

表 4 卡拉克地区有经济价值的草本类植物的名称, 本地名称, 科类, 使用的部位, 花期(FP)和使用方法

Table 4 Economically important herbs of Tehsil Karak, botanical name, local name, family, parts used, floral period (FP) and uses

SN	Botanical name	Local name	Family	F.P	Part uses	Uses
1	<i>Abelmoschus esculentus</i> (L.) Moench.	Bhindi	Malvaceae	Mar – May	Fruits	Fruits Deduction; demulcent, emollient, Gonorrhoea, vegetables & honey bee specie.
2	<i>Achyranthus aspera</i> L.	Kurashka	Amaranthaceae	Mar – May	Leaves	Leaves; purgative, laxative, fodder.
3	<i>Aerua persica</i> (Burm.f.)Merrill.	Sasa	Amaranthaceae	April - May	Whole plant	Plant; fodder, fuel and hedging & sheltering. Leaves & flowers; cotton & diseases of goats. Honey bee specie
4	<i>Ajuga bracteosa</i> Wall.ex Benth.	Beta	Lamiaceae	Spring	Leaves	Laxative & fodder
5	<i>Allium cepa</i> L.	Pyaz	Alliaceae	May – July	Whole plant	Leaves; purgative, laxative, vegetable as a salad.
6	<i>Allium sativum</i> L.	Yeza	Alliaceae	April – May	Whole plant	Leaves; purgative, laxative, vegetable used in Chatni.
7	<i>Aloe barbadensis</i> Mill.	Zargia	Aloaceae	July – Sept	Leaves	Leaves; purgative, laxative, specialy in joints pain. Sign of Graveyard.
8	<i>Alternanthera pungens</i> Kunth.	Soba	Amaranthaceae	Sept – Oct	Whole plant	purgative and fodder.
9	<i>Amaranthus viridis</i> L.	Ranzakka	Amaranthaceae	Spring and Summer	Leaves	Leaves; purgative, laxative, vegetable, fodder & honey bee specie.
10	<i>Anagalis arvensis</i> L.	Jonk mari	Primulaceae	Mar – April.	Leaves	Leaves; snake biting, purgative, fodder & honey bee specie.
11	<i>Rhynchosia minima</i> (L.) DC.		Papilionaceae	March – April	Whole plants	Purgative, laxative and fodder. Seeds; sexual desire & tonic.
12	<i>Arachis hypogaea</i> L.	Mungphali	Papilionaceae	July - Aug	Fruit	Fruit; astringent. Unripe nuts; lactagogue. Oil; aperients, emollient used as a substitute for Olive oil. Hay; fodder, particularly for camels. Seeds; sexual desire & tonic. Cash crop of the area. Honey bee specie.
13	<i>Asparagus gracilis</i> Royle.	Zyr guli	Asparagaceae	Spring	Whole plant	Purgative, laxative, fodder Honey bee specie.
14	<i>Asphodelous tenuifolius</i> Cavan.	Pyazikai	Asphodelaceae	Feb – March	seeds	Tonic especially for hair mixed with oil.
15	<i>Astragalus hamosus</i> L.	Wozai	Papilionaceae	March – April	Whole plant	Leaves; purgative. Fodder. Seed; tonic for sexual desire.
16	<i>Avena sativa</i> L.	Keriana	Poaceae	Mar – April	Seeds	Seed; laxative & fresh fodder. Honey bee specie.
17	<i>Boerhaavia diffusa</i> auct plur.	Wallakah	Nyctaginaceae.	Aug – Dec	Whole plant	Expectorant, diuretic, laxative anthelmantic & fodder. Root; anaemia, oedema & asoites. Stem; chain is made which is placed in the neck of jaundice's patient. Honey bee specie.
18	<i>Brassica rapa</i> L.	Veryai	Brassicaceae	Mar - April	Seeds & shoots	The plant; fodder, vegetable & fuel. Oil; hair tonic. Oil seed cakes (Kall) are given to cattle to increase milk production. Honey bee species. Its excessive use as vegetable may cause constipation.
19	<i>Calendula arvenis</i> L.	Zyrgoli	Asteraceae	Spring	Flowers & leaves	Leaves juice; sudorific. Flower; stimulant & antispasmodic. Ornamental purposes. Honey bee specie.
20	<i>Calendula arvenis</i> L.	Zirguli	Asteraceae	Spring	Whole plant	Seed; tonic, ornamental purposes.

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21	<i>Capsicum annum</i> L.	Merchiki	Solanaceae	March – April	Fruit	Vegetable, stomach problem.
22	<i>Carthamus oxycantha</i> Bieb	Azghiki	Asteraceae	April – May	Seeds	Oil; tonic, dressing ulcer & against itch. Honey bee specie.
23	<i>Celosia argentea</i> L.	Sufaid murg	Amaranthaceae	July – Sept	Seeds	Seeds; eye diseases, diarrhea, blood & mouth sore. Honey bee specie.
24	<i>Cenchrus biflorus</i> Hook. f.,	Kurashka	Poaceae	July – Sept	Seed	Anti cancer. Fodder.
25	<i>Centaurea iberica</i> Trev.Ex. Spreng.	Gultukua	Asteraceae	April – May.	Leaves	Leaves; diuretic, laxative & fodder. Honey bee specie
26	<i>Chenopodium album</i> L.	Tor Soba	Chenopodiaceae	Through out year	Leaves	Leaves; laxative and purgative. Honey bee specie.
27	<i>Chenopodium murale</i> L.	Spen Soba	Chenopodiaceae	Through out year	Leaves	Leaves; laxatives & purgative. Honey bee specie
28	<i>Chrozophora oblique</i> (Vahl) A. Juss.	Sheravina	Euphorbiaceae	May – July	Whole plant	Leaves; purgative, laxative. Especial food for Camel.
29	<i>Cicer arietinum</i> L.	Chana	Papilionaceae	Mar - April	Whole plant	Roasted seeds; nutritive & diuretic. Seed; tonic stimulant & digestive for horses and donkeys. Gram flour bread; heart patient. Young shoots & leaves; vegetable. Hay; dry fodder, particularly for camels. Important cash crop of the area. Honey bee specie.
30	<i>Cistanche tubulosa</i> (Schenk) Wight.	Kasi	Orobanchaceae	Oct – Dec	Whole plant	Laxative, Stomach, worm killing, against sores & diarrhea. Honey bee specie.
31	<i>Citrullus colocynthis</i> L. Schrad.	Indrayan	Cucurbitaceae	Nov – Jan	Roots & fruits	Fruit juice; eye treatment and mixed with sugar in discoloration of skin. Seed Oil; snakebite. Fruits; purgative & intestinal disorder of cattle. Honey bee specie
32	<i>Cleome viscosa</i> L.	Hulhul	Capparidiaceae	Aug – Dec	Leave, seeds & roots	Leaves juice; inflammation of middle ear, earach and deafness. Seeds; carminative & anthelmantic. Roots; anthelmantic. Honey bee specie
33	<i>Convolvulus arvensis</i> L.	Pryvatay	Convolvulaceae	Feb - April	Whole plant	Plant decoction; regulates menstrual cycle, skin disorders & asthma. Fodder. Honey bee specie
34	<i>Convolvulus pluricaulis</i> Choisy	Gra pryvaty	Convolvulaceae	Feb – March	Whole plant	Leaves; purgative, laxative.
35	<i>Corchorus trilobularis</i> L.	Beta	Tiliaceae	July – Sept	Leaves & seed	Leaves; purgative, laxative. Seed: Tonic & highly aromatic
36	<i>Coriandrum sativum</i> L.	Dhanya	Apiaceae	Feb – May	Leaves, fruits & seeds	Leaves; flavour to vegetables & chutnies. Fruits & seeds are ground and used as spices for curries. The fruits; highly aromatic, carminative, stimulant, aphrodisiac & refrigerant. Fruit decoction; colic pains, flatulence and bleeding piles. Honey bee specie.
37	<i>Coronopus didymus</i> (L) Smith.	Beta	Brassicaceae	March – May	Leaves & fruit	Leaves; purgative, laxative, Fruit; Tonic.
38	<i>Crotalaria medicaginea</i> Lam.	Shaftal	Papilionaceae	Nov –Dec	Leaves	Purgative, laxative, fodder

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39	<i>Cucurbita maxima</i> Duchesne.	Penta	Cucurbitaceae	July – Aug	Flowers, seeds & fruits	Seeds; tonic, anthelmantic & diuretic. Flowers; vegetable. Fruits; diuretic, Jams & Halwa. Fruit pulp; applied to boils & inflamed portion. Honey bee species
40	<i>Cucurbita</i> <i>pepo</i> L.	Safed Keddu	Cucurbitaceae	July – Aug	Leaves, seeds & fruits	Leaves; applied to burns, Jaundice, heart & stomach problems. Fruits; vegetable, Jams & Halwa. Honey bee species.
41	<i>Cymbopogon</i> <i>jwarancusa</i> (Jones) Schult.	Sargara	Poaceae	July – Sept	Leave & fruit	Leaves; purgative, laxative, used in Mosque for heat.
42	<i>Cynodon</i> <i>dactylon</i> (L) Pers.	Barava	Poaceae	Through out year	Leaves	Leaves; purgative, laxative, asthma. Fodder. Ornamental purposes.
43	<i>Cyperus rotundus</i> L.	Dela	Cyperaceae	May – Oct	Leaves	Leaves; purgative, laxative, fodder.
44	<i>Cyperus</i> <i>scarlosus</i> R.Br.	Dela	Cyperaceae	May – Oct	Leaves	Leaves; purgative, laxative, fodder.
45	<i>Daucus</i> <i>carrota</i> L.	Gajara	Apiaceae	Spring	Roots & seeds	Roots: confectionary for preparing sweets. Seeds; stimulant, carminative & effective; in kidney & uterine pain. Honey bee specie.
46	<i>Descurainia</i> <i>sophia</i> (L.) Webb.	Khakshir	Brassicaceae	April – May	Whole plant	Flower & leaves; astringent. Seeds; tonic, expectorant in fever & dysentery. Leaves juice; worm & calculus complaints. Honey bee specie.
47	<i>Desmostachya</i> <i>bipinnata</i> (L) Stapf.	Sorgul	Poaceae	Sept – Oct	Flowers & stem	Leaves; Fodder. Stems; making brooms “Chaj” for the winnowing of wheat & hedging & sheltering. Honey bee specie.
48	<i>Dichanthium</i> <i>annulatum</i> (Forsk) Staph.	Bambolchi	Poaceae	Spring and Summer	Whole plant	Leaves; purgative, laxative, fodder.
49	<i>Digera muricata</i> (L). Mart.	Ranzaka	Amaranthaceae	Spring	Leaves	Leaves; purgative, laxative, fodder.
50	<i>Echinochloa</i> <i>colonom</i> (L) Link.	Bambolchi	Poaceae	Sept – Oct	Leaves	Leaves; purgative, fodder.
51	<i>Echinops</i> <i>echinatus</i> D.C	Azghi gul	Asteraceae	Spring	Fruit	Tonic, purgative.
52	<i>Eragrostis</i> <i>poaoides</i> Beauv.	Bombolchi	Poaceae	Through out year	Whole plants	purgative, laxative, fodder.
53	<i>Erodium</i> <i>malacoides</i> Willd	Ger Beta	Geraniaceae	Spring weed	Whole plant	purgative, laxative, tonic, expectorant in fever & dysentery.
54	<i>Eruca</i> <i>sativa</i> Millel.	Taramira	Brassicaceae	Mar – June	Whole plant	Plant; fodder especially for donkey. Young leaves; diuretic, antiscorbic, stimulant, stomachic & vegetable. Seeds; vesicant & acrid; used as mustard. Oil; cooking, massage & hair tonic. Seed cakes (Kall); increase milk production. Fuel & honey bee species. Excessive use; constipation.
55	<i>Euphorbia</i> <i>helioscopia</i> L.	Shenstarga	Euphorbiaceae	Spring	Seed	Purgative, pioussness for cattle.
56	<i>Euphorbias</i> <i>prostrate</i> Ait.	Beta	Euphorbiaceae	Spring weed	Whole plant	Leaves; purgative, laxative, Fodder.
57	<i>Evolvulus</i> <i>alsinoides</i> L.	Herbeta	Convolvulaceae	July – Sept	Whole plant	Laxative and fodder

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58	<i>Fagonia cretica</i> L.	Spelaghzai	Zygophyllaceae	Oct – Jan	Whole plant	Abdominal & gastric troubles. Twigs; cooling agent & blood purification. Fodder especially for camel & honey bee specie.
59	<i>Fumaria indica</i> (Haussk.) Pugsley.	Papra	Fumaraceae	Mar – April	Whole plant	Juice; common fever. Plant; diuretic, diaphoretic & aperients. Extract; cooling, blood purification. Fodder. Honey bee species.
60	<i>Helianthus annus</i> L.	Meyrgul	Asteraceae	Nov- Jan	Seeds	Oil; diuretic & laxative. Ornamental purposes, Fuel & Honey bee species.
61	<i>Heliotropium europaeum</i> L.	Hathi-sunda	Boraginaceae.	May – Sept.	Whole plant	Special fodder for camel. The hakims use the plants for soften of Lead (Cushta) in a special manner. Plant extract; against scorpion-sting. Honey bee specie.
62	<i>Heliotropium strigosum</i> Willd.	Sherawena	Boraginaceae	May – Sept	Whole plant	Leaves; purgative, laxative
63	<i>Hordeum vulgare</i> L.	Arbashay	Poaceae	Mar-April	Stem & seeds	Seeds; staple cereal crop, easily digestible, bread; diet of stick. Stem; used in air cooler, light packing material, fodder & honey bee specie.
64	<i>Hypericum pendulum</i> L.	Beta	Hypericaceae	Spring	Whole plant	Cooling agent & blood purification. Fodder especially for camel & honey bee specie.
65	<i>Ifloga fontanesii</i> Cass.	Shenbo	Asteraceae	Feb – Mar	Whole plant	Purgative, laxative & fodder.
66	<i>Indigofera linifolia</i> (L.f.) Rets.	Aalia	Papilionaceae.	July – Oct	Seeds & root	Root deduction; purgative, bitter, tonic. Seed; anthelmantic. Honey bee specie.
67	<i>Ipomoea hederacea</i> (L.) Jack.	Kaladana	Convolvulaceae	Sept - Oct	Seeds	Seeds; Jalap due to purgative characteristic, fodder & honey bee specie.
68	<i>Kickxia ramosissima</i> (Wall) Jan.	Kanodi	Scrophulariaceae	Jan - May	Whole plant	Antidiabetic, fodder & honey bee specie.
69	<i>Lactuca sativa</i> L.	Salad	Asteraceae	July – Sept	Leaves	Leaves; laxative, purgative, eaten raw vegetable (called Salad) & ornamental purposes. Honey bee specie.
70	<i>Lactuca serriola</i> L.	Salad	Asteraceae	July – Sept	Whole plant	Cooling, sedative & diuretic in the treatment of coughs in phthisis, bronchitis, asthma & pertussis. Honey bee specie.
71	<i>Launaea procumbens</i> (Roxb.) Ramayya & Rajgopal.	Dudglak	Asteraceae	April – May	Leaves	Leaves; applied to the head of children that are suffering from fever. Leaves extract; cooling agent. Honey bee specie.
72	<i>Lens culinaris</i> Medic.	Masur	Papilionaceae	Sept - Oct	Seeds	Seeds; laxative in fever, Tonic. Fodder & honey bee specie.
73	<i>Lippia nodiflora</i> (L.) L.C. Rich.ex. Michaux.	Deaya	Verbenaceae	April - May	Whole plant	Sedative, diuretic, fodder & honey bee specie.
74	<i>Lithospermum arvense</i> L.	Beta	Boraginaceae	Spring	Whole plant	Fodder & laxative
75	<i>Luffa acutangula</i> Roxb.	Babara Toray	Cucurbitaceae	Oct - Dec	Leaves & fruit	Fruit; laxative, nutritive, tonic, Piles and heart patients. Honey bee species.
76	<i>Luffa aegyptiaca</i> (L) M.J.Rocm.	Toray	Cucurbitaceae	Oct - Dec	Fruit	Fruit; laxative, nutritive, tonic, piles, heart patients, blood pressure & stomach. Dry fruits without seed; clean feet & utensils. Honey bee specie.

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77	<i>Lycopersicon esculentum</i> Mill.	Tamatar	Solanaceae	Mar - April	Fruits	Fruit; nutritive, preparation of soups, flavouring agent & chattiness. honey bee specie
78	<i>Malcolmia africana</i> (L) R.Br.	Alhami	Brassicaceae	Spring	Whole plant	Plant juice; purgative & fodder. honey bee specie
79	<i>Malva neglecta</i> Wallr.	Khubasi	Malvaceae	Jan - Mar	Leaves & seeds	Leaves extract; applied externally in skin diseases. Seeds; cough. Fodder & honey bee specie.
80	<i>Malva parviflora</i> L.	Panirak	Malvaceae	Jan - Mar	Leaves & seeds	Seed; demulcent, in cough & ulcers in bladder. Leaves; potherb & fodder. Honey bee specie.
81	<i>Malvastrum coromandelianum</i> (L.) Gareke.	Beta	Malvaceae	Nov –Dec	Whole plant	Purgative, laxative & fodder.
82	<i>Medicago laciniata</i> (L.) Mill.	Malghinda.	Papilionaceae	Mar – April	Whole plant	Anthelmantic & tonic in fever and skin diseases. Fodder & honey bee specie
83	<i>Melilotus indicus</i> (L.) All.	Shaftal	Papilionaceae	Feb – Mar	Whole plant	Fodder & laxative. Honey bee specie
84	<i>Mentha arvensis</i> L.	Pudina	Lamiaceae	Feb – May	Leaves	Leaves extract; removing of face sign. Sauces, in vegetable as flavoring agent, carminative, digestive & ornamental purposes.
85	<i>Micromeria biflora</i> (Buchi. Ham exD. DonBenth).	Beta	Lamiaceae	Spring	Whole plant	Fodder, carminative.
86	<i>Momordica charantia</i> L.	Karela	Cucurbitaceae	Oct - Dec	Fruits	Stomach disorder, jaundice diabetes, pills & anthelmantic. Fruit juice; poisonous to animal. Honey bee specie.
87	<i>Oxalis corniculata</i> L.	Zyre beta	Oxalidaceae	Mar - May	Whole plant	Purgative, laxative & fodder,
88	<i>Peganum harmala</i> L	Sponda	Zygophyllaceae	Sept - Dec	Seeds & root	Piles, antiseptic after child birth & injuries. Seeds; antispasmodic, hypnotic, narcotic & anthelmantic. Seeds are burnt and the red spots on the body of patient disappear if the body is exposed to smoke in small pox. Roots; lice-killing agent. Honey bee specie
89	<i>Pennisetum typhoideum</i> (Burm) Stapf.	Bajra	Poaceae	Sept - Aug	Seeds	Tonic; disease of heart. Seeds; special food called “Piasa” is made, diabetes. Fodder, fuel & Honey bee species.
90	<i>Phragmites karka</i> (Retz) Trin . Ex. Steud.	Baniwolkra k	Poaceae	Nov –Dec	Whole plant	Fuel & fodder. Thatching, hedging, fencing & ornamental plant.
91	<i>Plantago ciliata</i> Desf.	Ispaghul	Plantaginaceae	Mar – May	Leaves & seeds	Seeds with sugar; drastic purgative & dysentery. Leaves; wounds & inflamed surfaces. Fodder & honey bee specie.
92	<i>Plantago ovata</i> Forsk.	Ispaghul	Plantaginaceae	Mar – May	Leaves, seeds & root	Seeds; cooling diuretic, demulcent agent in inflammatory conditions of mucous membrane, dysentery, diarrhoea & constipation. Leaves & root; fever. Fodder & honey bee specie.
93	<i>Pupalia lappacea</i> (L.) Juss.	Beta	Amaranthaceae	Nov –Dec	Whole plant	Purgative, laxative, Fodder.
94	<i>Ranunculus muricatus</i> L.	Beta	Ranunculaceae	Mar – May	Whole plant	Purgative, laxative & fodder.

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95	<i>Raphanus sativus</i> L.	Muli	Brassicaceae	Mar – May	Fruits & root	Root; jaundice, lever ailments, urinary complaints & piles. The leaves; diuretic & laxative. Fodder & honey bee specie.
96	<i>Rumex dentatus</i> L.	Ranzaka	Polygonaceae	Aug – Sep	Whole plant	Purgative, fodder & honey bee specie.
97	<i>Salvia moorcroftiana</i> Wall	Papar	Lamiaceae	Mar - April	Seeds & root	Seeds; dysentery & colic. Leaves; wound as poultice & against the mosquito. Root juice; cough & cold. Honey bee specie.
98	<i>Saussurea heteromalla</i> (D.Don) Hand.	Gullali	Asteraceae	Aug – Sept	Whole plant	Purgative, laxative, fodder & fuel.
99	<i>Sesamum indicum</i> L.	Tilli	Pedaliaceae	Sept - Nov	Seeds	Seeds; tonic & diuretic. Leaves; demulcent in cholera, diarrhoea & dysentery. Seed oil; urinary complaint & dysentery. Fodder & honey bee specie.
100	<i>Silene conoidea</i> L.	Nosheen	Caryophyllaceae	Spring	Fruit	Fruit; Emollient. Juice; is used in both or as fumigant. Fodder & honey bee specie.
101	<i>Sissymbrium irrio</i> L.	Khub kalan	Brassicaceae	Feb - April	Leaves & seeds	Leaves; throat & chest affections. Seed; expectorant in asthma. Fodder & honey bee specie.
102	<i>Solanum incanum</i> L.	Asind	Solanaceae	Feb - May	Fruit & roots	Toothache & sore throat. Fruit; chest trouble. Roots; horse medicine.
103	<i>Solanum nigrum</i> L.	Mako	Solanaceae	Through out year	Leaves	Leaves; gouty joint & skin disease. Sedative, diuretic, laxative, cooling agent & tonic. Deduction; piles, enlargement of spleen & liver, hydrophobia. Fodder & honey bee specie.
104	<i>Solanum surattense</i> Burm.f	Zira mana	Solanaceae	Through out year	Leaves & fruit	Bitter, digestive, Diuretic, expectorant & anthelmantic in cough, asthma, fever, chest pain. Fruit; sore throat. Leaves; relieve pain. Honey bee specie.
105	<i>Sonchus asper</i> (L) Hill.	Tareza	Asteraceae	Sept - April	Whole plant	Pounded herb; wound or burn skin. Honey bee specie.
106	<i>Sorghum vulgare</i> (L.) Pers.	Jowar	Poaceae	June – July	Seeds	Seeds; diuretic & demulcent. Fodder, fuel & Honey bee species.
107	<i>Spinacia oleracea</i> L.	Palak sag	Chenopodiaceae	Mar – Oct	Leaves & seeds	Leaves; inflammation of lung, bowels, laxative, purgative & vegetable. Seeds; inflammation of liver & jaundice. Fodder & honey bee specie.
108	<i>Taraxacum officinale</i> Weber.	Gulsag	Asteraceae	Mar – May	Leaves	Leaves; fermentation. Galls; dysentery agent. Fodder & Honey bee species.
109	<i>Trianthema portulacastrum</i> L.	Sathi	Aizoaceae	Mar – May	Leaves & root	Root; irritant & amenorrhea. Leaves; diuretic. Honey bee specie.
110	<i>Tribulus terrestris</i> L.	Malghandi a	Zygophyllaceae	Sept - Dec	Fruit & seeds	Cooling & diuretic agent. Seeds; diseases of kidney stone & urinary bladder. Fruit; cough, heart diseases & sexual desire. Fodder & honey bee specie.
111	<i>Trifolium alexandrianum</i> L.	Shawtala	Papilionaceae	Spring	Flowers	Dried flowers; cough, asthma & ulcer. Honey bee species, fodder, harmful for horses & cultivated for fertility of soil crop rotation.

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112	<i>Triticum aestivum</i> L.	Gehum	Poaceae	Feb - Mar	Flowers & seeds	Seeds; tonic, nutritive, stimulant, increased sexual desires, Cooling fattening. The flour; bread & chapattis. Flowers; soaked in water and are used as a plaster for swellings. Fodder & HONEY bee specie.
113	<i>Vicia sativa</i> L.	Ankra	Papilionaceae	March - May	Whole plant	Anti poisonous, fodder & Honey bee specie.
114	<i>Xanthium strumarium</i> L.	Kurashki	Asteraceae	July – Sept	Whole plant	Purgative, laxative, fuel
115	<i>Zea mays</i> L.	Makai	Poaceae	June – Aug	Fruit	Semi-ripe cobs roasted and eaten as a snack food. Silky stigmas; diseases of bladder. Fodder, fuel & Honey bee specie.