



Diversity of medicinal plants used as male contraceptives: An initiative towards herbal contraceptives

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Supplementary Table 1 Medicinal plants used as male contraceptives in study area

Botanical name / voucher number / Family	English name	Habit	Part used	Mode of utilization	Method of preparation	FC ^{1*}	RFC ^{2*}	DCI Final ^{3*}	Previous Studies ^{4*}
<i>Achillea santolinoides</i> <i>subsp. wilhelmsii</i> (K. Koch) Greuter / HAR 81 (Asteraceae)	Yarrow	Herb	Leaves, Root	Powder	Leaves are dried, powdered and taken thrice a day.	39	0.21	0.56	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Achillea millefolium</i> L. / HAR 43 (Asteraceae)	Blood wort	Herb	Flower, Leaves	Powder	One teaspoon of the powder is taken with water daily.	40	0.22	0.59	1■, 2○, 3○, 4○, 5○, 6■, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Achyranthes aspera</i> L. / HAR 44 (Amaranthaceae)	Prickly chaff flower, Devil's horsewhip	Herb	Leaves	Decoction	Leaves decoction taken once daily.	38	0.21	0.53	1■, 2○, 3■, 4■, 5○, 6□, 7○, 8■, 9■, 10○, 11■, 12■, 13■, 14○, 15□

<i>Aegle marmelos</i> (L.) Corrêa / HAR 45 (Rutaceae)	Golden apple	Tree	Leaves, Fruit	Powder	Two tablespoons of powder are taken with milk or honey orally for 3 days.	35	0.19	0.5	1■, 2■, 3■, 4■, 5○, 6■, 7○, 8○, 9■, 10○, 11○, 12■, 13○, 14■, 15■
<i>Albizia lebbek</i> (L.) Benth. / HAR 46 (Mimosaceae)	Lebbeck, Women's tree tongue	Tree	Pod, Bark	Decoction	Pod decoction is used thrice a day for 3-5 days.	45	0.25	0.63	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Albizia procera</i> (Roxb.) Benth. / HAR 47 (Mimosaceae)	White siris	Tree	Seed, Roots, Bark	Powder	One teaspoon powder is taken with milk twice a day.	39	0.21	0.59	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Allamanda cathartica</i> L. / HAR 82 (Apocynaceae)	Golden Trumpet	Shrub	Leaves, Flower	Juice	Half a cup of juice is taken once daily for 15 days.	37	0.21	0.52	1○, 2■, 3○, 4■, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15■
<i>Allium cepa</i> L. / HAR 5 (Alliaceae)	Onion	Herb	Bulb	Paste	Two to three pieces of the bulb are crushed to paste and taken with mustard oil in the evening.	55	0.30	0.78	1○, 2○, 3○, 4○, 5○, 6■, 7■, 8○, 9□, 10○, 11■, 12○, 13○, 14○, 15■
<i>Allium sativum</i> L. / HAR 7 (Alliaceae)	Garlic	Herb	Pod	Paste	One piece of the pod is crushed and taken orally once a day.	51	0.28	0.72	1■, 2■, 3■, 4■, 5○, 6○, 7■, 8■, 9■, 10○, 11■, 12○, 13○, 14○, 15○
<i>Aloe vera</i> (L.) Burm.f. / HAR 48 (Aloaceae)	Aloe vera	Herb	Leaves	Juice	Juice made from leaves is taken orally once daily.	40	0.22	0.54	1■, 2■, 3■, 4○, 5○, 6○, 7■, 8□, 9■, 10○, 11■, 12○, 13○, 14○, 15○

<i>Alstonia scholaris</i> (L.) R.Br. /HAR 49 (Apocynaceae)	Blackboard tree, Indian Devil tree	Tree	Bark, Stem	Powder	The bark is crushed together with black pepper and the mixture formed is taken orally.	38	0.21	0.54	1■, 2○, 3○, 4■, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Anagallis arvensis</i> L. / HAR 50 (Primulaceae)	Scarlet Pimpernel, Red chickweed	Herb	Whole plant	Powder	Half a teaspoon of the powder is taken with water two hours before sleeping.	42	0.23	0.57	1■, 2○, 3■, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Anethum graveolens</i> L. / HAR 96 (Apiaceae)	Dill	Herb	Seeds	Decoction	The decoction of seeds is taken once a day.	36	0.2	0.5	1○, 2■, 3○, 4■, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Annona squamosa</i> L. / HAR 51 (Annonaceae)	Custard apple, Sugar apple	Shrub	Seeds	Powder	One teaspoon of seed powder is taken with milk daily.	35	0.19	0.48	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Azadirachta indica</i> A. Juss. /HAR 16 (Meliaceae)	Nimtree, Indian Lilac	Tree	Seed, Bark, Leaves	Powder	Pills made from the ground seed, bark and leaves are taken regularly.	44	0.24	0.66	1■, 2■, 3■, 4■, 5■, 6■, 7■, 8□, 9■, 10■, 11■, 12■, 13○, 14○, 15■
<i>Bambusa bambos</i> (L.) Voss / HAR 52 (Poaceae)	Bamboo, Spiny Bamboo	Herb	Stem, Shoot	Juice	Juice of fresh stem is used for three to four days.	39	0.21	0.56	1○, 2○, 3○, 4○, 5○, 6○, 7■, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Barleria prionitis</i> L. / HAR 53 (Acanthaceae)	Porcupine flower	Shrub	Root, Leaves, Stem	Powder	One teaspoon of dried and crushed plant material is taken twice a day.	36	0.2	0.53	1■, 2■, 3■, 4■, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15■

<i>Berberis chitria</i> Buch. - Indian Barberry Ham. ex Lindl. / HAR 54 (Berberidaceae)	Shrub	Root	Powder	Dried roots are crushed, mixed in sugar and taken once a day for two weeks.	45	0.25	0.63	1■, 2○, 3■, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○	
<i>Berberis lycium</i> Royle. Berberry / HAR 2 (Berberidaceae)	Herb	Bark, Roots	Decoction	The decoction of dried bark is taken before sleeping.	40	0.22	0.58	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○	
<i>Bombax ceiba</i> L. / HAR 77 (Bombacaceae)	Silk Cotton tree	Tree	Fruit	Powder	Dried fruit is ground with sugar taken thrice daily for 10 days.	35	0.19	0.49	1○, 2○, 3○, 4○, 5○, 6○, 7■, 8■, 9○, 10○, 11□, 12○, 13○, 14○, 15○
<i>Butea monosperma</i> (Lam.) Taub. / HAR 80 (Fabaceae)	Flame of the Forest	Tree	Flower	Powder	Flowers are dried and taken half teaspoon daily for two weeks.	39	0.21	0.54	1■, 2○, 3○, 4○, 5○, 6○, 7■, 8■, 9■, 10○, 11□, 12○, 13■, 14■, 15○
<i>Calotropis procera</i> (Aiton) Dryand. / HAR 30 (Asclepiadaceae)	Apple of Sodom, Rubber tree	Shrub	Leaves, Flower	Juice	50 mL juice of fresh plant part is taken.	43	0.23	0.61	1■, 2○, 3■, 4○, 5○, 6○, 7○, 8○, 9■, 10■, 11■, 12○, 13○, 14○, 15○
<i>Cannabis sativa</i> L. / HAR 1 (Cannabaceae)	Indian hemp	Herb	Leaves, Roots	Powder	25 g murdannia alba, 50 g of plantago bark is grinded, filtered and mixed with powdered cannabis, heat them combinedly in milk and used twice a day.	51	0.28	0.73	1○, 2■, 3■, 4■, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○

<i>Capparis decidua</i> (Forssk.) Edgew. / HAR 97 (Capparaceae)	Caper plant	Shrub	Whole plant	Juice	Two teaspoon juice of the fresh plant is taken regularly in the morning.	43	0.23	0.6	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Carica papaya</i> L. / HAR 8 (Caricaceae)	Papaya	Herb	Seed	Powder	Half teaspoon powder of dried seeds is taken with honey regularly.	55	0.31	0.77	1■, 2■, 3■, 4■, 5□, 6■, 7○, 8○, 9■, 10■, 11○, 12■, 13■, 14○, 15○
<i>Cassia fistula</i> L. / HAR 83 (Fabaceae)	Golden shower	Tree	Seeds	Decoction	Seed decoction is taken daily before sleeping.	40	0.22	0.54	1○, 2○, 3○, 4○, 5■, 6■, 7○, 8○, 9□, 10○, 11○, 12○, 13○, 14○, 15■
<i>Senna occidentalis</i> (L.) Link / HAR 84 (Fabaceae)	Coffee senna	Shrub	Roots	Powder	Dried roots are crushed and taken with milk.	37	0.21	0.52	1○, 2○, 3○, 4○, 5○, 6○, 7■, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15■
<i>Catharanthus roseus</i> (L.) G. Don / HAR 28 (Apocynaceae)	Vinca, Rose periwinkle	Shrub	Leaves	Juice	Leaves juice is taken regularly for 10 days.	37	0.21	0.5	1■, 2○, 3○, 4■, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Cestrum parqui</i> (Lam.) L'Hér / HAR 90 (Solanaceae)	Chilean Cestrum, Green Cestrum	Shrub	Leaves	Juice	Leaves are crushed, mixed in cold water and stained. This water should be taken once a day.	36	0.2	0.51	1○, 2○, 3○, 4■, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Chenopodium album</i> L. / HAR 91 (Chenopodiaceae)	Lamb's-quarters	Herb	Whole plant	Juice	The juice is prepared and 3 teaspoons are used twice daily for 10- 12 days.	41	0.22	0.57	1○, 2○, 3■, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○

<i>Cicer arietinum</i> L. / HAR 11 (Fabaceae)	Chickpea	Herb	Leaves	Decoction	Leaves are boiled and used daily.	47	0.26	0.64	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9□, 10○, 11○, 12○, 13○, 14○, 15○
<i>Cichorium intybus</i> L. / HAR 29 (Asteraceae)	Blue Dandelion, Wild endive	Herb	Whole plant	Powder	The dried plant is crushed and taken with water regularly for one week.	50	0.28	0.69	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Cissampelos pareira</i> L. / HAR 86 (Menispermaceae)	Velvet leaf	Climber	Leaves	Juice	Half teaspoon juice of fresh leaves is used twice a day for two weeks.	39	0.22	0.54	1○, 2○, 3○, 4○, 5○, 6■, 7○, 8○, 9□, 10○, 11○, 12■, 13○, 14■, 15■
<i>Citrullus colocynthis</i> L. Schrad / HAR 21 (Cucurbitaceae)	Bitter apple, Colocynth	Herb	Seed	Powder	One teaspoon of dried seeds are taken once a day regularly.	45	0.25	0.62	1■, 2■, 3■, 4■, 5□, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15■
<i>Coriandrum sativum</i> L. / HAR 78 (Apiaceae)	Coriander	Herb	Seed	Powder	5-10 g of seeds powder is taken with water daily.	48	0.27	0.65	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8■, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Crotalaria juncea</i> L. / HAR 55 (Fabaceae)	Brown hemp	Herb	Seed	Powder	Half teaspoon powder of dried seeds is taken with milk daily before sleeping.	41	0.23	0.58	1■, 2■, 3■, 4■, 5○, 6○, 7■, 8○, 9■, 10○, 11○, 12■, 13○, 14○, 15○
<i>Cucumis sativus</i> L. / HAR 13 (Cucurbitaceae)	Cucumber	Herb	Whole plant	Juice	One cup of juice is taken once daily.	40	0.22	0.56	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Cuminum cyminum</i> L. / HAR 31 (Apiaceae)	Cumin	Herb	Seed	Powder	One teaspoon seed powder is taken daily before sleeping.	36	0.2	0.5	1■, 2○, 3■, 4■, 5○, 6■, 7■, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Curcuma longa</i> L. / HAR 19 (Zingiberaceae)	Turmeric	Herb	Whole plant	Powder	The powder of the plant is mixed with	40	0.22	0.47	1■, 2■, 3■, 4■, 5■, 6■, 7○, 8■, 9■, 10○, 11○, 12■, 13○, 14■, 15○

<i>Cyperus esculentus</i> L. / HAR 10 (Cyperaceae)	Yellow nutsedge	Herb	Roots	Powder	water and taken once daily. Dried roots are ground and used with milk once daily for two weeks.	38	0.21	0.53	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Datura stramonium</i> L. / HAR 3 (Solanaceae)	Jimson's weed, Devil's snare	Herb	Roots, Leaves	Decoction	The decoction of roots is used with honey twice a day for two weeks.	50	0.27	0.71	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Daucus carota</i> L. / HAR 56 (Apiaceae)	Wild carrot	Herb	Seeds	Powder	Dried seeds are ground and used in small quantity before sleeping.	35	0.19	0.49	1■, 2○, 3○, 4○, 5■, 6□, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14■, 15■
<i>Desmodium gangeticum</i> (L.) DC. / HAR 60 (Fabaceae)	Tick tree	Shrub	Whole plant	Juice	Two teaspoon juice of the fresh plant is taken daily in the evening.	35	0.19	0.49	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Dodonaea viscosa</i> (L.) Jacq. / HAR 87 (Sapindaceae)	Hopbush	Shrub	Whole plant	Juice	Two cups of juice of the fresh plant is used daily for 1 week.	52	0.28	0.72	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Epilobium angustifolium</i> L. / HAR 61 (Onagraceae)	Fire weed	Herb	Leaves	Powder	Powder of dried leaves is taken with water once daily.	40	0.22	0.57	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Euphorbia neriifolia</i> L. / HAR 62 (Euphorbiaceae)	Milk spurge	Shrub	Roots	Decoction	The decoction of 200 g roots prepared in one liter of water. One cup is taken daily.	36	0.2	0.51	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○

<i>Fagonia indica</i> Burm. f. / HAR 20 (Zygophyllaceae)	Fagonia	Shrub	Whole plant	Powder	The whole plant is shade dried, ground and taken with water daily for two weeks.	39	0.21	0.55	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Ficus racemosa</i> L. / HAR 14 (Moraceae)	Cluster fig	Tree	Bark	Decoction Powder	The decoction of the bark is used twice a day.	42	0.23	0.62	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Foeniculum vulgare</i> Mill. / HAR 32 (Apiaceae)	Fennel	Herb	Whole plant	Juice	One teaspoon of juice is used daily before sleeping.	40	0.22	0.56	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8□, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Gossypium herbaceum</i> L. / HAR 18 (Malvaceae)	Levant Cotton, Cotton	Shrub	Seed	Oil	One teaspoon of oil is mixed with milk and taken daily.	35	0.19	0.57	1■, 2○, 3○, 4○, 5○, 6○, 7■, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Gossypium hirsutum</i> L. / HAR 26 (Malvaceae)	Mexican cotton	Shrub	Seed	Oil	One teaspoon of oil is mixed with milk and taken daily.	39	0.21	0.54	1○, 2○, 3○, 4○, 5□, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Hedera nepalensis</i> K. Koch. / HAR 63 (Araliaceae)	Himalayan ivy	Climber	Inflorescence	Powder	Flowers are dried, ground and taken in small quantity with water early in the morning.	40	0.22	0.57	1■, 2○, 3■, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Hibiscus rosa-sinensis</i> L. / HAR 33 (Malvaceae)	Shoe flower, Rose of China	Shrub	Flower	Decoction	The decoction of dried flowers is taken twice daily.	38	0.21	0.53	1■, 2○, 3■, 4■, 5■, 6○, 7○, 8○, 9■, 10○, 11■, 12■, 13○, 14○, 15○
<i>Hydrocotyle javanica</i> Thunb. / HAR 85 (Apiaceae)	Java pennywort	Herb	Whole plant	Juice	Juice extracted from the whole plant is taken for two weeks.	35	0.19	0.49	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15■

<i>Hyptis suaveolens</i> (L.) Poit. / HAR 64 (Lamiaceae)	Chinese mint, Mint weed	Herb	Whole plant	Juice	Leaves are squeezed and juice is taken thrice daily.	36	0.2	0.51	1■, 2○, 3○, 4○, 5○, 6○, 7■, 8○, 9■, 10○, 11○, 12■, 13○, 14○, 15○
<i>Juniperus communis</i> L. / HAR 37 (Cupressaceae)	Juniper	Shrub	Fruit	Decoction	The decoction of fruit is used once daily in the morning.	41	0.23	0.58	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9□, 10○, 11○, 12○, 13○, 14○, 15○
<i>Justicia adhatoda</i> L. / HAR 58 (Acanthaceae)	Malabar nut	Shrub	Leaves	Juice	One teaspoon juice of fresh leaves is used daily for 10 days.	55	0.31	0.77	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Justicia japonica</i> Thunb/ HAR 65 (Acanthaceae)	Rostellularia	Herb	Leaves	Juice	Half a cup of juice is used daily for 5 days.	43	0.24	0.61	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Lawsonia inermis</i> L. / HAR 15 (Lythraceae)	Henna tree	Tree	Leaves	Juice	50 g of fresh leaves juice is to be taken once in a day.	44	0.24	0.65	1○, 2○, 3○, 4○, 5○, 6○, 7■, 8○, 9○, 10■, 11□, 12○, 13○, 14○, 15○
<i>Madhuca longifolia</i> (J.Koenig ex L) J.F Macbr / HAR 88 (Sapotaceae)	Butter nut tree, Indian butter tree	Tree	Leaves	Decoction Powder	50 mL decoction of dried leaves is taken twice a day for 5-10 days before sleeping.	38	0.21	0.52	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Mallotus philippensis</i> (Lam.) Muell. Arg. / HAR 57 (Euphorbiaceae)	Monkey-face Tree	Shrub	Fruit	Powder	Dried fruit are ground. One teaspoon powder mixed with sugar is taken twice a day.	44	0.24	0.62	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Martynia annua</i> L. / HAR 95	Devil's claws, Cat's claw	Herb	Root	Juice	One teaspoon juice of fresh	39	0.22	0.53	1■, 2■, 3■, 4■, 5○, 6■, 7○, 8○, 9■, 10○, 11○, 12○,

(Martyniaceae)					roots is taken daily in the evening.				13○, 14○, 15○
<i>Mentha arvensis</i> L. / HAR 34 (Lamiaceae)	Field mint, Corn mint, Wild mint	Herb	Leaves	Powder	Leaves are dried in shade and then powdered. 10 g of powder are taken before intercourse.	47	0.26	0.68	1■, 2■, 3○, 4■, 5○, 6■, 7■, 8■, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Millettia extensa</i> (Benth.) Baker / HAR 66 (Fabaceae)	Not found	Climber	Roots, Leaves	Powder	Roots bark is dried and powdered. Half teaspoon powder is taken once a day for one week.	36	0.2	0.55	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Momordica charantia</i> L. / HAR 67 (Cucurbitaceae)	Bitter melon, Bitter gourd	Climber	Seeds, Leaves	Powder, Juice	One teaspoon powder should be taken daily for 8- 10 days.	41	0.23	0.57	1■, 2■, 3■, 4■, , 5○, 6○, 7○, 8□, 9■, 10○, 11□, 12■, 13○, 14○, 15○
<i>Morus alba</i> L. / HAR 4 (Moraceae)	White mulberry	Tree	Bark	Decoction	Two to three cups of the decoction are used daily.	45	0.25	0.63	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12■, 13○, 14○, 15○
<i>Nicotiana tabacum</i> L. / HAR 35 (Solanaceae)	Common tobacco	Herb	Leaves	Powder	Half a teaspoon of the powder is taken with water once daily.	56	0.31	0.83	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Ocimum tenuiflorum</i> L. / HAR 36 (Lamiaceae)	Holy basil	Shrub	Leaves, Seed	Powder	Half tea spoon powder of dried plant material is mixed in tea and used twice a day.	37	0.21	0.53	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○

<i>Ophiopogon intermedius</i> D. Don / HAR 68 (Convallariaceae)	Himalayan Lily turf	Herb	Rhizome	Decoction	A rhizome is boiled and mixed with alcohol and used in very small quantity.	40	0.22	0.57	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Petroselinum crispum</i> (Mill.) Fuss / HAR 12 (Apiaceae)	Parsley	Herb	Whole plant	Decoction	The decoction is taken once before sleeping.	43	0.24	0.62	1○, 2○, 3○, 4○, 5○, 6○, 7■, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Piper betle</i> L. / HAR 98 (Piperaceae)	Betel pepper	Herb	Leaves	Juice	One teaspoon of juice is used once a day for two weeks.	39	0.22	0.55	1■, 2■, 3○, 4■, 5○, 6■, 7○, 8○, 9■, 10○, 11□, 12○, 13○, 14○, 15○
<i>Pluchea lanceolata</i> (DC.) C. B. Clarke / HAR 22 (Asteraceae)	Pluchea	Shrub	Whole plant	Juice, Decoction	The whole plant is crushed in water and used regularly.	46	0.26	0.69	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Plumbago zeylanica</i> L. / HAR 69 (Plumbaginaceae)	Ceylon leadwort	Shrub	Root, stem, Bark	Powder	One teaspoon powdered plant material along with buttermilk is used.	47	0.26	0.69	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8□, 9■, 10○, 11■, 12○, 13○, 14○, 15■
<i>Polemonium caeruleum</i> L. / HAR 70 (Polemoniaceae)	Jacob's ladder, Bambino blue	Herb	Whole plant	Juice, Decoction	The whole plant is crushed, and juice obtained is used with water once daily.	40	0.22	0.59	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Portulaca oleracea</i> L. / HAR 71 (Portulacaceae)	Purslane	Herb	Seed	Decoction	The decoction of seeds is used two to three times regularly.	42	0.23	0.59	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Cullen corylifolium</i> (L.) Medik. / HAR 99 (Fabaceae)	Psoralia	Herb	Whole plant	Juice, Powder	50 mL juice of fresh plant material is taken with honey twice daily.	35	0.19	0.51	1○, 2○, 3■, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○

<i>Punica granatum</i> L. / HAR 17 (Punicaceae)	Pomegranate	Tree	Fruit	Powder	One teaspoon of the powder is taken daily before sleeping.	52	0.29	0.76	1○, 2○, 3○, 4○, 5■, 6○, 7○, 8○, 9□, 10○, 11○, 12○, 13○, 14□, 15○
<i>Pyrus communis</i> L. / HAR 38 (Rosaceae)	Pear	Tree	Seeds, Leaves	Powder	Half a teaspoon of powder and sugar is mixed in water and used twice daily.	38	0.21	0.57	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Raphanus sativus</i> L. / HAR 89 (Brassicaceae)	Radish	Herb	Roots	Juice	One teaspoon juice of fresh roots is used thrice daily for 15-30 days.	39	0.22	0.55	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Ricinus communis</i> L. / HAR 39 (Euphorbiaceae)	Castor oil plant	Shrub	Seed	Powder	10 g of powdered seeds is taken once daily for 5 days.	47	0.26	0.66	1■, 2○, 3○, 4■, 5○, 6○, 7■, 8■, 9■, 10■, 11■, 12■, 13○, 14○, 15○
<i>Rubus ellipticus</i> Sm. / HAR 40 (Rosaceae)	Golden Himalayan raspberry	Shrub	Whole plant	Decoction	Two cup decoction of dried plant material is used once daily.	42	0.23	0.59	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Sapindus mukorossi</i> Gaertn. / HAR 72 (Sapindaceae)	Soap nuts	Tree	Fruit	Powder	Dried fruit are crushed and mixed with water, is taken orally before intercourse.	39	0.22	0.56	1■, 2○, 3■, 4○, 5○, 6○, 7○, 8□, 9■, 10○, 11□, 12○, 13○, 14○, 15○
<i>Sapindus trifoliatus</i> L. / HAR 73 (Sapindaceae)	Soap nuts	Tree	Fruit	Powder	Dried fruit are crushed and mixed with water, is taken before intercourse.	35	0.19	0.49	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○

<i>Cynanchum viminalis</i> (L.) L. / HAR 74 (Apocynaceae)	Moon plant, Moon creeper	Herb	Stem	Juice	One cup of the extract is taken thrice a day for 5 days.	35	0.19	0.5	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Solanum surattense</i> Burm. f. / HAR 27 (Solanaceae)	Wild Egg Plant, Yellow nightshade	Shrub	Berries, Seed, Roots	Powder	One teaspoon powder is taken orally with water for three days.	52	0.29	0.8	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12■, 13○, 14○, 15○
<i>Syzygium cumini</i> (L.) Skeels / HAR 41 (Myrtaceae)	Java plum/ black plum	Tree	Seed, Leaves	Powder	One teaspoon powder of dried plant material is taken with cow milk once daily.	38	0.21	0.57	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10○, 11○, 12○, 13○, 14○, 15○
<i>Tecoma stans</i> (L.) Juss. ex Kunth / HAR 92 (Bignoniaceae)	Yellow bells	Shrub	Fruit	Juice	Fruit juice are taken twice daily.	37	0.21	0.53	1○, 2■, 3■, 4■, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Terminalia arjuna</i> (Roxb. ex DC.) Wight & Arn. / HAR 75 (Combretaceae)	White Murdah Arjuna Myrobalan	Tree	Bark	Decoction	100 g of bark is boiled in water to prepare a decoction. One cup of decoction is taken thrice daily.	40	0.22	0.59	1■, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9■, 10■, 11■, 12○, 13○, 14○, 15○
<i>Terminalia chebula</i> Retz. / HAR 100 (Combretaceae)	Chebolic Myrobala	Tree	Fruit	Decoction	100 g of bark is boiled in water to prepare a decoction. One cup of decoction is taken thrice daily.	41	0.23	0.59	1○, 2○, 3■, 4○, 5○, 6○, 7○, 8○, 9○, 10■, 11■, 12○, 13○, 14○, 15○
<i>Thespesia populnea</i> (L.) Sol. ex Corrèa / HAR 94	Tulip tree	Tree	Leaves	Juice	Fresh leaves are crushed and mixed with	36	0.2	0.51	1○, 2○, 3■, 4○, 5○, 6○, 7○, 8○, 9□, 10○, 11○, 12○, 13○, 14○, 15○

(Malvaceae)					water; one cup of the filtered mixture is taken for 10 days.				
<i>Cascabela thevetia</i> (L.) Lippold / HAR 93 (Apocynaceae)	Yellow oleander	Shrub	Bark	Juice	Juice extract is mixed with an equal amount of water and taken once daily.	38	0.21	0.56	1○, 2■, 3■, 4■, 5○, 6○, 7○, 8○, 9○, 10○, 11□, 12○, 13○, 14○, 15○
<i>Tinospora sinensis</i> (Lour.) Merr. / HAR 76 (Menispermaceae)	Tinospora, Gulancha	Climber	Stem	Powder	A small piece of stem is crushed along salt crystals. One teaspoon powder is taken with water daily.	37	0.21	0.52	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Tribulus pentandrus</i> Forssk. / HAR 24 (Zygophyllaceae)	Caltrop	Herb	Whole plant	Powder	The dried plant is ground and a half teaspoon is mixed in water and taken before intercourse.	45	0.25	0.64	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Tribulus terrestris</i> L. / HAR 25 (Zygophyllaceae)	Land caltrops	Herb	Whole plant	Powder	The dried plant is ground and a half teaspoon is mixed in water and taken before intercourse.	48	0.27	0.7	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Trichodesma indicum</i> (L.) Lehm. / HAR 23 (Boraginaceae)	Indian borage	Herb	Leaves, Flower	Juice	Half cup juice of fresh plant material is used twice daily for 15-20 days.	48	0.27	0.72	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○, 13○, 14○, 15○
<i>Trifolium alexandrinum</i> L.	Berseem clover	Herb	Whole plant	Decoction	The decoction of the whole plant	43	0.24	0.63	1○, 2○, 3○, 4○, 5○, 6○, 7○, 8○, 9○, 10○, 11○, 12○,

/ HAR 9 (Fabaceae)					is used once daily.				13 ^o , 14 ^o , 15 ^o
<i>Trigonella foenum-graecum</i> L.	Fenugreek seed	Herb	Seed	Decoction	The decoction of seeds is taken twice daily before sleeping.	40	0.22	0.57	1 [■] , 2 [■] , 3 [■] , 4 ^o , 5 ^o , 6 [■] , 7 ^o , 8 ^o , 9 [■] , 10 ^o , 11 ^o , 12 ^o , 13 ^o , 14 ^o , 15 ^o
/ HAR 42 (Fabaceae)									
<i>Trillium govonianum</i> Wall. ex D.Don	Wake Robin, Wood lily	Herb	Roots	Decoction	The decoction of roots is taken with cow milk in the early morning for two weeks.	45	0.25	0.65	1 ^o , 2 ^o , 3 ^o , 4 ^o , 5 ^o , 6 ^o , 7 ^o , 8 ^o , 9 ^o , 10 ^o , 11 ^o , 12 ^o , 13 ^o , 14 ^o , 15 ^o
/ HAR 59 (Melanthiaceae)									
<i>Vitex negundo</i> L.	Chast plant	Shrub	Seed	Powder	Half a teaspoon of the powder is taken once daily for one week.	38	0.21	0.53	1 [■] , 2 ^o , 3 ^o , 4 ^o , 5 ^o , 6 ^o , 7 ^o , 8 [■] , 9 ^o , 10 ^o , 11 [□] , 12 ^o , 13 ^o , 14 ^o , 15 ^o
/ HAR 79 (Verbenaceae)									
<i>Zea mays</i> L.	Maize, Corn	Herb	Inflorescence	Paste	Fresh flowers are crushed into a paste. One teaspoon of paste is taken once daily for 8-10 days.	43	0.24	0.63	1 ^o , 2 ^o , 3 ^o , 4 ^o , 5 ^o , 6 ^o , 7 ^o , 8 ^o , 9 ^o , 10 ^o , 11 ^o , 12 ^o , 13 ^o , 14 ^o , 15 ^o
/ HAR 6 (Poaceae)									

1* FC = Frequency of citation (No. of Informants); 2*RFC=Relative Frequency of citation; 3*DCI=Disease Consensus Index; 4*^o = Not reported; [□]= Dissimilar use; [■]= Similar use

1= (37); 2= (21); 3= (22); 4= (117); 5= (118); 6= (119); 7= (39); 8= (26); 9= (38); 10= (25); 11= (27); 12= (120); 13= (23); 14= (121); 15= (122)