

Important Medicinal Plants of Manipur

Medicinal plants are those plants commonly used in treating and preventing various ailments and diseases. Medicinal plants include herbs, shrubs and trees.

Medicinal plants may provide two main kinds of benefit:

- Health benefits
- Economic benefits

Proper management of medicinal plants can be used sustainably thereby ensuring their use for our future generation. The pharmaceutical industry has remained interested in mining traditional uses of medicinal plants in its drug discovery efforts.

Important medicinal plants of Manipur:

- Different species of medicinal plants are found in Manipur and has a long history of traditional use.
- With growing population pressure and urbanization along with the lack of knowledge there is rapid decline of medicinal plants in Manipur
- Planners and administrators need to prepare an action and development plans for the conservation as well as herbal drug industry in the tribal tracts for providing self-employment opportunities and improving and uplifting the life, economy and social status of the rural populations.

MEDICINAL PLANTS								
Sl.No.	Common Name	Scientific Name	Vernacular Name	Family	Habit	Parts Used	Medicinal Uses	Image
1	Sweet flag	<i>Acorus calamus</i>	Ok-hidak	Acoraceae	Herb	Leave, rhizome	Stomachic, epilepsy, cough, fever, tumour, gout	

2	Goat weed	<i>Ageratum conyzoides</i>	Khong-jai-napi	Asteraceae	Herb	Leave, flower	Hair care lotion, wound, diarrhea, gastrointestinal ailments, nervous tonic	
3	Basak	<i>Phlogacanthus thysiflorus</i>	Nong-mang-kha angangba	Acanthaceae	Shrub	Leave, flower	Whooping cough, fever, skin disease, liver tonic	
4	Doob grass	<i>Cynodon dactylon</i>	Ting-thou	Poaceae	Herb	Whole plant	Dropsy, uterus problem, epilepsy, diarrhea, insanity, ophthalmia	
5	Cinnamon	<i>Cinnamomum zeylanicum</i>	U-shingsha	Lauraceae	Tree	Bark, leave	Cough, headache, mouth freshener	
6	False coriander	<i>Eryngium foetidum</i>	Awa-phadigom	Myrtaceae	Herb	Fruit, leave, root	Stomach ulcer, nerve problem, muscle pain, high BP	

7	Green chiretta	<i>Andrographis paniculata</i>	Bhubati	Acanthaceae	Herb	Whole plant	Asthma, bronchitis, fever, diabetes, cholera, piles, jaundice	
8	Chameleon plant	<i>Houttuynia cordata</i>	Toning-khok	Saururaceae	Herb	Leave, rhizome	Dysentery, stomach ulcer, gonorrhoea, muscular pain, measles	
9	Bengal pogostemon	<i>Pogostemon bengalensis</i>	Lam-thoi-ding	Lamiaceae	Shrub	Leave, root	Hair care lotion, piles, wound	
10	Phangla	<i>Pogostemon purpurascens</i>	Sang-brei	Asteraceae	Shrub	Whole plant	Antibiotic to wound & cut, Piles, Hair care lotion, Colic	
11	White champa	<i>Plectranthus ternifolius</i>	Khoi-ju	Lamiaceae	Shrub	Leave	Disinfectant, anti-fungicide, small pox, skin disease	

12	Red cedar	<i>Toona ciliata</i>	Tai-rel	Meliaceae	Tree	Leave	Skin diseases, antifungal, anti-bacterial	
13	Chinese chaste tree	<i>Vitex negundo</i>	U-rikshibi	Verbenaceae	Shrub	Leave, root, fruit	Tonic, fever, piles, anticancer, liver complaints, rheumatism, gonorrhea	
14	Winged prickly ash	<i>Zanthoxylum acanthopodium</i>	Muk-thru-bi	Rutaceae	Shrub	Fruit, leave	Chronic fever, indigestion, cough, bronchitis	
15	Centella	<i>Centella asiatica</i>	Peruk	Apiaceae	Herb	Whole plant	Stomach ulcer, urinary troubles, skin disease	
16	Indian wormwood	<i>Artemisia nilagirica</i>	Lei-bak-ngou	Asteraceae	Shrub	Leave	Anti-helminthic, stomachic, asthma, tonic, insect repellent	

17	Bayleaf	<i>Cinnamomum tamala</i>	Tejpata	Lauraceae	Tree	Leaf	Cold, cough, toothache, liver problem, gall bladder, urinary problem	
18	Leikham	<i>Goniothalamus sesquipedalis</i>	Lei-kham	Annonaceae	Shrub	leave	Disinfectant, antifungicide, small pox, skin disease	