

Inventory of Medicinal and Aromatic Plants 2021

National Centre for Organic Agriculture, Yusipang
 Department of Agriculture
 Ministry of agriculture and Forests, Thimphu, Bhutan

Sl. No.	So-wa-rigpa name	Botanical name	Family	Plant Type	Parts used	Altitude (masl)	Therapeutic applications
1.	<i>Kothra Mani Drema</i>	<i>Iris goniocarpa</i>	Iridaceae	Herb/Annual	Seeds/Flowers	3900-4300	Used as/in poultice
2.	<i>Parpata</i>	<i>Hypocoum leptocarpum</i>	Papaveraceae	Herb	Entire herb	1700-4300	Common cold, detoxicant
3.	<i>Yung wa</i>	<i>Rosea aromaticum</i>	Zingiberaceae	Herb/Perennial	Rhizome	500-2600	Aromatic, stimulant, carminative, blood purifier; externally applied to relieve sprains & wounds and as antiparasitic for many skin disease
4.	<i>Nyeshing</i>	<i>Asparagus racemosus</i>	Liliaceae	Herb/Perennial	Rhizome	1000-2600	Used in treating infertility, loss of libido, menopausal problems, threatened miscarriage, stomach ulcer & bronchial infection
5.	<i>Kechi karmo</i>	<i>Gentiana sp.</i>	Gentianaceae	Herb/ Perennial	Flowers	2500-4100	Biles
6.	<i>Subka</i>	<i>Anemone rivularis</i>	Ranunculaceae	Herb/ Perennial	Seeds	2500-4100	Antipyretic, blisters antiseptic
7.	<i>Yarrow</i>	<i>Achillea millefolium</i>	Asteraceae	Herb/ Perennial	Arial parts	1000-3600	Soreness, piles, stomach sickness, flatulence, heartburn, colic, liver diseases, toothache, ulcers,
8.	<i>Truser</i>	<i>Notopterygium incisum</i>	Apiaceae	Herb/Perennial	Roots	500-2500	-
9.	<i>Thangtrom nagpo</i>	<i>Anisodus luridus</i>	Solanaceae	Herb/Perennial	Seeds	200-4100	Used in the treatment of depression, spasms, stomach aches, chronic diarrhea and dysentery
10.	<i>Chutsa</i>	<i>Rheum australe/speciformi</i>	Polygonaceae	Herp/ Perennial	Rhizome	2500-4000	Antiseptic, anti-inflammatory, constipation, digestive stimulant
11.	<i>Manu</i>	<i>Inula racemosa</i>	Asteraceae	Herb/Biennial	Roots	1200-3500	Used to relieve muscular spasm, cramps; to lower blood pressure and cholesterol level; to treat asthma, chest pain, bronchitis and cough; and in incense making
12.	<i>Ruta</i>	<i>Saussurea lappa</i>	Asteraceae	Herb/Bi-annual	Roots	1000-3000	Asthma, bronchitis, chronic skin diseases incense making

13.	<i>Udpal serpo</i>	<i>Meconopsis paniculata</i>		Herb Perennial	Entire herb	3500-5000	-
14.	<i>Chupoe</i>	<i>Valeriana officianalis</i>	Valerianaceae	Herb/Annual	Roots	3000-3900	Used against headache trouble, sore throat, wound and indigestion, also in incense making
15.	<i>Bong-nga- nagpo</i>	<i>Aconitum laciniatum</i>	Ranunculaceae	Herb Perennial	Arial parts	1800-4000	liver disorders, dyspepsia, diarrhea, indigestion, nausea, vomiting, throat pain, anorexia, piles and coughs
16.	<i>Thyme</i>	<i>Thymus vulgaris</i>	Lameaceae	Herb/ Perennial	Arial parts	500-2500	-
17.	<i>Ra-nye</i>	<i>Polygonatum verticilatum</i>	Polygonaceae	Herb/Perennial	Rhizomes	2000-4000	Appetizer, longevity, tranquilizer
18.	<i>Wolmo soe</i>	<i>Podophyllum hexandum</i>	Podophyllaceae/ Berberidaceae	Herb/Perennial	Fruits	2500-4200	Effective in controlling constipation, jaundice, syphilis, fever, liver ailments; also exhibits antitumor properties
19.	<i>Goned</i>	<i>Carum carvi</i>	Umbelliferae	Herb/biennial	Seeds	1500-4200	Detoxicant, eye diseases, Stimulant and carminative properties Caraway oil has soothing and calming effect on nervous and digestive system. It helps in respiratory, urinary problem and relieves skin conditions
20.	<i>Drita Sazin</i>	<i>Fragaria nubicola</i>	Rosaceae	Herb/ Perennial	Arial parts	3860-4000	lungs inflammation, Chronic bronchitis, neurological infection, dries blisters
21.	<i>Ti- yangku</i>	<i>Dracocephalum tanguiticum</i>	Labiatae	Herb/Perennial	Arial parts	2500-5200	Eye diseases, builds blood, heals wound
22.	<i>Droma</i>	<i>Potentilla anserina</i>	Rosaceae	Herb/Perennial	Roots	2500-4200	Used in treating diarrhea, cholera, kidney stone, arthritis, diabetes and urinary disorder, and also to stop profuse menstrual bleeding, (main value lies in its astringency)
23.	<i>Gadur</i>	<i>Berginia ciliata</i>	Saxifragaceae	Herb/Perennial	Roots	1500-3900	Used to treat urinary troubles (Nepal), leaf juice used as drops to relieve earaches, roots as tonic for fever, diarrhea and pulmonary affections, coughs & colds.; root has a high reputation in indigenous systems of medicine for dissolving kidney stones
24.	<i>Tharam</i>	<i>Plantago major</i>	Plantaginaceae	Herb/Perennial	Seeds	1500-3500	Diarrhea
25.	<i>Tsedum</i>	<i>Ephedra geradaena</i>	Ephedraceae	Herb/Perennial	Arial parts	2000-4000	Used in treating rheumatism & syphilis; is a cardia and circulatory stimulant
26.	<i>Gacha</i>	<i>Hedytchium spicatum</i>	Zingiberaceae	Herb/Perennial	Roots	1000-2500	Used in treating bronchitis livers, nerves, bile, jaundice. Insect repelling properties. Essential oil is used as perfumes in soaps, hair oil, face powder and incense
27.	<i>Durjit</i>	<i>Euphorbia wallichii</i>		Herb/Perennial	Roots	1500-3900	Ingestion and constipation

28.	<i>Emong karmo</i>	<i>Clematis acutangula</i>	Ranunculaceae	Herb/Perennial	Flowers	2000-4100	digestion, blisters
29.	<i>Shudag</i>	<i>Acorus calamus</i>	Araceae	Herb/Perennial	Rhizomes	1500-3000	Analgesic, sedative
30.	<i>Pao- karmo</i>	<i>Anisodus lirus</i>	Solanaceae	Shrub/Perennial	Seeds	1500-3000	Epidemic fever, relieves pain, acts as antidote
31.	<i>Khur- mong</i>	<i>Taraxacum officinale</i>	Compositae	Herb/ Perennial	Entire herb	2500-4000	Stomach diseases, fever
32.	<i>Tru- kar</i>	<i>Heracleum candicans</i>	Umbelliferae	Herb/Perennial	Roots	1500-3900	leprosy, Neurology, Bleeding
33.	<i>Lug- mig</i>	<i>Aster flaccidus</i>	Asteraceae	Herb/Perennial	Arial parts	3860-4000	Bronchitis, Cramps, common cold
34.	<i>Ngo- trin</i>	<i>Thalictrum reniforme</i>	Ranunculaceae	Herb/Perennial	Arial parts	2000-4000	Antidote, antibacterial
35.	<i>Balu</i>	<i>Rhodo anthopogon.</i>	Ericaceae	Shrub/Perennial	Flowers	2000-4100	Liver disorder, allergy case
36.	<i>Sula</i>	<i>Rhodo Setosom</i>	Ericaceae	Shrub/Perennial	Flowers	2000-4100	
37.	<i>Japho tsitsi</i>	<i>Cotoneaster microphyllus</i>	Rosaceae	Herb/Perennial	Fruits	2000-4200	Menstruation
38.	<i>Drimug</i>	<i>Onosma hookeri</i>	Boraginaceae	Herb/Annual	Roots	2000-4000	Skin diseases,
39.	<i>Dramashing</i>	<i>Caragana Sp.</i>	Fabaceae	Shrub/Perennial	Flowers	2000-4000	Cough and cold, BP
40.	<i>Penma nagpo</i>	<i>Fritillaria fruticosa</i>		Shrub/Perennial	Flowers	2000-4200	Swollen breast, dries puss
41.	<i>Khenkar</i>	<i>Tanacetum nubigenum</i>	Asteraceae	Herb/ Perennial	Arial parts	2000-3500	-
42.	<i>Pang poe</i>	<i>Nardostachys jatamanse</i>	Valerianaceae	Herb/Perennial	Rhizome	2500-4100	rhizomes used for cold, cough, fever, intestinal parasites, tumors, stomach diseases, incense making, perfumery Leaves for high alt sickness.
43.	<i>Tsathri zhingkema</i>	<i>Ixeris gracilis</i>	Asteraceae	Herb/Perennial	Arial parts	2000-3000	Antidiabetic, Antioxidant
44.	<i>Pangtse daw</i>	<i>Pterocephalus hookeri</i>	Dipsacaceae	Herp/ Perennial	Flowers	3860-3992	Gout, fever, dysentery, hypertension
45.	<i>Se-yab</i>	<i>Chaenomeles laganeria</i>	Rosaceae	Shrub/Perennial	Fruits	1500-3000	Fruits used for jams & jellies; is analgesic, anti-inflammatory, antispasmodic; a decoction is used internally to treat nausea, joint pains & associated cramps
46.	<i>Shandrill serpo</i>	<i>Primula sikkimenses</i>	Primulaceae	Herb/ Perennial	Aerial parts	2000-4000	Fevers, blood formation, lung & Channel disorder
47.	<i>Pao- karmo</i>	<i>Phytolacca acinosa</i>	Phytolacceae	Herb/Perennial	Seeds	200-3000	Epidemic fever, relieves pain, acts as antidote