gyasumdo valley, Manang, Nepal. *Ecoprint*, **6**(1): 17-25
- Ghimire, K. & Bastakoti, R. R. (2009). Ethnomedicinal knowledge and healthcare practices among the Tharu of Nawalparasi district in central Nepal. *Food and Agriculture Organization of the United Nation*. **257**: 2066-2072.
- Joshi, K., Joshi, R. & Joshi, A. R. (2011). Indigenous Knowledge and uses of medicinal plants in Machhegaun, Nepal. *Indian Journal of Traditional Knowledge*, **10**(2): 281-286.
- Joshi, A., Kalauni, D. & Bhattarai, S. (2018). Survey on usage of medicinal plants: a case from Chitwan district of Nepal. *SAARC J. Agri.*, **16**(2): 129-141. DOI: <https://doi.org/10.3329/sja.v16i2.40265>
- Karunamoorthi, K., Jegajeevanram, K., Vijayalakshmi, J. & Mengistie, E. (2012). Traditional Medicinal Plants: A Source of Phytotherapeutic Modality in Resource-Constrained Health Care Settings. *Journal of Evidence-Based Integrative Medicine*. <https://doi.org/10.1177/2156587212460241>
- Kasper, D. L. & Harrison, TR. (2005). *Harrison's Principles of Internal Medicine*. 16th ed. MC Graw-Hill, Medical pub. Division, Newyork.
- Koirala, R. R & Khaniya, B. N. (2009). Present status of: Traditional medicines and medicinal and aromatic plants related resources and organization in Nepal. *Nepal Health Research Council*. Ramshahpath Kathmandu, Nepal.
- Kunwar, R. M. & Adhikari, N. (2005). Ethnomedicine of Dolpa district, Nepal: the plants, their vernacular names and uses. *Lyonia* **8**(1): 43-49.
- Limbu, D. K. & Rai, B. K. (2013). Ethno-Medicinal Practices among the Limbu Community in Limbuwan, Eastern Nepal. *Global Journal of Human Social Sciences Multidisciplinary*, **13**(2).
- Malla, B., Gauchan, D. P. & Chhetri, R. B. (2015). An ethnobotanical study of medicinal plants used by ethnic people in Parbat district of western Nepal. *Journal of Ethnopharmacology*, (2015), <http://dx.doi.org/10.1016/j.jep.2014.12.057i>.
- Manandhar, N. P. (1987). Traditional medicinal plants used by tribals of Lamjung District, Nepal. *International Journal of Crude Drug Research*, **25**(4): 236-240.

<http://dx.doi.org/10.3109/13880208709055200>

Manandhar, N. P. (1990). Medico Botany of Gorkha District, Nepal –An Elucidation of Medicinal Plants. *International Journal of Crude Drug Research*, **28**(1): 17-25.

Paudel, N., Aryal, M. R., Das, B. D., Adhikari, D. C., Rai, P. D. Shrestha, R. (2008). Some medicinal plant from Kathmandu Valley, Central Nepal. *International Journal of Scientific Reports*, **4**(4): 78-81. DOI: <http://dx.doi.org/10.18203/issn.2454-2156.IntJ>. SciRep20181390

Rai, S. K. (2004). Medicinal plants used by Meche people of Jhapa District, Eastern Nepal. *Our Nature*, **200**(2):27-32.

Rana, S. K., Oli, P. S., & Rana, H. R. (2015). Traditional botanical knowledge (TBK) on the use of medicinal plants in Sikles area, Nepal. *Asian Journal of Plant Science and Research*, **5**(11): 8-15.

Rawal, R. B. (2004). Marketing Nepal's non-timber forest products: challenges and opportunities, In local experience based national strategy for organic production and management of MAPs/ NTFPs in Nepal, eds. N.K. Bhattarai and M. Karki, 87-96. New Delhi: MAPPs/IDRC: Kathmandu GoN, and CCo.

Rokaya, M. B., Munzbergova, Z. & Timsina, B. (2010). Ethnobotanical study of medicinal plants from the Humla district of western Nepal. *Journal of Ethnopharmacology*, **130**: 485-504.

Shrestha, P. M. & Dhillon, S. S. (2003). Medicinal plant diversity and use in the highlands of Dolakha district, Nepal. *Journal of Ethnopharmacology*, **86**: 81–96. doi:10.1016/S0378-8741(03)00051-5.

Shrestha, N., Shrestha, S., Koju, L., Shrestha, K. K. & Wang, Z. (2016). Medicinal plant diversity and traditional healing practices in eastern Nepal. *Journal of Ethnopharmacology*, **192**: 292–301.

<http://dx.doi.org/10.1016/j.jep.2016.07.067>.

Singh, A. G., Kumar, A. & Tewari, D. D. (2012). An ethnobotanical survey of medicinal plants used in Terai forest of western Nepal. *Journal of Ethnobiology and Ethnomedicine*, **8**:19.

Singh, A. G., Kumar, A., Tewari, D. D. & Bharati, K. A. (2018). New ethnomedicinal claims from Magar community of Palpa district, Nepal. *Indian Journal of Traditional Knowledge*, **17**(3): 499-511.

Ved Prakash. 1998. Indian Medicinal Plants- Current Status-I. *Ethnobotany*, **10**: 112-121.