

## Supplementary:S1

Table (1): Ethnobotanical uses and characteristics of local flora.

11	Asparagaceae	1) <i>Agave desmettiana</i> Jacobi	Wilayati Kaithalu	May-June	Perennial Subshrub	Leaves roots, Sap and Basal,	Juice, extract paste, Syrup	Plant leaf extracts are beneficial for treating dermatological issues and superficial injuries, since they help prevent infections and promote wound healing. Agave is ingested orally to treat constipation and cancer. Agave syrup is a naturally derived sweetener commonly employed as a replacement for sugar in the context of baking or cooking. Combine a single spoonful of agave nectar with any hair mask or incorporate it into your conditioner. It will enhance the luster and resilience of your hair while also preventing hair loss and addressing split ends.
		2) <i>Dracaena trifasciata</i> (Prain) Mabb.	Khotydakan/sap boti	Winter	Perennial herb/Forb	Whole plant	Powder, spray	Minimize the effects of airborne allergens such as dust and dander. Conversely, improving indoor air quality can have a favorable impact on health by reducing the risk of allergies and asthma.
12	Asteraceae	3) <i>Artemisia vulgaris</i> L.	Brinjasaf-Jari-boti	July-October	Perennial weed/Herb	Leaves	Extract, tea, Paste powder	Leaf powder is utilized to alleviate gastrointestinal issues and combat intestinal parasites. Externally, a poultice made from fresh leaves is administered to treat wounds and skin infections. Also used to flavor food and as an herbal medicine, promote regular periods, boost energy, calm nerves, support digestion, ornaments, fumigants and medicines.
		4) <i>Cirsium arvense</i> (L.) scop.	Leh/ Bhurbhur	July-September	Perennial herb	Flowers and leaves	Decoction, powder	Leaves can be consumed either in their raw state or after being cooked. The taste is unexciting, but the thorns must be extracted before to consuming the leaves - not only is this process intricate, but just a small amount of edible foliage remains. The leaves are additionally employed for the purpose of clotting plant-based milks. Chewing it has been used as a cure for toothache (Maswaak). The roots have been utilized in the form of a decoction to remedy parasitic worms in children.
		5) <i>Conyza canadensis</i> (L.) Cronquist	Horseweed	June-October	Annual forb/weed	Whole plant	Powder, tea	Young leaves are edible. The leaves are best dried and stored for later use to help flavor meals. Treatment against Diarrhea and dysentery also used to treat bleeding hemorrhoids. Root is used to make a tea for menstrual irregularities. Burning of dried horseweed plant is used to create smoke to ward off insects as well.
		6) <i>Eclipta prostrata</i> (L.) L.	Phol buti	August-September	Annual herb	Leaves	Extract, Oil juice	It aids in combating skin ailments, respiratory disorders, coronary heart disease, hair loss, vitiligo, and snake bites. Ayurvedic medicine utilizes the juice extracted from the leaves of the false daisy plant as a liver tonic. Additionally, it aids in combating hair loss and the greying of hair. Hair tonic and liver tonic are both utilized in the cosmetic sector. Bhringraj oil enhances blood circulation to the scalp and hair

								follicles, hence stimulating hair growth.
		7) <i>Gnaphalium coarctatum</i> Willd.	Cudweed	June-October	Annual weed/herb	Leaves	Extract	The extracts and compound obtained from this plant having multiple pharmacological activities such as antioxidant, antibacterial anti-inflammatory and antifungal.
		8) <i>Helianthus annuus</i> L.	Suraj-mukhi	July-September	Annual herb	Whole plant	Extract	The leaves serve as animal feed, the flowers provide a yellow color, and the seeds contain oil and are consumed as food. Additionally, it is utilized as a source of nourishment for wild birds, as feed for livestock, in certain industrial sectors, and as a decorative plant in residential gardens. Sunflower oil is utilized in several applications such as frying, margarine production, salad dressings, lubrication, soap manufacturing, and illumination. Within the realm of skincare, it mostly serves as an emollient agent.
		9) <i>Leucophyta brownie</i> Cass.	Makhmal-Jhadi	Late spring to summer	Cushion bush	Whole plant	Extraction	It is used to define walking paths in coastal areas, because they are easily seen at night. Excellent for defining edges of paths, borders, verges, roundabouts, and nature. Commonly used for fuel purpose. Ornamental also.
		10) <i>Parthenium hysterophorus</i> L.	Gandiboti/Kainch mainch	March-November	Annual herb	Flowers and leaves	Extract, juice, paste	It is used to treat abnormal and painful secretions from ears. It has Laxative body tonic properties.
		11) <i>Sonchus asper</i> (L.) Hill	Asgandh/ dudhi	July-October	Biennial herb	Whole plant	Powder, paste decoction	It is used in combination with different herbs to enhance the red blood cells in body as powder form. Whole plant is grounded powder is applied on burns. It is used to treat Febricity, cough, bronchial asthma, purgative, wounds, and indigestion.
		12) <i>Sonchus oleraceus</i> (L.) L.	Dodak	June-August	Annual/Biennial herb	Whole plant	Powder, Extract	Provides immediate relief in the management of headaches, general pain, diarrhea, menstruation disorders, fever, hepatitis, ocular conditions, liver infections, infections, inflammation, and rheumatism. It has four times the amount of antioxidant chemicals found in red wine and twelve times the number of antioxidants found in black tea. It has a high concentration of vital fatty acids, minerals, and nutrients such as zinc, manganese, copper, iron, calcium, and fiber.
		13) <i>Xanthium strumarium</i> L.	Chhota Dhatura	July-September	Annual herb	Whole plant	Decoction, powder	Malaria, skin ulcer, spinal trauma, indigestion, smallpox, scrofulous tumors, odontalgia are the diseases which are treated by this plant.

13	Bignoniaceae	14) <i>Tecoma stans</i> (L.) Juss. ex Kunth	Piliya	March-September	Perennial Shrub	Whole plant	Decoction, infusion	Decorative flora. The wood is used as a source of firewood and charcoal. Wood from this plant is utilized in the construction of houses. Additionally, the infusion made from its leaves can be ingested orally to alleviate symptoms of diabetes and stomach pains. Moreover, a potent decoction made from the plant's leaves and roots is ingested orally as a diuretic, to treat syphilis, or to combat intestinal worms. Utilized as a Miswak.
14	Boraginaceae	15) <i>Cordia myxa</i> L.	Lasoda	March-May	Deciduous tree	Bark, Fruit	Decoction	Its fruits are edible and used in many dishes and for pickles. If you want to gain relief against cough or sore throat, then preparing and consuming a decoction involving the Lasoda fruit can be of great help. To prepare such a decoction, you should boil the fruit in water and consume it. In addition, the Lasoda tree's bark can also be successfully boiled in water, filtered and then consumed
		16) <i>Heliotropium europaeum</i> L.	Hathajori	June-September	Annual/perennial herb	Aerial parts	Paste	It is also poisonous, so people carefully use it externally to treat warts and to promote wound healing.
15	Brassicaceae	17) <i>Brassica juncea</i> L.	Saron/Saag/Tor yah	October-march	Annual herb	Seeds, Leaves, Stem (Whole plant)	Extract, Oil	It is utilized in the manufacturing of petroleum and animal feed. The oil is derived from the seed and is utilized as both a consumable and in various goods, including candles, lipsticks, and industrial lubricants, for industrial applications. Sarson da saag is a popular and tasty vegetable dish commonly enjoyed by peasants in the area.
		18) <i>Lepidium didymium</i> L.	Gajar ghas/Jangli halon	July-September	Annual or biennial herb	Whole plant	Decoction, poultice	It is consumed as a vegetable and employed as a medicinal herb to address various ailments such as cancer, gangrene, and hemorrhoids. To alleviate a headache, individuals consume a concoction made from the entire plant, while a poultice made from the leaves is applied topically. Internally, the decoction is administered to alleviate fever.
		19) <i>Raphanus raphanistrum</i> L.	Moli	December – May	Annual herb	Whole plant	Juice, Paste Extract	Its primary application is as a vegetable, particularly in salads. Every edible portion of the plant can be consumed. The leaves and petals possess a piquant flavor or lingering taste. The seedpods are edible, as is the outer skin of the root. It is optimal to utilize only the youthful foliage throughout the spring season, as the elder foliage quickly develops a bitter taste. Radish possesses beneficial properties that aid in the prevention and treatment of urinary tract and bladder infections.
		20) <i>Sisymbrium irio</i> L.	Khoob Kalan	March-May	Annual herb	Leaves, seeds, flowers	Infusion	These substances are employed in the management of asthma and can also serve as a stimulating dressing. The leaves are brewed to create a medicinal solution that is effective in treating throat and chest conditions. Seeds are simmered in water

								together with sugar (Gur) and administered as a remedy for typhoid fever. Shoot pieces are utilized as cattle feed.
16	Cannabaceae	21) <i>Cannabis sativa</i> L.	Bhang	Autumn	Annual herb	Whole plant	Paste, extract, infusion. Decoction, juice	This substance is utilized for the treatment of constipation, dysentery, sedation, snake bite poisoning, lice infestation, diuresis, purging, and asthma. It is good for stomachache. But is generally considered unsafe and immoral in society due to Addictive properties.
17	Caryophyllaceae	22) <i>Cerastium glomeratum</i> Thuill.	mouse-ear chickweed	February-May	Annual herb	Whole plant	Juice	Traditionally used as diuretic, galactofuge & tonic. Applying the plant's juice to the forehead alleviates headaches. Additionally, it can be administered nasally as a spray to address epistaxis.
		23) <i>Stellaria media</i> (L.) Vill.	Jhadi-Boti	May-October	Annual herb	Leaves stems and roots	Powder, tea	Various gastrointestinal problems, asthma, diarrhea, measles, jaundice, renal, digestive, reproductive, and respiratory tracts inflammations have been treated using different portions of the plant. Additionally, they have the ability to reduce inflammation and are employed as bandages for fractured bones.
18	Chenopodiaceae	24) <i>Chenopodium murale</i> L.	Karund	July-October	Annual herb	Whole plant	Powder, paste, Decoction Topical, Oral and as Snuff	Best suited against different diseases e.g., Indigestion, backbone pain, cold and cough, sexual dysfunction with reference to Hakeem's.
19	Cleomaceae	25) <i>Cleome viscosa</i> L.	Hulhul/ Bagra	March-July	Annual herb	Leaves	Decoction	Leaf decoction is used for eyesore. The leaves are utilized topically for the treatment of wounds and ulcers. The entire herb is applied topically to alleviate symptoms of rheumatism. This substance is utilized for the treatment of hypertension, malaria, wound healing, and toothache.
20	Combretaceae	26) <i>Combretum indicum</i> (L.) DeFilipps	Ishq pechaan	March - August	Woody climber	Whole plant	Powder	It is extensively grown as an ornamental plant for its fragrant flowers and as a climber for hedges.
21	Commelinaceae	27) <i>Tradescantia pallida</i> (Rose) D.R.Hunt	Kalb argwani	Summer	Perennial herb	Whole plant	Extraction	This plant holds significant economic value in the nursery and landscape industry. It is widely marketed as a decorative plant and utilized as a low-growing plant that covers the ground. Plants are employed for the purpose of purifying and cleansing interior air as well.
22	Convolvulaceae	28) <i>Convolvulus</i>	Vahlooor	Autumn	Climber	Whole plant	Extract,	Laxative, and blood purifier, also used to treat joint pain. It is a source of hair oil and

	ae	<i>arvensis</i> L.					paste, oil	also helps to cure ulcer.
23	Cucurbitaceae	29) <i>Citrullus colocynthis</i> (L.) Schrad.	Kor-Tumah	Summer	Perennial creeper/Prostrate herb	Whole plant	Paste, juice, Decoction	The fruit is utilized as an ingredient in Marabah, a delectable dessert commonly consumed in the study area. In addition to consuming or preserving the non-astringent pulp, the seeds are also edible. They can undergo the process of dehydration, roasting, or grinding to form a paste, which can then be utilized in various culinary preparations. The foliage and blossoms can be prepared and consumed as a culinary vegetable. Furthermore, it aids in the treatment of other ailments such as diabetes, constipation, leprosy, asthma, bronchitis, jaundice, joint pain, cancer, and mastitis.
		30) <i>Cucumis melo</i> var. <i>agrestis</i> L.	Chibber	July-November	Creeper/Herb	Fruit	Powder, paste	The ripe fruits are also transformed into chutney, which possesses a zesty flavor. The plant is extensively grown for its consumable fruit, both in private gardens and for commercial purposes, spanning from regions with warm temperate climates to tropical places. The optimal natural meat tenderizer is the finely ground powder of dried "Kachri". The minced meat used for seekh-kababs is combined with Kachri powder and allowed to marinate for a period of 4-6 hours in order to enhance its tenderness.
		31) <i>Cucurbita melopepo</i> L.	Phut	July-September	Climber	Fruit, seeds	Oil, powder	When they are young and still soft, they can be consumed either in their raw state or cooked like a vegetable. Mature fruits are utilized for the purpose of creating desserts. Seed-derived oil is extracted for consumption purposes. Additionally, they are employed as an initial medical intervention for burns and abrasions. The fruit has stomachic properties.
		32) <i>Luffa acutangula</i> (L) Roxb	Ghia-tori/desitoti	Summer	Annual climber	Whole plant	Extract	Grown for its unripe fruits as a vegetable. Mature fruits are used as natural cleaning sponges. They are cooked or fried and used in soups and sauces. Anti-Cancer, Anti-Diabetic, Anti-Jaundice
24	Cyperaceae	33) <i>Cyperus rotundus</i> L.	Modakh	July-August	Grass/Sedge	Whole plant	Oil, Decoction	Oil usage: After Removing the unwanted hair by any method, just apply the oil to the desired area, repeat this method every time you remove the unwanted Hair. Used for forage and in the treatment of coughs, bronchial asthma, and fever mostly Decoction is used.
25	Euphorbiaceae	34) <i>Chrozophora tinctoria</i> (L.) A. Juss.	Kappo/ Chisik/ Ner Buti.	April-June	Annual herb	Roots leaves	Ashes, crude extracts of plants	Children are administered root ashes as a remedy for cough. This plant is utilized for the production of coloring compounds. The plant is gathered from its natural habitat for local use and as a source of raw materials. The plant's leaves contain an extract that is beneficial for promoting the healing of wounds.
		35) <i>Euphorbia</i>	Bara-dudhi	May–	Prostrate/	Parts above	Syrup,	Found as a weed in gardens. Effective weed of the area against respiratory disorders

		<i>chamaesyce</i> L.		November	Creeper	ground	Decoction	e.g., breathing disorders including asthma, bronchitis, and chest congestion.
		36) <i>Euphorbia helioscopia</i> L.	Gandi-botii/ gunda buti/	May- October	Annual herb	Aerial parts	Latex, Powder, Extract	Due to poisonous properties only minor actions in medicine. The latex of the plant on highly experimentation of Herbalist and Hakeem's used due to different actions e.g. The leaves and stems include properties that reduce fever and expel worms. The root is used as an anthelmintic. The plant has a cathartic effect. It possesses anti-cancer effects.
		37) <i>Euphorbia hirta</i> L.	Chattri dodak	May- October	Perennial herb	Leaves, stems	Extract, powder	Used in medicine for the treatment of gastrointestinal disorders, and to treat wounds. <i>Allium cepa</i> (onion) affected by this weed. <i>Euphorbia hirta</i> is used for treatment of dengue fever, digestive problems, severe diarrhea (dysentery),
		38) <i>Euphorbia neriifolia</i> L.	Thaur	March- April	Shrub	Whole plant	Boiled with syrup	Amenity/Boundary, barrier, or support. It is cultivated as a decorative and hedging plant. Additionally, it is cultivated as a biological barrier. The wood is utilized for crafting little items, like as knife handles.
		39) <i>Euphorbia serpens</i> Kunth	Boti	Summer	Creeper	Aerial parts	Extract, paste	Indicated for the treatment of bronchial diseases. It mitigates illnesses associated with bacteria, which currently pose a public health concern in our nation. The antibacterial qualities of a substance can greatly enhance the overall quality of life.
		40) <i>Euphorbia tirucalli</i> L.	Thor dandalio	July- October	Large, unarmed shrub	Branches	Extracts, Latex	The plant's latex can be used against aphids, mosquitoes, some bacteria, and molluscs. People of local area used it to treat cancer, , tumors, warts, asthma, cough, earache, neuralgia, rheumatism, and toothaches <i>Euphorbia tirucalli</i> is used for mulch and as pesticide in agriculture.
		41) <i>Ricinus communis</i> L.	Arindh	August- October	Fast- growing shrub	Seeds	Oil	Castor seed oil is the primary and crucial product derived from castor seeds. The oil and other components of the plant are still widely used for therapeutic purposes, particularly as a laxative when taken internally and for treating various skin lesions when applied topically. Currently, oil is mostly produced as a fundamental resource for industry, specifically as a lubricant. This substance is toxic and should not be given to animals as food. It serves as either fertilizer or fuel. Castor oil possesses commercial significance in the production of soap, margarine, lubricants, paints, inks, plastics, and linoleum. The crop is considered a valuable cash crop in the region and is commonly sold as feedstock for the manufacturing of biodiesel.
26	Fabaceae	42) <i>Acacia nilotica</i> (L.)	Kikar da darakht	August- October	Tree	Bark, Wood, branches	Gums, Powder	Oral, Manjan, and Toothbrush/Maswaak are all used for oral hygiene. Bark is utilized in medicine for the treatment of indigestion, dysentery, pain in the backbone

		Delile						and joints, piles, and jaundice. The stem of this plant is known for its toughness, which makes it suitable for use in furniture. Consuming kikar gum powder with water once day can alleviate joint discomfort due to its analgesic and anti-inflammatory qualities.
		43) <i>Acacia karroo</i> Hayne	Pahari-kikar	November - January	Shrub	Bark and branches	Oral, oil, extract, gums, seeds	Acacia oil is ingested orally to lower cholesterol levels. Flowers are utilized for decorative purposes, while leaves are employed as feed for goats and also find application in fencing and hedges. The seeds can be roasted to provide a coffee alternative. Employed as a medicinal remedy for many illnesses and conditions such as common colds, diarrhea, and dysentery. The Maswaak is utilized to fortify the gums, halt gingivitis, and enhance teeth whiteness.
		44) <i>Albizia lebbbeck</i> (L.) Benth.	Shirinh	March-May	Tree	Flower, Legume fruit	Powder, tea, infusion	Used in folk medicine for the treatment of cough, diarrhea. <i>Albizia lebbbeck</i> is an Ayurvedic plant and has been widely utilized in the treatment of eye, gastrointestinal diseases. Flowers - cooked. Eaten as a vegetable. The dried leaves are a tea substitute.
		45) <i>Alhagi maurorum</i> Medik	Javansa	July	Herb	Leaves and seeds	Decoction	Specific resins derived from the camel's thorn plant. It has been employed to mitigate renal pain caused by kidney stones and facilitate the ejection of urinary tract stones. The locally gathered fuel oil is derived from leaves and is utilized for the treatment of rheumatism. An infusion prepared from the seeds of <i>A. maurorum</i> is utilized for the treatment of renal calculi.
		46) <i>Bauhinia purpurea</i> L.	Kachnaar	Early winter Season	Perennial tree	Bark Flowers, Leaves, wood	Extraction	The leaves of this plant resemble the shape of a camel's foot, which is why it is commonly referred to as "ornamental". Traditionally employed for the management of inflammatory disorders. The leaves and flowers serve as fodder, while the wood is utilized for crafting agricultural implements and as a source of fire. The bark is utilized for the purpose of coloring and tanning.
		47) <i>Dalbergia sissoo</i> DC.	Talli	September	Perennial tree	Leaves and Wood	Powder	It is utilized in the production of plywood, agricultural equipment, musical instruments, skis, carvings, boats, floorings, and other applications. The foliage is utilized as feed. The most visible usage of Talli tree in the area is in furniture at large scale, in other view a declining factor of its extinction. Its uses as shade-tree commonly.
		48) <i>Medicago falcate</i> L.	Fasfsa/Rijka	Spring	Herb	Leaves, sprout, and seeds	Tea, syrup, Powder	Its leaves, sprouts, and seeds have been used in study area cultures to make medicine as antimicrobial activity. This specie comes in a dried herb form, as a tea, and in capsules. It can be found in almost any drugstore or supermarket.
		49) <i>Medicago polymorpha</i>	Kanghi/Amman bandri	May-August	Herb	Whole plant	Powder	Animal feed, fodder, forage.

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		50) <i>Melilotus indicus</i> (L.) All.	Jhir/ Metha	June-October	Herb	Leaves, flower, seeds	Powder, gruel	It is used for the cure of swellings, tumors, skin rash, and wounds. The dried leaves and flowers can be used as pillow stuffers. It has been used as a green manure. The seed is processed into a porridge-like substance and employed in the management of gastrointestinal disorders and diarrhea in infants.
		51) <i>Senna occidentalis</i> (L.) Link	Bari kasondi	Throughout the year	Herb	leaves, fruits and flowers	Paste, powder	It is used as traditional remedies for illnesses such as typhoid malaria, liver complaints, snake bites and dog bites. It is also used to treat diabetes, pains, rheumatism, venereal diseases, fevers, and Beverage base, Fruits, Seeds, and Vegetable.
		52) <i>Trifolium alexandrinum</i> L.	Barseem	Early autumn	Herb	Whole plant	Powder	Barseem offers a rich and palatable source of feed for cattle over the winter season through many harvests. Villagers typically utilize highly nutritious grass to feed their animals. The composition of the substance includes 17% crude protein, 25.9% crude fiber, and a TDN (Total Digestible Nutrients) value ranging from 60% to 65%.
		53) <i>Trifolium arvense</i> L.	Hare's-foot clover	Early summer	Herb	Whole plant	Extraction	Sheep and goats grazed the leaves. It is widely used for fodder purposes.
		54) <i>Trifolium resupinatum</i> L.	Loosin	April-August	Annual herb	Whole plant	Powder, infusion, decoction	Commonly used as Throat ache, cough, skin ulcer, sedative, liver tonic, indigestion. It is used as orally and gargle.
27	Lamiaceae	55) <i>Mentha spicata</i> L.	Poodina/ Pootna	July-September	Herb	Whole plant	Tea, syrup, infusion, juice extract	Mint lemonade, Mint jelly, Chattni is famous usage forms of pootna in local area. Mint, whether in its fresh or dried form, is used as a culinary ingredient. When mint preservation is not an issue, fresh mint is typically favored over dried mint. The leaves provide a pleasant, fragrant taste that is both warm and sweet, with a refreshing aftertaste. They are commonly utilized in the preparation of teas, drinks, jellies, syrups, candies, and ice creams. Commonly employed as an air freshener, Provoking allergic responses, Utilized as insect-killing agents.
		56) <i>Ocimum basilicum</i> L.	Mushk-bibri/Niazboh	August-September	Herb	Whole plant	Paste, powder infusion, tea	Spices and culinary herb. Vegetable, Chattni usage. Essential oils, Various plant parts such as leaves, seeds and roots. Indicated for illnesses such as stomach spasms, anorexia, flatulence, renal disorders, edema, rhinovirus infections, verrucae, and helminthic infestations. Additionally, it is employed for the treatment of snake and insect attacks.
28	Liliaceae	57) <i>Aloe vera</i> (L.) Burm. f.	Kavaar-gandhal	Late winter or	Shrubby plant	Gel and latex	Interior gel, Extract	<i>Aloe vera</i> gives benefit to skin, hair, dental, oral, and digestive health. Improves skin complexion and hair growth by mixing gel with any hair mask or oil. Gel is used to



				early spring				treat sunburn. Clears acne of skin.
29	Lythraceae	58) <i>Ammannia auriculata</i> Willd.	Jangli-mehndi	August-September	Herb	Whole plant	Extract	Usage against scabies, ringworm, parasitic skin infections, common cold, typhoid. Found as a weed in rice paddies. Flowers visited by bees and butterflies. Fruit eaten by birds, and insects. Cultivated for ornament and hedging purposes.
		59) <i>Punica granatum</i> L.	Anaar	Early winter-late spring	Deciduous tree/shrub	Fruit	Juice, powder	It is utilized to address several risk factors associated with diseases, such as hypertension, elevated cholesterol levels, oxidative stress, excessive blood sugar, and inflammatory processes. The juice and seeds are regarded as a tonic for the throat and heart. It is utilized for the cessation of nose and gum bleeds, as well as the treatment of hemorrhoids. In particular, the extract derived from flowers is utilized for the remedy of epistaxis.
30	Malvaceae	60) <i>Corchorus olitorius</i> L.	Patsan/pat	August-October	Herb	Leaves	Extract, soup	The leafy vegetable is commonly utilized in soup making and traditional medicine to cure conditions like as fever, chronic cystitis, colds, and tumors. It is a culinary and medicinal herb. Its leaves are loaded with vitamins and minerals and help reduce inflammation, encourage bone health, and rise up the immune system. Cooked jute leaves might be given more benefits than raw ones. Pick the Jute leaves from the stalk and wash with warm water to get rid of dirt. Put in a blender and blend with little water. boil the stock with salt and beans. Take off heat and juice extract is ready.
		61) <i>Grewia asiatica</i> L.	Phalsa/ falsa	February-May	Small tree/shrub	Whole plant	Decoction, extract, paste	These berries are said to have a cooling effect and are used mostly to extract juice, but they are also enjoyed as a fruit. A Food Plant with Multiple Uses. Leaves have antibacterial, anticancer, antiplatelet, and antiemetic effects. The fruit has anticancer, antioxidant, and radio-protective characteristics. The stem bark has analgesic and anti-inflammatory actions. Human food and beverage, Agroforestry, Shade and shelter, Windbreak, Fuels, Fuel wood.
		62) <i>Hibiscus rosa-sinensis</i> L.	Gule Khatmi	Summer and autumn	Herb	Flowers	Tea	Ornamental. The flowers can be eaten raw but are often used to make herbal tea.
		63) <i>Malva parviflora</i> L.	Panirak/Sonche li,	April-November	Annual creeper/herb	Whole plant	Mucilage extracts, Decoction	The plant is simmered in water to create a decoction that is employed for the treatment of cough, influenza, and fever. Historically employed as a substitute for nourishment. The mucilage derived from the leaves and fruit of this plant shows promise in the treatment of inflammation, cough, and gastric ulcers.
		64) <i>Malvastrum coromandeli</i>	Damhni/ Kharenti	July	Herb	Whole plant	Decoction, extract	Used Orally and Topically against antibacterial, antifungal, and irritant activities. Inflammation issues, analgesic, and bacterial diseases.

		<i>anum</i> L.						
31	Mazaceae	65) <i>Mazus pumilus</i> (Burm.f.) Steenis	Japanese Mazus	May-October	Herb	Leaves and flowers	Juice	Young, cooked leaves apparently edible. Anti-inflammatory and hepato-protective effects of the methanol extract of <i>M. pumilus</i> , therefore validating the ethnomedical statements associated with the herb. Juice of plant is used in typhoid treatment.
32	Meliaceae	66) <i>Azadirachta indica</i> A.Juss.	Neem	June-July	Evergreen tree	Whole plant	Oil, gums, paste, powder, Decoction, infusion, Maswaak	Neem leaf is used for skin ulcers, leprosy, eye disorders. Neem extracts can be used against hundreds of pests and fungal diseases that attack food crops. Shade and shelter, Charcoal, Fuel wood. The water bath of Neem leaves helps as an antiseptic against skin diseases. It is cultivated and utilized as a multipurpose tree. Fully ripe fruit pulp is eaten for treating skin problems e.g. ulcers, blisters. After pinching the ear, the Neem stalks are used to cure the wound of ear.
		67) <i>Melia azedarach</i> L.	Bakain/ Drek	May-July	Evergreen tree	Whole plant	Extracts, powder, Decoction	Its leaves have been traditionally used to treat snake bites and skin infections. Extracts from the fruit have long been used as an insecticide on crops. The leaves bark and fruits are placed inside books and woolen garments to repel insects. Fodder/animal feed, used as multipurpose tree.
33	Moraceae	68) <i>Ficus benghalensis</i> L.	Barged/ barh	Spring	Evergreen tree	Whole plant	Decoction, latex, juice, Maswaak	Religious tree of area. Multipurpose tree used in different ways. The bark, leaves, root-fibers, and milky juice (latex) are utilized in the formulation of traditional remedies. The tree is additionally cultivated for the purposes of soil conservation, lumber production, and the production of pulp paper. The leaf is utilized in the manufacturing of animal feed. Additionally, it is cultivated as a shade tree in urban areas, such as streets, parks, and gardens, and is specifically produced as a host plant for lac insects. The fruit is edible, but is eaten only in famine times, Toothache (Maswaak), The roots and stem barks are used in the form of decoction to manage skin disorders, Containers: Boxes/Cases are made by the wood of tree.
		69) <i>Ficus palmata</i> Forssk.	Anjeri	June-September	Shrub	Fruits, leaves stem	Extract, paste, latex	Multipurpose tree. Used as an item of diet in several cases of constipation and in the diseases of the lungs and the bladder. The harshness can be removed by keeping the fruits immersed in water for about 10 to 15 minutes before eating. Traditionally stem latex is applied to extract spines deeply blocked in the flesh. The fruit yield and profitability of jelly and jam production, fruits are used for food.
		70) <i>Ficus carica</i> L.	Anjir	June-September	Shrub	Fruit, wood	Paste, powder	Fig fruit can be eaten either fresh or dried. Both ripe female and male figs are transformed into jam or candied. Fig paste is produced by pulverization of dried fruits using either the method of smashing the seeds or preserving the seeds whole. Fig paste is utilized in the industrial sector as an unprocessed component,

								particularly in the production of fig bars. It is utilized for both industrial and home purposes, specifically for manufacturing wood ware and crafting tool handles.
		71) <i>Ficus religiosa</i> L.	Peepal	March-October	Tree	Whole plant	Sap, decoction, extract	The sap extracted from the leaves is utilized for treating diarrhea, cholera, and promoting wound healing. The bark is boiled to create a medicinal liquid that is used to the skin to treat scabies, while women chew on the aerial roots to enhance fertility. The leaves and twigs are purportedly employed as a remedy for dangerous animal attacks. The little figs have been consumed as sustenance during times of hunger, while its sap is utilized for the production of latex or rubber, and its bark is employed in the process of tanning. The wood is utilized for manufacturing packing containers due to its water-resistant properties and has also been purportedly employed for crafting inexpensive panels, yokes, and bowls. The tree is regarded as a sacred symbol in the region. Some superstitious individuals blow air into leaves of a tree as a means to address their concerns.
		72) <i>Morus alba</i> L.	Shahtut	March-May	Tree	Whole plant	Syrup, juices, tea	It is used as Shade and shelter. It is beverage base and used in jams jellies candies. Stems and leaves are also commonly used as a tea. It is commonly used in Syrup for cough. Wood is used in light construction, Industrial and domestic wood ware, Musical instruments, Sports equipment, Tool handles.
		73) <i>Morus nigra</i> L.	Tut	March-June	Tree	Whole plant	Juice, decoction	Fiber is used for making local people (villagers) baskets that are used to cover eatables. The primary function of this substance is to create a syrup made from ripe fruit, which is then used to add flavor or color to other medications. Additionally, a decoction made from the leaves, flowers, or roots can be used as a gargle for diabetes. Furthermore, the fruit juice is used to cure fever, sore throat, and swollen vocal cords. The wood from this plant is commonly utilized in the production of hockey sticks. Additionally, the dead branches of the plant serve as valuable firewood. The wood itself is characterized by its hardness and resistance to water, making it suitable for many applications such as construction, furniture making, barrel production, crafting caskets, snuffboxes, and cups.
34	Moringaceae	74) <i>Moringa oleifera</i> Lam.	Suhanjna	January-June	Tree	leaves, seeds, bark, roots, sap, and flowers	Tea, extract paste, powder	Additionally, it is topically administered to the skin to treat localized infections (abscesses), fungal infection of the feet (athlete's foot), flaking scalp (dandruff), inflammation of the gums (gingivitis), venomous snakebites, abnormal skin growths (warts), and injuries. The root bark possesses therapeutic properties and is utilized for the treatment of dyspepsia. The plant serves as a primary source of fuel wood, food additives, fruits, gum/mucilage, honey/honey flora, leaves for beverage, and oil/fat.
35	Musaceae	75) <i>Musa acuminata</i> Colla	Kelli/ Kella	Autumn and Winter	Tree	Whole plant	Fruit, Shake, syrup	The ashes derived from immature peels and leaves are employed as a remedy for dysentery. Various components of the plant, such as fruits, peel, pseudo stem, corm, flowers, leaves, sap, and roots, have been utilized in traditional medicine to treat a

								range of ailments, including fever, cough, bronchitis, dysentery, hypokalemia (low blood potassium levels), constipation, and diarrhea.
36	Myrtaceae	76) <i>Callistemon citrinus</i> (Curtis)Skeels	Cheel	Summer and Autumn	Tree	Whole plant	Decoction, extract	It is often cultivated as a single plant or as a row of plants used as a barrier in regions that do not experience cold. These trees are characterized by their woody and aromatic nature. Various components of this plant have been traditionally employed in popular medicines for the treatment of conditions such as diarrhea, dysentery, and rheumatism. Usage of insecticide in traditional medicine. Wood plays a vital role in the furniture industry.
		77) <i>Eucalyptus globulus</i> Labill	Safeeda	August-September	Tree	Leaves, wood	Extract	The leaves undergo a process of drying, crushing, and distillation in order to extract and release the essential oil. The timber is utilized in many applications such as carpentry, building, fences, piles, platforms, plywood, poles, sheds, stations, tool handles, and veneer. Eucalyptus oil is employed in creams and ointments for alleviating muscle and joint discomfort, as well as in certain mouthwashes.
		78) <i>Psidium guajava</i> L.	Amrood/marood	March-April/August-September	Tree/shrub	Whole plant	Decoction, syrup, paste, juice	The seeds of the fruit are extracted, and the remaining pulp is processed into preserves, jam, jelly, juice, and nectar. Guava paste is produced through the process of evaporating the pulp with sugar, resulting in a sweetmeat that is consumed as a confectionery. The fruit is peeled and boiled in a light syrup before being canned, while the juice and nectar are also preserved using the same method. Guava powder is a rich source of vitamin C and pectin. Leaves are used in cooking, and medicinally against diarrhea. Wood is used for handles and in carpentry and for building timbers, wood ware and carvings. Fruit is commonly used by people.
		79) <i>Syzygium cumini</i> (L.) Skeels	Jamun	March - April	Fruiting tree	Fruit, bark, leaves	Decoction, juice, paste, extract, powder	Leaves are given to humans, sheep and goats for Diarrhea and loose motion. The bark is acrid, sweet, and digestive, to the bowels. It is also a good blood purifier. Fruit syrup is quite effective in treating diarrhea. It possesses stomachic, carminative, and diuretic qualities, in addition to its cooling and digestive effects.
37	Oleaceae	80) <i>Jasminum officinale</i> L.	Kalian	March-July	Shrub	Roots, leaves	Decoction, extract, juice	Common garden and houseplants are popular due to their appealing smells. Oil possesses anti-inflammatory characteristics and can be beneficial for overall skincare and the management of psoriasis, liver illness (hepatitis), pain caused by liver scarring (cirrhosis), and abdominal pain resulting from severe diarrhea (dysentery). Flowers have beneficial effects on muscle spasms, aid in weight loss, and alleviate menstrual pain.
38	Onagraceae	81) <i>Ludwigia</i>	Pani khuturia	April-	Hydrophy	Aerial parts	Decoction	An oral decoction made from the aerial portions is used to treat malaria, diarrhea,

		<i>adscendens</i> (L.) H. Hara	/tal juria	November	te herb			fever, and cough. The aerial components of the plant are utilized in the production of dressings for the treatment of many skin conditions, including boils, ulcers, impetigo, scalp disorders, burns, and snake bites. The bamboo leaves are pulverized and subsequently used to treat swellings.
		82) <i>Oenothera biennis</i> L.	Evening primrose	August	Herb	Whole plant	Oil	Evening primrose oil is excellent for treating allergic skin reactions. Evening primrose oil is excellent for treating allergic skin reactions. The presence of scales and inflamed skin is improved by this treatment rough skin is regenerated and moisture loss is significantly reduced. Even with eczema, itching, irritation and dry skin are significantly improved. It is traditionally used for treatment of eczema, asthma, rheumatoid arthritis.
39	Oxalidaceae	100) <i>Oxalis debilis</i> kunth	Amrul	March-April	Herb	Flowers, leaves	Extract	Ayurvedic or traditional ways to treat digestive irregularities. Leaves of sorrel used to treat arthritis, gout, kidney stones. Leaves and leafstalks raw or cooked. The acid-flavored leaves are used as a seasoning that makes an ornamental addition to a mixed salad.
		101) <i>Oxalis corniculata</i> L.	Khatti-booti	March-April	Herb	Leaves	Juice, infusion	The leaves can be consumed either fresh or cooked. They can be added to salads, cooked alongside other greens with milder flavors, or used to impart a sour taste to other dishes. It is employed in the management of influenza, pyrexia, and urinary tract infections. The plant's juice, when combined with butter, is topically administered to treat muscular swellings, boils, and pimples. A solution can be employed as a cleansing agent to eliminate hookworms in children. The leaves serve as an antidote for poisoning caused by the seeds of <i>Datura</i> , arsenic, and mercury. The leaf extract is topically administered to bug bites, burns, and skin outbreaks.
40	Papaveraceae	102) <i>Fumaria parviflora</i> L.	Shahatra/Pitpapra	Mar-May	Annual herb	Leaves	Powder	The dried plant is considered as effective in low fever, and is also used as an anthelmintic, diuretic, diaphoretic and aperients and to purify the blood in skin diseases.
41	Pedaliaceae	103) <i>Sesamum orientale</i> L.	Till	July	Crop/Herb	Seeds	Oil	It is a significant oilseed crop. For several years, it has been customary to use this cuisine as a means to enhance nutritional status and avoid various ailments in the studied region. Seeds are utilized both as a primary source of nutrition and as ingredients in confectionery, sweets, bread products. Additionally, the oil derived from seeds is employed in various industrial applications such as soap production, perfume manufacturing, carbon paper production, and as a type of vegetable oil. Sesame seeds are commonly consumed in roasted, crushed, or sprinkled form,

								sometimes used as a topping for salads. Sesame seeds and sesame seed oil are utilized in culinary applications and may have potential benefits in cholesterol management.
42	Plantaginaceae	104) <i>Gratiola officinalis</i> L.	Brahmi	June-August	Herb	Leaves	Tea, extract	As an herbal tea is taken for the treatment of chronic gastroenteritis, renal colic, jaundice, and intestinal worms. Acts especially on gastro-intestinal tract.
		105) <i>Veronica anagallis</i> Bong.	Sadevi	June-August	Herb	Leaves, roots	Extract	The root and the leaves are appetizer and diuretic. The leaves are used in the treatment of scurvy, impurity of the blood etc. The plant is painful when applied externally as a dressing on burns, ulcers.
		106) <i>Veronica persica</i> Poir.	Birdeye speedwell	June–September	Herb	Leaves	Extract	It is used against cough or as an expectorant for the treatment of rheumatism, hernia, and lung and respiratory diseases. Extract of plant having antibacterial, antifungal activities. Some people gargle with veronica to treat sore mouth and throat.
43	Poaceae	107) <i>Ammophila arenaria</i> (L.) Link	Kaaii	July-August	Grass	Whole plant	Powder	The blooming stems and leaves have been utilized for thatching, basket weaving, and broom making, while the rhizomes have been employed for crafting ropes and mats, and the stems have been utilized for paper production. Grass cuttings can be utilized for thatching roofs or making mats. Permitted the extension of agricultural activities into previously unsuitable locations.
		108) <i>Bambusa vulgaris</i> Schrad.	Baans	July-August	Grass	Whole plant	Powder	Split stems are made into baskets, fences, roofs, and roof tiles. Used as a building material in temporary constructions and to support and protect walls. Leaves are used in as firewood, making floor covers, in making roofs. Bark is used in making Handicrafts e.g., flowerpots and jhado locally used in area. Baans which is a fiber of plant used to make artificial stairs.
		109) <i>Cenchrus ciliaris</i> L.	Tahman	August-April	Grass	Whole plant	Powder	It serves as a beneficial turf grass. Goats mostly consume vegetation, although they do not consume all types. In particular, goats have a strong preference for Buffel grass, a very invasive and potentially combustible grass that is abundant in the easements.
		110) <i>Cymbopogon citratus</i> (DC.) Stapf	Lemon-kahwa	Winter	Grass	Leaves	Tea, Decoction	Regular use of lemongrass tea infusions on a daily basis for a period of 30 days can lead to an elevation in the levels of hemoglobin concentration, packed cell volume, and red blood cell count within the body. The plant serves as both a fragrance and flavoring ingredient, and is also utilized in traditional medicine to treat Gastrointestinal problems, fevers, colds, coughs, and flu.
		111) <i>Cynodon dactylon</i> (L.) Pers.	Kuram-dana/khabal	August-October	Grass	Whole plant	Juice, Decoction	Whole herb and its root stalk are used as medicine for dysentery, cancer, urinary tract infection. The juice has potential antioxidant, wound healing, and anti-

							inflammatory.	
		112) <i>Desmostachya bipinnata</i> (L.) Stapf	Dibh	May-July	Grass	Whole plant	Powder	Used as fodder for livestock. Making broom- jhado Handle fans, chabba etc.
		113) <i>Dactyloctenium aegyptium</i> (L.) Willd.	Jhhut-madanah/ makra	January- April	Grass	Whole plant	Powder	Animal feed, fodder, forage. Used as emergency (famine) food.
		114) <i>Echinochloa crus-galli</i> (L.) P.Beauv.	Suaankh/sawan k	July- Septembe r	Grass	Roots	Decoction	The seeds were analyzed as a primary grain source, dehydrated, roasted, boiled, and then crushed into flour. Immature sprouts are consumed as a culinary ingredient, either in their uncooked state or after being prepared with heat. Boiling roots is used to alleviate dyspepsia. Seeds undergo a process similar to the popping of popcorn. Utilized as fodder, animal feed, and forage.
		115) <i>Oryza sativa</i> L.	Chaawal	August- Septembe r	Grass	Spikes	Powder	One of the main staple crops, flour is used to make Phirmi, (a desert). villagers make fried toasted seeds or rice in form of pinni (chawal di pinni). Rice flour applies on skin to enhance skin complexion. It is consumed both on its own and in a wide range of soups, accompaniments, and main courses. Parahli, known as straw in Punjabi (Hull), has various use including feed, cattle bedding, roof thatching, carpets, packing material, and broom straws. Milling typically eliminates both the hull and bran layers of the kernel. Hulls are used for fuel as well.
		116) <i>Poa annua</i> L.	Kaah	February- November	Grass	Whole plant	Powder	Used as ornamental and fodder for goats and sheep.
		117) <i>Phalaris brachystachys</i> Link	Munjh	March – June	Grass	Whole plant	Powder	Grazing stock, but mainly sheep and beef cattle. The seed has been roasted. The seed is commonly cultivated as a dietary source for captive birds. Although it is small in size, it can also be utilized as a grain for preparing porridge. It is mainly ground into flour and used for making cakes, puddings. Strong stems are used locally to make (wahn: a ropelike structure) Charpai internal floor called in local area as manjhi.
		118) <i>Polypogon monspeliensis</i> (L.) Desf.	Lomarkahh/ Malhar	June- July	Grass	Aerial parts	Infusion, Ashes	It is edible to livestock and therefore grazed by sheep, cattle, and other mammals when they have access to it. Grasses are commonly utilized by the local residents of rural areas in Punjab for ethnoveterinary purposes. A solution made from the ashes

								of the plant has been utilized to treat cardiac palpitations.
		119) <i>Saccharum officinarum</i> L.	Kammad/ganah	November - December	Grass	Stem	Extraction	Extracted juice (called ganhay di roh) from the tissues are processed and refined as sugar cubes called guruh, made into syrup and icing sugar called table sugar chenni. Bagasse obtained after juice extraction used as a fuel or burning purposes called paniri. The culms are used for food, medicine, alcohol production, biofuel, wax, hair removal and more. The reeds (bark) are used to make mats and thatch. Clumps pieces used in local area as fruit called gandheri.
		120) <i>Sorghum halepense</i> (L.) Pers.	Charhi/ jawaar	August-October	Grass	Stems, leaves	Ashes	In folk medicine it is recommended for the treatment of urinary tract disorders, against stomach pain, epilepsy and diarrhea. The significantly and dominantly used animal fodder of area when Berseem and other forage are short. It is given to buffaloes mixed with tori (bhosa) the residue of wheat.
		121) <i>Triticum aestivum</i> L.	Kanakh/ Gandham	March-April	Grass	Spikes	Powder	Used to make porridge locally used to relief against stomach disorders e.g. loose motion. More usually ground into a powder and used as a flour for making bread, fermented foods, pasta, cakes, biscuits. One of main staple food of area. The seed pots and empty stalks (named as naadh) of wheat are used in making handicrafts like Chabbay, Modhy, Handlefans etc. and other decoration pieces of houses e.g. basketry and flower pots.
		122) <i>Triplidium bengalense</i> (Retz.) H.Scholz	Kanah/ sarh	August-December	Grass	Whole plant	Powder	The stems and leaves have been used for roof thatching, basketry and making brooms, the rhizomes for making ropes and mats and the stems for making paper. The stem of plant after drying called in study area as Kana, potentially used to make Sirkian or Chattayan these are like curtains helps the villagers to protect their rooms outdoors from rain and harsh climates. Strong stems are used locally to make (wahn: a ropelike structure) charpai internal floor called in local area as manjhy.
		123) <i>Zea mays</i> L.	Makai/ Challi	July-October	Grass	Ear	Powder	The seeds, which are also known as corn (challi), are used directly as roasted and boiled form and as food for humans and livestock. Beverage base, used to make flour and starch e. g. corn flour. The main floor of corn is used to make roti, the special and cultural meal of area in winter called makai di roti used with saag and butter. The stalks of corn and stem used as fuel and for roof thatching.
44	Polemoniaceae	124) <i>Phlox drummondii</i> Hook.	Kol Shola	April-June	Herb	Whole plant	Powder	Used as an ornamental plant. Commonly used as a border or spring groundcover and is essential in bee, butterfly, and hummingbird gardens.
45	Polygonaceae	125) <i>Rumex pulcher</i> L.	Chooka/ Chukra,	June- July	Herb	Leaves	Potherb	Constipation treatment primarily utilizes this method. To minimize potential irritation, it is advisable to exclude the leaf stem (petiole) and utilize solely the actual



								leaves in salads when using them in their unprocessed form.
46	Pontederiaceae	126) <i>Eichhornia crassipes</i> (Mart.) Solms	Kalaali	May-September	Herb	Whole plant	Beans	Medicine utilizes several parts of the plant, including seeds, pods, leaves, flowers, and roots. Hyacinth beans are ingested orally for contraceptive purposes as well as for the treatment of diarrhea and gastrointestinal ailments.
47	Portulacaceae	127) <i>Portulaca oleracea</i> L.	Nonia /Lunia	June-September	Herb	Whole plant	Gum, Vegetable, pills	It demonstrates a broad spectrum of pharmacological actions, including characteristics that promote the healing of wounds. Employed as a traditional remedy, functioning as a substance that reduces fever, kills germs, and expels worms. An invaluable vegetable crop that is highly beneficial for both human consumption and as feed for livestock. Additionally, it serves as a gum-producing entity.
48	Primulaceae	128) <i>Lysimachia arvensis</i> (L.)	Neel	April-August	Herb	Whole plant	Poultice, infusion	This plant is a wild edible that has been traditionally used in folklore as a natural cure for curing common diseases, such as. It can be ingested or administered topically as a dressing. An infusion is employed for the therapeutic management of dropsy, cutaneous infections, and hepatic diseases.
49	Phyllanthaceae	129) <i>Phyllanthus niruri</i> L.	Hazar-dana	Winter	Herb	Whole plant	Decoction, powder, Extract	Aids in inhibiting the proliferation of hepatitis B. Effective in the management of hepatic disorders. Utilized for the treatment of urinary tract infections. The aqueous extract of <i>Phyllanthus niruri</i> has been found to possess inhibitory properties against the human immunodeficiency virus.
50	Ranunculaceae	130) <i>Ranunculus muricatus</i> L.	Latokari/Kor-gandal.	July-August	Herb	Whole plant	Decoction, paste	Slightly poisonous. A decoction of the plant is used for asthma, periodic fever and as purgative for goats. When crushed plant is applied on skin it raises blisters. Fresh plant is ground and applied on abscess and tumors of plague.
		131) <i>Ranunculus sceleratus</i> L.	Gul-e-ashrafi	May-September	Herb	Whole plant	Infusion, juice, decoction, paste	It is mainly used as body tonic, asthma, muscle hamstring, urinary incontinence.
51	Rhamnaceae	132) <i>Ziziphus mauritiana</i> Lam.	Bairi	April-May	Tree	Whole plant	Fruit, Maswaak, Juice, Decoction, paste	Leaves Decoction is used in treatment of Chicken pox, ulcers, diarrhea, asthma, toothache, jaundice. Used as Topical, Oral, Bath and as Gargle.
52	Rosaceae	133) <i>Rosa</i>	Desi-Gulab	Late	Shrub	Flowers	Extract,	The Alpine Rose can support collagen content of skin, giving it a wrinkle-fighting,

		<i>pendulina</i> L.		winter- Early Spring			spray, paste, powder, juice	anti-aging ability. Boil the rose petals with water to make spray. Flowers used to make Gulkand; a dessert of local people and Rose spray for skin. To treat menstrual pains in females.
53	Rutaceae	<i>134) Citrus limon</i> (L.) Osbeck	Nibhu	Spring	Shrub	Whole plant	Fruit, juice, Pickles	The juice is traditionally used to treat scurvy, sore throats, fevers; rheumatism, high blood pressure, and chest pain. The fruit, juice, and peel are used to make medicine. Edible fruit pickles. Used in Cosmetics, and home remedies for hair and skin improvement.
		<i>135) Murraya paniculata</i> (L.) Jack	Motia	April- October	Shrub	Flowers, fruit	Oil, powder	Essential oils are used for perfumes and cosmetics while the heartwood is used locally to make tool handles, walking sticks, and furniture. The flowers are used for scenting teas and the leaves for flavoring curries. The ripe fruits are eaten raw.
54	Salvadoraceae	<i>136) Salvedora oleides</i> Dacene.	Peelu/ Wann	March- April	Tree	Whole plant	Maswaak, Decoction	Tonic, stomachache, toothache, shade and shelter, binding soil. Improves fertility of soil.
55	Solanaceae	<i>137) Capsicum annum</i> L.	Lal-mirch	Different months of year	Herb	Fruit, leaves	Spices, vegetable	Vegetable ingredient. Has been used orally for upset stomach, toothache, poor circulation, fever, and heart disease prevention. These peppers can be sweet, mild, or hot.
		<i>138) Datura inoxia</i> Mill	Datura	July- Septembe r	Herb	Fruit, leaves	Powder, paste, decoction, extract, infusion	Oral, Inhale and as Topical. Used for Rabies, piles, cough, asthma, lice-infestation.
		<i>139) Datura wrightii</i> Regel	Paak datura	March- November	Annual herb	Seeds	Oil, juice	The seeds are utilized to cure gastrointestinal pain caused by worm infestation, toothache, and fever resulting from inflammation. The fruit's juice is topically administered to the scalp as a remedy for dandruff and hair loss.
		<i>140) Lycopersicon esculentum</i> Mill.	Tamatar	June- Septembe r	Herb	Fruit, leaves	Juice, paste, spices	They can be consumed in several ways: either raw or cooked, and included into numerous cuisines, sauces, salads, and beverages. Although tomatoes are technically classified as fruits, they are often utilized in culinary practices as a vegetable element or side dish, often found in salads.
		<i>141) Physalis angulate</i> L.	Poha	July- Septembe r	Herb	Fruit, leaves	Vegetable, extracts, infusion	Fruit is commonly used as a snack, yet over consumption of fruit can lead to dizziness. The leaves are consumed in salads, despite their bitter flavor. The plant's extracts or infusions have been utilized to treat several ailments, including malaria, asthma, hepatitis, dermatitis, and rheumatism.
		<i>142) Solanum</i>	Aloo	Septembe	Annual	Whole plant	Powder	Temperate basics are consumed by various cooking methods such as boiling, baking,

		<i>tuberosum</i> L.		r - February	herb			frying, stewing, and so on. Flour is utilized in the process of baking. Often utilized as a culinary vegetable. Significant amounts are ingested in the form of deep-fried potato slices, often known as chips (French fries, pommes frites), or as thinly cut and crispy potato snacks.
		143) <i>Solanum nigrum</i> L.	Pilkan	November -March	Annual herb	Whole plant	Extract, juice, paste, Decoction	Available in topical, oral, and eye drop formulations. Some medical conditions mentioned include breast cancer, diarrhea, fever, ulcer, chicken pox, hyperglycemia, piles, heart pain, sore eyes, cuts, and wounds.
		144) <i>Solanum virginianum</i> L.	Kandhiari	November -May	Perennial prostrate subshrub	Fruit, leaves	Decoction	Useful in cough, chest pain, against vomiting, hair fall, leprosy, itching scabies, skin diseases and cardiac diseases. Roots decoction is used as a diuretic. Paste is applied externally on pimples and swellings.
		145) <i>Withania somnifera</i> (L.) Dunal	Aswagandha	April-July	Evergreen shrub	Leaves, fruit	Paste, decoction, powder	Oral, Topical and as Snuff. Malarial fever, stomachache, asthma, irregular menstruation, breast cancer, wounds.
56	Verbenaceae	146) <i>Phyla nodiflora</i> (L.) Greene	Jalppli/ Jal Buti	May-October	Perennial herb	Leaves, roots	Tea, paste, infusion, juice	Indicated for knee joint pain, constipation, ulcers, and boils. Fresh leaves utilized as a substitute for tea. Application of a poultice made from crushed leaves to reduce inflammation and treat injuries. Roasted delicate stems and foliage, when steeped, employed for alleviating digestive issues in toddlers. The local inhabitants of the region would smash fresh plants, mix them with water, and consume the mixture on an empty stomach every day for approximately one week to alleviate hemorrhoids.
57	Vitaceae	147) <i>Vitis vinifera</i> L.	Angoor	May-July	Climber	Whole plant	Juice, tea, Decoction, powder	Assortment of fruit, jams, marmalades, and candies. Grapes, seeds, and leaves have been utilized for the prevention of cardiovascular disorders. The leaves, whether used fresh or dried, are highly esteemed for their medicinal properties in treating rheumatism, gout, vomiting, and hemoptysis.
58	Zygophyllaceae	148) <i>Tribulus terrestris</i> L.	Pakhda	July-August	Prostrate herb	Leaves, stem	Powder, decoction	Used for dysentery and diarrhea, irregular menstruation, wounds.